

**So another season is well underway** and drawing to a close, so far successful I think. Ok we have had all sorts of weather but it has hardly affected our sailing. Yes it was very cold at the beginning; of course the really keen people came out to play anyway. There have been lots of highlights, exciting and wet, so I will remind you of the seasons events here. Many thanks to those who have given in their reports, it has been a pleasure to receive so many.

### Scenario Training

How many times have we been asked 'will the boats turn over'! We have always told members it is impossible! Well we decided to put it to the test. We put Claire in a 2.3 Access dinghy and tried to tip it up by 4 strong men holding the side of the boat and lifting to tip. Impossible! So let's try something else? So we placed a rope under the boat and around the keel. With most of the helpers pulling we managed to tip her out, but we could not even get the mast flat in the water. So sail with confidence – you can't tip the boats up.



Yes Claire survived!!

### Rotary Visit

Since the start the local Rotary Clubs have been good supporters, not just the initial purchase of boats, but they continue to pay for the upkeep, insurance and maintenance. So we were pleased to welcome members of The Rotary Club of Lowestoft South on the 12 June to show them around and take them for a sail. A buffet was laid on and the bar was open in the evening, so the event was enjoyed by all. Many thanks to those helpers who stayed on to help; we hope you too were fed. Also Thanks to WOBYC for opening the bar.

### "Push the boat out day"

In this year of the Olympics and Para Olympics the Royal Yachting Association suggested that all clubs and members should go sailing on 21<sup>st</sup> July to celebrate these events. To this end we decided to have a fun event and sail to Burgh St Peter Marina. A difficult task. Thanks to Waveney Stardust, OBWSC and car drivers, we managed to find enough seats to fit all the bums!

Tony Robinson is the author of this report.



Ariel Photo John Page

As the weekend of the big day approached, we all wondered whether we would suffer another of the awful weather days, of which we have had so many this year. However the forecast looked promising enough for Kevin to send out an email, warning us to slap on lots of suntan lotion. Sure enough, as the boats were launched and rigged, the sun came out. Unfortunately the wind for once was light, but we were not complaining. Round at the Yacht Club our full complement of nine 303s, our two Squibs, Vince and his Squib and our two safety boats were ready for a 10 o'clock departure. Most crews chose summer weight clothes, but a few, unable to believe that summer had indeed arrived, donned the waterproofs. The former were rewarded with a warm, calm day, the latter suffered! The Waveney Stardust came to the yacht club to load up; they soon caught the yachts who were dawdling in the trees. The Stardust passed us all before we were half way down Oulton Dyke and she was soon heading back to the Yacht Club for a second load of passengers. A third group of members set off for Burgh St Peter by car.

As we all set off under sail, power or by road, Richard and his merry men and women from the Watersports Centre followed with a fleet of five Wayfarers one RS Feva and their safety boat.



# NEWSABILITY

The official newsletter of Waveney Sailability Ltd – Registered Charity No 1110365

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Editor: ed.newsa@gmail.com

Here I think a round of applause is owed to the person who thought of putting a paddle in each sailing boat (two in mine for some reason which gave us an edge as the wind dropped). Also deserving of a particular mention were the crews of the safety boats who kept an eye on us. The leading safety boat managed to intercept every approaching motor cruiser to warn them of the nature of the fleet just round the corner. No collisions were reported!

As we reached up the broad in a fair breeze, it seemed that we would have a good sail on most legs of the journey. However as the broad narrowed, the wind fell and the tide was against the fleet. Out came the paddles. What wind there was headed us, suggesting that we would at least be able to reach down Oulton Dyke. No such luck. As we turned the 90 degrees into the Dyke, so seemingly did the wind. As we tacked back and forth we were making little progress. Eventually a slightly freer wind allowed a combination of a short sail and then a bit of paddling and we finally reached the River Waveney.

Here at last we had help from the tide and an intermittent following breeze.

As we closed on our destination the banks were lined with supporters, almost as though we were carrying the torch! Even Holly Hancock from the RYA was there to welcome us and see what we were up to. We tied up and shot off to the loos. Over the next twenty minutes all the boats arrived and tied up alongside the Stardust. The Wayfarers stayed out in the river and their crews were ferried into the yacht station.

Ashore there were enough tables and chairs for everyone alongside the marquee (special thanks to those who put it up), where the buffet was being set out. A very pleasant hour or so was taken over eating, drinking and enjoying the company, before the order was given to set off home. The marquee was dismantled in record time and the furniture loaded in the van.

Afloat most of us managed to beat down the Waveney, with only the occasional, judicious use of a paddle. On turning into Oulton Dyke, it was even possible to reach along its whole length, with only the occasional clump of trees slowing us to a crawl. Rounding the corner at the end of the Dyke we were back in paddling mode, until we found a good breeze on the Broad. Here we just had to keep clear of the racing boats and we were home. With lots of help all the boats were quickly put away and those of us of a certain age were free to go home for a nap!

Overall a fantastic day, which I know was very much enjoyed by everyone and which I am certain we would all like to repeat next year.

For myself, the next time I will hope for a less youthful and enthusiastic helm, one who won't keep telling me to paddle, in her determination to arrive first! Our thanks to the usual stars who organised such a memorable event, we all love you!

*Our special thanks to Roger (marquee star) Harrod, Waveney Stardust team and Waveney River Centre.*

## Computer Lessons

We know they are tricky bits of equipment, but if you have not learnt how to use them you may feel you are missing out on something. To keep members amused in the winter we are thinking of running some classes. If you would like to learn or brush up on your skills now is your chance. Please don't be nervous if you have the slightest wish to have a go, we all had to start somewhere. We will place a notice on the board in the canteen, please put your name on it and we will be in contact.

## Is Sally looking for a pen pal?

THE LOST PEN!

Where, oh where is my pen?  
Was it Dave or was it Ben?  
I search and search upon the floor  
But my pen is no more.

It was there, upon my book,  
Folks came and went to have a look.  
'Can I borrow your pen?' Jackie asks,  
'I need one to sign off sailing tasks'.

'Please bring it back!' is my cry,  
Well, at least you know I have a try.  
I had a blue one, free from Barclays,  
They all disappear- sunny or dark days!

Although I end up feeling sad,  
There's more to life than getting mad.  
Come on folks- let's be fair,  
Pens don't vanish in thin air!

Borrow it but bring it back.  
I will have to try another 'tack',  
A pen on a string around my neck,  
Nothing expensive or high tech!

A Christmas present to myself,  
No more searching along the shelf.  
Or, if you have one spare at home  
Bring it along to save my moan!

## Funding

We always are trying to raise funds, so if you have a local event where they are looking for a charity to donate to, please bear your club in mind.

We have applied to the Suffolk Fund to help finance all training, it is a constant battle to keep all our volunteers up to date with their certificates

Our thanks to Tony Robinson who chased his son around Glenham on a bike – he raised £87.

The Rotary visit raised £130

## Summer Bar-b-cue

Sonja Taylor - 04/08/12

Saturday 4th August 2012

Well in the great tradition of English summers it rained! It started ok. Two Access dinghies were at the ready by the jetty and the Stig stood to attention on the quay beckoning all to participate in this now annual tussle. Then the rain came and did it rain WOW. We were again extremely grateful to Roger Harrod for erecting the marquee as without it the day would not have been so good. Have a look at some of the pictures.



The forecast had been for showers and it was decided to postpone the Stig racing until later and see what the weather decided to do. Unfortunately the elements were never in our favour early enough to start the racing. Stig himself had to be brought in from the rain as he was looking decidedly soggy there is much hope that he will dry out and be rejuvenated ready for use in the near future.



It is not known if our Cooks Chris, Spencer and Martin have dried out yet although they didn't get as much of a soaking as they have in the past as they had been provided with a handy cover just in case.

Nobody seemed to be worried about the weather there was lots of chatting going on and heads down completing the quiz whilst the food was being prepared by Sue Goodwin and her merry helpers. All the hard work was well rewarded as the food was really great a big thank you to all the contributors what an amazing selection of salads and sweets. Hughie also kept the party amused while they were waiting with his string of Basil Brush jokes.

We had our usual raffle and nearly everybody must have won a prize! Amazingly we raised £185 towards funds. Very many thanks to all those who contributed a prize. This was followed by CJ auctioning a brass piece which he had cleaned and restored himself which put an additional £13 into our coffers. Well done CJ. There was also a fairly large Victoria sponge, donated by Katie, up for auction which Tony Robinson couldn't resist we hope he didn't eat it all at once.

The Quiz was very closely contended. Nobody achieved less than 13 out of the 20 questions. Four sailing members tied on 18 points each and the tie-breaker resulted in CJ and Wayne winning a T-shirt each. There was just one volunteer



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member who managed to correctly answer all 20 questions and that was Kath Cooper who also gets a T-shirt. A very successful day achieved by everybody who contributed either by being there or helping.

## Stig Racing

We decided to hold the Stig racing on Tuesday 4 September when we had sun shine all day. Of course nothing is perfect so the wind was a bit unpredictable, Ok for some and not others. None the less it was a fun event and caused some excitement amongst the competitors.

## Results of the STIG races on Tuesday 28<sup>th</sup> August 2012

Members			Volunteers		
Name	Time	Place	Name	Time	Place
John Catchpole	2.45	1	John Buckenham	2.16	1
Sarah Mayo	2.52	2	Jackie Soards	2.22	2
Bob Walters	3.02	3	John Seaman	2.58	3
Hope Hedges	3.07	4	Tony Robinson	2.59	4
Jim Smith	3.17	5	Sue Grief	3.02	5
John Page	3.24	6 =	Vic Pennell	3.04	6
Gemma Page	3.24	6 =	Tony Barkes	3.31	7
Kell Tisdale	3.28	7	Chris Addison	3.38	8
Emma Corbett	3.29	8	Bryan Riley	3.55	9
Alan Harmer	3.46	9 =	Jon Blankley	3.58	10
Dianne Soloman	3.46	9 =	John Jary	4.05	11
Katie D'Aliva	3.52	10	Peter Ives	4.25	12
Christian Hood	4.38	11	Roger	5.10	13
Steve Sims	4.48	12	Chris Larke	5.27	14
Gerry Balham	4.57	13	Dot Daines	5.38	15 =
			Richard Morling	5.38	15 =
			Bob Sabberton	DNF	

Trophies will be presented at our Christmas Party at St Marks Hall on 15 December 2012

## To Patricia Cole with love from Rod

On most Tuesdays you will find Rod parked along the back of the Yacht Club enjoying the view across Oulton Broad and patiently waiting for his turn to sail in the squib. He has been a keen member of Sailability for three years now and says that it is the highlight of his week.

Rod trained as a chef then went into catering management and worked in gold mines and oil refineries in Ghana, Afghanistan, Nigeria, Saudi Arabia and Indonesia. Returning to Lowestoft he acquired the franchise for catering at Broadlands Holiday Village which is just around the corner to the Yacht Club. Rod remembers an afternoon four years ago when he wasn't feeling well. He telephoned his wife and as he was driving home the side of his face felt weak, then later one side of his body felt weird. His wife recognised his symptoms and called an ambulance immediately. Rod stayed the night in James Paget Hospital and did not realise that he had had a stroke. He thought he was OK to get out of bed but fell heavily on the floor. He said, 'I was bitter at first, but I am over that now.'

Coming to Sailability and the Stroke Association have helped me come to terms with my life. I love sailing and I enjoy going out with Jonathan in the squib, we always have a good chat together. Most of all I love the freedom of sailing. I like the instructors, our special events such as the BBQ and our trip to Burgh St Peters'

When asked what else he would like included in this article Rod said, 'I love my wife very much; she is a real treasure to me. When I first had my stroke I was completely dependent on her for all of my needs. She has helped me more than anyone to live my life well.'

*Author Pat Peters*

## Visit to EAST Anglian Sailing Trust Saturday 25th August 2012

It was an early start for my daughter, Hope (9), and I as we had to be at EAST by just after 10am! We left our house in Oulton Broad at 8.30am. The time flew by as we were both really excited and chatted about what we would see and do. We had missed the Olympic Flame when it came to Lowestoft so we couldn't wait to see what the day had in store for us.

We arrived at about 10am and were greeted by lots of the staff at EAST and what struck me most was that they were all so friendly and couldn't do enough for us. As we walked into the reception area Hope turned and said "Mum, look it's the Olympic flame!"

A couple of the torch bearers were there and Hope got to have her picture taken, holding the flame! Just by looking

at her face I could see that she was thinking inside “I am actually getting to hold the flame, this is so incredible!” The Torch Bearer told us all about the flame design, that the holes in the torch represented everyone that had held a flame on the run/journey to the stadium. What struck me was that he was incredibly proud to have been picked to hold the torch and he “definitely won’t be selling it as it is something that he could pass down to his children!” Hope has since told me that she was so excited and she knew that this was a once in a lifetime experience. Much better than all the pushing and shoving standing in the crowds in Lowestoft and only seeing the ‘Flame’ on a bus!!

After a cup of tea we were asked to don lifejackets and then we followed the others down to the boat. On the way we met one of the EAST staff members and he was obviously excited himself as he started chatting away to us and took us under his wing and told us to “follow him!” We came to the ‘jetty’ that seemed that it was suspended in the sky and he told us that it moved up and down with the tide; how amazing is that! How on earth are we going to get down this Mum! Hope said and she was so scared but the kind man from EAST told her to grab his hand and he would guide her down. Steve came down in his wheelchair with a rope attached and he said that this was much better than last time as he whizzed down the jetty and fell out of his wheelchair at the bottom! These guys amaze me with their wit and general attitude to life and their positivity rubs off.

On the boat at last with Hope and Steve and 2 members of the EAST team (one of them was the guy that helped us down). We sped out of the harbour attached to a speedboat, making sure not to hit any of the very expensive boats in the process!

Out on the open estuary, ‘wow – I am a little bit scared!’ This is nothing like the calm waters of the Broads which I have been on a few times and that Hope sails on. I grabbed on for dear life and Hope’s face was a picture of pure excitement. At one stage Hope grabbed hold of my leg because I ‘apparently’ put my knee on one of the ropes and that made us tip over! I very nearly swore as I thought I was going to go in the water! Steve, Hope and I were all laughing and the salt was spraying up in our faces. Steve was very lucky to be strapped into his comfy armchair otherwise he would have gone overboard and has since told me that he was a little bit frightened! You can see from some of the pictures that I took that they were both having such a wonderful time. We sailed around for a while and I didn’t manage to get any more ‘good close-up pictures’ as I was too frightened to use the camera because I was holding on to the boat. Hope and Steve both took the tiller and steered us through the water, not on a very straight course but as safely as they could manage. They

both said how different it was from the ‘joystick’ that they were used to.

Back on dry land we were treated to the most amazing lunch and waited in anticipation for the torch.

The torch came in by one of the guys in a wheelchair Kevin Curtis (*Para Olympic Sailing Champion*) and there was a wonderful speech that I managed to get a video of. The atmosphere and general warmth of everyone could be felt in the room and it was clear that they were all proud to be a part of the day.

All-in-all the day was just wonderful. We were so grateful to everyone and also to have been asked to attend.

Nothing was too much for everyone, even though they were, at times, extremely busy.

This is not the type of thing ‘ordinary people’ get to attend. I have said to Kevin and Jackie that we have only been up here for a year and Sailability is the most magical place to be. Hope and I are both getting to do some brilliant things and meeting the most amazing and inspirational people that our lives have changed for the better. I think Pat (*Peters*) summed it up the other day when she said to me “If you could bottle what we have at Sailability and spread it around the world then the world would be a much better place”.

Thanks again for such a brilliant experience.

Sasha & Hope Hedges

*(The boat they sailed in was a special boat for disabled people called a Sonar)*



*(Sarah Mayo proudly holds the Olympic flame)*



*(Steve and Hope having fun)*

## **Oulton Week 19th to 24th August 2012**

Access Dinghy races Monday 20th; Wednesday 22nd; and Friday 24th.

Kevin had opened up and had all the covers off the boats when we arrived around 9am on Monday (as a result of an emergency visit to the dentist). It was hot and sunny with hardly any wind. Sam and Josh, the safety boat crew in our RIB, kindly towed the boats round. Our helms arrived in good time and waited for the start. The keel boats drifted around on the water and didn't manage to complete even one lap because the wind was so light. Then, as if by magic, the wind picked up and our boats had a good race. The yellow flag was flying which meant a committee boat start. Finishing order 1st Hope Hedges; 2nd Katie D'Avila; 3rd Alan Harmer; 4th Debbie Morton; 5th Tony Barkses; 6th John Page; 7th Steve Sims;

A leisurely lunch was taken in the sunshine and the afternoon race was started on time. It went well until Debbie was cut up on a mark. She was on starboard and Crisis (a Thames Rater) came crashing through pushing her off the mark. The helm apologised but the crew made a rude comment. A very angry Tony Robinson, her crew, protested to the Box but the boat was already out of the race because it had missed a mark, so little could be done. Finishing order - 1st Hope Hedges; 2nd Alan Harmer; 3rd Debbie Morton; 4th Katie D'Avila; 5th Tony Barkses; 6th John Page; 7th Steve Sims.

Wednesday 22nd August Morning Race 10.54 start

Jackie was not as early as Kevin and the whole launching crew were waiting at the gates when she turned up with the keys just before 9.15 am. The boats were quickly brought out and the safety boats again obliged with a tow to the yacht club jetty. It was overcast with a good wind. Jackie was due to take Kevin's place crewing Steve but,

unfortunately, Steve was not well enough to sail so he returned home. Following discussion about the rules we were told that adjustment of the outhaul whilst racing was not allowed.

Committee boat start. Course 8p, 1p, 7p. 3 laps. (It was finished after 2) We decided on 1 reef in the main sail with a full jib. All boats got a good start and Katie soon pulled out a good lead. Alan gradually caught up and an exciting tussle ensued. It was very close at the finish with Katie losing it by a boat length.

Finishing order - 1st Alan Harmer; 2nd Katie D'Avila; 3rd John Page; 4th Tony Barkses; 5th Debbie Morton; 6th Hope Hedges.

The strong wind and cloud made for a cold lunch time break and many people went home for lunch today.

Dot and John Davis took John Seaman and Chris Larke to get the Squib from its mooring and prepare it for Rod to race in the Squib race. Rod had been patiently waiting since 9.30am. With Jon Blankley on the tiller, Rod working the main sail and John Seaman aboard as spinnaker hand they left the jetty as the 3 minutes signal sounded. The wind was 18 knots gusting 21 so it was a lively race. They did manage to get the spinnaker up but it had a twist in so it quickly came down. Although last in the race Rod was elated with his ride and is determined to do better next year.

There was some indecision as to whether or not the Accesses should go out in such windy conditions but after much deliberation on Jackie's part and a quick consultation with the sailors it was decided to go with a reef in both main and jib sails. It was a committee boat start again. Course 3p; 2p; 7p. 2 laps. They had to leave the jetty in a hurry and the squib came in as they were due to leave so it was a bit hectic. Tony was first across the line but they all made a good start. Katie came back from 7 with a huge lead and never looked like being caught. A good race ensued between Tony and Alan. John Page and Hope were having their own little battle for most of the race with Debbie bringing up the rear.

Finishing order - 1st Katie D'Avila; 2nd Tony Barkses; 3rd Alan Harmer; 4th John Page; 5th Hope Hedges; 6th Debbie Morton.

Following his disappointment on Wednesday when Steve Sims was unable to sail, Jackie told him that he needed 2 firsts today to be in with a chance of being on the podium. The race starts had been good all week and Friday was no exception. Obeying orders, Steve with Chris A pulled out a significant lead. Making good headway on the far side of the broad were Tony Barkses and Dot closely followed by Debbie Morton and John S. but in coming back past the club house, Tony was nowhere to be seen. Alan Harmer and Vic had now caught up with the rest and they were all fairly close together, with Steve still out in front. Our two

young ladies, Hope and Katie with John Page were now bringing up the rear. Places changed repeatedly over the 3 rounds, but Steve kept his place in the lead at all times, while Debbie and Alan, continued to vie for second place. Finishing order - 1st Steve Sims; 2nd Debbie Morton; 3rd Alan Harmer; 4th Tony Barks; 5thKatie D'Avila; 6thJohn Page; 7th Hope Hedges .

In the second race on Friday, again Steve made a good start, as did Tony, but again he seemed to disappear after the first buoy, the assumption is that he had to make a penalty turn, for rounding a mark the wrong way. This time it was the middle of the fleet that kept the spectators on their feet to see who would be leading as they rounded the buoys, especially with motor cruisers passing through the fleet. This time it was Hope, Alan and Katie who took different courses and kept changing places, but as the wind slackened the course was shortened to 2 and a 1/2 rounds. Our sailors kept going, but again Steve led the fleet home, with Hope and Katie getting back to the front, sandwiching Alan between them.

Finishing order - 1st Steve Sims; 2nd Hope Hedges; 3rd Alan Harmer; 4th Katie D'Avila; 5th Tony Barks; 6thDebbie Morton; 7th John Page.

The Prize Giving was due to start at 6.30pm so most of us went home to change and returned to eagerly awaiting the prize giving ceremony. All went well until it came to us; then complete confusion. The results the Commodore read out were wrong so our prizes had to be left until the end of the ceremony and then reworked. Unfortunately most people had disappeared to the bar or the bbq but David Gooch was most apologetic and presented the prizes with a flourish, patiently posed for photographs with our prize winners and generously ensured that all our competitors received a commemorative mug as way of compensation for the muddle.

The whole week was excellent and the final scores could not have been closer. The three leaders finished with equal points so the placings had to be decided on count-back. The Castlebay Trophy went to Hope with Katie and Alan coming

in 2nd and 3rd. Well done everyone and a big THANK YOU to all the volunteers who helped get the boats out, sail them, supported on shore and cleared up after. A magnificent team effort once again.

#### Oulton Week 2012, 4 from 6 to count

Helm	20/8	20/8	22/8	22/8	24/8	24/8	pnts	Pos.
Hope Hedges	1	1	6	5	7	2	9	1
Katie D'Avila	2	4	2	1	5	4	9	2
Alan Harmer	3	2	1	3	3	3	9	3
Debbie Morton	4	3	5	6	2	6	14	4
Tony Barks	5	5	4	2	4	5	15	5
Steve Sims	7	7	Dns	Dns	1	1	16	6
John Page	6	6	3	4	6	7	19	7



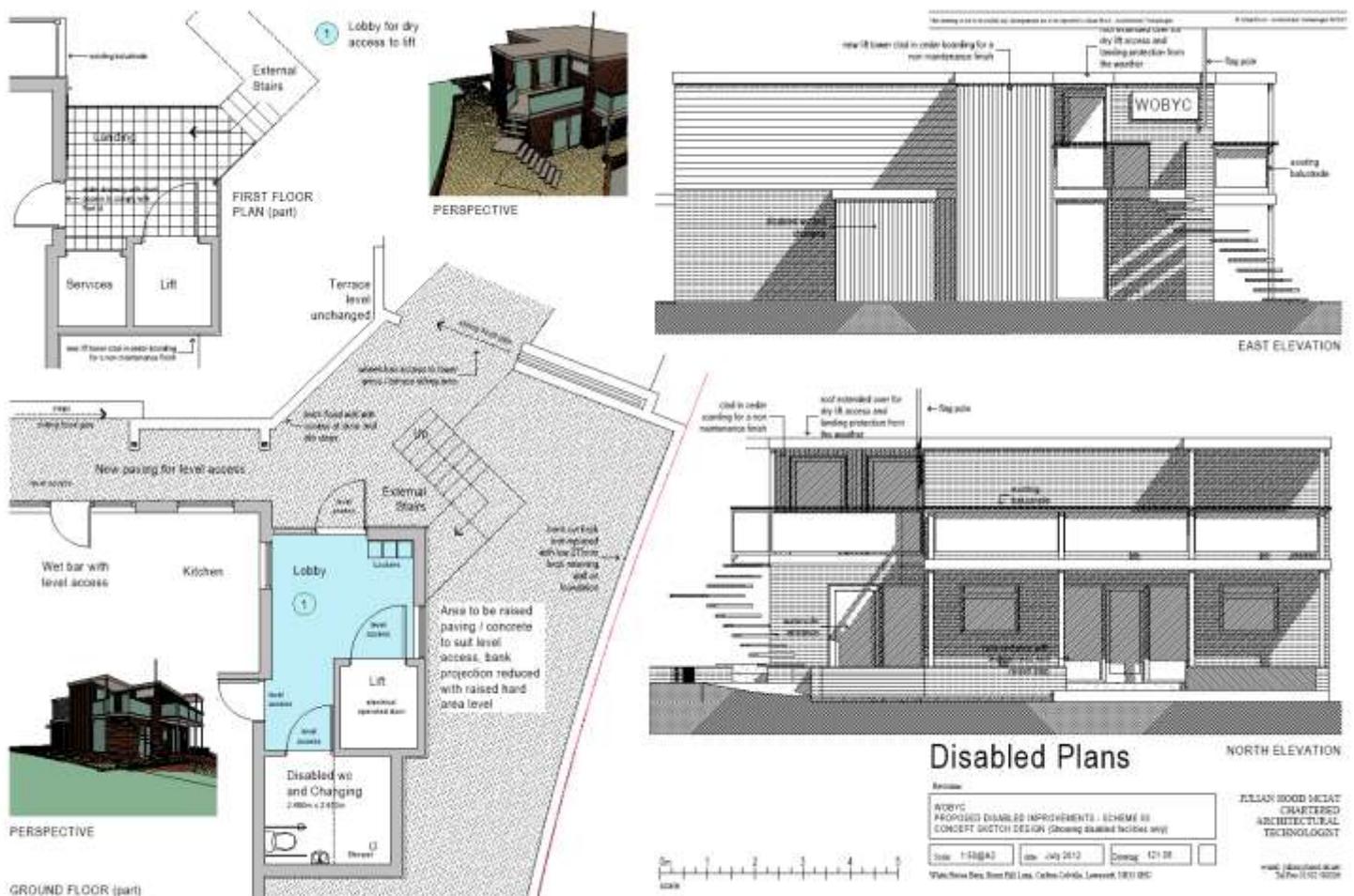
(The Racers John, Alan, Katie, Hope, Debbie and Tony)

#### PROGRAMME FOR THE REMAINDER OF THE SEASON

Sailing ends	23 <sup>rd</sup> October	12.30 am	WOBYC	Last Sailing Day	All members
Working party	26 <sup>th</sup> October	10am	Boathouse	Prepare boats for winter	All welcome!!
Christmas Party	15 <sup>th</sup> Dec	7pm	St Mark's Church Hall	Much merriment!	All members

## Alterations to WOBYC club house

There have been many discussions meetings and consultations since the last newsletter, but we had to put the plans on hold until Oulton Week was over, but now the show is back on the road. Very kindly a member of the club has expressed a keen interest in his clubhouse and has drawn the suggested layout below. Many thanks Julian Hood architect we really appreciate your input. Our architect Ian Garrett will redraw the plans taking Julian's ideas in mind – the yacht club committee liked them too!



Finally please don't forget this is your newsletter, so join in and send your news, poems, pictures and cartoons.