

Signals from Sailability Manly

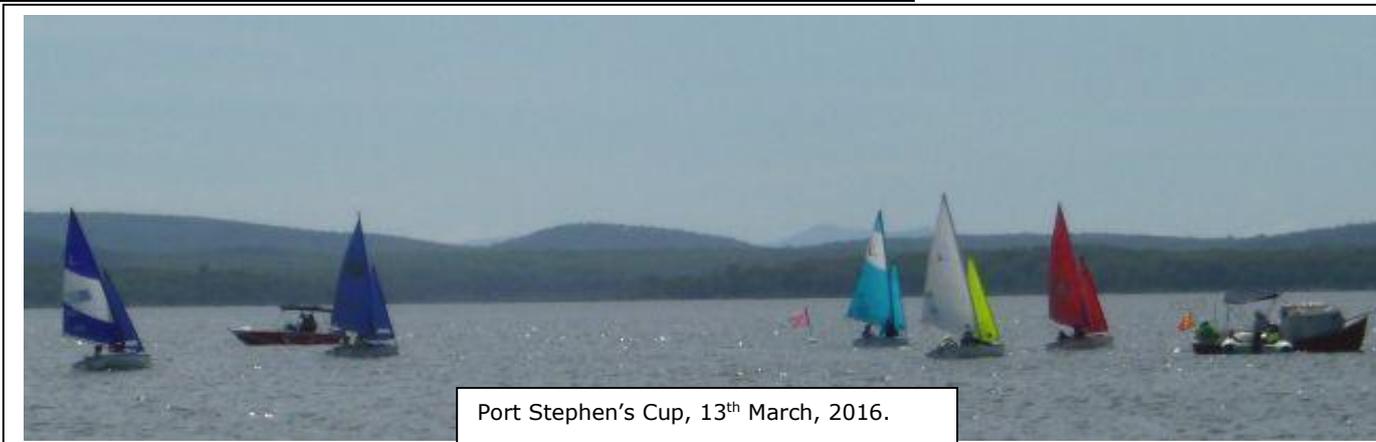
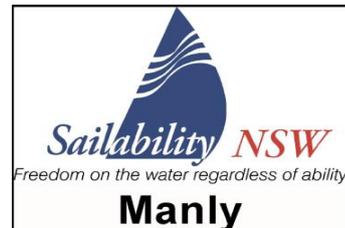
March, 2016 Edition 124

www.manlysailability.com.au

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Port Stephen's Cup, 13th March, 2016.

Please put in your Diary:

The Manly Rotary Scenic Fun Run and Walk **Sunday, 22nd May. Details on Page 5.**

Coming up rapidly is our 20th Anniversary Dinner at MYC on, **Wednesday, 25th May.** Jackie will be organising this one. Please email your interest to Jackie now jackiemorgan27@hotmail.com More details in the coming weeks. This function is for all members.

Our final Regatta for this sailing season will take place on **Saturday, 28th May.** Caroline will be waiting for your entries at hstocks4@bigpond.net.au

Sailing Schedule

<u>Day</u>	<u>Date</u>	<u>Booked Groups</u>
Saturday	2.4.16	BIRDS, Rap'n'Rave, Housing Connection, General
Wednesday	6.4.16	RFW, DYIM, AFFORD, Sunshine Pymble, General
Saturday	16.4.16	School holiday: Balmoral, General
Wednesday	20.4.16	HWNS, Sunnyfields FF, CAPS Forestville, Achieve, General.
Saturday	30.4.16	BIRDS Rap'Rave, Housing Connection, General
Wednesday	4.5.16	RFW, Fisher Rd, Amaroo, Arranounbai, General
Saturday	14.5.16	Balmoral, Future Crew, Inala, General
Wednesday	18.5.16	SEALS, Verne Barnett, Achieve, Fisher Rd.
Saturday	28.5.16	End of season Regatta.

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What we were up to in March.

A successful, sunny day. 5.3.16

We couldn't have asked for a more perfect day for Sailability. A gentle ripple covering the water with a slight North to North Easterly blowing for the whole time we were down there. The day started early, with all boats rigged by 9.15, and our first participants arriving around 9.30. Judy arrived with the lovely Hayley, with the message to start and finish before 10.15 as Judy had a date, then Ollie came with Auntie Trish, Juliette with Mum, Vicki, and really enjoyed her first sail with us. Jay took a boat out solo and had a great practise, learning a few lessons and the way, then came back and helped on the pontoon. Alan took his boat over to the other side, and just had a great time practising his skills in the steady breeze.

Chris, Dan, Will, from Rap'nRave came down with Andrew and absolutely loved their sail. Laurie arrived independently, great to see, then William and niece, Anika, Vanessa with Evo, Matt with Sivaan, and Jonah with Mark. Alex brought Anna, Kerrie and Ash from Washington House. Lastly, Susan, Ben, Alyssa and Robert arrived from Balmoral House with Elsa, more for a social visit than for a sail, as Rob was the only one who sailed.

Our helpers for this beautiful day were:

Sailing Coordinator: Crosbie and Eli after Crosbie went for a sail.

Boat Operations Manager: David

Support Boat Drivers: Ralph and Mal.

Observer: Ken

Registrar: Helen

Time Keeper/Radio Operator Lyn

Pontoon Manager: Jim

Sailors: Ivan, Vince, Joshua, Crosbie, Michael, Cathy, Jack. Tony was great help up on deck, with life-jackets, etc and Amin was a great help on the pontoon after his practise sail.

Chef: David G also took over the cooking, and turned back into Boat Operations Manager at the end of the day, washing and stacking boats in a way that would make David W proud.

No Parking Permit required. 9.3.16.

Malcolm's mode of transport to get to Sailability on 9.3.16 was his kayak.

So started a lovely sailing day. As each of our helpers arrived, we managed to get all the 303's out and rigged by 9.15, when our first group, Royal Far West, arrived.

We had just finished with the Royal Far West kids when our small group, just 3 sailors arrived from French's Forest High.

Our beautiful group of children from ASPECT arrived next, and were beautifully behaved as they had their morning tea, then sat quietly while they waited their turn. There were a couple of these children who were hesitant to get in the sailing boats until they had a short run in the Support Boat, realised their friends were having fun sailing, and asked to return to the pontoon so that they could have their turn sailing. It was lovely to see the satisfied smiles on these two brave boys. Gerard arrived next, then the group from French's Forest Sunnyfield.

Helpers today were: Rob, Denis, John W, John P, Bob, Corey, Col, Jim Y, Tony, Ivan, Ken, Ralph, Sheila, Helen, Michael, Malcolm, Jim Q, Helene. Thanks for the lovely photos, John P.

Participants today were: RFW: Lachlan, Mako, Ella, Cody, Noah W, Zakiyz, Jacob,

French's Forest High: Ben, Jackson, Luke and Ruby, who watched this morning, with helpers Marg and Sue.

ASPECT: Matthew, Will, Christian, Dashelle, Archie, Dylan, George, Luca, Kia, Alexander T and Alexander M with helper Donna and others.

Sunnyfield, French's Forest: David, Ginny, Vanessa, Rodney with helpers Glenn, Fiona, Regina, Glenn.

Thanks to all of these people for making it a beautiful day for us.



Malcolm taking Jim for a practise sail.



Mako with the red flag



Jim and Noah

Peter and Juliette were presented with their Australia Day Regatta Prizes at Sydney Town Hall on Tuesday, 22nd March. They met Lenny and Amy from Illawarra there, also receiving their prizes. Presenter is Malcolm Levy.



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Monday, 7th March. Defibrillator Course at Manly Yacht Club.

A Defibrillator has been placed in the downstairs foyer at Manly Yacht Club, near the large First Aid Kit, and opposite the Manly Sailing Office. It is here for the use of Manly Yacht Club members, people using Manly Sailing, and Sailability users. Monday, 7th March was the evening designated for the course of instruction in its use.

Participants in the course were; Peter, Veronica, Allan, David, Eli, Denis, Helen, Ralph, Colin, Barry, Jackie, Bruce, Pam, Sarah and Marcus. Our teachers were Gary and Maz from First Aid Plus.

It was a very concise and practical course in the use of the defibrillator, and finished with an extensive practise session until everyone had it right.

The new machine will actually talk the First Aider through the process, so it is important to listen to the machine, and keep practising CPR, as this is the most important component to the process. We all left, wondering whether we would ever have to use this newly acquired skill, and grateful to our donors, Freshwater Bendigo Bank and Balgowlah Masons, for providing the correct equipment for saving lives.



Port Stephens Cup, Weekend of 12th-13th-14th March, 2016

We were very lucky, and relieved when we heard that Port Stephens had a couple of boats to lend us, so that we did not have to tow boats up to Grahamstown Dam to participate in the Port Stephens Cup this year.

Denis and Michael, Stephen and Ralph, Ivan and Eli headed up the coast on Friday evening, so that we would be ready and rigged by early Saturday morning.

It was a pleasant gathering, with boats from ACT and Port Stephens participating.

The wind on Saturday was not really strong enough in the morning for our crews who are used to stronger breezes, but the locals, and the very light-weight crews from Special Olympics really relished the light conditions. Saturday afternoon saw the wind increase in speed and strength, so that the two boats that we had used in the morning both lost masts in the strong breezes. Denis and Ivan's boat was damaged beyond repair, and the Port Stephens crew managed to bring out another boat for them to use on Sunday. Michael and Stephen were able to use the same boat, but with a different mast.

The wind was a steady, pleasant to sail in level all day Sunday, so that the races were completed with no problem, either with the boats, or the courses.

Most of the prizes went to the Special Olympics teams. Ivan and Denis came second in their series, and Michael and Stephen were very brave to stay out on the water to the very last race on Sunday, completing the series. We were very proud of Stephen for staying out here on the water for a long and arduous time, as this is the first time he has managed this.



Julie helping Steve into the boat.



Ivan and Denis about to take off.



Michael and Steve take off into the blue.

Women's Challenge, 19.3.16

We were joined this morning by several members of Manly Yacht Club who helped us in our quest for the 'most boats of any class entered in the Women's Challenge'

It was good to see everyone concentrating on getting their own boats rigged and prepared for the race, then launch them from the pontoon, with several debates about whether to take them furled, partly furled or with a full sail, as the southerly breeze was quite strong at that time. However, by the time we got over to the start line, the breeze had dropped, so everyone had removed the furl.

Eli and Sally were in Dolly Wallis, Jackie and Caroline in Woody, Cathy and Juliette in Alex, Pam and Samantha in ING, Barbara and Sarah in Vin, Katelyn and Bronte in Black Swan, Jayne and her daughter in Eli D.

It was an exciting race to watch, with several changes of position, and a few complicated manoeuvres trying to get to the lead, like missing a correct turn, and picking up a buoy and moving it out of the way. These tactics were punished roundly...like an unexpected 360, but the boat concerned did not seem too concerned, not being aware of the mistakes until well after the fact.

The final places were:

1st. Caroline and Jackie, in Woody

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2nd Samantha and Pam in ING

3rd Cathy and Juliette in Alex

And the other boats took the other positions..my lips are sealed.

The gruelling part of the race was followed by a less gruelling de-rig and put away, and then a most delicious lunch supplied by Caroline, with the presentation. Look at the MYC website for a full set of pictures. Here are a couple to whet your appetite.



Setting up the boats.



Juliette and Cathy



The Winners!!!

23.3.16 Another Wonderful Wednesday.

We are really getting used to this wonderful Wednesday weather and feel very spoilt.

Our fabulous team of helpers put out 6 boats and was just about to set out for a volunteer training run when our first group, from Arranounbai, arrived. Some of these children are new to us this year, but it was lovely to see some old faces mixed in with the new. Riley was happy with his new Safety Strap, and looked around him with interest as he sailed away, followed by Alex, Gigi, Jatin, Michael, Evie, Jonah, Kit and Wenbin. Kit sailed on her teacher's knee, and Wenbin was a little reluctant to start, but soon settled into the routine. It was good to have some young volunteers coming down with the groups, alongside the regular helpers to support the logistics of managing some of these children.

The regular group came from French's Forest High for their last sail this year. It was good to see Jayden, Luke, Sam, Ben and Jackson with their newly developed sailing skills take off across the bay, all of these now using the joy-stick confidently.

It is such a long time since we have seen Michael W, that it was just lovely to see him looking so well, and with no pressure to sail, but some planning needed in order to make it possible in the future. Anne was our new participant this morning, and she just loved the experience of sailing with Michael B, insisting that she stays out longer, 'because it is such good fun'. Gerrard arrived next for his regular spin around the bay, then a new group from Fisher Rd, with teachers and helpers Ruth, Annabelle and Rosie. We will be seeing more of these delightful children, Shehbaz, Sekaya, Joshua,, Riley and George in the future.



Michael and Annie



Rob and Evie



Maddie and Olivia
from The Body Shop



Denis and Alex

Helpers today were: Denis, David, Col, John P, Jim Y, Rob, Corey, Sheila, John B, Ivan, Jim G, Ray, Malcolm, John W, Allison, Tony, Helen, Michael and Jim Q. The Body Shop at Chatswood sent us two amazing young women to help, Maddie and Olivia. These young ladies jumped right into the heavy work before and after sailing, and took photos from the Support Boat once the participants got on the water. They are welcome to come back any time they can be spared.



A tribute to Ralph Newman 7/5/1932-22/3/2016

Ralph passed away peacefully in his sleep last week. He had been driving our Support Boat on Saturday, dropping buoys and supporting the Women's Challenge, then replacing the dinghy on its hook at lunch time. He spent the next day looking healthy and happy with his family. He had been a member of Sailability since its inception, always busy and involved in the day to day running of several branches. He will be very sadly missed.

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Ralph's funeral will be held at Northern Suburbs Memorial Park, Delhi Rd, North Ryde at 1.00 p.m. on Friday, 8th April. No flowers, please.

Coming Up Soon.

*Manly Rotary Scenic Fun Run and Walk.
Sunday, 22nd May, 2016.*

Sailability Manly has been taking part in the Manly Rotary Scenic Fun Run and Walk for many years, and it is a way in which we can give back some of the support Manly Rotary gives us by supporting their main fundraiser for the year. We are not only helping their main fund recipients: Bear Cottage, Royal Far West, Lifeline and others, but every cent we raise comes directly back to us. It's a lot of fun and helps raise our profile in the community.

You can choose to walk/run 2 km, 5 kms or 10 kms. It costs the same whichever you choose. Wheelchairs are acceptable, you just may need to get someone to push it. Last year we had 2 wheelchairs in the 2 km race, as well as few of our members with other support needs run/walking in the higher distances.

If you register before 12th May, your entry is discounted, so do it now and let's get started. The name of our team is Run for Sailability.

Google Manly Fun Run.org

Click on Register Now, continue, I'm a Participant, You are Part of a Group called Run for Sailability, administrator is Eli Demeny. Click on Join, then continue down the page until you are registered for our team, for whatever distance you choose.

If you don't want to run, please support us by clicking on Fundraise and follow the links. Ask your friends, family, workplaces, social groups, clubs, to support us, as we would like to raise \$3,000.00 this year.

Thanks to our Supporters:

• Patron: Jean Hay, Mayor of Manly
• Premier Automotive, Jeff Smit, Boat trailer inspection for registration.
• Manly Yacht Club
• Manly Council \$1,250.00 Charlie's Chariot Maintenance.
• Bunnings Warringah Mall: New picnic table and Umbrella Stand
• Balgowlah Masonic Lodge: Donation \$3,000.00
• Bendigo Bank: PFD's, part of the Defibrillator.
• Cromer Golf Club: Hansa 303 Black Swan
• Cerno Insurance: Hansa 303 Vin
• JayCar Electronics: Power Supply for Radio
• Jason Kozub's New Zealand Marathon brought in more than \$1,250.00
• David Webb Donation of \$1,000 towards much needed equipment.
• Manly Rotary. Long Term Support.

The Committee of Sailability Manly.

President: Barry Newell	Minutes Secretary: Rob Southam
Secretary: Eli Demeny	Race Organiser: Caroline Holdstock
Treasurer: Patrick Alexander	Committee Members: David Grinston
Membership: Helen Hendry	Ray Rampton
Maintenance: Barry Newell+committee	Ralph Newman
MYC rep: Jackie Morgan	Peter Singer
NSW rep: Denis Linney	Vice President: David Webb
Volunteer Coordinator: Eli Demeny	Webmaster: Alan Bimson