



North Queensland Branch

Date Claimers:

- 8th-9th Aug
Cairns Carnival
- 12th Aug
Show holiday BRISBANE
- 14th-15th Aug
Lvl 1 Coaching Course at Branch Office
- 15th-16th Aug
Athlete Development Clinic at Ellis Beach Club
- 21st-23rd Aug
Cadet Development Camp
- 29th-30 Aug
Port Douglas Carnival
- 2nd Sep
NQB Executive meeting
- 6th Sep
Green Island Ocean Swim
- 8th Sep
NQB Council meeting

Inside this issue:

Positions Vacant	2
SLSQ Lvl 1 Coaching Course	2
Training, Education and Membership	3
Surfmate Technical Issues	4
Lifesaving Services	6
2009 Sir Adrian Curlewis Scholarship	7
SLSA Newsletters, Did You Know...	7

2009 Super Surf Camp - 12th & 13th Sep

SPECIAL GUESTS:

- Shannon Eckstein [Australian Ironman Champion]
- Daniel Norton Smith [Northcliffe SLSC Head Coach]

WHERE: Port Douglas SLSC

WHEN: Sat 12th and Sun 13th Sep 2009, 9am - 3pm

WHY: To improve all areas of Surf Sports - *be the best you can be*

WHO: All Clubs Junior Surf Life Savers - 8yrs to 17yrs, male and female. Catering for all ages and abilities, individual and team events, beach and water.

COST: \$120 for two full days - includes: all coaching session (4), morning and afternoon tea, prizes, give aways, video work.... Optional SSCamp Tee and Cap \$20. Family Discount available: 1st child \$120, 2nd child \$100, 3rd child \$80.

NOTE: This popular SS Camp is open to all kids from all surf clubs who are keen to have a go, meet new friends and have fun!!

Enrol Online now by visiting www.supersurfcamps.com

For more information, please contact:

Dana Dowker (SSC Director)

Mb: 0411 356 062

Ph: 07 5534 7538

Email: office@supersurfcamps.com



Green Island Ocean Swim 2009

Green Island to the Great Barrier Reef 1.5km & 3km Swims will be open to swimmers 12 yrs & over and will take place on the leeward side of the island.

WHEN: Sunday 6th September

WHERE: Green Island

TIME: 10am start

COST: over 15 yrs \$55
12-14 yrs inc \$27.50
U12 free

COST Includes:

- Registration
- Return transfers
- Swim cap
- Goodies bag
- Awards Presentation

Spectators Return transfers:

- Adult \$51.10
- Child (4-14) \$25.55

Prizes will be awarded to 1st, 2nd and 3rd place overall for men and women for 1.5km and 3km swims, plus Nippers' prizes

CONTACT

For registration and bookings call Great Adventures on 4044 9944 or online at

www.green-island.com.au/oceanswim.htm

NQ Branch Carnivals

Carnival Dates for the 2009/2010 season are:

- Cairns8-9 Aug 09
- Port Douglas.....29-30 Aug 09
- Ellis Beach.....19-20 Sep 09
- NQB SRC3-4 Oct 09
- Ettu Bay10-11 Oct 09

The Nth Australian Titles date is 30th-31st Oct & 1st Nov 2009.

Surf Life Saving - much more than patrolling between flags

Taken from SLSA SurfLine

Recent market research conducted for Surf Life Saving Australia (SLSA) demonstrates ongoing very high public regard for our movement. The image of Surf Lifesavers patrolling on weekends and public holidays is still an important part of our cultural makeup.

However, as most SLSA members know, there is much more to what we do than patrolling.

For each of the 1.1 million hours our members spent patrolling in 2008/2009, there is at least another hour spent behind the scenes training, assessing, coaching, officiating, fundraising and administrative duties.

SLSA recognises that these roles are critical to ongoing sustainability of our organisation and is committed to developing our current and future leaders.



Positions Vacant

DEVELOPMENT OFFICER

Port Douglas SLSC requires an enthusiastic and motivated individual to assist the Club with Education, Training and related administrative tasks in association with the Port Douglas SLSC Healthy Communities Project. Casual employment of 38 hours per week until 18th Oct 2009.

Desirable attributes are minimum 18 yrs of age, proficient Bronze Medallion and surfmate experience. Applicants should reply by sending resume to the Club.

Email: pdspsc@bigpond.com

Fax: 07 4099 6324

Post: Private & Confidential, Attn: Amina Pitt, Port Douglas SLSC, PO Box 112, Port Douglas

DANGEROUS MARINE CREATURE PROGRAM CO-ORDINATOR

SLSQ is seeking applications for highly motivated and appropriately qualified people to join their Community Awareness Program.

For a position description and/or to apply for the position, please contact Olivia Wilson at SLSQ on either 07 3846 8000 or owilson@lifesaving.com.au.

Applications close on Monday 17th Aug 09.

nib Coolangatta Gold 2009

Taken from Surfline News

Entries now open....

and close on 2 September 2009. No late entries will be accepted.

The nib Coolangatta Gold is an unrelenting test of endurance, the ultimate test of torture, battling unforgiving conditions – it takes more than physical fitness to compete in the nib Coolangatta Gold, it requires the burning desire within.

Held right along the Gold Coast, the race consists of a ski paddle, swim and run across the 46.65km course (for the men) or the 30.5km (for the women and U19). Or competitors can now split the course and team up with some mates and take on the team's challenge.

Surf Life Saving is once again throwing out the challenge to all participants eager to take on this iconic surf endurance race, with the

event again opened to public in both the individual and team categories.

Event Categories

Individuals

- Open Male
- Open Female
- Masters Male 30-39
- Masters Male 40+
- Masters Female 30+
- U19 Male

Individuals [click here](#) to enter

Teams

- Male or Mixed Teams
- Female Teams

Teams [click here](#) to enter

Visit the SLSA site for more details -

<http://www.slsa.com.au/default.aspx?s=coolangattagold>



Congratulations



Congratulations to the following winners of the following SLSQ awards:

Pelerman Junior Lifesaver of the Year (U14)

Karla Mills, Ellis Beach

Pelerman Junior Lifesaver of the Year (U18)

Nicola Wood, Ellis Beach

Pelerman Young Lifesaver of the Year (18-25)

David Chapman, Ellis Beach

Level 1 Coaching Course

PARTICIPANTS NEEDED: At current SLSQ has only received 4 nominations for this course. **At least another 6 are needed** to run the course scheduled for the 14th and 15th of August 2009 at the Nth Qld Branch Office. SLSQ found its self in the same position last year when it had to cancel the level 1 coaching course due to lack of interest. It would be really great to see this course run in the branch and boost the number of accredited coaches in the region. If you are interested in this course please call Ryan Bennett at SLSQ as soon as possible on (07) 3846 8000.

Guardians of the Surf

Taken from Surfline News May09

Guardians of the Surf are a special group of Surf Life Saving supporters who make a regular donation – normally monthly – to help more than 40,000 volunteer lifesavers nationwide keep our beaches safe.

They are, in effect, everyday people who become life savers off the beach.

The Guardians of the Surf program was established in 1999.

Providing regular income the program has minimal administrative costs, making sure the money goes where it is needed most.

The program is an initiative of the Surf Life Saving Foundation, the fundraising arm of Surf Life Saving on behalf of the state Surf Life Saving entities.

As well as the Guardian of the Surf program, the foundation raises funds for Surf Life Saving through lottery, events and donor programs.

Now in its tenth year, the Guardians program is going from strength to strength, with more than 16,000 members across Australia who provide generous, regular donations to support our volunteers on the beach.

Through their support, no matter how big or small, Guardians are helping fund vital programs and services.

Grant Hackett was asked to be the Patron of the Guardians of the Surf program because, as a former surf lifesaver, he is an avid supporter of our movement.

Having stood guard on Gold Coast beaches himself, he understands the courage and determination a volunteer surf lifesaver shows day in, day out on patrol, and he respects the work our volunteers do to protect our coastline and its visitors.

Grant Hackett will be the face of the Guardians of the Surf over the coming year.

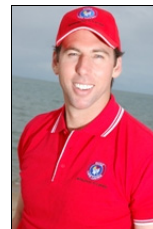
“When lives hang in the balance and every second counts, your

regular gift will ensure surf lifesavers are ready to take action”.

Becoming a Guardian of the Surf is an important step, not only are you helping surf lifesavers by providing training and equipment, but you are also helping your friends and their families stay safe at the beach.

Anyone can become a Guardian of the Surf for as little as \$12 per month.

For more information or to sign up, phone 1800 642925 go to www.lifesavingfoundation.com.au



Grant Hackett is Patron of the Guardians of the Surf program because, as a former surf lifesaver, he is an avid supporter of our movement. Grant Hackett is Patron of the Guardians of the Surf program because, as a former surf lifesaver, he is an avid supporter of our movement.

Training, Education & Membership

CADET DEVELOPMENT CAMP

When: 21st-23rd Aug

Where: Mungalli Falls

Ages: U15-U17

Applications have been emailed out to all Active Members for participants and leaders and are due back by Fri 7th Aug 09.

Applications must be endorsed by your club and payment made before the due date.

Please ensure to get your form in so as to not miss out on a fantastic time.

Cadets are to be U15 & U17.

Leaders are to be 17 yrs and older.

HELP WANTED

A volunteer or two is needed to help out on Sat 15th Aug 09. Caravonica State School is holding their fete and have invited us along to have a stall. The Marine Stinger Trailer will be on display.

Jessica is unavailable on this date but if someone can help out by transporting and setting up the trailer, stay around and answering any questions about lifesaving and running a few activities for the

kids, she would greatly appreciate it.

The volunteer(s) would be required from 3pm to approx 7pm and for about 30 min either side for setup and dismantle. Possibility of having access to the SLSQ vehicle to help transport the trailer. If you can help please contact Jessica asap.

CONTACT JESSICA DUNNETT

You can contact Jessica on 0408 068 763 or via email jdunnett@lifesaving.com.au for any further information on anything published in this section.



Surf Mate Technical Issues

If you access Surfmate any computer then please read this information supplied by Brendan Kelly, Information Systems Administrator, SLSQ.

There have been issues identified with Internet Explorer which cause IE to crash when trying to connect to Surfmate.

1. Do not use Internet Explorer 8 – If you have IE8 installed please uninstall it.
2. Do not install Internet Explorer Update KB969897
3. Do not install Internet Explorer Update KB972260
4. It is suggested that you change your automatic update settings by going to 'Start|Settings|Control Panel|Automatic Updates' and changing to the option

'Download Updates for me, but let me chose when to install them'. This will allow you to chose exactly which updates you would like to install.

If either of these updates have been installed please follow the instructions below to uninstall.

It is not known when SLSQ will have a fix for this IE bug, as the priority at the moment for Surfmate is to get Carnival nominations transferred to the web based interface. Brendan is hoping that he will be able to provide a timeframe for a fix by mid September.

Apologies for any inconvenience this may be causing.

Details for uninstalling the IE updates:

1. Click the Start Button and select **Control Panel**
2. Select **Add or Remove Programs**
3. Ensure the **Show Updates** checkbox at the top of the window is ticked.
4. Find and select **Security Update for Windows Internet Explorer 7 (KB969897 or KB972260)** from the list.
5. Click the **Remove** button.
6. Restart your system.



Ebeny Keating - Promoted - Area Manager Nth Qld



Ebeny Keating has been promoted to the position as Area Manager North Queensland for Surf Life Saving Queensland and will take effect as of the 1st July 2009.

Anyone who has worked with Ebeny, I am sure will agree that her enthusiasm and dedication to Surf Lifesaving in NQB has been assisted through her role as Lifesaving Services Coordinator and has shown she is devoted to the future service in NQB.

The experience she has gained working with the regional Councils, QAS, QPWS, SES, Local Disaster Groups, Stinger Groups and many more stakeholders in the area from Port Douglas through to Mission beach has given her the respect and confidence to carry out the duties in her new role. Surf Life Saving Queensland has seen the potential in Ebeny to be able to represent them in all aspects of lifesaving in North Queensland and are sure she will assist with the future growth in the area.

Coaching the Coach in Cairns

The popular 'Coach the Coach' program is being rolled out in Cairns through funding received from the Department of Community, Sport and Recreation Services. This program will be run free of charge to participating clubs late in 2009.

Coach the Coach is a 12 week online program that will up skill coaches, officials and parents on sports nutrition, mental performance, creating a positive team culture, strength an condition, time management, attracting and retaining members and improving the health of your members.

Council has a limited number of places available, so if you want your club to be involved, get in quick and register by contacting Council on 4044 3044. More information can be found at www.completeperformancesolutions.com/sports-coach-course.php



Teach Kids Online Safety

Info from Club Symantec newsletter

The Internet is not as dangerous a place for children and teens as we previously thought, according to a recent law enforcement task force report. Real threats remain, however, and parents need to educate themselves and their children about online safety and privacy.

Be aware of Internet safety.

There are six major areas parents need to be concerned about:

1. Amount of overall Internet/computer use
2. Inappropriate websites—violence, pornography, hate groups
3. Internet predators, perhaps posing as children or teens
4. Online abuse and bullying
5. Divulging confidential family information or ID numbers
6. Downloading/installing malicious software

Create a family policy.

Your Internet policy will depend on how old your kids are and what level of individual responsibility you're willing to grant them. The point is to *have* a policy.

1. Use parental controls (see below) to enforce the level of safety you're comfortable with.
2. Ask the child to suggest a reasonable amount of daily computer usage. Reach agreement on this and then hold the child accountable.
3. Renegotiate if necessary—again, the point is to have an agreed standard, not to expect that the limit will never be exceeded.

Emphasize safety and privacy.

Be sure that children understand that talking on

the Internet is the same as talking to strangers.

1. Talk to children about the dangers of giving away family secrets—whether it's bank account numbers or vacation schedules.
2. Make sure children understand that anyone they "meet" on the Internet might not be who they claim to be.
3. Teach children to be wary of free offers or attractive lures.

Use parental controls.

Install parental controls and kid-appropriate Web browsing and email software at an early age. Let your children decide when they want to ask for less restricted access, and talk to them about their decision. And remember, controls are not foolproof.

Parental controls are available at several different levels.

- Many Web portals, such as Yahoo! and America Online, offer child- and teen-appropriate portals that block inappropriate content and activities.
- Your PC or your wired or wireless router may include a program that lets you monitor all websites visited and the amount of time each family member spent on the Internet.
- Third-party solutions, such as the parental controls in the Norton Internet Security™ and Norton 360™ free add-on packs, enable even greater control and flexibility.

Conclusion

The Internet is no more dangerous—or safe—than the real world. You can't protect your children from everything, but you can guide them toward sensible and responsible Internet behavior.

Mission Beach Carnival

The weather for the weekend was in the hands of Peter Edwards. He supplied us with a great weekend of blue sky and sunshine. It looked a bit iffy in the beginning, but the good weather came through.

Good results were had by all and the results have been published. Ellis Beach won overall with 1731.5 points, followed by Cairns in 2nd place with 1588.5 points. 3rd place was taken out by Port Douglas with 548 points, 4th was Ety Bay with 252 points then Mission Beach with 216 points. Ellis Beach also won overall for the Junior and Senior events while Cairns won the Masters events.

This year the handicap system will be in place so the next carnival could see a change in leadership on the overall scores.

See you on the beach at Palm Cove for the Cairns Carnival.

Website Designer

Is there any members out there that design websites? If so please contact Carrie at Branch on 4032 2300 between 8.30am to 2.30pm M-F.



Lifesaving Services

PATROLS

Now that beach visitation numbers are increasing due to the excellent weather conditions, Patrol Captains should continually monitor the areas the public use away from their Patrol Flagged area with ATV and IRB roving patrols. Regular Patrol inspections are in place. Patrol members should ensure that they are wearing the correct Patrol uniform with the essential Patrol Cap. This enhances our image with the public, but more importantly allows you to be visible for any person who may be in difficulty or who may want information. The importance of the "Patrol Cap" has been in previous editions of this newsletter and will feature in the new SLSA 33rd Edition of the Training Manual soon to be released.

AGMS AND DINNERS.

The month of June has been busy with Club and Branch AGM's and Dinners. Congratulations to all the members who were elected in to positions and to all recipients of awards and recognitions. Now that Club Captains, Club Chief Training Officers and Patrols Captains are in place for the 09/10 season, these frontline members will be involved in a series of workshops and NQB Board of Life Saving meetings to ensure all are kept current and provided with the necessary resources to enable these instrumental Officers to be effective in their vital roles.

REGIONAL CONFERENCE

An extremely successful Regional Conference was held last weekend at Townsville [31 Jul - 2 Aug 09]. The Open sessions and Forum were

excellent as were the Lifesaving Service Delivery and Training and Education streams. The information passed on and the networking will assist those who attended and will enhance them in carrying out their roles in their Clubs. Major points that came across over the weekend was "communication" - keeping the members informed, Planning ahead and not relying on "crisis management" and investigating all avenues in respect to funding from Grants especially the Lifesaving DES "Sustainability and More Beaches Under Guard" grants which will be available this month. Also, please DO NOT LEAVE the completion of ANY Application till the last moment.

Eliza Ryan, Cairns SLSC, is to be congratulated for her outstanding and extremely well prepared presentation to the open forum on the vital role of youth in Lifesaving and Club affairs. Eliza was a great Ambassador for Cairns SLSC and NQB. Eliza's confidence, knowledge and passion made all of the NQB attendees very proud of her and this will be a big step to ensuring that youth will be given a voice on both Club and Branch Management Committees.

PROFICIENCIES

The first round of Club Proficiencies commenced at Ellis Beach SLSC on Sat 4 and Sun 5 Jul. The second was held at Cairns SLSC on Sat 11 and Sun 12 Jul 09. The third round held at Port Douglas SLSC on 26 Jul, 09. ETTY Bay SLSC and Mission Beach SLSC, will soon complete their Proficiencies with the next rounds in the Cairns Region to be announced in the near future.

Club Captains and Patrol Captains meetings

The first round of the Club Captain and Patrol Captains meeting was held at Cairns SLSC on Sunday 2 Aug, 09. Mike Ryan, Cairns SLSC Club Captain is to be congratulated in chairing a very successful meeting with positive outcomes ensuring effective Patrol Service Delivery at Palm Cove. Similar meetings will be held in the remaining Clubs in NQB in the near future.

COURSES

Bronze Course Thursdays at NQB Office conducted by Cairns SLSC from 6.30pm.

Coaching Course on Fri 14, Sat 15 and Sun 15 Aug at Ellis Beach SLSC. IRB and Surf Boat together with all other disciplines will be covered. Clubs are encouraged to get behind the course and send their members especially the IRB segment as we URGENTLY need IRB Coaches. As well as training members for IRB competition, members will greatly enhance their IRB skills for Patrols. We also need drivers and crew to attend on Sat afternoon and Sunday for coaching purposes and to learn the skills required and procedures for IRB competition which is recommencing in NQB and NBB this season. There will be a IRB Competition workshop on Friday of the North Australian Championships.

ORB -6METER OFFSHORE

RESCUE BOAT SERVICE.

Club members who are interested in being trained as Crew and Driver on the ORB should contact Chris Ruthenberg on 0409094836 or Mike Stevens on 0417756319



2009 Sir Adrian Curlewis Scholarship

Applications are now being called for this scholarship and are due at State Centres by Fri 28th Aug 2009.

The Sir Adrian Curlewis Scholarship is aimed at members from 21 years of age who have demonstrated performance in leadership roles either within Surf Life Saving or outside the organisation and who show potential for future leadership roles within Surf Life Saving. Potential scholars can come from a range of different backgrounds, interests and areas of focus within the club environment.

In a Nutshell

This scholarship sits at the peak of the SLSA Leadership Development pathway which provides members with opportunities to develop themselves as leaders within surf life saving and beyond.

The aim is to provide an environment in which you can harness the knowledge, experience and networks provided by SLSA to grow as an individual, with benefits for you and surf life saving. While involved in the scholarship you will plot your own course through a structured self learning environment tailored to your needs - therefore no scholarship year is the same.

What You Will Get Out Of It

- Increased exposure to surf life saving programs at all levels.
- Amazing networking opportunities within surf life saving and externally
- Ability to personally meet and workshop with high profile Australians
- Growth in personal leadership strength and

character

- Access to SLSA and state infrastructure and administration
- And loads of opportunities beyond your wildest imagination....

COMPLETED APPLICATIONS -

1. must be endorsed by your club
2. due at Branch by the 28th Aug 09.

APPLICATION FORMS

can be found at
[www.slsa.com.au/Administration and Resources/SLSA Forms/ Development Forms/Form 10/09](http://www.slsa.com.au/Administration%20and%20Resources/SLSA%20Forms/Development%20Forms/Form%2010/09)

MORE INFORMATION:

Shane Stewart
 Development Admin Assistant
 02 9300 4085
sstewart@slsa.asn.au

SLSA Newsletters

Keep in touch with all that's happening in surf lifesaving in Australia and around the world by subscribing to our free electronic newsletters. There are regular prizes to be won!

Surf Line - issued monthly for anyone interested in surf lifesaving

Surf's Up - for our young members

Media releases - keeping the media informed of latest developments

Subscribe now by clicking on link below.

<http://www.slsa.com.au/default.aspx?s=addsiteregistration&id=13>



Did You Know.....

- People only smile 35% as much as they think they do?
- Laughing increases oxygen intake, thereby replenishing and invigorating cells? It also increases the pain threshold, boost immunity, and relieves stress....
- The Great Barrier Reef is the only living thing that can be seen from outer space!
- 11% of people are left handed
- No words in the English language rhyme with angel, angst, breadth, bulb, depth, eighth, month, ninth, orange, purple, scalp or twelfth?

**Nth Qld Branch Inc
Surf Life Saving Qld**

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northqueensland@lifesaving.com.au



North Queensland
Branch

If you would like to have something or see something included in this newsletter please ensure that you get them into me by:

25th of every month

email your info to me at any time rather than saving it up for one email



If you are looking for a particular item

Please send in details of item and contact phone number to NQ Branch Office.

2nd hand fiberglass nipper board for U12

contact Mrs Kelly Epong - epong@optusnet.com.au

Unwanted/No longer needed Stinger Suits

contact Amina Pitt at Port Douglas SLSC - 4099 5360



If you would like to sell a 'surf related item'

Please send in details of item and contact phone number to NQ Branch Office.
