



From the desk of.....

POOH BEAR



www.southcurlcurlslsc.org

March 2011

A NOTE FROM THE COMMITTEE....



Under 9 Beach Sprint Relay Team — Bronze at Branch

Well the competition season is in full swing and we are seeing some pleasing results from our competitors. The boats crews did exceptionally well at State as did our Champion Lifesavers. Considering that most of these competitors are now looking to retrace their steps up the Pacific Highway for the Aussies it certainly proves their dedication to their chosen sport.

The South Curly Ocean Swim is on the 1st May, so please can everyone put that in their calendar as this is a significant event, and fundraiser for the club. There is a role for everyone, either land based (marshalling, accepting entries, etc) or water based (water safety). This is a fun morning and the income allows us to look at replacing some of the life saving equipment we use on our patrols.

There has been a delay in supplying the replacement IRB due to circumstances in New Zealand. We will likely have the new IRB for the end of the season. This is not an ideal situation, however on the positive side it will be run in over winter and ready for next season.

Development wise - there are plans in place for the next phase of the development however bureaucracy reigns

supreme so phase 2 will take some time. On a positive note we will be renovating the First Aid Room over Winter thanks to a grant facilitated through our local Manly member.

The Annual Report is being worked on and will be ready for release at our AGM in August. This year I am looking for suggestions or inputs for what the cover should be. If any member has a photo, or piece of artwork they would like to have considered as the cover of the Annual Report, can you please email it to bryn_russell@hotmail.com. (there's an underscore between bryn & russell). This is open to all members of the club with Nippers encouraged to contribute.

If any of our membership has any issues they want tabled with the Committee, or if there are any suggestions for how things may be done differently at our club, please remember that the committee is always open to your suggestions and will certainly take them on board.

The Committee

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Over the off-season, PooH Bear will be published less frequently, so make sure you keep up to date with all the latest news and announcements by checking the South Curly website on a regular basis — <http://www.southcurlcurlslsc.org/>

Sat. May 7th is the Senior Club Presentation Night. This is for the adult/senior members of the club. Bar to open at 6.30pm, dinner at 7pm with presentations to follow.

We aim at opening our bar a couple of times during the "off season" this year too, for late afternoon get-togethers....will keep you posted.



Cadets Update

February/March has been a busy time at the club and that applies equally for our Cadets. The Sunday morning activities have come to end and Patrols have only a few weeks to go.

SRC - U14's

Late February saw the club put through it's largest ever group of Surf Rescue Certificate candidates, the U14's group under Mike Dobrijevic. Mike has worked hard with this group all season to get them prepared for their exams and has shown great patience and perseverance to get them all across the line.

The total number to complete their SRC was 32 with a few unable to complete the test due to injury or other commitments. Congratulations to everyone and look out for your name on the Patrol Roster next season. With such a large group we have had request additional uniforms from Branch and as soon as we get them we will present to everyone at one time.

U15's

We hope to commence Bronze training in the next week or so with the U15's to try and complete the water section while the water temp is still friendly; I will send an email out on this very soon. We should be able to complete this in just a few weeks.

State Carnival

This year the State Titles were held at Kingscliff on the Far North Coast which meant our overall numbers were down. We did however have a good representation particularly in the Champion Lifesaver event where there were some excellent results. The Juniors in the Boats also had a great weekend picking up Gold in the U19's and silver in the Boat Relay. (See Boat report for more details) Overall in the Open carnival the club finished 22nd and 6th out of Northern beaches Club's.

The results for Champion Lifesaver were:

- Caitlin Fuller - U15 Womens Silver Medal
- Josh Yeates – U15 Mens Silver Medal
- Kiorie Bennett – U17 Womens Bronze Medal
- Liam Yeates – U17 Mens Gold Medal
- Andrew Roche – U17 Mens Bronze Medal
- Toneya Bennett – U19 Womens 5th Place
- Jason Roche – U19 Mens 4th Place

Congratulations to all, this is a very challenging event both physically and mentally. Special mention for Liam Yeates who has now won Gold in Branch and State and is looking to replicate last year triple gold at the Aussies. All our Gold and Silver Medallists have now qualified for the Aussies, Good Luck!



Cadets Update continued

We also had four U17 girls, (Caz Russell, Maddi Jones, Tamara Harrison and Daana Stoker), compete in both water and beach events and while no medals were collected they competed well and looked as though they enjoyed their time together. They competed in Individual Ski, Swim Team, Taplin Relay, Tube Swim, 2km run, Beach Sprint, Sprint Relay U17 and Open, plus Flags; well done girls.

A special thanks to Jordi Skelton who helped the girls out with warm up and race preparation over the weekend; Jordi also won a bronze Medal in the Masters Beach Sprint on the Thursday and was unlucky not to medal in the flags.

Winter Activities

We hope to run some activities during the winter and will keep you informed by email once we have plans in place. I hope to see many of you at the Tabourie Weekend in April.

Darrin Stoker



curly sound waves 2011

fun - food - wine - music

Mark Sunday 16 October in your diary for Curly Sound Waves 2011.

Get Involved!

There is the opportunity for local businesses to partner with the event on a number of levels.

If you are interested in becoming a sponsor of Curly Sound Waves 2011, or would like to offer prizes to giveaway on the day, please contact Debbie on 0425 221 667 or debbie.austin@linkmarketservices.com.au

We Need Your Help!

Volunteers are needed to help with the planning of the event and in all areas on the day. Please contact Debbie on the details above if you are keen to help out.

Event details will be up on the website shortly.



Boaties Update

Fantastic Results from a small Club in numbers but True Leaders in ability.

Open Mens "Quiche"	Elimination Round Sat (last 18)
Open Womens "Gold"	GOLD (ie; First in Final!)
Open Womens "Blue"	Semi Final (last 12)
Reserve Grade "Business Time"	Preliminary Semi Final (last 12)
U23 Mens "Mill Fridas + Scott"	Second Eimination (last 16)
U23 Womens "Those Girls"	BRONZE (ie; 3rd in Final)
U19 "Dutch Rudders"	GOLD (ie; 1st in Final)

What a wonderful result for the Club! Despite the absurdly unfair course, our Club prevailed and Rib's Flemming's "Gold" Womens Crew made it 4 NSW Titles in a row snatching Victory from Avoca Zenith on the Line! It was sweet revenge for them as Avoca had done the same thing at the Aussies back in 2006 at Kurrawa. Special mention to "La De Da" Lara Raymond who filled in for an injured Anna Webster and did the necessary to take home GOLD.

Also Great to see was the Father/Son pairing of Gus and Ben Spiteri take out GOLD in the U19's after their Silver last Season.

The U23 Girls had some back luck in the final copping a wave on their Bow at the start but rowed brilliantly to take home some Jewellery for the Trophy Cabinet.

Those Crews who did not make the Final all had their share of bad luck to be eliminated before they were due.

Just the Big One to Go Team South Curly!!



Nippers Season Wrap

Wow how quickly the seasons go by - another great season notched up by the great South Curly Nippers!

Some highlights for us:

- The very successful introduction of Twilight Nippers. Great to see so many new faces enjoying our great club and getting to know each other.
- The even more successful launch of our Special Nippers group. Thanks to Jessica, Cerebral Palsy Alliance and our fabulous new nippers for embracing South Curly Nippers wholeheartedly and with such infectious enthusiasm.
- A great time had by all at Nippers State Titles Kingscliff – while a little smaller in numbers than previous years, we certainly weren't lacking in club spirit and we had many Sth Curly cosies in finals, a wonderful achievement. Once again our older Nippers (really our Cadets!) proved such great role models for our young kids doing such a great job (and even winning a few medals in the Champion Lifesaver competition. All this combined with our great mess tent meals and the now infamous Mavi Images Saturday Night Slide Show meant a very successful trip. Thanks to everyone involved. See www.maviimages.com.au to purchase your seasons actions shots.
- Great to see conditions allowing our kids to see a fair bit of “water action”. While this can be challenging for some it's great to watch their confidence grow in the water with the guidance and support of their Age Managers, peers, parents and older nippers.
- Lots of kids attending our coaching sessions – we are very lucky to have the talents of Pete & Bill Yeates, Craig Blake and Jordi Skelton to help our kids strive a little higher if they wish. Thanks Guys!

Thanks to everyone who helped this season – whether you're a coach, age manager, lent a hand at a bbq, helped sell clothing or magnets, got wet for water safety, marshalled the kids on the beach, took scores for your age manager or helped in the kitchen – WE APPRECIATE IT, THANKS SO MUCH.

Of course if anyone is interested in taking up a position for next season, all you have to do is let us know.

THANKS TO ALL THE KIDS AND PARENTS THAT MAKE SOUTH CURLY NIPPERS.

See you next season

Rob Newlinds (newlinds@banco.net.au)

Lisa Settree (lisa.settree@bigpond.com)

Last chance to win
South Curl Curl's 100 Club....



****Last Cash Prize Draw Sunday
27th March @ Sippers****



Come long to Sippers, choose a number
and pay your \$100 before the draw for your
chance to win a cash prize.....

\$1,500 & \$2,000 up for grabs !!!!

*Only those who have paid are eligible to win, payment can
be made in cash at Sippers.

Lake Tabourie Club Trip

Lake Tabourie is just around the corner. For the uninitiated, it is a time for the club to go on holidays. We take all the toys, and generally just relax and have a good time. The only things organised for the whole time are meals and the Reggie Stevens boat race. The level of participation is up to you.

If you haven't already emailed me, please do so asap so I can put the info together and send it out to the right group of people (the email will provide me with the latest email addresses). I need the following information from everyone, and have filled in my details so you know what to send back:

Name: RUSSELL

Adults: Janice and Bryn

Children: Caz (15) and Ashleigh (13) - I need ages so I know how much to cater and who will go onto the roster

Arrival: Wednesday (Everyone) - please let me know if someone is arriving late on a particular day

Departure: Sunday (Everyone) - please let me know if departing before Sunday

Meals required: Thursday (all), Friday (all), Saturday (all), Sunday (breakfast)

Anyone not already booked will need to do so directly with the park, and should let them know you're part of the South Curly booking to get your discount (1 free night if booking more than 2 nights)... Please send an email to janice.russell01@gmail.com to be included in the group email which will give all the details about the trip.

Contact details for the park are:

tabourie@shoalhaven.nsw.gov.au

Toll free 1300 559 966

Phone fax 02 44573011

Janice Russell

Surf, Sand, Smiles and Sunshine!

Nipper (and not -so-Nipper) Action Photos are still available for purchase — all links and details are on the Nipper Page of the South Curly website.

Remember, this is your chance to grab a lasting memory of your nipper in action *AND* raise money for the club at the same time. Photos from the season (regular Sunday sessions, Carnivals, State and Club Championships) are available for viewing and purchase.

Prints or softcopies available at great prices — make sure you take a look at the web galleries

For further information contact vivienne@maviimages.com.au

Bulletin Board

School Holiday Nipper Camp

Northern Beaches SLS are currently taking bookings for a two-day school holiday program for nippers to be held on Wednesday 13th April and Thursday 14th April from 9am – 3pm on both days (venue TBC). Participants will go through a whole list of beach and water activities on both days of the camp and it is aimed for nippers in the U8 age group up to U14s.

The camp will be run by our surf school staff who are all qualified lifesavers and do this every day throughout the summer months through our surf awareness programs delivered to schools throughout Sydney. We will provide shade tents, drinks throughout the day, staff, equipment etc, kids should bring their own lunch and sun protection. The cost for this camp is \$120 for the two day program.

If you are interested in attending the camp please contact Marcial Nunura ASAP as number will have to be limited.

Marcial Nunura
Surf Sports, Events & Business Development Manager
Surf Life Saving Sydney Northern Beaches

t:02 9913 8066 direct:02 8919 2137 f:02 9913 9066
Unit 9/1 Vuka Place, Waverwood 2102

www.surflifesaving.net.au www.surflifesaving.schools.com.au www.comirafamilies.com.au/trib



Narrabeen Beach SLSC is holding its 2nd Narrathon on Saturday 16th April 2011. This event involves an 8km still water ski paddle, 3km beach run, 1,8km ocean swim and 2,5km board paddle, and is open to teams or individuals. More details at www.narrathon.com.au or by email to admin@narrathon.com.au.

NORTH STEYNE SLSC'S THE COMMON-WEALTH BANK 13th ANNUAL OCEAN SWIM'S & CBA DASH FOR CASH

SUNDAY 27th MARCH 2011

NORTH STEYNE BEACH, MANLY

• Entry forms available from North Steyne SLSC Inc – www.northsteyneslsc.com.au or On-line

at www.oceanswims.com

For further information or entry forms contact – 02 9977 6180 or northsteyneslsc@hotmail.com or

: Damian O'Shannassy 0402 029 963 or doshannassy@optusnet.com.au

: Bernie Burrows 0414 544 533 or teleline@bigpond.com



The poster features the text "SWIM FOR SAVON OCEAN SWIM" in large, blue, water-textured letters. A circular icon of a swimmer is positioned to the right of the word "FOR". Below the main title, the event details are listed in white text: "16 APRIL 2011 - QUEENSCLIFF BEACH", "1.5KM & DASH FOR CASH", and "CASH PRIZES". The website "WWW.QUEENSCLIFFSLSC.ORG.AU" is at the bottom left, and the "QUEENSCLIFF SURF LIFE SAVING CLUB" logo is at the bottom right. A row of sponsor logos is at the very bottom.

SWIM FOR SAVON OCEAN SWIM

16 APRIL 2011 - QUEENSCLIFF BEACH
1.5KM & DASH FOR CASH
CASH PRIZES

WWW.QUEENSCLIFFSLSC.ORG.AU

QUEENSCLIFF
SURF LIFE SAVING CLUB

NOVOTEL
RESORTS

TWIN WATERS
RESORT
SUNSHINE COAST

VIEW
viewswim.com

RIAL

2GB
873AM

NINE WORDS WOMEN USE

- (1) **Fine:** This is the word women use to end an argument when they are right and you need to shut up.
- (2) **Five Minutes:** If she is getting dressed, this means a half an hour. Five minutes is only five minutes if you have just been given five more minutes to watch the game before helping around the house.
- (3) **Nothing:** This is the calm before the storm. This means something, and you should be on your toes. Arguments that begin with nothing usually end in fine.
- (4) **Go Ahead:** This is a dare, not permission.. Don't Do It!
- (5) **Loud Sigh:** This is actually a word, but is a non-verbal statement often misunderstood by men. A loud sigh means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you about nothing. (Refer back to # 3 for the meaning of nothing.)
- (6) **That's Okay:** This is one of the most dangerous statements a woman can make to a man. That's okay means she wants to think long and hard before deciding how and when you will pay for your mistake..
- (7) **Thanks:** A woman is thanking you, do not question, or faint. Just say you're welcome. (I want to add in a clause here - This is true, unless she says 'Thanks a lot' - that is PURE sarcasm and she is not thanking you at all. DO NOT say 'you're welcome' . that will bring on a 'whatever').
- (8) **Whatever:** Is a woman's way of saying F**k off!
- (9) **Don't worry about it, I'll do it:** Another dangerous statement, meaning this is something that a woman has told a man to do several times, but is now doing herself. This will later result in a man asking 'What's wrong?' For the woman's response refer to # 3.

Pass this on to the men you know, to warn them about arguments they can avoid if they remember the terminology

Thank You to all our Sponsors this Season



South Curlly would also like to thank the following for their very generous donations to the club in support of our replacement of the lost IRB.

Parnell Partners Real Estate, Frenchs Forest; The Forest Club, Forestville; The Harbord Bowling and Recreation Club; Roche Products; The Carter family; The Yeates Family; The Gadd Family; Vinko Tomasic; Janelle MacDonald; John Bates; James Guest; Mallesons; Bruce Loudon.

Many thanks from all members and swimmers at South Curl Curl.