

MYC NEWS

June 2012



Commodore's Report (last one!)

I can only be amazed at the fantastic turn out we had again this year at the Presentation Night – 80 adults and 25 juniors - wow! is all I can say. Thank you to Jack Morrison for getting trophies, skite plates, medallions and honour boards engraved, Anne Stockdale again our wonderful MC, and Peter Hocking for putting it all together. The highlight of the evening was surely the number of juniors – our future senior sailors. Thank you to all involved in the MYC Junior Program and deserved recipient of the Graeme Cotton Good Citizen Award – Greg Taranto (ably supported by Paula Morel). Thank you too to Ian Saunders for approaching Harken Australia, resulting in each junior sailor receiving a goodies bag consisting of wet pack, rashies and much more.

The first of the winter series races was sailed in sunshine with an adequate amount of breeze. Thirty boats took to the water. Our nemesis,

the CYCA winter fleet, also out on the water, managed to (mostly) stay out of our way, although the crew on San Toy did observe a CYCA boat force a tack on Lautrec – even though Lautrec was on starboard and the other boat was starboard but to windward and made no attempt to keep out of the way. We all need to remember to keep a good lookout and be aware of the rules and what boats around us are doing. Hopefully we will have good breezes for the rest of the season and no incidents with other fleets on the water.

The handbook for next season is underway. More changes than anticipated ... so please check them out when the handbook hits your mailbox. Thank you to Ivan Fitzgerald for taking on the task of formatting the handbook and Ken Terrens for a fabulous cover photo. And thank you to those members who help to package the handbook for the mail out and distribution – no small task. I hope the members will be happy with our new program and thank them for the support they have shown to the Sailing Committee.



I thank the outgoing Sailing Committee for their contribution to the season. And I hope you, the members, take the opportunity of volunteering for a Board or Sailing Committee position. It can be very rewarding, quite character building and mostly very enjoyable.

Thank you also to the MYC Board for supporting the Sailing Committee during the year. I hope that you can all attend the AGM in similar numbers to the Presentation night. Unlike a lot of AGM's we ban long speeches so that we can get on with the serious task of eating and socialising with our fellow club members. So don't miss out, numbers are limited.

And now ... it's time to give someone else a go! I've had a great time as Commodore of this club.

I've enjoyed the friendship and support of the Board, the Sailing Committee and particularly the members. I won't be far away from the action though – still putting my 2 cents worth in, whether it's needed or not.

See you in July Maz



JOURNAL OF MANLY YACHT CLUB

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Picture by Colin Cameron

PRESIDENT'S REPORT

As usual in June the club goes into semi hibernation and its members head off to warmer climates.

We have many members overseas at the moment so getting numbers to the AGM on Friday June 29th is even more important.

The AGM, Dinner and trivia competition kicks off at 6.30 with a drink on the deck and the formal AGM starting at 7pm hopefully over within 15 – 20 minutes, then on to dinner and trivia. Please make an effort to come along; it has always been a great night. A chance to catch up with your fellow competitors off the water and welcome in the new board. RSVP is essential and the invitation is here in the newsletter somewhere.

A list of the nominations for the board is also here somewhere and it is not too late to nominate if you would like to help out.

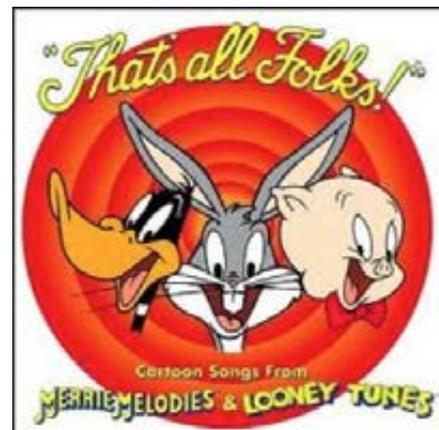
We have had another anonymous donation of \$2,500 towards the junior sailing program. This is the second one this year and we can't express our

appreciation enough for this and the previous donation. The juniors are after a number of additional boats to boost their fleet as numbers grow so the money will be put to good use. More boats are needed so any more donations will be gratefully received, anonymously or not.

This will be my last report as President, my business is calling and I need to put some more time into it so reluctantly I need to stand down. My 3 years in the role have been incredibly rewarding, the number of wonderful people I have met, friends I have made, and memories I will keep make the effort worthwhile.

In a club the size of Manly with over 90 people regularly volunteering there are too many people to thank individually but to the Board, the Sailing Committee and the other helpers at the club thanks for making the last three years so memorable.

As they say in the classics -



RACE IN THE TROPICS ON A 60FT YACHT THIS WINTER



Airlie Beach Race Week 10 - 16 August 2012
Hamilton Island Race Week 17 - 25 August 2012
Magnetic Island Race Week 1 - 4 September 2012

02 9977 4000

Contact Manly Sailing to book your place
www.manlysailing.com.au

info@manlysailing.com.au

JUDE AND TONY WIN THE MAY CLOSE OF SEASON REGATTA:

Pam was Race Officer and with volunteer Ezra in Carlyle, set a SW course from Reef to Forty Baskets, with a wing mark at Fairlight. During the first race, which slightly favoured the port tack, there was some close racing, with Jude and Tony edging out Helene and Afshin. Pam moved the mark 5 degrees south, so in the second race, competitors who chose the port side of the course, lifted to the top mark, and rounded first. Denis and Eli won, with Jude and Tony second.

Regatta results were based on the aggregate of the two races and are as follows:

1st: Alex: Jude and Tony 2nd: Woody: Denis and Eli 3rd: Jack Harkness: Helene and Afshin : 4th Lionheart: Barry and Karen: 5th: Dolly Wallis: Helen and Ivan: 6th:ING: John and Adam: 7th: Sunrise: David and Emma.

This Regatta (2 races) concluded the "Wayne Black Trophy" series, for the most consistent skipper and crew over three Regattas including the December Spring Regatta (4 races) and Australia Day (1 race). Winners were Denis Linney and Eli Demeney.

AT THE ANNUAL MYC PRIZE-GIVING, MEMBERS WERE RECOGNISED, AND AWARDS WERE AS FOLLOWS:

Sailor of the Year: Andy Jaeger

Volunteer of the Year: Jude Cole

Wayne Black Trophy: Denis Linney and Eli Demeney

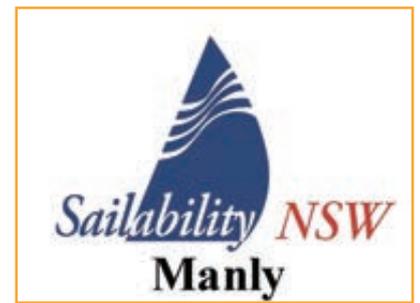
The Jackie Kay Shield, presented by Sailability NSW at the Access State Titles for Service and Sportsmanship to: the Race Management Team from Manly: Jude Cole; Pam Davis; Brian Guest; Vin Gallagher; Jill Musgrove; John Connor; David Webb; and Allan Jones from Pittwater Sailability.

Sadly Vin was not there to receive the trophy with the team. He passed away tragically that morning, and will be missed by all who knew him, including some of our severely disabled sailors, who were calmed by his gentle caring manner.

We now go into winter mode, with one Sat, and one Wed sailing day a month.

We trust the winter weather is kinder than the summer, and we get some good sailing on Manly Cove.

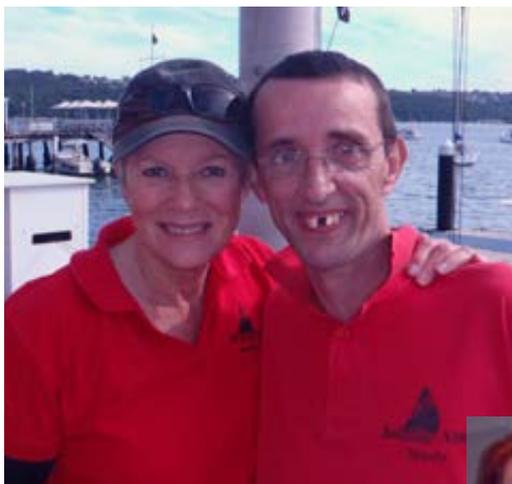
Jude



Vin Gallagher



Andy



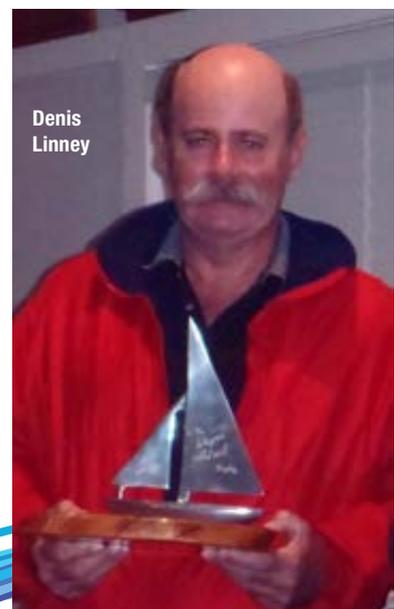
Jude and Tony



Barry



Maz, John, Jude and Pam



Denis Linney

Nominations for the Manly Yacht Club Board 2012 – 2013

President - David Lewis
 Vice President - Cary Budd
 Honorary Secretary - Jan Bartel
 Treasurer - Jim Thomas
 Commodore - Greg Wilkins
 Vice Commodore - TBA
 Rear Commodore - Maz Theaker
 Directors
 Bruce Davis - Boats
 Peter Robinson - Building & Maintenance
 Jackie Morgan - Sailability
 Ian Dennewald - Club Captain
 Arthur Crothers
 Julian McPherson



AGM Friday 29th June 2012 6.30 for 7pm at Manly Yacht Club

WIN A TRIP TO ASPEN SNOWMASS!



Helly Hansen® are giving you the chance to WIN a trip for two to ski Aspen/Snowmass when you sign up to Helly Crew!

SNOWMASS + ASPEN MOUNTAIN + ASPEN HIGHLANDS + BUTTERMILK
ASPEN SNOWMASS

The prize includes:

- Return economy airfares from Australia to Aspen (ASE).
- Lift Passes for 2 guests for up to 8 days valid at Aspen Mountain, Snowmass, Aspen Highlands and Buttermilk Mountains.
- 8 nights, 4-star accommodation at Limelight Hotel for 2 guests.
- Return ground transportation from Aspen airport to Limelight Hotel.

 limelight
HOTEL • ASPEN

This winter Helly Hansen are happy to announce an exciting campaign giving friends, fans and customers of Helly Hansen the chance to

Win a trip for 2 to Aspen/ Snowmass.

The prize includes:

- ★ Return airfares from Australia to Aspen,
- ★ 8 day lift passes valid at Aspen Mountain, Snowmass, Aspen Highlands and Buttermilk Mountain,
- ★ 8 nights 4 star accommodation at The Limelight hotel
- ★ And return ground transport from Aspen airport to The Limelight hotel.

The prize is valued at over \$8,000.

Visit HELLYHANSEN.COM.AU for full terms and conditions.
 Competition runs from 05.05.2012 and closes at 11.59PM on 20.08.2012.
 Winner will be announced on 05.09.2012. Winner will be contacted by Helly Hansen® and published in The Australian newspaper on XXXX.2012.
 NSW Permit Number: LTPS/12/XXXXX. VIC Permit Number: 12/XXXX.

CONFIDENT WHEN IT MATTERS.

Helly Hansen: The choice of Aspen/Snowmass ski patrollers for staying dry warm and protected in extreme conditions.

Dan Goddard: Aspen Highlands ski patroller.

SNOWMASS + ASPEN MOUNTAIN + ASPEN HIGHLANDS + BUTTERMILK
ASPEN SNOWMASS

Are your teenagers sick of wearing their glasses?

There's probably a number of reasons from embarrassment and teasing to fear of losing them that makes teenagers not want to wear their glasses.

Let's face it if your children are active members of the yacht club its even harder to wear glasses, especially when sailing.

Problem is they still need to see!
So what can they do?

Have you heard about Ortho-K lenses?

Orthokeratology (Ortho-K) is the common sense answer to your children's problem. The three biggest benefits of Ortho-K are:

1. You don't wear glasses or contact lenses during the day.
 2. Improves your vision while you sleep.
 3. Prevents short-sightedness from getting worse.
- You can read all about Ortho-K at www.icontactoptometrist.com.au.

In the past 14 years, we have helped over 250 patients to improve their sight and look and feel more confident with Ortho-K lenses. Parents have been amazed with the change in their children's attitudes to their school, sport and social activities.

Would you like an information kit about Ortho-K with some great testimonials from parents and children who are using Ortho-K?
Simply, email us at icontact@iprimus.com.au or phone on 9977 2554.

Bettina Schreiber Practice Manager

"My name is Roger, when I first went to icontact I was impressed with Max and Bettina's service and got my wife Cynthia to try them.

Max asked us if he could have a look at our 9 yr old son Ernie whose eyesight had just started deteriorating and had just started wearing glasses which he didn't like but had to as it was his school teacher who had noticed he seemed to have trouble reading the whiteboard in class.

Max was able to get the best out of Ernie and prescribed a more accurate pair of glasses for him.

Max also picked up Ernie was conscious of his image and suggested we try Ortho-K.

A simple process of putting contact lenses in before going to bed at night and taking them out in the morning to give you perfect eyesight for the day seemed too simple.

However with Max's and Bettina's guidance and support we tried it and now Ernie has the confidence he needs for doing swimming, footy and of course school... Thank you icontact!"

Thanks

Roger, Cynthia, Ernie and little sister Hannah 2012



Yoga for sailors

Kick start a habit to help keep in trim over winter, increase your flexibility and balance (listen up foredeckies), and tone those winching muscles!

You will learn:

- a simple energising 10 minute morning routine (*skip the egg and bacon roll!*)
- poses to release tight neck and shoulders (*after long spinnaker runs*)
- relaxation techniques (*for those scratch starts*)
- how to avoid injuries
- nutrition tips - *to help get you a body to impress the captain and crew!*

I teach classical hatha yoga and will focus on correct alignment in the foundation poses while breathing properly. Everyone can join in as my

class is suitable for total yoga novices as well as with some experience of yoga and I shall suggest alternatives for problems with knees, backs, shoulders etc. There will be no "pretzel poses" !

Dress: track pants and t-shirt (lycra optional, not obligatory)

Some mats provided, bring your own if you have one!

Monday 18th June 6.45 – 7.45 pm at MYC
Cost \$15 MYC members and friends

Led by Nicola Reade, YA (Yoga Australia) qualified yoga teacher. So that I can get an idea of numbers, please let me know if you would be interested in attending, or if you have any questions or comments. Thank you! Nicola.
reade@gmail.com

PRESENTATION NIGHT



Pictures by Cary Budd



AGM Dinner & Trivia Night
Friday 29th June 2012 At 6.30 for 7:00 pm

Dear Member,

I would like to invite you to the Manly Yacht Club Annual General Meeting and Trivia Night. Enjoy your pre dinner drink on the deck from 6.30pm before the formal proceedings begin at 7:00pm. Followed by a delicious meal, coffee, sweets and trivia questions and everyone will have a chance to win the Lucky Door Prize.

Please complete the form below and return it to
Manly Yacht Club by 24th June 2012.

It has been another great year at the Club and I look forward to seeing you on the night.

Ian Dennewald  **President**



Please reserve me places for the Manly Yacht Club AGM Dinner and Trivia Night on Friday 29th June 2012 at \$35 per place.

Credit Card Details: Visa Mastercard

Credit Card Number:

Expiry Date: Sign: X.....

Name:

Address:.....

Post Code: Phone:



Cheques payable to: **MYC** and post to PO Box 22, Manly 1655 **OR** Direct deposit to **MYC Bank Account**, please confirm deposit details to: info@myc.org.au **by 24th June 2012, thank you.**
Please note: *Members who cancel within 5 days will be required to pay the full amount.*

DIARY DATES

PLEASE CHECK THE DIARY ON OUR WEBSITE FOR
ALL UPCOMING EVENTS WWW.MYC.ORG.AU

Name: Paris Austin
Email: parisaustin1@hotmail.com
Phone: 0403572444
Experience: Have taken beginners learn to sail class, minimal sailing experience.

If you need crew, or can fit on an extra body or two, then please give our Crew Coordinator (Lyn) a call on the new crewlink number: 0400269148

Please call this number in the days/hours before a race if you are looking for crew.

THE DEADLINE FOR THE NEXT NEWSLETTER WILL BE 10 AUGUST AS THERE IS NO JULY NEWSLETTER
newsletter@myc.org.au

If you are receiving a printed black and white copy of this newsletter and would rather receive an email in glorious technicolour please let us know at info@myc.org.au

Notice of Annual General Meeting and Election of Office Bearers for 2012 – 2013

Notice is hereby given that the Annual General Meeting of Manly Yacht Club and election of office bearers for 2012 – 2013 will be held at the MYC Clubhouse at 7 pm on Friday 29th June 2012.

All positions on the Board of Directors are open for nominations. The Club is required to have a Board consisting of the office bearers and up to 12 other directors. The Commodore, Vice Commodore, Rear Commodore and at least five other board members must be boat owners.

Only senior financial members may vote at the Annual General Meeting. Persons who are not members are invited to attend the meeting.

Agenda

1. Notice convening the meeting
2. Apologies
3. Confirmation of the minutes of the last AGM held 25.6.2011
4. Receive and consider the Annual Report
5. Hold elections if necessary and announce the Board of Directors for 2012 – 2013
6. Appoint auditors for 2012 – 2013
7. Other business

