

QUEENSIE NEWS

Newsletter w/c 3rd August 2015

FIRST FRIDAY DRINKS THIS WEEK...BAR OPENS at 5.30pm

Annual General Meeting – Sunday 2nd August

Thank you to all members who attended the AGM last Sunday

The QSLSC Annual Report and Special Purpose Financial Report is available on the web for members and now in hard copy. Office hours are Monday, Wednesday and Friday's from 9.30am until 2.30pm. Our sincere thanks to Jake Condon, Carla Thornton and Kathryn Shearsby and to our many proof readers for their efforts in putting the Report together and to Grant Henderson and Lisa Foster for their hard work on the Financial Report.

The following Members were elected to the Management Committee:

President	Kevin Harris
Secretary	Kathryn Shearsby
Deputy President	David Walton
Senior Vice President	Barry Antella
Senior Vice President	Ed Kwanten
Competition Director	Dave Slennett
Deputy Competition Director	Chris Allum
Treasurer	Grant Henderson
Director General Activities	Craig Susans
Club Captain	Rodger Whiteman
Junior Activities Coordinator	Kate Perrett
Chief Instructor	Garry Fox
Child Protection Officer	Maree White
Boat Captain	Michael Hall
IRB Captain	Jayson Elkins

cunninghams
property





GREAT JOB TEAM Q.....

CONGRATULATIONS to the following members who were elected to Life Members and Distinguished Service, so very deserved.

Life Membership: Jimmy Young, Col Harrison

Distinguished Service: Maree White, Tiffany Hutcheson, Kay Lyall, Jayson Elkins and John O'Toole



CONGRATULATIONS to **CALLUM LOWE-GRIFFITHS** on being selected in the NSW Pool Development Team to compete in NZ. Once again the only Sydney Northern Beaches Surf Life Saving Member.

The team will compete in the under-19 age category at the New Zealand Pool Championships at the West Wave Aquatic Centre in Auckland.

CONGRATULATIONS to **LOGAN KAYE** who came 2nd at All Schools State Cross Country on July 17th at Eastern Creek. He will be competing at Nationals on August 29th in Melbourne and will be running for Team Q in the 3km Pub to Pub run.



BOARD TRAINING U14 and U15 and up

U14 & U15 Long Board Skills training – Next session: Saturday, 8th August at 3pm at Queensie.

Working with Tim Hayes on their long board skills last Saturday afternoon, saw next season's young paddlers pick up some great tips and have fun in perfect size waves for learning. It will be great to have them join in the main squad with Chris Allum in a couple of weeks if not sooner! Some of the U14 boys I know, are still caught up in their school sport on Saturdays, but hoping to see more of you coming along soon. See you on the beach!! Please contact either Tim Hayes (aquaticdrive.tim@gmail.com) or Liz Osborne (lizoborne@optusnet.com.au) if you have any questions about the sessions.



MEMBERSHIP FEES ARE NOW DUE, YOU WOULD HAVE RECEIVED YOUR EMAIL SO PLEASE PAY YOUR FEES PROMPTLY. IF YOU HAVE NOT RECEIVED A EMAIL FROM US PLEASE CONTACT CARLA ON admin@queenscliffslsc.org.au

MEMBERS ONLY SECTION ON OUR WEB PAGE:

To obtain access to the Members Only Section you will need to register through the top right button on the home page on www.queensie.com

QUEENSIE EDUCATION TRAINING PROGRAM.

Advanced Resuscitation Techniques Certificate (ARTC)

A Branch run Advanced Resuscitation Techniques course (ARTC) is commencing on Thursday, 6 August 2015 at 6pm and will be held at Avalon SLSC.

This course provides participants with the skills, knowledge and application of oxygen, airway management devices, and automated external defibrillators during



resuscitation, and to administer oxygen to conscious and unconscious breathing casualties.

Normally the course would run over 7 weeks but this Branch run course is accelerated learning with all course work completed within a week. Normally the course would run over 7 weeks.

The training times and dates are:

Thursday,	6 August 2015 6pm	Course Session 1	Avalon
Saturday,	8 August 2015 9am	Course-Session 2	Avalon
Tuesday,	11 August 2015 6pm	Course-Session 3	Avalon
Wednesday,	12 August 2015 6pm	Assessment	Avalon

It's an ideal time to get those much need skills for the upcoming patrol season.

If you are interested in attending please contact Garry Fox garry.fox@qenos.com m 0412 146 493 or "Carla Thornton" <admin@queenscliffslsc.org.au> p 02 9977 2326

Silver Medallion Basic Beach Management

A Silver Medallion Basic Beach Management course is commencing on Saturday 22 August 2015. It runs over two successive Saturdays.

This course is focused on developing your skills, knowledge and experience required to manage a beach and a team in emergency and non-emergency situations. The course is aimed at people wishing to be Patrol Captains, Lifeguards and Lifeguard Supervisors.

The training times and dates are:

Saturday	22 August 2015 9am	Silver Medallion Basic Beach Management--
		Session 1
Saturday,	29 August 2015 9am	Silver Medallion Basic Beach Management--
		Session 2

If you are interested in attending please contact Garry Fox garry.fox@qenos.com m 0412 146 493 or "Carla Thornton" <admin@queenscliffslsc.org.au> p 02 9977 2326

Spinal Management Course

A Spinal management course is to be held Sunday, 30 August 2015. It's a one day course taking about 5 hours to complete. The venue has not yet been set. If there is enough interest it can be run at Queenscliff.



The training times and date is:

Sunday, 30 August 2015 9am Spinal Management Course

If you are interested in attending please contact Garry Fox garry.fox@qenos.com m 0412 146 493 or "Carla Thornton" admin@queenscliffslsc.org.au phone 02 9977 2326

BALGOWLAH RSL MEMORIAL CLUB

Time to join up for all the benefits of Balgowlah RSL Memorial Club in Seaforth - just \$11 per year. Check out the benefits below.

Balgowlah RSL is a magnificent, long time supporter of Queensie, providing funding for swimming scholarships, Nipper surfcraft and sponsorship of the Swim for Saxon.

Don't sign in, join in!

Pay a \$11 joining fee & receive a \$15 voucher to try the Club facilities. Now that's a bargain!

- Members' Loyalty Program
- Birthday Gifts
- Exclusive Member Promotions
- \$10,000 Badge Draw
- Discount Venue Hire
- Discounts on Food & Beverages
- Gaming Lounge, TAB & Keno
- Entertainment & Live Music
- Sports on Big Screen TVs
- Free Shuttle Bus (Guests \$3)
- Daily Happy Hour (5pm-6pm)
- Free Onsite Parking
- Free Wi-Fi



PUB TO PUB FUN RUN.... SUPPORT QUEENSCLIFF SLSC

Just wanted to let you know that Surf Life Saving is involved in the northern beaches' ['2015 Pub2Pub Fun Run & Festival'](#), which supports many charities... and this year will also benefit Surf Life Saving! The 23rd running of this iconic community fundraising event will coincidentally be held on **Sunday August 23rd**.

Traditionally run from Dee Why Surf Club to the Newport Arms Hotel, this year the race is more a 'Club2Club' event. As The Arms is being renovated, the race will finish this year at Newport Surf Club. SLS Northern Beaches volunteers will act as Race Marshalls and SNB surf clubs will receive a direct donation for each person that registers with their club (see below).

For the Ironmen and Ironwomen among us (and those who are just fit!), you can challenge yourself by running the full course distance of 14.5km (Dee Why to Newport)... OR for Nippers and their families in particular, you can choose the new short course of just 3km (from Mona Vale to Newport). Former World Ironman Champ. and event ambassador, Guy Leech, will run the 3km course with his 8 year old daughter, Phoenix.

The new 3km option means the event is now open to younger kids and their families as well as those whose 'super athlete' days are perhaps just a little behind them. It also benefits anyone wanting to join in this great community event for the first time and ease their way into distance running.

<http://pub2pub.gofundraise.com.au/>

All Lifesaving Awards gained in Season 2014-2015 is now at the Clubhouse.

You may pick these up usually on a Sunday morning and when the office is open on Monday, Wednesday and Friday 9:30am til 2:30pm.