



Signals Newsletter

November/December
2014 Edition

SAILABILITY NEWS

This is a super crammed Signals, with plenty of holiday reading. Please note the extra dates we have sailed, and the extra groups we have sailed with.

We have another Regatta coming up soon, please see dates below!

A very special evening coming up on 31st December is our usual New Year's Eve gathering on the deck and pontoon, where we can watch the 9.00 p.m. fireworks. No bookings required, just turn up any time after 7.00 for a social evening. Bring your own food and drink.

Upcoming Sailing Schedule

10 th January 2015 (Saturday.)	General, BIRDS, Rap'n'Rave.
14 th January 2015 (Wednesday)	CPA Grevillea House, MAPS St Ives, SEALS.
24 th January 2015 (Saturday)	General, Balmoral, Housing Connection.
26 th January 2015 (Monday)	Australia Day Regatta. (Caroline Holdstock will be organising)
28 th January 2015 (Wednesday)	Sunnyfields, French's Forest, Sunshine Pymble Achieve, Amaroo.
7 th February 2015 (Saturday)	General, BIRDS, Inala.
11 th February 2015 (Wednesday)	RFW, Truscott St.
21 st February 2015 (Saturday)	General, Balmoral, Rap'n'Rave
25 th February 2015 (Wednesday)	Verne Barnett, CAPS Forestville.

Happy Holidays to all of our members!

In behalf of the Manly Sailability team, we hope everyone has a fantastic time over the summer holiday break

*Merry Christmas
& Happy Holidays!*



A Busy Day...

29th Oct

Training Day for Wednesday Helpers

A small group turned up for our Training Day for Wednesday helpers, enabling us to put out 4 boats, and for Caroline to do some extra practice in Charlie's Chariot before going for her Power Boat Licence.



New sail student, Camila

Rowell also had the opportunity to learn some towing skills, while Camilla has a sailing lesson. Everyone practised rigging and derigging skills, giving us a skilled team for sailing days. It was good to see David back to the fold after his little (mis)adventure in the mouth of a vicious dog.



Cheque presentation at Manly Council.

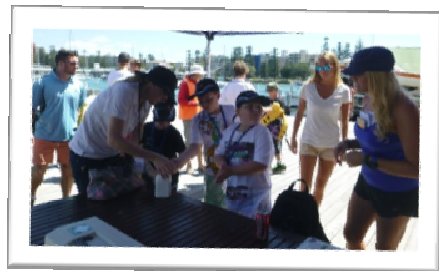
While the training day was in progress, Helen went over to Manly Council Chambers for the annual cheque presentation to worthy community efforts. We asked for and were granted \$1,000.00 to help us with the maintenance and fuel bills for Charlie's Chariot, fast becoming an icon on the waters of Manly Cove. Manly Council has been helping us with the expenses for our support boat for the last 7 years, and, as usual, we are very grateful for this grant.

Camp Lionheart

8th November

An amazing morning! 30 volunteers arrived to help Sailability Manly to take 18 kids from Westmead hospital for a sail as part of their annual Lion's Club Camp.

7 303's were rigged, the Support Boat made ready, morning tea and lunch prepared across at the park while the kids were transported from Parramatta to Manly by



bus.

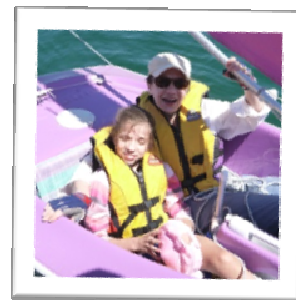
Getting ready for sailing

A huge thanks to our team: Juliette, Lianne, Chris, Ray, Jim, Denis, Peter, Evan, Caroline, Seal, David, Flynn, Helen, Ralph, Jackie, Josh, Jack, Kevin, Nicola, Ivan, Crosbie, Barry, Michael, John, Rowell, Helene, Bastion, Tony, Megan. Most of these managed to get a practise sail before our participants started arriving.

Josh and Adrian



Also along for the ride were Oliver, Jonathon, the kids from Westmead: Michael, Billy, Emmanuel, Kayla, Amelia, Natalia, Joanne, Julian, Douglas, Nic, Sarah, Cooper, Jackson, Daniel, Jacob, Capri, Adrian, Ethan. Their helpers were: Yael, Susie, Toni, Tracey, Louise, Adriana



Helene and Jacob

These kids had a great ride in the sailing boats, the smiles being a testament to their enjoyment. Some even came back for seconds after they had their lunch.

Probably the best part of the day was the wonderful lunch sourced by students from ICMS carrying out their volunteering obligations for their Management Course. Thank you so much Natasha, Stephanie and your wonderful team, that was some lunch, supplied for kids, the Westmead helpers, and the Sailability helpers. Thanks also to Gomez and Gutierrez, who provided the most delicious burritos I have ever tasted.

Eli.

Fabulous Wednesday

Wed 12th November

The clouds were rolling in, and the wind was a slight south easterly, making conditions at Manly perfect for our sailing with Dee Why Primary Support Class, our kids from country areas staying at the Royal Far West Scheme, our little group from Achieve, and the Freshwater High School students.



Gerard and John B in Eli D

As usual on Wednesdays, the deck and pontoon at Manly Yacht Club were as warm from early in the morning with helpers. Brian was Sailing Coordinator, Barry on the pontoon, Rob and Corey on Charlie's Chariot. The rest of the team settled into their favourite jobs; Denis as Sailing Instructor, Caroline as spare driver on Charlie's Chariot, Rowell lending a hand wherever it was needed, Michael and Marc being available as tall, strong people for lifting boats up and down, Peter as radio operator on Charlie's Chariot, Tony being busy everywhere, John C on the pontoon and as a sailor, Philip and Helen doing registrations, John W also on Charlie's Chariot, and sailors, David G, Ivan, Bob, John B, Jim, Lindsay, Steve on the water. We do make a great team.



Kerry and Irene from Achieve



We also had a couple of community people there today, which was great to see. Thanks for coming down Oliver, Ted, Patrick Alan, Philip and Gerard. It looked like an enjoyable experience and we hope to see more of you.

Laurn, Michael, Braith, Jack, Paige and Gavin were with the Royal Far West group. First time on the water ever for some of these country students.

Robert, Tykaele, Angel, Sam, Talon, Sean, Lachlan, Samuel, James, Winston, Michael and Nathan from Dee Why Primary all had a sail, and most also experienced a ride in the Support Boat. Tykaele and Nathan are first on next time, as both missed out this time.

Kerry, Hannah, Cameron, John and Fowzia from Achieve enjoyed their sailing. In the meantime, Alan went out with Denis for a lengthy sailing skills lesson.

Philip arrived to join the Freshwater High group, and chuffed off for a sail in Alan Wood.

Emily, Amelia, Eddie, Ben and Jordan came from Freshwater High. These students are creating a real bond with their sailor teachers, and all are achieving great things in the boats. Everyone today steered the boats around a course with huge smiles on their faces. Best of all was the putting away. Strong muscles were needed to drive the winch that pulls the keels out, then more stamina needed to drag the boats up the ramp and over to the hosing area. A great deal of skill is required to de-rig the boats successfully, wrap up the booms and put everything away neatly. We left the hosing skill until last, as this is the fun part.

It was lovely to hear the squeals and laughter as we all got just wet enough to feel cool in the strong sun that had appeared by that time.

Remarkable today in the water were the swarms of blue-bottles dotting the surface of Manly Cove. In some places, it looked like an island of blue bottles had developed, almost deep enough to get out of the boats and walk on. Luckily, everyone with us understood the dangers of getting trailing hands stung. All hands remained well and truly inside the boats.

Eli

Emily winding up the keel on the winch



A Beautiful November Day

Sat 22nd November

It had to be a good day today, because the weather was so perfect, the breeze so light, and the company so good. Ray, Ralph, Nancy, Megan, Helen, Juliette, Shelley and Peter arrived early so that the barbecue was put out and cleaned, then the boats and tents. It took only a short time, and the arrival of Barry, Luke, Jim, David, Lyn, Jack, Tony and Jacinta to get the 8 boats rigged, under the watchful eye of Boat Operations Manager, Ray, and on the water. While this was all happening, Ralph went out to pick up Charlie's Chariot, then took Nancy, Ewan and Josh (today's photographer) on board. In the meantime, our sailing area was becoming full, with Ivan, Mal, Bob, Alan, Vince, Michael, Rowell, Helene, Denis, and new volunteer, Jon. All that wished went for a sail as we settled down to wait for other participant sailors. David, Barry and Jack were our succession of Pontoon Managers. Jack took compliments from everyone on his excellent handling of boats, pontoon staff and participant sailors and their carers. What an asset this young man is turning out to be.



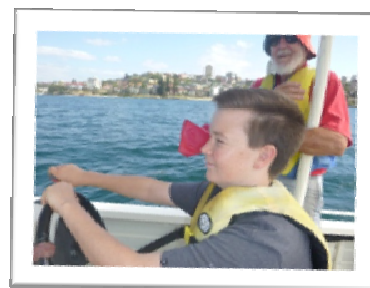
Philip Sailing

We had just turned ourselves around when our participant sailors arrived. Oliver came with Colleen, very eager to sail, then Kerrie, Ashley and Anna from Washington House with helper Alex. Craig was next, then Jonathon I, with helper, Marshall, Luca with Mum and Dad, Jacque, with Dad, Bob. Philip arrived with Peter and Lillian. Alan trundled himself down to the water, followed by Jonathon G and Gerrard.

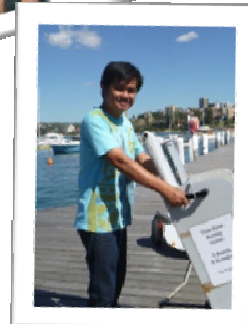
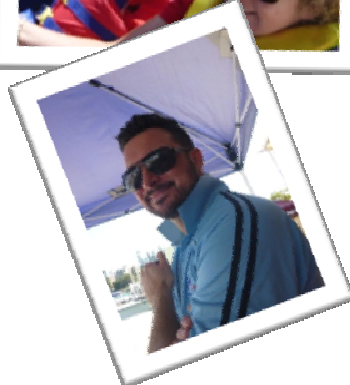
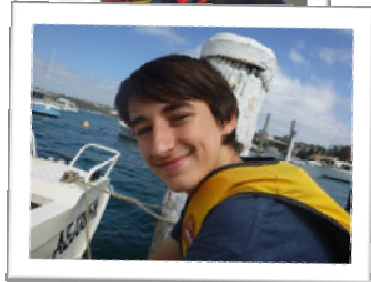
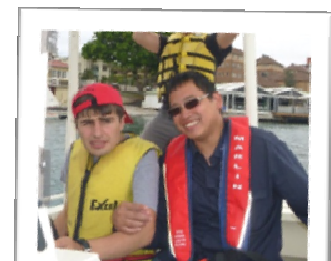
There was a constant changeover in boats of sailors, except for Alan and Philip, who, in the solo craft just stayed on out in the blue, enjoying the experience, the light weather, and the feeling of total freedom.

Does this sound excellent? We were not finished until Brad, Steve, Roger, Stuart, Carlo, Dirk, Robert, May, Danielle and David from BIRDS, with helper Gaynor to have the best part of their day. Danielle sailed solo, while the rest went off with whoever became available. Altogether, almost 70 people enjoyed this morning at Manly Yacht Club. Nancy managed to have a quick swim while everyone else put everything away, leaving the place ship-shape for the following group. We also want to give a huge thank you to Shelley and Lyn, who kept those sausage and onion sandwiches coming for all who wanted them.

Eli.



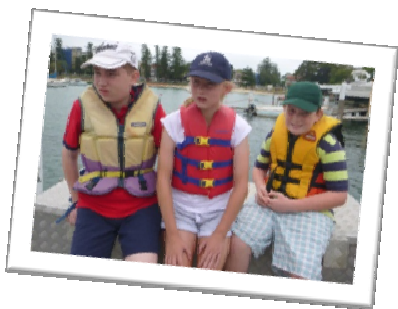
Ewan takes a turn at the wheel



Another Busy Sailing Day

Wed 26th November

This morning we were expecting our usual 4 groups of participants, so we arranged plenty of helpers, so that we could have 8 boats on the water, and plenty of sailors to man them. Byron, Brian, David G, Ray, Jim, Rob, Philip, David W, Sue were there early, so the 8 boats were put out, rigging commenced, and was mostly completed by the time the other volunteers arrived. David made a good job out of the Boat Operations, Col went down on the pontoon, Denis checked the finer points of rigging, Rowell was wonderfully helpful, and the boats made their way down to the pontoon. Caroline and Corey hopped onto Charlie's Chariot, which had been brought alongside by Rob, and all who wanted to went for a practise sail while we



awaited our first bus-load of participants.

Alan arrived about now and went out for some practice on Clea, staying out there until the last minute.

Col took over on the pontoon, with lots of help from Steve and Tony, with Bob and Ivan taking over some of the sailing. Huge congratulations to Michael, who has had the skills for several weeks now, after some excellent tuition from Denis, but had not had the confidence until today to take a person with a disability out sailing.

Byron, Helen Sue and Kandy stayed up on the deck helping with registrations, PFD's, time-keeping and other duties.

Soon, our group from Sunshine happened by, with Yvette, Jessica, Chris, Paul and Becky. All of these enjoyed their sail on the progressively calmer waters. It was lovely to see Paul, and to hear his laughter as he settled into sailing. These participants also seemed very happy that Byron was there, as he is familiar with the needs of these participants.



Rob and Paul

Kris, Paul, Becky, and Craig arrived from House With No Steps, and were each placed in a boat. Kris enjoyed the whistle attached to his life-jacket so that we all knew exactly where he was.

Ben, Eddie, Jordan, Emily and Amelia from Freshwater High found their own skipper, and went off for a lesson, today practising around the circuit using the joy-stick to steer, and also some of them taking some control of the jib. Again, these students were a great help in de-rigging and putting the boats away.

While they were out sailing, Gerrard arrived with his helper, Patrick, after a morning of travel-training. Because all of the sailing boats were occupied, they went on Charlie's Chariot, a whole new experience.

Eli

Thomas, Ella, Jake from Fisher Rd

Our 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 Club.** New Boat, Black Swan
- **Cerno Insurance.** New Boat, Vin

An Extra Sailing Day

Wed 3rd December

International Day of Disability

David W, Eli and Barry got down to Manly Yacht Club early to get some work done, expecting that the rest of the gang would come in later, as we were not expecting any participants until 10.30. Everyone at Manly Sailability is just too keen, as Helen, John W, Denis, John B, Byron, John G, Jim, Rob, were suddenly there, and it wasn't even 9.00 o'clock yet. Not that I have anything against eager beavers, it was just that it was all so unexpected. Rowell, David G, Michael, Col, Corey, Ivan, Bob, Kandy and Caroline arrived at the expected time, to find that all of the boats were already out, and there was not much to do except sit and wait, have a cup of tea and a gossip, and for those that like to sail in extra light winds, to go for a puddle about.

After a while of waiting, our two groups arrived simultaneously. Which left it to the more gracious group to say...."you go first". AFFORD from Ashfield got to go first, and their 4 sailors, Joshua, Jackson, Lauren and Gus, were placed in the boats then taken out in a slightly freshening breeze. By the time they got back, the breeze was quite a reasonable North Easter, making for a quick trip over to the other side, around the course a few times, and back to base about an hour later. These were the Freshwater High School students, with Philip also tagging along. For the last time this year, Amelia, Emily, Ben, Eddie, and Jordan pulled up the keels, took the boats up the ramp, de-rigged them and put everything away neatly. We finished the morning with a presentation of certificates for all the students, and received some great thank yous from students and staff.

Eli



AFFORD: Lauren G and Gus



AFFORD: Jacks on

At the Sailability end, we had Jim, Eli, Helen, Brian, Denis, Ralph, Nancy, Jackie, Corey, Rowell, Barry, Ivan, Evan, Col, Dave W and David G. We also enlisted help today from Zurich Insurance, who were having a volunteer day away from their desks and phones, having fun on the water, and being helpful in any way possible. Manly thanks to the organiser, Joshua, our cooks; Carolyn, Alexandra, Jessica, and hard workers Alex, Divon, Brian. Also many thanks to Ray, who used his already existing skills as a sailor to join our sailing crew.

As usual at Manly, the weather was perfect, the breeze delightful, the water warm and inviting, and everyone in the mood for a sail. The lunch was delicious and the day was enjoyable for everyone who attended.

Eli

SACC. Friday, 5th December

The kids taking part in Sailability today were from the St Andrew's College Camp. Students from this College had sourced kids with a disability from Inner City Schools and Hospitals and invited them for a 5 day camp. Part of the Camp Action was a day on and near the water. All of these children came sailing today, as well as a play on the sand, ball-games on the grassy area, a delicious lunch cooked upstairs at Manly Yacht Club, and a walk to the Aquarium. A busy schedule in everyone's language, and totally exhausting for both students and their carers. Each student had a companion to help them through the activities, as well as



extra staff of nurses, student supervisors, etc. A huge undertaking, and very much appreciated.

At the Sailability end, we had Jim, Eli, Helen, Brian, Denis, Ralph, Nancy, Jackie, Corey, Rowell, Barry, Ivan, Evan, Col, Dave W and David G. We also enlisted the help of our friends from Zurich Insurance, who were having a volunteer day away from their phones and desks, having fun on the water and being helpful in any way possible. Many thanks to their organiser, Joshua, our cooks Caroline, Alexandra, Jessica, and hard workers Alex, Divon and Brian. Also, a million thank yous to Ray, who used his sailing skills and joined our sailing crew.

As usual at Manly, the weather was perfect, the breeze delightful, the water warm and inviting, and everyone in the mood for a sail. The lunch was delicious, and the day was enjoyable for all who attended.

Sailing Day, Saturday, 6th December.

It was a great morning for sailing in between the stormy weather and we had a busy morning hosting groups from Balmoral House, BIRDS and people from the community.

Juliette quickly mastered the BBQ and kept the sausages coming, with Helen busy with radio, organising and preparing sailors for sailing and supervising the BBQ, it really is quite a busy role.

Jonathon kept the sailing board up to date so

we could keep track of our sailing times for each boat which was an important job with many people lined up to sail.

Our sailors did a great job - Denis, Ivan, John, Vince, David, Helena, Jack, Barry and Jim.

we could keep track of our sailing times for each boat which was an important job with many people lined up to sail.

The report from Charlie's Chariot was that Alan had a great sail, practicing working up to and back from a mark in preparation for Sunday's event. Ralph and Nancy were relieved by Barry, Luke and new driver Caroline for the second half of the morning.

The pontoon was as busy as usual and Rowell did a great job on the pontoon deck, supported by Evan and Dris. Jim was certainly an action man on the water and on the pontoon. There was also plenty of support from Vince and Dris helping those sailors

who needed harnesses to be fitted on the top deck prior to going to the pontoon. Getting the harnesses right reduced the amount of time spent on the pontoon and meant more for sailing so great work!

Evan, Luke and others provided great all round help both setting up and packing up.

It is amazing what can be achieved through teamwork every sailing day and today was no exception, another great day all round. Thanks to each and every person for your involvement.

Just a reminder that the start time for volunteers is 8:30 am (was 9am last year). If you can arrive by 8:30 am you can ensure you keep your rigging skills up to date, and remember 'if in doubt sing out!

Sailing Coordinator, Mal.

Presidents Cup

Sun 7th December

After sailing on Saturday, we packed 3 boats onto the trailer ready for Sunday's excursion across the harbour bridge to Sailability Dobroyd for the President's Cup.

Ralph, David W, David G, Denis, Michael, Eli were our team support for Alan and Philip, sailing solo in the 2.3's. Oliver sailed with David G in Amor, which we borrowed from Dobroyd, and Denis sailed with Steve in Dolly Wallis. Oliver had extra support from his Mum and Grandmum, while Philip garnered support from Lillian and Peter.



Philip taking notice at the briefing

Philip impressed everyone at the Regatta with his confidence and skills as he took off for the course in Alan Wood, and Alan was also very impressive in Clea. Both of these boats won their sections, while Amor got a 3rd and Steve and Denis in Dolly Wallis tried their hardest against a strong, well-trained opposition.

The race was held in 2 sections, placed around an early morning lull, followed by the first race, then a strong wind-storm, when all the boats were rested at the dock. We were lucky to get a second race in the afternoon before the skies closed in again and the wind came up.

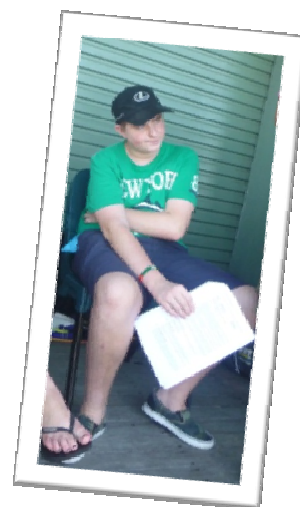


First Prize 2.3 singles – Alan!

As soon as the race was over, all boats were packed away and we went upstairs for the Presentation.

The President's Cup was taken by Phil, and is resting back in its home space at MYC, waiting for Philip's family to pick it up.

Congratulations Philip, Alan and all who took part !



Oliver figuring it all out

Wonderful Wednesday

Wed 10th December

Another wonderful day on the water at Sailability Manly. The day was absolutely sparkling when our crew arrived early this morning to put 6 303's and the 2 2.3's on the water.

As Sailing Coordinator, Ray was in charge of allocating positions and keeping the day running smoothly. Rigging was carried out supervised by Denis. Help from Brian, Col, Barry, Jim G, ensured that the boats were taken to the pontoon to be placed in the water by David W with support from Phill, Byron and Sue.

By the time this action was completed, our friends from Royal Far West had arrived and we swung into action. Barry took over on Charlie's Chariot with Kandy as observer, this task soon taken over by Corey, when he had completed his early registration post. Sailors Ivan, John B, Jim G and Jim Y, Michael, John C took to the water with Jonas, Jono, Josh, Gabby, Taylor, Charlie, Stephanie, Ambrose and Ryan, while Bronnie elected to be the red-flag girl on Charlie's Chariot.

We all appreciated the constant North Easterly on Manly Cove. A special mention this morning to Michael, who comes up all the way from Helensburgh, near Wollongong, and has been practising for months for this role, and finally has enough confidence to just get in there and 'do it'. Denis, you have been a great teacher and mate to Michael over the months.

In the meantime, Alan took to the water in Clea, and just stayed out there the rest of the morning practising his runs, tacks and gybes until he feels confident of making his mark on the Regatta coming up on the 20th of the month.

Truscott St kids arrived by the time we got the RFW kids back in, and there was a seamless interchange. Our hats go off to the carers, teachers, parent helpers and siblings of these children who came all the way from Ryde for a Christmas sail with us. Liam, Harry, Sian, Mila, Alec, Jasmine, Jin, Jessica, Mustafa, YuYu, Ethan, Nicky, Annabelle and Amelia all tried sailing. Amelia takes our bravery award today, sitting and snuggling into Mum on the boat, but needed

to be brought back within a few minutes, as the brave fairies deserted her.

Close behind was Nicky, who experienced Charlie's Chariot first, then decided to try sailing. Again, the bravery super-heroes supported him for around 10 minutes, then courage failed and he was returned to the pontoon. Hopefully, both these children will return in February, fully armed against the scary cats. Big brother Alec sailed with Liam, and a few Mums, teachers and aides supported the smaller children.

A hundred million thanks to Cathy and Helen, who were an absolute god-send up on deck, fitting life-jackets, helping children to the pontoon, taking them back and keeping the day running smoothly.

As we were finishing with these kids, Philip arrived for his Wednesday sail, and, helped into the boat by his Dad, sailed off confidently into the blue of Manly Cove for his weekly sailing fix. This gave the crew time to de-rig, wash and store everything away. Breezing back home on a single tack all the way from Reef Beach was Philip's own feat for the day.



Eli.



Christmas regatta.

20.12.14

Our Sailing Crew this morning was made up of all of our participants and their families, with the addition of a family that we hope we will have a lot more contact with, who came today for the first time in a long while. Thank you very much for all your help, the Gall family.

Each skipper was charged with rigging their own boat, while Barry, Ralph, Barnabas and little brother went out on Charlie's Chariot.

Barnabas took some stunning photos, an amazing feat as this was his first time out on a power boat, and he had no prior knowledge of our participant sailors.

Dallas and Colleen up on deck were busy cooking lunch, and others watched the race from the vantage point on the top deck. It was a very close race in the ever-changing wind conditions, ranging from a gentle 4 knot south easterly to a much stronger northerly, so that the race course needed to be changed between the first and second races.

Thanks very much to Pam and Rowell, who planned the course, then accomplished the race start and kept results of the finish. Pam, I do hope we are improving each time we do this. Thanks also to Helene, who carried out all the organising, then was not able to take part.

Last but not least thanks to Jackie, who was Sailing Coordinator of the day, and made sure all of the boats got into the water fully rigged in time to start the race.



Finishing Places!

Woody	Denis and Ivan	Tied for 1 st place
ING	Vince and Craig	Tied for 1 st place
Dolly Wallis	Juliette and Peter	Tied for 2 nd place
Alex	David and Michael	Tied for 2 nd place
Vin	Ollie and David	Tied for 2 nd place
Black Swan	Tony and Jacinta	Tied for 3 rd place
Eli D	Adam and Jackie	Tied for 3 rd place
Clea	Alan	Tied for 4 th place
Alan Wood	Philip	Tied for 4 th place

THANK YOU FOR READING THIS YEAR AND WE LOOK FORWARD TO SHARING MORE EXCITING STORIES IN 2015. HAPPY NEW YEAR!