



UPCOMING EVENTS

Saturday October 15th: IRB Crew course commences

Sunday October 16th: Regular Nipper Activities commence

Saturday October 22nd: Bondi to Watsons Bay Ocean Race

LIFESAVING

DR TURNBULL, SYDNEYS FIRST LIFESAVER!!!

Taken from the Sydney Gazette, Sunday December 9, 1804

From the accidents to which mariners, and many of the inhabitants of this colony are by their ordinary pursuits exposed we beg leave to lay open the following Directions for the Treatment of PERSONS APPARENTLY DROWNED.

“It is very evident there is no employment whatever in life so liable to this accident, as sea-faring people, and those employed on rivers about the ships; I therefore think it highly necessary to give some general directions, towards the recovery of those unfortunates, as I well know many fallen victims to the water, from the neglect of a few means.

“When a person has remained above twenty minutes under water, there can be no considerable hopes of his recovery; but we should never too soon resign the unhappy object to his fate, but try every method for his relief, as there are many well attested proofs of the recovery of persons to life and health, who had been taken out of the water apparently dead, and who remained a considerable time without exhibiting any signs of life.

“If by any accident a person has had the misfortune to be drowned, the management and proceedings towards his recovery are as follow.

“In attempting to recover persons apparently drowned, the principal intention to be pursued is to restore natural warmth upon which all the vital functions depend; and to excite those functions, by the application of stimulants not only to the skin, but likewise to the lungs, intestines etc.

“First strip him of his wet clothes and dry him well, in the mean time, let an assistant or two be warming two or three blankets; when he is dried, lay him upon a chest or table, with one or two hot blankets underneath him, then wrap another round his body, which when cold remove, and apply the warm one, and repeat them until the recovery: while this is going forward, four assistants must be employed in rubbing his legs and arms, either with salt, warm ashes or coarse dry clothes; and rub on his wrists and ankles some spirits of hartshorn, making the same application to his nose with a feather every quarter of an hour.

“You may likewise apply bottles, or bladders filled with hot water, to his feet and arm pits.

“The late celebrated and ingenious Dr. Turnbull, of Well-close-square, strongly recommended, and

said he had known many people to be relieved by the following method; that is to say, using the same means as I have recommended, with this addition; dip a blanket into boiling water, wring the same as dry as possibly, and wrap the patient up in it; this should be repeated every fifteen or twenty minutes, for two or three hours.

“While these external means of restoring heat to the body are going forward, you must likewise use some internal ones, of rousing to action the blood vessels, which are the support of animal heat, together with the nervous system.

“This is to be done by throwing tobacco smoke or some other stimulants up the body, and by blowing air into the lungs through the nose:- for injecting the smoke upwards take a common glyster bag and pipe, and at the other end place the small end of a tobacco pipe firmly tied to it, fill the bowl of which with tobacco; light it well, and then apply a card formed as a funnel round the bowl of the tobacco pipe, and by blowing at the other end the bag fills with the smoke, which by pressing the bladder you may easily inject.

For conveying air into the lungs use a common glyster pipe, or in the case of necessity a tobacco pipe, taking care it does not break; introduce it into one of the nostrils, keeping the other closed, as also the mouth, and then blow pretty strongly. When the lungs are full, press them upon the breast, in order to press the vapour out again; and repeat the operation for half an hour together; alternately administering the tobacco smoke and the inflation of the lungs:- which means ought to be continued two or three hours at least, even although no signs of life appear for that time.

“If the person after some time should begin to breathe, his pulse move, or shew any other signs of life, and especially if he can swallow, give him two or three table spoons full of warm brandy and water: if he should breathe very hard and his face appear much swelled and livid, you may take six or eight ounces of blood from him; observe he remains in the horizontal posture, (that is to say), on his back, during his bleeding, for fear of his fainting. The patient being now pretty well recovered, you may get him into bed in blankets, and give him some warm brandy and water; if his feet should feel cold wrap them up with warm flannels.

“N. B. The above means may be used in cases of extreme cold, or numbness”

LIFESAVER NEWS REMINDER:

Remember the Sunday start times are one hour earlier than the Saturday ones, 10am and 9am respectively. The patrol times include an earlier and later buffer to get equipment organised.

We operate under a Lifesaving Service Agreement (LSA), in which we commit to patrolling between certain hours. We must be signed on before the patrol start time, and must be patrolling until after the sign-off time.

A critical part of our lifesaving resource is the IRB, and it would be fantastic if the patrols can lend assistance to the IRB team to help get them on and off the beach. We should take pride this season to always have the IRB signed on at the same time as the patrol. Bondi is a busy beach, and we are a professional club. All other Sydney branch clubs hear sign-on and sign-off times as they happen, let's not be the ones signing on without our IRB.

RADIO CHANNEL CHANGES:

Recap: There will be a laminated sheet available on patrol to remind everyone what is happening here, but in brief, there is only really one change that impact patrols.

In the past, we used channel 9 'Beach' for all our local (line of sight) inter-patrol beach radio communications. And the patrol captain used the repeater channel 3 'SurfCom' to talk with the SurfCom radio base, which all other Sydney branch clubs would hear.

This season, all patrol radios will use channel 2 'Patrol' for inter-patrol beach communications. Channel 9 is no longer used for this. That's the main change.

Please refer to the laminated sheet on patrol for more detail if required.

PATROL LOG BOOK:

Recap: There will be two log books this season. One for the patrol, and one for water safety. Please make sure you sign on and off in the correct one.

Some points. Do not put your name below the lined area if there is no more space. Use the next page. Write clearly, if your scribble can't be read, you won't get the patrol hours. Times are in increments of 15 minutes. Don't go lower than that.

And really make sure that you identify the patrol type correctly, such as Rostered, Voluntary, Swap, Make up etc. I'll put a laminated sheet in the log books to help with this.

PATROL ROSTERS:

These are available on-line at this link

<https://docs.google.com/spreadsheet/ccc?authkey=CO2Bx5EB&key=0Av4Ie40o20FEdGVVZWJGdG16ZUpCNWlxQzRMWVdqY1E&hl=en&authkey=CO2Bx5EB#gid=0>

This is an active document, and changes regularly. Please link to it and find out the information that you need.

PATROL SWAPS:

If you can't make a patrol, it's your responsibility to set up a patrol swap, and confirm the details of that. You can of course make contact with others through a number of different means, such as Facebook, email, or contact with other club members.

There is an online Google document that has been set up to facilitate this. Please use this as the first method of getting your request out there. Fill out your details, and also let your patrol captain know what is going on.

The link to the document is here

https://docs.google.com/spreadsheet/ccc?key=0Aq7BLFD8ItM5dDZCbjVCWUgwSU52anRsVnRxQ3VuV0E&hl=en_US#gid=0

LIFESAVING ONLINE:

Lifesaving Online is a self-service membership portal for members of clubs and support organisations in Surf Lifesaving. You can renew membership, apply to join a club and check your details, awards and patrol hours from this site.

After your patrol at the weekend, say around Tuesday, please go online and make sure that your patrol hours have been correctly allocated. Sometimes the sheets are very difficult to read. Also, someone may have signed off on your line in error.

You should be able to pick up any problems this way, and may avoid falling into arrears with your rostered hours through a simple error.

See you on the beach!

[To view the Patrol Subs, Please click here \(Excel xls doc\).](#)

Bill Measday

clubcaptain@bondisurfclub.com

Charles Cotton

lifesaving@bondisurfclub.com

EDUCATION

HIGHER AWARDS

Are you looking to complete a Higher Award such as Silver (Beach management), Spinal or ARTC?

Please email your details to the office, including your full name in the subject line, the course you wish to complete and a contact number.

The office will ensure you are enrolled and will contact you to confirm your position.

You must be a paid member and some courses also require some pre-requisites. Courses fill up quickly so be sure you get your name on the list.

EDUCATION BLOG:

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

Colin Panagakis

education@bondisurfclub.com

COMPETITION

CRONULLA SHORT COURSE CARNIVAL:

Will be held on the 5th November ([Click Here: Pdf flyer for more information](#))

[Click Here for the 2011-2012 Sydney Surf Sports Calender](#)

[Click Here for the 2011-2012 Carnival Calender](#)

CLUB CHAMPIONSHIPS:

Round One 8am on the 6/11/11, round Two 29/01/11 and round Three 18/03/12

Grant Veckranges

competition@bondisurfclub.com

CLUB TRAINING

WEEKLY TRAINING:

Monday evening: ski/board

Tuesday 6 am Gary's board session/6 pm gym, erg/6.30pm running with Simon

Wednesday evening ski/board

Thursday 6am Gary's board session/6pm gym,erg

Saturday 8am ski and board

Sunday 8am board and ski

SWIMMING: Contact Steve De Lorenzo

SURF RACE

SURF RACE (week 3) 09/10/2011

A GRADE

1st – Lockie Hinds – 1.00

2nd – Michael Morgan – 0.50

3rd – Gabbi Vanderham – 1.00

Number of starters – 26

B GRADE

1st – Jessica Stewart – 1.15

2nd – Martin Waters – 1.30

3rd – David Miller – 1.35

Number of starters – 20 plus about 15 new bronzes (names to be confirmed)

C GRADE

1st – Hamish Donkin – 0.20

2nd – Peter Riley – 0.20

3rd – Alan Williams – 0.40

Number of starters – 28

S GRADE

Larry Engdahl, Sandra Hallam, Tony Hallam, Raewyn Tippett & Graeme Wong.

Total number of starters – 94

Clubies,

The sun was out & there was a small wave over a very long shallow bank (where were you Cyril). I apologise for the delay in the start, however, I am confident that next week the buoys will be out on time. It was fantastic to see so many members come down after the last two weeks appalling weather & surfing conditions.

The reduction of a minute off everyone's handicap was well received & it should tighten up the races a little more. A first in no one complained about their handicap. With first timers irrespective of where they start; they only get points for competing, which as advertised last week was 2 points.

The Cadet race saw a strong sprinkling of Nippers, which was fantastic & they tell me they are happy with the 10.30 start. Hamish finished strong, & was not that far in front of your Peter Riley, with Alan continuing his form from last season, with a good third.

B Grade was a mass of people with a lot of the time trialers showing great potential, with Jessica coming in ahead of the pack with Martin beating out Dave, who did not have the pressure of Margaret on his heels as she is enjoying the good life in a warm & sunny England.

As I struggled around the buoys, Raewyn informs me that Lockie using all his considerable surf skills won by a comfortable 10 seconds. With Michael M & Gabbi taking the minor places. Gabbi says she has not been training, so watch out for her in future races.

Next week I will be running tube swim races, as we did at the end of last season. Just a gentle reminder to all starters, your race does not finish until you touch the buoy & put your hand up (I know Scotty & Michael already know, however....).

I look forward to seeing you all again next Sunday & please bring your friends down, the more the merrier.

Doc

SOCIAL NEWS

THE BONDI ANIMAL PUB CRAWL:



Despite miserable conditions the crawl went ahead with 60 odd (literally, odd) animals turning up to party!!! Free hugs and scared small children seemed to be the theme of the day but a good time was had by all.....



Eventually the animals sauntered off home and Bondi was able to return to a peaceful existence....

BOTTLES EACH SUNDAY:

Bottles each Sunday from 4.30pm so come down to the club and get involved!!!

Anyone wishing to contribute pictures or share info regarding upcoming social events is encouraged to do so.

Please send email/pics etc. to: bondisurfer2011@gmail.com

NIPPER NEWS

WELCOME TO THE 2011/2012 NIPPER SEASON!!!

This Sunday, October 16th is the first day of regular Nipper activities for the Under 6's & U7's. Muster will be at the Surf Club at 9.00am Sharp!

BOARD TRAINING

Wednesday Night Board training will commence on Wednesday October 12th. The Wednesday session is an advanced coaching session, and will be by invitation only. Our Surf Coaches and Age Managers will determine who is eligible for this session. Nippers are to meet at the container.

Sunday Board sessions are to commence on Sunday October 16th at 8.00am, and run every Sunday prior to Nipper regular activities. Should you wish to participate, make sure you register your intention to participate, no later than 5.00pm on Friday.

The reason for registering your intention to participate is to ensure we have adequate Water Safety in attendance. If you plan on coming, send an email to Michael at nippers@bondisurfclub.com.au. Nippers are to meet at the container.

U14's/SRC's

Welcome back to your last season of Nippers.

As you're aware, it's now a bit different...

As of this week, there will be board training at 8am every Sunday. You are expected to attend this training session as part of your SRC. In a similar way, your group will participate in the club swim at 10:30 each Sunday as part of your programme.

The theory part of the SRC will start this Thursday, 13th October in the clubhouse. The course will run from 6:30 - 8:00 pm. I will give you your Manuals on Thursday.

As well as the above, which are all components of your course this year, you are invited to board training on Wednesday at 5:00 pm with Darren Schott, the club coach. You need to notify me (Mike Gencher) by midday, Tuesday, if you are coming so I can organise water safety. My (Mike's) email is: michael@businesslifesaver.com.au

Likewise, there is 'land' training on Tuesday at 6:30pm, run by Coach Simon. Again, Mike needs to know by midday, Tuesday, as Simon will be doing 'ins and outs'. Please specify which training you are attending.

Please remember to e-mail each week.

Good luck for your final season - I hope you enjoy the course.

A HUGE THANK YOU!!!

On behalf of BONDI NIPPERS, we would like to take this opportunity to THANK the Body Express Swim School Pool for the use of its pool during our registrations over the past few weeks.

Also, if you can help...

Swim School Teachers Wanted!

Do you have previous experience teaching swimming to children aged 2-12 years old?

Body Express Swim School is located in the Swiss Grand Hotel, Bondi Beach. We offer Learn to Swim and Squad lessons from the ages of 2 to 12 years old. Our Swim School is open 7 days a week morning and afternoon.

To work at Body Express Swim School, you will need:

Valid Swim Australia and/or Austswim teacher qualification

Valid CPR certificate

Passion for the Learn to Swim industry

The capacity to commit to at least 3-6 months employment

OR.....Are you good with kids, patient and have a love for the water and swimming?

Why not become a Swimming Teacher?

Body Express Swim School is able to give you the opportunity to become a Swim School Teacher through training with us at Body Express!

Simply attend a 1 day Swim Australia Teacher course and complete the necessary 20 hours training with an experienced Body Express Swim Instructor

If you are reliable, enthusiastic and think that either of these employment opportunities sounds like you, please contact us or email your Resume to our Swim School Manager, Natalie van Hese.

Body Express Swim School, Bondi Beach

swimschool@bodyexpress.com.au

02 9365 6155

www.bodyexpress.com.au/swim

SPONSORS

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 for any information or details regarding sponsor/partner programs and benefits.

A BIG Bondi Nipper Welcome to our newest supporter...Make it Cheaper!!!

Who is Make it Cheaper

Make It Cheaper are the experts at saving Australian home owners and businesses money on their energy bills.

What they do

We assist businesses and home owner change energy retailers, with the goal of saving money. Our goal is to provide an ongoing service to any client to ensure they always pay the best price possible for their energy costs, year on year.

What it costs

Make It Cheaper is a completely FREE service – NO fee for service, NO % cut of savings achieved, NO contractual obligation between Make It Cheaper and the end customer.

We do earn a commission from the retailer that wins the customer – but that commission does not affect the results, or the retailer we recommend.

Where they work

Make It Cheaper works across all states where businesses and home owners are allowed a choice of energy retailer, being New South Wales, Victoria, Queensland and South Australia.

How they do it

Every customer is unique – and could just have a home, a business or a number of different sites. Whichever way it looks, we will find the best price available. Whether the customer has an annual bill of \$500 or \$5,000,000 we are able to help them save money.

There are two unique components to our service:

Customer Savings Guarantee: we only switch customers where we can make a saving, so if we help you to switch we will guarantee that the deal will save you money

Market Monitor: On top of that, we provide a 'market monitor' service for all customers using our service. What that means is that year on year, we'll ensure you always pay the best rate....so if a new deal comes to market, we will give you a call, and help you save money again if it makes sense, and if it's worth your while.

Our 2011/2012 Sponsors & Donors

Make it cheaper <http://www.makeitcheaper.com.au>

Body Express Swim School <http://www.bodyexpress.com.au/swim>

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

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

The Running Company www.therunningcompany.com.au

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

Michael Gencher
nippers@bondisurfclub.com

At Bondi Nippers on Sunday there were many different approaches to the surf yesterday, running from a very gung ho Oliver Hackett who went round the cans at least 6 times to the young fellow who told me "he really sucks at this". There were also plenty of tears caused by an interesting shore break and unusual technique (for example jumping on the board and trying to paddle with the fin jammed in the sand).

All in all though it is great to watch these kids have a crack and enjoy it. If you are ever looking for a laugh or to reignite your enthusiasm come down and watch em go – it is truly inspiring.

There are now more than 60,000 of Nippers nationally. Surf Life Saving Australia believes the 60,027 involved is more than any other time in its 104-year history. It was also a massive increase of 63% in membership in the past decade.

Chris Lorang

GENERAL CLUB NEWS

BONDI BLUE WATER OCEAN SWIM 2012:

We require member to manage this event which will be held on 9TH April 2012(Easter Monday). This will be our third year and we need a team of people are willing to help out! Please contact Cyril Baldock for more information.

BONDI TO WATSONS BAY OCEAN RACE:

Calling all Instructors, ARTC and Senior First Aid officers!

Bondi is running the inaugural *Bondi to Watsons Bay Ocean Race* on Saturday the 22nd October, 2011. The race will involve an ocean ski paddling and surf boat rowing race from Bondi to Watsons Bay with over 200 competitors are expected to take part.

We require 10 volunteers to assist with water safety and first aid from 8am until 11.30am.

Please email bondieducationmanager@gmail.com if you are able to take part.

Your contribution will be logged as patrol hours - so jump on board!

OFFICE:

Office hours are Monday to Friday 9am to 3pm and Sunday 9am to 12 am

Phone: 9300 9279

info@bondisurfclub.com