

# 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*

With two recent drownings on the Sunshine Coast and another on the Gold Coast, it reminds us why we are Lifesavers and commit to providing the very best patrolling possible. To achieve high standards in our Patrols, members are required to consider becoming a Patrol Captain or Deputy Captain to ensure high standards are maintained. Club Captain Roger Aspinall has run numerous sessions and courses to assist members considering this and recently completed a course on leadership run by a specialist training group from Brisbane. So, if you feel that you could step up to either of these rolls then please contact Roger to discuss further and how the Club will assist you.



A Bronze Course successfully was completed last weekend with six new Bronze members graduating. The seventh just must complete one section as was not able to complete it due to an injury. This successful course was completed by Lyndon Forlonge and Jim Henderson under CTO Paul Jenkinson. Congratulations to all.



## ROSS'S REPORT CONTINUED...

The training centre is now completed with new tables and training equipment ordered. This includes TV and Media requirements plus kitchen appliances. Many chairs [120] have been in storage from the last Supporters Club Renovation and furniture replacement. The Supporters Club Board held their Monthly Board Meeting there last week where they were very impressed with the facility, and what it will offer the members into the future. This cooperation



provides confidence to the Supporters Board who are responsible for delivering the majority of funding to the Surf Club. It is also anticipated that Yoga and/or Pilates will commence during March and Administration are currently seeking qualified instructors.

A very successful Skin Cancer Check Program was held over some 9 days out in front of the Club. A Sponsorship Contract for 3 years was created between the Club and PIM Group [Skin Check Champions] who manage the logistics and delivery of this service for La Roche Posay. The statistics from the skin tests were eye opening and as follows ....

- 969 skin checks
- 1,149 images
- 548 suspect lesions
- 114 potential skin cancers Potentially including...
- 110 Basal Cell Carcinoma
- 13 Squamous Cell Carcinoma

We intend to accommodate them again next year as a fantastic initiative for our community.



The Building Working Group met again in early February and have now created a list of some 15 Architects to be invited to tour the Club and attend a briefing of the project. From there the Working Group will be able to establish their interest in the project and ability to deliver to the Club's requirements. In the meantime, the Dilapidation Investigation has continued, with numerous consultants having attended the Club for site inspections and briefings with Project Manager Adam Britton and myself. These include



# ROSS'S REPORT CONTINUED...

Structural Engineers, Building Inspectors, Electrical Engineers, and Mechanical Engineers. Their reports will be due by our March Meeting. I have also met with Noosa Councils Waste Manager to discuss the many issues surrounding our Waste Management. This is becoming an increasing problem in Hastings Street, so they are looking for many solutions including compaction and other possible solutions.

I attended the interviews for the Nipper Captains for 2024/25 where the applicants for Captains and Deputy Captains were selected ready for being announced at the JAC Awards on Sunday March 10th. This year they will be held on the Beach in a Marquee, set up for the Festival of Surfing, after the Nipper Program that will commence at an earlier start time of 7am. Thank you to all the applicants for putting their names forward for consideration .... It is appreciated.

Under the Strategic Plan the Club is continuing to expand and compliment departments where required. The new Surf Sports Manager has been engaged and will commence duties on Monday 8th April. Craig Law, who is known by many Club members, has been appointed to fill this very important position to assist Surf Sports with direction, development and guiding us with confidence into the future. Craig has served 25 years with Queensland Police and was recently the Sunshine Coasts Dog Squad 's Sergeant-Officer in Charge. Craig's roles include progressing the development of our Club's Life Savers and Surf Sports members by introducing and managing programs, motivating, and inspiring members to strive and achieve strong and successful long-term results from U6's through to Masters. Craig is highly respected in all areas of life saving due to his many qualities including being honestly direct, Club's future direction, planning and instruction ability, active listening, leadership, strategic development, and his ability to communicate at all levels. Craig has been involved with the Life Saving Association for 20 years, was JAC Director at Sunshine Beach from 2007 to 2011, became President in 2012 -2020 and received Life Membership in the same year. He was awarded Life Membership of Branch in 2021 after many years of service, including some 13 years as Team Manager for the Branch Interbranch Team. He is currently Team manager for both the Australian and Queensland Youth Life Saving Teams and in 2019 received the Volunteer of the Year Awards from SS Coast Branch, SLSQ and SLISA.

Kim Leaman has been employed as a part time Receptionist and Sam Cashmore employed as a full time Surf Education Coordinator to work with Sacha. Both of these new members of our staff, will add knowledge and experience to our Team and I ask you to join the Board in welcoming them to the Club.

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



SCAN THE  
QR CODE

SUPPORT YOUR LOCAL SURF CLUB  
AND BE IN WITH THE CHANCE  
TO WIN A LUXURY HOME!



Lotteries



WIN A

HOPE ISLAND

QLD HIDEAWAY AUS

*Holiday every day*

FIRST PRIZE  
**\$2.29**  
MILLION



6 mins to  
Paradise Point  
Parklands



Mins from 3  
world-class golf  
courses



Waterfront  
canal  
home



Broadwater  
access  
to the islands



4 bedroom  
2.5 bathrooms



Pool &  
entertaining  
space



@surflottery



INTERIOR  
**PACKAGE**  
valued at  
**\$183,876**

**Win**

this breath-taking north-facing  
waterfront home in the heart of  
Hope Island!

Space, light and views are the real heroes of this property. This open-plan home with multiple outdoor living and entertaining areas blurs the lines between inside and out. The spacious master bedroom features an en suite, walk in robe and a large balcony overlooking the canal. The other 3 bedrooms also maximise space with built-in robes providing ample space for guests.

Surrounded by golf courses and minutes from local beaches, you can enjoy island-hopping in your boat before pulling up right next to your backyard for a BBQ and a beautiful sunset.

FIRST PRIZE  
**\$2.29**  
MILLION

 **VISIT US**

**ADDRESS**  
26 Waters Close  
HOPE ISLAND  
QLD 4212

**OPEN FOR INSPECTION**  
Wed to Sun  
10am – 4pm\*

\*Closed ANZAC day






First floor



Ground floor

Secure your entry  
**BUY TICKETS**  
— TODAY! —

Ticket book	# Tickets	# Bonus tickets	Bonus gold bullion
 \$100	50	+ 100	\$60,000
 \$50	25	+ 45	\$50,000
 \$30	15	+ 25	\$30,000

**Call us on 1800 642 999 AU**  
**0800 442 501 NZ**

Phone lines open Mon–Fri 8:30am – 5:00pm

\*Phone lines closed public holidays.

TAKE OUR  
**VIRTUAL**  
**TOUR**

and secure your tickets

Open your camera and scan the QR code



ESTIMATED  
**RENTAL**  
income  
**\$85,800**

Lottery 222 closes 4pm AEST 1/05/2024 & drawn 11am AEST 8/05/2024. The lottery is conducted by The Surf Life Saving Foundation. Proceeds raised to fund the activities of Surf Life Saving in Australia. Draw conducted at 190 Montpellier Road, Bowen Hills QLD. Members of the public are welcome. Winners advised by registered post within seven days of draw date. Results published 8/05/2024 on Surf Life Saving Lottery website [www.surfllottery.com.au](http://www.surfllottery.com.au) and on 13/05/2024 in The Australian newspaper. Tickets from \$2 each. The amount of tickets available is 12,000,000 (4,580,000 for sale plus 7,420,000 bonus tickets). Sold tickets are limited to 12,000,000 however ticket numbers may be higher than 12,000,000 to cater for cancelled and unsold ticket ranges. Promoter: J Brennan, 190 Montpellier Road, Bowen Hills QLD 4006 (GPO Box 9950, Brisbane QLD 4001). QLD Licence No 30054; VIC Permit No: 10448/23; NSW Permit No: G0CAU/2330; ACT Permit No: R23/00224; SA Permit No: M14508. Total Prize Value is \$2,363,876 and includes 1st Prize and \$200 Book Buyers Prize. The total prize value in South Australia is \$2,465,876 and includes 1st Prize and \$200 Book Buyers Prize plus the Champions Club February Birthday Promotion, Champions Club March Birthday Promotion, Champions Club March \$50K Promotion, and the Champions Club April \$50K Promotion. For all Champions Club details and terms and conditions please visit [www.surfllottery.com.au](http://www.surfllottery.com.au). Surf Life Saving Foundation to pay stamp duty and legal fees for prize home transfer. Prize home complies with council and covenant regulations and requirements and is approved by the appropriate authorities. Gold valued at purchase price on day. Selling costs and market variations apply when selling gold bullion. Prizes are not transferable for cash. Photographs for illustration purposes only and do not necessarily depict exact prize detail or size. Floor plans for illustration purposes only. WA residents are not eligible to enter. The following third-party agents are authorised by The Surf Life Saving Foundation and may be engaged to assist with provisioning the sales of tickets and facilitating entries into lottery 222: Clever Contacts Pty Ltd ACN 612 853 728; and Adiflex Marketing Pty Ltd ABN 35 620 652 271. Ticket purchasers must be 18 years of age and over. The Surf Life Saving Foundation ABN 47 945 812 553, ACN 159 849 591, GPO Box 9950, IN YOUR CAPITAL CITY. Phone 1800 642 999 (AU) or 0800 442 501 (NZ). Phone lines open Monday to Friday 8:30am – 5pm AEST. For information on how to play responsibly call Gambling Hotline on 1800 858 858 (AU). Any prize won by Entrants residing in ACT, if unclaimed at the end of twelve months, will be redrawn 11am on 14 May 2025 at 190 Montpellier Rd, Bowen Hills QLD 4006 by way of an approved random number generator. Information correct at the time of printing. For up-to-date details and full terms and conditions please visit [www.surfllottery.com.au](http://www.surfllottery.com.au).

The Surf Life Saving Foundation collects, uses and discloses personal information in order to perform its functions and activities in accordance with our charitable objectives. Unless you choose to opt out, we may contact you about our campaigns, and to provide you with promotional material or sponsor offers. Services may be rejected if requested information is not provided. Our privacy policy, which contains information about how to access and correct personal information held by us, or how to make a complaint about the handling of personal information, can be found on our website at [www.slsfoundation.com.au/privacy](http://www.slsfoundation.com.au/privacy). To opt out or change your communication preferences go to [www.slsfoundation.com.au/privacy](http://www.slsfoundation.com.au/privacy) or call 1800 642 999.



# 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](http://www.kidshelpline.com.au)

Suicide call back service

1300 659 467

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

Headspace

1800 650 890

[www.headspace.org.au](http://www.headspace.org.au)

Lifeline

13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)

Mensline Australia

1300 789 978

[www.mensline.org.au](http://www.mensline.org.au)

Beyond Blue

1300 224 636

[www.beyondblue.org.au](http://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](http://www.headtohealth.gov.au)

1800RESPECT

1800 737 732

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



**QUEENSLAND**



## MEMBER WELFARE



### MARTY NEZVAL

Club Chaplain



[clubchaplain@noosasurfclub.com.au](mailto: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](mailto: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

Can you love yourself? Value yourself, esteem yourself, and enjoy your own company. Do you invest in your own spirit, soul, mind, and body?

Can you be gracious with yourself? Can you cut yourself some slack and not be your own worst critic. Can you pull back from overworking and even do something you may not think you deserve? Do you deal favourably with yourself? Do you have the ability to be assertive rather than passive and unheard?

Can you be merciful to yourself? Can you have compassion for yourself? (sympathy and concern). Can you show kindness to yourself, in an act or in words?

Can you forgive yourself? Can you move on from wronging somebody or from making some wrong turns in life.

I've written previously about how; Guilt makes us we feel bad for what we've done Shame makes we feel bad for what we've become.

Remember, when we beat ourselves up our minds process that as PAIN We counteract pain with needing pleasure - so we reinforce bad habits or just become susceptible to making wrong decisions again.

Which brings us to; Do you know how to sacrifice something for yourself? In other words, can you let something go for your betterment?

Can you let go of self judgement, comparisons, failures?

Can you kill off the inner critic and inner judge - (Septembers newsletter)

Or can you sacrifice something by saying 'no!', perhaps to an unhealthy indulgence or unhealthy relationship or power dynamic?

When we sacrifice something we then make room for an exchange, swapping; Self hate with self love Harshness/hardness with grace Judgement with mercy Bitterness and anger with forgiveness.

Gift yourself these things, grant yourself release!

Self centredness that is negative to oneself and cannot be present to others leads to poor mental health. - How you treat yourself is often how we treat others.

A wise friend of mine once said "love your neighbour as yourself". - sounds like good advice.





Save the  
date

END OF SEASON

*SUNSET BASH*

SATURDAY | 4TH MAY 2024



# **FOR SALE!! THUNDERCAT IRB HULL & IRB MOTOR**

**Photo for  
demonstration  
only.  
Not the actual IRB  
for sale.**



**THE THUNDERCAT HULL AND IRB MOTOR ARE IN GOOD  
CONDITION.**

**PRICE \$2500.00 TRAILER IS NOT INCLUDED.  
PHOTOS ARE AVAILABLE UPON REQUEST.**

**TO GET IN TOUCH, CONTACT LIFESAVING AT  
NOOSA HEADS SLSC ON 07 5448 0900 OR EMAIL:  
LIFESAVING@NOOSASURFCLUB.COM.AU**



# NOOSA HEADS SLSC SWIM NIGHTS

MONDAY & THURSDAY @ 6PM



**DIAMONDSWIM SCHOOL**

115 Eumundi Rd, Noosaville, QLD, Australia, Queensland



# Our First Medal at the ASRL OPEN



**Bronze to our Masters  
Crew, the CONDORS!**

**Congratulations  
Chris Beaufort, Mick Curwen, Jon Gemmell,  
Steve Hatton & Sweep Stu Cooper**





# 2024 SURF RESCUE STATE CHAMPIONSHIPS

## NOOSA STARS



Under 19 FIRST AID

3rd Joey Glassock and Rosie Goulding

OPEN FIRST AID

3rd Joey Glassock and Jessie Llyod-Stewart

UNDER 14 Champion lifesaver

5th Cara McGarry

Under 15 Champion Lifesaver

2nd Kiani Baker

Chloe Nichols

Open Champion Lifesaver

4th Jessie Lloyd-Stewart

50+ Champion lifesaver

3rd Chenoa Lloyd-Stewart

Under 15 First aid

2nd Archer Bailey and Summer Mitchell

4th Phoenix Bailey and Daisy Thorne

Under 17 First aid

4th Pebble and Rosie Goulding

Under 15 Patrol comp

4th Archer Bailey, Chloe Nichol,  
Daisy Thorne, Summer Mitchell



# WHAT A FANTASTIC PERFORMANCE FROM OUR BOATIES IN LORNE!



*Great  
Work*



Our two U19 Female crews made the finals with 3rd place going to the Angry Birds. The Roadrunners came 4th in a very close race.

Our novice U19 Males the “Noisy Minors” had a gallant 5th in their final.

To have 4 teams in the final 6 of this event is an absolutely stunning result and shows the phenomenal progress our young crews have made.

## WELL DONE TOO ALL THE TEAMS

The ASRL Open is now done and dusted for another year. Congratulations to all our crews who rowed and those who made finals. Big thumbs up to our Angry Birds and Condors who came away with Bronze medals.

Thank you to our amazing coaches, sweeps, chaperones, organisers, and the Condors who are currently making that long journey home with the boats. Well done everyone.. 🙌🙌





# **Sunday Club Swim**

**4 Feb  
18 Feb  
3 Mar  
17 Mar  
31 Mar  
14 Apr  
29 Apr**

**Sunday Club  
Swim's  
are for  
U14's - Opens  
& Masters**

**7am Sign-Up for  
7.30am Start**





## OUR PROUD SPONSORS



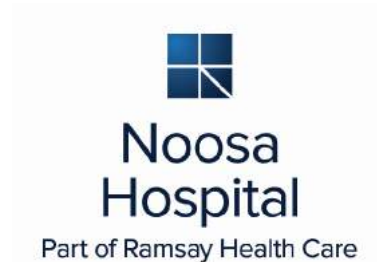
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NOOSA PEOPLE · NOOSA PROPERTY





## OUR PROUD SPONSORS





# OUR PREFERRED SUPPLIERS

