



Signals *from*

Sailability Manly

September 2019 Edition 166

www.manlysailability.com.au

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Dates for your diary

Thursday 21st November Volunteer Movie Night at Warriewood Theatres, in the Grand Theatre.

“Fishermen’s Friends” starring Daniel May

7:00 pm

Cost: Free for volunteers and their families

RSVP: Eli eli@manlysailability.com.au

More details in October Signals.

Family Day Saturday 30th November

Families of sailors, volunteers, participants are all welcome to attend. This is always an enjoyable day, as families get together and understand what their family members are doing when they say... ‘Sailability Day today’. Please join us for this special sailing day and barbecue lunch.

Regatta Saturday 14th December

You are welcome to join us for this Race Day, whether a volunteer or participant sailor. Please let Denis or Ken know that you would like to race with us, as we have a limited number of sailors that day.

New Year’s Eve at Manly Yacht Club

I know it seems too early to be thinking of New Year’s Eve But just in case you’re already planning, Manly Yacht Club is a great place to see in the New Year with friends and family of Sailability. It’s a BYO, sitting on the deck which is a prime spot for Manly fireworks.

Special thanks ...

To the carers of sailors. Carers make life at Manly Sailability a breeze. Assistance with transport, wheelchairs, hoists and moral support are all appreciated by the Sailability volunteers. If you’re a carer, please give yourself a pat on the back!

Dates for September to December

| | | |
|-----------|---------------|--|
| Saturday | 5th October | Balmoral, Housing Connection, Washington, Tramway, Cooyong, Creativity Inc. |
| Wednesday | 9th October | HWNS, UNisson St Ives, Sunnyfield Allambie, Unisson Fr Forest, Achieve |
| Saturday | 19th October | Cooyong, Balmoral, Washington, Sargood, General |
| Wednesday | 23rd October | RFW, DYIM, Unisson Pymble, C&C, BcWc, Sunnyfield Allambie. |
| Monday | 28th October | Karbel, Birds, Fisher Rd |
| Saturday | 2nd November | Camp Lionheart |
| Wednesday | 6th November | RFW, Arranounbai, BcWc, Afford, Sunnyfield Allambie, C&C |
| Saturday | 16th November | Rap'n'Rave, Balmoral, Housing Connection, Cooyong, Creativity Inc, Trilogy |
| Wednesday | 20th November | Sunnyfield Allambie, Arranounbai, Verne Barnett, Achieve. |
| Monday | 25th November | Fisher Rd, KARBEL, BIRDS |
| Saturday | 30th November | Washington, Cooyong, Tramway, Trilogy, Sargood, Balmoral, Housing Connection, Rap'n'Rave, Family Day |
| Wednesday | 4th December | Truscott St, RFW, Arranounbai, Sunnyfield, Unisson Fr Forest. |
| Saturday | 14th December | <u>Regatta</u> |

Training Day for all Volunteers. Saturday, 7th September 2019.

What a fantastic morning we chose for our Training Day this year. The sun was shining, the sky was blue, the wind was howling in from the West, making it an impossible day to have a sailing session for our participants with a disability.

So, it was all of the Volunteers, upstairs in the comfortable hall, having sessions on volunteering in general, led by Warwick, when he talked about the volunteers we already have, the new ones that come in on a regular basis, the importance of submitting their names for the roster, then turning up on the right days, the rights and responsibilities of the volunteers, the Working With Children checks, which are compulsory for all of our volunteers, and the responsibilities of Sailability Manly to our volunteers. This was a very inspiring talk, and greatly appreciated by all.



David's group on the pontoon

Risk Management, led by Ken, was next, again, a very interesting discussion, and of great interest to our volunteering group.

Eli followed with a couple of the training videos that are available on the web, encouraging the new volunteers to take over some of the roles that are outlined. Also, showing that our procedures are easy to follow, and ensure safety for both our sailors, and the volunteers who take them out sailing.

A short morning tea break followed, then the large group was broken into 4

smaller groups. The first of these, compiled of people who want more practice in Support Boat Management took off in Charlie's Chariot for the sheltered area near Reef Beach for some drills, with John in charge.

The remainder was divided into 3 groups.



John's group in Charlie's Chariot

One for Pontoon Management Training. David was in charge of this one, which concentrated on skills needed on the Pontoon: Hoisting, inserting keels and rudders, launching boats safely, and retrieving. A very busy session, thanks David.

The second was for work on the deck, including Radio Management, the chef, the registrar, the Sailing Coordinator, and putting away at the

end of the day. This was popular choice as it included a game, was sheltered from the strong winds, and had lots of variety in it. Thank you so much, Warwick



Hoisting practise

The third was instruction in rigging, which was extremely difficult and tiring in the strong breeze which at times reached 43 knots. Thank you, Denis for persevering, and showing the volunteers what to do in very difficult circumstances.

These three groups rotated, so that everyone had instruction in all three of these activities.

In the meantime, Britta, Helen and Wilma were upstairs preparing a most delicious hot lunch for the very weary new and experienced volunteers as

they returned upstairs.

A most exciting interlude happened in the middle of the day, when three of the students from UTS in Sydney arrived to take part in some interviews with some of our volunteers and Judith. This is for the project they have taken on for their final assessments on Sailability NSW. Judith was involved because she is one of our very experienced sailors who uses a servo 2.3 whenever the weather is suitable on a Saturday.

People involved in training day events were:

Leaders: Warwick, Ken, Eli, David W, John, Denis.

Food preparation: Helen, Wilma, Britta.

Participants: Tony J, Maleea, Scott, Ragnhild, Tony R, Ivan, Ted, Brian, Olly, Nola, Maddy, Tom, Tamara, Helene, Nikki, Charlie, David G.

Now we are all set for the weather to settle down, so that we can run 5 sailing days each month for the rest of Spring, Summer and Autumn.

A Super Sailing Day 11th September 2019

Finally, after many days of very strong Westerlies, occasional rain, and very cold temperatures, we got a day that talked about Sailability....blue skies, a gentle 6 to 10 knot breeze, and warm sunshine.



Corey on Observer duty



Riley and Michael in Vin

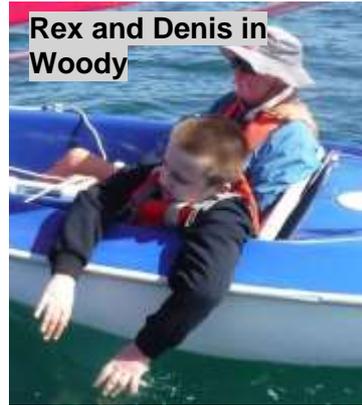
The Sailability crew got right down to it when we arrived at Manly Yacht Club, setting up the boats, organising morning tea, and arranging chairs for the waiting crew.

In charge of the morning was John W., with Pontoon Manager John P, Charlie's Chariot Driver Warwick with offsideers Brian, Corey and Jennie, and so the day started.

Sailors: Ivan, Peter, Denis, Ted, Michael, Ragnhild, Malcolm, Helene were soon set up into the 303's, and we were on our way with students from Arranounbai School. We had some wonderful ancillary help too, from Wilma, the Registrar, Tony on Radio, Alan on Life-jackets, David putting in the new radio cover on Charlie's Chariot, John W doubling up as Time Keeper, Tom, a new volunteer, learning his job as helper on the pontoon, Steve helping wherever he saw the need. A picture of teamwork.

The group from Arranounbai were: Riley, Rex, Zoe and Mikey. All had a relaxing sail in the rapidly dropping wind,

With teachers Katherine, Alison and Deb keeping an eye on them from the deck.

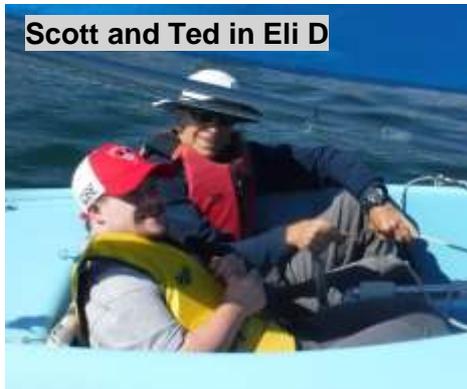


New sailor, Abdullah arrived to try out the 303 for the first time. He took to it like a duck to water and will take one out solo next time he comes down. Scott came down with his helper, Oscar, and spent a good package of time on the water, then David and Richard arrived....David to sail, and Richard to keep a watchful eye from Charlie's Chariot.

Vanessa, Rodney, Ginny, Luke came from Sunnyfield with Mele, Vicky and Hisao.

Then Elias, Nancy, Kath, Oliver, Leesa, John and Annabelle came down from Unisson St Ives with helpers Andrew, Corrie, Emma and Andrew. It was great to see John, Elias and Leesa embark onto a 303, and good to see Oliver, Kath, and Annabelle pluck up the courage to climb onto Charlie's Chariot.

Last of all, Kris, Nat and Young swept in from Ashfield to take Adam, Michael, Andre, Alessandro and Gus for a sail. Unfortunately, we found that Alessandro has become too large to squeeze himself into a 303, so he sat on deck and watched proceedings.



A Gorgeous Saturday, 21st September



The weather forecast was not gorgeous, but we sailed anyway, because in spite of this, it looked as if it was a great day wind wise, and the sun was sure to come out later.

A shortened team of 12 turned up at Manly Yacht Club because we had faith in the weather gods. Ragnhild, the Sailing Coordinator, Helen the registrar, Wilma the lifejacket lady, Ken the Power Boat Skipper, David W the observer, Lyn the Time keeper, Sailors Michael, Denis, Warwick, Charlie, and Nola and Oliver the extras on the Pontoon and deck worked at a terrific pace to make everything keep moving.



Abdullah in Ralph Newman

It was busy with such a limited team, and we were helped by Natalie, who came to take photos for the ParaQuad Newsletter, and the carers of our participants.

Margaret brought Rebecca from Cooyong House, Elizabeth brought Judy, Anneliese and Bree brought Lyall and Anas from



Anas and Ragnhild in Black Swan



Ben and Denis in Woody

Sargood, Jenny brought Matthew from Mt Kuring-Gai, Dave brought Daniel, Aseyah came with Abdullah, and last of all, Hannah brought Fiona.

So, it was indeed a lovely morning, with everyone having a really exciting sail. Abdullah sailed solo for quite a long time and learnt some of the quirks of the 303's, Natalie took some great photos, and everyone else had a lovely calming, contented sail.

We had a couple of changeovers of crew to and from Support Boat on-water, just as a practise, and this worked out really well. This is what all Sailability days should be like.

Another Wonderful Wednesday, 25th September.



Tyson in Charlie's Chariot



Abdullah and Michael in Alex

This was the sort of day we could use every Sailability Day, clear skies, clean water, beautiful volunteers, and willing sailors.

Crew for today's event was:

Sailing Coordinator: John P

Pontoon Manager, Peter, then Ken.

Charlies Chariot Driver, Warwick.

Observer; Ragnhild.

Registrar: Helen.

Lifejackets: Wilma and Ros.

Sailors: John W, Denis, Abdullah, Jennie, Peter, Ivan, Ted, David W and David G, Helene.

Brand new and sparkling volunteer: Allison.

Returning Volunteer after a long absence: John B

Extra help on the deck: Kath.

Radio and Timekeeper: Corey.

A truly great team, working in unison all the way.

Our participants today came from Royal Far West: Carers Craig and Jenny brought Calen,



Finn and Jennie in Alex



Ivan and Tamara in Ralph Newman

Finn, Enna, Katelyn, Logan, Kylee, Tyson. All went for a sail, and some also had a ride on Charlie's Chariot.

Yuta brought Scott, who is perfecting his backward walking, and absolutely enjoys his sailing.

Barbara, Amber and Annie from Sunnyfield brought Tamara, Krissy, Rosa, Vanessa and Kane. What a great sail Vanessa had, with one hand trailing in the water and a huge smile on her face the whole time.

Sargood's Jacob brought Joshua for a wonderful experience on the water.

Last of all, Kris came from AFFORD with Jack and Michael.

A perfectly nice day for a nice experience for all.

A Merry, Marvellous Monday, 30th September 2019



Jackie and Alistair in Woody

The early morning weather was marvellous, sun shining, a light breeze. All looked to be a good day for a sail. A further look at the forecast showed cloudy skies, strong winds, a short shower around 9.00 a.m. What do we believe? We decided to go ahead with Sailability as it still looked like a

beautiful day, despite the rotten forecast, but at least if we had to abandon it would have all been worth the effort.

So, our fantastic team of volunteers went down and sat in the pouring rain for twenty minutes or so, while consuming tea and coffee. Slowly, the rain decreased, down to almost nothing, and the wind was also decreasing down to almost nothing. This

was our moment: the A Team arrived with their helpers, Greg and Kerry. The boats were rigged, Charlie's Chariot picked up, radio tested, and the rain stopped, leaving cloud, a very slight southerly breeze, and many willing people. The A Team consists of Alistair, Adam and Andrew. These three had a great time on the water, as the breeze started to blow by the time they were out there.



Helpers of A Team, Kerry and Greg

Then Ben, Kane, Adonis, Krissy, Tamara, Luke and Rodney arrived with helpers Amber, Annie, Jack and Nathan. Rodney chose Charlie's Chariot for his ride, and the others all



sailed. By this time, the wind had swung around to south easterly....a great breeze for us because it is regular and strong, and easy to get over to the other side and back again.

It wasn't long before the 2 Alans, Danielle, Dianne, Brad, Steve, Carlo, Stuart, May, Denise, Peter and Patrick arrived with helpers Gaynor, Alan and Bella. By this time, the weather had settled into a steady light rain, but that breeze had risen to around 10 knots.

Several of these decided to sit it out under shelter, but Steve, Carlos and Brad sailed while May and Peter supervised from Charlie's Chariot.

Callen and Alex from Sargood arrived with helper, Jacob. By this time, we had our three strongest sailors on the water, so these guys had a fantastic sail across the bay and back again several times, enjoying the heeling and righting of the 303's.



Our fabulous crew for the day was:
 Sailing Coordinator: Brian. (We'll give you this job again, Brian.)
 Radio; Corey and Tony.
 Registrar; Helen.
 Charlies Chariot: Warwick and Eli.
 Sailors: David W, David G, Ragnhild, Jackie, John.
 On the pontoon; Alan, what a great job, Thanks, Alan.

Helping in other sundry ways were new volunteers; Donelle, Nola, Mark.
 Putting away was swift and efficient, thanks everyone for helping, and being part of the team.



Thank you so much to our sponsors:

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|---|
| • David Webb \$1000 for radio and extra bits and pieces |
| • Betty and Peter Baines \$1000 for membership subsidies and Volunteer Recognition Evening |
| • Patron: Michael Regan, Mayor of Northern Beaches Council |
| • Hansa Sailing Systems \$5000 for seven new sail suits for Invictus Games, and then donated to Manly Sailability |
| • Premier Automotive, Jeff Smit, Boat trailer inspection for registration. |
| • Manly Yacht Club |
| • Lion's Club of Manly, \$2,000 towards maintenance of Charlie's Chariot |
| • Warringah Mall Community Club \$500 |
| • Balgowlah Masonic Lodge: Donation \$3,000 |
| • Bendigo Bank: New Marquee \$1533.40 |
| • Cromer Golf Club: Hansa 303 Black Swan |
| • Cerno Insurance: Hansa 303 Vin |
| • Alice Cleary's Running Team, Membership for BIRDS and Royal Far West. |
| • Total Physiotherapy Sponsorship for Signals. |
| • Lynette Gould Ruffled Painting bought Stabilo Equipment |

*The Committee of Sailability Manly
2019 -2020*

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|--|---|
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| Secretary: Eli Demeny | Treasurer: Sue Marshall |
| Membership: Helen Hendry | Webmaster: Alan Bimson assisted by Scott Forbes |
| MYC rep: David Webb | Maintenance: David Webb, David Goldner and Denis Linney |
| Volunteer Coordinator: Eli Demeny | Systems coordinator: Ken Boyes |
| Volunteer Roster: Warwick McKenzie | |
| Race Organiser: Denis Linney and Ken Boyes | SNSW rep: Denis Linney, Ken Boyes |
| Minutes Secretary: Rob Southam | Signals editor: Jennie Fogarty |
| Committee Members: Jackie Morgan, Peter Ward, Ragnhild Purcell | Systems coordinator: Ken Boyes |