

# SUNSHINE BEACH SURF LIFE SAVING CLUB INC



**SEA EAGLE**  
26 October 2011



## Training & Education

### Silver Medallion Basic Beach Management (PC) course

Wednesday 9<sup>th</sup> November 6.00pm – 9.00pm @ Noosa Heads SLSC

Pre-requisites: 17 years or older and hold a Bronze Medallion and at least one of the following; Advanced Resuscitation, First Aid award or Radio certificate

RSVP to lifesaving admin by 31/10/11

### Silver Medallion IRB Driver course – EOI

We are currently taking expressions of interest for a Silver Medallion IRB Drivers course to be run as soon as possible.

Dates will be set as soon as we have an idea of numbers.

Please RSVP admin via phone or email to be included.

## Proficiencies

### IRB Proficiencies

If you are an IRB award holder (driver or crew) and have not yet completed an IRB proficiency this season please note the final dates for proficiencies below and book with lifesaving administration as soon as possible:

12<sup>th</sup> November 8.00am – 9.30am; 9.30am – 11.00am @ Maroochydore SLSC – RSVP 7/11/11

26<sup>th</sup> November 8.00am – 10.00am @ Noosa Heads SLSC – RSVP 21/11/11

You only need to attend one session.

### All Other Proficiencies

Dates for dry sessions:

Thu 10<sup>th</sup> Nov 6-9pm; Thu 24<sup>th</sup> Nov 6-9pm

Dates for wet sessions:

Sun 13<sup>th</sup> Nov 7-12pm; Sun 27<sup>th</sup> Nov 7-12pm

All members, regardless of awards held, must complete a dry session and the theory. If you are a bronzie or SRC holder you must also complete a wet session.

(NB: members who gained their bronze or SRC after June 30 this year do not need to do a proficiency this season).

Booking sheets are on the Actives noticeboard.

Wet sessions start at the NAC @ 7am and surf stuff will commence at 8am. Everyone must do a pool swim and the dry stuff (particularly signals) before they do a wet session.

You can do a theory paper on-line or complete one at the end of the dry session. For information on how to complete the theory on-line go to the 'Member Education' section of the SLSQ website: <http://www.lifesaving.com.au/> Don't forget to print a receipt when you finish your on-line theory. If you turn up to a dry session without this confirmation you will have to do the written paper at the end of the dry session.

### **Certificate II in Public Safety (Aquatic Rescue) Upgrade**

For any member who holds the Bronze Medallion but does not hold a Certificate II in Public Safety (Aquatic Rescue) there will be an additional Certificate II Upgrade Proficiency section that will be run in conjunction with the normal proficiency.

The Certificate II Upgrade Proficiency will only be available for members this year. It has been developed after a Certificate II audit found that a proportion of patrolling members do not hold the Certificate II for a number of reasons however it is a mandatory requirement set by SLSA that any Bronze Medallion holder must also hold the Certificate II in Public Safety (Aquatic Rescue).

### **Active on Committee**

Hi Fellow Actives,

I've been on the beach a bit this week with patrol and proficiency, catching up with a few actives and doing those things we all do to fulfil our obligations. The sun was out and the surf not bad except for a small dumping wave and we all got through nearly unscathed. Except I was once again reminded that I have to get on a rescue board a bit more often through the season when I put myself and my rescue partner over one, sorry again about that Andrew! I was also reminded of how trust and respect is earned and relationships formed through events experienced together. The proficiency crew also had to assist in getting one of our nippers to the beach for first aid after a bad knock to the head from her board. It was good to see everyone swing into action and do what had to be done, also another reminder as to why we need to keep our skills and fitness up to scratch.

Our Actives BBQ is on this Sunday at 4pm and I must thank Patrol no 1 for their assistance in planning for the get together and for volunteering to help make the day a good one by offering and doing the preparation, cooking, odd jobs on the day and in fact hosting this Actives BBQ. They and I are looking forward to the event and meeting other Actives, their partners, Nippers and their Parents. Everyone is welcome in their Trick or Treat gear if they need to rush off to frighten the greater community once the sun goes down.

Patrol 1 has also reached into their pockets to supply a door prize. To be won by an Active Member who attends the BBQ. This prize (a much desired piece of beach uniform if weather is bad) if already owned by the winner can be transferred to the cash equivalent of the prize.

Looking forward to seeing you on Sunday!

**Actives BBQ**  
**Sunday 30<sup>th</sup> October from 4pm**  
**Actives area @ the Surf Club**  
**All Welcome!!!**

Please RSVP for catering purpose by Friday 28<sup>th</sup> Oct to [lifesaving@sunshinebeachslsc.com.au](mailto:lifesaving@sunshinebeachslsc.com.au) or send me a text message on 0418782643

Gerard Broersen – Active on Committee

## Surf Sports

### Noosa Kidz Tri – water safety assistance required

Please contact Peter Nolan if you can help out with the Kidz tri on Saturday.

### Training Attendance Requirements

All members who attend water based training (boards, skis, swims, iron) from Nippers through to Masters must wear a club cap for identification. This is an SLSA directive. If you don't have one you can purchase a cap from reception for \$10. Also from 1<sup>st</sup> February all persons training in the water will be required to wear a fluoro vest, pink for males and yellow for females, in all age groups from Nippers through to Masters. We are currently looking into the supply of these.

### Board & Iron Training

View Max's training program for October on the Surf Sports page of the Club website:

<http://sunshinebeachslsc.com.au/lifesaving/surf-sports/> .

### Ski Training

No Ski training this Thursday due to the Noosa Tri.

Normally Tuesdays and Thursdays 4.30pm @ Noosa Lions with Sharlene Kelly.

Please inform Peter Nolan if you intend using a Club ski.

### Beach Training

Mondays and Thursdays 4.00pm @ Sunshine Beach with Adam Hoy.

### Patrol Obligations

All Active and U15 members are required to complete 25 hours of patrols from 1<sup>st</sup> January 2011 to 31<sup>st</sup> December 2011, Reserve Actives need 12 hours. **Hours completed after Dec 31 this season** go toward next season's competition calendar they **cannot be attributed to carnivals you want to attend later this season such as Branch, State & Aussies**. Please be sure to get your hours up before Dec 31 to avoid disappointment later.

Members who gained their award during the year must also meet a set number of hours (this includes U14 SRC holders who want to compete in U15 events) as below:

Award Gained/Returning member proficiency date	Min. Annual Patrol Hour requirement Active and U15	Min. Annual Patrol Hour requirement Active Reserve
January	25	12
February	24	12
March	20	12
April – September	16	8
October	12	8
November	8	4
December	4	4

### Raffle roster

Sunday 30<sup>th</sup> October – Barwicki family.

Sunday afternoon raffles at the Club are run by our competition members and include Nippers, U15-U17's, Opens and Masters. Everyone has been allocated days; if you can't make your allocated shift you need to organise a swap. Any queries on what is required for the raffles please contact Peter Nolan. You can view the raffle roster on the Surf Sports page of the Club website:

<http://sunshinebeachslsc.com.au/lifesaving/surf-sports/> .

### Upcoming Carnivals

Checkout the list of carnivals this season on the surf sports page of the Club website:

<http://sunshinebeachslsc.com.au/lifesaving/surf-sports/> . Includes bulletins for carnivals that are currently open for nominations.

November 5 (Sat) Mooloolaba Masters Carnival closes 28/10/11

November 19 (Sat) Alex Open Carnival closes 11/11/11

November 20 (Sun) Maroochy Surf Classic closes 11/11/11

December 10 & 11 Sizzler Oceans 38 (round 1) closes 28/11/11

Nomination forms on the Surf Sports noticeboard – Masters nominate for Mooloolaba with admin.

### **Carnival Results**

Check out results for the Alex Seniors Carnival under the carnival section of our Surf Sports page:  
<http://sunshinebeachslsc.com.au/lifesaving/surf-sports/>

### **State & Aussie Titles**

Please let me know if you intend to compete at State and/or Aussies so accommodation can be organised.

Peter Nolan – Surf Sports Officer

## **Nippers**

### **Club Sunday Program**

A reminder to all parents that “we need you” when it comes to running our program. If you can assist with Age managing, BBQ’s, water safety (minimum Surf Rescue Cert required), beach set-up and pack-up or gear & equipment maintenance please talk to your Age Manager or a Nippers Committee member.

### **Training Attendance Requirements**

Under a new SLSA directive, all club members from U8’s through to Masters who undertake water based training are required to wear their club caps whilst training. This is compulsory, if you don’t have a cap on, you will not be allowed to train! Caps are available for sale from Club reception for \$10.

In addition to this, new high visibility singlets will also be compulsory for training and competition from 1<sup>st</sup> February 2012. These are currently being sourced and will be available for purchase shortly.

### **Competition Training Programs**

View the nippers page of the Club website for a complete list of current training programs for nippers:  
<http://sunshinebeachslsc.com.au/lifesaving/nippers/>

#### U8-U10

Tuesdays 4pm – 5:30pm Development/Board Training at Noosa River (Noosa Woods)  
This training is also open to beginners in the older age groups.

#### U11-U13

Tuesdays 6am – 7am Board Training at Noosa River (Lions Park)  
4pm – 5:30pm Iron/Multi Training at Noosa Groyne  
Wednesdays 5:30am – 7am Surf Squad at Noosa Groyne  
Thursdays 4pm – 5:30pm Board Training at Sunshine Beach

#### U14

Mondays 4pm – 6pm Board/Road Running Training at Sunshine Beach  
Wednesdays 5:30am – 7am Surf Squad Training at Noosa Groyne  
4pm – 6pm Iron Training at Noosa Groyne  
Thursdays 5:30am – 7am Board Training at Noosa River (Lions Park)

#### Sprint training – all ages

Mondays and Thursdays 4:00pm

### **Dates for your Diary**

View the Nippers page of the Club website for a complete list of carnivals for the current season:  
<http://sunshinebeachslsc.com.au/lifesaving/nippers/>

November 13 (Sun) Met Caloundra Individuals Carnival (U8-U10) closes 4/11/11

November 19 (Sat) Maroochy Classic (U11-U14) closes 11/11/11

Nomination forms on the Surf Sports noticeboard – outside admin.

Get a copy of the SLSQ carnival calendar at: <http://sunshinebeachslsc.com.au/lifesaving/nippers/>

### **Carnival Results**

Check out the results for U11-U14’s @ the Rainbow Beach Juniors carnival under the Carnival section of our Nippers page: <http://sunshinebeachslsc.com.au/lifesaving/nippers/>

## Club Classifieds

### For Sale

Hayden Compaq Surf Ski – SLSA spec  
A1 condition, very stable, includes paddle & cover  
\$1350.00 ONO  
Contact Dennis 5474 9996 or 0438 853295



## Sponsorship



**Thank you to all our sponsors for your continued support**

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If you know of any businesses or business people who would benefit supporting Sunshine Beach Surf Life Saving Club and our lifesaving efforts please email their contact details to

[nichola@sunshinebeachslsc.com.au](mailto:nichola@sunshinebeachslsc.com.au)

Sponsorship packages begin at \$550.00. We can tailor benefits to suit the needs of any business.

### Supporters Club Entertainment



*Plan your next work function by booking a spot at The Sunshine Beach Surf Club's...*

# Melbourne Cup Luncheon

**Tuesday the 1st of November 2011**

**12:00pm**

**\$45 per person**

*Canapés*

*2 course Lunch, Main and Dessert*

*Complementary glass of Champagne or a pot of Beer  
on arrival*

*Best Hat & Best Dressed Prizes*

*Courtesy Bus Available for your journey to and from  
the Club*

*Big screens to watch all the action.*

*Sweeps*

*Early birds will have the option to book a table on  
our Ocean Deck  
with Million Dollar Views*

*Bookings: Phone 07 5447 5491*

*Address: Cnr Belmore Tce & Duke St, Sunshine  
Beach*

**THE SURF CLUB**



**SUNSHINE BEACH**

**THIS FRIDAY – ONLY 45 TICKETS LEFT  
ONLY \$12.50 FOR MEMBERS**

**Call (07) 5447 5491 Today – Don't Miss Out!**

**THE SIT DOWN COMEDY CLUB PRESENTS...**

**LAUGHS ON US  
AT SUNSHINE**

**MAD MIKE BENNETT**

Supported by  
**Fiona McGary  
& Damien Power**

**Friday 28th October**

Cnr Belmore Terrace & Duke Street  
Sunshine Beach, QLD, 4567

**Bookings Essential: 5447 5491**  
Book for dinner from 6pm, Show 8pm  
**Show Only \$15.00 - Members \$12.50**

**18+**

**WARNING**  
SOME LANGUAGE OR  
CONCEPTS MAY OFFEND

**THE SURF CLUB**  
SUNSHINE BEACH

**Tuesday Trivia**

Aussie Trivia from 7:00pm

**Members Jackpot Draw**

Every Wednesday and Friday at 6.15pm, 6.45pm and 7.15pm

Members must be here to claim the prize. If unclaimed after the third draw the jackpot increases by \$50 per week.

**Thursday Live Entertainment**

Sunshine Beach Local Talent Night – Live Music 6-8pm

**Friday Night Mega Raffles & Live Entertainment**

Meat Trays, Seafood Platter, Fruit & Veg Boxes, \$50 cash, Bottles of wine & more. Come & WIN!

**Sunday Session**

Live entertainment out on the deck 3.00 – 6.00pm

# FRIDAY NIGHT ENTERTAINMENT



**OCTOBER- JUKE BOX  
DANCE THE NIGHT AWAY TO YOUR  
FAVOURITE SONGS**

## SUNDAY SESSIONS ON THE DECK 3 - 6pm

<b>30th</b>	<b>October</b>	<b>Helium</b>
<b>6th</b>	<b>November</b>	<b>Rooftop Therapy</b>
<b>13th</b>	<b>November</b>	<b>Helium</b>
<b>20th</b>	<b>November</b>	<b>The Vibe</b>



**Surf Club Restaurant**

# MONDAY NIGHT STEAK AND SCHOONER

THE SURF CLUB  


**\$15**

250G RUMP STEAK,  
PETITE SALAD, CHIPS, JUS



OR GLASS OF HOUSE RED

# OCTOBER RESTAURANT SPECIALS

Specials \$15.00 and Under!



Peppered Angus Beef potted pie, mash, greens, pastry lid \$14.90



Moroccan spiced chicken, pearl cous cous, spiced yoghurt \$14.90



B.B.Q duck pizza, Hoisen sauce, bok choy \$15.00

Come on in to the club to see our full range of specials for October, including a selection of tempting desserts!

## Facebook



## SUNSHINE BEACH SURF CLUB FACEBOOK PAGE

Please click the link below and like our business page to support the SBSLSC and find out about our latest promotions!

<http://www.facebook.com/pages/Sunshine-Beach-Surf-Lifesaving-Club/120762544667963>

## Courtesy Bus

Don't drink & drive, enjoy everything the club has to offer with door to door service.



Wednesday – from 5:00pm  
Friday – from 4.00pm  
Saturday – from 5.00pm  
Sunday – from 3.00pm

Phone Reception to book the club courtesy bus on  
**(07) 5447 5491**