

Between the Groynes

Edition 34 25th November 2014



FROM THE PRESIDENT'S PEN

Can I please urge all available members to become involved in the SLSWA Street Appeal day which is scheduled for Friday 5th December?

ALL funds raised by Sorrento members go directly back to our club and assists with the upkeep of our facilities. Including, but not limited to, the recent Gym refurbishment and the upgrade of the Male Change Rooms and the proposed future upgrade of our Female Change rooms.

It is a very beneficial day to our club with little commitment from our entire member base.

A club as one is a club of strength!

Rob Doherty
President

EVENTS

November 2014:

- 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

December 2014:

- 04/12 : Level 1 Officials Course
- 05/12 : SLSWA Street Appeal
- 06/12 : Club Swim – Have a Go Boat/IRB
- 07/12 : SunSmart Junior Carnival 1 – Coogee Beach
- 07/12 : Ironman Busselton
- 13/12 : Club Mile Swim – Have a Go Boat/IRB
- 13/12 : Level 1 Officials Course
- 14/12 : SunSmart Premiership Series Round 1
- 14/12 : Navy Surf Boat Series Round 2
- 19/12 : Sunset Sprints Surf Boats Cottesloe
- 20/12 : Club Swim – Have a Go Sprints/Flags
- 20/12 : Ocean Swim Series 1
- 21/12 : Christmas Windup
- 27/12 : Club Have a Go Sprint/Flags

January 2014:

- 03/01 : Club Swim – Have a Go Board
- 03/01 : Ocean Swim Series 2
- 04/01 : Nippers Restarts
- 10/01 : Club Swim – Have a Go Board/Swim
- 10/01 : Ocean Swim Series 3
- 11/01 : SunSmart Surf Premiership Series Round 2
- 11/01 : Navy Surf Boat Series Round 3
- 16/01 : Sunset Sprints Surf Boats
- 17/01 : Club Swim – Have a Go Swim/Tube/Belt
- 17/01 : IOP Race 5
- 18/01 : SunSmart Junior Carnival 2
- 24/01 : Club Swim – Have a Go Ski
- 24/01 : Manly Senior Carnival
- 25/01 : SunSmart Surf Premiership Series Round 3
- 25/01 : Junior Country Carnival 3
- 25/01 : Manly Junior Carnival
- 26/01 : Ocean Swim Series 4
- 26/01 : Freshwater Carnival
- 31/01 : Senior Club Championships Day

UNIFORM SHOP OPEN HOURS

Sundays 8am-10am

Wed night will be open only on the listed dates from 6pm-7pm. In the lead up to Christmas the shop will open on Dec 3rd and 17th. There are plenty of great gift ideas and stocking fillers available for all the family.

SO CAFÉ OPEN HOURS

Wednesday & Friday Nights

Dinner: 6-7.30pm
Bar: 6pm onwards

Saturday Morning

Breakfast: 7-9am
Coffee: 7am onwards

Sunday Morning

Coffee: 7am Bar: 10.30am onwards



CLUB DETAILS

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

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FINAL BRONZE REQUAL DATES

After reviewing the Bronze requalification list for this season there are names that appear to have not yet completed the Bronze requal for this season.

The **LAST opportunity** we're offering you to complete your Requal are listed below:-

- Saturday, 29th November starting at 9am
- Sunday, 30th November starting at 9am
- Saturday, 6th December starting at 9am
- Sunday, 7th December starting at 9am

Please note these will be the last possible times to do this as all Trainers and Assessors will be unavailable after these dates.

SLSWA STREET APPEAL

Once a year we are given the opportunity to raise funds for our Surf Club by actively participating in the annual **"STREET APPEAL."**



All money raised will assist the Sorrento Surf Life Saving Club to pay for various upgrades to your Club Facilities, Purchase of New Equipment and to support the general running of all departments within the Sorrento Surf Life Saving Club.

We have secured some awesome locations for this year's Street Appeal; thus making your **'Sorrento-Tin-Shaking'** experience an easy one. These locations include Sterling; Warwick; Greenwood; Whitfords and Edgewater Train Stations; Perth CBD Locations: on the Cnr of Hay & William St; Plaza Arcade; Carillon Arcade; Piccadilly Arcade (all Murray Street end) together with Karrinyup Shopping Centres. All of these locations have spots available on the roster where you can assist/

We do not expect you to **"Shake your Sorrento Tin"** for the whole day; but being able to assist for a couple of hours would be greatly **APPRECIATED !!!** Please sign a tin out; take it into work, get your work colleagues involved ... ask your children's school or sporting clubs for a gold coin donation on the day; get your Family members and Friends to support Make a fun-filled day with Family and Friends collecting money for your Surf Club on **Friday, 5th December**. Return to the Club on Friday night for a free Sausage Sizzle and Drink to celebrate our collections.

Please come and collect your tins form Rita Berry on the following dates;

- Wednesday 26th November from 6pm in the SoCafe
- Saturday 29th and Sunday 30th from 8am in the Boat Shed
- Wednesday 3rd December from 6pm in the SoCafe

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AUSSIES 2015 DONATIONS – Peta Watkins

FINAL CALL - 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.

Peta Watkins
Team Manager

COMPETITION NEWS – Claire Rafferty

Amazing effort at the Pre-Season Carnival on Sunday with some outstanding results in very trying conditions. As the Competition Director watching our athletes in the water gave me a new appreciation for the training needed to do what they do!

Our beach competitors once again showed their skills in the sprint and flags events. Special mention to Jacko who celebrated his 21st in style, running for Sorrento!

Coaches awards for the carnival went to; Tom Hodgkins, Ellie Jones and Macarah Mallis, well done to those athletes. Please find me during the week to receive your \$50.00 uniform shop vouchers.

Individual Pre-Season Carnival results can be seen on the SLSWA website with our club coming 3rd overall. Once again great effort and I look forward to a wonderful 2014/15 Season.

Please make sure you have registered for: The Navy Surf Boat Series on the 30th November at Mullaloo with registrations closing on Wednesday the 26th of November. You can now register for this event on the registration sheet on the Sorrento Competition board and pay \$10.00 online.

Good luck to everyone competing.

The first SunSmart Premiership Carnival is on the 13th December at Floreat Beach with the rego sheet already on the competition board, please fill in the sheet and pay \$20.00 online as soon as possible.

Thank you to everyone that came down to the club for the Sundowner on Sunday. It was good to see so many of you celebrating our great start to the Season.

I am also looking for volunteers to help with the Doctor event on the 28th and 29th November. If you have some spare time to help with regos Friday or Set up on Saturday please contact myself, Josh Drummond or Leanne Lewis through the club.

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For all athletes going to the Aussie Titles 2015 Early Bird Payment of \$85.00 is now open on the Aussie Website. This makes it a lot cheaper so try to get it done. Early Bird entries close on the 29th January then it will be \$100.00.

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

ATT: 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 GATEWAY AS USUAL. (Deadline for this payment is the 8th December).

Please make sure if you have any items for the Christmas raffle please contact Peta Watkins.

Claire Rafferty
Competition Director

SOCIAL NEWS – Leanne Lewis

The club hosted the West coast down winder on Saturday seeing around 130 local, interstate, and international ski paddlers land on our shore after a 24km paddle from Port Beach, in very trying conditions. Well done to the competitors and thank you to the volunteers who helped out and saw it all run smoothly.

The Sundowner on Sunday afternoon was well attended and the band played a good mix of music. Krystal's BBQ dinner proved to be a winner and everyone seemed to enjoy themselves.

Once again thank you to the band of volunteers who made it all happen, with Norm Miller helping Krystal on the BBQ and behind the scenes in the kitchen working away tirelessly was Sandra Herbert, Stephen Thomas and Jean Thomas. Mike Wren assisted Deb Levey in the bar to keep everyone hydrated.

Rita Berry was around all weekend not only handing out the Street Appeal cans but keeping everything clean and well organised. Our events could not run successfully without a team effort from volunteers.

SORRENTO
SURF LIFE SAVING CLUB

Wednesday
31st December 2014

Mad Hatter's NYE PARTY

Come along to the Club on New Year's Eve for the Mad Hatter's Party - 7pm to late.

Live DJ 8pm-12mn
BYO food/nibbles.
Bar open at great prices.
Put it in you diary now and book your limo and or babysitter!!!
More details shortly!

Dress standards:
MUST wear a hat.
Funny, sensible or totally crazy. Prize for best male and female hat!

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Next weekend we are hosting a big event called the Doctor. A ski paddling event with competitors from around the world, interstate and lots of locals. This promises to show case our club as the competitors come in on Friday night for their registration and briefing. Saturday sees them take off from Rotto around 2pm with the top athletes taking around an hour and a half to paddle the 27km. They will then celebrate for a while and have their presentations.

We need many helpers to make this big event go smoothly and anyone who wishes to be a part of our volunteer crew please contact Leanne Lewis or the office. Thankyou to all those who have already put up their hands.

Leanne Lewis
Club Services

LIFESAVING NEWS – Garry Bunford

The board of directors and beach committee would like to acknowledge the efforts of the Leavers Patrol last Sunday and in particularly **Gaye Humphries** and **Claire Rafferty** who conducted a resuscitation at Hillary's while on patrol.

The patrol was called over to the shop area by some members of the public to treat a lady who was having convulsions. When the patrol arrived had stopped breathing. Gaye and Claire administered CPR and the patient resumed breathing. An ambulance was called and the patient is recovering well thanks to the efforts of these two members.
Well done Leavers Patrol!

JUNIOR NEWS – Ian Smallwood

Nutri-Grain Nippers Clinic: This Thursday 27th November at 4.00pm we will have two iron people at our beach, Hayden Allum and Maddy Dunn. They will be here to help with the clinic and afterwards we will all adjourn to the courtyard for a Q & A session and to get autographs. We have a number of water bottles to give away that can be signed by the athletes. Water safety will be a must so be prepared to get in the water.



Junior Carnival 1 Coogee beach: The first junior carnival for the season is on the 7th December at Coogee beach. Entries must be in no later than the 3rd December. The cost is \$10.00 per entry. You can pay through the online payment gateway, ensuring that you put in your name age group and Sorrento WA.

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Volunteers: We now have a couple of people that have put up their hands, to coordinate the Sausage sizzle and junior events. We still need more people to volunteer to help lighten the load, so if you can help please see me on the beach or give me a call.

Wave Warriors: Wave warriors was held on Saturday at Mullaloo beach and according to Gavin Humphreys the kids that attended had a ball.



SLSWA NEWS

Alice Walker is a smart woman. Not only is she an activist, author and Pulitzer Prize winner, she also has a pretty good motto to live by – “‘thank you’ is the best prayer that anyone could ever say.”

Here at Surf Life Saving WA, we couldn't agree more. We received a letter of thanks today for a rescue on Sunday November 13 that moved everyone at Surf House and Scarborough SLSC, and we wanted to share it with you:

Surf Life Saving WA operates surf lifesaving patrols at more than 30 West Australian beaches, with volunteer surf lifesavers keeping beach-goers safe. Our volunteers love what they do, and are only too happy to donate their time to patrol our coast. They don't really mind if they don't ever get thanked.

But it is still wonderful to receive this kind of gratitude and recognition. And as we rely on community and corporate support to keep saving lives, every donation - no matter how small - is also gratefully received.

If there is someone you can thank, go say thank you. It might just make their day - because this letter certainly made ours.

Dear Life Savers,

My donation to you (as small as it seems to me) is a thank you for saving my youngest grandson (one of 8) from the rip at Scarborough last Sunday. It is more a miracle for us as he is one of a family of 4 boys, one disabled, and with their dad (my son) are coping with the loss of their wife and mum who passed away in July.

The donation is a small price to pay for his life, but as an 80 year old pensioner, it's all I can afford. My grandson was fine after your first-aid efforts and a short time in hospital.

So once again, thank you very very much for the wonderful care you take of everyone.

Flora 13th

Dear Life Savers

My donation to you (as small as it seems to me) is a thank you for saving my youngest grandson, (one of 8) from the rip at Scarborough last Sunday.

It is more a miracle for us as he is one of a family of 4 boys, one disabled, & with their dad (my son) are coping with the loss of their wife, Mum, who passed away in July.

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SUMMER CAMPS USA

Summer Camps are an American tradition where children head off to a camp each year over their summer break and have a great time taking part in activities and learning new skills. Each year, IEP sends Australian's to the USA to work as camp counsellors. The roles involve being a leader, a role model and a friend to the kids. It can be a challenging job but for the right people, it's often a life-changing experience. The young Australian's we send over each year often come back with a whole lot more confidence, life skills, having made international contacts and friends and had a summer they'll never forget.

Australian's are in high demand – we need people who are ready to depart either late May or early June 2015 and can commit for 8 – 10 weeks at camp. It might suit some of your members who are taking a gap year before or after university, or perhaps to consider doing once they've finished their studies.

We're holding FREE information sessions throughout Australia and we'd love to give your members (and their parents) the opportunity to come along and find out more. In the next few weeks we'll be creating a promotional flyer with details of these events and it'd be great if you could help us promote this by forwarding onto your members. It'd also be great to be featured in an upcoming newsletter (if appropriate) and on your Facebook page (if you have one).

If you would like to find out what previous Summer Campers have said about our program then log on here:

<https://www.youtube.com/watch?v=h3US1AavVGc>

<https://www.youtube.com/watch?v=IYUYZGcUO3s>

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