



# Signals Newsletter

OCTOBER 2014 Edition

## SAILABILITY NEWS

**End of Year Regatta:** Our last sail for the year is a Regatta. Helene and Caroline are organising this. Please contact either of these ladies if you would like to compete.

Helene Francois [helenefrancois@hotmail.com](mailto:helenefrancois@hotmail.com)

Caroline Holdstock [hstocks4@bigpond.net.au](mailto:hstocks4@bigpond.net.au)

**Extra Days Added!** December is shaping up to be a very busy month, with some extra sailing dates added for some groups who have requested special sailing dates as a Christmas bonus for their participants

**Presidents Cup:** Taking place once again at Dobroyd. We will transport 3 boats over to Dobroyd, the first 6 sailors who contact me will be able to sail in this. For beginners as well as experienced sailors. An extensive cheer squad needed so all are welcome!

### Stop Press!

We have been offered free tickets to a movie at Warriewood Theatre...An Old Lady with Kevin Kline, Kristin Scott Thomas, Maggie Smith. It is at 7.00 p.m. on Wednesday, 12th November.

We need to RSVP before the 7th November. If you want to go, and are able to go that night, please contact Eli before 5th November, 9976 2747 or [eli@manlysailability.com.au](mailto:eli@manlysailability.com.au)

The first 10 people to contact Eli are able to go.

**Thanks!** Thank you to Jeff Smith at Premier Automotive who again inspected our trailer as a donation to Sailability. This means the trailer can now be registered to take the boats on the road when we need them.

### Last Call: Membership Renewal

Don't forget - It is time to renew your membership for the coming year. Memberships run from July, 2013 to June, 2014. If you have not yet renewed for the year, please grab your membership form online from our website or collect a copy on sailing days!

Fees are the same this year as last year:

- \$30.00 for a single membership
- \$45.00 for a family

The membership fee covers Insurance, sunscreen, coffee, tea, etc. Please make Helen's life easy by filling in the form and making the payment as soon as possible, so that we can get this out of the way.

Do you have a news story you would like to see in Signals? We'd love to hear from you! Please email [liannemcgrory@gmail.com](mailto:liannemcgrory@gmail.com)

## Upcoming Sailing Schedule

### Saturdays

8<sup>th</sup> November

Camp Lionheart

22<sup>nd</sup> November

General, Birds

Housing Connection

6<sup>th</sup> December

General, Balmoral

Rap'nRave

20<sup>th</sup> December

Sailing Regatta

Friday 5<sup>th</sup> December: St Andrew's Church

### Wednesdays

12<sup>th</sup> November

RFW, DYIM, Achieve  
Freshwater IS (pm)

26<sup>th</sup> November

Fisher Rd, Forest CAPS  
HWNS  
Freshwater IS (PM)

3<sup>rd</sup> December

10.00am AFFORD Ashfield  
11.30am Freshwater IS: End of term Regatta

10<sup>th</sup> December

Royal Far West, Truscott St



## Sailing Day

Wed 8<sup>th</sup> October

In spite of grey skies and a strong breeze, Sailability Manly took sail this morning with our friends from Royal Far West, Fisher Rd Special School, and SEALS.

Martia, Emma, Aiden, Shamika, Caitlin, and Vanessa had an early sail, then came back for more, when the Fisher Rd



*Fisher Rd Students: Jarryd, Zane, Jake and Tom*

Stephen and Daniel were the only SEALS participants today, as several of their friends were going off shopping, and these two had chosen the sailing option. Next time, Stephen will have a try on the support boat, as it is becoming difficult to fit him into one of our little 303 Hansa dinghies.

This was the morning session under the watchful eye of Sailing Coordinator, Ray, Pontoon Manager, Col, Support Boat driver Barry, Observer, Corey. Sailors were: Ivan, Rob, Denis, David, Brian. Helen and Kandy were Registrar and Time Keeper, with help on deck from Rowell, Marc, Phill. Tony was a great help on the pontoon.

Omid and Afsaneh came down for a sail with Peter, and left soon after finishing, as we had a group from Freshwater High Support Group coming down for a sailing lesson.

This is an initiative that has been commenced, hoping to achieve sailing skills for a group of High School Students, who, in a few short weeks at the end of this term will learn some sailing skills culminating in a Regatta early in December. Emily, Jordan, Ben, Amelia and Eddie, will keep the same teachers that they had today, each week extending their knowledge and appreciation of sailing skills. Today was a lesson in the words needed to sail, and their teacher, Jane will help them to learn these word until the next lesson.



students had gone.

*Ivan and Shamika in Black Swan*

Jake, Zane, Tom, Matthew, Jarryd, Ella, Harrison and Russell had a strict timetable to stick to, and managed to get their sailing completed by an efficient system of having the students ready in life-jackets and waiting on the pontoon as the boats came in. Tom managed a ride on the Support Boat, and next time will be brave enough to go for a sail closer to the water.



*Martia and Emma from RFW, and Matthew from Fisher Rd in the middle, in Charlie's Chariot*

As well as the words, some of the students helped with winding up the keels, and putting parts of the boats away. This will also increase as the sailing skills evolve. Thanks so much Jane and Shirley for bringing the students down.



*Rob and Daniel in Woody*



*Philip takes a sail*



*David and Eddie*

## Sensational Saturday

Sat 11<sup>th</sup> October

Perfect day, lots of lovely friends, water, sunshine, boats, what more could we want to make the day enjoyable?

Because of the brilliant weather, lots of volunteers arrived, and there was room for more sailing participants, so please take advantage of this lovely weather and come on down to Sailability.

Jeremy, Maureen, Jonathon, Juliette, Megan, Steve, Danielle, Brad, Stuart, Carlo, Dirk, Robert, May, Daniel, Tom took advantage, and all had a lovely time on the water.

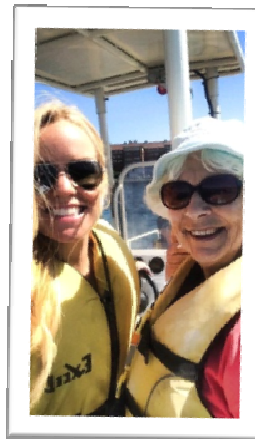
Helpers: Peter, Shelley, Alan, John, Jackie, Cathy, Vince, Michael, Helen, Tony, Jannie, Alice (with her trusty camera), Ralph, Nancy, Lyn, Rowell, Nicola, Denis, Peter, Joshua, Ewan, Ivan, Jack, Evan all helped to make this a great day, with Helene leading the way as Sailing Coordinator.

Photos this morning are all of some of the lovely happy people who helped to make the day. It was so good to see Jill back after more than 2 years away with a very serious illness. Thanks for plucking up the courage, Jill, we loved having you back on Charlie's Chariot.

Eli



Nicola and Alan



Jill and  
Alice



Helene  
and Steve

### Return to Sport

Fri, 10<sup>th</sup> October

Barry and Eli attended the Sailability NSW promotion for Return To Sport at Olympic Park at Homebush Bay on Friday. There were several teams from the different Sailability Branches. Each was promoting their own branch to possible participants. These new participants have acquired conditions that will curtail their participation in their old sport, forcing them to find a new sport to keep themselves fit and active. We met people who have had a stroke, acquired a Brain Injury, been in a car accident that caused a spinal injury, or have become blind through an accident, or visual degeneration.

It was an interesting morning, as there were lots of other sports to consider also promoting themselves. For example, we saw wheel-chair tennis, rock climbing, cycling, different types of wheelchairs that can be used in a variety of ways. As you can imagine, there were lots of interesting people to meet, and sports to try out.

### Child Safe, Child Friendly Environment

Mon, 13<sup>th</sup> October

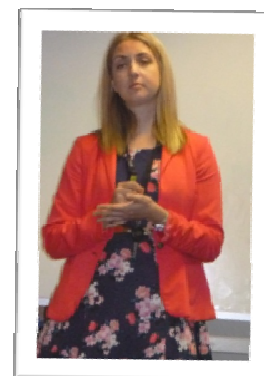
Eli attended a Child Safe, Child Friendly Environment Seminar at DYRSL. The seminar was to inform on the Working With Children Check that all volunteers who work with children in NSW now need to register with in order to volunteer. It will become really important that preventative measures are taken so that children are safe and feel comfortable in whatever environment they find themselves in.

These courses are run by the Office of the Children's Guardian, and will help us to write Policies and Procedures to ensure the Safety and Comfort of the children and other participants in our organisation who have special needs.

An interesting morning, run well, and hopefully it will enable us to run better sailing days for everyone who attends. Photo is Melanie, who ran the seminar.

For more information on the working with children volunteers must complete, please see September

[www.kidsnsw.com](http://www.kidsnsw.com)



# NSW Volunteer of the Year Presentations 2014

Mon 13<sup>th</sup> October

Jack Bennett and I were invited to attend the 2014 Volunteer Award Presentation for the Northern Sydney Area. This area involves from Mt Kuringgai in the north to Ryde in the southwest, then inland through Willoughby, Chatswood, French's Forest, Mosman, all the way up the Northern Beaches to Palm Beach. You can imagine how many volunteers this covers, and how many people had been nominated in the four categories of Student Volunteer of the Year, Youth Volunteer, General Volunteer and Senior Volunteer, as well as Team Volunteer of the Year. There were over 200 people in DYRSL Oaks room, anticipating great news for their organisation. We all appreciate that volunteers do not do it for the accolades or praise, but just because it feels so good to volunteer. We all accept that we get a lot more out of it than we put into it. At the same time, it is lovely to be acknowledged for the work we do.

Over 2 million people in NSW Volunteer their services in a huge variety of ways...from gardening to library work, from the zoo to the communities, from schools to hospitals, from National Parks to litter collecting, we all can find a niche to fit in. It is good that governments and clubs are recognising this

and that awards are being presented to very special people in our community.

I nominated Jack because I feel that he is a very special young man who has been volunteering with us for over a year, now. He has not only come to Sailability and learnt our procedures, and to sail in our 303s, but that he has brought other Youth into our organisation, giving us a whole new range of people to relate to. Jack gets on with everyone, including our participants who are from a huge ability spectrum, and is a true role model for his age group. I was fairly confident that he would win in the Student category, and this is what happened.

What truly amazed me, is that at the end of the Presentations, when the person from Volunteering NSW was talking about an outstanding person that epitomises the qualities of Volunteer of the Year for the whole area, she read out the name... Jack Bennett!

I know that Jack is an outstanding person but had thought the award winner would be one of the more elderly volunteers, or someone



*Gemma Rygate, CEO of Volunteering NSW, Jack with his big Award, Valerie Huckstadt, North Regional Manager, Eli Demeny.*

volunteering for a very long time, or for something really difficult, like hospital visiting.

Jack won the award for the outstanding person that he is, and we are all extremely proud.

Eli

## 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
- Jeff Smit at Premier Automotive, Beacon Hill. Inspection for trailer
- Blackbaud Pacific: \$500

We thank all of our sponsors for their generous support



### Joke of the Month

Q: Why did the sailors never play cards?

A: The captain was always standing on the deck!



## A Beautiful Sailing Day

Sat 22<sup>nd</sup> October

We do choose the most perfect days for sailing. This morning started off quite cloudy, but the breeze was a steady North Easterly, which was obviously going to blow the clouds away.



*Rodney, Peter and Rob in Charlie's Chariot*

Our eager volunteer team consisting of Rob, Helen, Brian, Col and Rowell arrived early to put the boats and get them rigged while we waited for the rest of the team to trickle in. It did not take long before Philip, Ivan, Corey, Bob, John and Ivan came along to help finish off and get the boats down to the pontoon. Col made a terrific Pontoon Manager and by the time our team from Arranounbai were there, all boats were in the water, the briefing was done, and we were ready to go with Rob and Corey in Charlie's Chariot, sailors Ivan, John, Bob, Peter and Col in the first wave were ready to take Riley, Wenbin, Sarah and Llammo for a sail, while we fitted Rachel into the car-seat and off they went for a brisk run across Manly Cove.

*3 boats being steered by Eddie, Emily and Amelia*



*around the course at Manly Cove*

In the meantime, Zoe decided she needed to eat, so she hopped into Charlie's Chariot, with teacher Stephanie for morning tea.

While all this was happening, an extra two sailors arrived, the two Davids, then Tony, John, Caroline, Barry and Lindsay, so that we had plenty of helpers for the pontoon and deck. The young students from Arranounbai had a lovely smooth sail, Wenbin on his teacher's knee while the sun came out from behind the clouds. By the time Zoe had finished her morning tea, she was back at the pontoon and in a sailing boat, while the other children were being given something to eat, and our lovely group from Sunnyfields French's Forest had arrived.

Vanessa, Rodney, Ben, Ginny, Jenny and Harry were brought down to the pontoon, once fitted with life-jackets. Vanessa and Rodney chose Charlie's Chariot as their favoured mode of water-transport, Ben, Ginny and David in Eli D.



It seemed only a few minutes before our eager team of Freshwater High students; Eddie, Ben, Emily, Amelia, Jordan, and Philip (from Killarney Hts) were there, and after a quick briefing were ready to don life-jackets and cross the water for a lesson in steering around a course, using the right words, which they were taught last week. Barry took over in Charlie's Chariot, with helpers Caroline and Tony, and photographer. This accidentally turned into a race, making it more fun for both kids and helpers. Amelia got quite wet, so came back to change, and the others followed slowly when the race was completed. Each student helped their own boat to be unrigged, washed and put away, and went back to school with the satisfied feeling of something unusual and interesting having been completed today.

Eli

## Tranquil Sailing

Wed 25<sup>th</sup> October

Such a beautiful day today, once the fog cleared. The breeze was a steady north easterly at about 8 knots, forecast to strengthen around lunch-time, but this change did not eventuate until much later.



*Ivan and Megan in Dolly Wallis*

Barry took a firm grasp on the helm to get the boats rigged perfectly, while David became the pontoon manager, Helen the registrar, Ralph and Ray on Charlie's Chariot with Nancy as a helper, and we were ready to go, with the rest of the team spreading themselves between the pontoon, the sailing and the deck. Most of the sailing participants had arrived by the time the boats were in the water. Megan went off with Ivan, Juliette with Peter S, Alan sailed away solo in Clea, Peter H took Maureen, and Jack took Jeremy.

By the time these boats returned, our Rap'n'Rave group had arrived from Sunnyfields. Mark, John, Daniel, Jordan, Rodney happily climbed into their boats and took off across the bay, with the rest of the team happily settling into a sandwich lunch, biscuits, cups of tea and coffee, and lots of socialising. In dribs and drabs, Jonathon G, Oliver, Kerry, Linda, Ben, Peter, Susan, Robert, Alyssa and Jonathon I, arrived with their helpers, waited a short spell, then went off for their sail. All was tranquil and well organised, thanks to all of our helpers, and the expert help of all of the carers. A special thank you to Patrick, who was an excellent time-keeper, Jill, who took over on Charlie's Chariot, Jannie, who arrived in time to relieve one of the sailors, then help us to put everything away, Tony, who was a bundle of energy and enthusiasm, Bob and John, wonderful helpers on the deck. Eli.