



SPECIAL GENERAL MEETING : 4PM, SUNDAY 18 OCTOBER



COMMODORE'S REPORT

Hi all,

I hope you are keeping sane in these crazy times.....

If you have been keeping up with the weekly emails, you will be well aware that we are doing all we can to get our club prepared for when we can

open. Please refer to the COVID update to see our current interpretation of the restrictions and how we will be able to enjoy our club and sailing in the stages.

Once we are open again, we are going to need a lot of cooperation from all our members. There will be some changes around the club because of the new rules so expect to see a lot of signage and hand-sanitiser. All members who attend the club will need to fill in a register for contact tracing purposes.

The club renovations are going well even though a little behind schedule and should be finished by mid-October. I hope to see them one day!

Let's all hope we can get on the water as soon as possible so we can be distracted by the water, waves, sunshine and dolphins.

Cheers

Jon "Commodore" Knorr



COVID 19 UPDATE:

Although we are still awaiting confirmation from the government and Australian Sailing regarding restrictions, below is our current understanding of what we can do as a club in each step of the return to normal.

Third Step:

- Social sailing (no organised racing) may be available from stage three onwards depending on rules regarding outdoor sports.

Last Step:

- Club racing should be available.
- Club facilities will be available with appropriate social distancing (including room limits in place and using masks). The club will be providing sanitiser and a register for contact tracing.

COVID Normal:

- Club racing will be available.
- Club facilities will be available as per usual.
- Regattas will be up and running again.

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CORRECTION

The last edition of The Beacon contained the citation for the Club's latest Life Member, Gordon Crossland. The article contained an error relating to details of Gordon's family.

The correct information is that Gordon's children are Michael and Kathryn whilst Mandy is Gordon's daughter-in-law and Michael's wife.

CLUB CAPTAIN'S REPORT

As sailors we are used to waiting. Too much wind, not enough wind, too cold are the usual ones. Season 2019-20 introduced us to a new one: too much smoke! Not to be outdone, Season 2020-21 is making us wait due to too many COVID cases.

I am sure everyone is looking forward to getting back on the water once lockdown is over. It has caused difficulties for us all, whether this is effective solitary confinement, employment difficulties, home schooling children, or being trapped at home with your parents! McCrae is waiting as a release for us all.

Notwithstanding all of this, the new Sailing Committee has been busy preparing for the upcoming season, creating a programme with many opportunities for sailing and a number of exciting Regattas. You will notice several changes from past seasons:

Sign On/Off

The cards are gone! Signing On and Off will now be done via the Sailor App. This added function is now available, so make sure you download it. There is a test session open now, so try signing in and out (and see whether your boat has been entered into the register with the correct details).

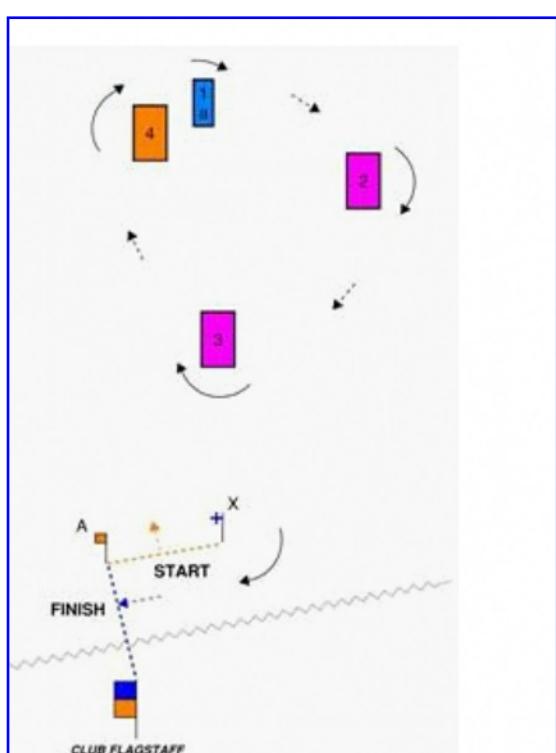
Twilight Races

Twilight Races have reappeared in the programme. These will be far more relaxed than regular Saturday sailing, and include different courses at the RO's discretion.

Courses

You will note the Sailing Instructions now include Alpha and Bravo Courses.

Alpha is the same as the course used last season. Bravo is a simplified course, intended for use with smaller fleets or when there are limitations on our available on-water resources.



Charlie Course: This is our back-to-the-future course, starting and finishing at the Tower. It comes with port-rounding and starboard-rounding versions, to be determined by the Race Officer based on the wind direction.

Charlie Course has been added as it should enable organised racing to commence while there are still restrictions on the number of people who can gather in public. It requires fewer rescue/course boats on the water, and thus would allow more sailors to be in the club.

It may also be used for the Twilight Racing.

Both Alpha and Bravo Courses may be used for Aggregate races, Charlie Course will not.

Updated Sailing Instructions incorporating Charlie Course should be available on the club website in the next few weeks. As always, please feel free to get in touch if you have any concerns or queries.

Orange Flag

There is now five minutes between raising the Orange Flag and the first Warning Signal for the Start.

In other news, Andrew Pritchard has unfortunately resigned from the Sailing Committee. For the past three seasons Andrew has been the one ensuring that volunteers are rostered on each weekend and at regattas. He handled this difficult job with aplomb. I thank him for all his efforts and hope to see him back soon. Lachlan Cameron has been appointed to the Sailing Committee to fill this casual vacancy.

It would be remiss of me to write this without mentioning the work of my predecessor, Richard Nicholson. He ushered in a number of changes which have resulted in a positive overall effect on the Club not least of which was the new course (now Alpha) and improved rostering for swimmers. We all build on the foundations established by those who came before us, and this is no different.

Finally, a thank you in advance to our wonderful and dedicated volunteers. None of this would be possible without their efforts. We would all be hungry, thirsty and sailing off to the Hovell Pile on our own!

I look forward to seeing you all soon.

Alistair Watson, Club Captain



MEMBERSHIP NEWS

Hi everyone,

I hope you are all well and keeping positive. It has been lovely chatting to McCrae members during our daily walks around the area (masked up and socially distanced of course) but we miss seeing those of you who live in Melbourne and haven't been able to get down here.

You should already have received your membership renewal forms in the mail. They were posted in mid-August so if you have not received yours please contact Alona to get another set and make sure your contact details are correct.

Please note that only those members who have renewed their membership or joined recently are eligible to vote at the upcoming Special General Meeting. If you have still to renew membership please do so soon and leave enough time for us to process your renewal and add you to the voting list.

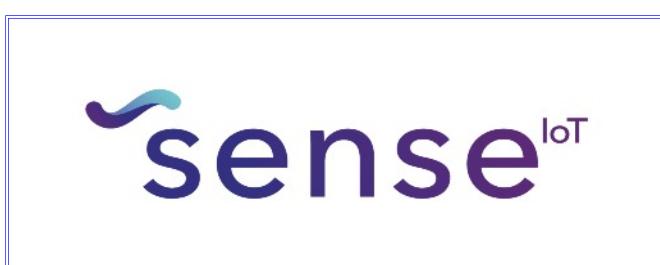
Normally you would have received your Duty Roster for the season by now but those will not be sent out until we have a better understanding of what the season will look like for the coming months. However, we are ready to go as soon as we get the go ahead.

Lyn Johannessen, Membership Manager



Photos of the clubhouse rebuild courtesy of Guy Bancroft

OUR CLUB SPONSORS





TRAINING COMMITTEE NEWS

Our operations were cut short back in March just when we were reaching an important crescendo in our new SLM (Structured Learning Methodology) program. We had put around 40 new kids through the free four week introductory course and had about 15 paid up and enter the program. Some of those were just at the point where they were ready to purchase Minnows and start on their journey to becoming lifelong sailing addicts. It was so disappointing to have all that hard work and achievement brought to such an abrupt end! Once we can all come out from under our rocks we will begin to pick up the pieces from where we left off!

Nevertheless, our experience with the SLM approach has given us great confidence to move ahead with the program again as soon as we can. We have now proven that the system works and that this will be very successful given the chance. We are aiming at a December start, but of course it is largely out of our control if we are to abide by the onerous government regulations.

Structured Learning Methodology Grows

Mornington Yacht Club have now embraced the system and I know that Mordialloc Sailing Club are also considering it very seriously. SLM clubs are growing around the country and proving successful as a strategy to grow our sport at a grass roots level. Join us in realising the dream

In order to make the SLM program run to its capacity we need the whole of the club to embrace it and promote it. Growing sailing at the grass roots needs to be our major focus so that we can ensure a new generation of sailors is always being nurtured to revive our sport and grow it into the future.

So what is the dream?

Around 70 junior and youth sailors entered in the program at any one time, ranging from juniors starting at 7 or 8 years of age through to youth sailors up to 18 years. The club would be a hive of activity of training and coaching. To reach operating capacity would take five years, so the plan is long term but would also bring whole families along.

The SLM system recognises that families are the heart of sailing and that parental buy-in is the key. New parents also need to be nurtured and mentored so that they can make a meaningful contribution to the club and feel part of the scene.

Well-trained coaches are a central element

A large part of the SLM system revolves around the training of coaches. The coaching system itself requires the coaching staff to communicate effectively with each other, learn and document the outcomes from their own learning so that the system can be refined and improved over time. SLM takes an evolutionary rather than a top down command and control approach.

The Coming Season: Training groups

With the usual organised racing possibly being difficult to operate this season I would like to encourage all sailors to get together in their respective classes and consider self-training as a new and exciting way forward to encourage new sailors as well as give the more experienced a new lease of life. Well organised self-training is fun, challenging and rewarding. Only two boats are required and can be organised to take advantage of the best weather. We at the Training Centre are happy to advise on self-training methods, but it is up to each class to organise it themselves.

Murray O'Brien, Training Centre Principal

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TRUEWOOD CONSTRUCTIONS | Design Construction Sustainable



McCrae YC Clothing Clearance

Here is your opportunity to purchase the Club's clothing at greatly reduced prices.

Caps : \$15

Adult Hoodie Grey & Navy: \$45

Kid's Hoodie Navy : \$20 (limited sizes only)

Bib : \$40

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Get in quickly, only a few left.

You Don't want to be the only Club Member without McCrae clothing this season, do you?

For pre-orders, contact Akemi O'Brien at mobrienau@gmail.com or 0459 364 222.



MCCRAE LASER NEWS

The VLA had some success at the Australian Sailing awards- Vic. Mark Tonner-Joyce beat Adrian Finglas (RBYC) and Malcolm Page (VIS) for 'Coach of the Year' and now is in the running for the National award. Chris and James Mitchell were named volunteers of the year for their incredible work in leading the Laser 2020 organisation. Well done all.

So, what have the local Laser sailors been doing during lock down?

With the European circuit off the agenda Casey travelled north and has spent the winter training with the AST in NSW and QLD. She has been in a squad with Olympic rep (elect) Mara Stransky and the girls even had the pleasure of being coached by Gold medalist Tom Burton.

Perpetual motion machine Geoff Walker has been locked down in Camberwell- more than 5 k's from the water. Using his CAD skills Geoff has designed a 5-boat Laser trailer for the VLA so that we can transport our association owned 4.7s from club to club to assist young sailors in transitioning out of Optis and Minnows.

John (JJ) Jagger has been documenting the stuff he has learned about sailing (which is a lot). His first article 'Let the force be with you' went worldwide on social media and some sailing journals. His latest article 'Walk before you run' follows my report...

I'm not sure what our two 4.7 sailors, Oliver and Jess have been up to however I am hoping they will be joined this season by Oliver Bulka who looks too big in a Minnow. Any 4.7 sailor who needs some help shouldn't hesitate to contact me or JJ. >>>>

>>Finally, it was great to see our new sailing committee led by Club Captain, Alistair Watson move quickly to organise a Laser coaching regatta during the first week of January. With the cancellation of the WA events this opportunity opened. Well done SC. The VLA will support and have arranged for Casey to coach the women and girls and Brody to coach the males.

John d'Helin, Laser Class Representative



'LEARN TO WALK BEFORE YOU RUN'

I don't remember where I heard this but there was a story about Venus and Serena Williams who basically never played a tennis match until they were in their late teens. Instead they learnt and practiced correct technique. When they had perfect technique, they began playing matches and the rest is history.

Mostly we start the other way, pick up a racket and start playing matches. When we discover our backhand is rubbish, we hope that by playing more matches, we will improve our backhand. Well maybe, but unlikely.

Most of us learn the basics of sailing and then push off to race. Our tacking, gybing, starting, straight line speed (Our "Backhands" of sailing) may improve a bit through racing, but not much and probably at a modest pace.

If we used the Williams sister's example, we would have perfect boat handling and easy speed, then go racing.

We don't know what Covid restrictions will bring this season. It could be difficult for the clubs to organize racing. I see an opportunity for everyone to take a break from racing and use the time to work on the backhand. In sailing jargon, boat handling and easy speed.

Rather than sailing around with bad habits and compensating for them, we should use the opportunity to correct faulty technique. I have had to re-invent my downwind sailing technique four times and I am currently working on a new upwind technique.....again! Why? So I stay remotely in touch with the skill and refinement shown at the pointy end of the fleet.

Most of us don't have access to high level coaches following us in a RIB's but we do have each other and today we have fantastic resources available on the internet. We also have access to people in our clubs and class associations that do know what they are doing and will be happy to break it down and show us.

However, a caveat, without a clear understanding on what you are currently doing wrong and how you need to fix your technique, all you are doing is reinforcing your bad technique. Just standing still really.

Some of my most memorable moments sailing are the times spent training within a small (*Continued on page 6*)

(Continued from page 5) group, all of us trying to improve, pushing each other and always coming back tired but with a sense that I am better than I was- I learned something!

My youngest has just started learning tennis and it is great to watch the coach and how he interacts with the kids.

The kids are learning correct technique, and the coach is making it fun. He makes each step of learning fun with small games and drills for each of the steps.

Step 1 – feet alignment and positioning

Step 2 – racket preparation

Step 3 – body presentation

Step 4 – follow through

What is great is that they all love it, huge smiles, they are all learning great technique that will be locked in for the rest of their lives and they have not played a match yet!

Sailing can be broken down similarly and there are great internet video resources that break down the steps and demonstrate technique.

For example, roll tacking:

Step 1 – Max Speed into the tack.

Step 2- Slow gradual arc into the tack

Step 3 – Mainsheet tight in as you go up to head to wind

Step 4 – Let the boat fall on top of you as it passes through head to wind

Step 5 – Change sides and flatten, ensure trim is adjusted to suit changing apparent wind as the boat accelerates.

We can have great fun learning correct techniques amongst small groups, at all levels of sailing.

Go for it!

John (JJ) Jagger

BELLE PROPERTY DROMANA

It certainly has been tough times for everyone in 2020 and I hope you and your families are doing well. The great things we all love to do have been taken away from us and that's the interaction with family members and friends. As COVID numbers are now on the decline and with no new cases on the Peninsula for the past 18 days, let's all hope that common sense prevails and businesses are allowed to reopen ASAP.

The real estate industry was affected dramatically especially when stage 4 restrictions took effect. This meant no individual inspections on any properties which made it difficult to list, sell or lease. On a positive note, we had 20 sales locally in July but only 8 in August, 6 of these were purchased online sight unseen. Of these incredible results were - 22 Coburn Ave McCrae - Sold for an undisclosed amount but surpassed \$1.7m

Also sold unseen was 13 Talbot Grv McCrae \$715,000

A special thank you to club members David and Prue Briggs for giving me the opportunity to sell their investment property in Rosebud. It was sold within 2 weeks for a great result. (Another \$500 donation to the club)

With no travel interstate or overseas in the foreseeable future, the Peninsula will become a premium getaway for many Melburnians. Once restrictions are eased, I believe many people will move out of the city and relocate to many different locations around the country especially now we have all adapted to working remotely and not relying on being in the office during the week.

I hope we can all enjoy the summer ahead and I look forward to catching up with you all soon.

Happy sailing, **Grant McConnel**

Belle Property Dromana, [287 Point Nepean Rd,
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CRAFT FOR SALE

Tasar 2642

Minimum under minimum weight Tasar, English built imported to Australia. Good condition ready to race. This boat has placed top 5 at worlds and was 17th in 2017 Japan. Two sets of sails and jib has only been used in Japan worlds. With beach trolley and old cover. \$6500. Call Murray O'Brien 0400 552 642



Sabre 1929 "Sweet as Candy"

YMS hull, three sails, one of which is an as-new Irwin, YMS trolley, excellent condition and ready to race. This boat belongs to Lauren Candy and has hardly been used since purchased a couple of years ago. \$11,000
Murray O'Brien 0400 552 642

