



# Southern Breaks

March 2019

## Message from the Prez

When we look around the club today we see passionate people working together to achieve positive outcomes for themselves, the community and clubbies. Mad March represents the pinnacle of the Surf Life Saving year and a time when we start to think about the effort, determination and teamwork that has gone into making Christies Beach a great place to be.

There have been some excellent results at States thus far with a team of 10 Masters finishing 9<sup>th</sup> in the State – Fantastic work. With Senior, Junior States and Aussies around the corner there will be lots more excitement

Remember our club improves because of you ! If you think that someone has done exceptionally this season or if you think that you could help us improve speak to me on a Friday night or email me [president.cbslsc@gmail.com](mailto:president.cbslsc@gmail.com)

Good Luck all and see you at the beach

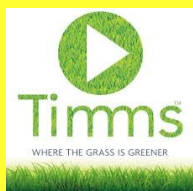
Mads



SUPPORTED BY CITY OF



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:

Ariki Uelese	Wharekawa- Bethany Kennedy
Caylin Bristow	Henry Threadgold
Jane Bristow	Jasmyn Tree
Jessica Trezona	Johan Uppill
Josh Nurmi	Lewis Hards
Liam Young	Mark Heath
Michael Threadgold	Motoharu Narabe
Nigil Uppill	Oliver Gallio
Richard Nurmi	Tacia Vivar
Tomas McDonald	William threadgold

# Notice Board

100 club draw 7pm every Friday

Nippers every Saturday from 1.30pm

Club Swim every Saturday

3.45pm Short Course

4pm Long course

Masters State championship 2nd & 3rd  
March Port Elliott SLSC

Senior State Championships Beach  
Events Friday 8th March Seacliff  
5pm - 9pm

Senior States Championships Day 1  
8am - 5pm Port Noarlunga

Senior States Championships Day 2  
8am - 4pm Moana

Senior States Championships Day 3  
8am - 4pm Moana

Junior State Championships Days 2 &  
3 8am - 5pm Port Noarlunga

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

# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1.7pm 100 club	2.Masters state champs Pt Elliott	3. south port surf boat classic
4.	5.	6.	7.	8.7pm100 club  senior states Beach Seacliff 5pm	9.	10. senior states day 1Port Noar- lunga
11.	12.	13.	14.	15.7pm 100 club	16.senior states day 2 Moana	17.senior states day 3 Moana
18.	19.	2.	21.	22. 7pm 100 club	23. Junior states day 2 Port Noarlunga	24. Junior states day 3 Port No- arlunga
25.	26.	27.	28.	29. 7pm 100 club	30. Australian Championships Start	31. Austral- ian Champi- onships

# 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.	14.
15.	16.	17.	18.	19. 7pm 100 club	20.	21.
22.	23.	24.	25.	26. 7pm 100 club	27.	28.
29.	30.					

# Youth Week Celebrations

As part of the youth week celebrations Christies Beach SLSC have 5 members nominated for their 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.

## Junior State Titles Day 1

Tara Vivar our first Junior medalist

Bronze in 1km beach run



## Awards gained

Bronze medallion:- Oscar Bartos, Hannah Trezona, Jess Newman , Harrison Rothwell, Lewis Hards, Andrew Cruickshank

Certificate II aquatic rescue: - Paul Trezona, Phil Lean

IRB Drivers: - Daniel Birch-Smith , Lachlan Campbell

Surf Rescue Certificate: - Talia Vivar

Training Officer Bronze: - Laura Campbell

# South Australian Surf lifesaving Masters Championships

Congratulations to the Masters team on another great Masters. It was challenging competing in the hot 39 degree weather and we are all wiped out. Last we heard we were coming 8th in the medal count.

All results will be published when confirmed. Some outstanding performances were Paul GOLD and Sven Silver in the 45-49 Ironman, Vince GOLD in 50-54 Board, Julie GOLD in 1km run, Sally GOLD in flags, Earl, Sven and Matt GOLD in 110 ski relay.

A big thank you to our officials for the weekend, Julie, Jane (thank you for standing in the heat all day) and [Stephen Hards](#).

Well done to our team



# From the Nipper Crew

February has certainly flown past and we have had a bit of everything really- rough and windy, clear and calm and now another heatwave! We have had 2 Carnivals including a fun (if not busy) weekend at 'Camp Christies' at Port Elliott and Day 1 of State titles. Now we move from Frantic February to March Mayhem on the Surf calendar!

Let's start with the upcoming important dates:

**Saturday March 16-** Founders Day/Junior Club Champs. This will be our last nipper session

**Friday March 22-** pre-States Trailer packing & Carnival preparation evening (all hands on deck for this one)

**Saturday March 23 & Sunday 24 March-** State Titles Days 2 & 3 at Port Noarlunga ( after States meal back at the Club on Sunday)

**Saturday March 30-** Nipper presentation afternoon

## Carnival Wrap-up

Port Elliot was a fantastic weekend. The opportunity to camp and spend time together playing, chatting and sharing a meal was terrific- for the adults and the kids- it really helps to build a community. It was our last participation carnival before States and it provided some challenging but exciting surf conditions with a decent shore dump that tested our competitors and enabled them to show their surf skills and confidence.



We had vastly different conditions at Somerton for Day 1 of States with heat and pancake flat water. This is always a long day and does unfortunately mean quite a bit of waiting around between (and sometimes during) events but our nippers did their best to stay patient and keep themselves entertained. We had some absolutely brilliant results with a lot of our teams and individual competitors putting in some of their best performances of the season so far- making semi- finals or making it through semi- finals to qualify for finals later in the month.

Some of the highlights of the day included Tara winning bronze in the 1km run, our Under 10 Board Relay team finishing top 4 in their heats & semi, Jess leading the cheer squad in the late afternoon, & Blake's efforts in the Iron Person event after already spending 9 hours on the beach!

We have to thank all of the people who played a part in supporting our nippers to compete- the people who help pack & unpack the trailer, who prepare the result sheets or enter the competitors in the system, the people who officiate on the beach or provide water cover to keep competitors safe, the people who take the photographs and edit them later, the Age group Leaders and parent helpers, the coaches who run training sessions at the pool & on the beach, and the people back at the club who cover patrol duties for those of us that are at the carnival..... **this is our Christies Beach SLSC Community in action. Thank You all!!**



## **Our Final Saturday training session is also our Founders Day/ Junior club champs**

Saturday 16<sup>th</sup> March will be the last Saturday session for the season. This session is a bit like a sports day as we compete with and against our club mates in individual and team events, earning points for our respective Squads. Each squad is named after one of the 4 founders of the club back in 1954.

The squad names & their colours are:

**Cook – Red**   **Grosvenor - Yellow**   **Sweet – Blue**   **Perry - Black**

We will send out information and reminders about which squad your family is in shortly and we hope to see everyone (including parents) in their squad colours!

The session will be a mixture of our regular surf events such as flags, swim, boards and sprints, but we also have our Team challenge event at the end, and this year we are also hoping to have a tug -of-war competition.

This is a participation event for parents too and we will require a lot of help on the day.

## **Pre -States Preparation Friday 22<sup>nd</sup> March 6pm/ Post States dinner Sunday 24th**

We need everyone to come to the club to pack the trailers, prepare the competitor sheets, result sheets & folders for Age Managers. The bar will be open upstairs and you can bring along some dinner too.

On Sunday after States come back to the club for some chicken, chips and salad and a few drinks as we share stories and photos about the weekend and we celebrate our achievements.

## **Save the date -Presentation Day- March 30 (times to be advised)**

## International Women's Day

Friday 8<sup>th</sup> March was International Women's Day a day when we reflect on the contribution of women and look towards equality. It is also important to recognise that equality does not occur by changing the views of women it is about us working together for an inclusive club by having a collegiate approach.

As part of the Southern International Women's Day celebration we can nominate a woman that has made a difference. If you have any ideas please email [president.cbslsc@gmail.com](mailto:president.cbslsc@gmail.com)

## Fundraising Alert

Have dinner at the Emu Hotel on Monday 15<sup>th</sup> 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 7<sup>th</sup> 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!

## Blue's Corner

It has been a busy month in the club with multiple functions and opportunities. A small group of members have regularly stepped up to support our fundraising efforts. Huge thank you to everyone this includes the preparation, service and cleanup crews. We are always interested in growing the group of people that can support the functions so if you are interested in obtaining your Responsible Service of Alcohol or your Responsible Person badge please contact me and we can discuss how we can support you and how you can support the club.



You may have noticed the blue corner of the club has gone as we unify our appearance



## ♥️ 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 \$100.00. (15/03/19)

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 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 Phil Lean	65	66	67	68	69 Greg Whittaker	70
71 John Hall	72 Tash	73	74	75 CBSLSC	76	77	78 Jones	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 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](mailto:vicepresident.cbslsc@gmail.com) this is a great opportunity to advertise your business and help us support the community.



# Tai Chi & Qi Gong

Christies Beach Surf Life

Saving Club

HELD UPSTAIRS OVERLOOKING THE OCEAN

**MONDAYS 5.00PM TO  
6.00PM \$10 per class**

**Learn gentle exercises either sitting or standing**

**Improve AWARENESS of your body and breathing**

*With practice* it may help with Arthritis, Balance, Blood Circulation, Chronic Pain, Coordination, Diabetes, Flexibility, Strength, & General Health. Over 20 years' experience practicing with Chinese exercises.

Contact Julie on 0409 059 794

[www.balancedwellness.com.au](http://www.balancedwellness.com.au)



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**



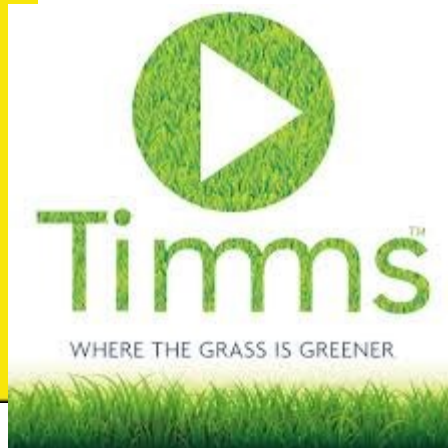
Government of South Australia  
Office for Recreation and Sport

**Mobil**

**Westpac**



**CBSLSC**





*The Boardriders Beer*

