

# Between the Groynes



Edition 11 22nd December 2015

## FROM THE PRESIDENT'S PEN

Dear Members,

On behalf of our Board of Management Team we wish all members and your families a very Merry Christmas and a safe and prosperous New Year.

Enjoy the festive season and most importantly stay safe. We look forward to an incident free and beach safe 2016.

The club wishes to Thank Dean Beament for his generosity. Dean on behalf of the Indian Ocean Paddlers (IOP) purchased a ticket in the clubs 100 raffle. The ticket was drawn out for 3<sup>rd</sup> place; Dean and the IOP have donated the \$500 back to the club building fund.

### Safe Beach Enclosure Update:

Please refer to the below link to find two attached articles about the Safe Beach Enclosure:

<http://www.sosslc.com/html/Page.aspx?id=11&Lvl=11,0>

***A club as one is a club of strength!***

**Rob Doherty**  
President

**SoCafe Operating Hours**

Wednesday & Friday Club Dinners  
Meals 6:00 - 7:30pm  
Bar from 6:00pm

Saturday Breakfast  
7:30-9:30am

Sunday Coffee & Muffin \$5 Special  
8-10am

For all up to date & current information follow us on facebook

[SoCafé at Sorrento Surf Lifesaving Club](#)

## EVENTS

### December 2015:

25/12 : Christmas Club Swim

### January 2016:

02/01 : Ocean Swim Series 3  
03/01 : Club Swim  
03/01 : Nippers Restart  
06/01 : Junior Committee Meeting  
09/01 : Ocean Swim Series 4  
09/01 : SunSmart Junior Carnival 2 Sorrento  
10/01 : Club Swim  
11/01 : Rise up Camp Starts  
13/01 : Competition Committee Meeting  
13/01 : Beach Committee Meeting  
16/01 : Ocean Swim Series 5  
16/01 : Masters Friendly  
16/01 : Club Mile Swim  
17/01 : SunSmart Premiership Series Rnd 2  
17/01 : Surf Boat Series Rnd 2  
17/01 : Club Swim  
17/01 : Junior Club Champs 2  
18/01 : Toad Camp Starts  
19/01 : BOM Meeting  
23/01 : Manly Senior Carnival  
23/01 : SunSmart Country Carnival  
24/01 : Manly Junior Carnival  
24/01 : Club Swim  
26/01 : Ocean Swim Series 6  
26/01 : Freshwater Carnival  
30/01 : Senior Club Champs 3  
31/01 : SunSmart Junior Teams Carnival

### February 2016:

03/02 : Junior Committee Meeting  
05/02 : NCTC  
06/02 : Ocean Swim Series 7  
06/02 : Bay to Beach Paddle  
07/02 : SunSmart Surf Premiership Series Rnd  
07/02 : WA Surf Boats Series Rnd 4  
07/02 : Busselton Jetty Swim  
07/02 : Club Swim  
09/02 : Beach Committee Meeting  
09/02 : Junior Players Tea Qualifier  
12/02 : NCTC  
13/02 : SunSmart Junior Beach Qualifier  
13/02 : Ocean Swim Series 8  
14/02 : SunSmart Junior Water Qualifier  
14/02 : Club Swim  
16/02 : BOM Meeting  
17/02 : Competition Meeting  
19/02 : Junior Red Faces

### CLUB DETAILS:

Email: [admin@sosslc.org.au](mailto:admin@sosslc.org.au)  
Website: [www.sosslc.com](http://www.sosslc.com)  
Tel: 9448 1431

### OFFICE HOURS:

Mon, Tues, Wed & Thurs: 9:30am – 2:30pm  
Fri: 10.30am – 2.00pm

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**BUSINESS & MARKETING NEWS – Christine Cougan**



## Christmas Admin Office Hours:-

Mon 21<sup>st</sup> Dec: 9.30am – 2.30pm  
Tues 22<sup>nd</sup> Dec: 9.30am – 2.30pm  
Wed 23<sup>rd</sup> Dec: 9.30am – 12pm  
Thurs 24<sup>th</sup> Dec: **CLOSED**  
Fri 25<sup>h</sup> Dec: **CLOSED**  
Mon 28<sup>th</sup> Dec: **CLOSED**  
Tues 29<sup>th</sup> Dec: **CLOSED**  
Wed 30<sup>th</sup> Dec: **CLOSED**  
Thurs 31<sup>st</sup> Dec: **CLOSED**  
Fri 1<sup>st</sup> Jan: **CLOSED**



**Back to normal office hours on Monday 4<sup>th</sup> Jan 2016**

## S.O.S Sorrento Old Salts Club:-

Looking for retirees with time to spare to join the Sorrento Old Salts Club who are willing to put in some time towards Sorrento SLSC maintenance program.

Please contact Christine Cougan [Business-MarketingDirector@sorrentoslsclsc.org.au](mailto:Business-MarketingDirector@sorrentoslsclsc.org.au)

## Small Business Club:

**Tina's Flowers Padbury**

<http://www.tinasflowers.com.au/>

T: 9307 8766

Tina's Flowers is not another on line relay service so prices do not incorporate any hidden handling charges. We are based in the northern suburbs of Perth and have built a large and loyal customer base because we are passionate about supplying quality flowers at affordable prices. The team boasts a wealth of local and international experience.

## My Physio

<http://www.myphysioperth.com.au/>

T: 9447 6152

My Physio Perth, Sorrento is health professionals, specialising in the assessment, diagnosis, treatment and management of physical dysfunction. They believe in prevention and work in collaboration with our patients to provide a long term solution, rather than a quick fix. Physiotherapy can help to reduce pain and stiffness, improve mobility and allow you to recover from injuries more effectively.

**Special Offer to Members** (1/2 Price initial consults and 10% subsequent consults).

# Tina's Flowers



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COMPETITION NEWS – Claire Rafferty

## Christmas Day Novelty Club Swim!

Come dressed in you finest Christmas swimming costume. Starts at 9am (no times recorded).

Well done to all athletes that competed over the weekend, in our Club Champs and the Endurance Championships. Next Senior Carnival is on Sunday the 17<sup>th</sup> January 2016. For all those parents who are getting confused please remember athletes U14 to Masters are Senior athletes and only compete in Senior Carnivals! Junior Carnivals are for U10 – U13.



Enjoy your time off over Christmas and we will see you in the New Year!!! Sunday Club Swim re commences on the 3<sup>rd</sup> January and if you have time come and join us at 9.00am on Christmas Day for a Christmas swim, all welcome.

## AUSSIES 2016-:

Please make sure if you haven't already put your Touring Forms in please, do so as soon as possible. We also need your size for the Aussies Jackets.



**Aussie early bird registrations** are out. This is a payment of \$85 until the 4<sup>th</sup> February then it goes up to \$100. All entries close on the 17<sup>th</sup> March. Take advantage of the discount and pay as per normal through the gate way. Please make sure you clearly write your name, age group and title it Aussies 2016.

ONLINE PAYMENTS;

[https://pnpnet.qvalent.com/OnlinePaymentServlet?cd\\_community=SLSA&cd\\_currency=AUD](https://pnpnet.qvalent.com/OnlinePaymentServlet?cd_community=SLSA&cd_currency=AUD)

The events next year will be split over 3 venues on the Sunshine Coast - Qld - Maroochydore (Water events), Alexandra Headland (Lifesaving, Board Riding & Boats) & Mooloolaba (Beach events).

We have secured accommodation at 2 venues in Mooloolaba-:

- **RAFFLES Mooloolaba**
- **MANTRA Group Mooloolaba.**

This is only a 10 min drive from Maroochydore. TRANSPORT WILL BE YOUR OWN RESPONSIBILITY THIS TIME.

Prices range from \$200 per night for a 1 Bed Apartment (2 people) Up to \$395 per night for a 2 Bed Apartment (4 people).

We have a variety of 1 & 2 bedroom apartments that range in price!

Contact: Peta Watkins - 0400 094 482

## BOATS NEWS-:

It's training as usual with the next carnival on the 17th January. Anyone wishing to try out the Boats just contact Watto on 0419 471 470, or come down on Saturday mornings at the club. We meet at the boat shed and go from there.

Also we are still collecting old Car/truck batteries to raise funds for boat equipment.

Yours in Boats,  
Watto

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JUNIOR NEWS – Ian Smallwood

## Christmas Windup:

Well it turned out to be a pretty full on day with nipper activities taking place in the morning until the Big Man in the Red Suit turned up, lollies were handed out and Santa listened to what they all wanted for Christmas, then on to the Bouncy castles. Lots of Nippers having lots of fun, always a good end to the year.

Thanks to Bronte Dhue and her helpers for selling the wrist bands and handing out the Channel Nine Santa hats. Thanks also to all of the volunteers that helped man the Bouncy castles, The Youth, Patrolling members, Adrian and Noel, and anybody else that I have forgotten to mention. It was fantastic to have so many helpers.

## Junior Carnival 2 Sorrento Saturday 9<sup>th</sup> January:

A reminder that you need to get your registrations in ASAP. This carnival is at our beach so you should make an effort to participate as this will lift our eligibility status for States.

The office will be closed over the Christmas break and you don't want to miss out or have to pay the late fee. Also by registering early your age manager can organise teams.

## Silent Auction Winners:

Congratulations to **John Buckley** on winning the Red Nipper Board and **Shane Burch** on winning the Green Nipper board in the silent auction. Please email Claire on [CompetitionDirector@sorrentoslc.org.au](mailto:CompetitionDirector@sorrentoslc.org.au) if you have any questions.

The Junior Committee and I look forward to seeing you all next year. Have a Merry Christmas and a happy New Year!



## CLUB DEVELOPMENT NEWS – Watto

On the **16th January** the **Joondalup Brothers Rugby Teams** will be coming to our club for a have a go day! Also the North Coast Tri Club will be in attendance. It would be great if we could have some of our Senior athletes attending to provide a bit of competition in both water and beach events. Other events on this date are the Mile Swim starting around 9am as well as a Masters friendly starting at noon followed by a Sundowner.

What a great time could be had by all!

Regards,  
Watto

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CLUB SERVICE NEWS – Leanne Lewis

Ho Ho Ho another Christmas is upon us and the festive spirit was all around the club on Sunday, with the nippers wind up and Santa taking time to listen to all the wish lists. The Richards Patrol in the morning had their very own Santa Sandy who bought the cheer to a glorious morning whilst keeping an eye on all those who made the most of our own Paradise beach.

## So Café:

This Wednesday 23rd December is our last shift until the New Year! Please book your table to ensure you don't miss out. Call or text Krystal 0405492850 or message on facebook - SoCafe at Sorrento Surf Lifesaving Club.

**\$12 Club Dinners:** Steak Sandwich, Cheeseburger & Chips, Vege Burger & Chips, Chicken Caesar Salad and Chicken Thai Massaman Curry.

**\$5 Kids Menu:** Spag Bol, Nippers Burger and Curry (1/2 Serve).

*Merry Christmas to All & Happy New Year from all the Staff & Volunteers at SoCafe!*



One for the Diary – [Sundowner on Saturday the 16th of January](#) commencing around 3.30pm. Come and have a few quiet ones with friends and family. Bring your nibbles and good cheer.

If you feel like having a bit of a go at competing, in any discipline, and you have your bronze medallion, (even if you have never done anything like this before) there is a [masters friendly carnival](#) on from 12.00pm also on the 16th of January. This will involve a few of our neighbouring clubs who want to have a bit of fun and is hosted by Sorrento. The Sundowner will follow on from this.

Well I will close the year off by saying a very Big Merry Christmas to all our members and their families, and everyone please stay safe and enjoy this wonderful time of year. See you all in the New Year.

## LIFESAVING NEWS – Garry Bunford

Please remember that patrols will run as normal over Christmas with the exception of **Christmas Day** which is a **volunteer patrol** day that normally starts at around 8 to 8.30 and finishes 12 noon.

The Beach committee wishes you and your families a very Merry Christmas and a Happy and Safe New Year!

Thank you for giving up your time to watch over the people at Sorrento, to prevent the loss of life in our aquatic environment and beyond.

Congratulations on all you do to save lives, create great Australians and build better communities and to quote our president Rob Doherty 'A club

## Upcoming Patrols over the Holidays:-

Sat 26/12	9am-1pm	ROBSON PATROL
Sat 26/12	1pm-5pm	AUSTIN PATROL
Sun 27/12	9am-1pm	WILLIAMS PATROL
Sun 27/12	1pm-5pm	DUNCAN PATROL
Mon 28/12	9am-1pm	ROGERS PATROL
Mon 28/12	1pm-5pm	ROSE PATROL
Fri 01/01	8am-11am	SHELTON PATROL
Fri 01/01	11am-2pm	RICHARDSON PATROL
Fri 01/01	2pm-5pm	GENEFF PATROL
Sat 02/01	8am-11am	ARBUCKLE PATROL
Sat 02/01	11am-2pm	ARTHURS PATROL
Sat 02/01	2pm-5pm	EVANS PATROL
Sun 03/01	6am-8am	VOLUNTARY ABALONE PATROL
Sun 03/01	8am-11am	BROOKMAN PATROL
Sun 03/01	11am-2pm	HARDING PATROL
Sun 03/01	2pm-5pm	MCDONALD PATROL

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as one is a club of strength!' I believe we have shown that we are one club this season.

## Patrol Captain:

Please remember that the duty Patrol Captain is the person in charge of the beach unless in rare occasions or if a major incident takes place the Lifesaving Director or Duty Officer may take control of the situation, which is the next natural progression. In major incidents and when safe to do so all members are to report to the duty Patrol Captain this includes the Junior IRB water safety (Evan Bunford) coordinator, Junior Age Managers, Coaches and other members that are proficient in their awards.

## Fitness to Attend Patrol:

Please ensure that you turn up for your rostered patrol! I appreciate your understanding on this matter please refer any questions to the Lifesaving Director.

## Pollock Patrol:

Congratulations to Marc Saupin and his patrol team when there was a marine sighting at the MAAC club on Sunday. Marc would like to give Special Mentions to the following members;

- Keith Solly - SRC and his first patrol - sighted a person who appeared to be in distress western point of Hillary's Marina - IRB deployed person was ok.
- Lexi, Joshua and all other other patrolling members- all did a fantastic job getting swimmers out of the water - ensuring all beaches were covered.
- Luke Laycock and Jarrad Nash - Crew who had engine troubles but managed to get the IRB back to shore, where Paul and Margaret managed to get them an engine to change over allowing the IRB to return safely to the controlled beach.

Marc would like to apologise if he missed any one by name in the above special mentions.

## Requais:

Please remember if you have not done your requal you will be unable to patrol. All competitors must have 16 hours in order to compete.

## 10 Ways to Look After your Mental Health:

*The festive season is a time of joy and spending time with loved ones, but it can also be one of the most stressful and lonely periods of the year. During the December rush - frantic present buying and New Year party preparations - followed by the sudden 'lull' of January, it is important to try and remember how to maintain your mental health and wellbeing. Here are 10 ways to take care so you can avoid feeling overwhelmed.*

### **1. Talk About Your Feelings**

It's hard to admit that at such an exciting time of year, you don't actually feel that great. But talking about your feelings can improve your mood and make it easier to deal with the tough times. It's part of taking charge or 'self-managing' your mental wellbeing and doing what you can to stay healthy. It's important to create space for these conversations and also worth identifying who you can speak to if you are concerned about your wellbeing.

### **2. Eat Well**

Christmas is typically a time of overindulgence, but what we eat can sometimes impact on how we feel. For example, too much sugar can have a noticeable effect on your mental health and wellbeing in the short and long term. Christmas wouldn't be Christmas without a little bit of overindulgence, but a good tip is to

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balance this out over the festive period – everything in moderation!

### 3. Keep in Touch and Reach Out

When putting the finishing touches on holiday plans, we can often become distracted from the support systems around us and lose our footing. Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head, keep you grounded and help you solve practical problems – enjoy this time to catch-up.

### 4. Take a Break

The holiday season is the perfect opportunity to take some time out of your day to day life, and gain some perspective to reflect on the year. Whether spending time away from home or having a stay-cation, re-energise by giving yourself a change of scene or pace it's good for you! Practicing mindfulness can help you unwind.

### 5. Accept Who You Are

Some of us make people laugh, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. If you have mental health problems, don't feel pressured to do more than you feel up to. Remember Christmas is just one day of the year! So whether alone or with others this Christmas, celebrate who you are.

### 6. Keep Active

It's no surprise that very hot weather is not the greatest motivation to get you out of bed and on a 5k run! But research shows that doing exercise releases chemicals in your body that can make you feel good. Regular exercise can boost your self-esteem and help you to concentrate; sleep and feel better. Exercise also keeps the brain and your other vital organs healthy. So use that Christmas spirit for physical health as well as mental health.

### 7. Drink Sensibly

Some people drink to deal with fear or loneliness, but the effect is only ever temporary. Christmas parties encourage socialising and it's very easy to get carried away, but know your limits - it's important to maintain your personal wellbeing too.

### 8. Ask for Help

Donning a Christmas jumper can make us feel pretty special, but none of us are superhuman. At times we all get overwhelmed by how we feel, especially when things go wrong. If things are getting too much for you in the next couple of months and you feel you can't cope, ask for help.

### 9. Do Something You're Good At

What do you love doing? What activities can you lose yourself in? Enjoying yourself helps beat stress. As busy as the holiday season gets, try and keep up the activities and the hobbies you enjoy all year round. You could turn these into festive activities, like making gifts, or socialising with friends, before spending time with family over the Christmas and New Year period.

### 10. Care for Others

Present-buying is not the only way of showing that we care about others. Christmas is the perfect time to reach out to loved ones who you haven't spent much time with in the past year; ask how they've been and whether they have plans for the holidays. Caring for others is an important part of keeping up relationships with people close to you. It can even bring you closer together and make you feel good.

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