

Shellharbour SLSC



Newsletter

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APRIL 2011

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Aussie Champions! *by Dana Richards*

This year only a small number of members and families from our club made the trip to Qld for the Aussies (Australian Championships). There were 12 members in total comprising of Shannon Hobson, Ella Ryan and Karri Ryan and Keeleigh McCauley representing our Cadet ranks. In the Masters we had Ray Hobson, Rob Ryan, Steve Ballard, Darren Shaw, Darrin James, Joanne Helson, Kerry Perretta and Dana Richards.

These members did the club proud both on the beach and in the water. All achieved out-



Our Golden Girls—Dana, Kerry & Jo at the Aussies

standing results.

Keeleigh McCauley represented the club at her first Aussies and did very well, Keeleigh was unlucky in her Flag Finals getting disqualified. Some of the beach officials need glasses as those who saw her tell us she was ripped off, as the girl next to her moved and not Keeleigh.

The cadets progressed well through heats and made semi finals for most events. Well Done Girls!

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Thank you to our supporters & sponsors!



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Ray White.
SHELLHARBOUR CITY



ILLAWARRA ACCOUNTING & FINANCIAL PLANNING

Thank you to everyone who supported our Nippers end of season Raffle – we raised over \$1400 for the club and some of you walked away with some great prizes too. Many thanks to Bernadette Miller-Duncan for organising all the prizes through our Rebel MVP programme and to Melinda Flood for coordinating the ticket issue and return.

Aussies

The 2km beach run has been contested over the last couple of years and Shellharbour members are normally amongst medals. This year was no different with Ella Ryan impressing us all to take out 3rd in a hotly contested U15's age group. Well done Ella, the smile on Ella's face was priceless and I am sure that it is still on her face.

To the Masters, all did well. Even with small numbers we got in there and gave those other strong clubs a run for their money.

The gentlemen on the sand kept our reputation going with Darrin James getting 2nd in the 45-49 years 2km beach run. Steve Ballard also achieved a 2nd place in the 35-39 years 2km beach run. Rob Ryan achieved an admirable 5th in his age group. The Men's beach Relay team, Ray Hobson, Darrin James, Darren Shaw and Steve Ballard got 4th.

Not to be outdone by the men, the Masters Ladies competitors (our golden girls of the surf, as we have started to be called) had an amazing run of events.

On the first day of competition Jo Helson, achieved 2nd in her individual swim. Kerry Perretta and myself (Dana) achieved fantastic individual results in highly competitive age groups.

I needed two hands to count the current professional Ironwomen, Ex professional Ironwomen and Ex Olympic and National representatives in Swimming and Surf Lifesaving, in all of the Age groups, but it didn't deter us Ladies, we got in there and had a go.

The Highlight of the first day of competition was the 45-49 years Women's Board Rescue. Now most people are aware that Jo Helson sometimes (25% of the time) swims in a straight line. She however didn't and was still the first to the can in the swim. Kerry then got on her board and paddled to pick her up. They then returned to shore in a slightly crooked line but did it well enough to win Gold. Yes that is right, we have National Champions !!! Everyone knew about it on the beach as the screams of excitement from them and I took over the beach.

On the 2nd Day of competition (Teams day) we woke raring to go. Swim Teams were up first, we all swam like champions and stood on the finishing line awaiting results, 2nd place, first national medal as a team of three and there were smiles all round.

We were full of adrenaline going into our Board Relay, which was 5 minutes after our swim teams. We were too busy taking photos and still celebrating and almost missed it, but

(cont.)

we finished in 3rd Place, we were on a roll and could have gone shopping to celebrate, but we stayed on the beach.....

Ski Relay was up next, we battled the sets and battled the sets, I nearly ended up in a boat race, but we all got around the cans and ended up 2nd place. We then contested the Taplin Relay, Jo did the swim leg, Dana the Board Leg and Kerry the Ski Leg, we got 5th place in this event. The celebrations started soon after this (after a quick nanny nap).

Well Done to all Shellharbour competitors and a big thanks to all that have contributed to training the Cadets and us older ones throughout the year.

Thank you to our support crew that travelled to Qld, Sharon and Sandy Rose were great supporters this year due to Sharon's injury keeping her out of the competition. It also cannot be done without the support of our families, Go Harbour !! and lets see what the beach and water brings us next year.....

Deakin Southern—what it’s all about for Nippers!

On a cool, wet Saturday morning in early March a very small contingent of Shellharbour Nippers went down to Nowra Culburra for their annual Junior carnival. Nowra is always a fun and friendly carnival and despite the weather and rough surf conditions, this once again proved to be the case. Those who attended were ; Charlotte Butler, Ebony Freeman, Deakin Southern, Nathan Troiani and Kira Freeman. Of course, our ever present official, Dick Plummer was also there to organise the beach events and R&R.

Given the small numbers in attendance there were many multi-club relay teams on the day. It was great to see one of our Under 9 competitors, Deakin Southern in there having a go in every event he could. Deakin was so keen that he managed to compete in all

his beach individual events, plus the Under 9, 10, 11 & 13 beach relays!

Any time a team needed a runner he was there putting his hand up and raring to go. (Ok, proficiency rules weren't strictly adhered to, but it was all about getting all the kids to have a go and ensuring no one missed out on the fun.)

The morning culminated with a "novelty relay" with every kid on the beach in one of four mega , multi club teams running backwards, sideways or crawling to the line. The whole beach was cheering in the rain and the kids so excited to see their team racing. There were no official prizes or medals on offer, but the greatest prize was to see a whole bunch of Nippers from all over the South Coast pulling together and having fun. For

some of our smaller southern clubs, this is the only carnival they get to and a chance to meet fellow Nippers from other clubs.

I encourage all our Nippers to consider supporting this carnival and experiencing the fun and friendly atmosphere in future seasons.....and, watch out for a kid called Deakin—he is as keen as mustard and willing to help any team in need!



Under 9 Deakin Southern competing at the March Nowra Culburra Carnival.

Well done & Congratulations!

The following members have gained Awards since our last Newsletter:

IRB Driver—
Dean Boyton,
Michael Hass;

IRB Crewperson—
Kyle Miller-Duncan,
Jay Olesen,
Terry Wells;

Surf Rescue Certificate—
Ethan Bevis,

Sam Glazier,
Taylor Reid;

Bronze Medallion—
Sandra Allen
Nathaniel Bevis
Julius Boess
James Boyed
Corey Mantuano
Cameron McPhail
Jason Roff

Congratulations to you all!
We look forward to seeing
you put those new skills to
use on the beach!



In April the club was advised that we were successful in winning a Suncorp Metway Shade Tent and sunscreen bulk pack. The win was a result of Wayne Cavanagh putting in a submission on how our club has been impacted by skin cancer and how we practiced sunsmart behaviour. Thanks to Suncorp and Cavo we now have a brand new 4m x 4m shade tent to keep us sunsafe next season!

Jemma represents South Coast

Since our last newsletter, Jemma Oldroyd was named South Coast Branch Female Junior Life Saver of the Year. Jemma went to the NSW State Age Championships for the judging and announcement of the State winners and participated in a Development Camp on the Gold Coast prior to this. Over to Jemma.....



Jemma leading the March of Junior Life Savers at State—Kingscliff Beach.

The self development camp was one of the best camps I have ever participated in. It was held at Binna Burra Mountain lodge up in the rainforest. The camp was aimed to further create our knowledge in S.L.S.A and develop our skills. It was also an opportunity to meet people and have a fun experience. I cer-

tainly did. I feel I am more aware of what's happening in the state region of surf life saving because of this camp. I met some amazing people who are experienced surf life savers. They gave lots of talks about their real life experiences, about us and what we can achieve during surf life saving. We learnt more about what S.L.S.A offers and were involved in many activities that encouraged us working together as a team and interacting. The camp was organized very well and the people put a lot of effort into it. A lot of the activities were aimed to challenge us and put us in situations that we're not used to. Everyone got along so well. I have made so many friends, not only the kids but the facilitators as well. On the last day of camp we had been given a piece of paper where we were to write some personal goals for our self and put it in an envelope. In about 4 months time they

are going to send them back to us and we are to see if we achieved our goals or are gaining them. When the presentation was held we had to march with our branch flag. Unfortunately I didn't have mine so I had been given the Australia flag and was lucky enough to March in front of all the junior life savers. It was a very proud moment for me. I hadn't won the state title for junior life saver of the year but I had won many friends, skills and memories that will last forever. This award is very important to me and I am so happy to have represented my club and branch. I really do encourage everyone to go for this award. It is such a great opportunity.

Jemma Oldroyd

Farewell & thanks Dene

Recently our Club President Dene Herbert decided to take up the chance to visit Christmas Island and returned to tell us all he was going back to work there! Dene, a Maths Teacher, made the move in February and reports that he

is enjoying the role and the very different environment. Of course, it is pretty hard to steer the club ship from so far away, so Dene stood down from the Presidents role. Thank you to Dene for all his work as Club President – there is

a lot of behind the scenes effort that goes into the job—as well as the many hours of Officiating and other roles he has performed. We hope to see you back here after your posting!

Vice President John Sinclair is fulfilling the Club President role until the June AGM.

Sri Chinmoy Multi-Sport Classic by Paul Schloeffel

Jindabyne has come and gone with a larger contingent representing Shellharbour this year.

There were three teams this year: Shellharbour A team (Greg Robinson, Paul Schloeffel, Ray Hobson, Mark Blanch) Shellharbour Gold (Jo Helson, Paul Condran, Kyle Glazier, Gianni Castildi) Three Men and a Lady (Dana Richards, Paul Richards, Wayne Cooper, Evan Westlake).

The racing was close with the lead changing several times between the three Shellharbour teams. All competitors put in 100% with Shellharbour members mentioned 23 times in the top ten. The final results had

finishing 4th in 9 hours 13 min, Shellharbour gold finishing 5th in 9 hours 20 min and Three Men and a Lady finishing 6th in 9 hours 31 min.

Some of the more memorable moments were watching Mark Blanch finishing the first bike leg blooded after six falls (he is just learning to ride); the last bike leg with all three riders putting in a great performance on what turned out to be a 45 minute climb from the gates at the entrance to Mount Kosciuszko National Park, all the way up to Charlottes Pass; watching the runners finish their 12km run from the lake up to the entrance gates of the National Park,(12km straight up); watching Robbo come out of the lake with his wet suit full of water making

him look like the Michelin man; seeing Schloff fall out of his ski not once but twice in flat water; Jo Helson's super suit was that fast she wore it home in the car and that got them home 20mins faster; Dave Parton in his role as handler paddled his board 5km and ran in support no less than 10km, and regaled us all with stories from his youth, although he did misdiagnose a collapsed right lung.

So it was agreed, as I remember it that the ski legs are the most challenging and if you think you are up to it see Evan Westlake as he is the unofficial organizer.

More information on the race can be found at:

[http://
au.srichinmoyraces.org/
events/jindabyne](http://au.srichinmoyraces.org/events/jindabyne)



Left: Shellharbour was well represented at Jindabyne by Back row from left: Evan Westlake, Paul Schloeffel, Greg Robinson, Ray Hobson, Paul Condran, Mark Blanch, Wayne Cooper, Gianni Castildi. Front row from left: Paul Richards, Kyle Glazier, Dave Parton, Jo Helson & Dana Richards.

Right—Shellharbour's A Team—Paul Schloeffel, Greg Robinson, Ray Hobson, Mark Blanch with Dave Parton (support) in front. The team finished 4th in the 4 person team event.



Transfield Services Ocean Swim



Full results of all categories are available on the club website.

On Saturday 16th April, we held the 6th Annual Transfield Services Ocean Swim. An annual fundraiser for the club, we were faced with some additional challenges this year. Numbers were down due to a few factors – Queenscliff SLSC decided to run a memorial ocean swim for Saxon Bird – the young ironman who lost his life at the Aussie Titles last year – and were offering a \$1000 cash prize and also had Tony Abbott swimming (albeit at the back of the pack!). This ruled out many of the Northern Beaches competitors and some of the serious Sydney surf competitors. We were also subject to adverse weather and radio stations broadcasting “Dangerous Surf Conditions” and telling people

to stay away from the beach – yet our conditions were quite manageable and the water temperature above 21 degrees. Accordingly, our numbers were down to 122 entrants, from a high of 185 over the last year or two.

Still we had entrants from Sydney, Newcastle, Blue Mountains, Victoria, ACT and Queensland, as well as the Illawarra, Shoalhaven and Southern Highlands. Ages ranged from 13 to 69 and many brought their support crews of family and friends with them.

The Open Male event was won by Brad Horrey in a time of 15.12 minutes, from Rhett Russell (15.29) and Jacob Helson (16.05). In the Open Female event, Shellhar-

bour SLSC’s own made it a hat trick with a first to Zoe Elkerton (15.60) from Karri Ryan (17.31) and Montannah Murray (17.41).

A huge thank you to our sponsors & supporters: Transfield Services, Tourism Shellharbour, Shellharbour Dolphins, BJ Love & Co, Andaman Thai Restaurant, Relish on Addison, Green Poppy, Bua Thong Thai Massage, Elite Cycle Tours, Savvy Fitness, Bobby’s Diner, Shellharbour Village Newsagency, Fitness Express Shellharbour Village, Subway Shellharbour, McDonald’s Warilla, Ministry of Swim/ Austgoggles, Shellharbour City Print Shop.. Thank you also to everyone who volunteered on the day.

IRB Launch



On Thursday 10th February we held an official launch of our latest acquisition—a brand new Inflatable Rescue Boat (IRB) with thanks to PEET Sea Crest.

Sea Crest is a new community being developed by PEET at Flinders, just a few kilometres from

our beach.

The two-year partnership with the Club is part of the Sea Crest Community Sponsorship Program.

Sea Crest is located just off Pioneer Drive in Flinders, on the hills rising up from Shellharbour’s coast, with some homesites offering panoramic views of the surrounding hinterland. Its location close to neighbourhood amenities has been a major drawcard for homebuyers with estab-

lished local services minutes away in the Shellharbour town centre.

Our new IRB hit the water for some media shots on the day and was put through it’s paces by a keen crew (see left).

Thanks PEET Sea Crest—we really appreciate it!



State Champs results



In March a relatively small contingent of Shellharbour members attended the State Surf Life Saving Championships at Kingscliff on the NSW Far North Coast over two weekends (Juniors, followed by Masters and Opens). We continued to have success with our female competitors, with the Under 17 Taplin Relay team achieving a silver in the final. The team was made up of Shannon Hobson, Karri Ryan and Zoe Elkerton.

Our Masters ladies once again delivered some outstanding results, with Jo Helson winning Gold

in the Surf Swim and Rescue Tube Races and Silver in the Iron-woman. Kerry Perretta won Gold in the Ironwoman and the two paired up for a win in the Board Rescue. Adding Dana Richards to the team, they achieved silver in the Taplin Relay and Gold in the Ski Relay. The girls also achieved a bronze in the Double Ski and Jo gained a silver in her Ski race. Both Kerry and Jo also achieved silver in their respective Board races, with the ladies also getting gold in the Board relay.

Turning to the men, Darryl Glover won gold in the 1km beach run. Darren Shaw won silver in the beach sprint, and the men's 140 year minimum beach relay team won gold.

Both Steve Ballard and Darrin James won gold in their respective 2km beach runs, with Rob Ryan taking silver in the same event.



The Under 17 Women's Taplin Relay silver medallists from State 2011— from left— Shannon Hobson, Karri Ryan & Zoe Elkerton



Aussie Bronze Medallist in the U15 2km Beach Run—Ella Ryan—in action during the race at Kurrawa on the Gold Coast.

SHELLHARBOUR SURF CLUB PRESENTATION NIGHT

Saturday, 28th May 2011
 Shellharbour Workers Club
 Diamond Room - 7.00pm till 12.00pm
 Cost \$40 per head
 includes Dinner & Entertainment

Tickets on sale at the Clubhouse
 Saturday April 16 & Sunday April 24
 from 9am to 1pm

Tickets also available by calling:
 Maree Love 0407 200 419
 Gina Robson 0402 271 260
 Greg Boess 0437 852 000

SSISC Social Committee

Junior Presentation

Our Junior Presentation was held in glorious weather (why couldn't we have more days like that in the season?) on Sunday 6th April.

Awardees were:

President's Award—Jemma Oldroyd

Senior Club Person—Montannah Murray

Junior Club Person—Rebekah Stacey

Senior Achiever—Keeleigh McAuley

Junior Achiever—Kiara White

Best Performed at Country—Kira Freeman/Joanna Stacey & Kiara White

Male Senior Ironperson—Tyler McEwan

Female Senior Ironperson—Montannah Murray

Under 13 Male Ironperson—Aaron Schloeffel

Under 13 Female Ironperson—Joanna Stacey

Male Junior Ironperson—Izak Parkes

Female Junior Ironperson – Rebekah Stacey

U14 Club Championships:

1st Male—Wade Miller-Duncan

2nd Male—Levi Kidd

3rd Male—Tyler McEwan

1st Female—Montannah Murray

2nd Female—Sarah Kras

3rd Female—Sophie Papadimas & Jemma Oldroyd

Age Manager's Awards—Sophie Papadimas, Bryce Fairweather

Most Improved—Chloe Lindqvist, Harry Goodhew

U13 Club Championships:

1st Male—Aidan Bunt

2nd Male—Aaron Schloeffel

3rd Male—Taylor Garner

1st Female—Joanna Stacey

2nd Female—Brooke Griffiths

3rd Female—Kira Freeman & Megan Wells

Age Manager's Awards—Maddison Noakes, Cooper O'Hara

Most Improved—Ashleigh Balmer, Taylor Garner

U12 Club Championships:

1st Male—Kade Szakacs

2nd Male—Jarrod McLachlan

3rd Male—Callum Bartley

1st Female—Remy Condran

2nd Female—Rebekah Stacey

3rd Female—Anissa Jason

Age Manager's Awards—Anissa Jason, Oliver Paparo

Most Improved—Nicole Papadimas, Bradley Del Rio

U11 Club Championships:

1st Male—Nicholas Hass

2nd Male—Lachlan Rogers

3rd Male—Jared Barnes

1st Female—Harlie Singleton

2nd Female—Kiara White

3rd Female—Keely Boyton

Age Manager's Awards—Nathan Cowgill, Bree Millar

Most Improved—Izak Parkes, India Simpson

U10 Club Championships:

1st Male—Max Goodhew

2nd Male—Ryan Noronha

3rd Male – Rourke Eagle

1st Female—Maddie Baker

2nd Female—Elissa Hayman

3rd Female—Jessica Stacey

Age Manager's Award—Jaye Lacey, Riley Ward

Most Improved—Sienna Rhazouni, Finbar Gittoes

U9 Club Championships:

1st Male—Kai Richards

2nd Male—Tyler Rogers

3rd Male—Brendan Cabor

1st Female—Maddison Ballard, Isabelle Crowe

3rd Female—Charlotte Phillips

Age Manager's Awards—Isabelle Allen, Byron Vinkovic

Most Improved—Ebony Freeman, Dimitri Semos

U8 Club Championships:

1st Male—Matthew Nelse

2nd Male—Jack Kirwan

3rd Male—Liam Furney

1st Female—Maddi Singleton

2nd Female—Lori Miller

3rd Female—Tess Lace, Sarah Paparo

Age Manager's Award—Madeline Giles, Nat Marland

Most Improved—Sarah Paparo, Liam Furney.

100% Attendance was achieved by:

Under 6's & 7's:

Jaimee Wells, Sarah Stacey, Tylah Richards, Tess Reilly-Mitchell, Michellie Bevis, Jayden Wells, Lachlan Cairns, Aragon Bevis,

Under 8's—14's:

Cameron Pendlebury, Ethan Rowles, Kai Richards, Sasha Garner, Ebony Freeman, Tahni Dropulic, Amy Wells, Jessica Stacey, Joshua King, Logan Reilly, Kobe McEwan, Keely Boyton, Jared Barnes, Sarah Wells, Nathan Troiani, Rebekah Stacey, Jordan McCracken, Hayden Ballard, Megan Wells, Joanna Stacey, Sam Glazier, Taylor Garner, Kira Freeman, Aidan Bunt, Ethan Bevis, Ashleigh Balmer, Wade Miller-Duncan, Levi Kidd, Chantelle Balmer.

Congratulations everyone!
We look forward to seeing you all next season!



For future newsletter submissions, including photos please email Tracey Freeman, Club Publicity Officer at freemanhr@ozemail.com.au

Banking Benefits for Shellharbour SLSC Members

At the Oak Flats and Shellharbour **Community Bank**[®] branches, we're committed to supporting the local business community in whatever ways we can. That's why we'd like to offer all your local members:

Home loans up to \$250,000	<ul style="list-style-type: none"> • A 0.50% pa discount on our standard variable interest rate when you have three products with the Bendigo • Option of monthly or no monthly fee
Home loans more than \$250,000	<ul style="list-style-type: none"> • A 0.70% pa discount on our standard variable interest rate when you have four products or more with the Bendigo • Option of monthly or no monthly fee
Credit Cards	<ul style="list-style-type: none"> • Options of visa or mastercard • Some with special introductory rates
Mortgage Saver Account	<ul style="list-style-type: none"> • Linked to a VISA debit card • Full transaction account rebate
Home and Contents Insurance	<ul style="list-style-type: none"> • 14 months for the price of 12
Financial planning	<ul style="list-style-type: none"> • An obligation-free first interview with local Bendigo Financial Planner, John O'Ryan

To find out more about how "it starts with U" at the Bendigo please contact Karen Layton or her team on 4256 9511 or call into the branch at 78 Central Avenue, Oak Flats, or Shop 3, 18 Addison Street, Shellharbour on 4259 1544

Note: We will donate an additional \$250 to your organisation for any new home loans referred and approved.

Offer only valid on the above products taken out by local Shellharbour SLSC members until 24/08/2011. Fees, charges, terms and conditions apply. All loans subject to the bank's normal lending criteria. This material contains general advice only. Please consider your situation and read the Terms and Conditions available online at www.bendigobank.com.au
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At the Bendigo it starts with

