



# CLUBE NAVAL DE MAPUTO



Nº7 - JANUARY 2013

## THE CLUBE NAVAL CELEBRATES 100 YEARS!

### Centenary

- Armando Mavanga: 'the wise-man of the Clube Naval'.

### Zumba

- The instructor: Claudia Pereira.  
- Useful information.

### Commodore's office

- Boat inspection.

As part of the celebrations of the Clube Naval Centenary, the Board is preparing various activities such as a ceremony with the partners on February 13 and a sailing regatta on February 17.

For the occasion, we interviewed Armando Mavanga, the oldest worker of the Clube.



Armando Mavanga

## CENTENARY: ARMANDO MAVANGA, 'THE WISE-MAN OF THE CLUBE'

Born in Xai Xai, Armando Mavanga began working for the Clube Naval in 1967, he was 25 years old. Currently retired, he continues to work "to move and not getting old". He is part of the six-boat-carer team working at Clube Naval. These are responsible for handling the winch used to put and remove the boats, maneuvering the tractor assisting in this task, storing the boats in the open spaces and in the hangars and assisting the Clube Naval members with their boats.

### How was the Clube Naval at that time?

*'Its name was Clube Naval de Lourenço Marques, it gathered many members who were sailing and fishing. The Clube had still no pool, there were built later in 1974 exactly. In the 1960's we were maneuvering the boat by hand. There were no boxes, but a common roof, which housed all the boats.'*

### Do you remember any anecdote during your working life in the Clube Naval?

*'When driving the tractor and removing boats, I and the tractor slipped twice into the water because of the very slippery ramp and despite all my efforts to control it. Luckily I was not hurt!'*

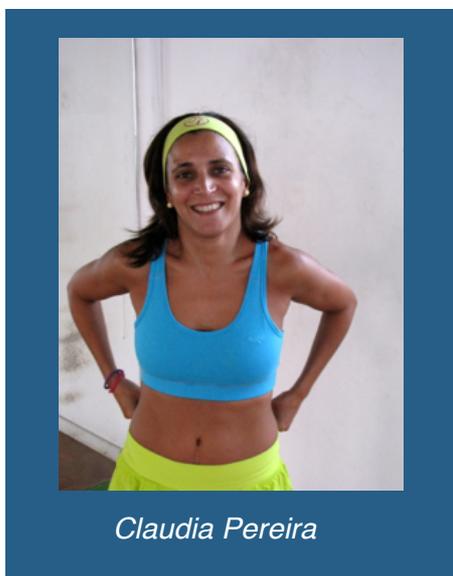
### Do you have any message for the Clube Naval's Centenary?

*'On behalf of the workers, I congratulate the Clube Naval. My 46-year working life were synonymous of harmony and coexistence among workers, I hope it continues.'*

Also known as the wise-man of the Clube Naval, Armando Mavanga is often asked by members about memories of the past. He relates memories including members tricks when they were child, their parents' behaviour and those of their grandparents. It every time ends laughing together.



## THE INSTRUCTOR: CLAUDIA PEREIRA



*Claudia Pereira*

Come discover and practice Zumba with Claudia Pereira!

Certified in this activity by Virgin Active/Durban, dancer and athlete, Claudia Pereira was step and aerobic instructor in the Polana Hotel gym for four years.

She was also a dancer in the National Dance School for six years.

Zumba is the new fitness fever because it's exercise without sacrifice!

It is a one-hour class dancing salsa, merengue, cumbia (Colombia dance) and reggaeton.

Its benefits are numerous, among others: maintaining good physical fitness and healthy weight loss.

It's quite fun, good for body and mind. After each lesson, breathless students are feeling good, saying it's an injection of well being and a pleasant way to eliminate the stress of everyday life!

### USEFUL INFORMATION

TIMETABLES Monday/Wednesday/Friday:  
18h00-19h00

CONTACT 82 12 37 101



## COMMODORE'S OFFICE

### BOAT INSPECTION

The annual inspections of boats registered in the Clube Naval are scheduled on **February 16, 2013** starting from 7:00 am.

List of security equipment required for all boats smaller than 10 meters:

- Lifejackets for all crew as stated in the registration book,
- Ring buoy with 30 meters of rope,
- 3 handheld light flares,
- 2 parachute flairs,
- 2 orange smoke pots,
- Rubber torch with spare bulbs and batteries,
- Metal mirror (stainless steel),
- Sound horn / device,
- V flag,
- VHF or 29 Mhz radio,
- Fixed compass not smaller than 6 cm,
- Spare handheld compass,
- Local navigation charts,
- Valid tide table,
- Two fire extinguishers (minimum 1.5 kg each with a validity of at least 12 months),
- Two metal buckets,
- Complete set of sails (for sailing boats),
- Spare engine in case of single engine boats,
- Boat hook,
- Oars (for small boats and inflatables),
- Anchor with 100 meter rope,
- Spare anchor with rope,
- Emergency helm device,
- Plastic distress sheet of minimum 300 x 50 cm,
- Skippers license.

#### Only for diving boats:

- a. A-flag,
- b. Echo sounder or hand lead line,
- c. Security rope all around the boat.

#### EMERGENCY STOCK

- Floating bottle with a security rope,
- A plastic blanket for all crew members,
- A package of 500 Gr emergency biscuits for every two crew members,
- Security knife,
- 1 litre of water per crew member,
- First aid kit.