

# Between the Groynes

Edition 19 10<sup>th</sup> June 2014



## FROM THE PRESIDENT'S PEN

My thanks to the surf club members; families and friends for their assistance with planting about 700 *Spinifex longifolious* seedlings in the dunes from the club house north to the central beach access steps yesterday. Christine, recorded about 40 people (adults and children) attending yesterday. Well timed, it just started to rain a bit as everyone finished. I've been informed that the kids in particular really seemed to enjoy this activity.

I would appreciate if everyone could encourage the nippers to stay out of the dunes as these seedlings establish themselves, which will take at least a year – I expect that the planting survival rate will be very high if the seedlings are not trampled to death by foot traffic! Once the seedlings have established and start to bush up, they then tend to dissuade dune entry, and the Spinifex will certainly slow down, even stop, the amount of sand blowing up onto the lawned areas each year.

A friendly reminder to everyone about the upcoming AGM which is going to be held on Sunday, 22<sup>nd</sup> June. Registration for the 2014/2015 season will commence at 12 noon, with the meeting due to start at 2pm. Below, is a list of our nominees, for the season, these nominations closed off on Sunday, 8<sup>th</sup> June 2014. Good luck to everyone!

Leif Hinrichsen  
President

## 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@sorrentosslsc.org.au](mailto:adminassistant@sorrentosslsc.org.au)  
Website: [www.sosslsc.com](http://www.sosslsc.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



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ADMINISTRATION – AGM Sunday, 22<sup>nd</sup> June 2014

Don't forget the AGM is to be held on **Sunday 22<sup>nd</sup> of June 2014 at 2.00pm**. Existing Members have the opportunity to renew their membership for the 2014/2015 next season prior to the AGM from 12noon.

Notification will be sent out to all current members when the 2014 annual report is available on the Club Website. In the meantime the Club Constitution has been placed on the website under 'Club Information – Governance & Strategy' please read this prior to the AGM.

Nominations for Office position closed yesterday, below are the nominees-:

Club President	:	Robert Doherty
Past President	:	Leif Hinrichsen
Club Services Director	:	Leanne Lewis
Club Business & Marketing Director	:	Christine Cougan
Finance Director	:	Tony Sheard / Martina Crowley
Competition Director	:	Claire Rafferty / Graham Nash
Club Development Director	:	Peter Watkins or Ron Clarke
Life Saving Director	:	Garry Bunford
Assistant Life Saving Officer	:	Nikki Owen
Patrol Officer	:	Leif Hinrichsen
Junior Activities Director	:	Ian Smallwood
Assistant Junior Activities Officer	:	Keiron Burke
Education Officer	:	Paul Berry
Constitution Committee	:	Jillian Dielesen
		Terrance Colby
Life Membership Committee	:	Ken Jenner
		Terrance Colby

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

## YOUTH NEWS

Clear your calendars, the YOUTH BEACH PARTY will be Friday 27th June from 6:30pm to 10:30pm.

Your \$10 ticket includes a Mechanical Surfboard, food and a drink!

This Party is for the Youth of SoSLSC and their friends - anyone and everyone from U15's to U19's are welcome, including non-club friends.

In order to go ahead we must sell 100 tickets by Friday 20 June. Tickets are available at the Bar on Wednesday and Friday nights. If you need to arrange an alternate time to collect your tickets, please contact Krystal Kotkis 0405 492 850.

Volunteers are still required as chaperons, a DJ and some food handlers. Please contact Krystal if you are available.



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NIPPERS : Ian Smallwood

## Country Carnival (Esperance 25<sup>th</sup> 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, 17<sup>th</sup> 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

## LIFE SAVING

### Senior First Aid Course:

Any members wanting to complete a Senior FIRST AID course are to please express their interest at the office on-: [adminassistant@sorrentoslsc.org.au](mailto:adminassistant@sorrentoslsc.org.au) / Subject: Snr. First Aid.

The cost of this course will be \$100 and will be held on Saturday, 28<sup>th</sup> June from 8-4pm. This will cover a commercial First Aid certificate.

### Winter Bronze:

Many thanks to Laurie Mott who is currently running a Winter Bronze Medallion Course. Good luck to all those members that are participating. If you cannot attend a session please notify the office 9448 1431 or let Laurie Mott know -:

[Laurie.Mott@riotinto.com](mailto:Laurie.Mott@riotinto.com)

### Gold medallion:

The gold medallion is a physical assessment and I am excited to inform all members that we have our first two candidates taking their Gold Medallion assessment this weekend. There are some additional members who will be commencing their prerequisite courses so they can attempt their Gold Medallion.

### IRB Crew Course:

The IRB crew course will start on Thursday, 24 July 2014. You will receive an email prior to this, to outline course details and start time.

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## IRB Driving Course:

The IRB driver course will start on the 26<sup>th</sup> June 2014; this will run for ± 6 or more weeks. These IRB drivers will then be able to assist with Patrols during the busy season.

## First Aid:

Do you know that Sorrento Surf club can offer accreted course's to your business or you as a members at competitive prices this can be done during winter month if you want a first aid course please let the office know.

## Water Safety for Avon Descent 2014:

EXPRESSION OF INTEREST!!!

Sorrento members; who would be interested in assisting as water safety for the 2014 Avon Descent?

As a volunteer, you will have the opportunity to:

- Get front row seats to all the action
- The opportunity to observe and learn skills effectively demonstrated by Avon Support Crews such as Swift water Rescue, white water rapid negotiation and basic rescue techniques utilised in a moving water situation.

For those volunteers interested you must:

- Be 18 years of age or older
- Hold a minimum of a current SLSA Bronze Medallion
- And be willing to braves the colds of the Avon Descent to learn and observe some invaluable skills.

Food and camping facilities will be provided for those volunteers who volunteer to aid in this event?

Please e-mail your expression of interest to the club Office [adminassistant@sorrentoslsc.org.au](mailto:adminassistant@sorrentoslsc.org.au) and cc:

[lifesavingdirector@sorrentoslsc.org.au](mailto:lifesavingdirector@sorrentoslsc.org.au)

Subject: Avon Descent 2014

## Education team:

Bye-Bye to Laurie Mott and Ronnie Morris!!

It is with regret that Ron Morris who has been at the helm of the education team for more than seven years and Laurie Mott have both decided the time has come to have a rest. I am sure all members will join me in thanking both Ron and Laurie for their hard work over the seasons.

## IRB and Roy Grant

Again it is with regret that I have to inform you that Roy Grant has also decided to stand down from his role as IRB Manager and again I am sure all members will join me in thanking Roy for his dedication over the past couple of years that he has put into the IRB area in both the patrols and competition area.

## New aid for training:

You will see that there is a TV in the training room I would like to thank Mick Saunders for the donation of the TV and Laurie Mott and Ron for the assemble of the TV great work, this will make training more accessible and easy.

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## Lifesaving:

Currently the beach committee are in care taker mode until after the AGM and we hope to implement new ideas for next season

Yours in lifesaving

Garry Bunford

Director of lifesaving 2013/14

## COMPETITION

### **Pool Rescue Competition:**

U/11's – U/14's and U/15's to Open and Masters.

Represent Sorrento and enjoy some winter Surf Life Competition.

**Training** is held on Thursday nights at Craigie Leisure Centre- to attend please call Andrew Ridley on 0408 298 725

### **Next Event:**

**Pool Rescue Round 4, Challenge Stadium 22/06/2014, 1pm-5pm**

*This is a team's event, please enter competitors.*

Cost: \$11.00 (payment via the club gateway)

### Event List:

1. 4 x 50m Obstacle Relay (U11/U12, U13/U14, U15, U17, U19, Open, 30 +)
2. Line Throw 10m (U11, U12, U13)
3. Line Throw 12.5m (U14, U15, U17, U19, OPEN, 30+)
4. 100m Patient Tow w/fins (U11, U12, U13)
5. 4 x 25m Manikin Relay (U15, U17, U19, Open, 30 +)
6. 4 x 50m Medley Relay (U11/U12, U13/U14, U15, U17, U19, Open, 30 +)

### **Other Important Dates:**

**Pool Rescue Round 5 Program, Challenge Stadium 05/07/2014, 1pm-5pm**

**State Champs: 26<sup>th</sup> & 27<sup>th</sup> July 2014 (more information to follow)**

## SORRENTO CHALLENGE

Competitive event planning is well underway for the 2014 Sorrento Challenge (Perth's only Adventure race) to be held on Saturday, 18 October 2014.

We also have opportunities with Sponsorship in the following categories and any enquiries to Kevin Penny 0427 458 697 or email [kevin.penny1956@gmail.com](mailto:kevin.penny1956@gmail.com)

- **Naming Rights Sponsor**
- **General Sponsors**
- **Products Sponsors**



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