



PERISCOPE NEWSLETTER SEPTEMBER 2008

New Members

Social
Kay Burking

COMMODORES REPORT

By Jack Spaanderman

Twenty days to go until our official opening of our centenary year.

I am sure all members are excited as this year will be an enjoyable year for all. So what you put in is what you will get out.

The activity at the club has stepped up a notch or two. Many are working hard getting their boats ready for the opening race. Remember we request as many boats on the water as possible on opening day, which is on the 25th of October.

By now you would all have received a letter sent to you by the committee. It states the calendar of events for the year. The board members have been very busy preparing this to be in place for the upcoming season. I am sure that they could also do with a hand, please offer your services to the board members. Many hands make the job easier for all.

A thank you goes to Ian Johnston and Rachel Hird in taking on the role of putting the newsletter together, keep up the good work.

I look forward to seeing you all at opening day.

Till next time.

Jack Spaanderman

VICE COMMODORE'S REPORT

By Paul Terry

CENTENARY COMMITTEE REPORT

By now you should have received a letter from our Commodore providing you with some background information on the Centenary season including a Centenary Season Calendar. If you have not received this letter then please contact Lauren.

Well the start of the Centenary Season is not far away now with the Shakedown race on Saturday 11 October, 1st points race on 18 October and our Official Centenary Season Opening Day on Saturday 25 October from 1300. As previously announced in last month's newsletter, renowned West Australian Sailing Identity, Rolly Tasker, will have the honour of giving the Opening Day address. Rolly will also be giving us a presentation during dinner on his magnificent Australian Sailing Museum, situated in Mandurah that was opened back in April this year.

We will be having an Opening Day Carvery Buffet Dinner that will be served from approximately 1800. It will be a day and evening not to miss so make sure you put it in your diary and make a day and night of it. If you intend to come for dinner it is imperative that you book your place, and that of your guests, by contacting Lauren by Wednesday 22 October.

We want to take video footage of the Opening Day proceedings so if you have a digital video recorder that you'd be willing for the Club to use during the day it'd be appreciated. Des Beeck has offered his services as cameraman so you know it'll be in good hands. Please contact Lauren if you'd like to offer your camera.

In last month's newsletter I requested old photos and footage for the Voiceprint DVD. Thankfully that request has been heard very well and Geoffrey Steer has taken up the call to coordinate the collection of photos for the DVD. Thankyou Geoffrey for taking this on. Please contact Geoffrey if you have any photos or video footage that you think would be of value. Video footage in Super 8, 8mm or 16mm would be very gratefully accepted. I intend to put together a bit of a slideshow for the Opening Day Buffet Dinner.

In relation to the Voiceprint DVD Presentation it looks like we will need to push back this night a couple of months and have slotted it in for Friday 29 May. The calendar on the website has been updated to reflect this.

Preparations for the Centenary Fremantle to Albany race are continuing thanks to the efforts of Ian Lunt and Rob Giraud. Hopefully, now that the new Government has been sworn in the contract for the construction of the breakwater can be let and construction can commence as soon as possible.

2008 Country Clubs Regatta Championship

The 2008 Country Clubs Regatta, conducted by the WA Yachting Federation, was held over the September long weekend. Seven crews nominated for the event from Albany, Dunsborough, Busselton, Bunbury, Mandurah and Geraldton. Murray Howson and his crew, Chris Gilmour, Chris O'Keefe, Travis Keay, Kim Leunig and Jordan Mears, were defending the title they won fairly convincingly last year and they were almost successful.

Going into the last day they were ahead by 3 points after dropping a race. Unfortunately during the first race on the Monday morning they were DSQ'd after a close overlap incident at the top mark. So going into the last race they were still 3 points ahead and only had to finish within 2 places of the 2nd place boat to take out the regatta. Once again unfortunately they got buried behind a couple of boats at the start and then fell into a hole on the upwind leg. They gained some ground downwind but as the breeze kept on dying a shortened course flag was flown and they crossed the line in 6th place with the crew from Dunsborough Bay Yacht Club, skippered by Doug Cooksey, crossing the line in 1st place to snatch the Regatta from the PRSC boat. Better luck next year guys. A full report is available on the WA Yachting Federation website at <http://www.wayf.org.au/news-detail.asp?iNewsID=92> or on the Freo Doctor website at www.freodoctor.com.au

Notice of General Meeting

We have received notice from the Department of Consumer and Employment Protection that a clause in the amended Constitution that relates to what happens on the winding up of the Sailing Club is inconsistent with the provisions of the Act. As such they have requested that it be amended.

The clause in question is XII(b), which states - "In the event of dissolution being carried into effect, the assets of the Club shall be realized and any balance remaining after payment of liabilities shall be given to a non profit, income tax exempt incorporated organisation with similar objects to the club."

The Board proposes to amend the wording of this clause to bring it in line with the wording suggested by the Department. As such the Board is giving the required notice of a General Meeting to be held at the Princess Royal Sailing Club on Saturday 25 October 2008 commencing at 1730 to pass the following Resolution -

THAT Clause XII(b) of the Constitution of the Princess Royal Sailing Club be amended to "If upon the winding up or dissolution of the Association there remains after the satisfaction of all its debts and liabilities any property whatsoever, the same must not be paid to or distributed among the members, or former members. The surplus property must be given or transferred to another association incorporated under the Act which has similar objects and which is not carried out for the purposes of profit or gain to its individual members, and which association shall be determined by resolution of the members."

For the General Meeting to be valid we require 15 Ordinary members to be in attendance, which shouldn't be that hard to achieve since it is Opening Day. If any member wants to move an alteration or addition to this notice it must be received in writing at least 14 days prior to the meeting, ie by 11 October 2008.

We encourage your attendance at this meeting.

Sailx website

Have you heard about this site? If not then go to www.sailx.com. It's an online sailing tactics simulator where you can practice your sailing tactics in a fleet race, team's race or match race environment against

other sailors from around the world in lasers, cats, skiffs and big boats. There is an Australian regatta every night from 1000 GMT time (1800 WST or 1700 when we switch to daylight savings).

If you're a bit of a gamer or wouldn't mind giving it a go you can join as a guest to give it a go and then if you like it register and accumulate points for your online ranking. If there are a few PRSC members interested in joining I can create a Club group and we can create our own events so we can sail against each other not just on the water on a Saturday but anytime online as well. Looking forward to seeing a few PRSC members in the daily Australian regatta soon.

New Members Night

Have you joined the Club in the last few months? If so we're having a New Members night on Friday 17 October 2008. If you are new to the Club you may not realize that we have meals available every Friday night and you are encouraged to visit the Club any Friday night during the year with your guests to make use of this service. The meals are wonderfully prepared by our chef, Gus Gustaffson, and his team from GSG Catering.

Friday 17 October is also the 2nd Nomination night so it will be a great opportunity to meet a few of the existing members of the Club. All new members that have joined from 1 January will receive a personal invitation within the next week or so but in the meantime put this date in your diary and we look forward to seeing you on the 17th to officially welcome you to the Club.

Australian Sailing Museum

When recently in Mandurah I met up with Rolly Tasker and his wife, Kerry, to chat about his visit to the Club for Opening Day. I was also lucky enough to get a personalized tour of the extraordinary Australian Sailing Museum. Rolly and his band of merry workers have done a fantastic job in putting together a wonderful series of displays.

A major feature of the new museum is the Rolly Tasker Collection, the first and only complete set of fine art illustrations of all of the yachts that have sailed for the America's Cup through its history. It includes the schooner America, whose victory off Cowes was the start of it all, and two yachts to contest the 1995 defence in San Diego; Black Magic 1995 and Young America 1995. The display also includes a scale model of each challenger and defender of the America's Cup since 1851, the history of the America's Cup, and life size wax figures of famous skippers, owners, architects, and commodores.

The museum collection houses a scale model of each class of yacht to reach Fleet status in Australia since 1861 (132 models in total), the history of sailing in Australia through the decades including the early skippers and their crew, the sailing Hall of Fame, sailing Olympic hero's, marine art featuring such famous artists such as America's John Mccray, John Stobard, Willard Bond, an alfresco restaurant, museum store and much more.

So next time you're in Mandurah make sure you make your way down to the Australian Sailing Museum at 22 Ormsby Terrace, opposite the Mandurah Entertainment Centre. It's well worth the entry fee and what's more important is to tell your friends about it as well.

You can check the website out as well at <http://www.australiansailingmuseum.com.au/index.asp>

Newsletter Articles

If you have an item that you wish to place into the newsletter then please email the item by the 2nd Monday of each month to either Lauren at the club at office@prsc.com.au or now to Ian Johnston at iansgotbecks@hotmail.com

Paul Terry

FACILITIES DIRECTOR

By Terry Castlehow

Lower Level Bar

At last, the Club has final approval from The Department of Racing, Gaming and Liquor to proceed with the proposed bar down stairs which will provide members the service that we currently enjoy in the main bar at those times when we have members private functions upstairs.

You would recall from last year's financial report that these functions are a major source of the Club's income and it is important that we continue to host these events for that reason, but at the same time provide members with a comfortable and convenient venue which we will have downstairs once the alterations are complete.

The intention is to start the alterations soon using volunteer labour where-ever possible to keep costs to a minimum, so if you think you can assist, we would like to hear from you.

As the Sailing Committee run a very good program on Saturday mornings for the Juniors from down stairs, we need to time the alterations so as not to interrupt this program, which I'm sure we can achieve with planning and co-operation.

Slipway

As mentioned in earlier newsletters we are going to have work done on the slipway but due to unforeseen circumstances such as holidays and work commitments our small team of volunteers hasn't got around to it, but it is about to happen shortly.

Jetty Timbers

As we are all aware, there is quite an amount of timber, some re-useable and some not, stored on the Clubs property, which still belongs to the Club. This timber has monetary value to the Club and should not be taken without making some arrangement with the Management. A few members have been helping themselves to the wood without permission during the night and will be surprised when they receive an invoice in due course. We need to go through what timber we have and sort it out so we can dispose of it to the Clubs advantage. I have started to do so, but could do with some assistance. If you have some time available, please give me a call.

If you are in the market for firewood we will have some available shortly at a reasonable price, even cheaper if you help.

Sailability

The floating jetty we have in our possession from Sailability is back on the agenda and hopefully this will be in the water shortly.

Finally I would like to thank Wig & Bobbie Salom, Graham & Karen Monck, Leslie & Bill Haddleton, Sue Castlehow and Brett Hawker who very kindly scrubbed all of the chairs and then washed them with a high pressure cleaner kindly loaned by Harold Keay. Well done and thanks, they look terrific.

Terry Castlehow

SAILING DIRECTOR'S REPORT

By Simon Lucas

The sailing season gets underway on the 11th October with the shakedown race.

A harbour point's race scheduled for 18th October is followed by the 100th Season opening day on the 25th October. It is a major landmark event for the club and it is important ALL boat owners' members, skippers and crew attend. There will be a sail past and all yachts are encouraged to dress overall. Any boats requiring additional flag bunting please speak to me as we have some old surplus flags available.

On the subject of flags Tim Hodgson has replaced all the tattered and missing flags in the start box and tidied them into the correct place.

Ki Raphael Sulkiwoski has just won the Laser radial state youth championships held in Rockingham. Well done Ki. He has, unfortunately for us at Princess Royal Sailing Club, left Albany to pursue a career in the marine industry as an apprentice sail maker. Ki helped at the club in many ways and was always keen to help out and instruct new sailors. We wish him all the best for the future. By the way, when Ki was asked what his main strengths in the regatta were, he replied, "In the strong winds I hiked harder than the others and so went faster".

Fridays 10th and 17th October are nomination nights, please nominate early so that handicaps can be allocated and the results computer updated. Nomination fees are \$55.00 for the season and junior members will have no fee to pay this season but must still nominate. Please also complete the safety compliance forms for keelboats and off the beach boats. Nominations will be refused without these forms completed and signed. When filling out nomination forms please enter all crew names in full as these are required for safety reasons and also results presentations. Nomination and safety forms will be available as a PDF file download on the club website shortly.

It is hoped to have a 2008 - 2009 seasons programme Question & Answer session plus a review of the new Race and Sailing Rules. Start time will be 1830 at the club on Friday 10th & Friday 17th October. The bar will be open and the restaurant will be serving meals. As always it's advisable to make a table reservation.

Training and Development By Clive Walker

Our program for the historic 08-09 season begins on Sunday Nov 9th at 9am when we join the YAWA 'Go Sailing Day'. We request anyone with a boat - dinghy to larger yachts and cats to either:

- (a) make their boats available for the public invited to 'go sailing' or
- (b) just get out for a sail to help promote our sport..

Following this day we are conducting a 'Try Sailing' course for children and adults on Saturday mornings 8.30 - 12. I am pleased to say we have all our coaches and assistants on board for the season coming. The club board greatly appreciates the time and effort given by this group - as do the participants.

The program for courses in 2009 will be published later, but an exciting program has been prepared, which will culminate on our Historic Club Picnic Day on Saturday 18th April.

Other courses offered are:

- RST
- Radio Operator
- Crewing - dinghies and keelboats in general
- Race management
- Senior First Aid
- Coaching accreditation (GISBS YAWA) - 'Get into Small Boat Sailing'

Any of the above courses can arranged if we get sufficient interest - names ASAP to Lauren or myself.

Don't forget

1. Go Sailing Day - support please Sun Nov 9th 9am to 12
2. Try Sailing Days Saturdays Nov 15th, 22nd, 29th Dec 6th 8.30 to 12

Enjoy sailing and support your club

Support for our Historical Voiceprint Production

Should we get financial sponsorship, we intend having a professional voice print produced. In the meantime we need to collect photographs. Geoff Steer and Des Beeck have kindly offered to accept photos, articles etc - anything of historical interest. You can give memorabilia to Geoff or Des or leave it with Lauren for Des to scan and return (thanks to Paul Terry and Pattersons). Please put names and phone numbers on back to ensure safe return.

The Historical Feature for our Centenary Celebration is on Friday March 27.

There is an urgency re getting this material - please bombard these gentlemen in the next month or so!!!!

John Price will also assist on his return from holidays in early November. Thanks to Geoff, Des and John.

Cheers

Clive Walker

Worlds Update

Preparations have commenced for the Worlds with the Organising Committee established and it is proposed to have its first meeting in October. This is an important first step in the large task of planning and working out the many jobs that will be required as the Club and partners, the City of Albany and the Albany of Chamber of Commerce work towards this exciting event. The Team is as follows:

- Project Director and Sponsorship - Anthony Galante
- Accommodation Coordinator - Deb Terry
- Social Coordinator - Margot Taylor and Michelle Saleeba
- Sailing Coordinator - Paul Terry
- Information Coordinator - Trish Ryans-Taylor (website)
- Volunteers Coordinator - We need a volunteer!

John McQueen, President of Yachting WA, has agreed to take on the important role of Principal Race Officer and many people have commenced to volunteer their time for the regatta. The level of support has been huge and this will make bringing together this event all the more easier.

This is a hugely important regatta for WA as, apart from the Teams Worlds next year, it is the only Worlds Championships prior to the ISAF Worlds in 2011 and therefore a critical "test" event for ISAF where up to 10 world championships will be held simultaneously. This is beneficial for Albany as many key WA officials will be seeking to increase their experience in preparation for the ISAF Worlds.

The World Association has recently announced that the 2009 Worlds in Pllwhehi, Wales will be an open event meaning anyone can enter. This will be the case for Albany too, so if you are keen to sail in the Worlds, now is the time to start thinking about your campaign!

Mirrorsail

Three Albany crews attended the Mirrorsail this year to get their season underway. Nathaniel and Ethan Brough teamed up in a loan boat and sailed really well especially when the breeze came up on the last afternoon. Mirror newcomer, Louis Clark, teamed up with Sara Batten and sailed together for the first time and performed well. Hugo and I had a great weekend and learnt heaps. The three crews really enjoyed the weekend under the instruction of head coach John Cassidy and we are all looking forward to the season starting in earnest with our jump start. See Sara's article for pictures and more details.

New Spars

As part of the reinvigoration of the Mirror Class, the traditional gaff rig has made way for the Bermuda single piece mast. Most of the UK fleet has made the transition and the WA fleet is leading Australia in the transformation. Anthony and Hugo tried their new rig in Perth and were delighted with the performance so far not to mention the hassle free process of rigging. Overall, the boat is simpler, the sail set up has changed and allows boats to point higher without any loss of speed, is easier to depower and much more responsive powering through tacks. Work will commence with Chris Torley and Paul Terry to get their new rigs set up prior to the season.

Looking for a Skipper, Crew or to Buy a Boat

Don't leave your maintenance to the week before the season starts - get it finished now! And work out who you are sailing with. If you need a crew or a skipper or are looking to buy a boat, let me know and I can help point you in the right direction. Phone me on 9844 3298 or email a1galante@hotmail.com

Anthony Galante
Project Director, Mirror Worlds

MIRROR SAIL 2008

The weekend of the 6th and 7th of September saw 6 Albany Mirror sailors travel to Claremont Yacht Club for the weekend to take part in the Mirror Sail 2008 training program conducted by The Mirror Ass & Yachting WA. Head coach was John Cassidy and he was assisted by Brett Sharpe and Steven Locke.

With a total of 15 boats we were split into two groups. On the first morning we had a brief rundown of what to expect over the two days before we headed out to the boats, we each rigged our boats and then had a coach give us pointers on better rigging practices. We then headed out onto the water where we sailed in fairly light conditions around a short course with the instructors following giving advice as needed. Our main focus in the morning session was roll tacking. After our lunch break we grouped inside the Clubrooms and the coaches went over each boats performance and gave us tips on how to get the best out of our sailing. This was followed by a short question and answer session, then it was out on the water for the afternoon session. Day one finished at 4:30pm, some sailors stayed on for a bbq and camped at the Clubrooms for the night, with the rest of us returning in the morning for day two.

The second day saw us doing lots of spinnaker work, the coaches told us of the importance of having a physical training program to give you the competitive edge out on the water. After two full-on days we were all very tired but full of new enthusiasm and looking forward to the start of the season to try out our new skills.

From all the kids from Albany who attended the Clinic a big thanks to our mums and dads for taking us and the boats to Perth and for all your support, we couldn't do it without you.

Sara Batten.

NOTICES

OPENING DAY INVITE

Dear Member,

The Flag Officers and Management Committee of the Princess Royal Sailing Club cordially invite you to attend the Opening Day of our Sailing Season on Saturday 25th October 2008

The program will be as follows:

- 12.30 pm Arrival of Guests
- 1.00 pm Sailing demonstration and Mirror Dinghy Race
- 1.45 pm Commencement of Opening Ceremony
- 2.50 pm Sailing Commences, guests invited to view racing on Catamarans
Afternoon Tea
- 4.45 pm Announcements of Race Results and presentations in Clubhouse
- 6.00 pm Carvery Buffet Meal @ \$ 25.00 per head Adults &
Children \$12.00

We look forward to you joining us on this special occasion

Yours Sincerely,
Jack Spaanderman
Commodore

RSVP: Friday 17th October

Notification of Flare Demonstration

Place: Emu Point Boat Harbour

On: Sunday 19th October 2008

Time: 1300 - 1400 hrs wst

Using	Quantity
Red Hand Held Flare	20
Orange Smoke Flare	20
Orange smoke canister	1

Held By: Albany Sea Rescue and Albany DPIU

Contact: Tony Fitzpatrick 042900923 / 98927315

Reason: Sea Search and rescue training and boat safety course

IN MEMORY OF GRAEME PERCIVAL

Graeme spent countless hours on Princess Royal Harbour. He chose the water in front of the property where he grew up with his Dad and brothers as the place he wanted his ashes scattered.

You are warmly invited join his family to celebrate this occasion.

When: Saturday 11 October 2008, 3pm

Where: Rotary Youth Camp
Frenchmans bay rd
Big Grove, Albany 9km after little grove store.

What: Water sports and barbecue
Overnight dormitory style accommodation
Is available for \$15/person

What to bring: Barbecue meat and salad
Waveski etc if you like
Overnight bedding and brekky if you are staying

Provided: Beer, wine, soft drinks and a good time!

RSVP Scott Percival 0419 837355, buzzhoney@optusnet.com or Rachel-percival@hotmail.com

FOR SALE

Mirror- White Lightning 68831. Excellent club boat, good condition, fast hull with professional paint job. 07 spinnaker and pole, 07 mast, new ropes. Finished first on handicap and 9th overall at the 2007 states, as well as consistently winning several club trophies. \$2300 Ph Ian Johnston on 0439949815

MEDIA RELEASE

From Kim Buttfield - Injury Prevention Coordinator
Great Southern Public Health Unit 9842 7504

Date 17 September 2008 No of Pages 2

From 22 September to 3 October 2008

Are Mens From Mars?

The provocative book titled 'Men are from Mars and Women are from Venus' underlies an innovative study being undertaken by an interagency group, exploring older men's physical activity levels in the Lower Great Southern region.

Healthy Older Blokes is a research project to explore the motivators and barriers to older men participating in physical activity, which appear to be different from that of older women. Men aged between 60 and 75 are invited to take part in the project, with focus groups being hosted by community groups and service clubs throughout the region in October and November. A large random mail survey will be conducted throughout Albany, Denmark and Mt Barker in early 2009.

Findings from the Physical Activity Task Force Adult Physical Activity Survey in 2006 found that half of the WA older population did not participate in sufficient physical activity and that activity levels decreased with advancing age. From the Active Ageing Benchmarks, though the majority of seniors considered they were in good health, they were more likely than the general population to be overweight, have high blood pressure or high cholesterol.

Healthy Older Blokes aims to look at the current activity levels of older men in the region, and what might motivate them to be more active and the barriers faced by those who are inactive.

According to Great Southern Population Health Injury Prevention coordinator, Kim Buttfield 'We really don't know how active, or inactive older men are. Many of them don't seem to take part in the myriad of structured exercise and recreation opportunities in our communities. We do know they are not good at visiting their doctor on a regular basis, and may not be receiving advice on the importance of physical activity and healthy eating for their health and wellbeing. The working parties thoughts are that men may be active in less structured ways, such as pottering around the garden and in their sheds. Healthy Older Blokes will hopefully clear up the myth that Men are From Mars.'

According to David Giles, a member of the Healthy Older Blokes Working Party, "Most of us seem to have a pretty fair idea of the benefits of exercise, and probably some of the will to undertake it. It's the "ifs" and "buts" which are the difference between that and actually doing it on a regular basis which we need to nail."

Healthy Older Blokes is a joint initiative of Great Southern Population Health, Department for Communities, Department for Sport and Recreation and the Albany Injury Prevention Association, with funding from Lotterywest.

Any seniors group or organization that may be interested in taking part in the project can contact Kim Buttfield on 9842 7504.