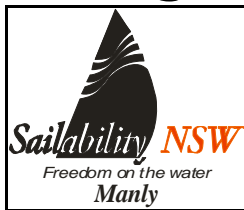


Signals from Sailability Manly



June 2009 Edition 44
www.manlysailability.com.au
 Edited by Jude Cole. Please send articles to
judy@manlysailability.com.au
www.picasaweb.google.com/sailabilitymanly



Coming events – Don't miss these

Sat 11th July– Working Bee - 9.00 – 12.00

It's time to give our little yachts, Charlie's Chariot, and equipment, some TLC. Bottoms need cleaning and filling, sheets and life-jackets washing, and general repairs need to be made. If YOU are handy please come. Free bbq for helpers

Sat 12th September 9.00 am-12.00 Volunteers Training

All volunteers are encouraged to brush up their skills, and learn new ones, on and off the water – please come

Sailing Schedule

W'end	July 09 – Dec 09	Wed	July 09 – Dec 09
04/07	Hornsby Lifestyles, General	15/07	Beach Buddies, MAPS F'ville, General
01/08	BIRDS, General	12/08	MAPS Turra, RFW, Brookvale Sp
29/08	Hornsby Lifestyles, General	09/09	RFW, MAPs F'ville, Fisher Rd
05/09	Orientation new volunteers	14/10	MAPs Turra, School Hols
12/09	All Volunteers Training	11/11	RFW, MAPs F'ville, Brookvale Sp
Then	Every 2 weeks to 5 th Dec	09/12	RFW, Truscott St, MAPs Turra
volunteers	check the new roster		

Venue: Manly Yacht Club, East Esplanade (end of Wood St) downstairs dockside via accessible ramp.

Visitors are always welcome to try us out for \$5. Annual membership includes unlimited sailing for \$25.

Please call **Eli: 9976 2747** a day ahead to ensure you get a sail. **Sailing starts from 9.30am.**

Parking: We have parking permits for your car, if you don't already have a disability parking permit, and special arrangements for mini-buses and wheelchair lift vans.

Extras to bring: All sailors and volunteers must bring a hat that stays on, bottled water and apply a good sunscreen. Sailability provides life-jackets.

Volunteers: Please be at the **Manly Yacht Club pontoon by 9am – approx 1pm or as long as you can**

If your name appears on the roster, and **you are not available**, please contact **Evelyn : 9976 2134**

or evelyn@manlysailability.com.au

If you're not rostered on, come anyway, we'd love to see you.

If in doubt due to the weather, call **9976 2747** for a recorded message

Sailing Day report – Saturday 13th June

This was the first of our Winter Sailing days, and the weather was perfect, with very light breezes forecast. We did not have many bookings, so started with only 3 boats in the water. However, as the day wore on, and many clients turned up, we put out two more boats.

The day was absolutely delightful, with many willing helpers, some who were rostered on, some who turned up to help without being rostered on, just because it was such a fabulous day. Several helpers who were rostered on did not arrive, so in the end, we were lucky that Helen, Craig, Crosby and Peter arrived to fill in some of the gaps. Please do make a point of letting the Sailing Coordinator know if you are not available on any of your rostered days, so that we can make other arrangements.

Thank you very much to Helen, who was the sausage sizzler today, to Peter Singer and Craig Whitting who took turns with Safety Boat driving. A huge thank you to Jill Musgrove, who worked like a Trojan all day on the pontoon. Skippers today were Crosbie, Wayne, Ivan, Davids Webb and Goldner, and Tarsha. Britta was the assistant chef and radio operator. Jan helped on the Safety Boat, and thanks to the rest of the helpers who did rigging and de-rigging, putting away and boat washing.

Clients today were Leanne, Elizabeth, Kerrie, Ashley, Anna, Jessika, Bruno, Tony, Judy, Jonathon, Denis, Brad, Simon, Roger, Dave, Vanessa. I also want to thank Anu and Casey, two of the carers who were extremely helpful with clients other than their own. It is really good to have you helping in this way, as it gives a nice atmosphere to our group. Thanks also to Jayne for the wonderful morning tea she provided for the helpers. *Eli.*

Sailing Day report – Wed 10th June

Sailing cancelled due to strong winds

Sailability awards

Every year we look forward to the presentation of awards recognising the outstanding achievements and dedication of our members in the "Volunteer" "Most improved sailor" and "Sailor of the year" categories.

Volunteer of the year is Vlad Skreszcz, who in spite of his own disability, makes a big difference to the sailing experiences of our clients. For 4 years Vlad has been one of our most reliable and willing helpers, turning up most Saturdays and Wednesdays. Vlad is particularly skilled operating the hoist, developing a technique for efficiently transferring those with special needs from their wheelchairs to the dinghies safely and with dignity. Vlad is also a great asset as observer on the safety boat.

Most improved Sailor is Alan Bimson who, on his first outing with us last November, announced that he was hooked! Since then he's had coaching from Bill Spence, and takes every opportunity to get out on the water. In April Alan skippered an Access 303 in the Port Stephens Cup, managing to navigate the course four times in trying conditions. He's also keen to get more involved behind the scenes, which we welcome.

Alan has written the story of his "Journey with Sailability" which can be read beneath the picture of him proudly receiving his award from Manly Yacht Club Commodore, Maz Theaker.

Sailor of the year is Greg Hyde who has been selected to train for a spot in the 2.4 m class to represent Australia in the 2012 Paralympic games in London.

As a former world champion windsurfer (he was an Olympian in 1984) and Australian 16th skiff champion, Greg has taken on the daunting challenge of representing his country yet again and winning gold.

Greg has not let the illness that restricts movement in his right side, has affected his short term memory and resulted in speech difficulties curb his natural affinity with water sports. He's an inspiration to many others coming to terms with their disabilities.

Windsurfing Australia is providing a brand new boat that will be kept at Crystal Bay thanks to RPA, and Gill have donated clothing, but most of all he needs a team of sailing savvy helpers to donate a morning a week to get him out on the water.

Hands are needed to assist in rigging, launching, sailing, mark laying and many other roles. Being a member of "Greg's Navy" will be very rewarding for all concerned.

If you know anyone with sailing experience who would like to get involved in this project, please ask them to contact Greg's sister Barbara on 0414 227 691.



**Volunteer of the Year -
Vlad Skreszcz**

**Sailor of the Year -
Greg Hyde in a 2.4 on Pittwater**

**Most improved – Alan Bimson
receiving his award from Maz**

[My Journey with Sailability so far](#) *by Alan Bimson*

Hi, I'm Alan Bimson, after many years of procrastinating, I finally made a booking to check out Sailability for the 8th November, 2008 and after only five minutes of sailing, I turned to my skipper Wayne and said "I'm hooked I'm signing up". I've been sailing every fortnight since then, I even competed in the Port Stephens Cup.

I was a weekend armchair petrol head and would have loved a hot lap around Bathurst also I am a keyboard surfer. But since learning to sail, my priorities have change, the thrill of controlling the momentum of a boat without a motor or brakes is an incredible feeling.

Each time I go sailing I sail with a different volunteer who gives me alternate techniques, it's great because seeing alternate ways to do a task will make it easier to develop my style to suit my disability. Bill my sailing instructor said that I was almost ready to go solo, I'm not too certain about that, he said this before we came in and I nudged the pontoon a bit harder than I should, Bill said let's go around and try that again, I was much improved the second time around, solo ahh! I don't think so (my thoughts not sure about Bill's).

Even getting in and out of the boat varies because the pontoon movement is effected by the tide and the wind. But the pontoon manager and volunteers seem to have all the answers.

I recently retired and would love to get more hours on the water.

THANK YOU, Sailability and all the volunteers who really take the hard work out sailing:- rigging, cleaning and storing of the boats and assisting us members in and out of the boats.

Master's Games Training, Sunday 21st June

One of the biggest sporting events in the world is taking place in Sydney in October, The World Masters Games. There will be thousands of mature participants taking part in 28 sports at 72 venues all over Sydney. One of the sailing classes is for Access 303s, out of the Dobroyd Aquatic Club near Five Dock. There are no separate events for disabled sailors, but there are age classifications, and a choice of sailing solo.

Manly Sailability has two entrants, Jude Cole and Greg Hyde, and there are four from Pittwater. As everyone is very rusty on racing tactics, the plan is to train together from Manly Yacht Club, on Sundays from 10.30am – 2.00pm.

Today was the first training day and it was great fun. Jan arrived to be Race Officer and Safety Boat driver, with Eli as his flag operator and time keeper.

David Golden was there to help Jude, Greg, Eli, Ivan, Jan and Helen Cregan (from Sailability Pittwater) to rig and launch four boats.

After days of rain we were relieved that the sun was breaking through the clouds, and a steady 10 – 12 knots of breeze blew from the NE.

Jan and Eli sped off in Charlie's Chariot in the direction of Reef Beach to lay a start line, while Jude, Greg, Helen and Ivan, made their way briskly across the Cove.

We managed to get in one long and two short races with a few dark clouds developing and a couple of drops of rain, magic sailing conditions.



Each start was hotly contested and racing was close. Greg narrowly won the first two races from Jude and Helen, but Jude managed to beat him to the windward mark in the third, and hung on during the run back to the finish, crossing the line in front by a mere boat length.

The racing was exciting, the teamwork marvellous, and a very good time was had by all. Anyone who would like to come and help please contact Eli. ***Eli and Jude.. photo :Jan***

[Manly Yacht Club Membership](#)

Did you know that if you are a member of Manly Sailability, it only costs \$36.00 to become a member of Manly Yacht Club? The advantages are that you get the opportunity to meet the folk who sail on the bigger yachts at many of the functions and events run for their members. This can lead to new adventures on the water, and a greater affinity between Manly Sailability and our parent club.

We have such a wonderful relationship that Sailability NSW has held us up as an example of how a well run Sailability Club should function! Continuing to nurture our relationship with Manly Yacht Club is essential for our success, so let's take it one step further by becoming members and getting involved. Go to www.myc.org.au for details and to download a membership form.

[Donation From Manly Sunrise Rotary](#)

We are very pleased and grateful for another wonderful donation of \$500.00 from Manly Sunrise Rotary who have been supporting us since 1998-1999, when Des Carmody was President of the Club. That makes \$1500.00 this financial year.

Initially, the main support was man-power as well as money, donating boats, sails, volunteers for sailing days and as office-bearers for the following six years. It sometimes felt as if we were, in fact, just another branch of Rotary. When we were strong enough to stand on our own feet as far as man-power was concerned, they continued to support us with cash donations to keep the branch running, and for this we are extremely grateful.



Through their on-going support, we have been able to sponsor children from the Royal Far West School to come sailing once a month. It is an absolute pleasure to see the excitement and enjoyment of these children, many of whom live huge distances from the water, and have never seen the sea before this sailing experience.

Thank you Manly Sunrise Rotary for your wonderful support for such a long period of time, especially to Francis Hendry, a very hands-on President in 2008-2009, seen left presenting Eli with a cheque. Congratulations to Robert Steffens in-coming President

Eli

HELP – LOST SUNGLASSES

Did anyone find, or pick up by mistake, a pair of sunglasses belonging to one of our regular sailors on Sat 13th June. If so, please call Eli to arrange to get them back to her as they will cost a lot to replace. Many thanks – **Eli 9976 2747**

Clothing Shop – Available on Sailing Days

HATS: with a Sailability Manly logo by Paula on the front **\$12.00**
SHIRTS: Short or long sleeves Red or Navy - **NEW STOCK AVAILABLE** **\$25.00**

Some points from the last Committee Meeting

- Sailability NSW is appointing a paid administrator.
- Members annual subscriptions will need to be raised to \$30 cover our share of the cost.
- Orientation and Training Days will be held in early September.
- Jude obtained Sticky Back to repair sails from Hoods Sailmakers.
- Jude would write an article for the Manly Daily to attract volunteers to help with Greg Hyde's Paralympic bid.
- Jan Jude Peter and Eli would get together to work on a training plan for volunteers.

2008/9 Committee

President / Chairman	John O'Connor	0409457486
Commodore / MYC Rep	Peter Hamilton	9975 1434
Treasurer	Patrick Alexander	9913 9848
Secretary / NSW Rep	Eli Demeny	9976 2747
Membership / NSW Rep	Peter Singer	9416 8749
Maintenance/Training	Jan Jensen	9905 4869
PR /Interclub / Funds	Jude Cole	9977 1867
Volunteers / Roster	Evelyn Shervington	9976 2134
Social Secretary	Jill Madden	9948 4800
Web / database	Mark Ayres, Bob Ronai	
Members	Helen & Frances Hendry Maria Jarman,	

Next meeting

Wed 1st July 6.30pm

MYC – all welcome

Our Current Sponsors

Patron David Barr	Special thanks for help with our Accessible Bathroom:
• PAUL NEWMAN'S OWN	• MASTER BUILDERS ASSN OF NSW, Manly-Warringah
• NETREGISTRY	• HEALTH SCIENCE PLANNING CONSULTANTS
• SHELTA UMBRELLAS	• SAFETY RAILS AUSTRALIA
• GME-ELECTROPHONE	• ALTRO APAC SAFETY FLOORING
• MANLY YACHT CLUB	• BRAILLIANT TOUCH AUSTRALIA
• MANLY 16FT SKIFF SAILING CLUB	• CAROMA-DORF
• SIGNS NOW, Brookvale	• CERAMIC TILE MARKET, Brookvale
• HOOD SAILMAKERS Brookvale (sticky back)	
• TREHARNES MANLY BOATSHED, Fairlight	<input type="checkbox"/>
• WARRINGAH (\$750 grant this year) & MANLY Councils	
SUNRISE MANLY ROTARY CLUB (\$1000 for Royal Far West Children's Hospital, and sails)	
HUGO'S RESTAURANT, THE WHARF, MANLY (\$400 raffle prize donation)	
ING Foundation (The Orange Access 303 \$7,500)	