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www.manlysailability.com.au

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A letter from the Editor

Hey Sailors!

As this is my last edition of Signals, I just wanted to say a massive thank you for welcoming me into the Sailability family. From day one I felt welcome, supported and valued as part of this community and I have loved every moment of this experience. A massive thank you to the gentlemen who taught me the essentials of sailing and the lads on Charlie's Chariot for always being up for a laugh and making my time on the water so much fun.

Thank you to Eli for trusting me with this publication and for leading such a fantastic organisation. You are all incredible individuals and it has been my pleasure and privilege to get to know you, hear your stories and serve the community alongside you. Keep up the amazing work and I'll see you around Manly!

Love,

Jae x



14.9.16 A Spectacular Day

After a stormy start, the weather settled down to a sunny day with breezes just strong enough to make it exciting, with fast change between participants.

Brian was a most efficient Sailing Coordinator, with Wilma as Registrar, Sheila the life-jacket lady, Ray keeping time and using the radio, helpers up on deck Corey, Tony, Denis and Michael.

On the pontoon, Col was in charge, with helpers John P, Marc and Steve. Support Boat staff were John W, Corey, Peter, Jim, Warwick. Photos by Warwick.

Sailors Ivan, Peter, David W, David G, Jim, Rob, John B, Helene and Steve kept the sailing moving along, giving all of our participants a wonderful time. I think we only saw smiling faces today.

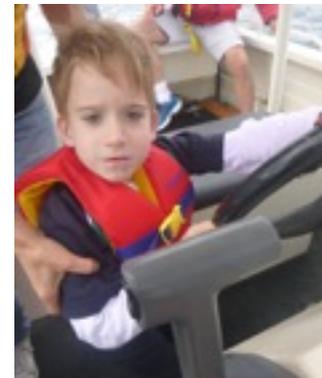
Craig from Royal Far West brought down 3 students; Nathan, Jessica and Bailey, while Pauline came in with Peter for a fun sail. Nathan had the most wonderful hair do, and kept us all amused with his comments from the boat.

We were treated to 5 students from Arranounbai. What a delight these children are to sail with. What a joy for Michael, Eddie and Kit. Jatin, Evie and Wenbin were supremely confident, sitting upright in the sailing boat as well as the Support Boat, Last to sail were Gigi and Jonah, and all had a wonderful time. Best of all was when Michael 'took over' the controls of the Support Boat in some still water, helped on all sides. Jimmy, John, Shane and Kath from St Ives arrived next, some electing to sail, while the Support Boat was more appealing to others.

Last of all, Peter, Millie, Gary and Anna came down from French's Forest and enjoyed their sailing. Thanks so much for the carers' work today, as their help, alongside our volunteers makes everything go more smoothly. We appreciate Craig from RFW, Steph and Megan from Arranounbai, Aran, Sean, Colin from St Ives, and Mark and Monica from French's Forest. It was good to see that Monica managed to get out for a sail as well as her charges.



A special thanks to two Victoria Sailability Members, who were going for a ride on the ferry as part of their holiday when they came across a bunch of 303's and decided to walk around to see what we were up to. Thanks for dropping in on us!



24.9.16 A Magic Saturday

This morning dawned as one of those fantastic days when you just know that everything is going to go well. A clear sky, lots of sunshine, a very gentle south-westerly breeze and a great smile on everyone's face.

We were not expecting many participants because the weather had been shocking during the week but we were pleasantly surprised when Oliver, Megan, Luca and Phillip turned up early for their sail. They took off for a relaxing sail across the bay, then Richard arrived for a final training sail before his big solo attempt. Mal was very impressed with his skills and boat control, so it looks very hopeful for next time.



Next to arrive was Alan, looking very eager because this will be his first session back on the water after a few months recuperation from a nasty operation. What a dream this was, as he is feeling fitter than he has been for a long time, and he was able to manage Clea beautifully in the westerly breeze, staying out there for well over an hour, and only returning because he was hungry. Ashley and Anna arrived next, then Grace, Judy, Matt, Vanessa, all taking their turn willingly when it came up. Anna kept her sailor, and in fact everyone on Manly Cove entertained and amused by her constant rendition of "Doe a Deer" as she swept across the water. Helen and Sandra - all the way from Brisbane - took off for a holiday cruise and then Jellybeans; Jayden, Ruby, Byron and Lachlan arrived with their helpers. Last of all, Robert and Susan came down from Balmoral House.



Thanks so much for the volunteers today, and the amazing carers; Colleen, Maria, Rado, Vicki, Barbara, Rita, Jason, Tom, Rachel, Sam, Vince. A huge THANK



YOU to Maria and Kate who became chefs for today, and cooked a beautiful lunch for all comers. It all made it a wonderful day when everyone was cooperating so well.

28.9.16 A Magnificent Morning

Thank you so much to to-day's volunteers:

Sailing Coordinator: Warwick.

Boat Operations Manager: Denis.

Pontoon Manager: Malcolm.

Support Boat Drivers: Jim and Peter.

Observers: Ken and Ros.

Sailors: John G and John B, Ivan, Rob, Jim, Peter, Bob, Col, Helene.

Registrar: Wilma.

Life-jackets: Sheila.

Deck staff: Ros, Krishel.

Tome-Keeper, and radio: Corey, then then the inimical Ken.

Pontoon staff: Marc, Jennie.

We had a few kids on holidays down this morning to lend a hand to their parent and grandparent volunteers: Archie, Rory and Ben.

First group of participants to arrive were SEALS. Zoe, Thomas Teresa and Nikita arrived earlier with helper Olivia to take advantage of the quiet morning, then Phillip arrived solo. Doug, Jake, Elyce, and Allie came next with Simone and Joel. Then a new member, Travis arrived with helper, Mark.

The jet-pilots from AFFORD were next, with helpers Natalie and Kris and absolutely loved their sailing. Allesandro, Jackson and Mark went in the boats, while Alastair kept guard on the deck and pontoon. We also met some new members from Achieve Epping this morning. Helpers Kaz and Glen brought Robyn, Janice, James and John. This is the first time we have seen this small group and it was an absolute pleasure meeting them.

Ben came from Ryde re-hab, with helper, Kel. We are hoping to be able to do some modifications to the joy-stick so that Ben can sail solo eventually in Clea. Great plans for next time he comes.

TRAINING DAY

Our annual training day for volunteers was held at Manly Yacht Club on Saturday, 10.9.16. As promptly as possible, Ken started his conversation about how our systems work, and - showing lots of cute pictures as he went - demonstrated that to make our days enjoyable, safe and as fruitful as possible for both participants and volunteers, there are certain rules that must be followed. The session ended with a discussion about Man Overboard and the possible solutions to this scenario.

We also heard from Craig, a physiotherapist who helps groups like ours manage equipment for people with a disability. We learnt how the spine work and how to relieve some of the pressure that builds up when we are in uncomfortable positions. Craig went on to explain about the neck and shoulders, and how to relieve pain and cramps.



By 11am, we were downstairs in the boat room for lessons in lifting the boats down from the racks, how to use the trolleys, and how many people and what type of teamwork we need to do the lifting. I can see that we need some immediate changes in some of our operational procedures. The team then traipsed down to the pontoon for a lesson in using the hoist to lift the keel in, then for lifting a person with a disability into and out of the boat.

In the meantime, lunch was being set out on the verandah, and by the time the boats, trolleys and keels were put away, everyone was starving and there was a raffle to be drawn. **Col Gregan won a bottle of wine of his choice, Sally won the model sailing boat and Damian Ryan won the painting! Congratulations Damian, and thank you so much Lynette.**

25.9.16 The Transplant Games at Penrith Lakes

This was probably the most inspiring sailing day I have ever attended. It looked like a regular sailing day, with boats tied up at the pontoon and people sailing until I got on the water with a lady whose husband had had a heart transplant and was living a normal life after 20 years of suffering heart disease. Every participant in the sailing afternoon had a transplant of some kind, and all looked astoundingly healthy. The story was amazing, and the sailing was amazing on Penrith Lakes, a small expanse of water hidden behind the Regatta Centre.



Tenacious

In the last edition of Signals we believed that SNSW would charter Tenacious before Christmas. This has proved too difficult to arrange, and so we are going for Sunday, 5th March, 2017. If you have now become available to enjoy this wonderful experience because of the change of date and would like to go, please contact me (eli@manlysailability.com.au) ASAP. Cost is \$250.00 for the day of sailing. All meals provided, and totally accessible to everyone. We will sail outside of the harbour from 8am-6pm and depending on the winds, either go up or down the coast.

A change of dates for BIRDS

Our wonderful BIRDS group, who have been sailing with us for 20 years, the first group to book with us back in 1997 have been advised by their Managing Committee that they will no longer be able to access sailing during weekends. We will be running their sailing days on Mondays, approximately every 6 weeks. This term, I have booked them in on Monday, 17th October, and Monday, 28th November. Volunteers, if you are available to help on either one of these dates, please let me know by email eli@manlysailability.com.au. Members, if you would like to sail on either of these dates, please let me know. Thank you so much.



ATTENTION VOLUNTEERS
2017 SAILABILITY DIARIES WILL BE AVAILABLE AT THE END OF OCTOBER

Dates for October and November

Sat	8 th Oct	School holidays BIRDS, Rap'n'Rave
Wed	12 th Oct	RFW, Fisher Rd, Freshwater, Sunshine Pymble, Waitara Wonders
Monday,	17 th Oct	BIRDS
Sat	22 nd Oct	Balmoral, Rap'n'Rave, Housing Connection
Wed	26 th Oct	Arranounbai, Sunshine Fr Forest, Sunnyfield Fr Forest, Freshwater High, Waitara Wonders
Sat	5 th Nov	BIRDS, Future Crew
Wed	9 th Nov	RFW, Freshwater, Verne Barnett, HWNS, Waitara Wonders
Sat	19 th Nov	Balmoral, Rap'n'Rave, Milky Way
Wed	23 rd Nov	Freshwater, DYIM, Achieve, SEALS, Waitara Wonders
Mon	28 th Nov	BIRDS

Thanks to our Supporters

• Alice Cleary's Runners in the Manly Fun Run Raised \$1414.00 for Sailability Memberships
• Premier Automotive, Jeff Smit, Boat trailer inspection for registration.
• Manly Yacht Club
• Ralph Newman Memorial Fund raised \$1345.00
• 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
• JayCar Electronics: Power Supply for Radio
• Manly Fun Run Raised by Sailability Runners and their Supporters raised approx. \$1,000.00
• David Webb Donation of \$1,000 towards much needed equipment.
• Manly Rotary. Long Term Support.

The Committee

President: Rob Southam	Minutes Secretary: Rob Southam
Secretary: Eli Demeny	Race Organiser: Caroline Holdstock
Treasurer: Patrick Alexander	Committee Members: Warwick McKenzie
Membership: Helen Hendry	Col Gregan
Maintenance: Barry Newell+committee	Ken Boyes
MYC rep: Jackie Morgan	Ray Rampton
NSW rep: Denis Linney	Vice President: David Webb
Volunteer Coordinator: Eli Demeny	Webmaster: Alan Bimson