

Sailability Penrith Lakes Newsletter - July 2006

Interview with John Smith



How long have you been at Sailability and what is your role in the club?

I have been a volunteer with Sailability since 2003. I started my role as Vice-President since 2005 and I also carry out maintenance on the boats along with other volunteers.

How has it progressed since you started?

When I first started we had five boats, 3 of which were on loan from Sailability NSW. These were subsequently reloaned elsewhere so we had to build up our fleet from the two second-hand boats we were left with. We now have 10 boats after a lot of hard work by our great group of volunteers.

I would like to thank all the volunteers for their help.

What do you do for a living outside of Sailability?

My full-time job is a security officer on a defence base.

What are your hobbies?

Some of my other hobbies are gardening and reading.

Could you give us a funny incident that happened while volunteering at Sailability?

I recall one funny incident we had on a very hot day when we had a group of school children participating in their sports afternoon. There were 10 to 15 knot winds.

We had seven sailing boats plus three rowing boats out on the water when two of the rowing boats got stuck in the reeds. We were towing a sailing boat back to the end of the lake (because the children had forgotten how to turn). Another two children had jumped out of another boat for a swim. We ended up with one boat with a broken mast and to top it off the safety boat managed to get a rope caught around the prop. It had to be paddled back to the pontoon. We did get everybody back to shore eventually and everybody had a good laugh about it.



Help!!!!!!

"Man overboard!" the cry went out. Pushing the joystick hard towards the wind we swung the 303 sail boat around and skated back. Hard to wind again, we completed the figure of eight and came alongside our 'body'. My fellow sailor reached over and plucked from the water a floating 2 litre milk container. Yes! We had successfully completed another segment of the training course.



"Sailability Penrith Lakes training course participants and their instructors, John and Ralph, after a long weekend"

Seven of us under the guidance of our seasoned tutors, John and Ralph, had finished the morning's instruction in the lecture room and were now putting theory into practice on the windy Sydney International Regatta Centre lake at Penrith.

The following morning we were in the lecture room again. This time we were learning all the ins and outs of weather maps, safety, navigation lights and buoyage, and how to handle power boats including their use as safety boats.

The afternoon proved a little calmer than the previous day and we fired up two power boats with a group and an instructor in each and set out to perform a number of routines. We found that snaking backwards onto a buoy was quite challenging and completing a full speed U- turn required a certain amount of nerve. Our two younger members had 'volunteered' to be rescued in their sail boats, but the wind had dropped away and they had difficulty getting to the reedy bank and getting 'stuck'. However, we gave them an extra push into the reeds and then proceeded to rescue them and tow them into friendly waters.

Congratulations to John and Ralph for an excellent weekend of training from the volunteers at Penrith Lakes Sailability.

Author: Mike Watson



AMP Fundraising Luncheon

The AMP PA Network Committee held a lunch for staff members and was attended by Ben Felten, (Chairman and Founder), Mike Watson and Keith Winterton.

Ben made a presentation to a room of about 60 ladies with the two other male volunteers from Sailability. I am not sure what impressed them more, the attention from all the ladies or the view from Level 25, which they could not stop commenting about.

The AMP PA Network Committee will be holding a fundraising barbeque on the 28th of July. Ben explained what it was that Sailability do and achieve and that the aim is to use the funds for buying another Access 303 for Sailability Penrith Lakes.

The audience enjoyed the talk and were very keen to start with the fundraising.

Author: Karen Roché



Annual General Meeting

Please see attached an invitation to our AGM on the 19th of August 2006.

Please join us in a day for all our members and their families.

Come 'N' Try Days

Sunday	20th August	11:00 till 3:00
Sunday	17 September	12:00 till 4:00
Sunday	15 October	12:00 till 4:00
Sunday	12 November	12:00 till 4:00
Sunday	10 December	12:00 till 4:00



Competitions

Ship Ahoy !

But which ship? Only two of our fleet of ten Access dinghies have been christened, namely :-

'Jolly Rogers' and 'Jelly Bean'.

The committee has often talked about putting names on the others, but that's as far as it usually gets. This time we decided to ask all our members for their ideas. If we'd named one 'Roundtuit' we'd have no excuse for leaving it so long, would we? But seriously we thought the names should be fun ones that the younger sailors could enjoy.

Some suggestions so far have been:-

- 'Captain Hook'
- 'Buccaneer'
- 'Swashbuckler'

So please put on your thinking caps and email your ideas to Karen Roché at Karen_roche@cobaltsolutions.net.

If one of your suggested names is selected you will be invited to a boat launching ceremony in your honour and receive a free day sailing on one of our 'Come and Try' days.

Captain Mike

Name for our Newsletter

Now Captain Mike, if we can name our boats, we most certainly should have a name for our newsletter.

So put on your thinking caps and let me know what you think our newsletter should be called.

The prize for this competition is two Adult tickets to a movie of your choice from either Greater Union or Hoyts.



New Members

We would like to welcome Troy Howell and his family



Events

Please keep the 5th of November open for a day of fun at the Regatta Centre. Sailability will be there with all our volunteers standing by.



Activate is an annual, free community event, organised in partnership between the Sydney International Regatta Centre (NSW Department of Arts, Sport and Recreation) and Penrith City Council. Formerly part of *Active Australia Day*, *Activate* promotes the importance of maintaining a healthy and active lifestyle.

Now in its eighth year the event has grown in popularity for both sporting clubs and the community. The event aims to increase participation opportunities by showcasing a broad range of sporting and recreational opportunities for people of all ages and abilities. All activities are accessible within the region and clubs have the opportunity to both exhibit and build their membership base. It is expected that there will be up to 30 sporting clubs and associations and up to 7000 people attending the event. This year *Activate* is being held at SIRC on Sunday 5 November from 11am to 3pm.

Visitors can partake in a range of activities, including sailing, swimming, canoeing, dragon boating, archery, fishing, circus skills, tai chi and personal fitness classes. They also have the opportunity to watch dance and sports demonstrations and gain information from local clubs. Throughout the day participants are encouraged to be physically active by participating in organised activities. Participation is rewarded by the chance to win prizes.

Our goal is to provide the best possible opportunity for people to be inspired to take up an active lifestyle and we appreciate your assistance in doing this.

Should you have any further questions about *Activate* please do not hesitate to contact Michelle Whitmore (Event Services Manager – SIRC) on 02 4730 0000.

Press Release

Sydney Weekender Channel 7 – 27 May 2006



We're getting involved in the 'Come n Try Day' held by Sailability at the Penrith Regatta Centre.

Sailability is a non-profit organisation dedicated to increasing sailing opportunities for everyone, regardless of age or disability.



Sailability caters for people with a wide range of disabilities and sailing experience, and now has branches in all states and the ACT.

Sailability Penrith Lakes was established in 2002, inspired by the success of the aquatic sports at the Sydney International Regatta Centre at Penrith during the Olympic Games.

According to President Ben Felton, the opportunity to make the Centre the focus of sailing for the disabled in the Greater West was a very strong motivation. Almost four years on and Sailability Penrith Lakes has around 40 members, either sailors or volunteers.

Sailability's fleet comprises ten Access dinghies comprising of five 2.3s, two Access Breeze Dinghies and three 303s and their own shed, pontoon and hoist at the Regatta Centre.

The Access Dinghies are unsinkable and virtually uncapsizable. They are also incredibly stable and responsive, with joystick steering ... simply steer left to go left, or steer right to go right ... it couldn't be easier! The Access Dinghies are made so that anyone can sail them regardless of ability. As part of Sailability's commitment to catering for the disabled, they have a hoist to help lift those who are wheelchair bound, in and out of the boats with ease.



Sail days and Come 'N' Try Days are held on Sundays once a month from 12pm through to the mid afternoon, all year.

This is a great way to get in and give it a go!

Sailability Penrith Lakes is supported by D Sport (formerly NSW Sports Council for the Disabled), Penrith Council and Sydney International Regatta Centre.

Sailability always welcomes those who wish to volunteer with the club ... because it's thanks to the volunteers that keep Sailability Penrith Lakes running smoothly.

More Information

Sailability Penrith Lakes
Sydney International Regatta Centre
Shed 3, Castlereagh Road, Penrith

www.sailabilitypenrithlakes.tk

"Come and try" days are held once a month and cost \$15 per person.

Prices correct as at 27/05/06

Reporter: TIM CAMPBELL



Message from the Editor

Since the last newsletter there is so much that's been happening. With the training day, fundraising and media coverage, Sailability Penrith Lakes is getting well known throughout Sydney.

With the AGM coming up as well in August it's been a very busy time for the volunteers. It will be great to see all of you there on the 19th. There is not a lot of opportunity for the volunteers and their families to get a sail in during our Come 'n Try days, and this would give everybody the opportunity to get to know each other and have a casual sail after the meeting. **Please remember to let me know if you will be joining us for the BBQ.**

Don't forget the Orange vs Penrith Lakes Regatta that will be taking place on the 23rd and 24th of September. Good to see that some of you are well into training for this event.

Karen Roché

Annual General Meeting

SAILABILITY PENRITH LAKES



Date: 19 August 2006

Time: 10am to Late

Venue: Sailability Shed 3
Sydney International Regatta
Centre

Sailability Penrith Lakes will be holding its Annual General Meeting and would like to extend an invitation to all our members and their families to come along to this meeting. The meeting will start at 10:00 am and be followed by a sailing day and BBQ.

Please contact Karen Roché on 0432523249 or karen_roche@cobaltsolutions.net to confirm your attendance. We will need the numbers for catering purposes and hope to see you and your family at a fun filled day starting right after the meeting.

Nominations forms for positions on the committee can be obtained from me prior to the meeting.

