

NOOSA NEWSLETTER



We give time, we give commitment, we give life

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ROSS'S REPORT

A monthly wrap of the club's achievements and activities

by Ross Fisher - Life Governor and Club President

On behalf of the Club's Board, I thank and congratulate Club Captain Roger Aspinall, his Patrol PC Peter Lethbridge, Duty Officer David James, all patrol members, and the Water Safety members on the Sunday morning of the Noosa Triathlon that was the largest field of swimmers ever seen in a water event on Noosa beach. The loss of a life of a 53 y.o. male from Victoria during the swim course, although being both relatively sudden and brutal, resulted in prompt and deliberate responses by all members that was professional and provided every opportunity for the man to survive. Sadly, he was unable to be revived and after around one hour, was finally moved from the beach by ambulance.

The follow up immediately afterwards was exceptional, including contacting parents of our young patrol members followed by

debriefs in the training room for both the Water Safety Members and later, the Patrol Members after the Patrol was finished. Further follow ups continued the next day with our Administration and SLSQ Peer Support and information regarding any issues, including how to contact our Club Chaplain Marty, continued to be made available to them.

SPECIAL NOTE. If any member that was involved and has not received any communication from the Club or SLSQ, please contact the Clubs Administration.



ROSS'S REPORT CONTINUED...

Another Bronze Medallion Course was completed recently with some 13 members graduating. CTO Paul Jenkinson and his trainers worked hard with this group to ensure that they were all able to pass their assessment and receive their bronze. This included a new 23's male surf boat crew from the Noosa Dolphins Rugby Club. Congratulations.



The new training centre has progressed according to planning and the kitchen, lift, painting, and flooring now either completed or close to being completed. Our maintenance employees Peter and Travis have really excelled and continued to push the works during the project. Byron has stayed on top of quotations and tradesmen to ensure that it has not fallen far behind with the leadup to Xmas holidays. The new main entry roller gate has been installed and the electrical and plumbing fit-out also being completed. Administration is planning an official opening in February or March with Llew O'Brien Federal MP, Mayor Clare and Councillors, Sandy Bolton MP, State and Branch Presidents along with Police, QAS representatives etc. plus local media. Perhaps a Saturday or Sunday afternoon with food and refreshments.



ROSS'S REPORT CONTINUED...

A group of young Cherbourg students came to Noosa for a day of Surf Education that followed a visit 3 weeks before to their school by Sacha Cairns and Jack Lewis. They students were presented with the towels that were kept for them from the rehashing of old JAC hoodie towels. At late notice, Federal MP Llew O'Brien's Office, was able to arrange a bus for them as the school bus had been double booked so our thanks to Llew who had also attended the school in Cherbourg with Sacha, three weeks prior.



Another very successful Branch Nippers U8 to 10's Carnival was held on Main Beach in near perfect conditions with a nice wave rolling in. With so much sand available on the beach, it provides plenty of room for all the marquees, beach running and marshalling. Well done to Shaun Baker, his JAC Team and the Club Patrol for their wonderful assistance when required.



ROSS'S REPORT CONTINUED...

A few Club members recently attended a Noosa Dolphins Rugby Clubs Annual Sponsors lunch. It was a terrific day and hot, but fortunately, a nice afternoon storm passed through and dropped the temperature down to a very comfortable level. Guest speakers included past Wallabies and one who was a commentator at the recent World Rugby Cup. The new Dolphins Coach was introduced and answered many questions. He comes with an incredible background of coaching to top levels, including internationally.



Earlier this week a special Community Surf Education was held in the Training Room and presented by Sacha. Members of some local swimming groups attended and included some members of the 'Yellow Caps and Turtles'. They watched videos of rips and other beach conditions, a serious rescue and resuscitation of a tourist at Bondi Beach by the Lifeguards and a Seahorse Nippers video created by Lara Porter. They enjoyed some morning tea afterwards with fresh scones from the Supporters Club. A very worthy and successful presentation and thank you Sacha.



A reminder of the Clubs General Meeting next Wednesday, 6 Dec 2023 in the Board Room at 5.30pm followed by the Supporters Club Xmas party. The agenda includes an update by the Building Working Group on their progress.

Yours in lifesaving,
Ross Fisher, President & Life Governor.





Lotteries



WIN THE
MAROOCHY

Miracle

SCAN ME



FIRST PRIZE
\$2.1
MILLION

TICKETS FROM

\$2

Every ticket sold supports volunteer surf lifesavers.



@surflottery

ALL MEMBERS PLEASE NOTE



In case of an afterhours emergency, access to the first aid and lifesaving room can be accessed by the emergency fob near the water fountain in the breezeway. Please make yourself aware of its location the next time you are at the Noosa Heads Surf Club.

Support Services Referral Sheet

Emergency services

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If you are in immediate danger

Kids Helpline

1800 551 800

www.kidshelpline.com.au

Suicide call back service

1300 659 467

www.suicidecallbackservice.org.au

Headspace

1800 650 890

www.headspace.org.au

Lifeline

13 11 14

www.lifeline.org.au

Mensline Australia

1300 789 978

www.mensline.org.au

Beyond Blue

1300 224 636

www.beyondblue.org.au

Griefline

1300 845 745

<https://griefline.org.au/>

Qlife

1800 184 527

<https://qlife.org.au/>

Open Arms

1800 011 046

<https://www.openarms.gov.au/>

Head to Health

www.headtohealth.gov.au

1800RESPECT

1800 737 732

<https://www.1800respect.org.au/>



QUEENSLAND



MEMBER WELFARE



MARTY NEZVAL

Club Chaplain



clubchaplain@noosasurfclub.com.au



0425 227 795

Apart from primarily providing 'Pastoral Care', our chaplain also provides:

- a 'safe' person you can confide in
- A caring person for those in distress
- Help the clubs or individuals to navigate grief and loss
- Someone to help you build a healthy and strong community



LENORE GRICE OAM

Member Protection Information Officer



grievanceofficer@noosasurfclub.com.au

MPIO's can provide members with information relating to the options available to resolve concerns including child protection, harassment, bullying, welfare, conduct matters, etc. They are able to provide support & available options, but cannot make decisions or suggest the best course of action.



MARTY 'S MESSAGE

Part of the story of Christmas is about a babe. This child had many words and blessings spoken over it when it was born, from angels to prophets and kings.

There was one king, Herod, who saw the child as a threat and tried to kill him in his infancy.

Whatever your view is of the child, he went on to be part of history.

So what relevance does this story have for us today?

Firstly, words matter. The saying 'Sticks and stones won't break my bones but words will never hurt me' couldn't be further from the truth. Words can lift us up or destroy us. They can pierce the heart and wound the soul.

I wonder what words have been spoken over your life? What barbs you have had to endure? What comments have shaped your perception of yourself?

Words can set us on our path or lead us astray.

Words from loved ones or those in authority can be particularly damaging.

Were you labelled the 'problem child' or told 'you'll never make it'?

Walt Disney, Thomas Edison, Oprah, Albert Einstein, Lea Michele, Reece Witherspoon were all told they wouldn't make it in their fields.

I wonder what a relative or school teacher may have said to you that has a negative impact on your life? – Are you able to do as Taylor Swift would say and 'Shake it off'?

On top of that, give yourself the gift of speaking life-giving words over yourself this Christmas. Positive self-confessions are powerful things – as your brain recognizes your voice differently from all other voices.

Why not be generous in your words to others this season as well?

Secondly, can you recognize any threats to anything you hold in its infancy? Is it also possible to give something that never had a chance to grow in your life a second chance?

It seems to be a principle that goals in our life are most threatened when they are just small fledglings before they take off.

Guard your dreams in the now; it's like wrapping up a present to give your future self.

Have a great Christmas!



GYM ETIQUETTE

Dear Members,

As we continue to strive for a healthier community, we would like to remind everyone about the importance of gym etiquette.

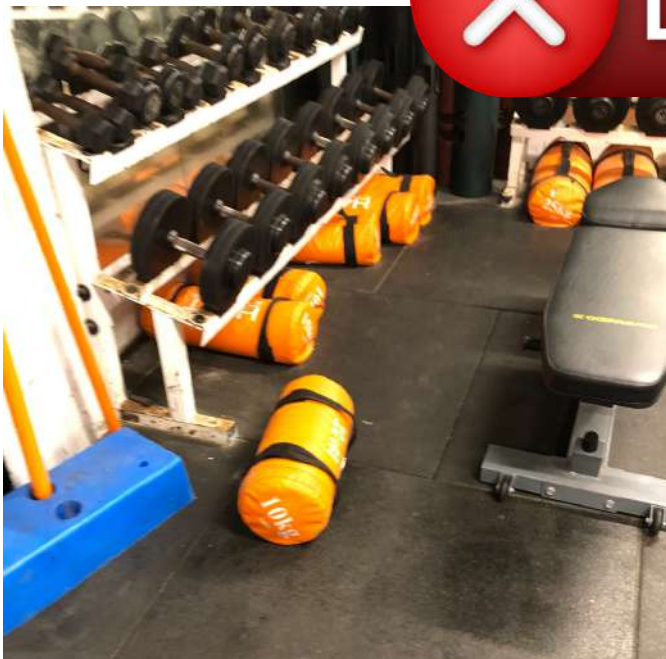
Keeping our gym clean and tidy is a shared responsibility, and it greatly enhances the workout experience for all members.

After using equipment, please take a moment to wipe it down and return it to its designated place. This not only helps maintain the cleanliness of our gym, but also ensures that equipment is readily available for the next member.

Remember, a clean gym is a happy gym! Let's all do our part in keeping our club gym neat and welcoming.

Thank you for your understanding and cooperation.

Stay fit, stay healthy!



LIFESAVING NEWS

PRIDE BOARDS

By now you've probably all seen the new, colourful boards which made an entrance at the beginning of the season! Earlier this year the club purchased 4 Pride-themed rescue boards to demonstrate our commitment to the SLSA Inclusion & Diversity Statement, and signalling that Noosa Heads Surf Lifesaving Club is an inclusive place for all. The coloured chevrons incorporate the rainbow flag, the next set of colours on the chevron represents first nations and people of colour, with the white, pink and blue representing colours from the transgender flag. The boards were developed by SLSA and Infront Surf Craft, and while we have had a couple of issues with the fins (which are being replaced, thanks for the heads up Jack Lewis!) they seem to be getting a great workout during patrols!



WATER SAFETY EVENT

On Saturday, 18 November 2023, the Club provided water safety for the Ocean Swim Series swim event. Two Inflatable Rescue Boats (IRBs) were deployed, with Nick Atkin (crewie) and Chris Grandemange (driver) steering one, and Nina Atkin (crewie) and Steven Crisp (driver) navigating the other. And as usual our Club Captain Roger skilfully covered the event from the tower. Their excellent teamwork ensured the safety of participants, with the team executing two successful extractions during the race. The club's dedication to water safety on the day was clear, contributing to the overall success of the Ocean Swim Series event, with fun being had by all! Even though we may experience tragedies like what occurred during the recent Noosa Tri event, water safety forms an integral part of our club's function and is another great way to give back to the community. And moving forward there will be improved financial incentives, so next time the club sends a call out for helpers, put your hand up



LEADERSHIP DEVELOPMENT PROGRAM

During the off-season the club procured the services of Taya Seidler, the Managing Director of Process Power, to facilitate a leadership development program for current and emerging leaders. The primary goals of the program are to help build a more supportive leadership culture at the club and co-develop an informal mentoring framework, both of which will help ensure the club's future success. Session One had a great turnout on both days with some excellent conversations occurring and practical ideas emerging. We had some great discussions across both groups, featuring a lot of alignment in thinking and ideas. Session two is scheduled for the last weekend of November, but if you feel any kind of leadership-calling or if you just want to come along to experience some great co-creation and teamwork, turn up to one of the third and final sessions occurring on 17 and 18 February. After all, you get to share your views in a space which truly has the capacity to turn thoughts and ideas into actions! If you have any questions about the program please reach out to our Club Captain, Roger, or one of the program ambassadors (Pam Barone, Trevor King, Rowan Gameiro, and Nina Atkin) and they'll help you answer them!



LIFESAVING NEWS CONT...

LATE SKILLS MAINTENANCE

If you have not completed Skills Maintenance please apply for Late Skills Maintenance. Please fill out the forms following this page and...

1. Explain the reason(s) why you were unable to perform Skills Maintenance,
2. Provide evidence to support your explanation and
3. Email all paperwork to... lifesaving@noosasurfclub.com.au by close of business on Monday, 4 December 2023.

All members are required to complete a Skills Maintenance before 31 December 2023 to be eligible to participate in in below activities...

- Perform Patrolling duties and/or provide Water Safety at training sessions.
- Operate rescue craft - IRB or RWC activities.
- Participate in surf lifesaving competitions or club training sessions.
- Use of Club facilities



SURF LIFE SAVING QUEENSLAND

PATROL HOURS EXEMPTION REQUEST LATE PROFICIENCY REQUEST

Members are to complete the below form and have endorsed by your Club Executive/Management Committee and submit to your Branch. This is for the use of competitive members ONLY.

DUE DATE : All requests are due at the respective Branch office by COB on 31 January

NAME	
EMAIL ADDRESS	
CLUB	

Please indicate what you are applying for

<input type="checkbox"/>	Patrol Hours Exemption Request
<input type="checkbox"/>	Late Proficiency

PATROL HOURS EXEMPTION REQUEST

Please outline the reasons behind your inability to perform the required patrol hours.
Please note that proof must be provided for any reason listed.

<input type="checkbox"/>	Medical Reason (please attach doctors certificate. This MUST include a clearance date for return to normal duties))
<input type="checkbox"/>	International Employment (please attach employment & flight records)
<input type="checkbox"/>	Fly in Fly Out Employment (please attached employment records/roster)
<input type="checkbox"/>	Member of the Armed Services (please attach proof)
<input type="checkbox"/>	Returning Member (we will verify this via the membership database)
<input type="checkbox"/>	Other (please indicate reason) _____ _____

LATE PROFICIENCY REQUEST

Please outline the reasons behind your inability to perform the required patrol hours.
Please note that proof must be provided for any reason listed.

<input type="checkbox"/>	Medical Reason (please attach doctors' certificate. This MUST include a clearance date for return to normal duties)
<input type="checkbox"/>	International Employment (please attach employment & flight records)
<input type="checkbox"/>	Fly in Fly Out Employment (please attached employment records/roster)
<input type="checkbox"/>	Member of the Armed Services (please attach proof)
<input type="checkbox"/>	Returning Member (we will verify this via the membership database)
<input type="checkbox"/>	Other (please indicate reason) _____ _____

SURF LIFE SAVING QUEENSLAND

PATROL HOURS EXEMPTION REQUEST LATE PROFICIENCY REQUEST

APPLICANTS DECLARATION

I declare that the information provided in this application is true and correct. I also acknowledge that the Club, Branch or SLSQ may contact me or others to determine the validity of my application.

I further acknowledge that I am required to adhere to the rules, regulations and policies of my Club, Branch, SLSQ and SLSA as it relates to patrol hours and proficiency requirements and will adhere to the decision made relevant to this application.

Name

Signature

Date

CLUB ENDORSEMENT (Must be signed by an Executive or Management Committee Member)

On behalf of _____ SLSC, I _____ holding the position of _____ declare that all information provided in this application is true and correct and that the application on behalf of the stated members is endorsed by the Club.

Name

Signature

Date

BRANCH ENDORSEMENT

<input type="checkbox"/>	Member Registered for Current Season
<input type="checkbox"/>	Member holds proficient relevant award for competition
<input type="checkbox"/>	Member over 18 holds a Blue Card

Additional Comments :

On behalf of _____ Branch, I _____
Holding the position of _____ endorse the application for the stated member for

<input type="checkbox"/>	Patrol Hours Exemption Request
<input type="checkbox"/>	Late Proficiency
<input type="checkbox"/>	Both

Name

Signature

Date

SURF LIFE SAVING QUEENSLAND

PATROL HOURS EXEMPTION REQUEST
LATE PROFICIENCY REQUEST

SLSQ ENDORSEMENT

On behalf of SLSQ please be advised of the following decision

<input type="checkbox"/>	Endorsed
<input type="checkbox"/>	Not Endorsed

Additional Comments :

Name	Signature	Date
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SURF SPORTS NEWS

ATHLETE SUPPORT PROGRAM

The Athlete Support Program is targeted at members aged 15yrs – 35yrs of Noosa Heads SLSC who are financial and proficient Bronze Medallion holders and wish to be considered for Athlete Support, to develop into high class athletes at senior surf sports carnivals.

If you qualify for this support program you may be eligible for an accommodation and travel reimbursement, carnival entries, swim subsidy and recovery sessions – physiotherapy, massage etc.

Further information and applications will be sent out next week.

BOATIES

The Dodos, Noisy Minors and Kingfishers headed to Coffs Harbour for the NSW Selection Carnival. No medals but had great results in the heats. Well done team.



OCEANS 38

Our team did really well at the Oceans 38 carnival at Kirra. Well done to everyone who competed and congratulations to our medal winners.



WATER SAFETY VOLUNTEERS NEEDED



SEAHORSE NIPPERS

INCLUSIVE PROGRAM

Program 2

9th Dec 2023

7am to 9am

SCAN THE QR-CODE TO
REGISTER YOUR HELP



Don't hesitate to contact
the Club on 5448 0900
with any queries



CHRISTMAS DAY 2023

PATROL

VOLUNTEERS

REQUIRED



Thank you to everyone who is attending the Morning shift. We're seeking helpers for the MID shift, 10:30am to 2:30pm and PM shift, 2:30pm to 6:00 pm.

MID Shift 10:30am - 2:30pm

PM Shift 2:30pm - 6:00pm





400m
SWIM

Sunday Club Swim

10th Dec 2023
24th Dec 2023

REGISTER 8.30AM FOR 9AM START

SUNDAY CLUB SWIM IS FOR U14'S - OPEN & MASTERS

 Bendigo Bank

Community Bank
Cooray, Maroocha
and Tewantin-
Noosa

SPONSORED BY BENDIGO BANK TEWANTIN-NOOSA



DIAMONDSWIM SCHOOL

CLOSED
16/12/23 - 01/01/24



LAST CLUB SWIM NIGHT FOR 2023 = THURSDAY, 14 DEC 2023
FIRST CLUB SWIM NIGHT FOR 2024 = TUESDAY, 2 JAN 2024



2023/2024 COURSE SCHEDULE

BECOME A SURF LIFESAVER!



BRONZE MEDALLION (BM)/ CERT II IN PUBLIC SAFETY

The aim of this course is to provide participants with the skills and knowledge of basic patrolling and surf awareness to be able to participate in lifesaving operations.

Pre-requisite: Minimum 15 years of age. Ability to swim 400 meters within 9 minutes - prior to commencing training, you will be required to complete a 400 meter swim within 9 minutes. This is a 6 week course and concludes with an assessment.

COURSE 1: COMPLETE

COURSE 2: COMPLETE

COURSE 3: Commences Saturday 20 January 2024, (Assessment on 24 February 2024)

Training Times: 7am - 3pm @ Noosa Heads SLSC Training Room.

Training times and locations may vary due to surf conditions and are at the discretion of the facilitator.

NIPPER PARENTS SURF RESCUE CERTIFICATE (SRC)

This course is designed for people wishing to help with Water Safety at Nippers.

Pre-requisites: Minimum 13 years of age and the ability to swim 200 meters within 5 minutes prior to commencing training. You must attend all four session Saturday and Sunday.

COURSE 1: COMPLETE

IRB CREW COURSE

Pre-requisite: Minimum 15 years of age & Bronze Medallion holder.

COURSE 1: TBA. Please submit an Expression of Interest

SILVER MEDALLION IRB DRIVERS

Venue: Noosa Heads SLSC, Training Room & Main Beach

Pre-requisite: Minimum 17 years of age, Marine License, Proficient Bronze Medallion & IRB Crew, Financial Member of NHSLSC and able to attend all dates/sessions listed below.

COURSE 1: 25th, 26th, November 2nd, 3rd, 9th, 10th December

FIRST AID

Venue: Noosa Heads Training Room.

Pre-requisite: Minimum 14 years of age.

COURSE 1: COMPLETE

COURSE 2: COMPLETE

COURSE 3: COMPLETE

COURSE 4: 27 January 2024 & 3 February 2024, 11am - 3pm

COURSE 5: 2 March 2024, 8am - 4pm

ADVANCED RESUSCITATION TECHNIQUES

Venue: Noosa Heads Training Room.

Pre-requisite: Minimum 15 years of age, Bronze Medallion of First Aid certificate (HLTAID011) holder

COURSE 1: COMPLETE

COURSE 2: 13 & 15 November 2023, 6pm - 9pm

COURSE 3: 9 March 2024, 8am - 4 pm

Attendance required at both Monday and Wednesday sessions

SCHOOL HOLIDAY COURSES

BRONZE MEDALLION (BM) AND SURF RESCUE CERTIFICATE (SRC)

Venue: Noosa Heads SLSC, Training Room

BM Pre-requisite: Minimum 15 years of age at assessment date. Ability to swim 400m freestyle within 9 minutes prior to course commencement.

SRC Pre-requisite: Minimum 13 years of age at assessment date. Ability to swim 200 meters within 5 minutes prior to course commencement.

COURSE 1: COMPLETE

COURSE 2: COMPLETE

COURSE 3: COMPLETE

COURSE 4: 18 - 21 December 2023, 7am - 3pm (FULL)

COURSE 5: 8 - 11 April 2024, 7am - 3pm

VIDEO



**OUR ENROLMENT PROCESS HAS CHANGED
PLEASE WATCH THE VIDEO ON HOW TO
ENROL AND THEN FOLLOW THE PROCESS**

MEMBERS PORTAL



OUR PROUD SPONSORS

TOM OFFERMANN
REAL ESTATE

surfclub
restaurant



MADILL



MOTOR GROUP

Committed to our Community

R&W

Richardson & Wrench
Noosa Real Estate

NOOSA

BOOST
Juice bars

Bendigo Bank

Community Bank
Tewantin-Noosa

Betty's Burgers

OUR PROUD SPONSORS



NETANYA
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suter · smith · cleine

NOOSA PEOPLE · NOOSA PROPERTY



OUR PROUD SPONSORS



OUR PREFERRED SUPPLIERS

