

Between the Groynes

Edition 29 21st October 2014



FROM THE PRESIDENT'S PEN

It is with great sadness I announce the passing of Megan Epding and Trish Cook.

Long time and great club member Ron Epding's daughter Megan suddenly and unexpectedly lost her life at such a young age of 35. Our deepest thoughts go out to Ron and Gail for their sudden loss.

Trish Cook the wife of deceased Life Member and past President Earl Cook and Mother of one of our past great club athlete Paul Cook, recently passed away.

On behalf of the Board of Management and the whole Sorrento SLSC family our thoughts and condolences go out to Ron and Gail Epding and Paul Cook.

A club as one is a club of strength!

Rob Doherty

President

SLSWA NEWS

Almost 20 WA surf lifesaving clubs will receive new Inflatable Rescue Boats (IRBs) and All-Terrain



Vehicles (ATVs) in the coming weeks in the latest distribution of capital equipment funded by the Department of Fire and Emergency Services (DFES).

In recognition of SLSWA and its clubs as WA's peak coastal safety organisation, DFES provides significant funding to purchase, maintain and replace equipment to assist clubs in providing the highest level of surf lifesaving services.

EVENTS

October 2014:

- 25/10 : SunSmart Board and Swim Series Round 2
- 25/10 : WA Boat Series Round 1
- 25/10 : IOP Race 2
- 25&26/10 : Club Requals 9-11am
- 31/10 : Junior Halloween Disco

November 2014:

- 01&02/11 : Level 1 Coaching Course
- 01/11 : Club Swim – Have a Go Board
- 01&02/11 : Anaconda Adventure Race
- 01&02/11 : Coolangatta Gold
- 08/11 : Club Swim – Have a Go Board & Swim
- 08/11 : IOP Race 3
- 09/11 : SunSmart Beach Series Round 3
- 09/11 : SunSmart Board and Swim Series Round 3
- 14/11 : Sunset Ski Series Race 2
- 15/11 : Member Senior First Aid Course
- 15/11 : Club Swim – Have a Go Swim, Tube & Belt
- 16/11 : SunSmart Ironman Series Round 3
- 16/11 : Member Senior First Aid Course
- 16/11 : WA Boat Series Round 2
- 16/11 : Navy Surf Boat Series Round 1
- 19/11 : Competition Committee Meeting
- 21/11 : Junior Preliminary Evaluations
- 22/11 : IOP Race 4
- 22/11 : Club Swim – Have a Go Ski
- 22/11 : Indian Ocean Paddlers Down winder
- 23/11 : SunSmart Pre-Season Cup Grand Final
- 23/11 : Junior Club Champs 1
- 27/11 : Sunset Ski Series Race 3
- 28/11 : Junior Competition Evaluations
- 29&30/11 : The Doctor Ski Race
- 29/11 : Club Swim – Have a Go Ski
- 30/11 : Nipper Joint Age Group Interactions
- 30/11 : Navy Surf Boat Series Round 2

CLUB DETAILS

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

OFFICE HOURS:

Mon & Tues - Thurs & Fri : 9:30am – 2:30pm
Wednesday : Closed

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SOCIAL NEWS

SoCafe Operating Hours:

Wednesday: Dinner 6-7:30pm

Bar 6-9pm (subject to demand)

Friday: Dinner 6-7:30pm

Bar 6-9pm (subject to demand)

Saturday: Breakfast 7-9am

Coffees 7-9am (subject to demand)

Sunday: Coffees 7:30-10:30am (subject to demand)

Juniors will have the BBQs cranking, come down and support their fundraising efforts.

We would not be where we are this season without the generous help from all our kitchen and bar volunteers. If you or your team would like to come down and help please contact Deb Levey at barmanager@sorrentosslc.org.au

We have had some issues with our Combi Cooker lately, however we are doing our best to overcome and work around this. The marvellous Mick Saunders is currently investigating a donation/sponsorship deal for new equipment.

We are available for function bookings. Please contact Deb Levey barmanager@sorrentosslc.com.au for further details.

To keep in touch with the latest news please follow us on Facebook - SoCafe @ Sorrento SLSC.

Regards,
Krystal Kotkis



FRIDAY 24TH OCTOBER
FRIDAY HAPPY HOUR
Live entertainment
DAVID LAZARUS
from 6-8PM

OKTOBERFEST
COME DOWN SUPPORT YOUR CLUB
ENJOY THE ATMOSPHERE AND GERMAN BEER!

WSTW Bogan Bingo SHOW

HALF GAMESHOW, HALF PARTY
and more Aussie than a Bali prison

SORRENTO SURF LIFE SAVING CLUB ON FRIDAY 7TH NOVEMBER 2014 @ 7.30PM

\$ 15 EACH

BOOK NOW PH: 9449 1431 OR EMAIL ADMIN@SORRENTOSLSC.ORG.AU
TABLES OF 6 TO 9 OR INDIVIDUAL BOOKINGS. BRING ALONG FRIENDS & FAMILY (MA+)
BYO NIBBLES. BAR OPEN.

WWW.BOGANBINGO.COM

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NIPPER NEWS – Ian Smallwood

The junior season got off to a wet start on Sunday, but it didn't stop the hundreds of Nippers that turned up all wanting to get in the ocean. The New member induction was bought forward an hour to accommodate the early finish and lots of people filled the hall. Thanks to all of the board members that attended.

The sausage sizzle sold out so we made a good profit, so keep on eating. We also started the season off again with egg and bacon burgers. This is now going to be a regular thing so when you get down the beach head to the balcony

where you can purchase one.

Friday 31st October we are holding our Halloween Disco, cost is \$7.00 per nipper, see attached flyer. Parents wishing to eat on the night should contact Krystal at barmanager@sorrentosisc.org.au to order your meal. If the fryer is working Potato salad will be replaced by chips.

Regards,
Ian Smallwood
Junior Director



HALLOWEEN DISCO

Friday, October 31st

U6-U9 5:00-6:30pm
U10-U14 7:00-8:30pm

\$7 per nipper

Sausage Sizzle and Other Goodies Included

DJ: OUR VERY OWN JEFF XAVIER



Halloween Dinner - Parents Choice

Caesar Salad with Grilled Chicken or Garlic Prawns \$15

Scotch Fillet Steak Sandwich \$10

Served with Potato Salad

Chicken Breast Burger \$10

Served with Potato Salad

Veggie Burger \$10

Served with Potato Salad

Add Fried Egg for \$1

Gluten Free Burger Bun Now Available for \$1

Bookings and Pre-Orders Preferred.

See form on bar or email barmanager@sorrentosisc.org.au

Due to technical issues, we are not currently serving hot chips.

Apologies for any inconvenience.

Find us on Facebook for all the latest news!

SoCafe @ Sorrento Surf Lifesaving Club

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BARBAGALLO



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YOUTH NEWS – Nicole Dhue

Sorrento Challenge: Thank you to all our youth members who volunteered their time to assist as water safety or as a marshal on Saturday at the Sorrento Challenge. An event such as this would not take place without people like you!

Congratulations to our youth members that participated in the Sorrento Challenge. We are very proud of our volunteers and competitors.

Bronze Medallion: Neil Rowse has very kindly offered to run some courses for our youth to obtain their Bronze medallion as a group. If you are 15 or older and would like to obtain your Bronze with the group starting in approximately two weeks' time, please email Nic at nicoledhue@hotmail.com.

There will be another course offered early in the New Year. Please contact Nic if you wish to participate in this course.

Please note that numbers are limited.

Saturday Sessions: Please meet at the boat shed at 8:45 with your pink vest. For our youth members that have not done their requal, this week is a great opportunity to complete it together (it will take just over 2 hours). For our members not doing their requal this week we still want to see you on the beach and be prepared to get wet!

YIP's: It is never too late to sign up! If you are interested or need your log book updated, please see Nic or Deb before or after each Saturday session. Be rewarded for what you do!

New Name: We are looking for a name for our group. Please forward all your suggestions to nicoledhue@hotmail.com.

Social Ideas: What do you want organised for your group? Your committee would like to organise social events for you. If you have any suggestions please pass them onto your committee members - Milo, Jarrad, Libby and Tash or email Nic.

AUSSIES 2015 DONATIONS – Peta Watkins

The 2015 Aussies Touring Team are asking for donations for a Christmas raffle.

Gifts of any type - Cosmetics, Accessories, Vouchers, Chocolates, Wines, Condiments etc.

We will be collecting donations from now, selling tickets during December and drawing the winner on Saturday morning 20th December.

Thank you, the touring team appreciates your kindness,

Peta Watkins
Team Manager

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COMPETITION NEWS – Claire Rafferty

Please make sure you have registered for Round 2 of the Ironman Series at Mullaloo and the Boat Series at Lancelin on the 25th October. Registrations close on Wednesday the 22nd October. Please register on the sheets located on the competition notice board. Please don't leave it to the last minute as my smile starts heading south! While you are there you may also want to register for the Board and Swim and Beach Series at Sorrento on our home Beach.

Please make sure if you are going to compete at the Aussie titles this year, you need to secure your accommodation as soon as possible. We have only booked a number of 1 and 2 bedroom apartments. Once these have been taken it will be up to individuals to find their own accommodation. As we are going as a team it would be great to all stay together. So please check the Sorrento website to download touring team details.

Please hand in to the office your downloaded information sheets as soon as possible. If you have any queries fundraising please contact Peta Watkins (Team Manager).

All coaches please make sure your athletes are doing at least 2 Sessions of the Strength and Conditioning program a week to get any benefit out of the program. Jeff will also be available on Thursday nights at the club between 6.30-7.30pm to monitor athletes. I suggest younger competitor's use this time as one of your sessions, so Jeff can address any issues or technique problems you are having.

Please be aware Introduction of monthly programs will usually be the 1st Sunday of every month. Please make sure to sign the Strength and Conditioning attendance book and date it when you do the program.

Boat/Craft: 8.00am
Beach: 9.00am (These times are from October onwards)
Water: 10.00am

Jeff is also conducting an open session for any active members who wish to do something extra on a Sunday mornings starting from the 5th October at 7 – 8.00am. Great for those members who would like to increase their fitness for the Season. A strength and Conditioning timetable will be displayed in the Gym.

All competitors you can find information on the Athletes Facebook Site/ Club Newsletter/ Sorrento Website or the Competition Board in the Boat Shed.

Attention: All competitors there is now an early bird payment available to pay for the 4 metro carnivals and states at \$110.00 which is over a 10% discount. Please make your payment through the online gateway.

Regards,
Claire Rafferty
Competition Director



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FIRST AID NEWS – Priscilla Rafferty

My name is Priscilla Rafferty and I will be your First Aid Officer for the 2014/2015 season.

My role is to oversee first aid equipment, keep the first aid room and supplies stocked and eventually train people in basic first aid.

I am a Registered Nurse and am very excited to utilise my knowledge and learn new skills specific to surf club. I look forward to working around the club and getting to know everyone this season.

My daughter Taylah is in the U14s green caps this year.

Can you help? I am seeking volunteers who are interested in being trained in first aid. You do not need to be able to swim, as you are only required to provide first aid to people on the beach. Please contact me on 0415 335 750 or email kobytays@hotmail.com if you're interested.

Regards,
Priscilla Rafferty
First Aid Officer



R&R NEWS – Sue Lemmon

Meeting Saturday 25 October 3pm: Calling all past, present and future R&R teams or individuals. There will be a meeting on Saturday 25th Oct, if you cannot attend this meeting please send someone who can represent you. If you're not in a team and want to be, email me your name and age group and I will get back to you with further details.

Sorrento SLSC had a very successful season last year and we would like to see the efforts of the teams continue. We would like to increase the amount of teams at all levels.

If you are even thinking about wanting to be part of a team and don't know what R&R is come along, all welcome. There will be an R&R demonstration for the Nippers on Sunday 26 October.

The sooner we get teams sorted, the sooner we can start training, first carnival is Sunday 14 December, Floreat.

Note: There is an R&R workshop on 15th November at Scarborough from 9am-12pm. This is a great opportunity to have an understanding of this great event so get down to Scarborough and have a look.

Regards,
Sue Lemmon
R&R Captain
slemmon@bigpond.com

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GOLD & BRONZE MEDALLION NEWS

Gold Medallion: Prequel swims this Sunday 26th Oct at 9am. 800m swim in 14 minutes.

Bronze Medallion: Bronze course begins this Saturday 25th Oct at 9am.

RESCUE BOARDS - Brenton Rose

DOLPHIN SURFCRAFT

Dolphin Nipper Board Rescue Board

Introducing Dolphin's new nipper "board rescue" board.
Designed specifically for the board rescue race.
Rear handles further back, recessed handgrips in each rail, and
a flatter forward deck to accommodate two paddlers.
Contact now to order or for a demo paddle.



CONTACT
BRENTON ROSE - 0418 229 033
WA AGENT for DOLPHIN SURFCRAFT

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ZUMBA WITH KERRY G

Come along have fun and get in shape for summer, with Zumba Tuesdays & Thursdays at 9.30am. Kerry Gibbons email: zumbawithkerryg@gmail.com



UNIFORM SHOP OPEN HOURS

Wednesday nights: 6-7pm

Sunday mornings: 8-10am



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