



# Signals

## from Sailability Manly

March 2021

Edition 180 Edited by Heather Mackay [www.manlysailability.com.au](http://www.manlysailability.com.au)

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Signals

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### March Madness! by Heather Mackay

March truly was an action packed month not only for International Sailing and Sailability Manly, but it was also chock full of days dedicated to celebrating our guests and members who live with conditions that most of the world’s population have little to no awareness of.

**International Wheelchair Day** kicked off the month on 1 March, bringing awareness to those who depend on a wheelchair for mobility and their families and carers who support them. On 3 March we celebrated **World Hearing Day**, which marked the launch of the World Health Organization’s world report on Hearing. This important report presented a global call for action to address hearing loss and ear disease across the course of life (more information can be found at [www.who.int/newsroom](http://www.who.int/newsroom)).

A very exciting **36<sup>th</sup> America’s Cup** was held across the ditch in Auckland from 6 – 15 March. We applaud our neighbours, Team New Zealand for pulling ahead after a four-day deadlock and taking the win!

**International Women’s Day** on 8 March was celebrated locally with the Northern Beaches Council hosting a lovely catered breakfast at the Novotel Manly Pacific. Sam Bloom was the brave guest speaker of the morning. You may recognise her as the tenacious hero (played by Naomi Watts) of the Netflix hit movie, “Penguin Bloom.” I personally attended this wonderful event, and I can attest there wasn’t a dry eye in the room when from her wheelchair, Sam Bloom told her story about tragically becoming paralysed from a balcony fall while on holiday in Thailand. She is now a Para Canoeer and Para Surfer, twice winning Gold for Australia. If you have not seen this uplifting movie yet, I strongly encourage you to do so quick as you can!

**World Down Syndrome Day 2021** was celebrated on 21 March. In the USA, March 21 reads like 3/21 and this is why it was selected as the day to signify the uniqueness of the triplication (trisomy) or the 21<sup>st</sup> chromosome which causes Down Syndrome. This year to raise awareness and funds in NSW, people were asked to wear brightly coloured socks and share photos at #lotsofsocks. If you participated, please send us your photos and we will display these in next month’s **Signals**.

Our **Women’s Challenge Regatta**, held on 27 March, was as thrilling as ever! We were excited to have the Manly Yacht Club President join in the race and professional photographer Marg Fraser-Martin taking beautiful photos of all the action. Flip to page 7 for an in-depth look at the Regatta Results and photos.

*We hope everyone enjoyed a safe and happy Easter holiday and will discuss World Autism Awareness (2 April) in the next edition.*

## Contact Us

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Denis Linney

## Dates for Your Diary - through May 2021

**25<sup>th</sup> Anniversary Volunteer Appreciation Dinner, 5 May 2021:** Our 25<sup>th</sup> Anniversary Celebration of Sailability in Manly and incomparable Volunteer party is coming up fast at the Manly Yacht Club. As we go to print, only a few spaces are left! Tickets are \$40 per person and a booking must be made by sending an email to **Jackie.morgan@urbanfixx.com.au**.

**May Regatta, 22 May 2021:** Our next and final Regatta for the year will be held on Saturday, 22 May, including presentation of the Wayne Black Cup. Please mark the date in your diary and send skipper /crew bookings to Ken Boyes at **krboyes@optusnet.com.au**.

**Volunteer Radio Training, 12 and 16 June:** We will be holding two Radio Training days for our volunteers on a Saturday and Wednesday in June. Volunteers only need attend one training session. More information on this will be announced in next month's *Signals*.

**Reminder:** General Sailing Day Bookings are filling up fast so Group Leaders, we urge you to please contact Jennie at **bookings@manlysailability.com.au** to schedule a solo or group booking.

## Sailing Dates - April through August 2021

Saturday	10 April	Booked Groups, General Sailing
Wednesday	14 April	Booked Groups, General Sailing
Saturday	24 April	Booked Groups, General Sailing
Wednesday	28 April	Booked Groups, General Sailing
Wednesday	5 May	25 <sup>th</sup> Anniversary Volunteer Recognition Dinner
Saturday	8 May	Booked Groups, General Sailing
Wednesday	12 May	Booked Groups, General Sailing
Saturday	22 May	May Regatta
Wednesday	26 May	Booked Groups, General Sailing
Monday	31 May	Booked Groups, General Sailing
Saturday	12 June	Radio Training for Saturday Volunteers
Wednesday	16 June	Radio Training for Mon/Wed Volunteers
Monday	28 June	Booked Groups, General Sailing
Saturday	10 July	Booked Groups, General Sailing
Wednesday	14 July	Booked Groups, General Sailing
Monday	26 July	Booked Groups, General Sailing
Saturday	14 August	Booked Groups, General Sailing
Wednesday	18 August	Booked Groups, General Sailing
Monday	30 August	Booked Groups, General Sailing

On General Sailing Days, volunteers should arrive at the Manly Yacht Club by 8:30 and sailing participants from 9:45 a.m. Visitors are always welcome to come by, see what we do and try us out! Please remember to ring (02) 9976 2747 on the morning before you arrive to ensure the day's sailing has not been cancelled. Parking permits are available. As of Wednesday, 3 March, the cost of temporary members will be \$5.00 each. People who are already members do not have to pay this fee.

## Contact Us

### SYSTEMS

#### COORDINATOR:

Ken Boyes

#### RACE ORGANISERS:

Denis Linney and  
Ken Boyes

#### MYC REPRESENTATIVE:

Peter Ward



Sailability Trivia Question of  
the Month

Test your Knowledge!

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## Thank You to Our Generous Sponsors!

David Webb: \$1000 for radio and extra bits and pieces
Betty and Peter Baines: \$500 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
Lynette Gould Ruffled Painting bought Stabilo Equipment
Federal Government Grant paid for First Aid Courses
Northern Beaches Council supplied Parking Permits for our volunteers
Northern Beaches Council Grant for radios and radio training, \$1650.00
David Goldner and David Webb: improvements to storage, trolleys, cupboards
Club Totem for providing a conference room for our monthly Committee meeting

## The Committee of Sailability Manly 2020 / 2021

President: Warwick Mackenzie	Secretary, Volunteer Coordinator and SNSW Rep: Eli Demeny
Treasurer: Sue Marshall	MYC Rep: Peter Ward
Membership: Helen Hendry	Webmaster: Alan Bimson
Race Organisers: Denis Linney and Ken Boyes	Social Committee: Jackie Morgan and Ragnhild Purcell
Systems Coordinator (including Covid-19 Officer): Ken Boyes	Safety/Maintenance: David Webb, David Goldner and Denis Linney
Sailing Groups Coordinator: Jennie Fogarty	Editor of <i>Signals by Sailability Manly</i> : Heather Mackay
Committee Members: Warwick Mackenzie, Jackie Morgan, David Webb, Ragnhild Purcell, Denis Linney, Eli Demeny, Sue Marshall, Ken Boyes, Peter Ward, Alan Bimson, Jennie Fogarty, Heather Mackay and Caroline Holdstock	

# Sailing Reports

## Wednesday, 3 March 2021 - A Great Wednesday Sail

What a busy morning we had! Forecasting the wind strength for our session proved challenging, as there were gusts going well above the forecast rate, with calming intervals between. Five of our volunteers started off the day by going out to look for the best place to sail; some coupled up with less confident sailors for practice in the heavier wind. Warwick was in charge of the day and Malcolm took lead on the pontoon. We rigged up five Hansa 303's, and only the more experienced sailors went out sailing with our participants. Everyone helped put the boats in the water, and then John P took Woody, Brian took Dolly Wallis, Michael took Ralph Newman, John W took Eli D and John B took Black Swan...some furled a couple of turns, some with a full sail.

Helen served as registrar for the day, Wilma was in charge of Life-jacket/Harness duties and Corey performed an excellent job with the radios. Ragnhild arrived a little later and helped out on the pontoon. Jim captained Charlie's Chariot, and Jennie took the camera out on photo duty.

We had some wonderful participants this morning! Most of them took pleasure in the wet sailing conditions, and then enjoyed coming back for a drying off session in the sun. Olivia brought the Seals: Bart, Allan, Elyce, Jake and Zoe. Sunnyfield with Glenn, Vicki and Barbara brought Vanessa, Kane, Glenn, Dave Tamara, Sue, Peter. Assif brought Hanlin, who loves his sailing! Later on, Ben arrived with Dad, Peter, and then Zoe arrived from Sahara with her helper, Sally. All had a great sail and left for home with that excited smile we have come to expect.



**Brian struggling through waves in Dolly Wallis**



**Jennie and John in Eli D**



**John and Elyce in Woody**



# Sailing Reports

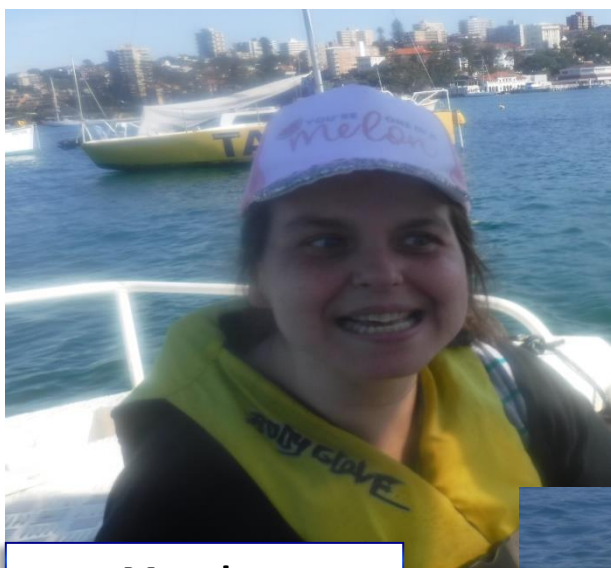
## Saturday, 13 March 2021 - A Superb Saturday

Today was a great day for a sail, but unfortunately we did not have our full complement of Volunteers or all of the people who booked in for a sail. On the bright side, we had a most enjoyable day because everyone who attended fit in as much sailing as we could into three hours! The water temperature was comfortable, with a slight breeze making the day cool and brisk enough to make for a quick trip across and around the cove.

Helpers for the day were Helen as our registrar and Covid monitor, Wilma keeping life-jackets and harnesses germ free, plus Jim as captain and Ken skippering as they headed out on Charlie's Chariot. Nikki was our Pontoon manager, Ros worked the radio and Eileen helped everywhere she could make herself useful. Sailors Ben, Ivan, Denis, David G, Michael, (and later) Helene spent many hours darting around the bay carrying our participants for as long as they wanted to stay out on the water.

Kieran arrived for the first morning sail and was taken out by Ben. James W and James K hopped into their boats and were soon followed by Jordan and Tarek. Meaghan preferred to take a ride on Charlie's Chariot and Matthew W went out for his sail, followed by Kerrie and Anna. In the meantime, Ken took some beautiful photos from Charlie's Chariot, capturing the beauty of the day. Later in the morning, Matthew E arrived and was swiftly taken to a boat that was waiting for him at the pontoon. James W was very proud when he took the joy-stick and sailed himself home; so pleased in fact, that he turned around and went out for another sail!

Back on deck, Eli had a go at starting up and cleaning off the barbecue grill, so that it is ready to go for our new Chef, Eileen to use when we return to general sailing on Saturday 10 April. Thanks so much for volunteering to take on this important role, Eileen. We'd love to treat you to some Saturday sailings!



**Meaghan  
in Charlie's Chariot**



**Ben and Kerri  
in Vin**



**James W navigating Ralph  
Newman with David G**



**Matt and Michael  
in Black Swan**

# Sailing Reports

## Wednesday, 17 March 2021 - Winning Wednesday

A great team of Volunteers made this morning a winning day! Despite the forecast for high South Easterly winds, we went ahead because the breeze was actually blowing at far less than the forecasted level. The rain also seemed to be holding off. David W was in charge of the day, with John W helping as our captain of Charlie's Chariot, Jennie as observer and photographer, Helen helping out as the Registrar and Wilma assisting with Life-jackets and harnesses. We brought out five boats and rigged up for our sailors: John P, Jim, Denis, Michael, Brian and Steve. Eli was Pontoon Manager, with help from Caroline and Eileen and Ken worked the radio. We had a great team for a busy day!

Trevor was first to arrive and he took off with Jim as soon as all was ready. Both came back with the hugest of smiles, revealing that the sailing conditions were obviously up to their expectations. Jack arrived with Keira and they first had a sail, then a ride in Charlie's Chariot. Slowly, in dribs and drabs, our Pioneer Clubhouse group arrived with helper, Megan. Vanessa, Andrew and Elizabeth went for a sail. Travis elected to ride on Charlie's Chariot; it would have been tough to squeeze all 6ft'5 of him into a Hansa 303! Sunnyfield arrived later in the morning so David, Kane, and another Vanessa went for a sail, with Tamara and Sue taking advantage of cruising in Charlie's Chariot. Royal Far West brought their kids down: Jesse, Sarah and Robert, who were all wearing dark glasses for the sail because of the drops they had had in their eyes after their visit to the eye specialist. Zoe and Hanlin were last to arrive this morning and both enjoyed their sailing while the rest of the boats were cleaned and stored away.

A huge thanks for our group helpers today: Megan from Pioneer Clubhouse; Barbara, Tomoko and Glen from Sunnyfield, Craig and Jenny from Royal Far West, and Chris with Hanlin. Two great teams that really worked well together for a great cause!

**Jim and Trevor in  
Black Swan**



**Denis and Ben in Woody**



**Tamara and Sue in  
Charlie's Chariot**



## Saturday, 27 March 2021 - Helly Hansen Women's Challenge Regatta

On this gorgeous sunny Saturday, our Women's Challenge Regatta kicked off on the Manly Yacht Club deck with a 9:15 a.m. briefing by race coordinator, Bruce Davis from Davis Marina. Bruce and Pam (the race committee) were then transported by Vince, Ken and Heather on Charlie's Chariot out to Carlyle to set up the signal flags and prepare for the race start. Bruce communicated over the radio with Ken guiding Charlie's Chariot on placement of the race markers while the six Hansa 303 women's race teams made their way from the pontoon to the start line in Manly Cove. \*Professional Photographer Marg Fraser-Martin captured images of Race 1 from Charlie's Chariot and Race 2 from Carlyle.

The boat / team line up for the Women's Challenge Regatta was as follows:

- Woody (833)** – Jennie Fogarty and Lyn Singleton
- Alex Martin (1662)** – Jackie Morgan and Caroline Holdstock
- Dolly Wallis (753)** – Catherine Thornton-Rofe and Lisa Callaghan
- Eli D (2419)** – Lyn Humphreys and Nola Borgelt
- Ralph Newman (1598)** – Helene Francois and Ros Chow
- VIN (2232)** – Ragnhild Purcell and Jeanette Bell



**Race 1** began at 10:21 a.m. approx. 40 minutes:

Place	Boat	Finish Time
1st	Dolly Wallis	10:54:17 am
2nd	Woody	10:54:58 am
3rd	VIN	10:56:02 am
4th	Ralph Newman	10:58:41 am
5th	Alex Martin	10:59:18 am
6th	Eli D	10:59:21 am

**Race 2** began at 11:11 am approx. 50 minutes:

Place	Boat	Finish Time
1st	Alex Martin	11:54:11 am
2nd	Black Swan	11:58:02 am
3rd	Eli D	11:58:13 am
4th	VIN	11:58:14 am
5th	Woody	12:02:01 pm
6th	Ralph Newman	12:07:25 pm

**Final Results** - Overall Placings of the Helly Hansen Women's Challenge Regatta 2012:

Place	Boat	Average of Race 1 & 2
1st	Dolly Wallis	3
2nd	Alex Martin	6
3rd	Woody	7
3rd	VIN	7
5th	Eli D	9
6th	Ralph Newman	10



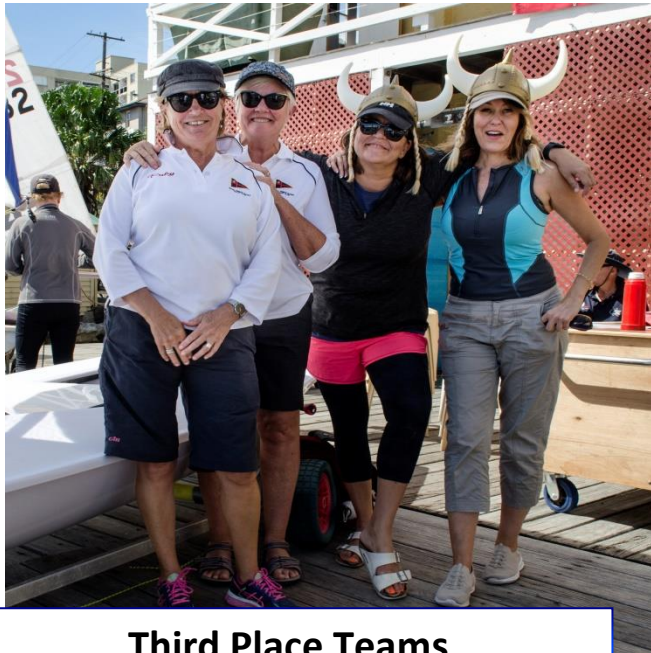
**Second Place – Caroline Holdstock and Jackie Morgan**

**Regatta Winners  
Lisa Callaghan and  
Catherine Thornton-Rofe**

# Sailing Reports

*\*Images Marg Fraser-Martin*

Saturday, 27 March 2021 - Helley Hansen Women's Challenge Regatta



**Third Place Teams  
Jennie Fogarty and  
Lyn Singleton (Woody)  
and (VIN) Ragnhild Purcell  
and Jeanette Bell**



**Sixth Place – Ros Chow  
and Helene Francios**



**Fifth Place – Nola Borgelt  
and Lyn Humphreys**



**The Vikings – V1 & V2**



**Race Volunteers Heather Mackay  
and Helen Hendry**



# Sailing Reports

*\*Images Marg Fraser-Martin*

Saturday, 27 March 2021 - Helley Hansen Women's Challenge Regatta



# Sailing Reports

## Monday, 29 March 2021 - A Merry Making Monday

This morning was indeed a day to make merry! The sky was clear blue, the wind a very calming South Easterly and the temperature perfect. Our very hard-working team brought out and rigged up seven boats, under the expectation that five groups would arrive to sail. Nola was our admirable Sailing Coordinator today, a first time for her, and she was an example of what a Sailing Coordinator should be.....firm in her decisions and empathetic to the needs of both volunteers and participants. John W was the captain of Charlie's Chariot and Eileen assisted as observer and photographer. Thank you for taking some lovely sailing photos, Eileen! Our Sailors for the day were Caroline, David W, John P, Denis, Jim, Michael, Brian and Jackie. Corey was very busy at work on the radio with seven boats on the water to organise.

Trevor was our first visitor to arrive and went off for a sailing with Jim. Next our special group from St Lucy's of Wahroonga arrived. What a great time these children had with lots of lovely smiles after a tentative beginning. Maggie, Matthew, Anna, Jai, Hervey, Leo and Lachlan were full of confidence once they experienced lowering themselves into the boats. Their teacher Rosie was all over the pontoon, helping each child into a boat and building up their confidence to go out with each sailor. A few from this group were not confident enough to start sailing, so they chose to go for a ride in Charlie's Chariot to watch their friends enjoy sailing in the Hansa 303's.

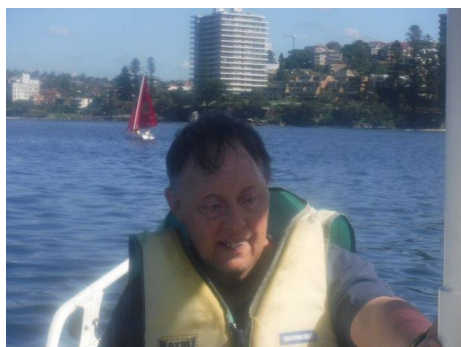
SEALS arrived next with helper Simone who quickly learned how to tie up the boats securely for her group. Tom waited patiently until Dad Andrew returned from a job, and then they went out together. Bart chose Charlie's Chariot as his mode of transport as did Elyce and Nikki, but Doug, Sean and Gordon confidently sat in the boats and had a lovely time sailing out in the cove.

From Aruma, Wayne arrived with Stephen, then Denise and Annie brought James and Kyle. It is wonderful to see this group enjoying their sailing so much, confidently and independently accessing the boats. Rodney, Luke, Rosa, Ben and Anna arrived with Mel and Phil, and thoroughly enjoyed the slightly stronger breeze later on.

The BIRDS were last to arrive with helpers Wendy and Amanda, at the same time as the perfect Southeasterly which dramatically cooled down the morning. Steve, Danielle (solo sailor), James, Melina, Stuart, Carlo (who enabled a double lot of sailing,) Peter and Alan, all had a delightful sail before heading off for a Fish and Chips lunch. The morning wrapped up with everyone putting the boats away after a very busy morning. Thank you so much to the helpers of the groups, who all complied when asked to help on the pontoon in addition to caring for their participants on the deck.



**David W and Matthew  
in Dolly Wallis**



**Bart in Charlie's Chariot**



**David and Rodney in Vin**



**Brian and Luke in Eli D**



# Sailing Reports

## Wednesday, 31 March 2021 - A Wishful Wednesday

Today was series of wishes...oh won't that drizzle stop? Oh, won't the waves subside? Where has the sunshine gone? In spite of the wishes, our intrepid group of volunteers put out four boats and did not wait for our participants to arrive. Instead the Volunteers went out for a practice sail in the drizzle and steady Southwesterly breeze. Ben arrived and was taken out sailing by John, then slowly but surely, we were able to start the serious business of giving our participants a pleasant sail. The weather relented, the drizzle stopped, the sun came out and the waves subsided.

John B took Vanessa out in Black Swan, John took Kane in Alex, Denis took Peter in Woody and Malcolm took Susie in Vin. Susie was experiencing her first time in a sailing boat; she normally opts for a ride on Charlie's Chariot, so it was very rewarding to see her confidently getting into the Hansa. David sailed off with Jim, after a small adventure with a broken steering line. Tamara took advantage of Charlie's Chariot, Hanlin went with John W, and Zoe went off for a shortened sail with Denis, so as not to disrupt Marine Rescue while they conducted a practice rescue drill in the Middle Harbour section of Manly Cove. Helen helped as Registrar and Sailors were: John B, John W, Denis, Michael, Jim, Malcolm. Charlie's Chariot driver was David W and Photographer / observer was Caroline. Corey helped with the radio, with extra help from Eileen and David G.



**Kane and John W in Alex**



**Denis and Peter in Woody**



**John B and Vasnessa  
in Black Swan**



**Malcolm and Susie in VIN**



# Sailability Manly Trivia

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The answer to February's Sailability Trivia question, "**Who is Charlie's Chariot (our Support Boat) named after and why?**" is:

Charlie Powell was a Sailability Volunteer who lived with cancer and for many years was unable to speak due to the surgical removal of his voice box. In spite of his affliction, he drove our support boat and communicated using sign language, which could not be heard over the boat's radio.

Charlie donated our first Sailability Manly Support Boat which he purchased from the Manly 16ft Skiff Club, next door to the Manly Yacht Club. This boat was our first "Charlie's Chariot" and all succeeding support boats have been given the same name, although donated by different people. Our current Charlie's Chariot was a donation from the Paul Newman Foundation, an International Organisation that donates funds to deserving Charities around the world.

April's Sailability Trivia Question: **What year was the Pontoon built?**

## Additional Announcements:

The World Sailing Trust launched a global Participation Study to assess the status of sailing in terms of equity, diversity and inclusion. To participate in the study, please visit:

<https://www.sailing.org/news/90801.php?fbclid=IwAR3uu1IZPJa-pnDx7eruZcwAc58B3rDvvXLYjJcosj59ybZezxjW9dhcCEI#.YHJYiVQzbiU>

Visitors to Sailability Manly are always welcome! Just \$5 to try and if you'd like to purchase an annual membership, which includes unlimited sailing, it's only \$25! Register one day ahead with Eli to ensure your spot. Sailing begins from 9:30 am. Volunteers are expected to arrive by 8:30 am. Sailing Day Instruction videos are available on [www.manlysailability.com.au](http://www.manlysailability.com.au) which cover most of what we do.

Be sure to call for a weather update before heading to the MYC at (02) 9976 2747.

### **Venue**

**Manly Yacht Club**  
East Esplanade  
(end of Wood St)  
Downstairs dockside via  
accessible ramp.

### **Parking**

**Parking Permits are Available**  
Special arrangements will  
be made for mini-buses and  
wheelchair lift vans.

### **What to Bring?**

**Sailors and Volunteers**  
must bring a hat that stays  
on, bottled water and apply  
good sunscreen. Life jackets  
are provided.