

THE Spray

sorrento
surf life saving club

The Official Newsletter of the
Sorrento Surf Lifesaving Club
P.O. Box 395, Sorrento, Victoria 3943 (03)59845533 FAX(03)59845633
www.sorrentoslsc.com

Oct 2006

Presidents Message

A new patrol season is just around the corner, and the way the weather has been lately it may prove to be our busiest yet.

Jacent and Megan our club captains have been busy getting all the gear in order for the up coming gear inspection in late October. They are also getting patrol lists and rosters together for the upcoming season which will start on 25th Nov through to 9th April. If all the active members can pitch in it will make it easier for all.

The club was recently successful in the Telstra Surf lifesaving assistance fund, which is provided by Telstra to help clubs be appropriately resourced with vital lifesaving equipment that they need to conduct their duties. The club will receive a Laerdal Defibrillator Heartstart First aid. This piece of equipment will make our beach much safer, we will be better able to handle a situation involving a person whose heart has stopped. All we have to do now is get a few people trained up and qualified to use it. I would like to thank Ken de Heer for looking after this grant application. .

Our club now boasts some very good (and expensive) equipment which needs to be

looked after. For example if you use a board please don't leave it on the beach, and if it gets damaged report it to the patrol captain, club captain or gear steward (Andy Nettlefold) so it can be repaired. I would also like to point out to our patrolling members that we are in the public eye so we should monitor our actions to reflect a high level of responsibility. By this I mean for example drive the Gator slowly, don't use the rescue boards in crowded areas.

On behalf of the club I would like to thank Meagan Croad, Robyn McColl, Lenore Grayson, and Linda Hyde who recently gave up a day of their time to help me out at the Rosebud Police Charity Golf Day. These girls had to put up with some foul weather and alcohol affected golfers (I don't know which one was worse). Their efforts resulted in a donation to the club in the vicinity of \$1000.00. Well done. Also a big thank-you to John Stringer for transporting the gator there and back.

Please check the dates for requal and training on the following pages and mark them on your calendar.

Thanks Duncan

SRC and Bronze Medallion Courses

There will be an information session for potential candidates of these awards on **Sat 28th Oct at 10:00am**. After a general overview of the programs and an initial registration, prospective candidates will break off with their trainers to determine specific training dates and course requirements. The cost for materials will be around \$40.00 which includes the Manuals, Workbooks and certificates and will be required at the time of registration.

Need to Update Your CPR

We plan on running an intro to the new CPR changes on **Sun 19th Nov from 11:00am - 1:00pm** for all Bronzies and any other current CPR holders. In theory this should

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act as an update for the CPR and will give those who attend a pass on doing this section of the requals (to be held on **Saturday Dec 2nd**).

President: Duncan Stirling
Secretary: Linda Hyde
Registrar: Janine Shepard
Club Captain: Jacent Gill
Nippers: Ray Owens
Michael Mann



Bronze Requal: Saturday 2nd Dec.

Sat 2nd Dec. As has been the tradition for this big event in our training calendar, requals once again are planned for the first Sat in Dec. If you haven't already attended a CPR update prior to this date you will need to retrain on the day which will begin at 10:00am. For those already updated in CPR we will have a "fast-track" process so you won't have to wait around all day to complete your requals. Check the Sorrento website to download new CPR info and proficiency papers which you should complete before arriving on the day. This event requires a lot of organisation & planning to accommodate all our members in terms of booking assessors, allocating equipment and so on. So please return the "Intention to attend the requals" with your details and those awards you hope to update before **Fri 24th Nov.**

Training News

First of all congratulations to Jacent Gill, Megan Croad and Andrew Sicari who all completed their Patrol Captain's award along with myself during the recent Portsea Junior Development Camp held during the holidays! Also a big thank you to Emma Ronald and all the crew at Portsea for allowing us to hook up and for being so welcoming and supportive of our members in what we hope could be the start of a long-term training relationship between the 2 clubs. Secondly training dates for 2006 are quickly approaching and most weekends are already being blocked out. So for those of you who are serious about getting back into it you will need to act now.

Working Bee

As the next season is only around the corner it is time to spruce up the clubhouse ready for the hot summer. To this end, we are planning a working bee at the club on **Saturday 28th October. Starting at 10:00am** the committee is keen to get as many members down to help get the clubhouse in tip top shape. We need to undertake some gardening, clean out the gear room, wash the windows and get our equipment up to speed. Maybe some brave soul will tackle the BBQ!!!! It won't be hard work, but non the less it needs to be done and as the saying goes.....'more hands make light work'. So if you can give up a few hours bring your tools, gardening & cleaning gear and come down and catch up with everyone before the season gets underway.

Sponsor a New Defibrillator Heartstart Machine

The committee has just received news that we are able to receive a new *Laerdal Defibrillator Heartstart* machine. This piece of equipment is used by lifesavers to restart or reset the heart during a heart attack. These machines are state of the art equipment that shock the heart back into action. The machines generally cost in excess of \$3500 however, through the Telstra Lifesaving Assistance Fund we are able to purchase the unit for \$1200. As this is still a significant cost to the club we are seeking sponsorship so that we can proceed with the purchase. The committee would be very interested in hearing from any companies or individuals who would like to sponsor the purchase of this essential piece of lifesaving equipment. You would be helping the club become equipped with this cutting edge, lifesaving technology. Your contribution would be well publicised within the community and a logo of your sponsorship placed on the machine. If you are interested in being a part of this sponsorship please contact our secretary Linda Hyde via email secretary06@sorrentoslsc.com

www.sorrentoslsc.com

You may not have looked at it recently but our club website has had a massive up grade. Take the time to log onto www.sorrentoslsc.com and see the changes for yourself. The site is being updated regularly and the committee has agreed to use it as a key form of communication to our members. There are a number of resources, manuals, workbooks, key dates, contacts, rosters and general information that can be downloaded. Please log in regularly to the site to obtain the up to date information about news and details relevant to the club. Moreover, if you have friends who would like to know more about the club, possibly become members or find out about nippers then just send them to the website and all their questions will be answered. If you wish to have something put up on the website then don't hesitate to contact Marc or Duncan at the following emails: president06@sorrentoslsc.com marc.clavin@sorrentoslsc.com

REGISTRATIONS DUE NOW:

If you haven't already done so send in your registration renewal now! You won't be able to Patrol unless you are registered - Patrols start end of November.

Nipper registration form/s will not be sent unless your family has registered - Nippers begins mid December. If you are not intending to re-register and haven't already informed our Registrar please call Janine 0407 804 862 or email janineshep@bigpond.com

Trivia Night

We hope you have all been busy studying those reference books and polishing up on your trivia skills as we have chosen the date and it's not too far away:

SATURDAY 9th DECEMBER

At the Clubrooms at a time yet to be decided. The evening promises to be a night of fun and laughs with a little bit of learning thrown in for good measure. We will also have some good prizes along the way. Secondary School level children will be welcome. BYO drinks and a plate. Possible tables of 10, cost \$10 per head. More information in next newsletter. We would love to see some city folk there as well and seeing as you will be down for the first nippers session on Sunday 10th December, we thought this would be a perfect opportunity to start the social season for 2006/2007.

Applications for State Team Trials

Applications are now invited for the 2007 Senior Beach state team selection trials to take place at Ocean Grove on 25th and 26 November for athletes in the following age groups:

- * U/17 (3 males and 3 female athletes to be selected)
- * U/19 (3 males and 3 female athletes to be selected)

If you are interested visit the LSV website www.lifesavingvictoria.com.au for more information

Change of Address:

If you have moved please do not forget to let our Registrar, Janine know, so you are kept up to date with whats happening at the club.

Call on 0407 804 862 or email janineshep@bigpond.com

Committee Members Keep These Details Handy

• President	<i>Duncan Stirling</i>	5988 0692 0412 205 972 duncan.stirling@sorrentoslsc.com
• Vice President • Marketing	<i>Steve Hipwell</i>	5988 0458 0438 047 930 steve.hipwell@sorrentoslsc.com
• Vice President • Clubhouse Manager	<i>Ken DeHeer</i>	5984 5551 ken.deheer@sorrentoslsc.com
• Vice President • Lead Examiner	<i>Marc Clavin</i>	5984 2196 (B) marc.clavin@sorrentoslsc.com
• General Club Enquiries • Secretary • Nippers Secretary • Club Secretary	<i>Linda Hyde</i>	5985 9114 0409 001 910 nippers06@sorrentoslsc.com secretary06@sorrentoslsc.com
• Treasurer	<i>Lindy Sheedy</i>	5988 9626 0419 115 173 lshe7000@bigpond.com (mt eliza) lshe7001@bigpond.net.au (blair)
• Membership	<i>Janine Sheppard</i>	5984 1683 0407 804 862 membership06@sorrentoslsc.com
• Club Captain	<i>Jacent Gill</i>	5989 0458 0438 047 930 club.captain06@sorrentoslsc.com
• Vice Club Captain	<i>Meggan Croad</i>	5985 1003 0407 872 584 megg_croad14@hotmail.com
• Nippers Co-Ordinator • Newsletter	<i>Michael Mann</i>	5985 7456 0408 438 461 michael.mann@sorrentoslsc.com
• Nippers Co-Ordinator	<i>Ray Owens</i>	5985 5970 ray.owens@sorrentoslsc.com
• IRB	<i>Gerry Lute</i>	5984 4019 5987 3304 (B)
• Gear Steward	<i>Andy Nettlefold</i>	5988 8002 0438 016 073 andrew_nettlefold@dodo.com.au
• Chief Instructor	<i>Stefan Bagg</i>	5988 8084 0400 016 877 chief.instructor06@sorrentoslsc.com

Intention to Requalify

Name: _____ D.O.B. _____

Dates: Sun 19th Nov (CPR retrain only) Sat 2nd Dec Sun 21st Jan

Award: SRC
 Bronze
 ARC
 IRB Crew
 IRB Driver
Other _____

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Return to Stefan Bagg, Chief Instructor, SSLSC, PO Box 396 Sorrento 3943