



**LENNOX HEAD-  
ALSTONVILLE**  
SURF LIFE SAVING CLUB INCORPORATED  
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President: Wayne Jones

Secretary: Tony Barnett

Treasurer: Gai Coleman

#### President's Report

I wish to take the opportunity to thank those outgoing Management Committee members for their dedication and contribution to the Club during their time on the Committee. I encourage all members to get to know your current Committee members and if you wish to raise any concerns or let them know how well things are going I know we are all only too willing to sit down and have a chat.

The 2009/10 season is well and truly upon us. Due to the efforts of those members who have made the commitment to take on one of the official club positions the Lennox Head/Alstonville Surf Lifesaving Club continues to go from strength to strength.

Membership has grown again this year which has resulted in a very busy and crowded beach every Sunday morning when nearly 200 nippers take to the sand and water to learn new found knowledge and skills that will benefit them not only for the beach but some very valuable life lessons. Organising nippers is a massive task and I must congratulate Maria Kirsten (JAC) and the other members of the Junior Activities Committee along with the fantastic band of Age Managers for your organisation, attitude to fun learning and commitment to safety.

You may have noticed some work being completed on the building including repairs and improvements on the two stairs at either side of the building, replacement of lights up stairs (so now we can read the manuals during training) and other general maintenance work. I wish to thank Ballina Council for their support and funding to make these improvements happen and we look forward to working with Council staff as we move towards planning work to replace the current surf club with a facility that better meets

the growing needs of the members and broader community of the LHASLSC.

Many of you will know that the Club held the inaugural Lennox Head Endurance event on Saturday 23<sup>rd</sup> October. Congratulations must go to all involved, in particular Lou Wilson and the many members who worked tirelessly to make the day the success it was. It is an event that really does place LHASLSC on the event calendar.

In closing the Committee looks forward to building on the great start we have had to the season and encourage all members to get involved, have your say and truly become part of the Club and the many benefits that come from being a part of the Surf Lifesaving movement.

Wayne Jones – October 2009



#### Positions Vacant

Whilst the majority of the Management Committee positions have been filled, there remains one key position that requires someone to step up. This is the IRB Captain, to oversee the maintenance and reliability of the IRB's for the Club. If you feel you have the skills to fill this role please talk to one of the Committee members.



*Lennox hosts the FNC Youth Carnival - 25 Oct*

JAC Report

Lennox Head Alstonville Nippers is off to a fabulous start for the season. We have almost 180 nippers with an influx of lots of new, enthusiastic families.

We have a great group of Age Managers this year. I am particularly excited about our young Age Managers: Justine Laverty, who is co-managing the 8's; Sam Coleman, who is co-managing the 6's; and Sarah Moore, who so competently steps in when Sam is away competing. Seeing our former Nippers step up to take leadership roles and make such a strong commitment to our club's future gives me that warm and fuzzy Surf Club Feeling.

There is nothing more fun on a Sunday than watching children muster the courage to swim out through the break, or get the support paddle out the back on the board for the first time. I love watching the older kids mentor the younger kids, and I can't help smiling at the clear pleasure the water safety and parents get at watching kids enjoy the surf safely.

Our inaugural Dolphin Enduro Carnival was a big success; the kids had a great time and we have had lots of positive feedback. Thanks to Lou Wilson's vision and his mighty team of helpers who made it run so smoothly.

Our JAC Youth Carnival also went well thanks to so many helpers sharing the work. Special thanks to our jet ski and duck drivers who worked all day on both carnivals from set up to clean up. Thanks also to Tree Beckerleg and her team who did a great job on carnival catering.

Thanks to Bob Moore who is running the Barbecue this year and Joe Young his steady helper. They are doing an amazing job. The

weekly age group roster is working really well.

*Bob and Joe – our BBQ kings!*



Thanks to Kaylene Henry for running the uniform shop and Marie Taylor for her assistance with it.

Alison Thomas has put in a herculean effort this year, and Karen Armstrong has been a huge help with signing everybody on.

The team of volunteers who make Nippers at Lennox safe and fun is so broad and solid. We are so lucky to have such capable and devoted people working to educate, train and support our children.

Maria Kirsten



*Alison and Karen get those Nippers signed up!*

March Past practice starts this weekend. Meet Karen Armstrong after Nippers. Practices will happen before Nippers from then on.

### Ironwoman Nadi

We are so proud of our own Nadi Canning who finished 12<sup>th</sup> in the Coolangatta Gold – an event acknowledged as the toughest ironwoman race on the surf sports calendar. Nadi completed the gruelling 30.5km course in just over three and a half hours. The race included a 15km ski leg, a 4.5km board paddle, a 2.5km swim and two separate runs totalling 8.5km.

Nadi trained for the event with Lennox Head Surf Club head coach Lou Wilson and was well supported on the day by many young people from the Club, for whom she is a wonderful role model. Not only a committed athlete, Nadi combines her heavy training schedule with the significant demands of studying medicine. You go girl!



*Nadi with her handlers – Alana and Ellie, wearing Nadikinis!*

### NATURE AT SMITHS LAKE - GREAT LAKES - FORSTER

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### Thanks Lennox Head Dental

For the second year running Angus Lambie and John Butchies have donated this season's sunblock for the Patrol Trailer and each Nipper Age group. Thanks Angus and John for your continued support – Slip! Slop! Slap!



### TRIVIA NIGHT

Lennox Head Surf Club  
Friday 13<sup>th</sup> of November

Theme is **FRIGHT NIGHT**

- 6.30 for a 7pm start
- Tables of 6 or 8 people
- Adults Only
- B.Y.O. Drinks and Nibbles

Prize for Best Dressed  
Table

Cost \$10 per person

To book a table contact:

Tree - 66875326

Ross - 66875850

Sam - 66879286

### Public Health/Immunisation

Surf Life Saving Australia (SLSA) recommends all members of the Surf Lifesaving movement are immunised for conditions including Hepatitis B and Tetanus. Vaccination not only protects individuals, but the increase in general immunity minimises the spread of infections and could save lives or prevent serious illness.

#### ▪ Hepatitis B

Transmission of Hepatitis B may result from contact with blood and or body fluids or needle stick injury from an already contaminated person.

The universal Hepatitis B program for infants began in 2000. The Adolescent program (given in Yr 7) will continue until those immunised for Hep B in the infant program reach adolescence.

#### ▪ Tetanus

Tetanus is an acute, potentially fatal disease caused by Clostridium Tetani bacteria found in dirt. It is expected that the majority of nippers are fully immunised as per the national Immunisation Schedule. In addition the school based program is targeting 15-16 year olds in Yr 10 offering Boostrix, which gives protection against Tetanus, Whooping Cough and Diptheria.

LHASLSC encourages adults who cannot remember when they last had a Tetanus Vaccination to visit your GP and discuss obtaining a Boostrix injection. This advice is provided as a public health notification to reduce the risk of preventable illness for all club members. If you have any questions on this information do not hesitate to contact me directly.

Alison Leaver RN (Immunisation Accredited)  
First Aid Officer LHASLSC

### Volunteers Desperately Needed

When we compete at Carnivals we need to supply 1 official for every 15 competitors, otherwise, we risk having all our children sent home. At present, we are dangerously short of officials – is this a job you can take on for your Surf Club? There is a training course on 28th November in Evans Head and another on 5th December in Byron Bay. All interested please see Maria for more information.

### A Chance Meeting on Facebook Provides An Awesome Experience

Club member Bob Harper got chatting with an old High School buddy on Facebook, who he hadn't heard from for 29 years. The friend mentioned he was bringing a group of disadvantaged kids from the Bayside area of Brisbane to Camp Drewe for the school holidays, and how disappointed they were not to be able to have a swim, because the beach was not patrolled. Within days, our Club had rounded up eight volunteers to provide water safety for the 92 excited and happy kids and their camp leaders. Many children nominated their morning at Seven Mile Beach as the highlight of their week's camp. "Awesome!" was the general consensus!



*Children from the camp with volunteers from the Lennox Head Alstonville Surf Life Saving Club*

An advertisement for Dolphin Surfcraft. At the top left is the Dolphin Surfcraft logo. To the right, text reads: "NEW &amp; IMPROVED FOAMIE NIPPER BOARD" and "Dolphin Surfcraft has just released EXCITING NEW FEATURES". Below this is a row of six colorful nipper boards: blue, light blue, lime green, yellow, pink, and red. Each board has a callout box with a feature: "Fully reinforced fin box – much stronger!", "UV stabilised decking – never fades!", "LDPE Slick bottom more durable", and "More colours available – dark &amp; light blue, lime green, yellow, hot pink, red". At the bottom, it says "TAKING ALL PERSONAL AND CLUB ORDERS NOW!" and provides contact information: "DOLPHIN SURF CRAFT 07 55 767 022 info@dolphinssurf.com.au", "8 Linda Drive Burleigh Heads Gold Coast Qld 4220", and "FOR MORE ON NEW PRODUCTS AND UPDATES VISIT www.dolphinssurf.com.au".

## Nippers News

### Under 6s

It's the first season for the little pink capped under 6 nippers. They are an enthusiastic bunch, usually beating their often puffed out coach, Jason Macdonald in the relay races. At least they have Samantha Coleman to keep them on their toes. With Samantha's help I am looking forward to not only getting fit myself, but also teaching the little nippers about surf safety as well as to have a lot of fun. When asking the six year olds what they like best about nippers they say 'EVERYTHING!!!' With lots of new families joining this year we have all been welcomed so warmly by the members at Lennox Surf Club. Just a reminder to all adults that we need all the help we can get, and we need one parent for every child in the age group. Thanks for all the assistance we've been given.

Jason and Samantha



### Under 8s

Justine and I would again like to take the opportunity to welcome all the Nippers and parents and friends to this year's season. It's clear we have a fantastic team this year with lots of Nippers keen to have fun, meet friends and learn surf skills.

Congratulations to Hazel, Max and Keely who have each received the weekly TEAM encouragement prize. Well done! So far everyone that has attended has passed the Preliminary skills evaluation, which is a great effort.

Please note that the first Carnival for the Under 8's is on the 8<sup>th</sup> November 2009 at Yamba commencing at 9am. It is suggested to arrive no later than 8.30am. We hope you can make it.

The Under 8's Nipper group is required to run the weekly Sunday morning BBQ at the club commencing at 9.30am on the 13/12/09 and 28/02/10. This will require four (4) parents/friends to volunteer on each occasion. We would be grateful if one parent could nominate themselves to manage this.

Thanks to the parents and friends for assisting each Sunday, particularly with the activities requiring supervision in the water and the running of the weekly flags event.

Please remember to Slip, Slop Slap, and we look forward to a great season ahead.

Bob and Justine



### Under 9s



Under 10s



Under 11s

It has been a great start to our nipper season this year. Welcome to all our new nippers. It is terrific to see such a huge turn out. It is an exciting year for us as we progress onto fibreglass boards. The first few weeks we have been concentrating on our paddling, firstly in the lake, then we decided to test ourselves in the ocean. We have also had a CPR session where we became competent in how to administer DRABC though of course we hope we never have to use it.

Congratulations to Stephen, Jeremy, India, Scarlett and Hannah who all competed in the Lennox Enduro Ironperson race last weekend. It was a gruelling event which they all completed admirably. Thankyou to all the parents who have been helping us on Sundays. We encourage you all to do the activities with your child. We look forward to an enjoyable summer of nippers.

Peter, Michael and Kate



Under 12s

What a great start to the season! Everyone has completed both their Lake swim and their Ocean swim proficiencies. Welcome to our new members Ciarne and Athena, we hope you enjoy Nippers. It's great to see all the old familiar smiling faces returning this season.

We have already completed 2 Carnivals, one being the inaugural Lennox Enduro in which 2 of the U12's competed. Callum Jones and Emily Mitchel are to be congratulated on completing the tough course and still having smiles on their faces. The second Carnival was the Lennox Youth Carnival on Sunday 25<sup>th</sup> Oct. The U12's had some outstanding results and hope to have a couple of our members selected in the FNC Interbranch team.


A great big thank you to those parents who assist us with water safety, we couldn't do it without you. We are looking forward to a great season with you all.

Michele and John



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### Under 13s

The 2009-10 Surf Season has well and truly started and the U13s are ready to bring it on for our Club! This group are truly a mix of the 'old' and the 'new', with enthusiasm the obvious asset in this great bunch of kids. What does the coming Season mean for such a fine group of 'Nippers'?

As part of the LH-ASLSC Age Manager Team our role includes developing these young Club Members in their progression to join the patrolling Members who provide Life Saving services to the community. Lessons commenced on our first Club Day have focused on developing their Surf Life Saving knowledge and skills. The importance of their successful completion of the 'Surf Smart 2 Award' has been emphasised, as well as the expectation that their Age Group will advance in 2010 to gain their Surf Rescue Certificate.

Allied with the need to support our Surf Life Saving role has been the encouragement of developing the fitness and skills of each of our U13s. The majority of this Age Group have been attendees for some months at Club Board Training Sessions, Iron Person Sessions and are also attending regular Swim Squad Training Sessions external to the Club. This commitment by the child and their parents should be recognised and complimented. Our 'unsung heroes' who supply Water Safety are a vital part of this development process and our thanks go to the regulars – Rob McGoldrick, Michael Brown, Ross Francis, Bernie Kelly, Mark Corbett and John Harris.



Competition for all JAC Members should be acknowledged as an objective guide to measuring fitness, skills and levels of improvement in those key areas (or not!). Members of the U13s to date have contested the 'Dolphin Northcliffe Ocean Classic' [2km Board Race and 1km Surf Swim Events], the inaugural 'Dolphin Lennox Enduro' [750m Surf Swim + 1.5km Board + 2km Beach Run

course] and the FNC Youth Carnival (individual Surf Swim, Board Race, Iron Person, Beach Events and team Board Relay and Cameron Events). A goal of this heavy program early in the Season is to lift endurance levels, and thereby a fitness base that can be developed and improved upon by the Club Coaching Team as the Season progresses. The U13s are thriving on the program to date and overall competitive results have been excellent. It is important to note that this is the beginning of the Season – we still have a significant period of time to the premier JAC competitions of NSW Country and the State Age Championships. However we are confident that this fine group will continue to display the required level of dedication and commitment to maximise performance at that level.

The Season is just starting and the rewards will come to those who earn them. Good luck to all – **Go Lennox!**

Glenn Moriarty & Patricia Bakker



### Under 14s

Another great start to the season, 8 nippers returned from last year (Luke, Jacob, Jack, Hayden, Murray, Tarrah, Conor and Courtney) joined by 2 'newies' (being Harrison and Sophie) who together make up the Lennox U 14 for 2009/10. Our season started early, with the majority of these Nippers just completing the Surf Rescue Certificate (SRC). This enables them to join Patrols, compete in the senior ranks and assist with water safety. Harrison has had a steep learning curve but is really showing that he has what it takes to excel at this sport. Board training certainly helps!

By the time you read this, "Nipper of the Year" interviews would have been held - we await to find out who will represent Lennox. Any of these fine young men and women would

represent Lennox to the best of their ability. Good luck to all.

In terms of competition, we have already had several carnivals, such as Coolangatta Gold, Lennox Enduro and the Youth Carnival. All performed to the best of their ability with some fantastic results. For four of you to back up from the Enduro to the Youth Carnival is an achievement in itself. Good luck to those chosen in the Interbranch team. Well done to all.

Catch ya on the beach...  
Bob and Jenny



Have you bought your 200 Club tickets yet? Fabulous cash prizes and great odds – AND you support your Surf Club. See Tree Beckerleg today!

### Uniform Shop

We are open upstairs in the Surf Club every Nippers morning from 8.30 to 9.30am and again from 11 to 11.30am. Most of the old stock is gone, but we still have some bargains, including girls swimmers size 4 and boys size 14 for just \$10. In our new Kozii range, all sizes are currently available, but some are getting very low – so be quick. Also competition caps for \$10 (needed for all carnival competitors) and Club shirts for just \$15 – look good, support your Club and be sun safe!

We can also take orders for rash shirts (long and short sleeves) and lycra shorts in Club colours – made to order for just \$30 each with a 2 week turnaround. Samples available for you to try for size.

Kaylene and Marie

### REMEMBER

Everything you need to know about your Surf Club can be found on our fabulous website – [www.lennoxsurfclub.com.au](http://www.lennoxsurfclub.com.au)

### Get well soon Louise

Club member Louise Owen is wished a speedy recovery after recent major surgery. Our thoughts are with you Louise.

Thanks to Tony and Michele Barnett for sponsoring, printing and collating our newsletter. Deadline for the next edition is Sunday 6<sup>th</sup> December 2009. Please send all stories, photos and enquiries to [kaylenehenry@myplace.net.au](mailto:kaylenehenry@myplace.net.au)

**YOGA WITH MARIA**  
AT THE LENNOX HEAD SURF CLUB

tuesday	thursday	saturday
6 am	6 am	7 am
9:30 am	9:30 am	
6:45 pm*	6:15 pm	

\*except 3rd Tuesday of the month

phone 6687 5411 for info or a private appointment

