



Southern Breaks

January 2019

Message from the Prez

Welcome to 2019 and to the busy part of the Surf Season ! It is now more than ever we need you, our members and our volunteers. The surf will be busier this month with many people that will venture into the water for the first time.

So remember be a Lifesaver and if you cant be a life-saver support someone that is.

Many people give to life saving in so many ways, some patrol, train others, coach, complete administrative tasks, help with fundraising and then there are those that hone their skills in competition.

On Sunday 20th January we will hold our first carnival for 2019 which is both a Senior SLSSA Boat and Water carnival and will use both north and south beach. We need you as competitors, patrol, working party, helping with lunches and behind the bar. This is our time to shine as a club and demonstrate the true Christies Spirit.

I would like to thank all those that have patrolled over Christmas. Did you know we MUST have 4 bronzes on patrol or we breach our patrol agreement and this will impact everyone in the club.

Finally Congrats to Cooper Bristow on being chosen as part of the State Team.

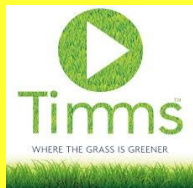
See you at the beach



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The Christies Beach Surf Lifesaving
Club Inc is a registered Good Sport Club

**Promoting Responsible Service and
Consumption of Alcohol**

Happy Birthday to
the following Club
members:

Angus Miller	Caitlin Rothwell
Charly McMullan	Gemma McEvoy
Hannah Trezona	Jack Stevens
Jeffrey Smith	Lachlan Rothwell
Laura Campbell	Madeline Nurmi
Mark Robinson	Maya Lessuse
Peter Salzone	Sally Birch
Skye Robinson	Summer Leonavicius
Susan Rollings	Tayla Cooling
Tyson Hetaraka	

Notice Board

Junior and senior training refer to
Team App.

Nippers back Saturday 5th January
2019. 1pm start

Junior pool training starts back
Thursday 10th January 7-8pm at No-
arlunga pool

Junior Carnival #2 and 14-15 youth
At Southport Sunday 13th January

Friday 18th senior twilight beach car-
nival @ Seacliff

Sunday 20th Senior craft and boat
Carnival Christies Beach

Sunday 20th January need work par-
ty, carnival patrol, IRB drivers and
crews and general helpers doing lunch-
es and Bar. Possible BBQ

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1. NEW YEARS SWIM	2.	3.	4. 7pm 100 club	5	6.
7.	8.	9	10.	11. 7pm 100 club	12. surf boat event #3	13. junior carnival #2 youth carnival (14-15yrs) Southport
14.	15.	16.	17.	18. 7pm 100 club Senior twilight beach Seacliff	19.	20. senior water carnival Christies
21.	22.	23.	24. interstate championship Youth pathway cup	25. 7pm 100 club	26.	27.
28.	29.	30	31.			

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1.7pm 100 club	2.	3. Brighton Jetty classic
4.	5.	6.	7.	8.7pm 100 club	9. Surf Boat event #3 twilight grange	10. Junior Carnival #3 Port Elliott
11	12.	13.Champion patrol / lifesaver (theroy / Resus)	14.	15.7pm 100 club	16. R&R states	17.Champion patrol / lifesaver
18.	19.	20.	21.	22. 7pm 100 club Senior twilight beach#4 Sea-cliff	23. Masters Boats Aldinga	24. junior states day 1 Somerton
25.	26.	27.SLSSA craft Scrutineering	28.			

Nippers

It's hard to believe that we are already in the mid-season break! We hope that everyone is enjoying the festive

season and we look forward to hearing all about everyone's special presents- we have already seen several nippers

at the beach during the holidays trying out some of their presents in the surf!



Thank you to everyone who made our Christmas break-up session such a brilliant day- especially to Santa who found the time to cruise in on the IRB and hand out some presents, and to Jess who was his fabulous assistant! We had some of the best weather we have had all season and got to try out some new games and fun activities as well as a little bit of serious training. Some of the games may feature in our end of season Founder's Squads day (but more on that in another newsletter).

Please Note that Nippers is back on Saturday 5th January 2019

Please be signed in, sun screened up and ready to go by 1pm.

The second half of the season should bring some warmer weather (and warmer water temperatures) which will enable us to focus on continuing skill development in the water. It has been awesome that so many of our Nippers have already gained their Red patch- and we are keen to see even more after the break.

We need lots of parent help to make this happen. We have a number of parents who have started working towards their SRC (Surf Rescue Certificate) or Bronze Medallion which will enable them to act as water cover (& possibly patrolling members down the track!). We also need help **on** the beach too- organising groups of children, helping them to move between different areas on the beach, recording times for swims, or assisting Age Managers. Please approach Mandi or Lee if you can help, or just ask the Age Managers what they might need help with- we are pretty good at finding jobs for people.

We would like to say thank you to all of the parents for your help in getting off the beach on Saturdays. We have noticed that with so many people carrying gear up, hosing off boards or sorting out the tubs that we have been able to pack up much faster. This really helps after a long day and gives us more time upstairs to socialise in the bar or on the balcony (and to do our paperwork), and those things are a big part of belonging to our club too- the socialising, not the paperwork....

Here are the important dates for the next few weeks :

Date	Event
Sat 5 th January	Nippers is back 1pm start
Thurs 10 th January	Pool Training 7-8pm at Noarlunga pool
Sun 13 th January	Junior Carnival #2 at Southport

And Finally, just in case you never received the October Newsletter, we have included the information about the role of an Age Manager and how to become one. The bottom line is that we need to keep training new people in order to be sustainable into the future, and to continue to run the Nippers program.

THE ROLE OF AN AGE GROUP MANAGER IN NIPPERS

You do not have to have any surf lifesaving experience to become an Age Group Manager (AGM), just a willingness to support our nippers to be involved in fun learning programs about surf awareness & safety, and to develop important life skills. Most of the course to become an AGM can be done online in just a few hours.

Age Group Managers (AGM) are responsible for the overall safety and wellbeing of the nippers in their age group. Together with the coaches (E.g. swim, board, beach coach) they are responsible for facilitating the development of surf life-saving skills and personal skills, such as confidence and teamwork.

There are a number of resources to support you in your role as an AGM. Surf Lifesaving Australia has produced guide books for each age group which include detailed lesson plans that focus on specific skills or concepts. These guides are particularly helpful in supporting new AGM's to gain knowledge and feel confident when instructing their groups. We have experienced coaches in each area who will have the main role in skill instruction, and they are also a great resource for your learning.

Other key roles of the AGM include:

- Managing the group of nippers on the beach, supporting them to move between different areas at the designated times
- Ensuring that the nippers are being sun safe, drinking regularly and are looking after their belongings & equipment
- Recording information & tracking progress of nippers within their group as they work towards their surf education certificates
- Allocating and awarding points to nippers each week which count towards our end of season trophies and awards (and reminding our coaches to do this while still fresh in their minds!).
- Working with the Nipper Co-ordinators, other AGM's and coaches
- Getting to know other parents and supporting them to be involved also.
- Having fun!

HOW TO BECOME AN AGE GROUP MANAGER

To become a qualified AGM, you must:

- Be a minimum of 15 years old
-
- Have completed a DCSI Clearance in order to work with children
-
- Be a financial member of the club
-

If you meet these criteria then:

- Speak with one of the Nipper Co-ordinators (Mandi or Lee). They will outline the course delivery options and help you to register for the online components. They will also pair you with an age group manager mentor.
-
- Complete the online SLISA age managers course which covers the theory component
-
- When you finish the online course you will be able to print off a certificate. Give this to the Nipper co-ordinator.
-
- Complete a few on-the-beach technical/mentoring sessions, including planning and implementing a session (can be done during nipper training).
-
- Your mentor will observe and assess your session and sign off on your plan and your session and will give this to the nipper co-ordinator.
-
- This is really easy to achieve, the organisation is geared to help you succeed and your mentors will guide you through the process for a guaranteed positive outcome.
-

If you want any more information please email Mandi or Lee at juniors.cbslsc@gmail.com or talk to us after training.

See you on the beach!

On behalf of the Nipper Crew

Proficiency 2018/19 season

Greeting all patrolling members, Its that time again for the dreaded proficiency. To do the on line component you will need to log into the SLS Portal (it may ask you to change your password please do so can use same pass word). Click on e learning ,when page loads click on Login to eLearning. once page loads click on My Training. You will need to do SLS Skills Maintenance for Radio 2018/2019, Resuscitation 2018/2019 and Power craft 2018/2019. everyone has to do resuscitation, Bronze and radio certificate Radio and IRB driver and crews the IRB one. click on review button to start .

Note each member needs there own account if your on a family account you will need to create a new account and have a unique email address. Please do as soon as possible. Practical proficiency will probably be on patrol. Times will be advised and I'll advise of and other proficiency time, and dates

Committee Update

Committee Positions Vacant

There are a number of committee positions which are currently vacant. To successfully operate as a club these need to be filled. These roles include Gear Steward, Vice-Captain Patrols, Vice-Captain Competition, Beach Captain, Publicity Officer and WHS Officer. Information will be posted shortly on the clubs Facebook page or for more information please email secretary.christiesbeachslsc@gmail.com

Surf Lifesaving awards Training

IRB driver squad is approaching examination time heading to Goowla for final phase of training. Before exam

1st IRB Crews squads training just about completed

2nd IRB crews is on hold need to find a trainer

Surf Rescue Certificate and Bronze Squad have started training

ARTC has started Wednesday nights from 7pm –8.30pm.

Senior Competition Report

by Linda Mackay

Christies Beach had 4 competitors in the Seacliff Swim Paddle Run Competition on December 9th, 2 nippers and 2 seniors. This is a long distance event with juniors completing a 500 swim, 1km board paddle and a 1km run and seniors completing a 1km swim, a 5km ski paddle and a 5km run. This year also saw the introduction of 2 new events – a 1km open swim and a 1km “dash for cash” handicapped ski paddle. Our club has a history of great results at this event and this one was no different. In juniors we had Angus Miller U13 finishing in 4th place and Ethan Young finishing 13th in U12. Senior competitor Cooper Bristow finished 2nd in the U19 event and Angus Mackay finished 1st in the open swim.

We had no senior competitors for Beach Carnival 2 at Seacliff however we did have 1 junior Tyler Leonard who finished 9th in the 1km run, 4th and 5th in 2 rounds of sprints and 1st with Port Elliott composite team in the beach relay– Thank you to Richard Nurmi for officiating.

4 youth competitors – Hannah Trezona, Harrison Rothwell, Omar Ryan and Remy Deroussent, and 6 senior competitors – Lachlan Rothwell, Angus Mackay, Cooper Bristow, Lachlan Campbell, Euan Monaghan and Dannion Hards attended Senior Water Carnival 3 at Middleton on December 16th. Not the best weather producing some difficult surf conditions which slowed up the events somewhat meaning that most events did not run to conclusion. Results include: youth female ironperson Hannah 7th, Youth male ironperson-Remy 8th, Omar 9th. Youth male Cameron relay – Remy, Omar, Harrison and Axel (from Southport) 9th. Open Iron semifinal Angus 2nd (didn't do final), Open boards 1 round only Race 1 Cooper 6th, Race 2 Lachy Campbell 17th (retired from carnival with viral illness), Race 3 Angus 4th, Euan 12th, Race 4 Dannion 3rd, Lachy Rothwell 16th. Open board relay final– Cooper, Angus and Dannion 4th. Open ski 1 round only – race 1 Cooper 6th, Race 2 Dannion 5th, Euan 11th, Angus DNF (broken ski rudder). Open ski relay final – Cooper, Angus and Dannion 7th. Thank you to Julie Locker and Paul Castle for Officiating, Linda Mackay for acting as Team Manager and Photographer, Six Trezona for age group managing in the female arena and photography and Angus Mackay our shallow water rescue volunteer.

Currently we have 6 senior competitors training at South Port Surf Lifesaving Club on the Gold Coast. They will be competing in the Oceans 38 surf carnival at Bilinga on Saturday 5th January. We wish them all the best of luck representing Christies Beach.

From the Bar

With the new year we will see a change in tide and new frills @Christies as Jamo's bar has moved to supplying locally brewed beer & cider on tap and welcome both Swell Brewing Co. and Shifty Lizard Brewing Co. for coming on board to supply their brews. Now we have a taste for most with Swell Golden Ale, Cloudy Apple Cider (made from locally grown pink lady apples) and Shifty's Pale Ale and mid strength Sesh'n Ale, along with the old favourites still available in the fridge.



The Boardriders Beer

With the festive season now finished Christies had quite a few function over November and December and with LWC 2018 smack bang in the middle I would like to thank everyone who helped out over this period and it is with all these great volunteers that @Christies can offer you all a great place to socialise over a few cold drinks while enjoying our beautiful beach and coastal views. Along with Friday night trading our club also holds functions in the Brian Wright Room which helps bring in much needed revenue for the club, these functions are also staffed by volunteers who give up there Saturday nights and support me so wonderfully. Unfortunately for these fantastic people our silly season is just about to begin with over 12 functions coming up in the next couple of months and with their help I'm hoping to still be sane after it's all finished but I'm looking forward to the challenge. If you are looking for a venue to hold any type of celebration please keep us in mind and if any members would like more information on how they can help out at the club behind the bar on weekends or at a function contact Paul (Blue) Rothwell either at the club or via email cbslsc.barmanager@gmail.com
Cheers from The Bar Manager

ADA CBSLSC 100Club

Remember every Friday night @7pm the ADA CBSLSC 100 Club draw is held with plenty of numbers still available. So secure your favorite number for your chance to win. This weeks draw is for \$400.00. (02/01/19)

You must be present to major draw prize if not present you get \$50



100 Club

1	2	3	4 CBSLSC	5	6 Trezona's	7 Fen Thompson	8	9	10 Fen Thompson
11	12	13 Frenchie	14 Madeline	15	16 Mandi	17	18	19 Ron Harwood	20
21	22 Gary Hennessy	23	24	25 Madeline	26 Moaties Boaties	27 Peter Hilhurst	28 Katrine Hildyard	29	30
31	32	33 M. Trezona	34	35	36	37	38	39	40 Bristow's
41	42	43 Rothwell's	44	45	46	47	48	49	50
51	52	53	54 Bill Threadgold	55	56	57	58	59	60
61	62	63 Marco	64	65	66	67	68	69 Greg Whittaker	70
71	72 Tash	73	74	75 CBSLSC	76	77	78	79	80
81	82 CBSLSC	83	84	85	86	87	88 Julie Locker	89	90
91	92 CBSLSC	93	94	95	96	97	98	99	100 Hughie

Sponsors / Supporters Required

We are looking for sponsors/supports , so if there's any businesses interested in Supporting/Sponsoring us ,we would like to hear from you. Please drop in or contact Paul Rothwell an email at vicepresident.cbslsc@gmail.com this is a great opportunity to advertise your business and help us support the community.



QIGONG CLASS

Christies Beach Surf Life Saving Club

Enter using the RAMP

Starts again on 07/01/19 at 5.00pm

Mondays 5.pm to 6.pm \$10 a class



Join for one class or a few and you may get hooked on this TAOIST challenge of letting go to be able to move fluidly for better health and wellness.

Awareness of Breathing, Alignment, Coordination, Strengthening & Balance.

Activate self-healing, Shift energy blocks and Strengthen your immune system which comes with ***Persistent, Patient Practice.***

Call or SMS for info to Julie 0409059794



We all know that the cost of electricity has gone up in recent years, however our power consumption has increased from \$8,000 four years ago to over **\$20,000** last financial year. So far this year we have spent over **\$11,000!** Most of our power consumption/cost is made up of heating hot water for the showers. As a club we need to reduce this bill. So what can you do to help?

Keep your showers to **under 3minutes.**

Do not take chairs into the shower and soak away! You parents don't let you do it at home and neither do we!

If you see people in the showers longer than 3 minutes then ask them to get out. Make sure the taps are fully turned off.

Also, make sure all the air conditioners and lights are turned off before leaving.

If this trend continues we are going to need to sell and additional:

10,000 sausages a year; or

Find another 150 members; or

Sell 12,000 Freddo frogs

There are so many better things to spend our money on than a long shower.



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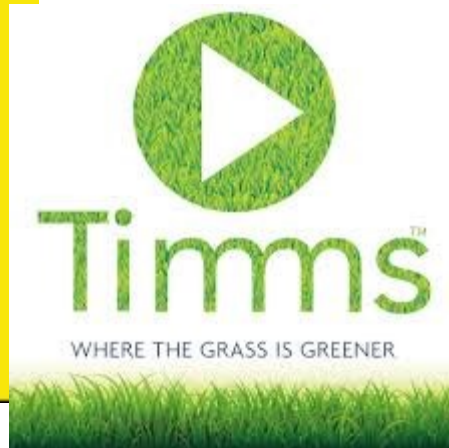
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CBSLSC





The Boardriders Beer



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