



Signals Newsletter – Manly Sailability

February 2014 - Edition 99

Vital First Aid Course: It is vital that we have some First Aiders on duty at every sailing day. The information is interesting and important for you as a member of the public to be aware of and be qualified in case an emergency happens while you are on the spot.

Every 3 years we run a qualification course, and the time is now! If your certificate is about to run out, please register with Eli (9976 2747 or eli@manlysailability.com.au) If you are a Sailability member, cost of the course is part subsidised by Sailability.

The course will be run by Vital First Aid, and the Work Books will be issued by early May. You can work through the Work Book in your own time, filling in the answers as you go. The practical day and test will take place at Manly Yacht Club on Saturday, 28th June.

Please register with Eli (9976 2747 or eli@manlysailability.com.au) as soon as possible. Check that you are going to be available on Saturday, 28th June to do the test and practical.

There are 20 spots, 5 are already taken so please be prompt. Cut off will definitely be at 20.

We have lots going on over the next few weeks to let you know about! Please have a look at our special events on page 2 and our first aid course too

WHAT TO BRING?

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

PARKING

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

VENUE

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

Special Events

Saturday, 12th April, MYC Commodore's Picnic

Held at Reef beach after our sailing session, keen Volunteers and walking Participants can sail over to Reef Beach for fun and a delicious lunch provided by the Commodore, Greg Wilkins. As well as the picnic there are games, some fun sailing activities, and lots of excitement.

Wednesday 7th May, Volunteer Recognition Evening

We invite all of our fantastic volunteers to join us at Manly Yacht Club for an evening of dinner and drinks. This will be a great way for Manly Sailability to thank you for your support and to meet all of our other volunteers

Saturday 24th May, End of season Regatta

This keenly contested regatta goes towards the Wayne Black Trophy, getting special mention at the Manly Yacht Club Awards Presentation Night. Watch out for more information about this Regatta in the March Signals.

Sunday 18th May, Rotary Manly Fun Run

It's time to put those running shoes on again! Rotary Manly's Fun Run is now taking Registrations, on their web-site Manly Scenic Fun Run. If you would like the day off the water, please register for a leisurely stroll or run to raise money for Sailability. Ask friends and family to sponsor you. All money raised by our runners and sponsors will go to Sailability Manly. The best part of this is, that you do not have to run, a beautiful stroll along the beach front is all it takes, Or, if you have an energetic bent, 5 m and 10 m runs are also available. Wheel chair participants are more than welcome, you are what we are all about.

Please register on the web-site as soon as possible to give sponsors a chance to donate.

Sailing Schedule

General Sailing Days

Wed 26 th March	SEALS, Forest CAPS, Arranounbai
Sat 29 th March	Balmoral, General, Rap'n'Rave
Wed 9 th April	Sunnyfield, HWNS
Sat 12 th April	BIRDS, General
Wed 23 rd April	MAPS St Ives, Achieve, Rec Rend
Sat 26 th April	General, Rap'n'Rave
Sat 10 th May	BIRDS, General, Inala
Wed 14 th May	RFW Verne Barnett, Amaroo
Sat 24 th May	End of Season Regatta
Wed 28 th May	Arranounbai, Sunshine Pymble, SEALS, DYPSC

For latest updates visit www.mailsailability.com.au

A delightful morning

Wednesday 12th March

It was indeed a delightful morning for 33 people with a disability and their carers when they came to Sailability this morning. Not quite so delightful for the sailors, though, because in the very light winds close to shore, there was a lot of paddling, and some difficulty in finding enough breeze.



John B and Lachlan in red

Helpers Helen, Denis, David W., Terry, Phill, Jim, Corey, Tom, David G, John W., John B., John C, John G., Caroline, Kathy, Tony, Ivan, Bob, Samantha, Rob, Brian, Byron, Michael worked really hard at the beginning and the end to get all the boats out and then back in, and all the shade

Signals p3

areas rigged as well as the boats, as we were expecting such a large group, and it was important that we work as efficiently as possible. The work was made easier by our great teamwork under the leadership of David W as Sailing Coordinator, John W. on Charlie's Chariot and Jim as Pontoon Manager. Corey was the time keeper and radio operator, Helen and Kathy Registrar, and everyone else did what they could to help keep things moving.

Because of this wonderful team, Braydon, Patrick, Corey, Will, Brandon and Hannah from Royal Far West had a fabulous time, with a few Mums and Dads around to take photos and hustle kids back and forward to school for appointments. This particular group of children noticed an injured fairy penguin under the concrete slab, so the Penguin Warden was called, and the penguin transported to Taronga for hospital care.



Ivan and Braydon in Black Swan, Fluoro



The Fairy Penguin after rescue.

Sara, Lachlan, Angel, Winston, Hepi, Dylan, Ivy, Nicholas, Nathan, Sean, Joshua and James from DY Public School arrived next with teacher, Carmel. These children did a fabulous job keeping things moving by helping with the organisation, being willing to take turns in Charlie's Chariot and the sailing boats, and also welcomed their School Principal, Mr Chaffer, who came down to check us out, and also to enjoy the morning at Manly Cove.

Pymble Sunshine was the next group. Some of these guys like to have their cup of tea before they sail, giving us a little extra time with the group before. Shirley, Charlie, Alun, Robert and Brad all managed to have a smooth time of sailing with

carer Raiza, before Amaroo arrived with Eluene and Tim, Tegan and Ben.

Again, Charlie's Chariot was a popular choice. Madeleine double dipped, while Sarah, Alex, Brent, Chris, Daisy, Elizabeth, An, Nicole had a lovely smooth sailing morning, followed by a delicious lunch.

Eli



John G and Hepi in Woody Dark Blue

An exceptional sailing day

Saturday 15th March

There is something about these Autumn days that makes sailing the right thing to do. Beautiful sunny days, the water still warm enough to bath in, the
Signals p4

North Easterly breezes, and the friends who come to sailing all make it a worthwhile event.



Ashley and Helene

This morning, we had helpers and participant sailors down at Manly Yacht Club before nine, all helping to make the day work. Our efficient, hard-working Sailing Coordinator was Jackie, assisted by Boat Operations Manager, Dave G; Pontoon Manager, Kevin; Support Boat Driver, Ralph, then Ray; Registrar and Chef, Helen and Jacinta; Time Keeper, Lyn; sailors, Tom, Mal, Phil, Jack, John, David W., Ivan, Jim, Evelyn, Helene. Helpers up on deck were Ariane, Barry, Jenni, and on the pontoon; Tony, Niamh, Joshua and Ewan. And, of course, everyone all jumped in to help with the packing away at the end.



Alan into sailing in a big way

Participant sailors who arrived early, like the early bird gets the worm, were out on the water before 9.30. Megan, Maureen, Sam, Philip, Alan were having the time of their lives out there, while we quickly showed Joshua and Ewan how our boats differ from their usual Flying Elevens so that they would be able to take our sailors out for a run. Peter and Ben hopped in Charlie's Chariot so that they could keep their eyes on Sam, and sister, Emma, also go to go for a sail. Craig was next to go, and Adam patiently waited while we got a little out of order. Judy Vella was next, then Matt. It was great to see Washington House residents Ashley, Anna and Kerri back again after many months of not being able to get down to sailing. Then our beautiful BIRDS arrived; Stuart, Brad, Robert,

Roger, Danielle, Dirk, May and Steve all eager for their sail. Thank you so much to all of the lovely carers this morning; Peter, Sally, Carol, Kate, Carolyn, Alex, Gaynor. It makes the day so much easier if the carers are on the ball, and cooperative both with the Sailability volunteers and each other, which was very evident this morning. Jacinta, you made the BEST sausage sandwiches, and your cups of tea and coffee were most welcome.

Eli.



Phil's huge grin

Volunteer Comments

Saturday 1st March

Here are some fantastic comments from one of our new volunteers, Kathy:

Today I went to the Manly Yacht Club and became a volunteer at Sailability. Sailability is a global organisation offering opportunities for disabled people to sail with the help of volunteer and staff. I found it online weeks ago and this was my first time getting involved!



I got there at 8:46 in the morning and signed up, there were several volunteers and some of them are new to there as well. We had a really good chat together as we came earlier in the morning. It was a bit rainy today and not enough wind. However, it was good for me since this was my first time of sailing! David warmly welcomed us and taught us how to set up the sails. Frankly speaking, it was quite complicated so I might need some help next time when I set up the boat by

myself. Anyway it was quite fun doing some work with others. Then, we push the boat into the water and Jack just took me for a sail before people with disabilities came down! As he said "why not!". It made me sort of nervous because I've never sailed before. But I have to say it was fantastic! Jack is an experienced sailor so I really learned a lot from him, such as how to feel the direction of the wind, why it works.



As we went back, those lovely people were arriving sailing. I helped a lady who is suffering from really bad brain damage and unable to talk. She couldn't stop standing on tiptoe and kept moving to keep herself balanced. I talked to her slowly and she just responded me by some body language. When I just help her put on the rain jacket, she grabbed my hand and kissed my hand. It touched my heart so deeply and I couldn't come up with any word to express my feeling which was

so intense at this moment. She covered up her face which her husband said it meant she was so happy. I was so glad even she didn't look at me or say a single word to me because I cant take her pain for her. As I couldn't sail well so another person just took her for a sail. I saw the boat go away and gradually become a dot, the only thing filling in my mind was "god bless you". After the sailing, we helped pack up and had BBQ together. Everyone was looking forward to the next time of volunteering!

Today was so meaningful for me as I made some new friends, tried to sail and more importantly, helped those people who really need your care and love to make their lives better. I was so moved and felt grateful for the gorgeous life. And, I realised there are so much we can do to help each other in the community. It was one of my best experiences in my life.

Kathy.

MYC women's challenge

Sunday 22nd March

A great day for a Women's Challenge with a light breeze all day, and Women from every division of Manly Yacht Club. All at the same time, Lasers,

Signals p6

Optis, P.J.s Optis and Hansa Dinghies were being rigged and launched from the deck or pontoon, and then sudden silence at the Yacht Club, while the boats made their way to Reef Beach accompanied by support craft and Carlisle. The course was laid, warning signals given, and the racing commenced. A huge thanks to Steven and the start crew, as everything worked so smoothly. Dad's and coaches stayed out of the way, and the Women of Manly Yacht Club sailed their way around the courses. At the end of each section, there was a busy totting up of results, then back to the Yacht Club for a delicious afternoon tea cooked by Maz.



Sailability had 6 crews out there: Jackie, sailing with Kerry in Dolly Wallis won the race, followed by Helene, with Anna, singing songs from Sound of Music as they sailed in Woody. Third across the line were Jacinta and Ariane in Vin, then Samantha and Kerry in Lionheart. Isabella and Tessa were

next in ING, and Caroline and Jayme-Ann came home in Alex.



Charlie's Chariot crew was Barry, Denis, Amir, and Eli. A very special thanks to Mal, who came early to help with the rigging, then came back later to de-rig, and also a HUGE special mention to Barry, who came down at 8.00 a.m. and managed to get all 7 of the boats out, and the rigging organised before anyone else appeared. An EXTRA HUGE THANKS also to Helene, who took on the challenge of organising this race, and managed to get 6 Hansa Dinghies on the water with crew at the right time, in the right place.

Our job for next year? Get all seven boats on the water with crew so that we can regain our status as largest One Design Fleet.

Eli

HELLY HANSEN WOMEN'S CHALLENGE 2014					
Class: Laser			Start Time : 13:10	Course:1	
Place	Sail No	Boat Name	Helm	Finish Time	
1	199098	Lambchop	Vanessa Dudley	14:12:42	
2	202968	Bloose	Diane Siddingh	14:13:29	
3	101475	Freytivant	Veronique Morgan-Smith	14:21:16	
4	123247	Gumaru	Candace Christensen	14:26:14	
Class: Flying 11			Start Time : 13:10	Course:1	
Place	Sail No	Boat Name	Helm	Crew	Finish Time
	1288	OnYaMark	Romy Saunders	Jasper Saunders	14:36:28
Class: PJ			Start Time: 13:20	Course: 2	
Place	Sail No	Boat Name	Helm	Finish Time	
	PJ11	PJ11	Nicola Hook	14:06:04	

Joke of the Month:

Why did the admiral decide against buying a new hat?

He was afraid of cap-sizing!

Do you have an interesting article or update for our newsletter? We'd love to hear from you! Please contact Lianne McGrory, Signals Editor

LianneMcGrory@gmail.com

0412 007388

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 Members.	Peter Hamilton	9975 1434
	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

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