



August 2011

PO Box 80 Pacific Palms 2428
ppslsc@tsn.cc

Management Committee

for the 2010/11 season

PRESIDENT
Kel McCredie 0416 148 103

VICE PRESIDENT
Mark Martin 6554 0757

TREASURER
Sandra Wilson 6555 4902

SECRETARY
Vacant

ASSISTANT SECRETARY
Carole Agar 6550 9005

REGISTRAR
Sue Williams 6554 0233

CLUB CAPTAIN
Vacant

VICE CLUB CAPTAIN
Vacant

CHIEF INSTRUCTOR
Dave Ellis 0417 654 584

IRB CAPTAIN
Rod Williams 6554 0233

BOAT CAPTAIN
Vacant

CRAFT CAPTAIN
Tracey Turner 0414 747 675

FIRST AID OFFICER
Sue Martin 6554 0757

SPORTS SECRETARY
Mark Brown 0437 760 562

PUBLICITY OFFICER
Pat Powell 6554 2058

RADIO OFFICER
Matt Harrington 0409 787 326

SOCIAL SECRETARY
Nathan Ware 0416 002 050

LNC BRANCH DELEGATE
Julie Yates 0402 701 304

JAC CHAIRPERSON
Andy Staniland 0407 014 238

JAC DELEGATE
Carole Agar 6550 9005

COMMITTEE
Sharon Hope 6554 4355
Becky Hunter 6550 9599

The Huey



In this issue

- President's Message **P.1**
- Between the Flags - Lifesaving News **P.2**
- Surf Sport News **P.3**
- What's Going On at the Club **P.3**
- Gym News **P.4**
- Club Forum **P.4**
- Nipper Notes **P.4**
- From the Chief Instructor **P.5**
- Our Sponsors **P.5**
- What's On **P.5**

President's Message

It's encouraging to see the Club's renovations finally complete. The new training room is up and running and the gym is operating successfully with 53 members currently inducted. The club initiative of Associate Memberships performing 8 hours of tasks within the club as part of their gym membership has been well received. Those members have chosen their jobs, greatly assisting the general running and upkeep of the club. If you opted for this membership, please make sure you have selected your job. All jobs are to commence from 1 August.

Much effort is being put into cleaning up and organizing all areas of our Club, otherwise neglected. The IRB workshop, gear shed and dungeon areas specifically have been given a "makeover" to make them safe, free of clutter and everything given a place. Maintenance is now underway on the northern deck of the clubhouse, with work to be completed by the start of our new season.

Our Club Forum was conducted on Sunday 31 July to identify any shortfalls within the club and to implement strategies to rectify these. Thank you to all club members and members of the community who offered their valuable input.

Our AGM is on Sunday 28 August at 11am. All positions will be offered on the day – job descriptions and nominations forms have been posted out to all members and are also available in the club kitchen. The only pre-requisite for Management Committee positions is that you

have been a member in the previous season.

Other non-Committee positions on offer are management of the club's website, hall hire co-ordinator and apparel co-ordinator. Members new to all these positions will be offered support and training wherever required. Phone me on 0416 148 103 for further information.

Our 25th Jubilee Celebrations will take place at the clubhouse on Saturday 21 April 2012. A working group is formulating plans and any other members are welcome to assist with this.

The 2011/12 patrol roster is soon to be formalised. The club works hard to commit to Surf Life Saving NSW requirements to patrol our beach on Saturdays, Sundays and Public Holidays from September till Anzac Day. If you would like to gain your Bronze Medallion and join our patrols as a proficient patrolling member, just let us know and we'll get you started.

Membership renewals are now due - look for us at the Palms Markets on Sunday 25 September to become a member, renew memberships or for information about the Club.

A number of members have expressed interest in rowing our surf boat on the lake. If you are interested in joining the group, please contact Paddy Cashman on 0428 111 096.

I look forward to the coming season and the many facets of our club the new season brings.

Kel

Welcome to the following new members:

Tom Waterhouse, Glenn Gwynne, Mada Sudana, Tom Kell, Heather Scott, Julie Henry, Dylan Jones, Brad Sanders, Sam Allen, Kerry Morante, Chris Cavanagh, Natalie Maestri, Greg Hope, Lorraine Wilson

Good to have you join us and we hope to see you at the clubhouse during the new season.

If you would like to have an exciting FULL COLOUR emailed version of the Huey and save a few trees in the process, please, send a quick message to ppslsc@tsn.cc and we will add you to the emailing list



AGM SUNDAY 28 AUGUST,
11AM

THE BOOTI BAR WILL OPEN FOR THE NEW SEASON ON FRIDAY 23 SEPTEMBER AT 6PM.

PATROL CAPTAINS

Watching the Public

Lifesavers must use their senses to monitor what is happening around them so they can anticipate and spot trouble.

- Vision - Track the general ebb and flow of bathers.
- Watch for changing weather / ocean conditions.
- Monitor the positions and activities of other lifesavers.
- Hearing - Listen for unusual sounds which might indicate potential danger.
- Smell - Smells can warn of dangers that may be silent and/or invisible.
- Be aware of unfamiliar smells e.g. fuel, gas, smoke.

NOTE: Drowning patients do not all drown in the same way or in the same place. That means that there will always be patients who present different characteristics.

To this end, lifesavers should always think, "If you don't know, go".

A FALSE ALARM IS ALWAYS PREFERABLE TO MISSING SOMEONE IN TROUBLE

Managing Your Patrol

- How often does your patrol conduct roving patrols?
- Do you place signage at access tracks and in front of potential hazards?
- Does your IRB only get used for a rescue or also for proactive patrolling?
- Does your club have an adequate supply of whistles to keep the public in the flagged area?
- Do you extend your patrol past your usual sign off time when required?
- Do your patrol members carry a tube when they are patrolling at the water's edge?
- Do you assign daily patrol roles (flag duty, roving) and rotate regularly?
- Do you relocate the patrol flags as the tide rises/falls?
- Does your patrol promote an image of professionalism, vigilance and service at all times?

BETWEEN THE FLAGS



Our first patrol for the 2011/12 season will be on Saturday 24 September – the off season seems to get shorter and shorter each year – and we will be on the beach every Saturday, Sunday and Public Holiday until Anzac Day, 25 April 2012!

So that we can get our rosters organized in time for the new season, it would be great if everyone could renew their membership ASAP.

We still desperately need IRB drivers and crew – at the moment we have only eight proficient drivers (who also have their Crew Certificate) and a further two members who have their Crew Certificate only. Each patrol needs a proficient driver and crewperson. The more of both we have, the more patrols we can have and therefore less patrolling time for each of us. A number of people expressed interest in doing their Crew Certificate last season, and other members just need to do their proficiency - talk to Rod Williams (6554 0233) for more information.

Proficiency dates are still being organized – watch the noticeboards for more info. Reminder SMS and emails will be sent out to members and we will need you to let us know if you are attending, to ensure we have sufficient examiners to make the day run smoothly.

You will notice a few changes on the beach this season – the blue buffer flags are being replaced with black and white quartered flags. Same meaning, different colour, so expect queries from the public as they get used to the new look. Also, spinal head blocks are no longer to be used and will be removed from our patrol gear.

Surf Life Saving NSW has now completed their review of the red and yellow lifesaver cap, with the vast majority of members voting to retain the cap. So the wearing of our red and yellow cap remains mandatory and we will continue to be identified by this and the rest of our uniform. Surf Life Saving is also looking at the style of our uniforms for the 2012/13 season and beyond and is inviting suggestions – if you have any constructive comments, let us know and we will pass them on for you.

Starting this season, patrols will NOT be required to clean the amenities after patrols. We are calling for Expressions of Interest for this paid work – see ad page 3.

Last season we struggled on with no Club Captain, with only the basic tasks (organising rosters and computer input of data following patrols) being carried out by other members. We are still looking for a Club Captain for the new season. Apart from drawing up the patrol rosters and input of data, the Club Captain ensures that patrols are fully manned according to the requirements of our Patrol Agreement with Surf Life Saving NSW. Perhaps the in-house patrol competition can also be reinstated this year if we had someone to run it. If anyone is interested in this position, have a chat to President Kel (0416 148 103) and get your nomination in prior to the AGM.

See you all back on the beach for the 2011/12 season – don't forget the sunscreen, long sleeved patrol shirt and hat!



The quartered cap has been an iconic symbol of the lifesaving movement for the best part of a century.

Surf Life Saving Australia (SLSA) has completed a survey of patrolling surf lifesavers across Australia about the use of the red and yellow quartered patrol cap.

With an overwhelming 7,200 responses, the vast majority of surf lifesavers voted to keep wearing the patrol cap whilst volunteering on the beach.

With 72.5% of respondents believing that the red and yellow quartered patrol cap provides the best in-water identification of a lifesaver, our red and yellow patrol cap will remain a mandatory part of our patrol uniform.

GEAR INSPECTIONS

It's that time of the year again – Gear Inspections!

This has to be done each year prior to the start of the season, and is a **BIG** job as it includes all the patrol equipment, rescue boards, IRB's, motors, first aid equipment and, if time allows, competition equipment!

We need **YOUR** help to bring all the gear out for inspection and return it to the gear shed afterwards.

If we can get a team together, the workload will be shared and the job done in record time.

If you can help out on **SATURDAY 3 SEPTEMBER** from 8am onwards, please contact Craft Captain Tracey Turner on 0414 747 675. Even an hour would help to reduce the load on the few people who turn up each year to help.

LUNCH SUPPLIED FOR THOSE STILL AROUND AT LUNCHTIME!

What our sporty members have been up to

Good luck to our members competing in the Sun Herald City to Surf on Sunday 14 August
* * * * *

Forster Weekend of Surf is on again on October long weekend – endurance events on the Saturday and U/10 - Masters events on the Sunday. See the club noticeboard for further details.
* * * * *

Dates have now been set for the 2012 State and Australian Surf Life Saving Championships:

- State Age - 2-4/03/2012, Kingscliff
- State Masters - 8/03/12, Kingscliff
- State Open - 9-11/03/12, Kingscliff
- Australian Masters & Open Championships - 24/03/12-1/04/12, Kurrawa, Qld

Put these in your diaries!
* * * * *

The Battle of the Boats has been confirmed for the weekend of 25/26 February 2012
* * * * *

Proficiencies will soon be upon us – get a head start and improve your fitness by coming to our training sessions on Tuesday mornings at 8.30am, also Sunday mornings at 9am. Great way to work off those extra kilos that have crept on over the winter!
* * * * *

Training continues throughout the year on Tuesday mornings at 8.30am and Sunday mornings at 9am. All welcome.

Disciplines offered are swimming, surfing, racing boards, sprint, surf ski, marathon, hill runs, flags, sprint relays and best of all - coffee and cake in the club house afterwards!

Phone Kel 0416 148 103 for more information.

Handicap events are in recess until the beginning of the new season.

Get a head start on the handicapper, and get ready for the dreaded proficiencies, by joining our weekday training sessions on Tuesday morning at 8.30am or Sundays at 9am – all disciplines covered.

WHAT'S GOING ON AT THE CLUB



HAPPY BIRTHDAY TO US!!!

25 YEARS YOUNG

Yes, we've survived 25 years – come and celebrate with us!

When: Saturday 21 April 2012
Where: Pacific Palms Surf Club

Watch this space for further details



POSITION VACANT

Expressions of Interest are called for **WEEKLY CLEANS OF OUR MALE, FEMALE AND DISABLED AMENITIES.**

This paid position is for 1 hour's work following Sunday patrols using ENJO products supplied by the club. Full training given.

Interested persons must have an ABN
* * * * *

The Club is offering the following paid work at functions booked at the club (eg weddings):

- **BAR WORK.** Must have RSA certificate and be prepared to go on the roster for voluntary bar work on Friday nights and carnivals.
- **CLEANING** prior to paid functions. Approximately 3 – 4 hours work each for teams of 2, and teams rostered to share work. Training given and all cleaning products supplied by the club.
* * * * *

For more information please phone the President direct on 0416 148 103 and organize to meet and discuss the details.

THANK YOU

To Dave Ellis & Michelle Genovese

For their generosity in donating furniture to a family in need following the Queensland cyclone.

With sincere appreciation

The Cardwell Refugees
(Jill & Robb Scott)

MEMBERSHIP RENEWALS ARE NOW DUE FOR THE 2011/12 SEASON

Membership forms have been posted to all members – complete and return to the club at PO Box 80, Pacific Palms NSW 2428 with your cheque, or come and see us at the

PACIFIC PALMS MARKETS SUNDAY 25 SEPTEMBER

We will be there from 8.30am to 1pm

AGM – SUNDAY 28 AUGUST 2011

The AGM will be held on Sunday 28 August at 11am at the clubhouse.

All Committee positions will be declared vacant and we are now seeking nominations from members interested in being part of the Management team.

Nomination forms and position descriptions are being forwarded to all members, together with membership renewal forms. Nominations close midday on Sunday 21 August 2011.

It would be great to have some new blood on our Committees!

Committee positions are:

- President
- Vice President
- Secretary
- Assistant Secretary
- Treasurer
- Club Captain
- Chief Instructor
- First Aid Officer
- Boat Captain
- IRB Captain
- Craft Captain
- Sports Secretary
- Registrar
- Publicity Officer
- Radio Officer
- Social Secretary
- LNC Branch Delegate
- Member Services Officer
- Marketing & Sponsorship Officer

Expressions of interest will also be taken for positions on our sub committees (eg Building, Carnival, Sponsorship, Constitution etc).

We also need the following non-Committee people (no meetings involved):

- Club bookings co-ordinator
- Apparel sale co-ordinator
- Web site co-ordinator

If you would like more information on any of these, contact President Kel on 0416 148 103.

Nipper Notes

The Nippers AGM was held on Sunday 3 April, with the following Committee elected for the 2011/12 season:

NIPPER COMMITTEE 2011/12

Chair:	Glenn Gwynne 0428 173 018
Vice Chair:	Matt Bannerman 0410 472 785
Secretary:	Lianna Koller 0418 217 759
Asst Sec:	Carole Agar 0467 471 577
Registrar:	Nick Montague 0422 609 594
JAS:	Matt Bannerman
Gear Steward:	Glenn Gwynne
Publicity Officer:	Ian Sercombe 0425 233 331
Age Managers:	Jacki Medlock Glenn Gwynne Angela Edwards Helena Byrne Matt Genovese Lisa Starling – (Asst) Mal Hunter – (Asst) Andy Staniland – (Asst)
Officials:	Carole Agar

More officials are always needed and training is given to anyone interested. A Level 1 Official's Course is usually held in our Branch early in the season – talk to one of the Committee if you can help in this way.

Some important dates for your diary:

Registration:

- Sunday 18 September – at school fete
- Sunday 25 September – at Palms Market
- Saturday 8 October – at club house (10 – 11.30)

Pool proficiency:

- Sunday 9 October 10-12
- Saturday 15 October 10-12

Start date on the beach:

- Sunday 16 October at 10am

The gym is settling down after a few teething problems with the floor under the treadmill. Kel complained of vibrations as he painted the ceilings below ... nuff said there. So we had to re-arrange everything. The new set up seems to be suiting everyone so now we can think about mirrors and a music system plus improving the stowage for balls and mats and so on.

It is very pleasing to see that members are taking advantage of the new ENJO cleaning gear and that sand is not being brought in. It is not 100% so vigilance is the game. Very impressive and a big WELL DONE!

The membership is up to 53 so far and more joining all the time. 26 are Active members and the rest are Associate, of which 9 are new to the club. Not bad since it has not been openly publicised. There are new members in the pipeline so we are going from strength to strength ideal in a gym.

The signing in system is working well and the info it gives helps in understanding the demands placed on the facility and how we can react. Part of which is one of our aims to get more fit healthy Life Savers onto the beach. Some hardy souls are actually in there at 5ammaybe we need to provide breakfasts ...any volunteers?

On the equipment front the Bike is finally mended. In fact it has been replaced with a brand new one. We should thank Gymquip Fitness for persevering with a difficult problem and coming up with a very prompt solution after having been let down themselves. The rower is being refurbished by our good selves because of the exorbitant cost otherwise. I expect us to save up to \$600!!

TASK time is on us or at least those who have a task based membership. Some have already chosen theirs and are getting stuck in. The list is in the gym so go look and pick and check out with Kel how you are to complete them. I will also be part of the system probably checking that they are done and signing them off. This is very important for the smooth and easy working of the club as a whole. August 1st was the start date so call Kel quick on 0416 148 103. You will find your list next to the sign in log at the gym entrance.

Good luck with your training and finally well done Sharon Hope for the hard work and persistence she has shown in getting fit for her ski trip she has lost kilos (not saying more, it would be impolite) and is looking good!

Steve Withers

CLUB FORUM

16 interested members took part in our Club Forum on Sunday 31 July. Facilitated by President Kel, all were encouraged to share their ideas on all aspects of our club.

Manpower is needed to run our club – Management Committee positions, hall hire co-ordination, web site, club apparel sales, refuse and recycling, gym, Rec Club raffles, RSA staff for club functions and weddings, club cleaning and hygiene – and also the many events put on by the club each year. It costs at least \$120,000 pa to run the club.

Some points raised were:

- Let the community and members know what it costs to run the club and where money is spent
- These days members can't commit to structure, eg weekend work and different family structures
- Run our activities at other venues, eg lake, different beach, to raise our profile in the community
- Create bridge between Nippers and the senior club to encourage older Nippers to progress to Cadets
- Make the social side of the club fun
- Set up a junior action group, so juniors have a "voice"
- Tasks allocated for gym membership create "ownership"
- Value all members
- Entertainment - ask youth what they want
- Teach surf skills (juniors)
- Combine junior and senior events
- Approach grandparents to help
- Create "hook" for youth retention
- Promote surf boat use
- Have a budget for each event
- Improve communication to members, especially new members
- Ongoing service of sponsors (look at offering multiple small Battle of the Boats sponsorships)
- Utilise expertise from community
- Encourage members not to be selfish with their time
- Promote the club as a community facility
- Is there a resistance to "club culture" that prevents new members joining up?
- Designated person for member services

Over to you now – let us have your comments. If you would like to help action any of these points, let us know.



Some of the 16 members who took part in the Club Forum



What competitive member, when discussing the makeup of the 120 years relay team for a recent carnival, asked innocently "are there really competitors that old???"

* * * *

What rookie coach, when starting the board race at a recent handicap sports morning, sent the paddlers off at exactly the right time to have them collide with other members doing their run swim run!

He has been suitably rewarded, and the dress looks gorgeous!

* * * *

With the start of the warmer weather, the Phantom has crawled out of his cave, ear to the ground and ready to pick up any whiff of silliness on Lizzy Beach. So watch out – you don't know who is watching YOU!

* * * *

In order to alert our membership to the many and varied acts of stupidity carried out on a daily basis by our members, the Phantom would appreciate tip-offs, forwarded c/- the Publicity Officer's pigeonhole.

The Phantom reserves the right to exaggerate, embellish and otherwise distort the truth in the interests of a good story.

Time to start thinking about updating your awards – see list below for what's on offer. Note that some of these awards do have certain pre-requisites.

Contact the club to discuss your training needs. Courses will be arranged at our club if sufficient members are interested, or it may be possible to access your chosen course at another club.

New trainers and assessors are always welcome – talk to the Chief Instructor for more details.

Surf Rescue Certificate	Teaches basic patrolling and surf awareness in order to be able to participate in basic lifesaving operations.
Radio Operator	Teaches skills to perform basic radio practices.
Advanced Resuscitation Techniques	Teaches use of O ₂ , airway management and defibrillators during resuscitation.
Senior First Aid	Teaches skills to manage first aid situations until medical support arrives. This course is WorkCover NSW approved.
Spinal Management	Teaches skills to manage suspected spinal injuries.
Silver Medallion Advanced Emergency Care	Teaches skills to manage multifaceted emergency situations in an advanced manner.
Training Officer Certificate	Teaches skills to deliver quality training of SLS awards.
Assessor Certificate	Teaches skills to competently assess SLS awards.
Certificate IV in Training & Assessment	Teaches skills to facilitate quality training of SLS awards.
Bronze Medallion/Certificate II in Public Safety (Aquatic Rescue)	Teaches basic patrolling and surf awareness in order to be able to participate in lifesaving operations.
Silver Medallion Basic Beach Management	Teaches skills to manage a beach in emergency and non-emergency situations.
Gold Medallion	Teaches advanced lifesaving skills.
All Terrain Vehicle Operator (ATV)	Teaches skills to safely and effectively operate an All Terrain Vehicle on the beach and surrounds.
Inflatable Rescue Boat Crewperson	Teaches skills to effectively crew an Inflatable Rescue Boat in surf rescue operations.
Silver Medallion Inflatable Rescue Boat Driver	Teaches skills to effectively drive and manage an Inflatable Rescue Boat in surf rescue operations.
Rescue Water Craft Operator	Teaches skills to effectively drive and manage a Rescue Water Craft in lifesaving operations.

WHAT'S ON AT PACIFIC PALMS SLSC

SUN 28/8/11	AGM, 11am	SUN 26/2/12	Battle of the Boats 2012
SAT 3/9/11	Gear Inspection, 8am onwards	2-4/3/12	State Age Championships
MON 12/9/11	Management Committee 6pm	THURS 8/3/12	State Masters Championships
SAT 24/9/11	First day of patrols	9-11/3/12	State Open Championships
SUN 25/9/11	Open Day at Pacific Palms Markets	MON 12/3/12	Management Committee 6pm
MON 10/10/11	Management Committee 6pm	24/3/12 - 1/4/12	Australian Championships
SUN 16/10/11	First day of Nippers, 10am	SUN 8/4/12	Rock to Rock Swim
MON 14/11/11	Management Committee 6pm	MON 9/4/12	Management Committee 6pm
SAT 3/12/11	Masters Carnival	WED 25/4/12	Last day of patrols
MON 12/12/11	Management Committee 6pm		
MON 9/1/12	Management Committee 6pm		
MON 13/2/12	Management Committee 6pm		
SAT 25/2/12	Battle of the Boats 2012		

THANK YOU TO

OUR WONDERFUL SPONSORS

We couldn't do it without them - these wonderful businesses support both the Senior club and Nippers throughout the year. Please thank them by supporting them wherever you can:

- | | | |
|----------------------------|-----------------------------------|------------------------|
| ■ Dept Sport & Recreation | ■ DEEWR - Jobs Fund | ■ John Gowing |
| ■ The Morgan Mellish Trust | ■ Telstra | ■ David Sparkes |
| ■ Seal Rocks Holiday Park | ■ Pacific Palms Real Estate | ■ DHL |
| ■ Pacific Palms Pharmacy | ■ Harrison Main & McArthur | ■ NBN TV |
| ■ Pacific Palms Seafoods | ■ Paul & Connie Dixon | ■ Pacific Palms Resort |
| ■ Steve Scott | ■ Surgical Specialties | ■ Blueys Retreat |
| ■ Verdich Oysters | ■ J R Richards & Sons | ■ Twin Towns Marine |
| ■ Blueys Cellars | ■ Godwin's Green Energy | |
| ■ John Henry Tree Services | ■ Lucky 7 Palms Oasis Supermarket | |

Residents of Pacific Palms Caravan Park