



The Black and White



February 2016 edition

Woonona Surf Life Saving Club

Illawarra Club of the Year 2009, 2012, 2013 & 2015

NSW Club of the Year 2013

Illawarra Patrolling Club of the Year 2009, 2013 & 2014

Illawarra Volunteer of the Year 2015

PRESIDENT

Hi all,

Congratulations to Madeline Bow on winning Young Citizen of the Year in the 2016 City of Wollongong Australia Day Awards. She is an inspirational role model, particularly for our youth. Madi has done a lot for our club and is very deserving of this award.

But unfortunately she is moving to North Sydney with her work and is still going to continue with her patrols, but has had to resign from Director of Education role. Madi has been a fantastic club member we wish her all the best for the future. Well done Madi!

Josh Clarke is also leaving our club in two weeks as he has acquired a position with the Air Force. Josh has been a major part of our club for eight years, and has worked mostly behind the scenes ensuring all our IRB's, motors and ATV are in perfect working order, as well as mentoring, training and coordinating the IRB team for many years. He has been an excellent lifesaver and a fantastic club member and we are sad to see him go. All the best for the future Josh!

Riding The Wave Nipper Program

Woonona SLSC are participating in the Riding the Wave Disability Program. As part of this we will be running four consecutive nipper days for disabled children. Dates being the 21 Feb, 28 Feb, 6 March, 13 March. The program would start at 11am, so it would start just at the end of our regular nippers on the days when it falls on our nipper days. An e-mail has been sent out asking for Volunteers to help with this program, please get involved and help if you can. Brianna McNally has volunteered to take on the role as Co-ordinator for Riding the wave program. For more information contact Brianna (0405598477).

Stacey Paddon

President (0407710221)

Director of Lifesaving

Lifesaving!

The end of school holidays sees our patrolling shifts drop back to Sundays and Public Holidays with the beach open 10am-5pm. We've had a great season so far, thanks to everyone who's pulled on the red and yellow this season!

Afghan Community Education Day

On 16th Jan we hosted a group of approx. 40 members of the Afghan Community from Minto/Campbelltown for a Surf Education Day. These people were a mix of ages and experiences with many having been in Australia less than a year, with little or no surf knowledge. They had a great day learning about the surf, seeing rescue demonstrations and playing in the water. Our members were then treated to a traditional cook up which by all accounts was AMAZING!! Participants and clubbies enjoyed themselves so much we are now looking at running the day

again and they have approached us regarding the feasibility of expanding to also run an education day specifically for Rock Fishermen!



Club Champs

Club Champs are now done and dusted for another year. Thank you to everyone who took up the challenge and joined in the fun. We had a great series with some dodgy weather and testing conditions which everyone rose above and competed with pride and grace, well done! You'll have to wait for Presentation night to find out who leaves with the spoils!

We have a new roomie!

You may have heard the rumours or seen it zipping around the beach, I'm pleased to announce a Branch Rescue Water Craft (Jet Ski) is moving in to our club. The ski will be based at Woonona, linking in with skis at Coledale and Towradgi to provide coverage across this area and respond to tasking across the Branch. You may notice some new faces as RWC operators from other clubs patrol on the ski, please say hi and make them welcome.

The RWC is a great asset in the surf, very agile and responsive. It is most often operated by a solo driver but can also be operated with a crewman (another reason to get your IRB Crewman's award). This ski is known as RWC3, you can hear it moving on the water as call sign "Illawarra Support Ski 3" when listening to channel 3. Please remember it is also large and heavy, especially when on the water's edge, so be sure to give it a clear berth and encourage kids to keep a safe distance unless under the guidance of a RWC Operator.

Rach

ROOKIES!!!

Wet'N Wild Nippers

Woonona volunteers rose early today to be at WetnWild by 645am. We were providing Water Safety for Western Sydney Nippers. As reward for our efforts we get to stay in the park for the day. The SLS Coordinator passed on feedback from age managers saying we were the best by far. Well done all the Rookies who went!





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SURF SPORTS

Senior Club Training 8am Sunday at Surf Club

We are starting a regular social Club Training session. Board, Swim, Ski, Sprint. Training will be flexible each week based on conditions, abilities and the interest of whoever turns up each week. And a coffee after!

This is a social training session for proficient SRC and Bronze holders only, make sure you wear your pink high vis!

SOCIAL COMMITTEE

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Lads and Lasses of Woonona SLSC:

As an initiative of the fund raising and social committees, we will be holding a trivia night next month to test the brain power of our members, friends and family - as well as rallying up some funds to help keep our beaches safe.

The date is February 20th, 6:30pm for a 7pm kick off. Tables of ten. \$10 a head/\$100 a table. We'd like to get as many numbers locked in as early as possible before the night, so get in contact with me to organise tickets.

As usual, drinks will be available from the bar, with some nibbles too. BYO snacks.

We're hoping to make it a big one, so pass on the invite to friends, family, enemies, co-workers, whoever! See attached flyer for details.

SAVE THE DATE

Trivia Night – February 20th February 2016

Club Concert – 26 March 2016

End of season sippers – 25 April 2016

Surf club free month – May

Presentation night Masquerade theme - June

MEMBER SERVICES

Well done to Mitch and Katie Bell who attended the recent Lifesaver Exchange Program over the Australia Day long weekend, looks like you guys had a ball!

Recently, myself (Mitch Bell) and Katie Bell were accepted to attend a SLNSW exchange program to promote development and broaden lifesaving experience, allowing participants to take back to their club new practices and connections, unifying and solidifying clubs across NSW through a joint passion for surf lifesaving.

The program took participants from 'country' branches and threw them in the deep end at some of NSW's more populated and high profile beaches, namely Bondi and Maroubra. The way these clubs run a beach that has physically similar rips, bars and rock shelves to Woonona - but wildly different volumes and demographics is unreal. There is almost an upbeat military attitude - something that is necessary when 40,000 people are swimming between your flags. The focus on keeping members



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physically active and engaged in training scenarios is inspiring to say the least. This is definitely something I'd like to see Woonona adopt in the near future - making sure each and every member knows exactly what to do and where to be should an emergency situation present itself.

The four day trip was also packed with helicopter visits, rescue boat demonstrations, cool people and beers at the end of each long day. We also got to meet local celebrities - The boys from Bondi Rescue, and SLSNSW lifesaver of the year Rosie Taliano.

The program is something I'd highly recommend to younger members, and something that has reignited my passion for surf life saving. What a great thing we're all doing here!

Contact Jacquie Hundt for any details 0431631735

Reminder to all Nippers – and the Easter Raffle - you need to write the name and number of the person buying the raffle ticket on the stub end of the ticket. Tickets are \$1 each. Please try and sell as many as you can

Hall hire

If you're interested please check the website for details or contact Troy Johnson by phone on 0411 969 656 or by email troy.johnson@raywhite.com.au.

Clothing

We now have Club uniforms available through Denise Salm of South Coast Uniforms. There are a wide range of items available and a price list and order form can be located on the Woonona SLSC website -

<http://woononaslsc.com.au/nippers/uniforms>.

Committee for 2015/2016

President	Stacey Paddon	0407710221
Director of Administration	Cathi Rigby	0417695669
Director of Finance	Craig Odewahn	0402092714
Director of Lifesaving	Rachel Fenwick	0466694366
Director of Education	Currently Vacant	
Director of Junior Activities	Anthony Arnold	0403471926
Director of Surf Sports	Currently Vacant	

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