



The Black and White



November 2014 edition

Woonona Surf Life Saving Club

Illawarra Club of the Year 2009, 2012 & 2013

NSW Club of the Year 2013

Illawarra Patrolling Club of the Year 2009 & 2013

Merry
Christmas



Presidents Report

The season is going well. In November we received \$5,500 from The Australian Government, through their Beach Safety Equipment Fund (BSEF), these funds are being used to purchase a new IRB motor. Also in November we received the two rookie foamie boards that were sponsored by Woonona Produce and BLN Crane Trucks, the boards look great!

Congratulations to all those who competed in the Sydney Water, it's great to see our nippers competing and achieving good results. It would be good to see more nippers competing at Junior Branch Championships on the 31st January, if your child is interested in competing contact Anthony Arnold. Thank you to everyone who came to the Christening of our new Surf Boat. The boat was christened after Troy Johnson, one of our Life Members who has made a substantial contribution to Woonona Surf Club and Surf Boat Rowing in our club over many years. Congratulations Troy!

Congratulation to Josh and Ben Clarke who were successful in being accepted to be part of SLS NSW Lifesaving Exchange Program, this will be a great experience for them, patrolling at Bondi and Maroubra beaches and broadening their surf lifesaving skills. It is fantastic for our club to have our Lifesavers going on programs such as these.

Hopefully I will see you at all the Christmas Drinks this Sunday 14th at 5pm (just after nippers).
Have a Merry & Safe Christmas,

Stacey Paddon

Social Events Report



12 Hour Personal Training Challenge

The 12 Hour Personal Training Challenge went exceptionally well, with over approximately 20 members putting in some serious hours to train hard, get fit and have fun! Savvy Fitness ran a great program from 6.30am till 6.30pm with their student trainers from the Australian Institute of Personal Trainers. We had spectacular weather for it, and the participants showed amazing enthusiasm and endurance throughout the day. Thank you to Woonona Fruit Basket for their kind donation for morning and afternoon tea. Congratulations to the 7 challenge survivors who toughed out the full 12 hours: John McNally, Stacey Paddon, Ben Clarke, Gab Bow, Rachel Fenwick, Katie Bell, and Madi Bow. Check out our photos on the website from the day!

Twilight nippers & Sunday Sips – 14th December. Come and enjoy an afternoon with the nippers followed by a BBQ and Christmas drinks at the surf club. As per tradition it shall be a spectacular afternoon of the three holy B's: Beach, BBQ and cheap Bar. Nippers kick off at 2.30pm and the bar/BBQ will be running from 5.00pm.

A message from Member Services

Congratulations to John & Scott McNally for their successful trip on the Beach to Bush Program. In five days they did 960 kms, visited 4 towns, 9 schools, and over 2000 kids to deliver SLSNSW's popular education program.

Also congratulations to Karissa James for being selected to attend the 18-25 Youth Networking Event in Sydney in November.

Congratulations to Ben Clarke and Josh Clarke who were selected for the SLSNSW Lifesaving Exchange program to Bondi Beach. This program is targeted at current and future patrol captains to give them a taste of patrolling one some of the busiest beaches in the current and expose them to professional lifesaving services. The boys will also have an opportunity to attend a further exchange to New Zealand in March 2015. Well done to Karissa James who also nominated for the program. Good luck to Kurt Decker and William Gilmour who have nominated for the SLSNSW Youth Opportunity Makers Workshop to take place in February 2015. The workshop is designed for 15-17 year olds to further their understanding of lifesaving operations, meet peers who share a passion for surf club, and consider how they can contribute to the future of surf lifesaving.

Finally, nominations are open for the Junior Lifesaver of the Year program (Under 14's), and the SLNSA National Leadership College (18-30 yrs). I am submitting an application for the Leadership College – it would be great to have some company from Woonona! Applications close soon, so if you are interested, please contact me 0411721247, madibow93g@gmail.com.

Mixing red into our club colours!

The Australian Red Cross Blood Service and SLS Illawarra have teamed up to create the Surf Club Blood Drive from 1 December 2014 to 31 March 2015. Clubbies are encouraged to roll up their sleeves and bleed by example, and during this period there is a competition between the clubs for the highest number of donations. Many of our members, friends and family are regular donors – the next time you head down, make sure you complete a Club Red form and donate on behalf of Woonona SLSC. Tell you friends and family to do the

same! And if it's your first time and you'd like some company, watch out on the Woonona SLSC Facebook page for dates when a team of people are heading down (the first proposed date is 23 December). More information will be posted in and around the club on Sunday 14th December, or contact Madi Bow for details (0411 721 247 madibow93@gmail.com)

Lifesaving



Patrols are now in full swing and we are entering the busy period of the season. From the weekend of the 20th December we start Saturday patrols and the Sunday patrols from 9am to 6pm. We also have a number of public holidays during the period as well. Thanks in advance to the members who patrol on Christmas, Boxing day and New Years and hopefully it will be a good day for you.

So far the patrols have been good and the Water Safety for nippers has been great. The nippers will be taking a break for a few weeks after this week so please come down on Sunday help out and have a few Christmas drinks after.

Lastly remember to get a substitute for your patrols if you are unable to attend. Call friends put a request on the Surf club's Facebook site and if this fails please contact either your patrol captain or club captain in plenty of time before the patrol.

Rachel



Finance Report

Well another SLSA Appeals Week has come and gone and I would like to say thank you to everybody who went around our local community doorknocking and raising much needed funds for the club. I would like to make a special mention of those wonderful members who made two trips out during the week to make sure that we covered the whole area. Overall the collections went very well but we fell just short of our collections target for the year.

Our next fundraising event will be held on 16 January 2015 where we have the opportunity to run the BBQ at Bunnings Wollongong. This event runs all day so we will need plenty of volunteers to man the BBQ but don't worry we'll only need you to help out for a few hours.

This is a great event and a wonderful chance to meet plenty of members that you may not normally cross paths with as well as help the Club raise money for new equipment. We will be sending out a call for volunteers shortly so please, if you can, make sure you keep the day free to help out.

Speaking of BBQ's, I would just like to say thanks to Allison and her wonderful helpers on the BBQ after each Nippers. They do a great job feeding the Nipper families and Water Safety crew and raising a few extra dollars for the Club.

If you are thinking of having a party or an event and you need somewhere to hold it why not consider using the Woonona SLSC Hall? The fees are very reasonable and we can accommodate most types of functions. To make any further inquiries you can contact Troy Johnson through the Club website – www.woononaslsc.com.au.

Craig Odewahn



Rookies Social Calendar 2014/2015

Red= Nippers Green= Social events
 Blue= Competition Purple= General

Date	Event
August 31/8	Meet and Greet/ 1 st Rego
September 6/9 21/9	Meet and Greet/ 2nd Rego Woonona SLSC Open Day
October 19/10 25/10	Nippers #1 Sydney Water #1-Shellharbour
November 2/11 8/11 15/11 16/11 29/11 30/11	Nippers #2 Sydney Water #2- Towradgi Sydney Water #3- Warilla Nippers #3 Sydney Water #4- Thirroul Nipper #4
December 14/12 16/2	Nippers #5 Rookies Bowling Night
January 10/1 31/1	Bondi Trip Branch Age Championships
February 1/2 8/2 15/2 21/2	Branch Open Championships Nippers #6 Nipper #7 Jamberoo Trip
March 1/3 15/3 29/3 29/3	Nippers #8 Nippers #9 Nipper #10- Final Nippers End of Season Thank you
April 13/4-19/4 26/4	Australia SLS Championships Final patrol



Surf Boat Report

G'day champions. Boat captain Mitch Bell here, just to recap on some of the boaties news of recent weeks.

Woonona was well represented at the first round of Warilla Bowl Series, and started the season strong on Corrimal beach, with the U23W picking up a finals spot, and all other divisions in the hunt. Mollymook classic – part of the ASRL series was next on the list with Reserves Samurai Chicken making it to the semi-finals, U23W coming fourth overall, and Open W rowing their guts out – and going for a swim in one race too.

This past weekend was the second round of the Warilla Bowls series at Broulee. Injuries led to reduced numbers under the Woonona tent, but we still pushed on. 'Toucan Sam' Chapman led the Open W and U23M through four races and then straight to the pub after racing was shortened due to the horrible weather. Well done to those two crews that battled the seas that day.

Till next time.
Mitch Bell.



Nippers Update

Sunday 30 November saw the 3rd nipper's day for the year, (sadly the 16 November day was cancelled due to poor weather). This provided the first opportunity for point score for the season – the nippers did a great job having a go at all the events, even despite some difficult surf conditions at times.



Our next nippers, scheduled for 14 December, is a twilight event, with marshalling in the hall at 230pm for sign-on, first events on the beach at 3pm, with the BBQ afterwards from 5pm. This will be our last nipper's day before the Christmas break, so come along and enjoy the afternoon, and some socialising afterwards.....who knows, even the big guys in the red suit might show up.

The Sydney Water Series concluded at Thirroul for Round 4. Our team did a wonderful job representing Woonona SLSC, a big thanks and congratulations to Ruby Sargent-Wilson, Billy Sargent-Wilson, Lewis Sargent-Wilson and Max Dignam. GREAT effort. Listed below are the results from each of the rounds, I'm sure you'll agree, they did really well. Check out the photo below of Ruby competing in the flags!!

Sydney Water Series Results:

1st Carnival: (all water events were cancelled) Ruby 5th in flags, Max 5th in flags, Max made final in sprint

2nd Carnival: Ruby 4th in flags, Billy 8th in swim, Lewis 7th board, Lewis 9th swim

3rd Carnival: Lewis 7th in Board, Lewis 7th in Swim, Ruby 7th in Flags

4th Carnival: Ruby 7th Flags, Billy 8th Swim, Max 2nd Flags, Max made Finals of Sprint

We continue to struggle manning the BBQ, so a reminder – if you can lend a hand with the BBQ please email me at aja074@gmail.com or phone 0403 471 926.

A reminder to parents – if you can lend a hand with the BBQ please email me at aja074@gmail.com or phone 0403 471 926.



I look forward to seeing you all on the 14th December and if you can't make it – have a safe and Merry Christmas / New Year Break and we'll see you next year.

Cheers
Anthony.
Director Junior Activities.



Sponsors



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Lions Club Woonona



Chapman Accounting Services



Watch these websites for competition and event updates:

