

**The Bondi Surfer - 8 December 2010**

The Bondi Surfer



**UPCOMING EVENTS**

A reminder to all that the Lifeguards Bondi Big paddle event is on this Sunday from 7.30am at the Beach

**LIFESAVING - [lifesaving@bondisurfclub.com](mailto:lifesaving@bondisurfclub.com)**

**\*\*CALLING ALL PROFICIENT MEMBERS\*\*:**

We always struggle for numbers during the peak holiday period around Christmas and New Year. If the weather is fine and you have a few hours free pack your patrol kit and come down to the beach. In particular you would be appreciated on Xmas afternoon - red Santa hats are part of the approved uniform and you might get your picture in the paper.

Please click on this link to see the

roster: <https://spreadsheets.google.com/ccc?key=0Av4Ie40o20FEedGVVZWJGdG16ZUpCNWIXQzRMWVdqY1E&hl=en&authkey=CO2Bx5EB>

Any issues or questions please contact James Hutton [lifesaving@bondisurfclub.com](mailto:lifesaving@bondisurfclub.com)

If you need a sub for a patrol do the following:

- view the Bondi Surfer, there is a list of people currently seeking sub's
- to get on the list email [admin@bondisurfclub.com](mailto:admin@bondisurfclub.com) , with your patrol name, date, time
- or try contacting your friends

Once you have a sub or if you can't find one please email your Patrol Captain (email addresses are on the roster)

**Patrol Subs:** If you are able to help out on patrol please click on link: [SUBS NEEDED FOR PATROLS 10-11 \(7\)](#)

**COMPETITION - [surfsports@bondisurfclub.com](mailto:surfsports@bondisurfclub.com)**

Surf Sports Calendar 10-12 V8

**RESULTS:**

**North Curl Curl 4 Dec 2010**

Lochie Hinds - 1st Male 23.53

Luanne Rowe - 3rd Female 24.00

**Bondi to Bronte 5 Dec 2010**

Ryan Huckle - 7th Male 23.24

Luane Rowe - 3rd Female 25.35

Scott Vandoormaal - 10th Male 25.38

Lochie Hinds - 2nd U16 26.25

Louise Stevenson - 1st in 25-29 Female 27.00

Cyril Baldock - 1st in 65+ 29.39

Dori Miller - 1st in 40-44 29.32

Carla Rowe - 3rd in 20-24 31.45

Steve De Lorenzo - 4th in 50-54 31.30

**Our Gold Medallion trainees :**

Colin Panagakis with 36 min, followed by James Hutton and James Rogers with 37,43 min all of them were wearing a wetsuit (spring suit for James)

Pep in 38,56 followed by Mark with 39,14. Monique 39,18 followed by Lindsay 39,26 (wetsuit as well)

Hector in 42,24. Andrew in 44,44 followed by Karuna on 45,36 and John with 45,06.

**WELL DONE GUUYS!!!!**

Steve apologises if he has missed any one but has been busy moving Granny.

**BEERS WITH COACH SIMON**

All are invited to have a few beers with Coach Simon at Icebergs on Friday 10th December 2010, at 5pm to celebrate the Festive Season.

## **R&R RESULTS**

Last Saturday 4 December 2010 Bondi's R&R team travelled to Ocean Beach to have their first starts for the season. The team was met by dark skies and light rain. The team spirit was great and the entire team supported each other.

The first event was the Open 5 man. It was the first start for a number of the team for well over a decade, they did a great job and came 3rd, the team need a bit of work but have the time, the skill and the desire to be a real contender. Come April 2011 they will give the 5 man event one hell of a shake.

The open 5 mixed team marched on next and left off from last year winning the event. A solid start.

Next off the rank was the return of the Open 6 man. The club has been unable to put a team on the beach since we last one the 'Premiership' back in 2008. The team finished in 3rd place. Not a bad effort but the team will need to really knuckle down over the coming months.

The last event was the Open Woman. They did not disappoint winning comfortably and looking every bit the four time National Champions that they are. All the girls are really switch on and have a huge desire to ensure that they do the job one more time this year.

It was a good day for the Bondi R&R team and it seems that Bondi will have a good season. The only downside to the day and the season appears that we will not have any teams in the U19s/U17s or U15s which is a real shame after putting together some very good young teams over the last couple of seasons.

Next start will see Open 6 man, Open 5 man and Mixed team travel to North Cronulla.

Andrew 'Macca' Mc Encroe

R&R Captain

### **Club Championships (excluding Masters) & Memorial events.**

Round 2 30/01/11, Round 3 27/02/11 & 17/04/11 (if due to weather conditions a round is postponed)

Competition will start at 8.00 am with the beach events.

Please put into your calendars, & make the effort to attend.

Attention all oldies & those young at heart: Club Masters Championships from 3.30 pm

27/2/11 6/3/11, 13/3/11 & 27/3/11 (if due to weather conditions a round is postponed)

### **In addition the following dates have been marked in:**

2. 27/3/11 rescus after surf race

John F Cox Memorial Round 1. 31/10/10, 2. 6/2/11, 3. 6/3/11

Ron Turner Round 1. 7/11/10, 2. 13/2/11

All of the above memorial events are open to A & B Grade competitors

### **PATROL COMPETITION**

1st 3rd April 9.00 am 2nd (to be confirmed)

### **Competitor patrol hours**

Patrol hours need to be done before the close off at the end of December and get your proficiency done early (see Education for dates)

**EDUCATION - [education@bondisurfclub.com](mailto:education@bondisurfclub.com)**

Congratulations to the Octoberfest Bronzie's who will be competing their part b assessment on Saturday morning at North Bondi. All members are encouraged to watch them from 9am and help them celebrate at Bottles on Sunday at 6pm.

It's fantastic to see so many members complete the Bronze and ARTC proficiencies/upgrades, for the few who are yet to complete their Bronze proficiency, Time is running out!

### **LAST Proficiencies**

Sunday 12th December 2010 at 9am Bronze and Spinal.

Bronze proficiency will have the following components – resuscitation on a manikin, signals, oxygen, radios, defibrillation, run swim run and a board rescue. It should take approximately 2 hours.

To check your awards and to see if you are proficient go to lifesaving online. [www.lifesavingonline.com.au](http://www.lifesavingonline.com.au) and register for a login. You will see all your awards and all your lifesaving details.

### **Higher Awards**



For those wanting to do other higher awards, please see the SLSA Sydney listing of awards.

<http://www.surflifesavingsydney.com.au/Lifesaving-and-Education/Training-Courses/>

To register please email your contact details together with the course description to [admin@bondisurfclub.com](mailto:admin@bondisurfclub.com)

We wish all the bronzie's the very best in their part b and look forward to seeing them in uniform on Sunday night for their presentation, as always family and friends are more than welcome to come along to help celebrate.

### **Education Blog**

Blog: <http://bondisurflifesavingeducation.blogspot.com/>

Colin Panagakis

### **IRB NEWS**

Bondi IRB continues to go from strength to strength this season. Education remains one of our key emphases and we have developed a nice relationship with Bronze trainers – new members are introduced to the IRB towards the end of their training, and quite a few have chosen to follow our IRB Crew training pathway after qualifying to wear the quarter cap. Our new drivers this season have brought us up to numbers which allow us to more easily service all patrols.

We have just completed two assessments for new IRB crew with a 100% pass rate. Successful on Sunday 14 November were five candidates: Grant Sassall, Colin McFarland, Jonathan Stafford, Tom O'Malley and Karuna Elliot. This last weekend saw another eight: Jaye Moore, Bass Elhashem, Mark Cooper, David Creaven, Shane Pascoe, James Heron, Christian Schoener and Jean-Paul Buhagiar.

The assessors on both days remarked on the enthusiasm and quality of the candidates and commented on the morale and esprit de corps of our IRB section. We congratulate these new crewmen and women. We are proud of them and our training team.

Saturday's assessment came on a busy weekend for IRB. Following training on Saturday morning we had the assessment Saturday afternoon, and then fielded all four of our ducks on Sunday: one for patrol and the club surf race (driven by our new girl gun driver Stefania Kurniewan!), another for Water Safety for Nippers, and the two others for Water Safety on the Bondi to Bronte Ocean Swim. There were numerous rescues during the B2B event – Bondi's ducks performed fifteen, and ducks from North Bondi, Tamarama and Bronte pulled in several as well. Rescues were for the usual diverse reasons – hypothermia, cramp, bluebottle stings, exhaustion and sea-sickness, but thankfully no cardiac problems or severe respiratory distress.

IRB's Eamon O'hAinin swam in the B2B and finished (at a sensible distance from the front runners and after aggressively resisting all our meddlesome attempts at rescue!). Well done Eamon.

Any Bondi members who want to discuss IRB qualifications and training should contact us for a chat. Contact e-mails are as follows:

Eamon O'hAinin [eamon\\_ohainin@hotmail.com](mailto:eamon_ohainin@hotmail.com)

John de Launey [johnandshauna.delauney@gmail.com](mailto:johnandshauna.delauney@gmail.com)

Mark Travers [mark.travers@haccppest.com.au](mailto:mark.travers@haccppest.com.au)

John de Launey

Assistant Captain (Training) Bondi IRB

### **GENERAL CLUB NEWS**

#### **BY-LAWS:**

Please find attached revised club by laws. Please note any objections/references need to be sent back to the BOM within seven days via the office

BSBLSC\_By-Laws\_Effective\_6\_December\_2010

#### **LIONS CHRISTMAS CAKES:**

Available from the office for \$13. Please support a good cause

#### **OFFICE:**

The office will be closed for the Festive season from the 24th December 2010 and will reopen on Tuesday 4th January 2011.

We wish the club a happy holiday.

**TOURNING MANAGER:**

Advertisement for Touring Competition Manager, After a lengthy hard working spell John Greaves has decided not to stand again for this position, thank you for all the efforts John.. Interested parties with the relevant experience need to submit their cv's to the Director of competition.

**MISSING:**

Missing -the swimming sections small collapsible anchor rope and can-if anyone has seen it or borrowed it please return it.

**THANK YOU:**

Kellogs Nutri Grain-A Big Thank You to all who helped

**COMPETITION KIT:**

Competition kit is available on Sunday morning -the \$100 for seniors and \$50 for Juniors is payable. This goes towards your kit, repairs to equipment, licensing of trailers, transport of equipment, race entry fees and the Club dinner at the Nationals.

**CHRISTMAS PARTY**

# Christmas Drinks!

Bondi Surf Bathers' Life Saving Club invites you to  
celebrate Christmas on **Sunday 19 December 2010.**

Kick off the festivities with the **Kid's Christmas  
Party at 2.00pm, Santa arriving at 2.30pm** in  
the Scenic Lounge. Face painting, jumping  
castle and entertainment. RSVP your child's  
attendance at [adminbondi@people.net.au](mailto:adminbondi@people.net.au)

Kids are welcome until 5.00pm.

**Adults Christmas party from  
5.00pm** with entertainment  
and BBQ food.



Please RSVP your child's name to the office [adminbondi@people.net.au](mailto:adminbondi@people.net.au) to ensure Santa has a gift  
Anyone interested in helping Melissa Leslie, please contact her directly on [mleslie@gtlaw.com.au](mailto:mleslie@gtlaw.com.au) or ph. 0412 415 598

### NIPPER NEWS

#### **SRC's (Surf Rescue Certificate)**

On Tuesday night, our SRC's all completed, and were deemed competent in their Part A of the SRC proficiency. The Part B will be on Saturday morning December the 11th at 7.30am. All candidates are to meet Mike, in front of North Bondi SLSC at 7.30am. Come on down and support our soon to be, newest Surf Lifesavers!

#### **Twilight Nippers Christmas Party**

Bondi Nippers are holding a special Twilight Nippers followed by a Christmas Party for all our Nipper Families. Please join us on FRIDAY 17th DECEMBER From 5.30pm At the Club House for Nippers with a difference. This is our final Nippers' day for 2010. We will hit the beach for a fun filled twilight of Nippers' activities. Followed by the arrival of Santa, and a little Christmas Cheer in the main hall from 7.00 pm. This is a Bondi Nippers family event, so get ready for some Christmas fun. Parents are encourage to get involved too.

Please note that there will be NO normal Nippers activities on Sunday the 19th. We will be taking a Christmas break from the 17th December Nippers resumes on January 30th 2011

#### **Missing Boards**

We are missing a number of Boards. All of our boards are marked/identifiable by a Bondi JAC/Nippers Sticker, or logo directly glassed into the boards. Please, should you see anyone using our boards outside of Nipper activities, please let Michael Gencher know.

#### **Uniform Shop**

The 'Uniform Shop' will be open from 8.30am on Sunday. And yes, we have a full range of Adult (men's & women's) sizes available.

#### **Twisted Frozen Yoghurt**

Bondi Nippers is pleased to announce that TWISTED FROZEN YOGHURT is the official frozen yoghurt of the Bondi Nippers!!! If you have not tried Twisted yet... you are missing out! Get TWISTED already!! Not only will you have the best frozen yoghurt you've ever had... You'll also be supporting a local business that supports Bondi

Nippers. <http://www.twistedyoghurt.com.au/>

#### **Bondi NipperSponsors**

Our Nipper Program is dependent on the assistance of not only our great volunteers, but also the assistance and partnerships with our terrific Sponsors. If you have any in-roads or introductions to potential sponsors of Bondi Nippers, we would greatly appreciate it.

Please contact Michael Gencher at [nippers@bondisurfclub.com](mailto:nippers@bondisurfclub.com) for any information or details regarding sponsor/partner programs and benefits.

#### **Our 2010/2011 Sponsors & Donors**

DATS <http://www.datsskipbins.com.au/>

Beach Road Bistro <http://www.beachroadbondi.com.au/>

Sun Greenaway Builders <http://www.sungreenawaybuilders.com.au/>

Bonds <http://www.bonds.com.au/>

1st Street Home loan & Protection Specialists <http://www.1ststreet.com.au/>

Blue Horizon Printing <http://www.bluehorizonprinting.com.au/>

Twisted Yoghurt <http://www.twistedyoghurt.com.au/>

#### **Face book**

If you are on Face book, why don't you join our Bondi Nippers page?

<http://www.facebook.com/home.php?#!/pages/Bondi-Nippers/155348247824519>

### TRAINING

#### **Surf swim training sessions**

Wednesday mornings 6am-7am and Saturday afternoons at 4pm with Steve De Lorenzo.

#### **Craft training**

To view this weeks training program with Matt Colquhoun click on the links:

**Program\_DEC\_2010\_-\_wk33[1]**

## **SURF RACE SEASON 2010/2011 (Week11 )**

### **A GRADE**

1st – Michael Morgan – 1.40

2nd – Elliott Greenberg – 1.50

3rd – Jacob Yuide – 2.40

Number of starters = 19

### **B GRADE**

1st – Gary Anderson – 2.20

2nd – Maggi – 0.40

3rd – Patty Stein – 0.00

Number of starters = 17

### **C GRADE**

Number of Starters - 0

### **S GRADE**

R Tippett, S Hallam, L Engdahl

Number of starters = 3

### **TOTAL SWIMMERS 39**

With competition from the Bondi to Bronte swim, we still manager some 39 bods at the starting blocks.

The water was a little warmer & we only had access to the one buoy & swimming back through the back markers brought back memories and hopefully next week we will be back to normal.

Michael had a good hard race in A Grade with very little assistance from the sea, with Elliott (having his first outing for the season & no doubt will be able to give Dad a few tips for next week) not far behind. Jacob, who after the rap last week had another Yuide in third place this week.

In B Grade Gary put in a good effort with swimmers all around him. Maggi who must be in heavy training had another outstanding outing with a close second, followed by young Scottie Stein's Mum Patty, who has become a regular. We also had a mix of new members swimming and a couple will be going off in A Grade next week of sitting on a higher handicap. Showing great keenness a couple did both races, which says a lot to those who did none.

All in all a great morning. I look forward to next week and have been assured that we will be seeing more than one starter in C Grade which will be great. Our Club photographer had only one complaint in that Keiran's speed to the finish line did not allow him to focus, so next week how about slowing down for Tim's photo shoot.

Doc

PS There will be a race on the 26th.