

NFD Sailability

Newsletter – October 2011

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This Newsletter starts with a copy of an Email sent out following the very successful event which took place on August 31st

It's "a personal big THANK YOU to all of you who supported with such supreme effort yesterday's event. From the comments received I know that your efforts were much appreciated and the racing enjoyed by all who took part. From a very grateful fellow volunteer."

As a (sometimes now) volunteer I leave Spinnaker Sailing Club after time spent with Sailability with a sense of having taken more from the day that I have been able to give. Do others feel that? Time varies between frantic activity when boats are coming and going to periods of time spent leaning on the rail on the pontoon chatting to fellow volunteers. What would we do if those rails had not been fitted? Would we all fall over?

Our sailors have had a busy year with the outings described so vividly in the previous Newsletter, our own Travellers event and lastly the trip to Bristol so vividly described by Martin.

Race training has continued on Wednesday afternoons with the help of our superb instructors, with their infinite patience and powerful voices. They never did seem to get hoarse.

Tuesdays and Fridays have had their busiest season yet with many sailors getting their chance to be on the water for a while. While the word volunteer always conjures up the picture of the waterside member, the work done in the reception area makes all the difference to the enjoyment of us all on site. So! Many thanks must go to them.

URGENT

2.4 Event at Oxford Sailing Club, Farmoor

Friday 4th, Saturday 5th & Sunday 6th November Two of our race team would like to take part in this event but they need helpers and they also need 2 people who can tow boats. I expect that boats could go up Thursday if necessary. Can anyone help?

FUTURE EVENTS

CHRISTMAS LUNCH

There are only a few places remaining for the Christmas Lunch, if you wish to attend please contact Rob Biddle promptly.

The Lunch is on Monday 19th December at the FERNDOWN GOLF CLUB, and costs £15 . 50p

There will be a 'Bottle Raffle' following the lunch and suitable donations for prizes will be gratefully accepted, before or on the day.

If you would like to book please contact Rob Biddle by telephone on 01202 710236 or by email at rob.biddle@ntlworld.com who is acting on behalf of Mary White.

SAINSBURY'S CHARITY OF THE YEAR.

Sainsbury's Ringwood have voted to extend their partnership with us until June 2012.

We have received much support from them in the last year, donations, collections, raffle prizes etc., and they are very keen to continue this until next year. We can only do this with the continuing level of support we have received from you the Sailors and Volunteers. You have been wonderful!

Autumn/winter activities on the water

Race training will take place, as last year, on Tuesdays, starting **Tuesday, 1 November and finishing Tuesday, 29 November - (5 weeks).**

Programme for each week

- 09.00am - Would volunteers please arrive
- 10.00am - Briefing starts – prompt
- 10.30am (ish) - We should be on the water
- 1200 – 12.30pm - We should be off the water

The debrief will be over lunch, so bring your own food. Tea and coffee provided as usual.

This is open to all sailors who think they are competent and to all volunteers who may take part in both the land-based and water-based activities. We will need help with the boats and safety boat people.

Spinnaker has waived the wet/dry suit rule for us but all who go on the water **MUST** have at least full waterproofs, warm clothing and a change of clothes.

Autumn/winter activities off the water

		<u>Time</u>	<u>Venue</u>
Tuesday Nov 1 st	Laying up.	10.00 am	
Friday Nov 4 th	Laying up.	10.00 am	
Tuesdays in November	Race Training (see above)		Spinnaker Club
Tuesday November 15 th	Talk. Rory in Rwanda. Exploring the work of charities after the genocide.	2 pm (1400)	Spinnaker Club
Monday December 19 th 2012	Christmas lunch. See notes elsewhere.		Ferndown Golf Club
Tuesday January 10 th also and	First Aid Course with Joe Meilak. Not to be missed. Bring and share lunch. Also not to be missed	9.30am PROMPT 12.30pm	Spinnaker Club Spinnaker Club
Tuesday February 16 th	<u>AGM</u> . Definitely not to be missed	2.00pm (14.00)	Spinnaker Club
Tuesday March 13 th	Disability awareness course	10 am – 4 pm	Spinnaker Club
Tuesday March 20 th	Talk. Vivien Cherry on BT Global Challenge 1992/93	7.30 pm	Ibsley Village Hall
Friday March 23 rd	Fitting out		
Tuesday March 27 th	Fitting Out		
Friday March 30 th	Sailing Refresher with Maurice – on and off the water (for volunteers only)		Spinnaker Club
	Safety boat refresher with Spike for those already qualified		Spinnaker Club

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New Forest and District Sailability on the Web

For those of us who have not yet caught up with the Race Team Website go visit www.newforestsailability-raceteam.co.uk for the latest pictures and information.

Keith writes that he is pleased to say the new race team website is up and running. We have been asked to pass it around the group as well as to anyone who you think might benefit from seeing it. In order to access Marcus's downloads and the forum, people will need to know how to register. This is a very short form just asking for name and e-mail address. They will have to confirm their e-mail address by replying to an e-mail automatically sent by the system to the given address.

And again the address is: www.newforestsailability-raceteam.co.uk

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Sailing at Chichester Harbour Federation Week Regatta with the Even Keel Project

When I set off for the Rutland RYA Sailability Multiclass Regatta I had no idea that a week later I would be sailing an Artemis with The Even Keel Project against over 300 other boats in a ground breaking Chichester Harbour Federation Week. For the first time in its 87 year history Federation week was entered by a fleet of five boats designed to be helmed or crewed by disabled sailors and after a demonstration of the Artemis at Rutland I was offered the chance to join the team.

I only started sailing at the very end of last season and until Rutland had only sailed on small lakes – if I had thought Rutland Water was an impressive size nothing could have prepared me for just how large the Federation course would be! Not only was this the first time I sailed on the sea, the first time I sailed a boat other than the access 303 but also the first time I had to use a map to navigate the course; something I accomplished with varying degrees of success!

Any apprehension I may have felt disappeared when a friendly parking warden unloaded my wheelchair and

bags for me and I was introduced to the fantastic Even Keel team whose hard work and dedication made the experience possible. Not only were they up at the crack of dawn to get the boats ready but they were always ready and willing to help with anything I needed.

Until this point I'd only ever got in and out of a boat using a hoisting system but one of the Even Keel Project's aims is to stop the divide between 'disabled sailing' and 'able bodied sailing' and remove the tie of only being able to sail at clubs with dedicated facilities. Therefore, it was time to figure out how to get in and out of the boat via bum shuffling; something I discovered was much easier if I stopped stubbornly trying to get back in my wheelchair alone and allowed two muscled boys to help!

One of the wonderful things about sailing is once you're out on the water it's not obvious who's disabled and who isn't – especially sailing a high performance boat like the Artemis. Throughout the week people regularly came up to us to tell us they loved the boat and how impressed they were, especially on the Thursday when the inclement weather put many of the other sailors off.

Thanks to the partnership between Sailability and The Even Keel project I was able to experience something I could never have even dreamt of. Not only did I have a fantastic time but crewing for a brilliant sailor has definitely improved my skills. I've got fingers and toes crossed that both the Even Keel Project and I will be back next summer!

Amy Oulton

Thoughts on Wednesdays

You might see us at the club on Wednesdays sometimes and wonder. What are a group of wheelchairs, crutches and sticks doing there? Who are those people drinking tea whilst listening so intensely? Why is that man moving boat models around and waving flags?

Every Wednesday afternoon six or seven of us get together with a professional sailor to learn about racing. We all love sailing. We all have some form of disability. Racing gives us the chance to move beyond our physical limitations and compete independently on an equal level: out on the water, all that makes us different is our ability to coax more speed out of the boat, to get a better start, to round a mark more efficiently. It's enormously satisfying to learn so much each week, to hear about the theory of race tactics and racing rules (though I'm still working on the room at the mark argument), to put the theory into practice on the water, to discuss the learning back on the land again before competing in the full Spinnaker race in the evening. It's a real pleasure to sail with the same group each week and to see how we're all progressing. It's a luxurious privilege to have so many volunteers who tirelessly rig and de-rig the boats, who hoist us in and out without complaint and with a lot of laughter, who teach us to become better sailors. It's wonderfully exciting to have goals to work towards, be that competing in national races, the 2016 Paralympics or simply getting faster on the lake. And it's a beautiful place to sail. Wednesday has become a highlight of my week. Sitting with a pint over Paul's delicious home cooked food after the evening race – what a perfect end to a powerful day.

Andrew Farrow

Artemis in Chichester Harbour.

Both Amy and Andrew, members of NFDS, sailed in Chichester Harbour. They had a fantastic time! Have a look at the pictures of their activities which can be seen on the Website. Have a look!

Travellers Trophy - Bristol Docks, Wednesday, September 21st

Martin sent two reports about the Travellers Trophy in September. The first was directly as it had happened, the second was with the benefit of at least one night's good sleep - I suspect. They are however, both worth printing.

Travellers Trophy - Wednesday, September 21st

Martin Hadley wrote:

Very exciting for all of us that were there

Watching Kieth sliding out off his Orvil seat will live with me for a lifetime!

Well done Marcus (safety boat) for a well executed rescue

Tom smashing into the concrete wall head on

Amy unfortunately not living up to her early promise (tongue firmly in cheek)

Jenny looking proper wet and then having to go out again!

Myself mixing it with front runners in every race.

I think with back up and support we as a team could make a real impact next season.

Thanks must go to David and Marcus for some really top coaching and not forgetting Rory and all the

volunteers who get the boats ready.

On reflection

This was one of the more exciting T.T events and rounded off the season brilliantly.

It was in what they described as a floating dock, wind was funnel led down through the geography and the buildings

Gusts were forecast to be up to 19mph and certainly didn't disappoint with racing stopped after race 3 with winds building and incidents happening all over the field.

It was a good spectator event as the whole race could be viewed from the dock side.

Lovely catering and support team.

I look forward to next year (this was their 1st T.T.event)

Got up at 4.15am. back home at 8.00pm still recovering (2 days.)

I take my electric scooter and Dave Owen as my carer. He takes me to all the southern events.

It is usually the same faces most are very experienced sailors some having won events abroad.

Some events may be over 2 days and we stay in cheap hotels - sometimes sharing a double bed (only once when the only room on the ground floor gave no choice.)

It sometimes seems a lot of effort but this seems to make the races more important and when you do happen to do well against such strong competition it makes it all seem worthwhile

I would tell you about Kieth's swimming expedition but I'll leave that one for him

It was all taken in good spirit by him and once dried off he seemed to be enjoying the notoriety

Martin Hurricane Hadley

Following publication in Interaction the magazine for people suffering from ME, Jenny Monger has given the Newsletter a piece which had appeared in that magazine.

I have had ME since 1990 and my first love was horses. When I had to give them up I was distraught. But in recent years, after breaking my spine in a fall in 2003 and finding out I had osteoporosis as well, I had to think of some way to get out in the open air and enjoy something else. I discovered to my amazement that there was a local disability sailing group, the New Forest and District Sailability, within two miles of my home in Ringwood.

So I went along, and the volunteers were so friendly and helpful in trying to make sure that everything was comfortable. I could be hoisted into the boat and out again so saving my delicate back and my energy.

In the last two years I have been joining in the race team training and managed to compete in a few races. It is very exhausting, but a challenge. I can just about manage with the help of team of helpers who get the boats ready to sail and put them away, and I have recently won a Disabled Sports Woman Award, so I am delighted.

Another thing I was able to do last year was to fly in a microlight plane with the help of the Sportability Programme. Flying was something I never thought I would be doing at all, it was fantastic. The view from the air was great and I actually took the controls for a short time.

Jenny Monger

Model of Sea Harvester

The model of the Fleetwood trawler for which a draw was organised to raise funds for Sailability has gone to a good home.

Our Chairman Eric drew the winning ticket out of the hat in September and the winner was Liam Foy with ticket no. 0149. Liam is one of our younger sailors and is said to be delighted with his win.

The draw raised £135 which has been added to our funds.

A Closing word from the Editor

Once again we reach the Looney Tunes stage as "That's all Folks" goes through my mind.

If you feel you should have added your bit to the Newsletter, make a note to do it next time. The Editor can only publish what arrives in her In-box. For those of you who did send me something – a big thank-you.

We are shutting up shop for the winter, with a few super enthusiasts continuing to sail for a bit, but the boats which have been so well used this summer need the TLC which the break from sailing can get them.

If you would like a chat about something to do with the Newsletter or there is something you would like to see in it let me know. My email address is jean.brownmayes@btinternet.com

Do not forget the winter programme on page 2.

On a personal note I hope you all winter well and come back smiling in April. JB