

# Toowoong Bay News



13 April 2011

## Aussies

The Australian Masters Surf Life Saving Championships were held at Kurrawa in Queensland Saturday and Sunday 2nd and 3rd April. Toowoong Bay had some outstanding results. Our Womens Masters Relay team consisting of Sue Projoeski, Kay Wall, Jenny Roberts and Kerri Giumelli won **gold** in their relay. Kaye Chaffer won **bronze** in the 34-39 year flags and Chris McCormick won **gold** in the 55-59 year sprint. This is Chris' 6th gold medal in sprints.

Congratulations to Lachlan Wotton, Dean Piper, Pat McMahon, Cain Simon, Jaiden Siedlecki, Maggie McCarthy, Emily Watts and Tylah Power in being the first juniors to represent Toowoong Bay SLSC at the Aussies. Both groups performed well at this level and it is worth noting that five of them will be in the same age group next year. There were 183 competitors on the beach for the boys and 179 for the girls, so competition was very intense.

Lachie Wotton just missed his



individual sprint semi by one place as did Jaiden in the girls flags.

Our relays got to the semi finals, but this was as far as they progressed.

This was a great learning experience for all the group and all are keen to achieve even better results next year.

The sheer size of the carnival and the atmosphere was something to behold for all the group and I would like to thank Fiona Wotton, Peter Wotton, Jodie Watts and all the kids for being great pioneering ambassadors for our club.

We also formed an ongoing relationship with the Cabarrita Surf Club on the Far North Coast as a result of this trip.

Congratulations to everyone who competed on all levels throughout the year, you've done a fantastic job representing our club.

## SENIOR PRESENTATION

Things are getting organised for the Toowoon Bay SLSC Awards of Excellence night, which will be held on Saturday 21 May 2011 commencing at 6.30pm (but could be 5.30pm, will confirm start time as soon as it's decided), and entry fee is yet to be decided. If you have any comments/suggestions, please direct them to Donna Egger via email - admin@tblslsc.com.au.

Nominations are now open for our customary awards, which are:

Commitment Award	Overall Club Person of the Year
Patrol of the Year	Turtle Award
Patrol Person of the Year	Dummy Spit
Cadet of the Year	
Female Competitor of the Year	
Male Competitor of the Year	

Nomination forms can be found posted in the shed. The season closes on 26 April and we need nominations in before then please. Completed nomination forms can be left in the envelope in the patrol bag (big black one that has all the radios, logs etc)

Thanks

## Operation Super Clubbie

Katie Dixon of Ocean Beach SLSC has been selected as the NSW Sir Adrian Curlewis Scholarship nominee, a very prestigious program and is looking for fellow Surf Lifesavers to complete her online quiz to help understand trends in volunteer workload so she can identify strategies to reduce burnout. The survey takes only five minutes and can be found by visiting <http://www.surveymonkey.com/s/N7QWB73>

## Patrol Swap

Adrian Turner needs a swap for 22 April 2011.

If you can help, please send an email to [jdstaff@tblslsc.com.au](mailto:jdstaff@tblslsc.com.au)

## Terrigal SLSC Ocean Swim

The Terrigal SLSC Ocean Swim is on this Sunday 17th April 2011. The 1k starts at 9am and not too challenging.

At 10am there will be an inaugural Sheather Merrigan Dash for Cash - a 350m sprint swim with a \$250.00 cash prize for the fastest female and male.

The 2k at 10.30am extends the course and takes a little more stamina but in the beautiful warm water, it's a pleasant way to challenge yourself. First male and female across the line get \$250.00 each and medals for the top three place getters in each age category.

If you are 10 years old or over you can enter the swim - and the prize ceremony is held straight after. There are lots of goodies to be won to reward the efforts of those who participated.

This year, several of the Sydney Kings basketball team will take a "Swim Challenge" against the Central Coast Crusaders'. The Sydney Kings have kindly donated a Sydney Kings Experience Package which includes the following entitlements to the designated winner of the prize:

- \* A family pass - 2 adults and 2 children to attend a Sydney Kings game at the Sydney Entertainment Centre during the 2011/2012 season (tip off TBD) and a chance to meet the Sydney Kings players after the game.

The Sydney Kings will then be around at the swim for photo opportunities. For more details contact [kayekelly1@bigpond.com](mailto:kayekelly1@bigpond.com) or visit the website [www.terigalsurfclub.com](http://www.terigalsurfclub.com) for entry form. Online entries are available through [www.oceanswims.com/Events.asp?EventID=161](http://www.oceanswims.com/Events.asp?EventID=161)

## TOOWOON BAY MASTERS FUN DAY

This Saturday 16 April 2011 from 1-3pm. Refreshments and BBQ afterwards. Fun events in the water and on the beach. Challenge between masters from North Entrance and Shelly Beach. Come down and join the fun. Contact Kaye and Dave Chaffer for more info [jdstaff@tblslsc.com.au](mailto:jdstaff@tblslsc.com.au)

## Samaritans High Tea

Please find attached a flyer from Samaritans regarding their High Tea at Koondah Waters Golf and Spa resort on Sunday 15th May 2.30pm - 4.30pm. \$47.50 entry fee includes a glass of bubbles and scrumptious treats.

## Measles at Aussies

Queensland Health is urging anyone who was at QI on the Gold Coast on 8 April, or who attended the Surf Lifesaving Championships at Kurrawa Beach or the McDonalds Restaurant in Marine Parade, Labrador on 9 April to be on the alert for the symptoms of measles.

Measles is one of the most infections of all communicable diseases and can be acquired in public places if infectious people are present. Measles is spread by tiny droplets through coughing and sneezing.

The initial symptoms are fever, lethargy, runny nose, moist cough and sore red eyes followed a few days later by a blotchy red rash. The rash starts on the face and then becomes widespread.

Anyone who develops measles-like symptoms within the next week or two should contact their GP for advice.

## IMPORTANT DATES

- **Upcoming SIPS:** 15 April, 6 May, 20 May, 3 June, 17 June, 1 July, 15 July, 5 August, 19 August
- **Senior Presentation** 21 May 2011
- **Upcoming courses:**

Friday 25th March	Senior First Aid
Sunday 27th March	Spinal Management (The Entrance SLSC)
Saturday 9th April	Senior First Aid
Friday 15th and Saturday 16th April	Assessors Course
Saturday 16th April	Spinal Management
Saturday 30th April	SM Basic Beach Management
Saturday 6th May	Senior First Aid
Saturday 18 June	Senior First Aid
Saturday 25 June	Training Officers Course
Friday 1 July	Senior First Aid
Saturday 13 August	SM Basic Beach Management
Saturday 20 August	Senior First Aid
Sat 27th August	Pain Management (Methoxyflurane)

If you would like to book into any of these courses, please email Jacqui at [jdstaff@tbslsc.com.au](mailto:jdstaff@tbslsc.com.au) or phone on 02 43322411. Could you please remember that if you book into a course, we are charged a fee, even if you don't attend. If you are unable to attend, please contact [jdstaff@tbslsc.com.au](mailto:jdstaff@tbslsc.com.au), 43322411 or phone Jake at Branch on 43530299.

## RESCUE 2012

The Lifesaving World Championships will be held in Adelaide (Glenelg and Christies Beach) starting 7th November 2012. The championships involve five separate competitions (World National Team Championships (NT), World Interclub Championships (IC), World Masters Championships, World Surf Boat Championships, and World Inflatable Rescue Boat (IRB) Championships) and nine separate disciplines (swimming, simulated emergency, rescue competition, Ironman/Ironwoman, Surf-ski, Board, Beach Sprints, Beach Flags, Surf Boats and IRB). The competition is open to all proficient lifesavers. The Masters competition is open to all proficient lifesavers who are 30 years of age or above.

There are a few Toowoomb Bay Masters interested in this event already. If you would like more information on training etc, either contact Chris McCormick on [jdstaff@tbslsc.com.au](mailto:jdstaff@tbslsc.com.au) or [www.rescue2012.com.au](http://www.rescue2012.com.au)

