

Mullaloo Surf News

Mullaloo Surf Life Saving Club Newsletter

AUGUST 2010



WELCOME TO THE SECOND EDITION OF THE SURF NEWS

How exciting that we have produced two newsletters in a row.

If you have not noticed, the sun is eagerly sneaking over the eastern horizon a little earlier each day. This gentle reminder that the warmer weather is coming is the signal for what is waiting around the corner: Sensational Sundays on the beach, the sound of the waves, the 'ouch' of the stingers and the thrill of a hot dog covered in your favourite sauce. Let's not mention the public mayhem, the parking, the hot sand and the great friends you may have forgotten over the winter break. This is all part of the fun.

Members, please note, you must come down to the club to register for another season. Please don't take that pill of complacency and wander up in September because you may just have to wait. This season is going to be exciting and one not to miss.

The surf club can be as big or small as you chose to have it, but I must inform the masses that a call to 'bring back the brown' is escalating. This is where it gets murky. The brown represents the Kangaroo in our flag and many years ago this colour was as prominent as the yellow and white. This season there will be a limited amount of Brown (yes) brown Speedos. Please place your order at the 'cage' as numbers are limited. I can sense the excitement but I must stress these are not for the faint hearted. News flash: I hear that Luke Leeder will be the patron saint of 'The Brown'.

Inside this bumper edition this week:

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Mr. ED "Bring back the brown"

We must pay tribute to the Mullaloo Competitors at the **2010/2011 Surf Board Riding Championships.**

Mullaloo was well represented with two members winning medals.

U/17 Women's Surf Board Riding
Janiece Walker (GOLD)

Open Women's Surf Board Riding
Janiece Walker (SILVER)

Over 50's Malibu Longboard Riding
Gary McCormick (BRONZE)

How cool is that?



OFFICE HOURS

9.30am – 2pm
Tuesday to Friday

CLUB BUSY BEE

Why is the 29th August so important? It's not the AFL grand final & I'm not on Patrol?

**It's Busy Bee time
9am until tidy**

Come down to the club and help to clean up the mess that is reminiscent of the season past.

At the very least come and check your gear and if you are lucky enough to store it then clean it.

There is plenty to do, and plenty of laughs.

GYM NEWS

Our cobweb baron gym has a new Gym Policy in place, please assist by signing the register before your work out. Don't forget to put the weights etc away. Ergos and bikes all in working order now. Ceiling issue has been fixed, fans and mats for lifting areas will be next. Please refrain from putting things on the walls – that includes writing! Some photos are being printed to put up on the walls – soon.



PRESIDENTIAL MEANDERINGS

Can Do – Mullaloo is demonstrating this positive attitude which has been a hallmark of our club. The newly resurrected newsletter has hit the streets and has been favourably received, if the feedback already received is any indicator. Mark and Sandy have done an awesome job in getting the Newsletter together, and looking so professional. Now we Can Do better – it is up to club officers, and members, to contribute for each edition.

What is this Can Do business? Surf Life Saving Australia (SLSA) launched this positive marketing campaign during 2009, with the intent of showcasing all the positives of this amazing organisation of which we are a part. We will also be putting our slant on the Can Do message as we attempt to define and explain the club's Strategic Plan over the next few months. Members wishing to contribute in any way to this process should contact me, or leave a message at the office. There will be plenty of opportunities to be involved as we work towards assuring the club's sustainability for the next fifty years.

The club's history book preparation is nearing the final stages, with the first draft currently being read by the review group. Once the review process is complete, we shall finalise the date for the birthday celebration, and let you know how you can be a part of the activities. There is an Expression of Interest list in the office for members to indicate their intent to participate in the main celebration event. There will be more on this in the next edition.

Members of the club have shown they Can Do – by their success in recent competition events, including surfboard riding, and the first interclub competition of the season (held at Mullaloo) – the Board and Ski Series 1 carnival. The second event in this series occurs this weekend – so come down and support our members, on our own beach.

Make sure you read the Directors' contributions in the Newsletter – you will agree there has been a lot of activity, even before the Patrol season begins.

Anne-Marie

AFL NEWS

This is a traditional event on the club's calendar. It promises to be a great afternoon even if St. Kilda is not in the Grand Final. Plenty of laughs and plenty of colour. And it's for the families, so wear your favourite footy jumper.



GRAND FINAL

on Saturday 25 September 2010 @ Mullaloo Surf Club

TIME: 11.30am ONWARDS (Game starts at 12.20)

WATCH IT ON THE BIG SCREEN

Footy Food & Drinks at Club Prices

TICKETS \$10ea (Includes all raffles)

Family Tickets \$20 (2 Adults 2 Children)

(All paying persons get to participate in all raffles)

Kids free non-participating

RAFFLES • DOOR PRIZES • \$100 NOTE

SCREAM FOR YOUR TEAM

Ticket enquiries: Steven Nestor 0412 956 738 or Craig Humphries 0439 391 263



SURFCAGE NEWS

The Cage will be open every Friday night during the August re-registration times 5.30-7.00pm. Come and check out our new cotton hoodies and cool nipper boards (orders taken for nipper boards for U/6 to U/9's).

Due to popular demand we have 'brought back the brown' in the form of brown men's racing bathers. The numbers of these are limited, so put your name down on a waiting list and they should be in stock for the start of the season.

Volunteers are needed to help serve in the cage this season so please email the club to put your name on the roster.

EDUCATION

Requalification dates

Mark Cleary our man about town and Director of Education has thrown up some requalification dates. If you want some advice: **TURN UP ON THE FIRST DATE.**

| | |
|------------|-------------|
| Sat 16 Oct | 9-12 pm |
| Sun 14 Nov | 1.30 – 2.30 |
| Sat 4 Dec | 9 -12pm |

I am sure more information will come through from the other side once SLSWA have decided what is in or out for the season.

All requalification and assessment dates are now available on our web site. Registration forms are available on the web site or from the office (during office hours).

SURF RESCUE CERTIFICATE (SRC)

Under 14s SRC

The season is not so far away, just to let you know that there will be the option of SRC training before the season starts again this year. The club encourages you to try to do the course during the winter so that when the season starts you are ready to concentrate on your competition training on Sunday mornings.

The theory sessions are every Monday night at the club, 7pm to 9pm for the next 5-6 weeks. Practical training starts at Arena Joondalup and then transfers to Mullaloo beach. Note flippers can be used for rescue training but not swim assessments. In the first pool session, the kids will have to demonstrate their ability to swim 200m in 5 minutes (please, no board shorts). **Pool bookings** below have been confirmed:

| | |
|---|---|
| Sat 21 August 9am - 10.30 Lane 8 & 9 | Sun 22 August 8am - 9.30 Lane 8 & 9 |
| Sat 28 August 9am - 10.30 Lane 8 & 9 | Sun 29 August 8am - 9.30 Lane 8 & 9 |
| Sat 4 September 9am - 10.30 Lane 8 & 9 | Sun 5 September 8am - 9.30 Lane 8 & 9 |
| | Sun 12 September 8am - 9.30 Lane 8 & 9 |

Then onwards at Mullaz beach.

There will be a second course run for those that are unable to attend this one.

SRC 1 U/14's 16 Aug @ 7pm – Induction, **2 Oct – Assessment**

SRC 2 U/14's including new members 5 Oct @ 5pm – Induction, 27 Nov – Assessment

Adult SRC

This SRC group is focused mainly for parents and is a fantastic opportunity to learn a great deal about saving lives over the course of a few days. Take the challenge, you will enjoy it immensely.

SRC – Water Safety Group - 25/10 @ 7.00pm - induction and theory
30/10 @ 7.00am - beach, water and theory (6hrs)
31/10 @ 7.00am - beach, water, theory and assessment.

MEMBERSHIP

Re-registration of existing members for the 2010/2011 Surf Life Saving Season started on Friday evening with several members waiting patiently and smiling in line for their turn to get their registration under their belt.

Times: **Fridays** 5.30 – 7pm, **Sundays** 9 – 10.30am, **Wednesdays** 11am – 1.00pm

Last day for Re-Registration will be Sunday 29th August.

Please don't leave it to the last minute. Please be patient as we are all volunteers. We want smiling, happy members at the Mullaloo SLSC.

Some days will be busy, so please have the information listed below ready to go to keep the 'flow' (bring back the brown!).

1. We would like every adult to fill in a Volunteer Sheet. We are a volunteer club and if you can help in any way, we need your support.
2. Please remind the staff in the office if you are an Active Reserve, Long Service, or Life Member, or if you are a patrolling member who may have done 30 hours or more of patrols.
3. Every Bronze Medallion Member or Social Gym Member must fill in a Club Gym User Form.
4. Every Patrolling Bronze and all SRC members who drive the 4WD vehicles must have a valid driver's license, are required to produce it for copying and keeping on record for insurance purposes. So please bring it with you when you register.

NEW Member Registration Day is on Sunday 19th September at 10am.



50 4 50 "ANY ONE FOR PIZZA?"

The Italian themed **Pizza and Pasta night** held at the Club on 23 July was a great success. The event was put together by the group of (mainly) vets that paddle their surf skis from Mullaloo to Hillarys each Saturday morning. It was a 50 4 50 fundraiser sponsored by Westpac.

In excess of 180 meals were sold, and all up it raised approximately \$5,000 for the Club. The meals proved so popular that the food ran out and takeaway pizzas had to be ordered in to feed the last few people at the end of the queue and the people that helped out.

"It was a great way for us to put something back into the Club" one of the (less accomplished) paddlers Ian "Rowdy" Allen was quoted as saying.

Medals won at the States Masters in February were also handed out on the night. Special thanks must go to Craig "Master Chef" Blake who organised the food and was the creative force in the kitchen, Steve "The Apprentice" Nestor who organised the decorations, and to the "identical Italian twins" Nick Lellamo and Jordan Puchar who authenticated the continental flavour of the evening. Thanks also to Paul, Dale, Steve Lee, Colin (oops, sorry, not Colin), Craig H, Craig T, Mike, Kim, Dave R, Richard, Jenny, Davo, Willo, Gav, Carlo, JP, Sandy C and Karen Oliver.

JUNIORS UPDATE U6s TO U14s

The season is nearly upon us and activities around the club are starting to warm-up. The junior committee has had a couple of meetings and the season's schedule of competition and social events is coming together. The 1st thing on your list of things to do this month should be to renew your membership.

As always there is a lot to do to make the season run smoothly and many hands make light work, so if you have time or skills that you can offer to the club please contact me. The junior committee is in particular need for help with functions coordination and administrative tasks.

Sunday Morning Sausage Sizzle

As the sausage sizzlers of last season have decided to hang up their aprons and tongs after years of service, we would like 2 or 3 people to volunteer to take on this task that is extremely important to the club. If you are up for it or are willing to put a team together, please contact me.

Saturday Morning Winter Surfing

Winter surfing is still going gang busters thanks to the efforts of Jeff, Rob and Trevor. 9-11am at north point Mullaloo.

Swim Training

U11s – U14s, if you haven't started already it is time to start. Swimming training at Joondalup Arena is 7-8pm Mondays and 7:30-8:30pm Wednesdays. Pool entry fee is \$3.50 and lane/coaching fee is \$3.00 to be paid pool side.

See you all at the pool or on the beach real soon.

Mike Bubrzycki

COMPETITION

The senior competition season kicked off on the 24 July with the first of the Ski and Board series at Mullaloo SLSC. With over 90 competitors from various clubs coming to compete and nearly 20 competitors just from Mullaloo, the challenge was on for the first competition of the new season. The weather turned out to be fine and with a nice swell running many of the competitors found it challenging just getting out to the first turning can. The long course also proved challenging for many of the competitors, but the competition ran through the four Board and Ski events across all of the age groups. The general response was excellent from the competitors for the new format.

The second Board and Ski Series event was also held at Mullaloo Beach on the 15th August and this time there were nearly 120 competitors from various clubs. Once again the weather conditions turned out to be just fantastic, and with a small swell running and a few dumping waves coming through with the sets, the shorter course proved just as demanding as the previous longer course. The heats were run very quickly and 3 Board races and 3 ski races for each age group were completed in just over 2 hours. Once again the response from Competitors was very positive to the new format. It was great to see many of our competitors just having a go and enjoying the racing. We had some great results from our competitors (even if many of them were suffering from celebrations the night before). It was also great to see a couple of the "old boys", Craig Thrum and Chiz Astone competing in the Masters events and scoring some points for the club.

Once again thanks to the many volunteers who help set-up and pack-up for both carnivals, and to Willy Brosens and the volunteers who helped cooking food and serving drinks for the carnivals. They provided great food to the competitors and their supporters throughout the mornings and help raised some money for the club.

continued...

'BOARD' SHORTS

The Board is participating in a **Strategic Planning Workshop** on Saturday 21st August – more in the next edition.

The current **website** has been updated; the new website development is proceeding well.

The first **Busy Bee** was a huge success; come along and help on Sunday 29th August

Club committees are being finalised – further details next edition.

The **Club History Book** is taking shape with reviewers currently examining the first draft.

Patrol, education, coaching and competition activities **calendars** are being finalised – keep a look out.

Current members – don't forget to get your **membership renewal** sorted out before the end of August, otherwise you join the queue.

Don't forget the **Friday meals** – come on down and join in.

LIFESAVING

Download the current patrol roster from our website and check out the NEW Orana Water Safety Patrol roster.

Patrols and Patrol Captains for 2010/11 season:

Billabong – Stephen Dargie
Bells – Brett Warner
Bondi – Steve Mignon
Kirra – Andrew Manning
Malibu – Louis Cheeseman
McCarthy – Phill Dee
Nirvana – Narciso Astone
Orana (Water safety Patrol) – Jacqueline McGregor
Pipeline – Kathryn Murray
Queenscliffe – Ian Allen
Redgate – Tony Greenfield
Strickland – Barbara Carter
Torquay – Chris Hainsworth
Uluwatu – Nick Iellamo
Wiamea – Rick Corkill

Competition continued...

The next Board and Ski Series Carnival will be held at Secret Harbour on 28 August, where there should be some great waves to enjoy. For more information, see the Surf Life Saving Western Australia website at www.mybeach.com.au or see the club emails which are sent out before each event.

It won't be that long before the Lifesaving season starts, so don't forget that the club conducts swimming training at the Joondalup Arena on Monday and Wednesday nights. These sessions are offered to all members to enable them to build up their strength and speed for competition and general fitness. Sessions are:

Monday: U/11 to U/14 - 7.00pm, U/15 to Masters 7.30pm

Wednesday: All Age Groups 7.30pm

Cost: \$3.50 entry (paid to Joondalup Arena) and \$3.00 paid to coaches

If you have any questions, please contact Carlo Tenaglia (Director of Competition) at carlo.tenaglia@gmail.com.

Carlo

WHO ARE THE WAVE WARRIORS?

On most Saturday mornings, a group of Mullaloo Surf Life Saving club members paddle surf skis from Mullaloo to Hillary's Marina, enjoy a coffee, and then paddle back.

The group consists primarily of middle aged men (some hirsute) and a lone woman (Jenny O) and we attempt to discuss the woes of the world, which usually ends with a dry educated comment from Jenny along the lines "Gee you blokes talk c--p!"

The name "The Wave Warriors" came from a time – not that long ago – where we would all paddle back from the Marina at race speed and go surfing at the front of the club, and inevitably because of the shallow surf break that Mullaloo used to experience, one of us would break our ski, – that person more than not would be me. I remember one particular year that the cost of repairing my ski exceeded the initial cost of purchase so to ease my sense of the ludicrous – The Wave Warriors was born.

The Wave Warriors is comprised of a myriad of personalities and it's the interaction between all of us that is the basis for all the fun we have.

The amount of ridicule and abuse that is hurled at each other when we are out on the skis or even seated at the Beach Shack, would have a conservative minded person blushing to the point of mental implosion, but the fun is derived from the quickness of a members wit together with the humour with which it is delivered. At the end of the day we are all mates and derive pleasure from each others company.

ARRIBA!!!!

Interestingly this close bunch of members represents something special, and I mean that in varied terms. There is a strong history of chest beating and camaraderie which I hope their story will continue with each Mullaloo News.



BEACHIES (SAND DANCERS)

The 'Beachies' pre season is in full swing with our young men training hard in the gym and our girls keen to maintain their fitness. All have their eye on next season and I am very impressed by their commitment and enthusiasm.

From another view of the camp some say that 'it' can be heard from afar, it's like nothing ever seen before. The smashing and banging of the cold steel as it is being heaved deep within the den of accomplishment known as the Mullaloo Gym. The earth may shake but I can tell you that these members are like caged Hyenas waiting for the call. To use a worn out cliché: Lock up your loved ones because the Mullaloo Beachies are coming to town. And yes, dressed in the Brown.

FRIDAY NIGHT MEALS

Mexicans in the Kitchen

Friday 20th August

Friday nights down the club is an exciting time as the weekend is busting to get away with the contemplation of great waves and good times. It's all about getting out of the house and meeting a few mates. Well, be prepared because the U/14's are hosting a 'Mexican Night'. While some of you may be reaching for the reading glasses I am assured that this is correct. Teenage Tucker is on the menu. How good is this?

Club spirit is alive and well. So please come and support these great Chefs D'adolescence.

