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## Notes from the Editor

A lot goes into keeping Manly Sailability running safely and smoothly, and there are many small but important details that our volunteer team takes care of. In the cooler winter months we run a lighter sailing schedule, but we stay very busy behind the scenes. This month, we've been using the extra time available to brush up on training for all our volunteers, ensuring that everyone's knowledge of how to operate safely is up to date. In this issue, we're highlighting some of the many details that go into making a great day out on the water for our participants.

## June Photo Board

*Our volunteers at one of our training days*



*Isabella practicing her sailing skills with Vince*



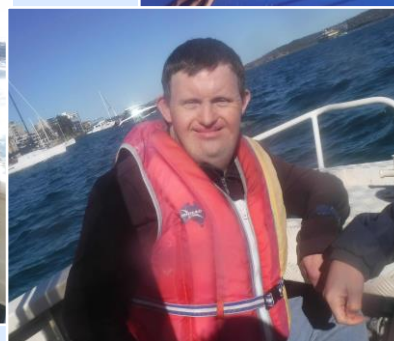
*Lami having fun with Denis in Woody*



*Holly riding in Charlie's Chariot*



*Elinor, Shari and Robyn on Charlie's Chariot*



*Adam in Charlie's Chariot*



*Mitch with Clare in Black Swan*

You can find full reports about each of our past sailing dates on our website, along with a selection of photographs, under LATEST NEWS.

## June Highlights

### Volunteer Training Days

Across two training mornings this month, our entire team of volunteers went over the different roles and responsibilities that need to be fulfilled on our sailing days. There's a lot to learn and remember, but with practice it starts to come naturally. Some of the top tips we took away from the training:

- **Registration:** Helen talked through registration and signing everyone in – critical for our insurance coverage.
- **Lifejackets:** lifejackets need to fit correctly to work – use the smallest size that will comfortably do up.
- **Slings:** Eli demonstrated the selection and correct use of the slings to hoist less mobile participants into the boats – it's important to get the right size and to choose ones that offer head support where needed.
- **Radios:** Corey showed us how to use the radios – don't forget to put them back on charge!
- **SDC:** Warwick talked through the Sailing Day Co-ordinator role, who oversees the whole operation. Best advice – check the weather.
- **Pontoon Manager:** Eli described managing the pontoon to see boats safely to and from the dock. Keep one eye on the water at all times!
- **Charlie's Chariot:** John W showed us the starting and shut down procedures for Charlie's Chariot. Don't forget to take the key when rowing out to the mooring or it's a long row back.
- **Rigging and de-rigging:** Denis and Jeremy demonstrated the correct way to rig the boats and common mistakes. Practice those knots!

*Helen explains registration and lifejackets*



*John W shows us the ropes on Charlie's Chariot*



*Denis demonstrates rigging*



*Eli demonstrates the new slings with Warwick being hoisted*



### Grant for New Slings

Thanks to a generous grant from Bendigo Community Bank Freshwater, we've been able to purchase a range of new slings to get our less mobile participants safely in and out of the boats. The new set, which was manufactured right here in NSW, has a range of sizes, and is much more comfortable for the person being lifted. We're very grateful to Bendigo for their continued support! Thanks also to Eli and David W for sourcing and purchasing this important piece of kit.

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## Award Winner Series

In May we announced the winners of our Volunteer Awards, and each month *Signals* will be featuring a different winner and their story. This month, I sat down with Denis, and learned how attention to detail makes a race winner.

## New Secretary

Due to an increase in work commitments, David Grinston has stepped down from the role of Secretary, and Steve Bush has volunteered to replace him. Many thanks to David for the time he served, and to Steve for taking on these duties.

### The 'Mr. Attention-To-Detail' Award: Denis Linney

It's no co-incidence that Denis was awarded Mr. Attention-To-Detail in this year's volunteer awards and has also won the Manly Sailability annual racing championship nine years in a row. As Denis explains, any boat with a sail up will move, but it's the tiny adjustments that make it go faster and, over the course of a race, can add up to a 100m advantage.

An avid sailor since he was 8 years old, Denis has honed his knowledge of the finer points of sailing over a lifetime. He started out sailing dinghies around Pittwater where he grew up, then onto keelboats and – preferring the thrill of sailing to the tedium of cricket – quickly got into racing. A natural curiosity about the physics of sailing gave Denis an edge, and he was soon traveling round the country to regattas and beating the adults at the Bayview Yacht Club, much to their dismay.

After a stroke twelve years ago left him with reduced mobility on the left side of his body, Denis' physiotherapist had him tying knots to help regain his fine motor skills. When he began teaching her the correct way to tie knots she suggested he join Manly Sailability. Here Denis found he could make a difference. He quickly suggested a modification to the rigging that made it easier for people with reduced mobility to control the mainsail, and we still use his design today. Although our little boats are not built for speed, Denis' passion for racing has been infused throughout the club. Through sharing his knowledge generously, especially of the theory behind sailing, Denis has helped many others become better sailors, and has lifted the standard of racing competition.


At Sailability we race because it makes us better, more confident sailors and improves the experience we can offer participants. As he explains the physics of how to win a race during our training mornings this month, it becomes very clear why Manly Sailability volunteers will all tell you the same thing: if you want to be a better sailor, get on the water with Denis.



*Denis explains the theory of how to win a race*

For **groups of up to 8**, you can book quickly and easily via our website!

Go to [www.manlysailability.com](http://www.manlysailability.com) and click on **BOOKINGS**. Choose your sailing date from the list and complete the form with your details.

For **larger group bookings** (more than 8) please reach out to Jeremy. 

**Check our website on the day of your booking** to confirm if sailing will be going ahead under current weather conditions

Our **Saturday sailing dates** are often the least busy, so can be a great option for a relaxed morning of sailing.

## Upcoming Sailing Dates


Saturday	8 <sup>th</sup> July	<i>Bookings available</i>
Wednesday	12 <sup>th</sup> July	<b><i>Fully booked</i></b>
Monday	31 <sup>st</sup> July	<i>Bookings available</i>
Saturday	12 <sup>th</sup> August	<i>Bookings available</i>
Wednesday	16 <sup>th</sup> August	<i>Bookings available</i>
Monday	28 <sup>th</sup> August	<i>Bookings available</i>
Saturday	2 <sup>nd</sup> September	<i>Bookings available</i>
Wednesday	6 <sup>th</sup> September	<i>Bookings available</i>
Saturday	16 <sup>th</sup> September	<i>Bookings available</i>
Wednesday	20 <sup>th</sup> September	<i>Bookings available</i>
Monday	25 <sup>th</sup> September	<i>Bookings available</i>
Saturday	30 <sup>th</sup> September	<i>Bookings available</i>
Wednesday	4 <sup>th</sup> October	<i>Bookings available</i>
Saturday	14 <sup>th</sup> October	<i>Bookings available</i>
Wednesday	18 <sup>th</sup> October	<i>Bookings available</i>
Saturday	28 <sup>th</sup> October	<i>Bookings available</i>
Monday	30 <sup>th</sup> October	<i>Bookings available</i>

## Upcoming Special Events

### Membership Renewals

Membership renewals are now open for the year ending 30<sup>th</sup> June 2024. Many thanks to everyone who has renewed already, and a reminder to those who haven't to complete a renewal form, found on our website:

[www.manlysailability.com.au/membership](http://www.manlysailability.com.au/membership).

Please contact Helen if you're unsure whether you have renewed already or need any help with the process 



## Our Generous Sponsors



Lions Club of Manly



Sailing for Everyone



Community Bank  
Freshwater



Our deepest thanks to the individuals who have made donations and/or donated their skills and expertise:

Keith Woodward  
 Nola Borgelt  
 David Webb  
 David Goldner  
 Britta Huttel  
 Betty Baines  
 Lynette Gould  
 Macca, Freelance Electrical (0418 239053)  
 Jeff Smit, Premier Automation

## Committee Members & Key Contacts

<b>President</b>	Warwick McKenzie
<b>Volunteer Coordinator</b>	<a href="mailto:president@manlysailability.com">president@manlysailability.com</a>
<b>Roster Manager</b>	
<b>Patron</b>	Michael Regan
<b>Secretary</b>	Stephen Bush
<b>Treasurer</b>	Sue Marshall
<b>Membership</b>	Helen Hendry <a href="mailto:membership@manlysailability.com">membership@manlysailability.com</a>
<b>Systems Coordinator</b>	Ken Boyes
<b>Safety/Maintenance</b>	David Webb, Brian Stitt, Denis Linney
<b>MYC Representative</b>	Peter Ward
<b>Group Liaison Officer</b>	Jeremy Tebbutt
<b>Grants Manager</b>	
<b>Minutes Secretary</b>	Nola Borgelt 
<b>Webmaster</b>	Scott Forbes <a href="mailto:webmaster@manlysailability.com">webmaster@manlysailability.com</a>
<b>Race Officer</b>	John Weaver
<b>Committee Member</b>	Jackie Morgan
<b>Signals Editor</b>	Clare Archer

### Spotted at Manly Cove

We share our stunning home at Manly Cove with all sorts of other clubs, visitors and marine life. Spotted this month: this stingray chilling out on the seabed next to our pontoon.

