



Signals Newsletter – Manly Sailability

July 2014 – Edition 105

Sailing Schedule

Winter Sailing dates:

- Wednesday 13th August RFW, Verne Barnett, Amaroo, SEALS
- Saturday 16th August Balmoral, Inala, General

Unfortunately our last sailing dates on both 9th & 19th July had to be cancelled due to poor weather conditions. I know we are all looking forward to the next sailing day together!

VENUE

Manly Yacht Club
East Esplanade (end of Wood St)
downstairs dockside via accessible ramp

PARKING

Parking permits available and special arrangements for mini-buses and wheelchair lift vans.

News

Sailability Manly AGM

Our AGM, at which we elect our new committee for the coming year will take place on Monday, 11th August, 2014. We will start with some nibbles at around 6.15 pm, the AGM starts at 6.30, then we will go straight into our regular committee meeting at 7.00 p.m.

Please accept this as a personal invitation for you to join us, put your hand up for a position, or just learn a little bit more about the running of our club.

Membership Renewals Due

It is time to renew annual memberships for the coming year. Cost of membership for 2014-2015 is \$30.00 per person, or if your family would like to join, it is \$45.00 for the whole family.

Working Bee
Wednesday 25th June

A windy, windy Wednesday for a Working Bee which meant that everything being washed, scrubbed and spring cleaned by enthusiastic Sailability members dried very quickly.

Barry, Rowell, Colin, David G, Brian, Byron and Helen set to work washing the salt and stains from all the sails, boats and life jackets. There seemed to be as much water on the deck as under it as brushes, sponges and scrubbing brushes were put to good use. With the all the sails blowing in the wind, upturned boats gleaming in the sun, and life jackets tied all over the lattices to dry, the deck was a cheerful and colourful picture and everyone agreed it was a good morning's work.

Thanks, Barry, for arranging everything.

First Aid Course
Saturday 28th June

20 of our keen members had been concentrating very hard on the study Work Book to complete our First Aid Course during today's course. Not all were from Manly, as it was a Sailability NSW Training Event, and we had participants from Middle Harbour, Pittwater, Crystal Bay, as well as Manly in attendance. Course operators are Maz and Garry from First Aid Plus.

We all found the course extremely interesting and well-run with practical aspects, videos and chats of personal information from people taking the course all included. Most interesting of all were Maz's little scenarios, where we had to manage such skills as bandaging, coping with a person who had collapsed, 2 victims at a time, snake bite, a person who was not breathing and whose heart had stopped etc. It was difficult not to get involved, as all the scenarios seemed so real.

We also all had to do a run through of CPR and use of the defibrillator. I wish I had taken my camera with me, but was too busy doing the work to photograph it anyway. I hope I have shown you in words, what I would have liked to show you in photos.

Congratulations: 2 Michaels, John, Eli, Ian, Peter, Bob, Helen, Alan, Sue, Denis, Andrew, Jim, Jackie, Sophie, Stephen, Peter, Brian, Jean. The certificates will be out soon.

Eli.

Our First Aid course at Manly was excellent, quite different and certainly superior to a previous Brookvale event. Completing the questionnaire from the workbook took a fair time (like many hours) but it paid off - we were excused from doing a test at the end of the day because we were told we had done so well with the questions. The two presenters were also excellent. 'Maz' was quite the actress, putting us through simulated accidents, blood and gore everywhere. All in all, a very worthwhile exercise. Many thanks for giving me the opportunity to participate.

Best regards,

Michael Woolley from Pittwater Sailability.

Report on Autism Seminar
Wednesday 16th July

I attended an Autism Spectrum information session this week. Our presenter was Jane Cotter, who is a most experienced teacher, and worker with children with ASD (Autism Spectrum Disability).

Jane went through some of the symptoms of ASD and showed how different children with this syndrome react to stimuli in different ways, but there are some areas in which they react similarly. One of these is to visual clues. That is why the children generally behave quite well at Sailability, as being outside, and seeing the way Sailability works in a calm, purposeful way is so important. However, there may be some sailors on the Autism Spectrum who may need more picture clues about their expected behaviour, and the general routine, that may help them to settle in more comfortably. We will discuss this with their teachers when they come down to sailing next time.

Eli.

possAbility Expo
Wednesday 16th July

On Wednesday 16 July, Hunter's Hill Ryde Community Services held a mini expo called **possAbility** aimed at people interested in finding out more about activities and services available for people with disabilities in the community. Manly Sailability was one of the 12 participants along with NSW Sports and Recreation, Riding for the Disabled Association and Ability Links. Organisations specialising in disability employment, vacation care, assisted technology and sports and leisure activities also participated and provided information and assistance to the attendees, many of whom required interpreters. Over the 2 hour period of the Expo, a crowd of 60 people including interpreters viewed the organisations on display and asked questions regarding the service provided. The Manly Sailability stand manned by Helen Hendry, Brain Guest and Kandy Tagg looked terrific with lots of photos and its large and imposing banner. We know we made a few connections in the Hunters Hill/ Ryde community with some organisations; with some carers and with a few family members looking after ASD children. It was a very worthwhile exercise to attend the event.

Eli.



Membership Renewals Due

The 2014-2015 is about to start, with a thousand exciting activities planned. It is time to renew your membership!!!!

Cost of membership for 2014-2015 is \$30.00 per person, or if your family would like to join, it is \$45.00 for the whole family.

We will attach a copy of the membership renewal application to this Signals edition. Payment details are attached as well, so please get this to Helen as soon as possible.

Helen.

Sponsors

- Patron. Jean Hay, Mayor of Manly
- Hugh Treharne Donation: \$2,500
- Manly Yacht Club.
- Manly Council. Maintenance and Fuel for Charlie's Chariot : \$1,000
- Bunnings, Warringah Mall. Regatta Prizes, barbecue.
- Manly Sunrise Rotary: \$3,000 donation.
- Bendigo Bank. Shirts and Brochures.
- Cromer Golf Cub. New Boat, Black Swan
- Cerno Insurance. New Boat, Vin
- Jeff Smit at Premier Automotive, Beacon Hill. Inspection for trailer
- Blackbaud Pacific: \$500

We thank all of our sponsors for their generous support

Committee Members

President	Brian Guest	9977 2577
Treasurer	Patrick Alexander	9913 9848
Vol/ Sec/SNSW Rep	Eli Demeny	9976 2747
Maintenance/Safety	Barry Newell	0404 470 195
Memberships	Helen Hendry	9949 6667
MYC representative	Jackie Morgan	9949 7847
Social Sec	Sue Gladstone	9938 1391
Race organizer	Helene Francois	9879 7414
Webmaster	Alan Bimson	0400 328 268
Committee	Peter Hamilton	9975 1434
Members.	Ray Rampton	9400 2006
	Peter Singer	9416 8749
	Evelyn Shervington	9976 2134
	Ralph Newman	9451 9462
	Chris McGrory	0450 500768
NSW Rep.	Denis Linney.	9939 0320
Marketing.	Kandy Tagg	9977 1015
Minutes Secretary	Lianne McGrory	0412 007388

Joke of the Month:

What do you do with a sick boat?

Take it to the docs!! 😊