



Signals from Sailability

March 2013 Edition 89

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www.manlysailability.com.au



Diary Dates - don't miss out:

**Fun Run Manly
by Manly Sunrise Rotary
19th May
More info on page 3**

Check out the new roster and training videos
online:

www.manlysailability.com.au.

Contact Eli ☎ 9976 2747)
eli@manlysailability.com.au

Sailing Schedule

For latest updates visit www.manlysailability.com.au



Visitors are always welcome!

Give it a go - it's only \$5 to try and annual membership includes unlimited sailing for \$30.

Register with Eli a day ahead to ensure we can fit you in. ☎ 9976 2747. Sailing starts from 9.30am.

March 2013						
M	T	W	T	F	S	S
26	27	28	29	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3

April 2013						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

May 2013						
M	T	W	T	F	S	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

2013

What's on?

- 8 Booked Groups / General
- 24 2013 Women's challenge

June 2013						
M	T	W	T	F	S	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Race Practice (*RP): 12 – 3pm – Don't forget booking is essential

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.

WHAT TO BRING?

Sailors and volunteers must bring a hat that stays on, bottled water and apply a good sunscreen. Life-jackets are provided.

A special Sailing Day

27th February— The weather was the first thing that made this sailing day special. Lovely sunny skies, reasonably low humidity, and a steady 9 to 10 knot north-easterly made for great sailing conditions for our three groups that came down to Manly today. First to arrive were the brand new class from Arranounbai School. We were very happy to meet Jake, Jonah, James, Jackson and Mikey. They all had an enjoyable sailing experience with their assorted helpers, and a couple of them were able to experience the thrills of being on the Support Boat for a short time. Special thanks go to their helpers.



John C and Jonah

Very soon afterwards, our energetic, familiar group from Dee Why Public School arrived. By the time they had signed in, most of the Arranounbai children were back, so we were able to send them out for a long sail, as most of these children are now quite familiar with the workings of the boat,

and are able to steer and/or adjust the sails. It is great to see these children developing sailing skills which will stand them in good stead into the future. Thanks John and Astrid for your help with this.



Brian and Susan

Adam, Sam, Nicholas, Alysha, Nathan, Joshua, Max all had a go on the support boat as well as a sail and will write their own report. Darcy is still preferring to sit and watch, but hopefully will pluck up enough courage for the support boat next time.



Jim and Susan

Our last group to arrive was from Achieve Australia, and they are also quite familiar to us. After donning life-jackets, Susan came straight down and jumped into a boat, Lynn timer preferred the support boat because her foot was too sore to sit in a dinghy, Fozaia, Andie and Michael all took a lot of pleasure and relaxation from their sailing. Thanks Karen and Miko, you do a great job.



Joshua and Peter S in Charlie's Chariot

How is all this possible? It is all due to the dedication of our stalwart band of helpers: Sailors; Barry, Denis, Brian, David W and David G, Jim and John G and John C. Pontoon Manager; Judy, Support Boat Driver; Peter, Observer; Corey. Extra help is provided by Phill, Helen, Karen, Sheila, Ibuku, Kandy, Tony, Samantha, Caroline (today's photographer) and Ivan. The fun and enjoyment we get doing this is a side issue to the amount that it is appreciated. Sincere thanks to all. – *Eli*

Sailing Day Report

9th March - This has to have been one of the best sailing days ever! Blue skies, light Northerly breezes, a comfortable temperature and lots of good friends made this a memorable day.



Jonathon coming back from his sail

We also had some really interesting participants today: a new group from Inala consisting of Adam, Danny, Angela and Leanne with helpers Steve and Kate had a great time either sailing, observing in the Support Boat, or just veging out on the deck. We also saw for the first time in ages Grant, Kerry, Anna and Ashley from Washington House, while our regulars Kate the Great, Jonathon, Denis, Matthew, Alan, Michael, Maureen, Megan, Denis, Nina and Luca soaked up the sunshine and the light breeze. Luca sailed the dinghy all the way out through the heads, steering with the joy-stick and learning to tell where the wind is coming from. We said hello to Philip, who is going to learn to sail solo in Alan Wood, using the servo as part of his Duke of Edinburgh Award.



Philip in Alan Wood – not yet in the water

He will also spend some of his time volunteering, and be a good friend to some of his mates, who will use Philip's project as the subject of the short film they are making. In order to carry out these challenges, we are modifying Alan Wood to suit Philip's abilities, so it is also becoming a Sailability Challenge.

Of course, to make all this happen, we had a unique set of volunteers this morning. Thank you so much to Helene, our Sailing Coordinator, Judy on the pontoon, Ralph on Charlie's Chariot, who was also putting a couple of new drivers through their Safety Competency Test, observers; David (W) and Helen; sailors Jacob, Rob, John, Denis, Jim, David (G), Evelyn, Peter (H), Evelyn, and Bob. Helen did her wonderful registrar job, Yuka helped with everything, Sam was the time-keeper, Tony was everywhere, Philip was a great help on the pontoon, Suzanne, Sue, Marie took their turn cooking sausages and helping with life-jackets. And everyone helped with the record washing down and putting away.

Thanks to Rob and Sam, new volunteers today, who jumped straight into it and got to work.-Eli

Sailing Day Report

13th March – This was one of those sublime days when the wind blows gently, the sun shines strongly, our team-work is flawless, and we all have a wonderful time.

All 7 of the boats were in the water by the time the Royal Far West students arrived, and sailors Brian, Peter S, Ivan, Max, Jim Y, Didi, David G and Jim G took these eager students out onto Manly Cove.

Thanks again to David W for fixing the wheel on the trolley, the leg on the gazebo, and completing the modifications on Alan Wood. It was all go in the handyman department this morning.



Tom coming in on Black Swan

We took Mitchell, Sarah, Jessica, Joshua, Hayley, Owen, Joshua and Andy for a sail, and then took Michael for an extra spin around Manly Cove.

Thanks to helpers Clare, Anthony, Tanya for help with these.



Stephen waiting for his sail

It wasn't long before Daniel, Jess, and Holly arrived with helper Darina, then Stephen, Doug, Thomas with Alice. Elyce, Conrad, Paul came down with Jacquie and all tootled around having a leisurely sail. Lynette arrived with her tutor Bill, and at about the same time, a new sailor this morning, Lara, with her helper Susan. So much of the routine of the day is helped by the willing carers of our participants, and I want to add a special thanks to these guys for their support today.

And the following has been directly contributed by Lara, our new sailor– welcome again, Lara!

“I've used an electric wheelchair for about six years now. I'm quite tall so I'm never sitting at the same height as other people so just the thought of being in a boat with Sailability was a thrill even before I drove onto the wharf.



Lara – about to start her first sail

The weather was perfect. I can't actually stand to transfer so a manual sling hoist took me from chair to boat easily. I do sit a bit lopsided so was leaning into my lovely skipper Ray. Being 'face to face' instantly made it so much easier to click into conversation and the quiet harbour waters were ideal for my soft voice which dies a bit in everyday city living.

I probably made Ray's job, of dodging all of the other boats closer to the club, more difficult because I was making chit chat. My hands did stiffen into the 'I'm-a-bit-scared' position but I definitely relaxed when Ray explained that the boats are built in a way that makes them basically impossible to capsize.

It was 100% relaxed awesome fun then! Lots of fun sharp turns, running my hand in the water and bouncing over waves left by the big ferries.



Lara and Ray – a winning team!

There were so many friendly volunteers that made my first day of sailing really lovely and effortless. Cheers, Lara” – Lara

Thanks for this great contribution to our newsletter, Lara! - Audrey

We welcome anyone to contribute to Signals, so if you have feedback or articles, feel free to get in touch with Eli or Audrey directly, audreylouisa@gmail.com.

In Memory of Vin

6th March - This morning was the quiet morning chosen for our low-key memorial for Vin by christening the boat in his name.



As we know would have been acceptable to Vin, a small group consisting of Angela, Andrew, Tali, Judy, Denis, Michelle and Eli simply gathered at the pontoon and poured a bottle of Cooper’s Pale Ale on Vin’s bow, finishing with a few words from Angela, reminding us of Vin’s dedication to Sailability, and the people we stand for.

A sad morning, reminding us of the shortness of life, and making the most of what we have. - *Eli*

Help raise funds for the Black Dog Institute

Our friend Angela Gallagher will be taking part in an event in Bhutan to raise funds for the Black Dog Institute. To help please visit her fundraising page and donate:

<http://blackdogridetohappiness.gofundraise.com.au/page/GallagherA>

All donations to this site are sent directly to Black Dog Institute and you'll get a receipt automatically via email.

Help Angela by 'liking', leaving a 'comment' and 'sharing' her page too.

“Every little bit helps to reach my target of \$3,000.00. So please dig deep for this great cause and help make a difference.”

Thank you for your support, **Angela Gallagher**

Join the Fun Run in Manly

The Manly Scenic Fun Run is taking place on Sunday May 19th organised by Manly Sunrise Rotary Club. This rotary group has been sponsoring Manly Sailability – so it’s time for us to join the challenge as a runner or a sponsor in return. We are looking for at least 5 more takers so we will have a team ready to go!

It’s a fun run and anyone can join with no experience needed. Depending on your level, you can choose one of the following three distances:

- 2 km**
- 5km**
- 10 km**

The cost of entering the event is \$35.00 and Manly Sailability is looking for people to sponsor the team for a smaller (or larger) amount. Some of the team will be doing the 2 km stroll which means that some of our wheelchair people can also take part, as the people participating in the 2km distance will be happy to push.

For more info please visit: <http://www.manlyfunrun.org/> or get in touch with Eli.



About Manly Sunrise Rotary Club:

Source: <http://www.manlyfunrun.org/>

Manly Sunrise Rotary Club is the local arm of Rotary International: a worldwide organization of volunteers committed to making a real difference in our community and beyond. Our motto is simple: 'service above self'. We are linked closely with our local community, and are grateful for its support.

It has helped to keep our operating expenses to a minimum and has ensured that ALL of the funds that we raise go directly to the charities we support

2012/2013 Committee

President/Chairman	Jude Cole	9977 1867
PR		0405 419 566
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	tba	
Race organizer	Helene Francois	9879 7414
Webmaster	Alan Bimson	0400 328 268
Members	Peter Hamilton	9975 1434
	Ray Rampton	9948 8180
NSW Rep.	Denis Linney	9939 0320
	Evelyn	
	Shervington	9976 2134
	Ralph Newman	9451 9462
	Peter Singer	9416 8749
	Susan Gladstone	
	Mia Hallergen	
	Brian Guest	
	David Webb	

NEXT COMMITTEE MEETING

Wed April 6th, 6.30pm
Manly Yacht Club (upstairs)
all welcome-

Edited by Audrey Johnson.

Articles and feedback welcome, please contact
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0466 9999 71

Web content to Alan Bimson:
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Sponsors & Donors

Patron : Jean Hay, Mayor of Manly –
PAUL NEWMAN'S OWN safety boat
MANLY YACHT CLUB
TREHARNES MANLY BOATSHED, Fairlight use of slip and pressure washer
PETER LONG – BLUE PETER RIGGING Mast makeover and rigging ALAN SIM – shipwright – invaluable advice
MANLY Council (Accessible Walkway) (\$1000 towards running safety boat)
SUNRISE MANLY ROTARY CLUB (\$750)
BUNNINGS – Prizes for Regatta valued at \$180 Barbeque \$100
HEMPEL Marine Paints – antifoul for Fergo Fgi – Fibreglass & Resin Riley Fittings – Rig fittings for Fergo
BENDIGO BANK FRESHWATER – Shirts to the value of \$800
CERNO INSURANCE - \$2500 from Charity Golf Day, running costs and new sail for Fergo
SPARKS CARPETS – Brookvale – carpet worth \$350
JIM BROWN FOUNDATION – Winches for Fergo - \$200
CROMER GOLF CLUB - \$12,000