

Between the Groynes

Edition 18 3rd June May 2014



FROM THE PRESIDENT'S PEN

Activity around the club doesn't finish just because its winter. The boaties and a handful of paddlers made the annual trek down to Albany last weekend for the Surfcraft challenge. Some great results and I am sure that they would have celebrated in true boatie style to cap off the weekend.

So what's happening this weekend? Answer – lots.

Ian is holding a board repair session this Saturday from noon. All helpers would be appreciated.

We have **round 4 of the IRB racing program** at Scarborough this Sunday from 8am. Sorrento will be competing hard going into the second half of the season. The swell looks good so there will be plenty of excitement and action for the spectators. Make sure you get down there if you can and support the Sorrento team.

Round 3 of the Pool Rescue Series is on Sunday at challenge stadium. See details below.

We also have been asked to assist with the planting of native coastal seedlings at Sorrento Beach this Sunday at 2:00pm. City of Joondalup Councillor Mike Norman, who is a great friend of our club, and his volunteers from the "Friends of Sorrento Beach" do a fantastic job in looking after our coastline so if you can spare some time to come down and help out with this great cause it would be much appreciated.

Also don't forget everyone is welcome on a Sunday morning for a refreshing and relaxing swim with "stingers" every Sunday morning at 9am.

Leif Hinrichsen
President

TREE PLANTING DAY AT SORRENTO SURF LIFE SAVING CLUB.

Calling all Parents; Nippers; Members; Family and Friends, we've been asked to assist with the planting of thousands of native coastal seedlings at Sorrento Beach on Sunday, 8th June at 2:00pm. These will be planted in the dunes near the Surf Club. The area has been quite degraded, due to trampling of the dunes before the new fence went in. More trampling by the crowds occurred this summer, especially with the arrival of Steven Sealbergs onto our beach. This Sunday, Mike Norman who is the Coordinator of "Friends of Sorrento Beach and the Chairman of Joondalup Community Coast Care Forum" will be explaining and educating everyone as what to do, and why we are doing it. Hopefully you'll be able to join us for a sausage sizzle afterwards and we will have the bar open as well. Please come along and assist with this important task.

(If you're able to assist with the Sausage Sizzle please contact Ian Smallwood on: 0430 046 215 – your assistance will be greatly appreciated.)

EVENTS

June 2014:

- 08/06: Pool Rescue Series R3 @ Challenge Stadium
- 08/06: IRB Series Round 4
- 08/06: Tree planting @ Sorrento
- 14/06: SunSmart Surf Board Riding Championships
- 15/06: IRB Series Round 5
- 22/06: AGM at SSLSC at 2:00pm
- 29/06: IRB State Champs

CLUB DETAILS

Email: adminassistant@sorrentoslsc.org.au
Website: www.soslsc.com
Tel: 9448 1431
Mobile: 0413568155 (AH)

OFFICE HOURS:

Mon, Tues & Thur : 9:30am – 2:30pm
Wednesday & Friday : Closed

So Café and Bar open on Wednesday nights from 6pm. Tasty bar meals are available on Wednesday nights and the bar is open on Friday nights. Also open this Sunday following tree planting



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ADMINISTRATION – AGM Sunday, 22nd June 2014

CUT OFF FOR NOMINATIONS: This MONDAY, 9th June '14

We hereby give notice that the Sorrento SLSC Inc. Annual General Meeting is to be held on Sunday 22nd June 2014 at 2.00pm. Registration for the 2014/2015 season will commence at 12:00noon.

Members are invited to provide appropriate contributions of General Business not less than 14 days prior to the Annual General Meeting. These items should be received by the office at admin@sorrentoslsc.org.au before: **Monday, 9th June 2014.**

Election of Club Office Bearers.

All positions will be declared vacant at the AGM and the election of officers for the 2014/2015 season will take place at the AGM. If you would like to nominate for Club office bearers role, please contact the office on 9448 1431, email admin@sorrentoslsc.org.au or speak directly to the existing club office bearer. Nominations need to be received by the office not less than 14 days prior to the AGM. **These Nomination Forms can be found on the SSLSC website.**

Positions available are: President, Club Services Director, Business and Marketing Director, Finance Director, Life Saving Director, Assistant Life Saving Officer, Junior Director, Assistant Junior Activities Officer, Competition Director, Youth Development Director, Education Officer, Patrol Officer, Registrar, Under 18 Officer, Hon. Auditor, Constitution Committee Member 1, Constitution Committee Member 2, Constitution Committee Member 3, Life Member Committee Member 1, Life Member Committee Member 2, Life Member Committee Member 3.

SO CAFÉ AND BAR HOURS

Exciting News !!! SoCafé has a new Short Order Cook. We are open for DINNER on Wednesday nights from 6pm to 730pm, subject to demand.

Krystal has experience preparing meals for various intolerances, including gluten and lactose, as well as specific macro requirements. Please advise at time of booking to ensure an option is available.

There will be a rotating menu each week. The Menu for Wednesday June 4 is:-

- Garlic Bread \$5
- Soup of the Day \$5
- Spinach & Ricotta Ravioli with Bolognese or Napolitana Sauce \$15 Caesar Salad with Tempura Prawns or Chicken Strips \$15 Garden Salad \$5 Chips \$5

Kids Menu available on request. Bookings appreciated, please contact Krystal 0405492850.

So Café will also be OPEN this Sunday, 8th June from 2:00pm onwards, come in and enjoy the atmosphere after the Tree Planting in the Dunes.

OPEN on WEDNESDAY NIGHTS

from: 6pm

Dinner and Drinks SPECIALS

OPEN on SUNDAY AFTERNOON

from: 2pm

Enjoy a Sausage Sizzle and Sunset Drinks after the Tree Planting session.

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BARBAGALLO



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ALBANY SURF CHALLENGE: Sunday, 1st June 2014 - Report by: Watto and Muzz.



Last Sunday 1st June saw the annual trip for the surf boats to Albany to compete in the Albany Surf Challenge. This year as in the first year we competed we had 5 Ski paddlers from Sorrento also compete.

Results were good as the Open Ladies Crews made up of Sally Bakker, Kristie Kunstman, Rebecca Ferrier and Kristen Morris sweep Watto came in 2nd and the made up crew with Richelle McSweney, Alexis (u19s) and 2 from Mullaloo Kathy Park (X Sorrento) and Rebecca (u19s from Mullaloo) with TC as sweep taking out 3rd in open Ladies. Good effort by all our Ladies.

In the Open Men's crew came in 4th behind two very strong Nth. Cottesloe teams and Scarboro. Muzza, Luke Ferrier (chuckie) Bruce and Jarod with sweep Jeff Anderson in just over an Hour and seven minutes. Well done boys.

In the Masters 200 years crew we saw very strong competition from a few younger masters crews with Mike Uglow, Mike Crane, Sam Gannon (alias Mark) and Kevin with sweep Neil Rowse rowing for Sorrento coming in 4th.

Ski paddlers did well with Ron Clarke picking up a First in the 180+ single ski, Karen (Scarboro) winning ladies and masters section, (we can claim her as she stayed with us) and Amanda Bowman also winning the Open ladies, Josh Drummond finished second in the Open single (His younger brother from Bunbury finished third) in the ski section. Earl and Dave make up the rest of the team that travelled and all had a wonderful stay with plenty of fun and laughter had by all.

Thanks to Mike Uglow for Sunday Lunch (crayfish entre) and burgers to die for and also Kristie for her Spaghetti Bol Saturday Night (carb loading) as well as Apple crumble and Syrup Cake with custard.

This year saw the Boatie of the year Award being shared between Mike Crane and Sam Gannon. Well done to everybody for a great year in the boats and we look forward to next season.

We will return to Saturday morning training as a group and invite all club members who would like to try rowing to come along at 7am Saturday mornings and join in.

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COMPETITION: Graham Nash

Pool Rescue Series Round 3 Challenge Stadium 08/06/14

Andrew Ridley will be holding a **FREE training session on Sunday, morning from 11:30am-12.45**, at Challenge Stadium prior to the competition starting at 1pm. All competitors are welcome to attend. Please meet Andrew in the foyer area at Challenge Stadium.

Surf Board Riding State Championships Secret Harbour 14/06/14

Cost \$40.00

Entries close: 05/06/14 @10pm

The SunSmart Surf Board Riding State Championships are going to be held at Secret Harbour SLSC on the 14th June starting at 8:00am. **Entries to this event close tonight at 10pm.**

Events will include:-

Longboard Riding for ages: 30-39; 40-49; 50-59; 60 and over - male and female; Open male and Open Female.

SurfBoard Riding for ages: 30-39; 40-49; 50 + Mixed; Open male and Open Female; U/15; U/17; U/19 Male and Female.

NIPPERS : Ian Smallwood

Country Carnival (Esperance 25th January 2015)

The 2014 - 2015 Country carnival will be held in Esperance. If you are intending on going, it would be a good idea to book your accommodation soon or you will miss out.

SOCIAL EVENTS

“Forget about the workout ... Just Lose yourself in the music and find yourself in shape at the ultimate Dance-Fitness Party!!”

ZUMBA comes to Sorrento with international instructor KerryG. KerryG has over 20 years of experience in the fitness industry and have tried all sorts of classes and exercises but nothing compares to **ZUMBA Fitness**. Zumba is amazing fun, high energy, easy to follow and more importantly it works.

Want to lose weight, tone your tum, banish those bingo wings, whilst having fun? Then this is the class for you. Prepare to be amazed.

KerryG looks forward to seeing YOU in her class. This **FIRST CLASS** is a **FREE class** on Tuesday, 17th June, so get you group of friends together; Age Group Challenge ... and contact Kerry via text or call to book your spot on-: 0417 860 009.

Classes will be held every Tuesday and Thursday morning at 9:30am

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