



November 2009

The Huey

Management Committee

for the 2009/10 season

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COMMITTEE

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Kylie di Battista 0410 172 760



President's Message

Welcome to all our new members - great to see so many new faces across all Club

Memberships, senior and junior. This is your club so take advantage of all it has to offer – contact any Committee member (listed on this page) for information on what is happening in different sections and how you can get involved. Booti Bar is open every Friday at 6pm and is a great place to meet other members and socialise. Bring your own meat to BBQ if you like.

As mentioned in the September Huey, funding for lifeguards on Elizabeth Beach has been withdrawn by Great Lakes Council. National Parks & Wildlife Service has declined taking over responsibility for funding. **THIS MEANS THERE WILL BE NO LIFEGUARDS ON ELIZABETH BEACH OVER SCHOOL HOLIDAYS!** The club is pursuing every avenue to get this decision reversed – I addressed Council at their October meeting and nine members attended Council's Community Strategic Planning Workshop on 27 October to ensure lifeguards were included in the 20 year plan. If you feel strongly about this issue, I urge you to write to Council (PO Box 450, Forster 2428 or email Council at council@greatlakes.nsw.gov.au) to make sure your views are known. Meanwhile, I believe this issue will be reconsidered at Council's November meeting and we await Council's decision.

Other exciting news is that we have been notified that our application for funding under the JobsFund has been successful. This will allow us to continue with the next stage of our extensions, which includes completion of the gym, training room, disabled toilets/shower and extensions to the kitchen and men's amenities.

Kel

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Welcome to the following new members:

Mark Brown, Caitlin Forwood (*Active Senior*)
Stephen Withers, Matthew Deane, Rashelle Morris, Michael Bailey, Gary Southward, Grace Weerheim, William Kennedy (*Probationary*)
Hannah Weerheim (*Probationary Cadet*)
Bob Wilson, Jackie Medlock, Brett Ward, Lisa Starling, Rupert Forwood, Shelby Southward, Mark Tindall (*Associate*)
Paul Clifford, Sarah Bell, Elspeth Brown, Nicole Maltman, Lianna Koller, Matthew Healey, Sally Mullerworth, Paul Rainbow, Angela Edwards, Adam Bayliss, Mark Lawson, Deborah Lawson, Jessica Wren, Kye Cross-Muter, Heath Muter, Adam Salt, Sabrina Vandersteen, Tori Montague, Gillian Weerheim, Matthew Koller (*Parent*)

Good to have you join us and we hope to see you at the clubhouse during the 2009/10 season.

In an effort to do our bit for the environment and save a few trees (not to mention saving a bit of postage), if you would like to have your Huey emailed to you in future, please let us know by emailing the club at ppslsc@tsn.cc making sure you put your name in the email as not all email addresses are self-explanatory!



THE BOOTI BAR IS OPEN EVERY FRIDAY FROM 6PM FOR MEMBERS AND THEIR GUESTS.

PATROL CAPTAINS

Pride manifests itself in actions and deeds.

This season will you

- Lead by example
- Consistently wear the uniform with pride
- Promote activity on patrol – especially in quieter times
- Ensure equipment is clean, checked and ready at all times
- Be proactive about safety in and around the flagged area
- Promote vigilance and preparation even when the risk is low
- Ensure consistent lifesaver presence at the water's edge
- Conduct patrol briefings at the start and end of each patrol
- Set goals for each patrol

LIFESAVING EXCHANGE PROGRAM

The Lifesaving Exchange Program is aimed at Patrol Captains between the ages of 18 to 30 with limited to moderate experience.

The program will provide an exciting opportunity for Patrol Captains to challenge their skills by participating in surf lifesaving activities in a new environment and identify initiatives / methods that can be implemented in their own clubs.

If you would like more information, talk to Pat on 0437 373 029



REMINDER TO ALL MEMBERS!

The keys for the 4WD, Rhino & Boomerang & Shelley access gates are now kept in the locked cupboard in the first aid room.

Please make sure you put these keys back at the end of your patrol / call out.

www.beachsafe.org.au

Check out this new website that contains a raft of beach safety information to help the beach-going public make an informed choice on what beach to visit based upon available beach safety, hazard and risk information related to that beach or area.

The website contains the following information and features:

- Fact sheets on beach safety in English and a variety of other languages
- Search by beach, suburb or town to find information on a particular beach
- Translate the entire contents of the website 'on the fly' into many languages so that non-English reading people can view the beach safety information
- Hazard and risk information on over 11,990 beaches from the ABSAMP database
- Club / Lifeguard service provider information from Surfguard
- Patrol service information provided from Surfguard
- Available facilities at a beach from the ABSAMP database
- Localised weather, forecast, tide and swell information from the Bureau of Meteorology (where available)
- Donate button linked to the Surf Life Saving Foundation
- A link to Lifesaving Online for those who may wish to join a surf club

A host of other features will be made available through the site such as live camera feeds, specialised safety information and interactive games when it becomes available.

Spring is in the air and two of our patrolling members have become engaged - congratulations Julie Yates and Adriene Muscat



The season is well underway and so far there have been no major incidents on our beach. As mentioned on page 1, funding for lifeguards on Elizabeth Beach has been withdrawn by Council and your Management Committee has been working hard to have lifeguards reinstated before a tragedy occurs.

Thanks you to all patrolling members for your time and effort. Your club and the beach going public appreciate your dedication.

Please remember to organize a substitute if you are unable to attend a patrol. Any make up patrols must be approved by the Club Captain or Vice Captain.

The patrol roster for the next period will be out at the end of this month. If you have access to email and are not already on our email database (ie you haven't already received emails from us) please email us at markandsuemartin@gmail.com. This way we can ensure you get your new roster and updated information promptly. All other rosters will be posted out and updates posted on the club's noticeboard.

For those who have yet to complete proficiencies future dates are on the club website.

These proficiencies will need to be completed at other clubs in our branch.

Our first Branch Patrol Inspection occurred recently and top marks go to Patrol 1 who had the best results in the Branch.

Thanks to our Radio Officer Matt Harrington for his tireless work getting our radio coverage improved. Notes on current channels are on the radio cupboard door and in the log book.

Good luck to all new members training for their Bronze Medallion and Surf Rescue Certificate awards. We look forward to seeing you in your patrol uniforms.

Sue & Mark Martin

Visitors to the club will notice a new mast on our roof – this device has been supplied by Surf Life Saving New South Wales to aid radio communication from Elizabeth Beach and our patrol members have already noticed a huge improvement from our previously limited reception.

With just a few glitches still to be ironed out, it looks like our radio reception problems are over. This is great news for the safety of beach goers in our area



News has just reached us that former Club Captain Paul Martin and his wife Stacey are now proud parents of Anabelle Kate, born 7 November 2009 in Canberra.

Congratulations Paul & Stacey!
Grandparents Mark & Sue Martin are recovering!



What our sporty members have been up to

Congratulations to our entrants in the World Masters Games in Sydney in October. Terry Brooker gained gold in the O/60 sprint, flags and 1km run and bronze in the 150+ years beach relay and Pat Powell gold in the 150+ years beach relay and bronze in the 55 – 59 years flags. Terry then went on to compete in the track events at Homebush, making semi finals of his events.

* * * * *

Calling all over 30 years competitors! Come along to the Blueys Cellars Masters Carnival on Saturday 5 December at Pacific Palms and enjoy a morning of friendly competition, and our legendary smorgasbord lunch afterwards. Talk to Kel for more information.

* * * * *

The World Life Saving Championships are being held in Egypt in October 2010. This is a Surf Life Saving/Royal Life Saving event which includes both our regular carnival events and also pool rescue events. It's a fantastic way to meet like-minded people from all over the world, make new friends and also have a great holiday. Phone Pat on 0437 373 029 if you would like to be part of the squad.

* * * * *

Training continues throughout the year on Tuesday and Friday mornings, 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 6554 4712 for more information.

BLUEYS CELLARS MASTERS CARNIVAL

It's great to have **BLUEYS CELLARS** back on board as sponsors of our annual Masters Carnival on Saturday 5 December.

Last year approximately 95 over 30's members from 14 surf clubs converged on Elizabeth Beach to battle it out for our unique trophy – the dunny seat!

Pacific Palms put up a good effort, but the eventual winner was Avoca SLSC, with Forster SLSC a close second.

After the carnival all competitors enjoyed our legendary smorgasbord lunch, which is included in the price of the entry.

Any proficient club member who has the required number of patrol hours is welcome to compete – see Andy or Kel for details.

Club Championships

Three rounds of senior club championships will be held this season, to coincide with Nipper club championship days.

Points from the best two rounds for each person will count towards end of season trophies. Watch the noticeboards for details.

Good luck everyone!

GETTING FIT AT PACIFIC PALMS!

Summer time is upon us and it's time to get fit, and for some members at the Pacific Palms Surf Life Saving Club it is no exception.

Pacific Palms SLSC was fortunate to receive sponsorship from Steve Scott, our ex Boat Captain, to run a free youth fitness program again this year, following the success of the inaugural program in 2008.



Youth Fitness participants L -R Nathan Ware, Andrew Staniland, Jake Turner, Dom Martin, Jyle McNaughton

Unfortunately our kayak day on 7 November with Barrington Outdoor Adventure Centre had to be cancelled due to heavy rain and rising river levels.

It will be rescheduled, so stay tuned!



Palms competitors Kel McCredie and Terry Brooker head out at the Blueys Cellars Masters Carnival 2008

OFFICIALS URGENTLY NEEDED!

At most carnivals (both Nipper and senior) clubs are expected to supply officials, the number depending on the number of competitors.

WE CURRENTLY HAVE ONLY 2 ACCREDITED OFFICIALS!

Would officials who have not yet completed their re-accreditation for this season contact Terry Aldridge urgently (0412 268 932) to arrange this.

New officials are always required, if you are interested, talk to Terry about when the next Officials Course is being held.

This program runs every Thursday for all members aged between 15 and 30. The weekly sessions, run by personal trainer Dan from the Forster Aquatic & Leisure Centre, are a rigorous combination of exercise and fun. The balance between fun and exercise means a good afternoon is had by all, while raising a sweat!

Members enjoy a light snack before training while having access to all the club's facilities, then post training a quick dip in the ocean, followed by a healthy dinner on the deck overlooking the surf.

The Youth Fitness program will run for 7 weeks, finishing just before Christmas, and is open to anyone in the 15 – 30 years age group. The only requirement is that you join the club and complete a lifesaving award – and this looks great on your resume, as well as teaching you new skills!

New members are welcome to join this free program and there are still places available - phone Andy on 0407 014 238 to secure your place.

Sunday Morning Handicap events for the 2009/10 season commence every Sunday at 8.30 am at Elizabeth Beach.

Come and join us!

This year we have a new category of very special supporters of our club – the FRIENDS OF PACIFIC PALMS SURF CLUB!

Donations from these very generous people are helping us maintain our rescue and first aid equipment, purchase fuel for our jet ski and inflatable rescue boat and run training programs for our lifesavers and the community.

Welcome to our new FRIENDS –

- Mrs A Gentle
- Paul Mortimer
- Barbara Davis
- Diana Wells
- Megan & Colin Nicholson
- John & Sue Travers
- Sue & Robert Jaques
- Samantha Evans
- Wayne Summut
- Mr & Mrs Evans Snr
- Helen & Bill Moss
- Janet & Rick Pilz
- Eric & Theresa Gill
- John & Lesley Gelson
- Beth & Ray Reed

Your donations are helping us save lives in Pacific Palms.

THANK YOU!



The first stage of our renovations is just about complete with the installation of the lift – as you can see, still a bit of painting and tidying up to do but we're nearly there! Stage 1 also included renovations to the ladies amenities, construction of the bar and a new storage room and part of the new gym.

We have been fortunate to receive funding through the JobsFund for further extensions – watch out for construction of the rest of the gym, a training room and more storage areas over the next few months, with extensions to the male amenities and kitchen and construction of disabled amenities to follow over winter.

Many thanks to all club members who have helped in any way – we couldn't have done it without you!

NIPPER NEWS

Our nipper season commenced with a tremendous new following - we have had over 60 enrolments, and over half of these are new recruits! The numbers are swelling in all age groups and this boost to our numbers has been an awesome start to the season.

Into our third activity week and even though it was wet and windy those nippers who did show up were in for a very educational morning. Senior proficiencies were in full swing in the clubhouse and our U12/U13/U14 nippers were privileged to have senior first aid training by our Branch President, Phil Spicer, and watched the seniors go through their paces. They also took part in resuscitation training and practice and underwent training as per the surf life saving educational program.

Unfortunately, our Nipper Beach Only Carnival on November 15 had to be postponed due to the triathlon in Forster. A new date will be confirmed shortly – stay tuned! Last week, our nippers underwent march past training in preparation for this great event. Thanks to the senior club members who helped with this.

All U8 - U14 age nippers who still need to finalise their proficiencies should speak to Courtney urgently. Any children who have not completed both of these proficiency swims will NOT be allowed to compete at carnivals.

Parents please note – Nippers are not to ride in the back of the Rhino. This is a safety issue. Parents also note that anyone who drives the Rhino or 4WD must complete a proficiency – contact Dave Ellis on 0417 654 584 to organize this.



Week 2 Nippers of the Week – Jia Healey, Pepper Bannerman and Amber Cashman



Nippers enjoying a tug o' war on Elizabeth Beach on week 2

NEW OPPORTUNITIES FOR MEMBERS

BAR WORK & CLEANING

Quite a few members have put their names down for paid bar or cleaning work at the club - if you would like to be included, get your name in as soon as possible as work teams are being set up right now!

Members interested in bar work will be required to provide a copy of their RSA certificate and be prepared to undergo training to ensure the high standard of service at functions is maintained.

Expressions of interest should be forwarded to the club at PO Box 80, Pacific Palms 2428, emailed to the club at ppslsc@tsn.cc or placed in the locked white box in the kitchen ASAP.

Note that paid work is available for functions where the club has been hired eg weddings, parties only and does not apply to club functions (Friday night bar, carnivals etc).



A Bronze Medallion / Surf Rescue Certificate squad is currently in training and we look forward to seeing these people on our patrols.

An Advanced Resuscitation Techniques course will be held shortly – this new course encompasses the old Advanced Resuscitation Certificate, plus the Defibrillator Certificate and the new suction component.

Senior First Aid will also be held shortly. Let Dave Ellis know if you are interested in any of these courses (phone 0417 654 584)

An IRB Crew Certificate will be held on 21 November at 7am – contact Rod Williams on 6554 0233 for more details.

OUR SPONSORS



Some members have a strange choice of hydration during training sessions. Perhaps those B vitamins do enhance performance, or maybe it just makes our member believe this!

* * * *

A distress call was received recently from a nearly-new jet ski operator (let's call him LF). The jet ski had broken down and he had no idea what was wrong. The IRB was launched and the crew hurried to the rescue, quickly ascertaining that LF's early morning extended run had emptied the fuel tank. On being asked if he had switched to the reserve tank, he replied "Didn't know it had one". Must have slept through that part of his training!

Only problem was that with our new you-beaut radio transmitter, the whole incident was broadcast throughout the branch, to the amusement of everyone listening!

* * * *

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.

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
- John Gowing
- Davenport
- DHL
- Pacific Palms Real Estate
- Harrison Main & McArthur
- MidCoast Water
- Paul & Connie Dixon
- Pacific Palms Resort
- Surgical Specialities
- Blueys Retreat
- Bungwahl General Store
- J R Richards & Sons
- Twin Towns Marine
- John Turner MP
- Stuart Agar

- The Morgan Mellish Trust
- Telstra
- Seal Rocks Camping Reserve
- Residents of Pacific Palms Caravan Park
- Pacific Palms Pharmacy
- NBN TV
- Pacific Palms Seafoods
- Breakfree Mobys
- Steve Scott
- Saxbys Soft Drinks
- Verdich Oysters
- Powertruss
- Pacific Palms Recreation Club
- Blueys Cellars
- John Henry Tree Services
- Yamaha

WHAT'S ON AT PACIFIC PALMS SLSC

SAT 21/11/09	7 am IRB Crew Certificate - details from Rod Williams 6554 0233
SAT 28/11/09	Meet 9am at clubhouse. Board and ski training - let Tracey know if you're coming (4997 6218)
SAT 5/12/09	Pacific Palms Masters Carnival - put your name on the list on the noticeboard
SUN 6/12/09	Nippers Beach Only Carnival - see Courtney or Carole
SAT/SUN 12-13/12/09	Interbranch Championships, Cape Hawke
SUN 20/12/09	Senior Club Christmas Party - bring a plate (put your name on the list at the clubhouse)
WED 30/12/09 &)	Trivia Nights 7pm. Get a table together or come on your own
WED 6/1/10)	\$10/head includes light supper
FRI-SUN 15-17/1/10	NSW Stramit Country Championships, South West Rocks
FRI-SUN 19-21/2/10	NSW Age Championships, Swansea Belmont
SAT/SUN 20-21/2/10	Battle of the Boats
THU-SUN 25-28/2/10	NSW Allphones Championships, Swansea Belmont
TUE-SUN 16-21/3/10	Australian Championships, Kurrawa Qld
SUN 4/4/10	Rock to Rock Swim