



Signals *from* Sailability Manly

March 2017 Edition 136

www.manlysailability.com.au

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Diary Dates: Don't miss these:

Wednesday 3rd May Volunteer Recognition Evening

Register for First Aid course to be completed, 25th June, 2017.

Register interest to be a Manly delegate for the NSW Sailability Conference from 8th to 10th September.

Sailing Schedule:

Day	Date	Groups
Saturday	8 th April	Freshtracks, Housing Connection, Young Sailors
Wednesday	12 th April	Achieve, AFFORD, Sunshine Fr Forest, HWNS, Waitara W
Saturday	22 nd April	Balmoral, Rap'n'Rave, Young Sailors, Lorikeets
Monday	24 th April	BIRDS, Choosing Connect.
Wednesday	3 rd May	Volunteer Recognition Evening
Saturday	6 th May	Freshtracks, Housing Connection, Lollipops, Young Sailors
Wednesday	10 th May	RFW, DYIM, Arranounbai, Achieve
Saturday	20 th May	Regatta
Wed	24 th May	Fisher Rd, Verne Barnett, AFFORD.
Monday	29 th May	BIRDS TBA
Sat	10 th June	Balmoral, Rap'n'Rave
Wed	21 st June	RFW, Arranounbai, DYIM, St Ives, CS
Sunday	25 th June	First Aid Training Day
Monday	26 th June	BIRDS TBA

21st Annual Volunteer Recognition Evening.

Where?

Manly Yacht Club Upstairs.

When?

Wednesday, 3rd May, 2017. 6.00 p.m. for 6.30 p.m. until 10.00 p.m.

Why?

Because we are turning 21 at last, and we want to say Thank You to all the volunteers who help us to run our club, and who stick with us week after week and year after year.

What next? You will receive an official Invitation in a few days, giving details of the evening's program.

First Aid Plus



It is 3 years since we ran our last First Aid Course, so many of us will no longer be qualified unless we update the course, which has changed in many ways. The course will be run as before, which means that you will receive a book to work through individually and at home in May, then come into Manly Yacht Club on Sunday 25th June to revise and update the Defibrillation and CPR.

Please let Eli know if you will be updating or starting afresh with this course.

eli@manlysailability.com.au, or 9976 2747

Sailability NSW Conference

Sailability NSW holds a conference of all branches every second year.

Last year was the 20th Anniversary Celebration, so no conference was held.

This year, 2017, the conference will be held at Belmont Sailing Club, on the Central Coast. Accommodation and most meals will be paid for out of our conference fund. The conference will be held on Friday, evening, Saturday all day, and Sunday morning, the 8th, 9th, 10th September, 2017. You are invited to apply to be a delegate for Sailability Manly at this conference. Accessible accommodation has been booked with the idea of having as many people with a disability as possible attending. 3 people are invited from each branch.

Please contact Eli as soon as possible if you are interested in being a delegate at this conference, (eli@manlysailability.com.au or 9976 2747). Transport may be funded.

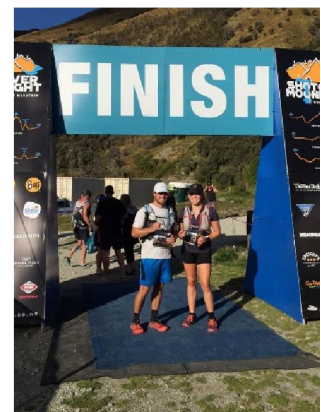
Financial Assistance Grant from Toyota Financial Services.

Colleen Williams, Ollie's Mum has applied for and received a grant from Toyota Financial Services to update some of our worn out sails. Thank you so much for this help, Colleen. It is wonderful that we have parents interested in doing this for our participants, and we do currently have a real need for some new sails!

Alice and Jason have been running again, in New Zealand this time, on Shotover Mountain. They both completed the Marathon, and have raised \$2,459.00.

Their statistics:

- Between them they drank and ate 14 litres of water, 21 food gels and 18 salt tablets
- They ran 42k and burnt 13,000 calories
- They climbed 2,600 elevation
- They ran across Mountains, Rivers, Scree, Beech forests, Ravines, Ladders, Bridges and Bogs!



It was a really tough and emotional day, but we're so pleased that we could complete it and raise money for Sailability Manly memberships.

Congratulations and thank you Alice and Jason!

Can anything get better than this? Wednesday, 1st March.

There was something very special about this morning. Perhaps it was the huge smiles from all of the sailors when the weather cleared, or just a lovely group of people getting together for a sailing day.

Thanks so much to our helpers, who put their trust in Helen's forecast that ... yes, it will clear, and there will be enough breeze.

Here are the names of these wonderful people:

Sailing Coordinator: David.

Support Boat Driver: Warwick.

Sailors: Denis, Jennie, Peter, Steve, John, Brian, Ivan.

Pontoon staff: Helene, Allison, Col.

Registrar: Helen.

Life-jackets: Wilma.

Radio: Corey.

A very large group of participants came from Dee Why school for their first try at sailing for the year with their extended class, which now has 17 students. The weather was perfect for us all to have a run on the Support Boat, as well as a sail, before the group from Waitara came down a little later.



Oliver, Saraya and Lowana

We also made use of the verandah of the Yacht Club upstairs for this large group to wait their turn while munching on morning tea. Heath, Felix, Jayden, Soraya, Riley, Sienna, Isaac, Mia, Alan, Samuel, Jacobi, Dylan, Oliver, Lachlan, Lowanna, Melissa, Kayam.

Michael came with Alan from Menimbah, and enjoyed his ride on Charlie's Chariot, where he could sit with his carer.



Michael with Alan on Charlie's Chariot



Claire with the lovely smile, and John

Later on, when all of this group had their fill of on-water activities, Waitara Wonders arrived, with their hard-working helpers, Paige and Gavin.

Les, Alan, Scott, Rob and Claire all had a wonderful sail. Claire wins my prize for the keenest sailor this morning. A huge smile, a hop, skip and jump to the pontoon, and into the boat as if she has been doing it all her life. Such enthusiasm is infectious!



Fun getting a tow home

Sunny Saturday 11th March 2017.



Helene and Philip - great smiles!

After 10 days of almost continual rain, we had our first sunny day. The breeze was a steady southerly 5 to 10 knots, and perfect for our needs. A limited number of

helpers arrived because of a slight change of routine, but we still managed to get out 4 303's and Alan's 2.3 to give everyone a deliciously long sail. No rushing anyone back to pick up the next



Alan and his friend, Clea.

participant. Helpers were: Helen, Wilma, David G and David W, Denis, Tony, Ivan, Helene, Michael, Alan, Lyn, Eli.

Participants today loved the calmer waters, and the long sessions. Hannah was on Charlie's Chariot



for over an hour, while Daniel, Oliver, Phillip, Judy, Derek, Patrick, Vanessa and David West enjoyed extended sailing. David is now able to take Vanessa in future, as he has proved himself to be a reliable skipper.



The Women's Challenge Saturday, 18th March 2017

We were greeted this morning by an overcast day with a very grey sea, and a large swell. In spite of that, our team went down to Manly Yacht Club because it was important that we regain our Award for the most boats in the water of any one class. We had our 7 Hansa Dinghies on the water:

Boat name	Sail number	Skipper	Crew
Dolly Wallis	753	Nicola Read	Gill
Woody	833	Jackie Morgan	Caroline Holdstock
Alex	1662	Cathy Lorho	
ING	1598	Jan Newland	Tash Garrity
Vin	2232	Anne Obrien	Katie Grimwood
Black Swan	2238	Holly Larkins	Pheobe Obrien
Eli D	2413	Cathy Rofe	Allison Kingscote
Charlie's Chariot		Warwick	David Webb,
		MYC	Steven Teudt



This was achieved with each team rigging their own boat, with help from some of our volunteers: David G, David W, Warwick.

The boats were launched and in the water, as the weather worsened, and the decision was made to abandon the race. Back they came to the pontoon, packed away, a nice lunch arranged, and prizes distributed according to a pull out of the hat. Let's hope for better weather next year.

Thanks so much to Caroline and Jackie for their extremely hard work in organising the right number of people and boats to be out on the water.



Delivery of Alan Wood to Toronto Sailability and pick up of a new(ish) 2.3.

Our old friend, Phillip, has moved to the Central Coast. The boat he has sailed for the last 6 years at Manly, Alan Wood, has been moved to Toronto so that he can continue with his sailing. Sailability Toronto has very kindly replaced Philip's boat with a newer 2.3, which is not servo operated, so that some of our young sailors who want to sail solo in a 2.3 will be able to do so. Keep an eye out for this. Alan will have competition at our race days, as will Richard, Ben and a few others who can't wait to get out there racing. The new boat will be named when we have had some consultation between our members.



President's Cup, Dobroyd Aquatic Club Saturday, 25th March.

Our very keen travelling team went down to MYC on Friday afternoon to get the boats packed onto the trailer so that we could field a team for the President's Cup at Dobroyd. Thanks so much again to Warwick for driving the trailer.

An early start over to Dobroyd on Saturday saw the teams of Denis and Ivan, Warwick and Jennie, Michael and Nick rigging our boats and carrying them down to the water's edge, along with 12 other boats arriving from different branches. An easy start to the race day, with a regular triangle race getting us familiar with the wind-patterns on this water, with its many unusual features of large treed islands, hills and bridges to break the flow of wind.



However, by the afternoon race, there was a change of race design, and the addition to the fleet of every boat type possible: BICS, Tasers, Windsurfers, Spirals, Optis, of course the Hansa Dinghies, Lasers and many others all on the water together, running the same course, taking in the whole of the Drummoyne and Canada Bay waters. A truly incredible sight. Some of these boats and their crews were also decorated, as the President's Cup holds an award for best-dressed boat and crew.

As soon as this long race was finished, the boats were lifted out of the water, onto the trailers, and most of the travellers set off for home. Others stayed for the prize presentation which was swift and well organised, so that people who waited could also get off home.

Thanks so much to the organisers: Marg and John Sanderson and many volunteers from Dobroyd, and the Race committee from Dobroyd Aquatic Club. It was a very well-run day, and extremely enjoyable for the guests. Thanks also to Pilar for the beautiful lunch and morning tea supplied.

Ivan being presented with 2nd prize by President, John Price



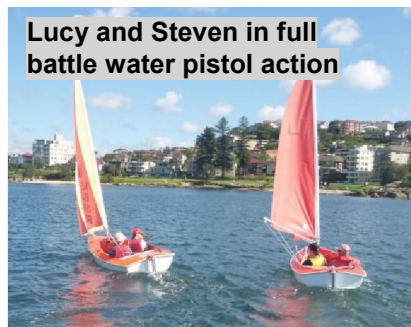
Hansa dinghies on Canada Bay



Merry Monday 27th March 2017

Our Marvellous Monday team got together this morning so that Freshwater High and BIRDS could have their monthly sailing day.

Lucy and Steven in full battle water pistol action



Marlena and Brian



Lucy and John with water pistol!



Today's team:

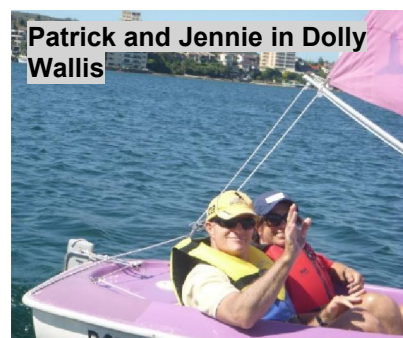
Sailing Coordinator: Eli, Pontoon Manager: David,
Registrar and morning teas: Helen,
Life-jackets: Wilma,
Charlie's Chariot Driver: John,
Observer: Corey, then Colin,
Sailors: Jennie, Denis, John, Malcolm, Brian, Michael,
New volunteer: Peter.

A very compact, hard-working team. Thanks very much also for the photos taken by John, Colin and Ken.

It was the most perfect day, weatherwise, that we have experienced this month. The Freshwater kids were ecstatic to have use of the water pistols to help with their confidence in the boats - very special fun for Lucy, Steven and Danny - but a little overpowering for Marlena, who is still getting used to the swaying of the boat.

Our BIRDS were a little late, as they had to contend with a bus break-down in Lane Cove. That didn't dampen their enthusiasm at all, as they were more than ready to get out onto the relaxing waters of Manly Cove by the time they arrived. Steve, Daniele, Stuart, Alan, James, May, Brad, Peter, Kris are old hands. Katherine and Patrick, here at Sailability for the first time were an added bonus, as both confidently got into the boat and had such a good time on the water, the happiness shone from their faces ... what incredible smiles we saw today!!!!

Thanks also, Denis, for helping Ken with his sailing, and checking-in Peter on the water.



Australia Day Regatta Town Hall Presentation.



The race seems to have been an awfully long time ago. Denis was unable to face the trip into town, so Eli accompanied Ivan in to the Town Hall to receive his Australia Day Regatta first place medal. We were in good company, as Sailability Illawarra were also there to receive their medal.

Wednesday on Water March 29th 2017.



A fabulous team was at Sailability today:

Sailing Coordinator Helen did a magnificent job, keeping the participants flowing, and ensuring that everyone got a sail in the calmish conditions.

Allison was pontoon manager, ably helped by Marc, John P, Col, and Malcolm.

John W was the Charlie's Chariot driver, with Corey as Observer.

The photos today are wonderful, thanks to Ken.

Sailors were: Jennie, John P, Rob, Jim G, Malcolm, Peter, Steve, David, Ivan, Michael.

Wilma carried out her duties as Life-Jacket Coordinator.

Ray was the efficient Time-Keeper and Radio Operator.

Denis was the Boat Operations Manager.

It was lovely to see back with us this morning, after long absences due to medical treatments both Jim Q and Ray. Please stay well, both of you, we run very smoothly with you on our team.



Claudia with John

Royal Far West students from Bathurst, Quirindi, Griffith, Wallerawang, Hay and all points west started the morning with paddles, as there was not even a breath of breeze. Eventually a steady 5 knot North Westerly set in, the paddles were stowed and a pleasant sail around the bay was had. It is good to see these students absorbing sailing skills which they can generally use in their home towns, or back at Manly when they come for their next visit. Teachers Craig and Jenny brought Hunt, Dylan, Potter, Kane, Lachlan, Beau, Claudia, Angela, Zach, Mitchell, Jacob. Being on the water was a brand new experience for a couple of these

students, who opted for a ride in Charlie's Chariot in preference to sailing, while a few even snuck in a ride in both while we waited for the next group of participants.

Rebecca, from Fisher Rd School, brought down Alexandra, Jaspur, Dylan, Jamie, Eddie, and Kyle. This was their first visit to us. With great courage they slid into the boats and beautiful smiles appeared on scared faces as the effect of the water took over. There was great enjoyment from dragging arms along in the water cooled hot skins as these children had their first experience of sailing.

Ben, Ginny, Luke and Vanessa came with Glenn. Ben preferred to start his day in Charlies Chariot, while Vanessa quickly donned a life-jacket and waited her turn in a sailing boat. The others waited more patiently, absorbing the atmosphere and some morning tea. Later, the other Sunnyfield group arrived: David, Rodney and Adonis with their helper. Ben swapped places with Rodney, and the sailing continued with these participants.



Vanessa with Peter

Juel from Minimbah brought Michael down, then our Waitara Wonders arrived.

Sasscha, Les, Matto and Josif are becoming quite familiar with sailing, and hop happily into the boats when directed to do so.

Last of all, Travis arrived very late with his helper, Mark and had just a short sail while the other boats were packed away. Travis is enjoying his sailing so much, he has become quite chatty while on the water.

A very enjoyable day for all the helpers and participants.

Thank you so much to our sponsors:

• 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
• Alice Cleary's Running Team, Membership for BIRDS and Royal Far West. \$2,419.00
• Total Physiotherapy Sponsorship for Signals.
• David Webb Donation of \$1,000 towards much needed equipment.
• Lynette Gould Painting for Raffle brought in \$2,000.00.

The Committee of Sailability Manly.

President: Rob Southam	Minutes Secretary: Rob Southam
Secretary: Eli Demeny	Race Organiser: Caroline Holdstock
Treasurer: Patrick Alexander	Committee Members: Ken Boyes
Membership: Helen Hendry	Ray Rampton
Webmaster: Alan Bimson	Col Gregan
Maintenance: Barry Newell+committee	Warwick McKenzie
MYC rep: Jackie Morgan	Vice President: David Webb
NSW rep: Denis Linney	

About Manly Sailability

Venue: Manly Yacht Club, East Esplanade (end of Wood St) downstairs dockside

Visitors are always welcome to try us out for \$5.

Annual membership is \$30 and includes unlimited sailing for. Please call **Eli (ph 9976 2747)** a day ahead to ensure you get a sail.

Sailing starts from 9.30 am.

Parking: We have parking permits for your car, if you don't already have a disability parking permit,

Extras to bring: All sailors and volunteers must bring a hat that stays on. We supply cool water, sun-screen and life-jackets.

Volunteers: Please be at the **Manly Yacht Club pontoon by 8.30am. We finish at approx 1.00 pm** If your name appears on the roster, and **you are not available**, please let the Sailing Coordinator of the day know. If you're not rostered on, please turn up anyway – we'd love to see you.

We don't sail if the wind is over 12 knots or if it is heavy rain. Call 9976 2747 to check that sailing is on.

Stop press!

News just to hand.

Northern Beaches Community Connect has arranged a special treat for all volunteers on the Northern Beaches.

We are invited to a special screening of Pirates of the Caribbean, the latest version starring Johnny Depp, at Warriewood Cinemas on Thursday, 25th May. More details next issue. Please let Eli know if you will be attending.