



Signals *from* *Sailability Manly*

November 2017 Edition 144

www.manlysailability.com.au

Edited by Jennie Fogarty. Please send articles to eli@manlysailability.com.au

Web content to Alan Bimson: webmaster@manlysailability.com.au

Message from the editor

Hi everyone, the Ruby crew are back in Sydney – pleased to be home, and I am happy to be back at Sailability Manly. The southerlies blew and blew – a week in Gladstone while we waited for a bit of easterly, then a dash down to Mooloolaba – then more southerlies blew! So Ruby is safely in the Mooloolaba Marina where she'll stay until the end of January, and then the journey south will continue. The photo is of Ruby (Dufour 410) just off the coast of Mooloolaba.



Cheers, Jennie

Dates for your Diary



Christmas Regatta: Saturday 9th December



All places are now filled.

Wednesday, 13th December

Sailing at Sailability finishes for 2017.

New Year's Eve Fireworks

Members and their friends are invited to watch the New Year's Eve 9.00 p.m. Fireworks together on Sunday Night, 31st December, 2017 at Manly Yacht Club, downstairs on the deck. Tables will be set up from about 7.30 p.m., so if you want to come and have a picnic dinner, that is fine. Otherwise be there at around 8.00 p.m. to mind a spot. Bring some nibbles to share.



2016 New Year's Eve Fireworks

Saturday, 6th January 2018

Sailing commences for 2018 - program below.

Sailing Schedule:

Day	Date	Groups
Friday	1 December	Twilight sailing with MYC
Sat	2 December	St Andrews Sony Camp
Wed	6 December	Truscott St, RFW, Forest High, Sunshine Fr Forest.
Sat	9 December	Regatta
Wed	13 December	PLC/Shore Sony Camp
Sat	6 January	Booked Groups, General
Wed	10 January	Booked Groups, General
Sat	20 January	Booked Groups, General
Wed	24 January	Booked Groups, General
Fri	26 January	Booked Groups, General
Mon	29 January	Booked Groups, General
Sat	3 February	Booked Groups, General
Wed	7 February	Booked Groups, General
Sat	17 February	Booked Groups, General
Wed	21 February	Booked Groups, General

Magnanimous Monday 30 October 2017



Ivan and Emma in Eli D

Gorgeous weather, lovely volunteers, beautiful participants, what more could we want to make our Monday generous, exciting, fruitful and delicious?

Just a very small team set out the boats, our minimum of 12 so that we had a Sailing Coordinator: David,

Pontoon Manager, Eli; Registrar: Helen, Radio; Corey; Power Boat Driver; Warwick, Observer; Ken, helper on deck; Nancy, Pontoon helper; Kadou; sailors; Ivan, Malcolm, Peter, Michael, Denis, Col.



David and Lucy in ING

We took some toys in the boats so that we could play a few games out on the water, but the sailing was so exciting, I think people forgot about the water pistols and tennis balls. Malena, Danny, Lucy, Emma, from Freshwater High managed a very long sail while we waited for SEALS to arrive. Then Jake, Nikita, Tom, Alistair, Doug, jumped into the boats and off they went as the heat continued to rise, and the wind became a little choppy.



Cathy and Warwick in ING



Denis and Carlo in Black Swan



Danielle solo in ING

Just as they were thinking they had had enough, our BIRDS arrived: Brad, Stuart, Danielle, Katherine, Kris, Alan, James, Patrick, Carlo, Jonathan.

With the 12 of us working quickly as a team, it didn't take long to put everything back in place, so that we were able to go home before the huge weather change, which saw the 35 degrees or so with a light North Easterly change dramatically in less than half an hour to 20 degrees, with a very strong south westerly 25 knot breeze.

A Wonderful Wednesday 1 November 2017



John and Jecoby in CC



Jim and Melissa in Vin – with water pistol!

Early morning phone calls and Weather Channel checks were not a great deal of use this morning. The forecast kept up a high wind prophecy, but we could see a drop off in wind strength and decided to go for it. What a fabulous decision for 30 participants and their 18 helpers.

Our team of helpers this morning was: Amazing Sailing Coordination by Warwick;
Extraordinary Pontoon Managing by Col;
Super Power Boat Driving by newly licensed Allison; photographed by John, observed by Corey.

Registered by Helen, timed by Ray, our participants life-jacketed by Tony;

Helped on the pontoon by Michael and Marc.

Our sailors were Jim, Rob, Malcolm, Ivan, Michael, Denis, David W.

David G made a late appearance as repair technician for some boats that were awaiting maintenance.



James and John in 1598 (ING)

A huge, enormous Thank You to Col who is about to leave the team after close to 5 years.

We started the morning with the students of Dee Why Special class, with toys in the boats to keep it interesting. These lucky guys got a sail as well as a ride in Charlie's Chariot, as the next group was a little late.

Dylan plucked up the courage to hop back on the boat after his wet experience last time. Then Oliver, Felix, Soraya, Sienna, Mia, Melissa, Oliver, Jayden, Lachlan, Jecobi, Jed, Karaen, Lowanna, Isaac, Samuel. What a lovely group to work with, thanks to their teachers Carmel and Ms Murphy. Some of these will be off to High Scholl next year, so it was a little sad for Dylan, Isaac, Samuel, Oliver, but they made up for this by having lots of fun today.

Bee Cos We Care arrived next with helpers Renee and David. Jess, Steve, Jack, Holly, Chelsea, Paul and Jayden had a great morning on the water.

Then Sunshine Pymble arrived with John. On the water we had Charley, Brendan, Stephen, Toby, Annabelle, Rob and James. What a great morning, just imagine how sad everyone would have been if we had decided to cancel.



Chelsea and Michael in Alex

A Super Sailing, Sunny Saturday 11 November 2017



Khy hard at work rigging boats

The extra effort our volunteers put in today was greatly appreciated, as we still have some people missing because of surgery, holidays, or uni exams. Our wonderful team consisted of Helen, the registrar, Ray, the Time Keeper and radio operator, Tony helping up on deck and Wilma managing life-jackets.

Down on the pontoon, we had Pontoon Manager, Jim, helpers Maleea and Scott, sailors Denis, Jim, Ivan, Peter and John (first timer). On Charlie's Chariot, Vince was the skipper, Khy the observer and Ken the photographer. Eli held it all together, sort of, as the Sailing Coordinator. The most hard working team ever.



Ashley taking Jim for a sail

These few people managed to take 23 people sailing.

First of all, James and Ben. Both of these young men got a tow out with Charlie's Chariot to where the breeze was sailable, on the other side of Manly Cove. Ollie, Anna, Kerrie, Ashley took off for a sail with great enjoyment, then Judy, Phillip and Vanessa arrived and had their sail. Jackie, Tess and Duncan went out for a run in Charlie's Chariot. Then Robert, Alyssa and Ben arrived with Elsa to go for their sail.

Nina came with her bag full of treasures, but sensibly left it up on the pontoon while she went sailing. Next, Sam arrived, to go off for a sail with Ivan, while his friend, Rebecca watched from Charlie's Chariot. Just when we thought it was safe to start putting boats away, our Jellybean friend from Creativity Inc arrived with Rose. Even though we had already passed our time limit, we decided that they should not miss out on their sail, so off went Rubi, Josh, Jayden, Jack and Lachlan.

We cannot finish without mentioning the hard work of our bi-ennial visitor, Khy, who comes down and pours her heart into her work, helping with rigging, observing, towing, washing and putting away boats, never mentioning how tired she is getting. Thank you, Khy, you were a great help to us today.



Peter with Phil in Black Swan



And this is what it looks like at Sailability Manly

A Fabulous Sailing Day 15 November 2017

Volunteer Team today was:
Time Keeper and radio, Ray.
Life-jackets, Wilma.
Registrar, Helen.
Power Boat Driver, John, then David W.
Observer, Ken, then Corey.
Photographers Indiana, Ken.
Sailors; Ivan, Jim, Peter, David W, John, Malcolm,
Denis, Michael, Helene.
Help on the Pontoon; Marc, Kath.
Help up on deck: Tony, Corey.



Ivan and Patrick in Eli D



Daniel and David in Dolly Wallis

The team was very appreciative of Tony with his exceptional help in getting the boats away at the end of the day.

Craig and Jenny from Royal Far West brought Chaney, Ryan, Patrick, Elizabeth, Hunter and Noah. They came from far and wide to enjoy the beautiful calm water of Manly Cove, including Young and Nyngan.

Zac, a first time sailor arrived with Daniel. To help Zac's confidence, we sent Daniel out in a sailing boat right next to him, but we needn't have worried, once he found he could drag his hands in the water and splash his sailor, Zac was in his element, and enjoyed every moment of his sail.

Kel from Royal Re-hab brought a new sailor for us, Steve. Quote from Steve when he disembarked...."Wow, that was the best day in my whole life."

Araluen (Achieve) with helper Irene brought us a beautiful group: Cameron, Maria, Paul, William and Stuart. They all had a sail. A new group for us, we hope they come again.

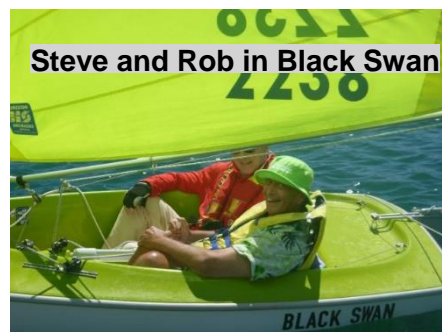
Then St Ives Unisson, with Colin brought John, who loves going for a ride in Charlie's Chariot and disdains sailing, as well as Elias and Lisa, who went for an enjoyable sail.

Last group for the day was Choose and Connect. Jinan and Laura brought this delightful group with Mathew, Shannon, Chris and Rodney.

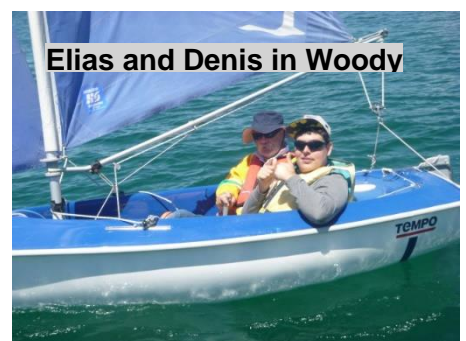
A great team today, and a wonderful group of participants.



Maria and Jim in Alex



Steve and Rob in Black Swan



Elias and Denis in Woody

Sensational Saturday 25 November 2017

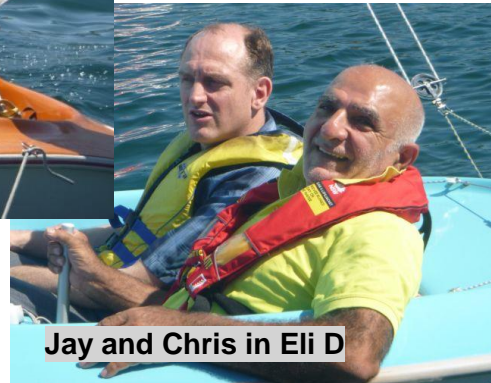


Ros and Mal in Alex

Alan being towed



Anna and Russell in Charlie's Chariot



Jay and Chris in Eli D

What could be better than today. We brought together some amazing stories of overcoming adversity, joined them together with a sensational sailing day, a super team of helpers, a superb sailing group and came up with today.

7 months after being taken to hospital after an accident linked to some severe health issues, Barry returned to sailing, half the size but with twice the vigour. Oh, what a smile...on Charlie's Chariot, out on the water sailing with grandson, Luke. Barry is now the picture of health.

Tony turns 50 this week, what a milestone in this young man's life.

Alan also returned to sailing this morning, after many months of trying to regain the courage and level of fitness he needed after a few battles with accident and illness.

Sam came back after a less than pleasant experience a few weeks ago, and what a fabulous day he chose to do this.



Luke and Barry in Eli D

And, most amazing of all, Ray has not been in a boat for over two years. He is the Time-Keeper, not a sailor, but today was just too gorgeous to resist, and we have photos to prove it.

Congratulations to all of these.

We started bright and early with our mates from Rap'n'Rave; Adam, Dan, Chris, Ros with helpers Karl and Ivy. Regular sailors Ben and James were next, with Mum, Betty.

Alan plucked up courage and drove himself down. Anna and Kerrie arrived for a sail with Russell.

Sam decided that he would return with Rebecca.
 Then Phillip arrived and elected to wait until he had the very best sailor on Manly Cove as his companion.
 Last of all, Nina, with the expressive range of signs and her mate Annette, decided to drop her glasses in the water and loved the feeling of the water on her hands.

Our most fabulous team ever this morning was:
 Sailing Coordinator Extraordinaire, David W.
 Pontoon Manager: The wonderful John.
 Support Boat Drivers: Warwick, then Mal.
 Observers: Luke, Barry.
 Photographer: Scott, Eli
 Sailors: Jay, Mal, Jim G, John, David G, Peter, Helene, Michael, Jannie
 Life-jackets: Wilma
 Time Keeper: Ray, then Lyn
 Help up on deck: Ros, Tony, Denis, David P, Ryan and Liam.
 Help on the pontoon: Jim Q, Ros
 Chef: Jet and Shelley.

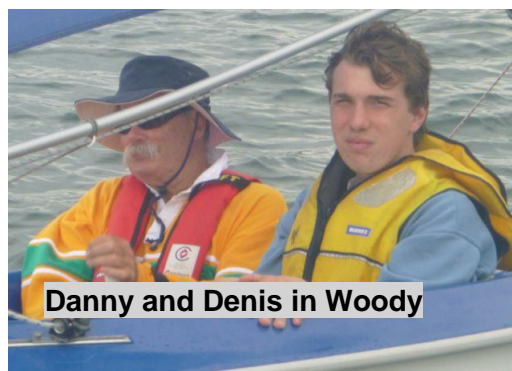


Jet and Shelley

Remarkable Monday 27 November 2017



Leah and John in ING



Danny and Denis in Woody

We have had such wonderful Sailing Days lately. The weather has been perfect for us, and today was no exception. Freshwater High were the lucky students who came down early and just kept sailing until BIRDS and BeeCosWeCare arrived more than an hour later. The water was beautifully smooth to sail on, with a very slight, steady North Easterly breeze, just enough to keep the boats moving while practising the words they needed to remember to gain their end of year certificates this morning. Malena, Danny, Emma and Leah worked hard for their awards, and came back feeling that they had done a good day's work.

BIRDS' Steve arrived and got onto the water before the rest of his group arrived. Patrick, Denise, the 2 Alans, Brad, James, Danielle, Katharine, Stuart and Carlo also received their certificates this morning, and were very happy with their results. Denise wins our prize for outstanding courage this morning, as she plucked up courage to go for a sail, a first time for her after many trials during the



Steve and Liz from BeesCosWeCare



Catherine from BIRDS

year, and this morning, she did it. Danielle took off solo, Patrick and Steve took over the controls of the boat and all came back with huge smiles.

Our new group, BeeCosWeCare waited patiently for their turn, and at last, they were ready for a sail or a ride in Charlie's Chariot. Jayden, Daniel, Paul, Jael chose a sailing boat, Steve, Holly, Jess chose Charlie's Chariot. A great day's sailing. Thanks to all the helpers for these groups, who made life very easy for our team by helping with their people.

This morning our team was:

Sailing Coordinator: Eli.

Power Boat Drivers: Warwick, Mal.

Observers: Ken, Siobhan, Corey.

Sailors: Warwick, John, Jim, Ivan, Michael, Mal, Jennie, Denis.

Pontoon Manager: Malcolm.

Helpers on the pontoon: Khadup, Jennie.

Radio/Time Keeper: Corey.

Registrar: Helen.

Life-jackets: Wilma

Photography: Siobhan, Ken.

A Wet Wednesday that turned into a Wonderful Wednesday 29 November 2017



Rob and Ben in Black



Ivan and Zac in Vin

Well, what can I say? This morning's early forecast was for no rain until after 3.00 p.m. A flurry of showers blew in at 8.30 just as we were putting the boats out. A look at the radar showed that it would quickly move away, so we waited a while, then put the boats out, checked with the groups that they were still on their way, and continued as if nothing had happened. Unfortunately, one group had already started their participants on a different activity, so the other three groups had an extended sail using the south easterly breeze that had blown the clouds away and was now creating beautiful conditions on Manly Cove.

Sunnyfield French's Forest brought Luke, Rodney, Ben, and Adonis, with helpers Nathan and Danny. Ben and Rodney managed a sail as well as a ride in Charlie's Chariot.

Daniel brought Zac who decided to smile all the way through his sail. Kell from Royal Re-hab brought Steve, who is now ready to attempt a Solo sail in Clea next time.



Sando in Charlie's Chariot

Choose and Connect from Ryde brought two Chris's, Shannon and Rodney.

AFFORD Ashfield brought Adam, Alessandro, Gabriela, Lauren and Usamah. Alessandro chose a ride on Charlie's Chariot as he was feeling it was too much effort for him to get into the sailing boat. Our success story to day is all about Gabriela, who loves sailing so much, she is going to talk to her Mum about taking her sailing at her local Sailability on week-ends.

Wonderful things happen when we have a winning team, and that was the case this morning.

Sailing Coordinator, David,
Pontoon Manager, Eli,
Power Boat Driver, John W, with apprentice, Allison
Observer Corey,
Registrar, Helen,
Life-jacket manager, Wilma,
Radio and Time Keeper, Ray,
Up on deck, help from Tony and Denis.
On the pontoon, help from Marc and people who were not sailing at the time.
Sailors, Peter, Jennie, Michael, Rob, Helene, Malcolm, Steve and Ivan all did a fabulous job keeping our activity moving along, so that we started late, but finished at a reasonable time.

Thanks very much to Brian who dropped in to say hello, and brought us a lovely Christmas gift, and to Jennie, who went across the road to bring us a yummy morning tea-bun.



Luke and Peter in Eli D

Extra Activities for November

31.10.17 Warwick and Eli attended a session called "*Way To Go*" at *Northern Beaches Connect*. It was a training session for Volunteer Coordinators and included topics such as Recruitment, Training, Volunteer Management, Recognising Volunteers. It was an excellent course and provided lots of insight into our role. The best thing about it is that all of the course input is available on a web-site, so that we can constantly check that we are going the right way to build up our Volunteer Base, and to maintain it at the excellent level we have already achieved.



Eli with some pf the rest of the class



Warwick concentrating hard at the Way2Go course for volunteer coordination

5.11.17 Helen, Wilma, Denis and Michael

helped at a *Community Centre Expo* to promote our activity in the Community of Northern Beaches. It was well run, but unfortunately there was not much publicity in the community sector. It was pouring with rain early in the morning, and by the time the weather cleared, it was too late to set up the barbecue outside. Also, a huge truck parked right in the entry way to the Community Centre, so that the people inside had a wonderful time finding out about all the activities available in the community, but we did not see many outsiders. However, we did have one taker, Ken Hopley, who used to volunteer with us many years ago.



15.11.17 After a busy sailing day, several of our Volunteers attended a *free*

Movie Night at Warriewood Theatres, where *Murder On the Orient Express* was playing as a Free Show for Volunteers on the northern Beaches, arranged by Community Connect.

This was a terrific evening's entertainment, not only an excellent movie, but also a great way to get to know other volunteers in our community. 10 Sailability Volunteers attended.

21.11.17 Helen and Eli attended the Brunch for the *renaming process*

of UNISSON disability, which used to be the Sunshine Group. They are a number of the groups that have been sailing with us for several years, on a Wednesday. Unisson Groups come from French's Forest, St Ives and Pymble. They are very impressed with Sailability and will continue to come as long as we program them into our Wednesday sessions. After a delightful brunch, we were able to have a look around their premises, which includes the latest developments in care for their participants, including a sensory room, which is magnificent, a sea room, a jungle room and a music room. We were able to say hello to lots of our sailors, who looked as if they were having an enjoyable time in the various rooms. It was good to see our new Patron, Michael Regan there and have a long chat, as well as several of the people who have helped us to develop into the active group that we are now.

23.11.17 Brian attended the *Thank you to Volunteers at Arranounbai School*, on behalf of Sailability. He was presented with a huge Thank You for our work with their participants, as well as a packet of biscuits for us to share at the sailing day on 29th November.



Fisher Road sensory room opening; Michael Regan, Mayor of Northern Beaches Council and Donna Blatchford, Principal.

24 11.17 Ken, Helen and Eli attended the *Thank you to Volunteers at Fisher Rd School*, and the opening of their wonderful sensory room, which had been planned and carried out by teachers, parents and members of the community. This is a truly beautiful room, which will have a life-long calming effect on the students who use it. The art-work, lighting, special effects and special furniture are incredible, and a testament to the ideas and input of numerous people.

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.
• 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	NSW rep: Denis Linney
Secretary: Eli Demeny	Minutes Secretary: Rob Southam
Vice President: David Webb	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	

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.