



Access Dinghy TelItales

Official Newsletter of the Access Dinghy Foundation

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SAILABILITY GOES TO GREECE

Sailability Hellas - Sailing for Everyone



Australian volunteers, Neil and Barbara Anderson recently held three weeks of demonstrations in Greece. The result - Sailability Hellas in Athens and Thessaloniki. In Greece, the driving force to form Sailability Hellas is Panayotis Tsinganos. Here is Panayotis' inspirational story.

Contact Access Dinghy
www.accessdinghy.org
info@accessdinghy.org

It's been 15 years since my accident, which brought me a C5 quadriplegia; more than 20 since I sailed for the last time. Last 15 years with a dream: to change the attitude of the society towards disabled and to shift disabled persons' focus from strictly looking for amenities, such as pensions or a few ramps at the side-walks, to include our right to the possibility to get and offer joy.

I learned about Sailability accidentally; someone put my email address as cc at an email addressing a third person. My reaction was instinctive: I didn't dare even to think of sailing again with such a severe disability. I got involved to bringing the Access Dinghies to Greece. It took a lot of effort, a lot of time (and this is always in short supply) and a lot of inspi-



ration. But these people down there in Australia really meant it. They had the know-how, they found the sponsors, got the volunteers, used my helping most efficiently and...

Today is Sunday June 22, 2003. A brilliant day, a historical day: today I, Panayotis Tsinganos, a C5 Greek quad, did sail a red 2.3 all alone in the open sea. It's 10 pm and the excitement has not faded yet; not a bit. The little boat tilting on the side, with a wind of 3 Beaufort and me controlling everything with a joystick. Miraculous!

Next weekend I'll go sailing again. I'll invite as many as I can to share the experience. It was too good to do other way. Thank you Jackie, Chris, Neil, Barbara, thanks everyone who has helped this to come true. In the next month Sailability Hellas will be formed; nothing can stand on our way now. For life has still got a bright side.

www.sailability.org/gr/greece
Panayotis Tsinganos - ptsingan@bigfoot.com



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"Proud Supporters and official supplier to Access Dinghies"

FROM JACKIE

Ahoy to all our friends ,

Firstly, a very big apology for missing out on putting together the March issue of Telltales. There was just too much happening in my life, with not enough time or energy. I am afraid Telltales was only one of my jobs to be neglected.

With the rising costs of printing and postage, we are attempting to arrest escalating costs. Please see page 6 regarding additional opportunities to obtain Telltales and distribute to your club members.

In March, Chris and I spent a wonderful week in Japan, visiting Tokyo and then Okinawa for a Forum. The hospitality of our Japanese friends must be experienced to be believed, and we were amazed at the level of support they are giving Access Dinghies. The project in Okinawa is being developed by Japan NPO, who are promoters of Universal Design. Japan NPO have recognised that the little boats are a fine example of their philosophies. You can read more about the concept of Universal Design on :- www.accessdinghy.org/all/universal_design

As this newsletter is being prepared, Neil (ADF Trustee) and Barbara Anderson are in Greece holding demonstrations and supporting the formation of Sailability Hellas. And, Zoltan Pegan, also an ADF Trustee, is in Hungary running a series of come & try days and assisting with the formation of Sailability Hungary. We are most fortunate to have such a dynamic team as Trustees of the Foundation.

Welcome to the newly formed Sailability NL. We wish them well in their endeavours.

There is much more news that won't fit in this edition. Thanks to everyone who has sent stories in—keep them coming. Goes to show that I must not neglect doing any more editions of Telltales. Take care.

Jackie Kay-

2004 IFDS Single Person Dinghy World Championship

**Blairgowrie Yacht Squadron
Port Phillip, Victoria Australia
13–22 January, 2004**



This World Championship has been specifically organised for sailors with significant disabilities, having an IFDS FCS of One or Two (subject to amendment). The IFDS World Single Person Dinghy World Championship will be part of the Sail Melbourne International Regatta, one of the premium events on the ISAF Calendar.

Twenty, new, servo-assist, Access *Liberty* dinghies will be provided at no cost to competitors. Places for an additional five, competitor-owned dinghies will also be provided.

Competition *Liberty's* will be available for purchase after the Championships. Dinghies will be shipped to the purchaser's country gratis after the regatta.

The winner of the servo division will take home a complete Liberty.



The above information is issued by Access Dinghy Foundation; it is not issued by Race Organizers. Official documents will be published by Sail Melbourne International Regatta shortly.
<http://www.sailmelbourne.com.au>

Pictured: Colin Johanson, President of Sailability Docklands sailing a Liberty at Docklands on Port Phillip Bay. Colin is a C5 quad.

More info on this event at www.accessdinghy.org

.... THE GENEROUS SPONSORS FOR GREECE



To fund the two starter units for Athens and Thessaloniki, the Access Dinghy Foundation is seeking eleven sponsors to donate \$7,000 each. So far, seven contributors have made commitments to donation:



RW Basham Pty Ltd.
www.rwbmarine.com.au
Australia

RONSTAN Ronstan International—www.ronstan.com
Australia

skandia Skandia Life Assurance—www.skandia.com
Sweden

HENRI LLOYD Henri-Lloyd—www.henrilloyd.com
UK

City of Melbourne Melbourne City Council
www.melbourne.vic.gov.au

West Marine West Marine—www.westmarine.com
USA

The Greek Community of Wollongong, NSW
Australia

ASSOCIAÇÃO PORTUGUESA DE VELA - SAILABILITY PORTUGAL



**Luis Nadkarni Sailability Co-ordinator
Clube Internacional da Marina de Vilamoura**

Access Dinghies arrived in Portugal in February this year. There are already three groups— Porto, Lisbon and Vilamoura in the Algarve. <http://www.cimav.org/>

Our Access Dinghies arrived in Vilamoura and on 15 February 2003, and we officially started the project of Sailability Algarve. Marina de Vilamoura Director organized a launch where there was the Algarve Governor, the Loulé Mayor, and other representatives of Local Organizations.

During this ceremony, a Protocol was signed between Associação Regional de Vela do Sul (ARVS) and Clube Internacional da Marina de Vilamoura (CIMAV) to officially start Sailability in Vilamoura. After, the Access Dinghies were in the water and we started the Sailability with disabled people from Existir Association. Every Wednesday we have activities in Vilamoura, completely free of charge, for the Portuguese Institutions and Associations for Disabled People. Now, here in Portugal we are working on the Sailing Licenses



Launching the boats in Vilamoura

for disabled sailors with the Portuguese Sailing Federation. Photos about Carnival Race Access 2.3 are on www.carnivalregatta.com

We have spoken with the Portuguese Sailing Federation President and he is very interested in Sailability. The Portuguese Sailing Federation will manage all the process about the Portuguese Team to IFDS Single Person 2004 Australia.

IN MEMORY OF DAVID FILLARY



Pam Gee, Oxford Sailability

David Fillary was a member of Oxford Sailability, UK. David died on August 6 2002, but shortly before this had 'discovered' Access sailing, and had written this article, which we would like to share with you in memory of a very special man who will be sadly missed.

"One of the great passions in my life has been sailing. Nothing can beat the feeling of freedom and excitement as the wind powers you across a stretch of water. No pollution, no engine noise, just the rippling of the water passing under the boat."

Some people associate sailing with exclusive clubs and frightfully posh types drinking gin and tonics. Although this stereotype does exist, it's not the norm. A few years ago I joined Oxford Sailing Club, based at Farmoor Reservoir, and purchased a second-hand dinghy for £200. I enjoyed many hours of sailing on the reservoir.

Last year I was diagnosed as having MND. I kept sailing as long as I could. As the new spring season started I realised I was no longer strong enough to sail a normal dinghy. By chance I crossed Eynsham Toll Bridge the day Sailability were collecting money to boost funds. Taken by their friendliness, I turned up on the first Tuesday of the season at about 6pm. Others had already arrived and volunteers were rigging the boats. Members' disabilities ranged from slight to severe. The boats varied to cater for mixed abilities, and to me, the club's greatest attribute is the friendly helpful attitude of the volunteers."

David's daughter, Jessica continues: "Sadly my dad died shortly after writing this article. He died on 6th



David at Farmoor Reservoir—photo courtesy of Lynne Fredlund

August, but went sailing the previous Tuesday. The terrible part of MND is losing your independence. My dad was such an active, independent person and all this was lost, until he went sailing. He was lifted into an Access Dinghy and pushed into the water, where he was free! If he wanted to go right, he went right! The look on his face was priceless, sheer joy."

Amongst the entourage of vehicles that went to the funeral, members of Oxford Sailability towed an Access dinghy, fitting tribute to David's sheer bravery and enthusiasm.

SAILABILITY NETHERLANDS BEGINS

By Wilma van den Broek & Irene Wentink



Sailability NL was incorporated in December 2002 and is excited to announce that we are ready to begin operations. Our first Access Dinghies have arrived and will sail in two locations. Demonstrations will be held at Loosdrecht on June 28 & 29. In October there will be a boat naming ceremony. We will have our website ready shortly and will show you the results of our activities (www.sailability.nl).

Yesterday, June 28 we had a great day sailing. The wind was good, about 6 to 8 knots and the temperature was OK. Wilma sailed for the first time, in the Access Dinghy. Australian volunteer, Martin, advised her to use only the electric steering first while she got used to sailing, and that went very well. She is, like Nava, a natural talent.... and she loved it.

We had a lot of fun, a lot of people look surprised at the Access Dinghy, but think she is a great little boat, especially when they see the possibilities. A lot of members of the yacht club gave a helping hand with making the AD ready and helped Wilma to sit comfortably. Today we go to the harbour in Loosdrecht again. We invited people who have offered to do some voluntary work when we have

A Note from Jackie

Australian volunteer, Martin Forster, has been in Germany for six months. He was invited to attend the demonstrations on 28 & 29 June at Loosdrecht to provide his vast experience to the new Sailability NL group.

Martin is a dedicated and active volunteer at Sailability Dobroyd (on Sydney Harbour) for over six years. Martin's contribution to Sailability Dobroyd has been outstanding. Now, his contribution to Sailability NL will be equally appreciated.

But.....Sailability Dobroyd is looking forward to Martin's return to Sydney for the next sailing season.

Hurry home Martin, everyone at Dobroyd misses you.....

Martin & his bike at Dobroyd, Sydney



OFF INTO THE SUNSET

Burlington Able Sail
Miriam Granek,
PT3 student, Univ. of Toronto



"If you can breathe, you can sail. If you can't breathe, then bring your ventilator." So goes the slogan of the Able Sail program, a non-profit organization that provides sailing and sail instruction to individuals with disabilities, of which I had the opportunity to co-ordinate last summer from one of its sites along Lake Ontario at the Burlington Sailing and Boating Club.

Founded in the summer of 2001 by Dr. David Groves, a former Commodore of the Burlington Sailing and Boating Club, the program operates five days a week in the summer and early fall with 21 volunteers and 31 clients, at the Burlington site alone. In addition to its unique clientele, the Able Sail program is equipped with four specially modified sailboats called Access Dinghies, which allow even a novice sailor with extreme impairments to safely navigate the bay. The Access Dinghy, which places sailors side by side to control the sails are virtually untippable. The club also has a special boat that is run by electric controls, so potentially a person who is quadriplegic could control the entire boat with only chin movements.

With the assistance of the club, two hoist lifts were installed on the dock which allowed us to accommodate a wide range of physical abilities, from those who could walk to the boats and get in and out with minimal assistance, to long-term care patients who required maximal lifts. Regardless of the extent of the disability, all clients were able to participate and enjoy the sailing experience.

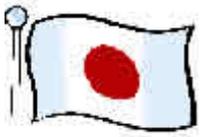
From a physiotherapy perspective, a few of the sailors' disabilities required creative solutions to ensure safety and their enjoyment of the activity. In one example, we had to determine how to prop up a man with multiple sclerosis who had minimal

sitting balance, but still wanted to steer the boat himself. In this case, we secured him into position with foam pieces, which supported his trunk and helped to reduce some of the extensor tone in his legs. He loved sailing far into the harbour, and laughed when I was soaked by the waves. In another case, a young man with muscular dystrophy had only the use of his left arm. Each time he sailed, we had to turn the boat backwards to allow him to sit on the far side of the boat, which freed up his left hand to steer the boat with the joystick. He was slowly losing his independence, and told me after a few sailing sessions that he wanted to save up his money to buy himself an adapted sailboat. He said he had tried all types of adapted sports previously, such as basketball, skiing and tennis, but sailing allowed him to feel the most freedom.

When these athletes are sailing, they don't need to use their legs or even their "bad arms", they just need one hand that can work the controls and away they can go. This sport allows athletes of any ability the freedom to fly over the water with the wind in their hair, the sun on their faces, and the control to go wherever the wind will take them.

For further information about the Burlington Able Sail program, please check the Burlington Sailing and Boating Club website at: www.burlbay.com, or contact David Groves at (905) 648-3711 or groves@mcmaster.ca.

The BS&BC is located at 841 LaSalle Park Road, Burlington, Ontario, L7T 4G9.



CHATAN PROJECT OKINAWA—Jackie Kay

In March, Chris and I were invited to speak at a Forum hosted by the Chatan City Council, in Okinawa, Japan. This progressive Council is converting the fishing port into a recreational marine area. One of the proposed programs will be the fishermen being trained as sailing instructors, teaching school children how to sail in Access Dinghies.

During the Forum, two successful days of demonstrations were held at the fishing port, with over 60 people of all ages participating in the sailing events. At the conclusion of the Forum we were shown the sights of beautiful Okinawa, visiting the Aquarium, and Temple. Chris and I were given a wonderful time and are indebted to everyone for their fantastic hospitality.



Then in June, the group visited Sydney on a three day information seeking expedition. We were able to reciprocate and host the group to various meetings with the Darling Harbour Authority and the NSW Start Forestry Commission as well as numerous marina facilities and sightseeing around Sydney. Our special thanks go to Access Dinghy Trustee, Grahme Rayner, who acted as driver for the three days. His involvement made this a special time for our Japanese friends. We look forward to seeing the result of our involvement, at the conclusion of the project in 2005.

AUSTRALIAN AWARDS

Awards for 2003 include:

Access Dinghies:

National Finalist, Australian Sports Industry Awards for Business Innovation

Access Dinghy Sailing Assoc

"Off the Beach Class of the Year"
Yachting Association of NSW

Chris Mitchell, designer Access Dinghies:

"Services to Yachting"
Australian Yachting Awards

Peter Donaldson, Sailability Victoria:

Centenary Medal for Services to the Community.
Awarded by the Federal Govt.

Allan Jones, Sailability Pittwater:

Centenary Medal for Services to Sailability Pittwater. Awarded by the Federal Govt.

Terry Peek, ACT:

Centenary Medal for Introduction & Development of Sailability in ACT.
And, Distinguished Service Medal, awarded by Masons of NSW & ACT for involving Sailability & Masons.

Lindsay Dalmon (NSW) & Paul Borg (Vic)

Finalists, Disabled Sailor of the Year.
Australian Yachting Awards

A Bright Future for Sailability Japan

URL: www.sailability.com Nobi: nobi1st@yahoo.co.jp

To celebrate the restructure of Sailability Japan, a new logo has been adopted. The logo was designed by Colin Johanson, President of Sailability Docklands in Victoria, Australia.



Sailability Japan NPO is being restructured to incorporate participation from all people involved with Sailability throughout Japan. The Access Dinghy Foundation wishes to acknowledge Mr. Nobi Nishii's dedication and enthusiasm to Sailability. Because of Nobi's commitment there are now groups in fifteen locations – all achieved in just five years.

Over the coming months a Council will be formed with a representative from each group. From these fifteen representatives, a Management Committee will be elected. A representative from the Japanese Sailing Federation will be invited to sit on the management committee.

Setting the policy for Sailability will be the Sailability Policy Board. These Board members are are leaders in their field of expertise and are committed to the expansion and success of Sailability Japan. The future looks very exciting for Sailability Japan. The real winners from this restructure will be many new communities that will be introduced to sailing. The seven Policy Board members are:

Mr. Masaaki Shiraishi—Universal Socio-Engineering Research Institute.

Professor. Takeo Kondo - Nihon University College of Science & Technology, Department Of Oceanic Architecture & Engineering.

Mr.Kazunobu Fujimoto - Individual member (Managing Director, SASAGAWA Sport Foundation)

Mr. Satoshi Kamise - Fisheries Infrastructure Development Center

Mr. Niromitu Motomura - Fukuoka Marketing Research

Mr. Fujiya Matsumoto - Commodore of Enoshima Yacht Club & retired Vice Commodore of Japan Sailing Federation .

Mr.Tadahiro Matsuda – Development Committee of Japan Sailing Federation

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2004 Australian Access Dinghy Championship

SAILABILITY BELMONT 16S

THE MOST ACTIVE DISABLED SAILING CLUB IN THE WORLD ?

Upcoming Regattas

2003

July 03

12-13 **UK Access Dinghy C'ship**
Whitefrairs, Cotswold Water Park
Derbyshire UK
peterwb49@hotmail.com

August 03

15-16 **First Great Lakes AD Regatta**
Erie Adaptive Sailing Experience
Erie, Pennsylvania
jrayburg@svhs.org

24 **Singapore Sailability Regatta**
Changi Sailing Club
info@sccd.org

September 03

18-21 **4th International AD C'ship**
2nd French Access C'ship
La Voile Ensemble, France
Thonon, Leman Lake (near Geneva)
lavoilensemble@wanadoo.fr

29 Sept - 3 Oct
Australian & International Development Blind Sailing Regatta
Sailability Port Stephens
Grahamstown Dam, Pt Stephens
grahmerayner@hotmail.com

October 03

4-5 Oct **Port Stephens Cup**
Sailability Port Stephens
Grahamstown Dam, Pt Stephens
grahmerayner@hotmail.com

17-19 **North American AD C'ships**
Sailability Greater Tampa Bay
Clearwater, Florida
sailabilityfl@aol.com

November 03

5-9 **HealthPACT Aust Masters Games**
Canberra Yacht Club, ACT, Australia
<http://events.sportingpulse.com/>
admin@amg2003.com

2004

January

13-22 **2004 IFDS Disabled Single Dinghy World C'ship**
Blairgowrie Yacht Squadron
Port Phillip Bay, Melbourne Aust.
info@sailmelbourne.com.au

September or October

TBA **Australian Access Dinghy C'ship**
Belmont 16 Fts Sailing Club

Sailability Belmont was formed in 1997 with the support of their host club, the Belmont 16 Foot Sailing Club. With the committed and dedicated enthusiasm of volunteers Sailability Belmont 16s has possibly grown into the most active club in the world, providing 4,500 sailing experiences per annum for people with disabilities. (If any other club in the world can better these statistics, please let me know - sailability@msn.com.au)

Sailing a fleet of 15 Access 2.3 Dinghies, Sailability Belmont can provide some very interesting statistics. Sailing is 4 days per week, 46 weeks per year catering to 95 disabled sailors per week. Very interestingly, 55% of their sailors are female. The Belmont 16 Foot Sailing Club is to be commended for their outstanding commitment to Sailability. Each sailing

day, they provide safety boats and a BBQ lunch for each sailor. Belmont 16s SC also store and maintain Sailability's fleet of Access Dinghies, as well as providing a dedicated Sailability office.

With such enthusiasm and dedication, there is no doubt that the 2004 Australian Access Dinghy Championships will be a resounding success. For more information go to:

<http://www.belmont16footers.com.au>

The dates of the C'ships will be announced shortly, but will be during September or October, 2004.



Australian & International Development Blind Sailing Regatta 29 September - 3 October 2003.



Location: Port Stephens Sailability
Grahamstown Dam, Port Stephens, N.S.W. (2 hours north of Sydney)

Details of event:

29-30 September is training and familiarization
1, 2, 3 Oct - Match & Fleet racing, using "Beeping Buoys", Liberty's & 303's.

- 1 Blind-folds used to ensure equality.
- 2 Sailors will be match racing single-handedly in Access Dinghies.

The regatta is limited to 30 participants.

Immediately following is the Open Port Stephens Cup on 4 & 5 Oct
grahmerayner@hotmail.com

Access Dinghy Telltales — New Format for Distribution

To alleviate the soaring cost of postage and printing, and to facilitate easy and wide distribution, *Telltales* is now available in PDF format, downloadable from <http://www.accessdinghy.org/newsletters.htm> There is also an email version, suitable for distribution to all your club members. If you wish to receive notification of *Telltales* by email please contact jackie@accessdinghy.org with details of your email address.