



May, 2016 Edition 126

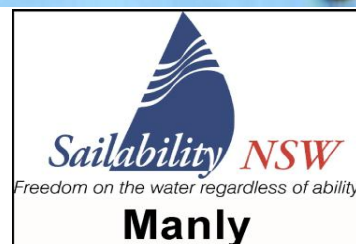
www.manlysailability.com.au

Edited by Jae Schaeffer. Please send articles to

eli@manlysailability.com.au

Web content to Alan Bimson:

webmaster@manlysailability.com.au



30.4.15. Another Lovely Saturday.

This morning's weather forecast left many doubts, but we decided that a little rain and not much wind would not be too much of a barrier, so decided to go ahead. The forecast was almost 100% correct, the rain stopped at around 10.30, and the breeze came up to a very steady northerly 5 to 7 knots, making the conditions beautiful for us.

Helpers this morning were Barry, as Sailing Coordinator, David W and Denis doing the Boat Operations Manager role, David G the Pontoon Manager, Helen as registrar, Ray as Time-keeper, sailors Helene, Ivan, Cathy, David W, Vince, David G and Jay. Peter and Juliette shared the Support Boat Driver role, with Ken as observer.

Kevin was invaluable helping on the pontoon with Jim Q, and most of the carers were useful in finding the correct sized PFD for their own charges. We had a new helper today, Kate, who had a couple of sailing lessons today.

Our first group of participants this morning came from Rap'n'Rave. They were forced to sit and wait for a few minutes while they had a drink and biscuit because of the rain and lack of wind, but as soon as the sun came out, and the wind arose, they were out there having lots of fun on the water. Julie, Natalie, Luke, Lisa, Jason, David and Kathryn were easy participants, very amenable to suggestions, and really enjoying their first sail.

Judy sat in the boat with Ivan and buried herself in the collar of her PFD, while enjoying the light floating feeling.

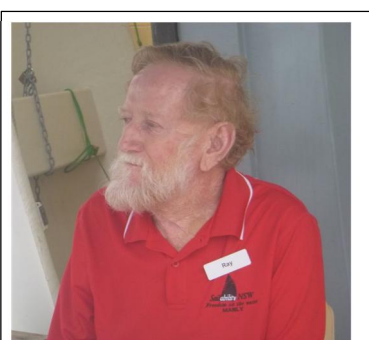
We got the 2.3 with the special seating arrangement out for Patrick, as we have discovered that he can use the joy-stick and the sail ropes, even though not necessarily at the same time. Mum, Roisin followed him around in the Support Boat, with David W also following in a 303 to give him advice as to wind direction and sailing skills. Patrick loved his first solo sail, and will be back for more lessons, and to eventually be part of our regatta team. Mattie arrived next with his helper and lost no time in getting into the next available boat.

Jonah nonchalantly walked into the sailing area, straight to the pontoon with no fuss, and stepped into the boat that was waiting with David, who has taken him before. What a wonderful relief!!!! It was not until he noticed Dad watching from the side, about half an hour later that he decided it was time to get out of the boat.

Gerald arrived next, then Diane, Jackie and Duncan from The Housing Connection. These young people enjoyed their ride in the support boat so much that we decided that they may make bookings a little more frequently.



New sailor. Patrick



Time Keeper, Ray



Some of our happy sailors

A Most Beautiful Wednesday Sailing Day. 4.5.16

Crazy sunshine and a fresh breeze greeted us at Sailability this morning. Our wonderful helpers had arrived in droves to make the work easier for everyone. Ray organised his table for the time-keeping, while Helen set up the

registration table, added morning tea, and generally helped with the set up. Soon Rob arrived to row across for Charlie's Chariot, and the rest of the work gang put out and rigged the boats. John W was in charge of rigging, and an excellent job was done, with Marc, Barry, Ken, Denis, Allison, Malcolm, Amin, Brian, helping with this. Malcolm went down to the pontoon as Pontoon Manager to supervise the launching with help from Body Shop Volunteers: Sarah and Maddie. Other helpers were Jim, Corey, Peter, Ros, Tony, Michael, Helene and Khy, all the way from Coff's Harbour.

By the time this was all completed our first group had arrived, so sailors Ivan, Rob, Denis, Peter, Malcolm, Michael took off across the bay, while Brian helped finish the rigging on one last 303 before also starting on the water. Barry became the Support Boat Driver with Corey as observer.

Our Royal Far West group: Callan, Kaitlyn, Adrian, Amy, Jarod, Zeb, Ben and Emily took off in sailing boats or the Support Boat. Thanks to their helper, Lisa, these children were quickly fitted with PFD's so that everything worked very efficiently. Ben told the helpers on the pontoon about his very boring trip from Walgett...2 hours in the car, then all day on the train to get down to Manly to enjoy 4 days of treatment and assessments before having to suffer it again in reverse on the way home at the end of the week.

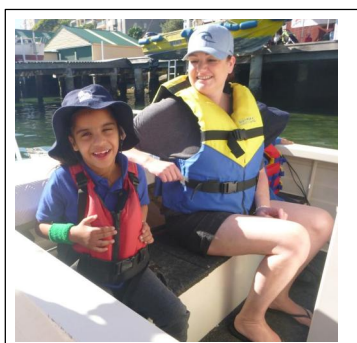
Steph brought the Arranounbai children: Miguel, Rex, Ben, Riley, Mikey, Grace, Milan, Aaron. What a delightful group. Riley was lucky enough to have the first sail for this group with Grandad, Brian, a great pleasure for both. Then the rest of the students in quick succession.

Last participants for the day were: George, Riley, Sekayi and Shebaz from Fisher Rd, with teacher Ruth. The two little girls got to go on the Support Boat, as the previous group were still sailing when they arrived. Then they were lucky enough to get a sail as well.

But wait....Gerald arrived with helper, Patrick and after a trying interval with the PFD, took off on a calming sail. Also visiting us today were Tanya and Michael so that we could chat about comfortable and safe seating for Michael. Next time they come, we will try a fitting for Michael in the car seat, with lots of supporting cushions so that hopefully he will be able to get back on the water after his lengthy stay in hospital.



Sarah and Maddie from The Body Shop



Sekayi and Sarah in CC



Callan and Peter

Saturday, 7th May, 2016 was the Manly Yacht Club Presentation Evening. It was great to acknowledge the wonderful contribution made by Col Gregan, who received the Sailability Volunteer of the Year award for 2016 for his wonderful contributions to Wednesday Sailing Days, and Juliette Napton, who received the Youth Volunteer Award for her extra input to Sailability of achieving her Power Boat License, and helping with cooking the sausages on Saturdays.

Wednesday, 11th May, 2016 The Volunteer Expo at Dee Why RSL, publicising and recruiting volunteers for over 40 organisations on the Northern Beaches. An excellent day, where we took names of 25 interested people, and already have one very keen new member for our team.



Friday, 13th May, 2016. Sailability Manly was out in force helping to promote Volunteering in General on the Northern Beaches. We had a nice team down at Dee Why Beach on a reserve just behind the sandy area of beach, wearing our red shirts and publicising the array of Volunteering available to willing people. A drone took photos from above of the V (for Volunteering) that was formed on this grassy area.



Countless Northern Beaches Volunteers



The Sailability Team



Helen and Eli at the Lifeline Expo

Monday, 16th May, 2016 Helen and I were back in our positions of promotions for Sailability Volunteering at the Life-Line Expo to continue the theme of letting people know about the work that Sailability does in our community. We were very well received by the people who attended, and we will probably gain another volunteer.

When Will This Summer End? **14.5.16**

Sydney is still having the most glorious weather, making a day on the water almost impossible to resist. That is why Ray (Sailing Coordinator), Helen (Registrar), Caroline (Observer and Photographer), Jay (Pontoon Manager), Jim, Ken, Mal, Ivan, Cathy, David G (Boat Operations Manager), Jack, Tony, Michael, Lyn (Time Keeper), Jackie, Peter (Support Boat Driver), Juliette (apprentice Support Boat Driver), Jannie, Barry, Alice and Jason (packers away) came down to Manly Yacht Club this morning, rigged boats, picked up Charlie's Chariot, de-rigged boats and washed them, all with a sense of doing and having done something useful. Ahh, Volunteering.

Megan, Ollie, Laurie and Judy were there early, and so of course they got to sail first, while we were finishing the rigging of the extras. Vanessa and Jericho arrived next. Jericho is a brand new sailor, so his siblings went in Charlie's Chariot to keep an eye on him. What a wonderful family event, and it seems that there is a general agreement of 'getting hooked'. BIRDS arrived next, with helper Gaynor. Danielle got to sail solo, as usual, while the rest toddled off with their usual co-sailors. Daniel arrived next, and after a short wait took off across the bay. Then Luca, with an excited cry of "I'm going sailing" went off with Mal, actually steering the boat to the feel of the wind on his face.

Matthew arrived with Siaan, then Anna, Kerrie and Ashley with Russell. Next we saw Susan, Robert and Ben with Elsa. Susan is making us so proud that she is able to get into the red boat, and go off across the bay without a complaint.

Eastern Respite snuck in when we were least expecting it. Felicity, Aston, Cassie, Jonathon, Adonis, Dominic, Lachlan and Paula donned PFD's and hopped in the next boat, while Dion and Shifa went together, and Jason elected to watch his friends from Charlie's Chariot. Patrick arrived last, but managed to get an extra long sail, with a little towing required in the rapidly dropping breeze, by electing to take the 2.3 which was rigged and waiting for him.

What a wonderful day we all had, and many thanks to the helpers of the last group who helped us to pull the boats up and derig.



Jack and Laurie



Megan and David G



Jason and his carer

A great Wednesday paddle **18.5.16**

Helpers today: Colin (Sailing Coordinator), Malcolm, Tony, Bob, John (Support Boat Driver), David G., Helen (Registrar), Michael, Marc, Helene, Denis, John, Ken, (photographer) Philip, Jim, Jae (Time Keeper) Brian, Wilma, and Ivan. Also along for the ride were Corporate Volunteers from Elsevier with their boss, Murray; Belinda, Sabrina, Emily, Liz, Shane, and new volunteer from the Dee-Why Volunteer Expo, Peter.

We also had three fabulous groups of participants wanting to enjoy sailing with us. First of all, the children from Verne Barnett: Alex, Alexander, Archie, Christian, Dash, Dylan, George, Kai, Leo, Luca, Will with their helpers Donna, Sarah, Ann and Karen.

We had some really brave children who wanted a ride on the Support Boat as well as the sailing boats, which sort

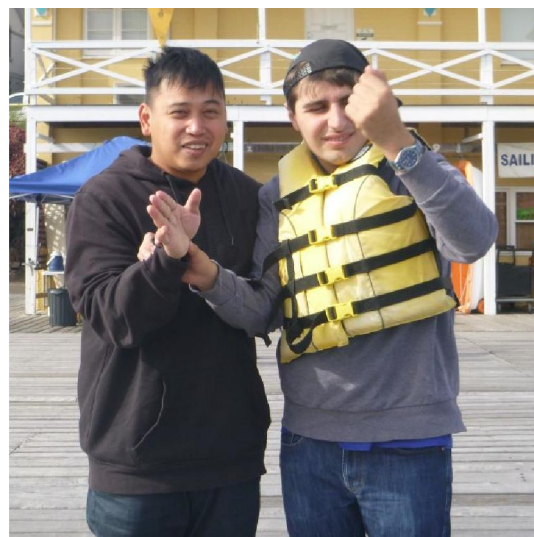


of caught on, so we ended up having double turns for most of the children. All benefitted from the fresh air, light winds, as well as the extra language generated by the conditions and experience.

Gerard arrived with helper Patrick, chose his own life-jacket and was away promptly. Then SEALS arrived with Joel and Olivia: Jaige, Tom, Joe, Ali and Doug. Tom decided that this was the day he was going to show us all how he can get into the boat early, and enjoy his sailing experience.

Elpitha brought the group from Achieve; Kieran, Fowzia, Joe and Malisa. It was lovely to see Joe making his way down the ramp, and figuring the very best way for himself to get in the boat, a little difficult because of his visual problems, but he managed it after a while. Getting out of the boat was a lot easier for him.

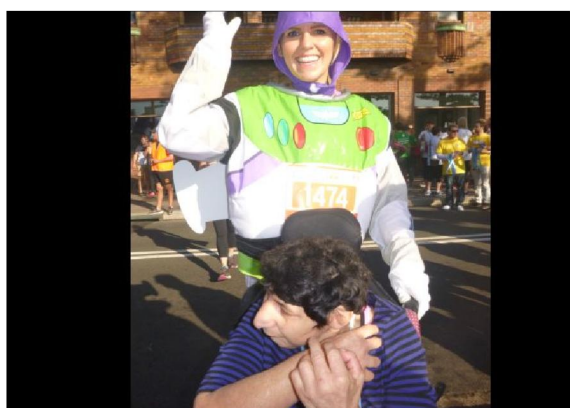
Last of all, Ester, Matti, Ilai, Daniela and Philip arrived for their first sail in Australia and will take home to Germany tales of this unique experience.



The Manly Scenic Fun Run **Sunday, 22nd May, 2016**

Thanks so much for our very extensive team of runners for this event. According to other sources, there were over 2,500 people in this event, out of which around 30 people were running for Sailability. The David Holland Family group not only raised a huge amount of money for us, but also managed some wonderful places... Max Holland came 1st in the under 12, other family members had excellent results, and all had the best fun ever. Mark Bennett managed a 3rd place in the 10 km run, Helen Hendry came 11th in her age group in the 5 km run/walk.

But it wasn't only the place getters who had a wonderful time, just walking as a group in the beautiful sunshine and balmy temperatures along with a crowd this size, was a wonderful experience. The Sailability Group was represented by Buzz Lightyear, the Cheshire Cat, and a few other dresser uppers, as well as Judy in a wheelchair and Ollie run-walking with Mum, Colleen.



Our 20th Anniversary Volunteers Celebration Evening

What an incredible evening this turned out to be. With lots of input from a multitude of people, everything came together, and we were all able to celebrate our coming of age with lots of friends, special guests from the community, loads of interesting speakers and of course, a scrumptious meal prepared by our Chef, Craig Whitting.

We were happy to have present Michael Regan, one of the movers and shakers in the new Northern Beaches Council with good news for us about how the new Council will pull together to be the best local council in NSW. Adele Heasman was there, from Michael Baird's Office, and representatives from our Acquired Brain Injury group and from Sunnyfields, as well as our fantastic team of Volunteers. Gene Scott, the President of Manly Yacht Club in the days when Sailability was a new born infant, spoke about our early beginnings, and it was good to have Leslee, our original President, and Dermot with us.

Jackie was the MC, with her usual aplomb, and also did most of the organization for the evening. Thanks, Jackie. Lynette Budd, our resident artist talked about her time with Sailability, and we opened the raffle for her new painting. Philip told us all about his plans, and showed us a shortened version of his feature video, describing his aims for his future, the future of people who live with different types of abilities and needs, and how we all are so similar in our aims.

Col Gregan is our Volunteer of the Year for 2016, and Juliette Napton the Youth Volunteer of the Year. Everyone agreed that this was a wonderful evening, lots of fun, good friends, amazing food, and some plans stewing away in the background to make another good year for Sailability at Manly Yacht Club.



Sailing Schedule for Winter Months.

Saturday	18.6.16	BIRDS, Rap.n.Rave, Housing Connection, General
Wednesday	29.6.16	RFW, DYIM, Sunshine Pymble, General
Saturday	16.7.16	Balmoral, Inala, General
Wednesday	27.7.16	RFW, Verne Barnett, Amaru, AFFORD, General

Memberships for 2016-2017 are now due for the coming year. Some people have already paid, but if you haven't, please do so this month. Registration forms are attached to Signals with sending and payment instructions.

Our AGM is coming up on Monday, 8th August. Please think seriously about joining the committee, or just coming along to the meeting. More information on this in our next Signals.

One of our sailors, Lynette Gould is an artist when not sailing. She has very kindly donated one of her art-works as a fundraiser for Sailability Manly. We have decided that, to give everyone an equal chance of owning this very valuable artwork, we will hold a raffle. Tickets are \$10.00 each, and are available at our Winter Sailing Days. If

you would like to take a book of tickets (5) to sell to your friends or work colleagues, please let me know by email, or phone 9976 2747.



Manly Yacht Club is planning a Course for the Responsible Service of Alcohol. If you would like to take part in this course, please contact Eli at 9976 2747.

Thanks to our Supporters

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

The Committee

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	Ken Boyes
MYC rep: Jackie Morgan	Peter Singer
NSW rep: Denis Linney	Vice President: David Webb
Volunteer Coordinator: Eli Demeny	Webmaster: Alan Bimson

Thank you so much for being part of the Manly Sailability family. We can't wait for another wonderful month out on the water.

Stay well,
Jae