



The Black and White



November 2014 edition

Woonona Surf Life Saving Club

Illawarra Club of the Year 2009, 2012 & 2013
Illawarra Patrolling Club of the Year 2009 & 2013

NSW Club of the Year 2013

Welcome to Woonona SLSC

The 2014/15 Surf Club season is now well underway, I would like to warmly welcome all returning and new members of Woonona SLSC.

The committee for this season are enthusiastic and working hard, there is a lot of great things happening. Nippers has started, and it was a lovely day, the beach is back to its former glory with lots of sand and lovely rolling waves, thanks to all those who make this happen. The patrols have started, by now most patrolling members would have completed one patrol. I would like to encourage all our members to consider gaining further awards this year, Phil Geary (Director of Education) has a lot of courses organized, look at the website or call Phil if you are interested.

I would like to mention and congratulate Karissa James for being successful in being nominated for the 18-25 Networking Development Program, and John McInally for being selected to be a presenter in the SLSA Beach to Bush program, this is a fantastic program which runs for a week in remote locations in Australia, bring the "Beach to the Bush". Well done Karissa and Macca!

I hope you enjoy the season,

Stacey Paddon

President

Up Coming Events

SLS Illawarra Branch Multicultural Day

Multicultural Family Fun Day at Bellambi Beach

The Illawarra Branch and SCARF, a community organisation aimed at helping refugee families settle into a new life in Wollongong, have teamed up again to host "Family Fun Days" at various beaches over summer. Bellambi is hosting one of these days on December 20th, and Woonona have agreed to support Bellambi by providing water safety helpers. The day involves a surf education session, followed by lunch and a chance for the families to practice their swimming skills. In the past these have been incredibly fun days, and a chance for lifesavers to exercise their surf safety skills, and new members of our community to gain some confidence in the water. If you'd like to volunteer, contact Madi on 0411721247. The event will run from approximately 10am-2pm.

Appeals Day

November 1st is our Annual Appeals Day, this is one of our clubs biggest and most consistent fundraisers, but also raises the profile of our club and of Surf Lifesaving within our community. Meet at the Surf Club at 8am in Sat 1st Nov. Please contact Kieran Smith to find out how you can be involved 0429728879

Member Inductions

The last member induction session is on 29th November @ 9am, if you are a new member to our club and have not been to the previous sessions please come along.

Seashells High Tea
22 February 2015 @ the surf cub
Ladies ONLY event
Guests of Honour: our female nippers
Enjoy a decadent high tea served by some of our delicious young men on a beautiful Sunday afternoon.
Mums, grandmas, daughters, sisters, neighbours, aunts all welcome!
\$20 ENTRY, RSVP TO MADI BY 08/02/2014



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Member Services:

Recruitment and Retention Plan

We are in the process of formalising Woonona SLSC's Recruitment and Retention Plan. If you have any suggestions or feedback about what you would like to see in the plan and how we can best recruit and retain members, your comments would be appreciated! Please email your ideas to madibow93@gmail.com

WSLSC TRIP AWAY

May 2015

MORE DETAILS TO COME!

(Don't worry, it'll be cheeeap)

Beer & Beef for the Blokes

28 March 2015 @ the surf club

Beer & meat matching night – sample five brews and five mouth-watering meats inspired by the Outback Steakhouse and a love for beer.

Everyone invited, including friends & fam & ol' mate.

\$20 ENTRY, RSVP DETAILS TO COME

Opportunity to purchase additional beer & meat on the night if your tastes so desire!

Patrol Survivor Challenge

29 November @ the surf club

It's like the show, but smarter because we're not Americans.

Each patrol will nominate a team to participate in the Survivor Challenge – 3 hours of team-orientated activities.

Get to know your patrol, have some fun, be competitive and compete to be the champions of Survivor: WSLSC.

FREE EVENT, EACH PATROL CAPTAIN TO RSVP TO MADI BY 15/11/2014



Lifesaving

Patrols are off to a great start! So far we have clocked up over 43 patrolling hours keeping Woonona Beach safe for the bathing public. It is great to see so many customers on our lovely expanse of sand. You may have noticed some new PFD's around the club, all IRB crewies and drivers are required to wear them while operating the duck, they are very stylish and flattering, so don't forget to put 'em on if you head out in the duck. Also due to only a small number of patrolling members at Bellambi this season we may be called upon to support their beach. Keep an ear of those snazzy new radios and head over there if you think they could do with a hand (after speaking to your Patrol Captain of course). Most of all, have an awesome season, enjoy the beach and I'll see you down there!

Cheers, Rach



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Education

Hi all, the education program is in full swing with November very busy this year. We've had a very good response to courses so far with a number of members giving up their time to undertake courses including Basic Beach Management and IRB Driver.

Our next focus is the Advanced Resuscitation Techniques Certificate (ARTC) course on the 2nd Nov at Bellambi and a second course on the 23rd Nov at Woonona. I've had quite a few expressions of interest for this course and I'm firming up the numbers. If you have expressed an interest but haven't gotten back to me with your preferred date please do so as soon as you can. If you haven't as yet made me aware of your interest that's Ok, get back to me ASAP, well make room. The Club is in need of ARTC holders.

Other courses commencing in November will be a Bronze Medallion course on 2nd Nov with a Surf Rescue Certificate course in the following weeks (date TBC). If you are aware of anyone who might like to earn their Bronze Medallion or Surf Rescue Certificates, please get them to contact me so that they can be included in these upcoming courses.

We will also be having the first of our Skills Maintenance (Proficiencies) on 2nd Nov.

For details see below or for enrolment or any questions don't hesitate to contact me. I haven't got all the answers but I usually know who to ask.

Details of Courses;

2/11/14, Bronze Medallion Course, Woonona SLSC, 10 am

2/11/14, Proficiency 1 (Bronze Medallion & SRC), Woonona SLSC, 12pm 1 pm

2/11/14, ARTC 1, Bellambi SLSC, 9 am 3pm

16/11/14, Proficiency 2 (Bronze Medallion & SRC), Woonona SLSC, 12pm 1 pm

23/11/14, ARTC 2, Woonona SLSC, 9 am

30/11/14, Proficiency 3 (Bronze Medallion & SRC), Woonona SLSC, 12pm 1 pm

14/12/14, Proficiency 4 (Bronze Medallion & SRC), Woonona SLSC, 12pm 1 pm

28/12/14, Proficiency 5 (Bronze Medallion & SRC), Woonona SLSC, 12pm 1 pm

See you on the beach,

Phill Geary

Director of Education Woonona SLSC



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First Nippers for the Season

Sunday 19th saw the first nippers for the 2014-15 season and the beach put on some wonderful conditions for us. The morning conditions were almost perfect and gave the nippers a great opportunity to get into the swing of things in the surf and on the beach.

The biggest adjustment for returning nippers and age managers was the amount of beach we had at our disposal.....wow what a luxury compared to last year. Woonona Beach is back to its best. We had plenty of space for beach events, novelty and water areas. The kids had a great time.



There was plenty of courage on show; lots of swim proficiencies in the pool.....rumour has it that the water temperature was a little cool in the pool. We also had our Sydney Water Competitors complete their ocean proficiency, I'm told the water wasn't quite as cold as the pool, but it still made for tough going – well done guys.

Highlight of the day without question was the numbers of nippers in the U6 and U7 age groups. It was just great to see so many new families and new nippers in the surf club, out of the sand and at the BBQ afterwards.

A big thank you to the age managers and water safety team, I've had some great feedback from parents and nippers regarding the day. It was also great to see so many parents getting involved and helping out with the events.

Hopefully with the first one out of the way we can only get better, and the water can only get warmer. Good luck to our Sydney Water team, I'm sure as usual they'll do us proud.

A reminder to parents – if you can lend a hand with the BBQ please email me at aia074@gmail.com or phone 0403 471 926.

Look forward to seeing you all on the 2nd November.



Anthony.
Director Junior Activities.

Watch these websites for competition and event updates:



[SLS Illawarra](#)



[SLS NSW](#)



[SLS Australia](#)

