



Southern Breaks

April 2019

Message from the Prez

At Christies Beach we also strongly believe Life Saving is for the whole family, there's nothing better than feeling the sand between your toes and knowing you're a big part of this iconic Aussie community. Individuals, Parents, carers and all family members are actively encouraged to join in the serious fun

We celebrate our Nippers at their presentation day, as well as every area post states. Now our competitors are at Aussies. It has been a great season and looking forward to the next! A brief reminder of our state titles and the skills, fun and teamwork.

Thank you to our amazing members, sponsors, supporters and community for making this possible.

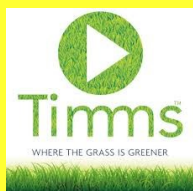
Good Luck all and see you at the beach
Mads



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OPSM
Colonnades



Peter deLeeuw Fabrications



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 MacKay	April Ellis
Ariane	Brittany Graham
Phillpots-Jones	
Cal Silcock	Caleb Wilson
Connor Ellis	Daniel Gantley
Elizabeth Young	Ethan Young
Hannah-May	Ignacio Buckle
Joyce Bang	Justin Schumacher
Katrine Hildyard	Kirsty Schumacher
Kirsty Silcock	Leo Ozzella
Luke Kennedy	Morgan
	Philpotts-Jones
Nate Lessue	Oliver Ranson
Paul Rothwell	Paula Chapman
Peter Gantley	Ruth Gammage
Steed Carter	Steven Barns
Tegan Cowen	

Notice Board

100 club draw 7pm every Friday

Club Champs 13th April 2pm

Club Swim every Saturday till 20/4/19

SRC and ARTC training

Australian Championships sat Mar 30
to Sun 7th April North Burleigh
(youth) , Broadbeach (masters +opens)

IRB Racing Starts May 5

IRB Carnival Sun 19 May @ Christies

Pol Comp Sun 30 June

Senior Training restarts June

Air Conditioning replacement to hap-
pen June

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. Australian Championships	2. Australian Championships	3. Australian Championships	4. Australian Championships	5. 7pm 100 club Australian Championships	6. Australian Championships	7. Australian Championships conclude
8.	9.	10.	11.	12. 7pm 100 club	13. School Holidays start Club Champs 2pm	14.
15.	16.	17.	18.	19. Good Friday Club closed	20. Easter Saturday Club Swim 4pm	21. Easter Sunday
22.	23.	24.	25. Anzac Day	26. 7pm 100 club	27. Club Swim 4pm	28. School Holiday Finish
29.	30.					

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1.	2.	3. 7pm 100 club	4.	5. IRB Carnival #1
6.	7.	8.	9.	10. 7pm 100 club	11.	12.
13.	14.	15.	16.	17. 7pm 100 club	18.	19. IRB Carnival #2 @ Christies
20.	21.	22.	23.	24. 7pm 100 club	25.	26. IRB Carnival #3
27.	28.	29.	30.	31. 7pm 100 club		

Youth Week Celebrations

As part of the youth week celebrations Christies Beach SLSC have 5 members nominated for there achievements and contributions to the City of Onkaparinga they are Holly Zadow, Remy Deroussent, Connor Ellis, Jordan Mitchell and Lennox Kuok.

The awards will be presented by the Mayor of the City of Onkaparinga on Friday 12 April from 6.30pm at Seaford Quarry Reserve, Grand Boulevard Seaford.

Awards gained

IRB crews:- Caylin Bristow, Amelia Birch-Smith, Lachlan Rothwell, Jessica Trezona , Bailly Edwards and Jordan Mitchell

Training officer IRB crews : - Laura Campbell

Training officer Bronze medallions : - Laura Campbell

Thanks to Greg Whittaker, Kate Perry, Kate Powell for overseeing training and Dannion Hards and Josh Rollings for there assistance as addition IRD drivers

There will be Advanced Resuscitation Technique Certificate and Surf Rescue certificate course run over next couple of weeks if interested SMS 0421122513

Carnival Officials

Every Club needs to supply officials to run a carnival. Official need to be qualified to do so. This season we struggle to field our number of officials at carnivals . This could lead to our competitors not being able to compete and the club getting fined.

The number of officials required is calculated on state title entries the previous season and as our numbers are increasing at carnival so is our number of officials required. Are there members interested in assisting our competition group and becoming a carnival official. You do not have to do all carnivals. The more officials we have the better we can spread the work load. If interested SMS 0421122513 or talk to a committee member

South Australian Surf lifesaving Masters Championships Results

Overall finished 9th

Gold : -

1km Run— Julie Locker

55-59 Flags— Sally Birch

50-54 Board— Vince McMullan

45-49 Ironman— Paul Trezona

110+ Single Ski Relay –Earl deLeeuw, Matthew Lee, Sven Molenaar

40-44 Double Ski Matthew Lee, Sven Molenaar

40-44 Single Ski—Matthew Lee

Silver: -

55-59 Sprint—Sally Birch

45-49 Ironman— Sven Molenaar

130+ board Relay— Earl deLeeuw, Vince McMullan, Paul Trezona

35-39 Double Ski Earl deLeeuw James Trezona

190+ Single Ski Relay—Leroy Bang, Paul (Rev) Castle

45-49 Single Ski—Sven Molenaar

70+ Single Ski—Paul Castle

Bronze: -

50-54 flags-James Trezona

60-64 flags-Julie Locker

65-69 flags-LeRoy Bang

Beach relay-Julie Locker, Sally Birch (with two from Elliott)

40-44 board-Matthew Lee

65-69 Sprint- LeRoy Bang

40-44 Ironman- Matthew Lee

40-44 Ironman- Matthew Lee

50-54 Ironman-Vince McMullan

45-49 Mixed double ski-Paul Trezona Vince McMullan

65-69 Mixed double ski-LeRoy Bang , Paul (REV) Castle

4th: -

Sally 2km run

45-49 Board-Paul Trezona

150 Taplin- Tina Hards, Julie Locker, Sally Birch

50-54 ski-Vince McMullan

65-69 ski-LeRoy Bang

5th: -

40-44 ski-Tina Hards

60 -64 Sprint – Julie Locker

130 Taplin-Earl deLeeuw, Vince McMullan, Paul Trezona

50-59 Mixed- Vince McMullan , Sally Birch

45-49 single ski-Paul Trezona

6th: -

40-44 Ocean swim- Tina Hards

40-49 Female double ski-Sally Birch, Tina Hards

From the Nipper Crew

The Nipper season is done and dusted for another year! We finished the season with a fantastic afternoon at our Nipper Presentation where we celebrated the amazing accomplishments of our kids in all aspects of their season- whether it was showing courage in completing their first red patch swim, the way they supported their friends to have a go when they felt unsure, how they welcomed new members to the club, or the ways that they pushed themselves in competition- we are all very proud.

At the beginning of the season we wrote in the newsletter about the importance of a positive club culture and now as we reflect at the end of the season we can see very clearly the strong and positive culture that is being built through the generous actions of every club member- from the newest nipper family through to the longest serving club members. Without the help of so many people it would not be possible for us to make it on the beach each week and provide our kids with the opportunity to participate and learn in such a supportive environment. Thank You.

Founders Day/ Junior Club Championships

What an absolutely brilliant way to end our season on the beach! The weather gods were once again kind to us (as they have been all season) and they gave our nippers the perfect conditions to showcase the skills they have learnt all season. There was competitive racing across all age groups and in every event. And there was a great team atmosphere as everyone barracked and supported one another, but especially their Squad mates. We put together a difficult program this year as well, asking the nippers to complete a lot of races in such a short time, but it really demonstrates how strong, how fit and how determined they have become over the season.

And then of course we had the grand finale- the Team puzzle challenge!! It was terrific to see parents getting involved too (there are some really competitive puzzle people out there!).

Massive thanks to everyone for their support and assistance on the day- whether you were a finish judge or a pole in the water, a recorder or a puzzle holder, or even if you just helped carry all of the gear back to the club and help to put it away.....we couldn't do any of it without you!!!

And Congratulations to **Grosvenor** who once again were the winning squad making it 3 wins in 4 years- a super team effort.

Nipper of the Year

Each year each club nominates a male and female nipper as their Nipper of the Year. This year Christies Beach recognized Tara Vivar and Angus Miller for their achievements, attitude and leadership among the nipper group. At the end of Day 3 of States they received their awards and will be formally recognized later in the year at the Red & Yellow Ball.



State Titles

State Titles was run over 3 days of competition with Day 1 at Somerton in early March & Days 2 & 3 at Port Noarlunga a few weeks later. We continue to build our presence as a club at Carnivals with more competitors (27 in total) with at least 6 in their first competitive season. Our team of Age Group Managers (who looked fabulous in the new shirts) also got larger throughout the season and it has been excellent to see the way that these parents are embracing the role and the fun that they are having doing it- our children are richer for your efforts.

There has been a lot of growth and development amongst our competition group and this was reflected in the number of semi finals and finals that we got ourselves into this year. There were so many great achievements and personal bests throughout the 3 days. Special Congratulations to Nate Lessue for winning bronze in the u13 Sprint Final and to Tara Vivar for her 3 bronze medals in the U12 1km Run, Flags & Sprints.

More ways for you to be involved....

One of the great things about Surf Lifesaving is that there are so many ways that you can be involved. We have already highlighted some of the many roles that you can take on down on the beach on a Saturday but there are other roles too-even if you are not necessarily someone who likes to get sandy....

Before next season we would like to establish a Junior sub-committee to share the load in planning, decision-making and admin – exciting we know!

We always need more Age group Managers

We will need at least 3 more people to become officials by next season (the online training package only takes a few hours to complete, and you only need to do 2 carnivals a season)

We want to have more bbq's after nippers and utilise the downstairs bar area so we need volunteers for that

Gain a surf award like your Surf Rescue Certificate or Bronze medallion so that you can provide water cover at training sessions, or become a patrolling member

Let us know what skills you have and we can find a way to put them to use

If you are interested in any of these roles or you have other skills that we can put to use then please contact Mandi or Lee via email juniors.cbslsc@gmail.com

And finally...

We like to think that we are doing a pretty good job as a nippers group because we can see it in the enjoyment that the kids are having and the friendships they are making, but we are always looking to improve so we will be sending out a short survey via Team App in the next few weeks and we would appreciate your feedback and suggestions.

Thanks once again to everyone for your support and remember ...it takes a village!



Fundraising Alert

Have dinner at the Emu Hotel on Monday 15th April and if you purchase a snitty \$5 from the purchase will be donated to the club. Where we can put this towards the purchase of a new IRB!

That's right your chicken or beef snitty could assist the club get a duck!

Save this date Saturday 7th September 2019 we are shaking the tin at the Royal Show! This is a fantastic opportunity to do a spot of fundraising for the club while maybe seeing some sideshows?

Watch this space as we advertise for your help in the future!



Club Co-Captain (Lifesaving)



As March comes to an end, Christies Beach SLSC has logged 2854 patrol hours, performed 7 rescue and undertaken 1338 preventative actions over the course of the season. We have also seen our members earn 151 new qualifications including bronze medallions, training officers and IRB awards. Thank you to all those who has helped to keep Christies safe for everyone.

Kieran Nurmi Club Co-Captain (Lifesaving)"

♥️ 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 \$300.00. (05/04/19)

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

100 Club

1	2	3	4 CBSLSC	5 Rollings	6 Trezona's	7 Fen Thompson	8	9	10 Fen Thompson
11 Rollings	12	13 Frenchie	14 Madeline	15	16 Mandi	17 Huee	18	19 Ron Harwood	20
21	22 Gary Hennessy	23	24	25 Madeline	26 Caitlin & Blue	27 Peter Hillhurst	28 Katrina 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 Phil Lean	65	66	67	68	69 Greg Whittaker	70
71 John Hall	72 Tash	73	74	75 CBSLSC	76	77	78	79 Jones	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 Huee

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.

Christies Beach Surf Life Saving Club

HELD UPSTAIRS OVERLOOKING THE OCEAN

Beginners Tai Chi

& Qi Gong

Mondays 5.00pm TO 6.00pm \$10 per class

Beginners Meditation & Qi Gong

Mondays 6.15pm to 7.15pm \$10 per class

Benefits

Balance: Alignment: Flexibility: Coordination: General Health

Over 20 years' experience practicing Chinese exercises

Contact Julie on 0409 059 794

www.balancedwellness.com.au

Chris Heath and Family joined Christies Beach SLSC in October 2008 .

Chris and his family are still involved

Chris has been a patrolling member as IRB driver/crew and bronze medallion holder. Chris has been a carnival official and Age group manager.

Chris is now venturing out into his own business CMH Painting And Decorating. If you need a painter or decorator please consider Chris for a quote



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30 Years Experience
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Heritage
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Commercial
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Wallpaper Hanging

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BLD: 290312

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We are a small family run business serving the Fleurieu Peninsula and the Adelaide Hills



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.



Proudly Supported by



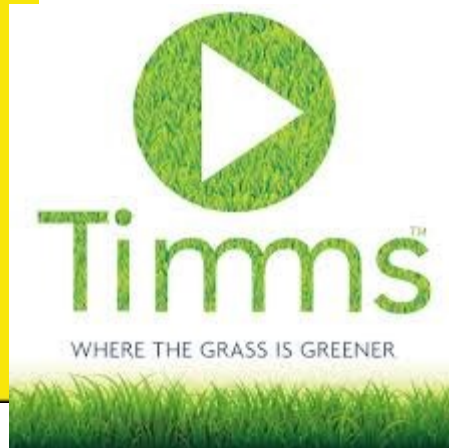
Government of South Australia
Office for Recreation and Sport

Mobil

Westpac



CBSLSC





The Boardriders Beer

