



Newsletter w/c 16th September

PATROLS START THIS WEEKEND....

SATURDAY MORNING:

PATROL 7

SATURDAY AFTERNOON:

PATROL 8

SUNDAY MORNING:

PATROL 13

SUNDAY AFTERNOON:

PATROL 3

THANK YOU AND GOOD LUCK TO ALL PATROLLING MEMBERS, A REMINDER YOU NEED TO COMPLETE YOUR MEMBERSHIP FORMS WITH PAYMENT PRIOR TO PATROLLING. YOUR RENEWAL FORMS AND PAYMENT INFORMATION WILL BE IN THE FIRST AID ROOM.

NEW IRB BOAT CHRISTENING – THE IRB TEAM AND SUPPORTERS CHRISTENED THE NEW IRB APTLY NAMED, “BAZZATRON” AFTER OF COURSE, BARRY ANTELLA LAST SATURDAY. RUMOUR HAS IT BARRY TOOK IT FOR THE FIRST SPIN WITHOUT STACKING IT – CONGRATULATIONS AND WELL DONE, BARRY!





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PATROL PROFICIENCY 9AM PLEASE MEET AT CLUB BY 8.45AM IN THE HALL

DATES ARE:
SUNDAY 29TH SEPTEMBER
SUNDAY 20TH OCTOBER
SUNDAY 17TH NOVEMBER
SUNDAY 8TH DECEMBER
SUNDAY 22ND DECEMBER

BRONZE AND SRC TRAINING SQUAD INFORMATION

ON SUNDAY 29TH SEPTEMBER AT 9:30 AM A MEETING WILL BE HELD AT QUEENSCLIFF SLSC FOR ALL PEOPLE WHO ARE INTERESTED IN OBTAINING THEIR BRONZE MEDALLION OR SRC.

IF YOU HAVE ANY QUERIES PLEASE CONTACT:

DAVID TOREVELL
CHIEF.INSTRUCTOR@QUEENSCLIFFSLSC.ORG.AU
0424 256 001
OR
GARRY FOX
GARRY.FOX@QENOS.COM
0412 146 493

WELCOME TO SPRING EVERYONE.... Our season starts this weekend so to celebrate we are having a PARTY!!!!!! Instead of first Friday drinks we are having a party on Friday, 11th October bar open from 5.30pm ~ live band and some nibbles provided. \$10.00 per head ~ ALL WELCOME.

Season Opening Party

PARTY TIME
all Welcome...
Triple Shot Party Band Playing
which includes club members Brian Dolly on guitar and Matt Hamilton on drums

DATE:
Friday
11TH October

Cost is \$10.00 per head includes finger food and a drink on arrival
Time: Bar open from 5.30pm.

Go Queensie



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MISSING ITEMS..

COULD THE MEMBER WHO BORROWED **THE TENTS, APRONS AND TABLECLOTHS** RETURN THEM URGENTLY TO THE CLUB.

ITEMS ARE NOT TO BE REMOVED FROM THE CLUB UNLESS THEY ARE FOR A CARNIVAL AND THEN THEY MUST BE RETURNED IMMEDIATELY AFTER THE CARNIVAL.

NO TENTS ARE TO BE REMOVED FROM THE CLUB WITHOUT ADVISING THE OFFICE EVEN FOR A CARNIVAL. THANK YOU

CLUB MEMBERSHIP REGISTRATION 9AM UNTIL 11AM SUNDAY 13TH OCTOBER MEMBERSHIP FEES ARE NOW DUE, ALTERNATIVELY POP INTO THE OFFICE ON A MONDAY AND WEDNESDAY BETWEEN 8.45AM AND 2.45PM.

YOU CAN ALSO COLLECT A COPY OF THE ANNUAL REPORT WHICH IS ALSO ON THE WEB – WWW.QUEENSIE.COM

GYM FEES ARE ALSO NOW DUE, IF YOU HAVE NOT PAID YOUR GYM FEES BY THE 1ST OCTOBER YOUR ACCESS KEY WILL NOT WORK.

WORKING WITH CHILDREN – DON'T FORGET TO COMPLETE YOUR ONLINE APPLICATION FORM: [HTTP://WWW.KIDS.NSW.GOV.AU/WORKING-WITH-CHILDREN/NEW-WORKING-WITH-CHILDREN-CHECK](http://WWW.KIDS.NSW.GOV.AU/WORKING-WITH-CHILDREN/NEW-WORKING-WITH-CHILDREN-CHECK)

HIGH VISIBILITY RASH VESTS ARE COMPULSORY FOR ALL MEMBERS WHO COMPETE IN SUNDAY SWIMS, WATER SAFETY WHILST ON PATROLS OR AT NIPPERS, BRONZE OR SRC TRAINING, IRB, BOAT OR BOARD, SKI OR SWIM TRAINING WHETHER YOU ARE AT QUEENSIE OR ON ANY OTHER OPEN WATER (EG CLONTARF, LITTLE MANLY, MANLY DAM ETC). THIS RULING WAS EFFECTIVE THE 1ST JANUARY 2013.

VESTS ARE AVAILABLE FROM THE CLOTHING SHOP.

WANTED SURF BOAT ROWERS
ANY 15/16YR OLD BOY THAT WOULD LIKE TO JOIN THE U17 BOATS COULD THEY PLEASE CONTACT SAMANTHA CLEARY ON 0407 904 947



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TIPS ON SUN PROTECTION FROM EX PATROL CAPTAIN STEVE BEAUMONT

I RECENTLY HAD A CHECK-UP AT THE MELANOMA INSTITUTE AT NORTH SYDNEY AND WAS GIVEN A CANCER COUNCIL BROCHURE ON SUN PROTECTION. WITH OUR HIGH EXPOSURE TO THE SUN ON THE BEACH AND IN THE WATER, HERE IS A SUMMARY OF THE BROCHURE'S CONTENTS.

1. YOU CAN GET BURNT ON WINDY, CLOUDY AND COOL DAYS. SUNBURN IS CAUSED BY UV RADIATION AND IS NOT RELATED TO TEMPERATURE. THERE'S NO SUCH THING AS "WINDBURN", AND IT'S LIKELY TO BE SUNBURN.
2. CHECK THE SUNSMART UV ALERT AT WWW.CANCER.ORG.AU OR DOWNLOAD IT FROM THE ITUNES APP STORE. WHEN UV LEVELS ARE 3 OR MORE, PROTECT YOUR SKIN.
3. UV LEVELS ARE HIGHEST BETWEEN 10.10 AM AND 3.30 PM, AND THEY CAN RISE TO AS HIGH AS 9.
4. COSMETICS CONTAINING SUNSCREEN OFFER SHORT TERM PROTECTION ONLY. FOR LONGER EXPOSURE, USE SEPARATE SUNSCREEN AND REAPPLY EVERY TWO HOURS.
5. WHILE PEOPLE WITH OLIVE OR DARK SKIN MAY HAVE A LOWER RISK OF SKIN CANCER THAN THOSE WITH FAIR SKIN WHO BURN EASILY, THEY ARE STILL AT RISK OF SKIN CANCER.
6. SOLARIUMS EMIT UV RADIATION THREE TIMES STRONGER THAN THE MIDDAY SUN AND SHOULD BE AVOIDED.
7. IN SUMMER, A FEW MINUTES OF SUN EXPOSURE OUTSIDE PEAK UV PERIODS WILL PROVIDE ADEQUATE VITAMIN D. AND IN WINTER, TWO TO THREE HOURS ACROSS A WEEK IS SUFFICIENT.
8. EACH YEAR, MORE THAN 1850 AUSTRALIANS DIE OF SKIN CANCER. BE ALERT FOR MOLES AND CHANGES TO YOUR SKIN, AND HAVE REGULAR CHECK-UPS WITH YOUR GP OR SKIN SPECIALIST.
9. EXCESSIVE SUN EXPOSURE HAPPENS NOT JUST ON THE BEACH, BUT ALSO THROUGH DAILY OUTDOOR ACTIVITIES.
10. THOSE WHO TAN EASILY SHOULD BE AWARE THAT BROWN SKIN IS A SIGN OF SUN DAMAGE AND THEY, TOO, NEED SUN PROTECTION.
11. YOU CAN BURN THROUGH CAR WINDOWS AS THEY DON'T COMPLETELY BLOCK UV RADIATION.

THE CANCER COUNCIL RECOMMENDS YOU PROTECT YOURSELF FROM THE SUN THROUGH: SUN PROTECTIVE CLOTHING; SPF30+ SUNSCREEN; BROAD-BRIMMED HAT; SEEKING SHADE; AND USING WRAP-AROUND SUNGLASSES.

