



The Mine

Newsletter of Point Leo SLSC

January 2010

www.pointleoslsc.com.au

Important Club Dates

Nipper Disco and Family night
Pt Leo Mini Carnival [Nippers]
Manly/ Freshwater Carnival
Junior Carnival -Mentone SLSC
Peninsula Regional -Mount Martha SLSC
Junior Carnival- Point Leo SLSC –
Victorian State Carnival – Lakes Entrance SLSC
Australian Titles - Gold Coast

Friday 22 January
Sunday 24 January
Saturday 23 January/Tuesday 26th January
Saturday 30th January
Sunday 7th February
Saturday 20th February
Saturday 6th & 7th March
16th - 21 March

From the President

Hi Everyone.

I trust you have all enjoyed your summer holiday break.

We had a great start to our season with Boxing Day turning on fine weather for our major event for the year. As usual the good preparation by the subcommittee and the 'on the day' helpers made the event run like a well oiled machine. We had a great turn up and it was good to see all those Leo competitors on the sand and in the water. A big thanks to those individuals who get called up to assist for this day. A special thanks to Dr Graham Cato and Rob Young for their generous time. (Medic & Photographer on the day). There were some terrific pictures taken on the day and these will be placed in the club for viewing Mark Tierney did a grand job as our MC even without the audio for some time. In typical fashion he just got on with it. A very special thanks to Larry Gibson who provided ribbons on the day in memory of Garth.

And last but by no means least THANKS to our sponsors:

- **PATON real estate**
- **2XU**
- **BENDIGO COMMUNITY BANK – Balnarring Branch**
- **WATERSUN HOMES**

Now for my 'thoughts'.....

I reflect on our club as one that provides young members the opportunity to develop themselves in many ways. This may be in surf skills, rescue & first aid, training and assessing, sport competition or being active members assisting in water safety and patrol. These young members always require mentoring and guidance through this time. Mistakes will be made and errors of judgement will occur. A big part of our club is to encourage trust and a culture of respect within our club. With yet another brilliant Summer Holiday Program for nippers being completed, our focus now turns to the surf sports area, where in both nippers and seniors our competitors have started honing their skills at Cossie corner, Anglesea and Ocean Grove. I understand that Cossie corner witnessed another strong Leo performance. I was at the seniors at Anglesea and was very pleased to see lots of orange caps competing across all sections. (ok, no boats – but we will get there – ANY SWEEPS OUT THERE??).

There are some terrific individuals that just want to give it a go. To see individuals get together with other team members and say "let's do that team surf race or yeh!! - we can do a board rescue together"; that attitude is fantastic. The club (coaches, parents and supporters) have put a lot of time and effort in up skilling our swimmers, runners, R&R teams and boarders over recent years. We are now witnessing the start of some evolving talent. It is nice to see our young competitors

give back to their club and their supporters by way of participation, team spirit and that important one - Loyalty.

Good luck to all our LEO competitors over the season.

Our Upstairs Bar area is completed although there are still a few minor details to take care of. It's a terrific space and one that we can all enjoy over the season. Our Thursday roast nights have rolled on and it's great to see so many enjoying this "feast".

See you on the beach....

Marc

GRAHAM AND GARY TIERNEY.

A ceremony to scatter the ashes of Graham and Gary Tierney will be held on Point Leo beach in front of the clubhouse at 3pm on Sunday, 7th February 2010.

Louise, Mark and Haydn have invited all members to join them on the beach and afterwards in the clubhouse where Dude's Bar will be open and where the Club will be providing tea, coffee and afternoon tea.

Swim Classic

Another successful Point Leo Swim Classic has come and gone. This is a major fundraiser for the Club and an important day on our calendar.

On behalf of the organizing committee, thanks to everyone who attended and helped out on the day. I think we have at least one hundred helpers on everything from taking entries, to doing first aid, to providing water safety. Particular thanks must go to the Team Leaders, for such a streamlined operation.

We now have four events on the day:

- First Reef 300 (Nippers and novices)
- Honeysuckle 4km Beach Run
- John Marshall Surf Race (400m)
- Point Leo Swim Classic (1200m)

Swim Classic numbers stay pretty stable around 290 swimmers. The Honeysuckle Run and First Reef 300 both tripled their numbers this year and we see good potential for future growth in both events.

Thanks also to our Sponsors:

- 2XU
- Paton Real Estate
- Watersun Homes
- Bendigo Bank Balnarring Branch

Please support these sponsors, who contribute so much to the success of this fund-raising event.

Results for all the events of the day can be seen on the Club website at www.pointleoslsc.com.au

NIPPER NEWS

It has been an absolutely fantastic season for our Nippers so far. The weather has been almost perfect, the parents and volunteers have been fantastic and the Nippers have been amazing! Sadly, there is only one session left for the Holiday Program being the Club Championships. It has all gone too fast! A huge thank you goes to all those parents who have helped in creating the best Nipper Program ever. Congratulations to all the nippers who participated in the program with so much enthusiasm and energy. As the program progressed, it was fabulous to see new nippers develop skill and confidence in and out of the water. The S-Badge Challenge (as it was this year with the distance for the younger Age Groups) appeared to only rattle the parents as we had record numbers achieve their S-Badge. For those of you who didn't make it. Don't worry, get swimming over the year and make it your personal goal for next season. Our Surf Ed program is

getting stronger every year and I thank Wilga, Di and Rowena for this. Please remember the following important dates:

Nipper Disco & Family Night:

This is a great, fun night for all so please come and enjoy.

When: Friday 22nd January 5.30pm till 9.00pm

Where: Point Leo SLSC

Cost: \$5 per child \$15 per family.

Bar is open upstairs and we encourage Parents bring a plate of nibbles to share.

Club Junior Championships:

This will be a fun mini carnival and a chance for both Cubs and Nippers to be together. So we expect all Cubs and Lions nippers to attend on **24th Sunday 8.45am till 12.30pm**

And Nippers, don't worry if you are not the competitive type. The day will be just doing what you have been doing all season and simply having a go and having fun. Parents help your children set realistic goals for the day like completing an Iron Nipper.

All to meet as usual in the clubhouse (yes it will be a little squashy) before proceeding on the beach. As most Lifesaving star nippers will be competing, **we will need all Bronze Parents and Bronze siblings and friends to do Water Safety. Please spread the word.**

After the Championships, we will all meet back at the clubhouse for presentations.

COMPETITION

We are now hotting up for our competitions and with numbers continually growing here; it should be heaps of fun. Point Leo SLSC had a record (for us) 120 nippers participate in the Cosy Corner Junior Carnival at Torquay on the 8th January. It was a great day and it was so lovely to see the huge smiles of the Nippers giving it their all. To cap it off Point Leo SLSC won on the day.

Please note the following dates:

Carnival Dates:

Junior Carnival -Mentone SLSC 30th January

Peninsula Regional -Mount Martha SLSC 7th February

Junior Carnival- Point Leo SLSC – 20th February

Victorian State Carnival – Lakes Entrance SLSC 6th & 7th March

Training dates and times:

31st January 10.00am – 12.30pm

14th February 10.00am- 12.30pm

21st February 10.00am-12.30pm

28th February 10.00am- 12.30pm

Extra training for those interested now commences as follows. Boards: Tuesday 5.30pm (Under 10 up)

Flags: Tuesday 4.30pm (All ages)

Please note that training is only for paid competitors. This extra training is a privilege and can only occur because of a few dedicated parents. If you child attends the expectation is that you will be required to assist where needed. If you have your bronze, then please help with Water Safety.

Looking forward to the weekend

Cheers Julia

MANLY/FRESHWATER CARNIVALS

Across the Australia day weekend a number of the clubs athletes will be attending the Manly and Freshwater in Sydney to gauge up the interstate teams and competitors before the Australian Championships.

Members heading up include Zac Richter (U17), Pat Hough (U17)

Open Women's R & R Team – Simone Williams, Rose Anderson, Simone Garner, Jemma Charlton, Dayna Lawrence

Open Mixed R & R Team – Lachlan Pearse, Milly Stevens, Charlie Coleman, Pip Van Leeuwen, Flick Malesa

U15 R & R Team – Yasmine Davis, Hannah McDonald, Carly Russo, Larissa Thurley, Anna Robinson

Good luck in Sydney, Go Leo!

COMPETITION TEAM SPONSORSHIP

The club is still needs to raise some funds for some much needed equipment over the coming seasons. New competition equipment is our biggest shortfall as the team is forever expanding and with the growing number of cadets flowing through into senior competition now and in coming seasons we require more and more equipment.

A few items of equipment that the club will require include adjustable Ski's (\$3000 each), Ski Paddles (\$400 each), 2nd Rowing Ergo (\$2000), Competition Swim Fins (\$400), Upgrade Team Trailers and additional gymnasium equipment.

We are looking for some competition team sponsors or some leads to help us get the equipment that could assist us make this possible?

We would love to hear from you. The overall team currently does not have any sponsors!

Please contact chris.munro@mornpen.vic.gov.au or 0438 345 386 to discuss opportunities

COMPETITION TRAINING

It's great to see many of the clubs upcoming stars coming to training to hone their skills and improve their fitness. A reminder that the club summer training calendar is published with plenty of opportunities to train. See website for latest schedule or copies can be obtained from the notice board at the club.

R & R REPORT

Well the R and R section is off and running for another season, but it is just a few teams bigger than recent years. For the first time in my memory we have 5 teams working towards State Titles. Three of these teams will be going on to compete at the National Titles in February.

We have two new Under 15 teams, which is great indicator for the future of our event, and the youngest team will be going on to the National Titles. Led by Geoff Waters, the Junior Under 15 team is shaping up nicely in their first season. The team made up of Hannah MacDonal, Carly Russo, Yasmine Davis, Larissa Thurley and Ally Duncan has been training intermittently since August and have just completed a four day intensive camp at the club. Soon they will be heading off to Sydney for the Manly/Freshwater carnival series.

Along with the junior team, the Senior Under 15 team, consisting of Suzie Warren, Hilary Van Leeuwen, Kirsten Davis, Sarah Lillycrap and Natalia Bennetti, have been training consistently over the past month. This is their first year competing at a senior level and they are focusing on using this year as a spring board to the Nationals next year, where they would compete in the Under 17 competition. It is great to see both teams are enjoying their training and both teams will be competing head to head at carnivals over the coming weeks so BEST OF LUCK!!

In the Open section, we have two teams, a mixed and Women's team. I think this must be the first time ever we have had two open teams. The under 19 team from last year has moved into the Open Mixed section. The Open Women's team consist of Dayna Laurence in the belt, Simone Garner on the reel, Simone Williams and Rosie Anderson on the Line, and Jemma Charlton as patient. Again lead by Geoff Water they will be heading to Sydney to show the top Women's R and R teams what they are capable of and they will definitely be shaking things up!

The Open Mixed team, Lachie Pearse, Felicity Malesa, Charlie Coleman, Milly Stevens and Pip Van Leeuwen, are also heading to Sydney, unfortunately without me so they will also be under Geoff's guidance for the six days.

Most recently we have added an Under 19 team to our list and they are just starting to train now. The team is made up by three existing member of the Under 17 team from last season, Kim Lipszyc, Lucy Dewhurst and Sarah Gearing They are joined by Mel Bird and Ellie Russo. They are aiming at States and will no doubt be a great team.

The results from all teams at Anglesea were pleasing, with all teams drilling well. The Open Women and Under 15 Junior team won, with the Under 15 Senior team coming a very close second. The Open Mixed team drilled consistently and came third.

It was great to see five teams line up in the Under 15 and plenty of Point Leo teams in each event but also plenty of Supporters!

If you are interested in R and R please don't hesitate to call, there is plenty of room for all!

Khali Williams
0414405815

Element X

On Tuesday 12th January, Trevor Hendy, Phil Clayton and David Simons came to Pt Leo to help a group of about 25 excited nippers to 'discover their element x'. During the day we learnt a range of new skills including how to run under water, calming our breathing, and trusting our senses to swim with our goggles blacked out. We were all challenged to have a go and make our own way through life, never giving up on our dreams. The day was excellent and we found that the Element X team encouraged us the whole way. I was inspired to keep training and competing for Pt Leo SLSC. I am looking forward to next year and recommend it for everyone who wants to discover their inner 'Element x'.

Lachlan Robinson

IRB Course 2009

Point Leo's 2009 IRB Course was run over 5 weeks in Nov/Dec, with a bunch of Point Leo's brightest and most courageous patrollers and Nipper parents taking part. The course involved 4 sessions in the boats, and a theory/navigation course.

Conditions on the examination date in December were the polar opposite of the relatively calm water of the previous few weeks training, with strong winds, a large shore-breaker and thick seaweed challenging our participants. To their credit everyone involved met the challenge head on, demonstrating their first class skills to the assessor.

On behalf of the club a big congratulations go to our new Silver Medallion IRB Drivers:

- Nick Woods
- Jackson Curtis
- Chris Gray

And to our new IRB Crew Certificate holders:

- Jo Davies
- Lachie Pearse
- Morgan Jones

An extra congratulation must go to Nick Woods for putting up with Mick...despite what he says you are not a 'big Sheila'.

Finally a big thank you goes to Michael Treadwell and Ron Griffiths for being co-organisers/trainers of the course.

IRB Course 2010

Over the next month or two we'll be running an IRB crew course for interested patrollers, new bronzies and Nipper parents. The course dates are flexible; however there will be a compulsory theory session at some stage (depending on the most convenient date).

Please register your interest by emailing Luke Treadwell on LTREADY@gmail.com, with your preferred training day (Saturdays or Sundays).

Swim Captain's Report

With the Anglesea and Ocean Grove carnivals in the bag and the recent completion of Swim Camp 2010 it's all happening in the swim section. Swim Camp 2010 has thus far been a highlight of the season. In a word it was AWESOME!!!

Participants engaged in early morning swims in Hastings and massive board sessions at 2nd Reef. To keep things interesting the camp was divided into two rival tribes and competed in activities such sand sculpting and "Survivor" inspired relays.

A special mention has to go to Stacey and Mark Lethlean for fueling our happy campers with bacon and eggs, pancakes, pasta and a variety of tasty treats.

A session at Gunnamatta provided some excellent surf swimming experience to camp participants. Some additional motivation was provided for our swimmers with the previous night screening of Jaws.

This month we have also been witness to the polar extremes of surf carnivals. Anglesea provided a postcard like picture of surf carnival bliss with bronzed competitors battling it out amongst blue skies, glassy surf. Ocean Grove demonstrated what angry mistress the ocean can be with goose bump riddled competitors braving messy condition and gale force winds.

The trip to Ocean Grove was also very exciting for ten lucky Point Leo competitors who experienced a Jerry Bruckheimer inspired mini bus trip to the 7:00am ferry.

I congratulate all Point Leo members who participated at the Ocean Grove carnival. Amongst these retched conditions the orange caps of Point Leo shone brightly in all water areas. I was especially proud of the efforts of our juniors that continually threw themselves at all that Grove could dish up – well done team!

Haydn Tierney

TEAM DINNER – STATE CHAMPIONSHIPS LAKES ENTRANCE

IMPORTANT PLEASE READ RVSP REQUIRED!!

The competition season is now well underway and it's important to now think ahead towards this year's unique junior and senior state championships combined.

On the **Saturday evening** of the Championships **from 6:30pm onwards** at the **Lakes Entrance Golf Club** the Club will be hosting our normal Saturday night club dinner! For those of you who don't know, it's a Leo tradition to get together and have dinner on the Saturday night of the championships, congratulate our winners, champion efforts and wish our members luck for the coming days finals! It's also a great night to socialize and get to know other members and families of the club.

Nipper's families are welcome to attend! However please understand this is a golf course, kids won't be able to run around outside for fear of being hit by stray golf balls!

Now this year is a little different to the normal club dinner due to no other venues in town able to cope with our massive numbers! The Golf course is not a "normal" pub or restaurant where you will be able to choose from a menu list. On offer will be a **Carvery Style** sit down meal including a choice of roasts with a selection of salads/vegetables (with bread and butter portions) this also includes a selection of dessert items much like our normal Leo roast nights!

Prices are as follows for the two course meal:

Adults \$25 per head

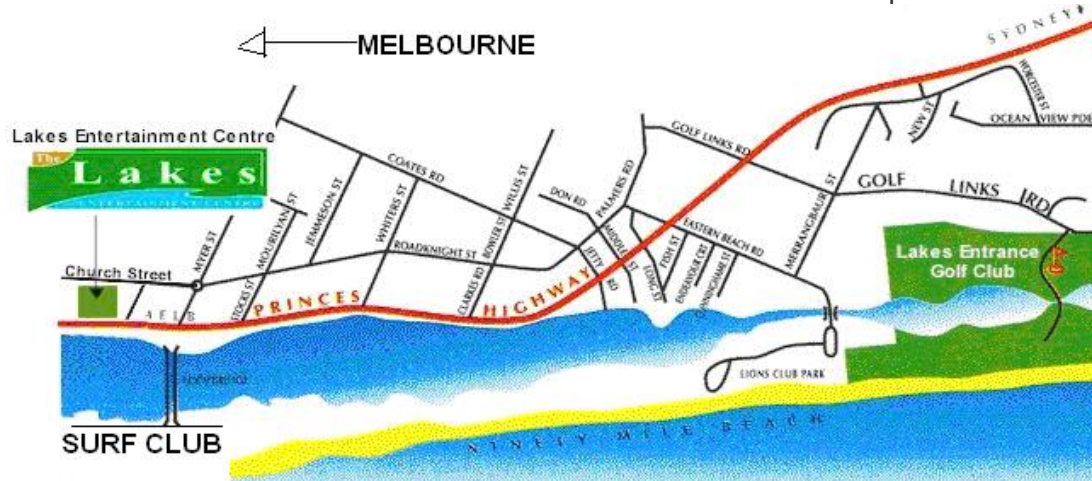
Children (5-10yrs) \$15 per head

Drinks at bar prices

Please note that unfortunately there will be **no refunds** if you change your mind or cannot make it! You must find someone to take your place as once we give final numbers that's it as external caterers are used! Similarly no additions can be catered for on the day if you decide to come!

RSVP must be made including payment by **1st March 2010**. Payments and RSVP can be made via the Uniform shop (Cards accepted, please note additional processing fee if using this option) to Kim Williams, John Horwood or directly to senior team manager Chris Munro chris.munro@mornpen.vic.gov.au.

The Lakes Entrance Golf Club is located on Golf Links Road see map below!



Anglesea Carnival Roundup

The second carnival of the season was held at Anglesea SLSC we were greeted with sunny skies and some surf! Firstly, well done to our members who backed up from the day before at the pier to pub, Haydn Tierney finished in 11th place in at time of 12.17 and Sophie Welsh finished the junior race in 13th place in a time of 13.17.

In the open water areas our two veterans -the Hayd(e)on's - were joined by some of the clubs younger talent for the team events! Tom McFarlane showed Leo spirit by completing a gut busting swim anchoring the Open Men's taplin team with the Hayd(e)n's, Lachie, Pat and Zac. Lachie Pearse, Haydn Tierney and Hayden Rydberg all competed in the Open Ironman with the two Hayd(e)ns making the final.

In the women's area the girls competed strongly in the surf teams and board rescue. Kate Sunderland swam her race to perfection taking out the Open Belt Race. We hope to see an Open Women's Taplin team for some upcoming carnivals, it will be awesome to see Leo back in the fold!

In the U17's Zac Richter won his heat of U17 Ironman and competed strongly in the final. Pat Hough had an amazing paddle in the U17 board race, however just missed the final.

In the U15 area Sophie Welsh made a number of finals in the board, swim and board rescue along with Hillary Van Leeuwen. It was great to see a number of other girls in the water including Sarah Lillycrap, Kirsten Davis, Yasmine Davis and Natalia Benneti.

In the R & R area Open Women's team took first and second, U15 teams achieved first and second respectively scoring a 10.5 and 11.5 and the Open Mixed team come in third place.

In the beach area Dylan Sorensen got to the know the 2km race, he led the race until unfortunately he missed the turning flag, however now that he knows the course we are sure Dylan will leave them in his wake for the next carnival! Julia Bergin also showed her talents by coming 2nd in U17 2km run; it was awesome to see a number of relay teams with too many good results to mention!

In the beach sprints Suzie Warren showed she is not there to just make up numbers by winning the U15 sprint, Dylan Sorensen placed 3rd U17 sprint and Tom Aliotti again achieved great result in the Open.

A big thankyou to Kate Stern for managing the U15 area at her first senior carnival, thanks Kate!

Thankyou to our officials Tamara Brawn, Kim Williams, Geoff Waters, Khali Williams, Simone Williams and Jo Davis for ensuring we adhere to our required ratio to enable us to compete, you guys do a great job behind the scenes for the club!

OCEAN GROVE CARNIVAL WRAP UP

The 3rd round of Summer Surf Series was held at Ocean Grove. The day greeted us with overcast skies, some heavy showers and messy surf conditions which made for a challenging day.

In the R & R area the Open Women's consisting of Simone, Rose, Simmy G, Dayna and Jemma again showed their strength by taking out first place. The Open Mixed team finished a gallant second. Lachie Pearse (although under the weather) filled in for another Leo Mixed team and was in and out of the water all morning. The two U15 girls teams again showed they both look like the teams to beat by taking out 1st and 3rd respectively.
Good Luck In Sydney guys!

In the Mens area Zac, Pat, Tom McFarlan eand the two Hayd(e)ns matched it with the big boys. both the Hayd(e)n's again made Iron finals along with Zac. The U17 boys competed strongly in the board relay, however the conditions and the running of the Weiland Shield made for a long day with not all events being conducted. In the women's area we were light on. Lily Hartley held the fort in the U17's, competing strongly in the tough conditions but lucked out with the surf going flat on the way in from her board race making for a very long paddle. In the beach area we were light on for competitors across the board so events were run through really quickly. Lachie Henry and Tom McFarlane had a great run in the 2km. Matt Bateman and Natty J also carried the torch for the Leo crew in the beach area.

In the U15's area a number of the nippers came up to compete at their first senior carnival after a great week at Hayden's swim camp. All in all we had a great team of newcomers including Caleb Gray, James Hicks, Jack Caton, Victoria Roadnight, Bella Ford, Abby Lethlean, Amelia Robison, Yasmine Davis and Natalia Benneti. Highlights of the day included Abby and Victoria making the final of the iron, Abby took out 3rd place. Bella Ford and Abby Lethlean's amazing board rescue to take out first place. A gutsy 4th place by Bella, Abby, Victoria and Milly to finish the Cameron and a calculated surf race by Abby to take out the surf race and along with Victoria they finished second in the surf teams race.

The U15 boys competed strongly with Caleb making the board and Iron finals and taking out the tube race. Jack Caton and James Hicks used the sweep to perfection to take out second place in the surf teams and also 2nd and 3rd in the tube race. The boys also came together to make up a composite Cameron team, Jack sent the team out in second however Caleb made his way all the way around the board cans (the wrong cans) but finished strongly on the way in to come back and take 6th place. A great effort by the U15's especially as for many it was their first carnival!

Southern States Story

Olivia Keppell and Sophie and Lucy Welsh were lucky enough to be included in the Victorian under 13-under 15 State Development Team which competed together with South Australia and Tasmania in the Southern States Challenge at Victor Harbor 14th to 17th January. Twenty four competitors from Victoria and six representatives from Life Saving Victoria, led by Paul Campbell travelled to South Australia for a fantastic four days of team-building, competition and fun!. This was a fantastic opportunity to meet competitors from the other states and from other clubs in Victoria. South Australia won the carnival, and this was not surprising since there was been a large SA high performance squad training solidly for at least the last six months. The Victorians did extremely well, and our Point Leo kids were amongst the strongest in their age groups. This was a great opportunity for our Point Leo kids and we encourage families to nominate for the competition next year.

The results were Lucy won the individual boards, came second in the Iron and won the flags. Liv came 5th in the swim, Sophie came 3rd in swim, flags (!!!!) and iron and her team came second in aqua.

Well done girls on making the team, the club is very proud of your efforts!

Australia Championships Accommodation

The club now needs to finalise accommodation for the Australian Championships ASAP, so we need to know everyone who is coming to this year's Aussies on the Gold Coast! The Masters Championships will be on Tuesday 16th and Wednesday 17th with the Open Championships running from Thursday 18th through to Sunday 21st of March.

The club has rooms booked from Monday 15th through to Monday 22nd, so we need to know what nights members will be needing accommodation and what events you plan on competing in if competing!

Please let chris.munro@mornpen.vic.gov.au know ASAP or 0438 345 386 ASAP to ensure you have a Bed!

STATE DEVELOPMENT TEAM

Congratulations to a number of Point Leo members who have made the State Development Team for 2009/10.

Sophie Welsh (U15), Lucy Welsh (U13) and Olivia Keppell (U13) travelled to South Australia to represent Victoria at the Southern States Development Challenge. Point Leo has had some good representation at state level over the past few seasons with Zac Richter, Hudson Keppell and Tom Aliotti all reaching higher levels.

The Challenge is held between Victoria, South Australia and Tasmania and kicks off on January 14 through to 17 with activities and competition at venues in Victor Harbour, Middleton and Port Elliot in South Australia.

Well done girls on your selection the club is very proud of your efforts.

FUNDRAISING

Chris Munro has been very busy making lot's of money for our club. His fundraising from the can shake and door knock have raised in excess of \$12,300 for the club. We are still receiving donations in the post from the door knock (\$400 so far).

This is a fantastic effort on Chris' part and the committee and members of Pt Leo would like to thank him for the time and effort he has put in to organising these initiatives. He has done all of the organising of permits, processes, helpers etc pretty much on his own for both events. Well done on a fantastic effort.

CLUBHOUSE



Recently the up stairs of the club house has had a fresh coat of paint. Thanks to Mike of Nippon Paint who generously donated all the paint for the club house, which now looks fresh and clean? Thank you to Mike for the paint, it is very much appreciated and to Steve Roadknight for organizing this.

Emergency Exit

The external door on the Male bunkroom is an Emergency Exit.

It is not to be opened or used in any other circumstances without authorization from the Committee.

If you open or use this door, it is a serious breach of Club rules and you may be subject to disciplinary action.

Revised Procedure for staying overnight at the Clubhouse

- You must be 15 or older.
- If aged Under 18, you must have a parent's permission.
- You must have prior permission from one of:

Andrew Gibson	0407 332 264	5989 8628
Marc Aliotti	0408 655 288	5989 8104
John Horwood	0409 598 985	5989 8577

- You must get this permission before 7:30pm on the night you want to stay.
- You must complete **all** the details in the Stay over Book, including the name of who gave you permission to stay.
- There may be spot checks during the night.

Additional Rules

- Non-members may not stay overnight.
- Doors locked and lights out 11 pm.
- Bunkrooms must be used only for sleeping.
- Opening or using the Male bunkroom external door, other than in an Emergency, is a serious breach.
- Being in the bunkroom of your opposite gender is a serious breach.

- Alcohol may not be brought to the Clubhouse without prior permission of one of the three above.
- Members over 18 must have a Working With Children Card.
- Members 18+ who breach these Rules may be asked to leave.
- Members under 18 who breach these rules will have their parents called to take them home.
- Other Disciplinary action may also apply.

FUNDRAISERS

Just a short note to thank all of those members that assisted with the Tin Shake and Door Knock fundraisers of over the past month. We have raised nearly \$13,000 for the club and the competition team with donations still coming in which is a fantastic effort! We look forward to making things bigger and better for next year!

We also aim to have a roast night fundraiser/auction again this year so keep your eyes peeled for dates! Funds raised will help support the competition team to get to Aussies, gear and equipment fund, coaches and officials education, and equipment repairs.

RESCUE AT CRUNCHIES

Tuesday 11 January followed the hottest night ever recorded in Melbourne.

This was the day Leo hosted the Element-X crew, who ran their motivational and surf skills program for 30 of our Nippers. About 2pm, I was called by Pt Leo Ranger. A boat had capsized north of Crunchie Point. Four people with lifejackets were in the water. Conditions: 20 knot South-west, low tide, cool, with 1 metre chop.

Being close by, I checked from the beach with binoculars and located the people, about 2km north of Crunchies and 1 km offshore.

Jack Russell and I assembled and launched an IRB and Ian Knight maintained contact with LSV Communications for support. In conjunction with Lifeguards Alyssa and Krystle, we had a boat on the scene within 20 minutes.

We assisted a smaller IRB from the Boat Club manned by two guys who were on the beach, to get all four people safely to shore and mark their sunken yacht with a buoy.

All four people, two adults and two young girls, were safely landed at Boat Club beach. None required first aid. Coincidentally, all four are members of our Lifesaving Club.

The rescue was attended by three helicopters – LSV, Police and Channel 7 – and reported on the radio and TV news.

Thanks to Dave Russell, Lifeguards Alyssa and Krystle, Ian Knight, Jackson Curtis and the two unnamed men who put the Boat Club ducky in the water. (Unconfirmed report is that both are Nipper parents.)

Andrew Gibson

Surf Boats need a Shelter

Point Leo has two surfboats. They are currently stored in the open, behind the Clubhouse. To prevent deterioration, they need to be under cover.

Do you have a bit of spare space in a hayshed, machinery shed or similar, where a boat could be stored over summer?

Please contact Andrew on 0407 332 264

HEAT EXHAUSTION

This is important information for all members participating in training or beach activity over the summer period.

Heat exhaustion can occur when training in hot weather.

Heat exhaustion is caused by a **loss of salt and water** from the body, usually through **excessive sweating** due to prolonged over activity. **Dehydration** then develops, leading to heat exhaustion.

It develops **gradually** and it usually happens to people who are not acclimatised to hot humid conditions or people that are **unwell**, especially those with illnesses that cause vomiting and diarrhoea.

Drugs and alcohol in the body can affect the brain's ability to regulate temperature, the consequence of which may be heat stroke. For Heat Stroke, call 000 urgently.

It is important to recognise the **SIGNS** (observable condition of the patient) and the **SYMPTOMS** (things felt, experienced or complained of by the patient) of **HEAT EXHAUSTION**

RECOGNITION

- Weak, rapid pulse (Average adult: 60-90 beats per minute; Average child: 70-110 bpm)
- Rapid, shallow breathing (Average adult: 10-20 breaths per minute; Average child: 30-50 breaths per minute)
- Profuse sweating
- Nausea, vomiting, diarrhoea
- Headache, dizziness
- Muscle cramp
- Thirst
- Flushed or pale skin

MANAGEMENT

- Conduct a Primary Survey and act accordingly
- Always obtain consent before initiating any first aid
- Lay casualty down and protect from the warm environment
- Provide sips of cold fluids
- Cool casualty's body
- Record details and time
- Seek medical advice

JELLYFISH

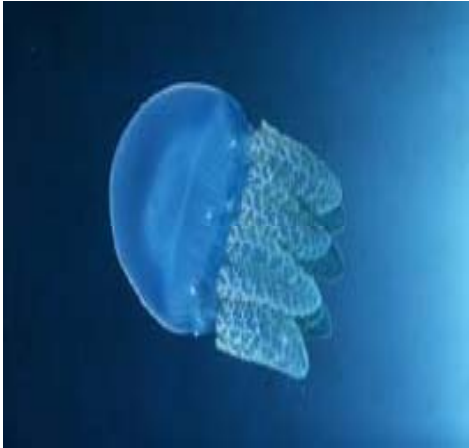
We have seen recent media coverage of the large number of jellyfish currently affecting some beaches. In response to some misinformation with regard to treatment, this circular is a resource to assist you in your management of the media or the public. It is also intended to refresh your skills with regard to treatment.

Large blooms of jellyfish occur on occasion in Victorian waters, and they generally to move back to sea inside a week or two. Their movements are influenced by factors including winds and currents, nutrient levels in the water and water temperature.

Catostylus

(Blubber)

Mushroom shaped bell 5-30 centimetres in diameter.
No tentacles, but eight “fronds” or “frills” hanging underneath. The sting causes minor skin irritation.



Cyanea capillata

Large flat bell 4-30 centimetres in diameter with a large “mop” of fine hair-like tentacles 5-50 centimetres long. Bell top is usually white, but often with yellow or red brown colouring under bell, and can cause minor to moderate skin irritation.

Current recommended treatment

Life Saving Victoria follows the guidelines of the Australian Resuscitation Council (ARC). The ARC is a voluntary co-ordinating body which represents all major groups involved in the teaching and practice of resuscitation and is sponsored by the Royal Australasian College of Surgeons and the Australian and New Zealand College of Anaesthetists.

- For tropical stings ONLY (i.e., box jellyfish and Irukandji stings – not common to Victoria), douse with vinegar
- For bluebottle stings, wash sting area with saltwater to remove any stinger cells still on the skin and not visible to the naked eye and place the stung area in hot water (no hotter than first aider can comfortably tolerate) to assist in reducing pain. If ineffective or hot water is not available, the application of ice may be effective.
- For all other jellyfish stings, including the **Catosylus** and **Cyanea** as listed above, wash sting area with saltwater to remove any stinger cells still on the skin and not visible to the naked eye and place ice on the area for a maximum of 20 minutes to assist in reducing pain

Facts

You can remove the tentacles with fingers usually without any further pain to the hand due to the thicker skin found on the fingers

Stinger cells too small to be seen with the eye can still remain on the skin after the tentacles have been removed

Wash the area with saltwater to remove these cells as much as possible, as freshwater can actually make the stinging cells release more toxin

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