

Ellis Beach SLSC NEWSLETTER



Issue 5

March / April 2011

ARE YOU CREATIVE?

Newsletter:

We are looking for anyone who is interested in taking over the implementation of the club newsletter. This occurs once per month during the season and every second month during the off season. This position is perfect for anyone who is good with publisher and loves to write.

Website:

This position is to update the website as necessary approximately on a weekly basis. Knowledge of word press is an advantage.

If you are interested in taking on one of these positions please email ellis.slsc@bigpond.com Training and any support necessary will be given.



Ellis Beach Surf

Lifesaving Club

Ph: (07) 4055 3695

Fax: (07) 4059 1634

Email:

ellis.slsc@bigpond.com

Dates to Remember!!

Pool Rescue Comp

Venue TBA

28 May 11

Fastest Man on Sand

Yorkeys Knob

29 May 11

Palm Cove Ocean
Endurance Classic

25 Jun 11

Mission Beach Carnival

23-24 July 11

Port Douglas Carnival

13-14 Aug 11

Ellis Beach Carnival

27-28 Aug 11

Cairns Carnival

17-18 Sep 11

Patrol and First Aid
Comp

8 Oct 11

NQ Branch
Championships Etty
Bay

15-16 Oct 11

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FUNDRAISING

Fundraising Committee

Would you like to be part of our fundraising committee?

It's a bit of a social get together to organize social and fundraising events for the club members. It's great if you've just joined as it will get you out and about meeting the members through the different and exciting up coming events!

If you are interested in being apart of the committee or would like to know how you can help or have a fundraising idea please let Donna Kreuter and the fundraising committee know!!

Email: ellis.slsc@bigpond.com



Fundraising is an important part of how Ellis Beach is able to purchase extra equipment. We rely on the time of our members to raise the money at any of the opportunities in this section. Ideas and suggestions are always welcome!

Piccones IGA—Edge Hill

Don't forget if you stop by the IGA in the Brinsmead Shopping Centre at Edge Hill, be sure to ask them to give you purchase point to the Ellis Beach SLSC. The more points we get the more donation we receive.

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Things to remember when on patrol!

- Wash out ATV & IRB at the end of patrol.
- If you can't make your patrol **you can swap with another member who has the same awards as you.**
- **Remember to wear your full uniform when on patrol, this includes your cap!!**
- **Patrol uniforms are only for the beach, so please remember a change of clothes.**
- Place all hand held radios in the chargers, making sure the orange light is on & log is filled in.

PATROL CORNER

REMINDERS

Marine Stinger Enclosures are in until the end of May
Remember that drags can only be completed by a patrolling member over the age of 18

Roster and Contact Details:

In the hut on the cupboard doors is the patrol roster with a scenario to do for each patrol until the end of season. Please make sure you go through these as it is important to keep your skills up, instead of leaving it to the proficiency once a year. It is also a good refresher and makes your patrol go much quicker!

Did you know?

Stinger drags are well under way, but did you know? drags are only to be commenced in the wind is blowing 15 knots or less with waves 0.5 meters or less? Remember to still record in the Marine Stinger Log Book "too rough to drag" with all other relevant details.



UNIFORMS: If you do not have a complete patrol uniform (this includes your cap!) please email ellis.slsc@bigpond.com

ARC Course

Advanced Resuscitation Certificate and Defibrillation Certificate

When: Wednesday the 18th and 25th May

Time: 6pm to 8pm

Where: NQ Branch Office

3/37 Pease Street
Manunda QLD 4870

Prerequisite: Financial member and a minimum of 15yrs of age and must hold a current Bronze OR Operational First Aid or Emergency Care Certificate

RSVP: To Kate Macrae – NQ Branch Lifesaving Development Officer

KMacrae@lifesaving.com.au

By: Monday 16th May

All eligible members are strongly encouraged to attend this course!!!

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PATROL INFORMATION

Message from the Club Captain, Vice Club Captain and Chief Training Officer

Hey there Ladies and Gents!

Wow!! How fast did summer go? I hope that you are all safe and well after our history making summer weather.

Patrols start Saturday 2nd of April at 1300! If your name is not on the roster and it should be please give Renee a call 0421 231 402 or email clubcaptain@ellisbeachslsc.com so we can put you on a patrol.

As mentioned in the last newsletter, patrols will be a bit different this year, this has been done in an attempt to make them more interactive and informative for our patrolling members!! So please keep an open mind and any suggestions you may have i.e. Inter patrol competitions etc we would love to hear them!!!

Thank you to those who were at the Patrol BBQ in April and happy reading! For those who were unable to make it please see your Patrol Captain to get your induction book. **All patrol members must have done their induction before the first carnival—you have 3 months!!** If for some reason you are unable to have it completed before the first carnival at the end of July please talk to your Patrol Captain, Vice Patrol Captain or Renee, Jay or Lorriane and we can work something out.

Also just a reminder we are now on 5pm finishes which means Sunday morning patrols finish at 1pm an updated roster will be out in the near future. Also if you can't make you patrol then please find someone to swap with, this is necessary to ensure all awards are covered. If you are not sure please contact you Patrol Captain.

Keep up the great work!

We look forward to seeing you on the beach!!!!

Renee, Jay and Lorraine



The life of the beach.

Check out our website www.ellisbeachslsc.com for all upcoming courses and awards!!!

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PATROL INFORMATION

Thank you!

Thank you to all those patrolling members who kept our beach safe over the Easter and May Day long weekends, especially those who filled in for more than just their own patrol, it was a mammoth effort and congratulations to you all!



Congratulations!

To the members of Patrol 4 who conducted a successful water search over the May Day long weekend, to the great relief of the young boys mother, what an outstanding effort, congratulations!

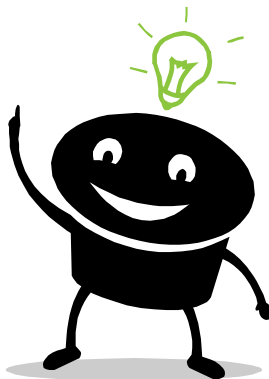
Ideas?

Do you have any ideas or suggestions to make patrol more fun and interesting? We would love to hear from you!

Please call Renee on 0421 231 402

Or

Email: clubcaptain@ellisbeachslsc.com



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WATER SAFETY NEEDED!!

Water safety personnel are needed for the USM Challenge Cairns below:

Date: Sunday May 29th
Event: Coral Coast Triathlon
RRR Mountain Bike Challenge (Mt Molloy to 4 Mile Beach)
Ocean Challenge (Outriggers from Palm Cove to 4 Mile Beach)
Location: Port Douglas
Required: Water Safety on Swim / volunteers on the day to help in various roles

Date: Thursday June 2nd
Event: Quicksilver Green Island Swim
Location: Green Island

Date: Friday 3rd & Saturday 4th June
Event: Practise swims
Required: Water Safety

Date: Saturday 4th June
Event: Junior Challenge
Required: Water Safety

Date: Sunday June 5th
Event: Challenge Cairns Iron Distance Triathlon
Required: Water Safety / volunteers on the day to help in other roles

If you are able to assist on any of these day it is greatly appreciated and will be helping to raise valuable funds for our Club!!

Please RSVP you availabilities to clubcaptain@ellisbeachslsc.com subject line: USM Challenge Cairns

Good luck to those brave enough to enter, do us proud!!

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TRAINING COURSES

NQ BRANCH CALENDAR COLOUR CODE:

SLSQ in Maroon, SLSA in Gold, NQ Branch in Green, NQ Club Run events in Blue
Southern club run events in purple , R&R in Orange

MAY 2011

DATE	EVENT	Co-Ordinator	VENUE	COMMENTS
Mon 2 nd	Labour Day Holiday			
Wed 4,11,18,25	ARC Defib	Branch, Kate and Lorraine	Branch Office	Course over 4 Wednesdays 6-8pm
Sat 7 th & 8 th	R&R Clinic & Officials Accreditation	Geoff Crawford	Cairns SLSC	8.00am – 4.30pm
Sat 7 th	Cairns SLSC Sign On	Cairns SLSC	Cairns SLSC	
Sat 7 th	Ellis Beach Sign On	Ellis Beach SLSC	Ellis Beach TBC	
Sun 8 th	Mission Beach Sign On	Mission Beach SLSC	Mission Beach	10 am – 12pm
Sat 14 th	ATV Course	Branch, Renee	Ellis Beach SLSC	Afternoon, Time TBC
Sun 15 th	Port Douglas Sign On	Port Douglas SLSC	Port Douglas	
Sun 15 th	SRV Course, Ellis Beach	Lorraine, Renee	Ellis Beach SLSC	
Sat 21 st	Age Managers Course, Port Douglas	Branch, Melinda	Port Douglas	TBC
Sat 21 st	Officials Course	Branch, Graeme	Branch	9am-4pm
Sun 22 nd	Etty Bay SLSC Sign On	Etty Bay SLSC	Etty Bay	9.00am – 12.00noon
Fri 27 th	Level 1 Coaches Course	SLSQ, MJackson, RBennett	NQ Branch Office	Theory component
Sat 28 th	SLSQ Pool Rescue Competition	SLSQ, Georga Catania	TAS Pool, White Rock	Clinic 8-11, Competition 11-3pm
Sat 29 th	Level 1 Coaches Course – Pool rescue practical	SLSQ, MJackson, RBennett	TAS Pool, White Rock	
Sun 29 th	Fastest Man on Sand	SLSQ, Len Wanklyn	Yorkeys Knob, Cairns	NQB & SLSQ to jointly deliver
Sun 29 th	Level 1 Coaches Course – Water/beach practical	SLSQ, MJackson, RBennett	Yorkeys Knob, Cairns	

JUNE 2011 – School Holidays 25th – 30th

DATE	EVENT	Co-Ordinator	VENUE	COMMENTS
Wed 1 st	Bronze Medallion Course	Branch, Kate	Branch Office	Course over 4 Wednesdays 6-8pm. This course also involves weekend beach training, dates and times TBC with participants.
Sat 4 th	Age Managers Course, Etty Bay	Branch, Melinda	Etty Bay SLSC	TBC
Sat 4 th	ATV Course, Ellis Beach	Branch, Renee	Ellis Beach SLSC	
Tues 7 – 9 th	Lifeguard Proficiencies, Jetski + Gold Med	Branch, Jay and Kate	TBC	
Wed 15, 22, 29	Bronze Course #2 theory	Branch, Lorraine & Kate	Branch Office	6-8pm
Fri 24 th	SLSQ Pool Rescue Competition	SLSQ, Len Wanklyn	Cairns. Venue TBC	Clinic 3-5pm, Competition 5-9pm
Sat 25 th	North Queensland Branch AGM	NQ Branch	NQB Office	1.00pm – 4.00pm
Sat 25 th	Palmy "Ocean Classic" Series – Rd 2	SLSQ, Cairns SLSC	Palm Cove	Endurance Ocean Racing, paddling competition U11-Master
Sat 25 – Sun 26 th	SLSQ Athlete & Coaches Development Clinic	SLSQ	Cairns, Venue TBC	

How Do I Register?

An Expression of Interest (EOI) is sent out via email approximately 2 weeks before the course date. This information will also be on the club website under: Lifesaving > courses > What's on This Month. All expressions of interest are to be forwarded to ellis.slsc@bigpond.com

AND The Branch Lifesaving Development Officer (LDO) Kate Macrae

email: KMacrae@lifesaving.com.au

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SURF SPORTS

SURF SPORTS OFFICER APPOINTED!!

Congratulations to Melinda Jackson who was recently appointed Ellis Beach **Surf Sports Officer**. Melinda will be overseeing Surf Sport related activities for our Club and you will find her on the beach on Sunday mornings.

If you have any questions for Melinda please email them to:

ellis.slsc@bigpond.com

SURF BOAT PERSONNEL NEEDED!!

The surf boats haven't been seen at Ellis Beach for a number of years and its time to bring them back.

If you are interested in, been in, raced or want to know more about Surf Boats then we want you!

For further information don't hesitate to contact:

Simon Steinhofer

on

04313 24 092



Nipper Training

When: Starting this Sunday 15th May

Where: Ellis Beach

Time: 0845 sharp on beach start

What's on: Orientation and beach activities

What to Bring every Sunday:

- Swimmers
- Stinger suit (insurance requirement)
 - Club cap
 - Water
 - Sunscreen
 - Hat
 - Towel
 - Goggles
 - A smile!

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SURF SPORTS

Are you the Fastest Man (or Woman) on Sand?

Ellis Beach would like to encourage everyone to support the upcoming Fastest Man on Sand competition to be held at Yorkey's Knob on the **29th of May**.

We have been petitioning SLSQ for quite some time to hold some beach specific events in our region and now that we have this great event for U8 to Masters competitors coming up, we need to show our support to have other such events offered to us in the future.

For information on nominating for the competition please go to our website www.ellisbeachslsc.com go to Surf Sports > Competition 2011

Even if you are not entering it will be a great day, so come show your support and cheer on Ellis Beach!!!



POOL RESCUE COMPETITION

SLSQ are hosting a Pool Rescue competition, being held on the **28th of May at TAS pool, White Rock.**

Pool rescue competition has been beneficial for regional clubs in particular, giving them the potential to attract pool swimmers and other members who might otherwise not have competed in surf sports because they were uncomfortable in the ocean. Further, it is now deemed virtually essential for athletes to have pool rescue skills among their credentials for consideration to be selected for Australian teams, enhancing the importance of this competition in rounding out a competitor's skill set.

For information on nominating for the competition please go to our website www.ellisbeachslsc.com go to Surf Sports > Competition 2011



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SURF SPORTS

CONGRATULATIONS!

A big congratulations to the below athletes on their success at the recent State Titles!

JUNIORS

- 2nd 2 Person R&R:** Emma Jackson and Georgia Fry
- 4th 5 Person R&R:** Brodie Lambert, Emma Jackson, Georgia Fry, Kirriena Raymond, Soraya Scott
- 1st Nth Queensland March Past Junior team**
- 5th U11 Male Surf Team:** Harrison Valente, Harry Goodman, Liam Fifield, Wilson Harris
- 6th U12 Female Beach Relay:** Alison Munro, Cassidy Bromley, Eliza Markham, Laura Jones
- 4th U12 Female Beach Sprint:** Eliza Markham
- 4th U12 Female Surf Teams:** Cassidy Bromley, Eliza Markham, Laura Jones, Mikaela Crowe
- 6th U12 Male Board Rescue:** Brody Scott, Lachlan Paterson 6th
- 5th U12 Male Surf Teams:** Brody Scott, Cameron Keith, Finn Devine-Cameron, Lachlan Paterson
- 5th U13 Female Cameron Relay:** Emma Jackson, Georgia Valente, Jordyn McCallum-Saranov, Megan Kreuter 5th
- 3rd U13 Female Surf Race** Megan Kreuter
- 1st U13 Female Surf Teams:** Darcey Starr-Thomas, Emma Jackson, Georgia Fry, Megan Kreuter
- 5th U13 Iron Woman:** Megan Kreuter
- 6th U14 Female Surf Teams:** Lauren McElhinney, Phoebe-Kate Seawright, Soraya Scott, Whitney Sager
- 6th U14 Male Surf Race:** Max Fifield (North Queensland) 6th

CADETS & SENIORS

- 4th Open 2 KM Beach Run:** David Chapman

A big congratulations Tiarrn Raymond, Kirriena Raymond and David Chapman who recently represented Ellis Beach at the recent State and Australian Titles and Jason Gosley who also represented Ellis Beach at the State Titles

What an incredible effort by all our athletes who attended, we are very proud of you!!

Also to Meaghan the FNQ Longcourse Girls 15 Age Champion 2011 and Sarah Runner-Up of the FNQ Longcourse Girls 15 Age Champion 2011. Meaghan & Sarah tied for Runner-Up FNQ Longcourse Women's Open Champion 2011!

Both girls were invited to compete at the Inaugural Tri-Regional Team Challenge representing the FNQRSA swimming against the North Queensland and Central Regions of Queensland held at Proserpine at the end of March. Both girls did the Far North Region proud!

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GENERAL INFORMATION

Helpful websites

For those members doing a lot of travelling for sports you may find these websites handy. Click the links below.

www.ausport.gov.au - Local Sporting Champions

www.sportrec.qld.gov.au - Young Athlete Assistance Program

Dogs At The Club

Just to let members know that the club on the weekends is a dog free zone, could members not bring their dogs to the club. Also where the children are training and between the flags are also a dog free area. We have had an incident where a dog has attacked one of our Patrolling members so the Committee has decided that dogs are not allowed at the club and the training area.

It is also a Surf Lifesaving Policy as well that no dogs are allowed between the red and yellow flags.

Sorry for any inconvenience.



PARENTS CAN YOU PLEASE KEEP AN EYE ON THE CHILDREN CROSSING THE ROAD AT THE CLUB. PLEASE MAKE SURE THAT AN ADULT IS WITH THEM AT ALL TIMES.

THE CLUB CANNOT STIPULATE THE URGENCY FOR THIS, AS THERE HAS BEEN SOME CLOSE CALLS WITH CHILDREN NOT BEING SUPERVISED BY ADULTS WHILST CROSSING THE ROAD.

IT HAS ALSO BEEN NOTICED THAT SOME MEMBERS ARE CROSSING THE DOUBLE LINES TO TURN TO PARK, THIS IS NOT ALLOWED SO PLEASE ALSO REFRAIN FROM DOING THIS.

Stinger Suits

All junior members from Under 6 to Under 14 years are to wear a stinger suit whilst they are training at the beach with the club. If children do not have a stinger suit, then they will not be allowed to train until they have one

Keep the club clean!!

Please can everyone remember to pick up their rubbish and keep our club tidy. We do not have a cleaner at the club, this is done by the caretaker. Your help with keeping the club clean would be greatly appreciated!!!



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GENERAL INFORMATION

Sale of Private Boards & Skis

Board or Ski to Sell?

If you have a board or ski to sell please email the details to ellis.slsc@bigpond.com with the following information:

- Brand
- Weight range
- Age
- Accessories
- Price
- Contact name and number
- Photo



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FROM THE JUNIORS

FROM THE JUNIOR ACTIVITIES COORDINATOR (JAC)

It is with a heavy heart that I have to advise all that I will not nominating again for JAC at the next AGM. My youngest son Dean will be finishing in the Junior ranks at the end of this season and I feel it appropriate that I allow a new parent or guardian to guide the Juniors into the 2011-12 season.

I would like to thank all the parents and members who have helped me perform the duties of the position and made it a pleasure to represent the juniors on the Club Committee. I will maintain an involvement with the Juniors as I intend to continue as Age Manager with the "Green Caps" for next season. I strongly encourage members to consider nominating for this position. There is no requirement to have an "award" eg Bronze, you only need to be a member of Ellis Beach and interested in Junior Activities.

JUNIORS

We currently have a vacancy for the **Junior Team Manager** position. The role of Team Managers involves representing the Club mostly at carnivals. They would be required to attend the Team Managers meeting held at the start of each carnival, liaise with Age Managers as required e.g. All age relays etc. Team Managers are not required to hold any awards eg bronze. This position is vital to the smooth running of carnivals.

If anyone would like more information please contact:

Junior Activities Coordinator,
Gary Williams PH 4055 2483

Or

any member of the committee.

The Club will be seeking nominations for Junior Activities Coordinator at the Club Annual General Meeting (AGM) 18 June 2011.

JUNIOR TRAILER

I would like to hear from any members who would be interested in going onto a roster to tow the Junior trailer to Carnivals this season.

Mission Beach, Port Douglas, Palm Cove and ETTY Bay

There is provision to be reimbursed for expenses i.e. fuel allowance.

Please contact Gary Williams (JAC)

0448558890.

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CADETS/SENIORS NEWS

CADETS

Thank you to all those members who recently nominated for the positions of Surf Sport Officer and Cadets Co-ordinator.

Congratulations also to David Young and Marty Lambert who have been appointed **U15 & U17 Cadet Co-ordinators**. David & Marty will be working closely with Coaches Leon Mills & David Chapman and Team Manager Peta Grant to ensure the Cadets will be well catered for this year.



[Is this for you?](#)

CALLING ALL 13 – 25 YEAR OLDS:

- INTERESTED IN GETTING MORE FROM YOUR CLUB?
- TIRED OF DOING STUFF AND NOT BEING RECOGNISED FOR YOUR EFFORTS?
- BORED WITH THE SAME OLD PATROL?
- WANT TO GET MORE INVOLVED BUT DON'T KNOW HOW?

THEN THE YOUTH INVOLVEMENT PROGRAM (YIPs) IS THE THING FOR YOU!!!!!!

COOL PRIZES, FREE STUFF AND GREAT ACTIVITIES

FOR MORE INFORMATION CONTACT YOUR YIPs CO-ORDINATOR:

Renee Ruthenberg 0421 231 402 or email: ellis.slsc@bigpond.com

Forms can on our club website under Youth Development > Youth Involvement Program (YIP's):

www.ellisbeachslsc.com

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THE MASTERS Paddock

A quick plug for the Masters competition, for those not aware, there is a competition for the over 30s male and female that you can compete in, if eligible.

Eligibility Criteria:

Must be over 30;

Must have a bronze medallion and be proficient;

Must have performed qualifying number of patrol hours (this is pro rata based);

Reasonable fit; and

Must be prepared to enjoy yourself.

When:

The Masters compete on the Sat afternoon of a carnival and is broken into age categories. 30 to 39; 40 to 44; 45 to 49; 50 to 54; and 55 plus

Disciplines:

It covers all surf disciplines Swim, Craft and Beach.

You are not required to do all events if you want to just Swim or do beach that is fine.

The kids get a buzz out of seeing their parents compete as well, especially in the all age relay.

Whilst Ellis Beach does not have a large contingent of Masters it is a great group and all enjoy competing and supporting each other on the Saturday afternoon.

All new masters are warmly welcomed. You may want to work towards your fitness and gaining your award for next season.

For more information see Renee Ruthenberg (Club Captain) or Gary Williams.



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us.**



Steve Wettenhall MP

Gazatile

The Perez family

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The Wanklyn family

Coral Hoult



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