

**NEWSLETTER  
NOVEMBER/  
DECEMBER**



**KEY DATES :**

Saturday 19 Dec – Xmas Club Swim

**HECTIC START TO THE SEASON !**

It has been a very busy and productive start to the 2009/10 Season. There have been many people who have made a huge effort to get the Port Elliot Surf Life Saving Club off to a cracking start! We have had a number of major events including a Nippers Carnival, Sponsorship Events and a range of training programs. Many members have chosen to up skill themselves this season by training for a variety of awards. Currently PESLSC is running training for the: BRONZE MEDALLION; SRC; ARC; IRB CREW; and IRB DRIVER. For more information about training, please check the training page on the PESLSC website.

**CLUB SWIMS**

The ever popular Club Swims are back in action. Matty Smith has kindly offered to run these, which of course gives him an excuse not to swim himself. Swims will be on Saturday afternoons at 3.45pm. On Saturday 19 December there will be a special Xmas Club Swim with surprise activities and a lot of fun to celebrate the holiday season. If you are around, come down to the beach and join in.

**CONGRATULATIONS - NEW BRONZE**

On the 14<sup>th</sup> November seven young people became our newest 'Bronzies': **Anjie Collins, Dale Francis, Alice Gilbert, Jess Dennis, Sal Haselgrove, Riannon Newton and Tucker Hudson**

All of this group have come up through the Nippers ranks, and in addition, most have been competing together since their early years of Nippers. As a result their skills, knowledge, and respect for the culture of lifesaving and the Club set an example to other club members, and are the true heroes for the Nippers. The Club is so proud of these people.

**CONGRATULATIONS – NEW SRC HOLDERS**

Simultaneously on the same day(14<sup>th</sup> November), six U14's passed their first major step in becoming lifesavers by achieving their Surf Rescue Certificate (SRC). **Luke Finlay, Morgan Kennedy, Grace Gilbert, Jamie Buchanan, Ryan Finlay , and Darcy Wedd.** They are now classed as 'Cadets' and can sit for their Bronze in 2 year's time. Likewise these young people are a product of our Nippers program and we congratulate them.

**HIGH PERFORMANCE PEOPLE**

Ebony Alford, Emma Roberts, Rachel Lippett, Sal Haselgrove, Alice Gilbert and Jamie Buchanan have all been hard at work doing High Performance training at various locations all over the place hopefully to gain selection into the High Performance Squad, and then hopefully into the State team!

**SO YOU THINK IT WON'T HAPPEN TO YOU!**

After 65 years of being fit, active and healthy, and my kids thinking I am indestructible, I have had in close succession over the last 5 months, a knee replacement, surgery for prostate cancer, and then removal of a malignant melanoma. You quickly re-evaluate your life and consider the health of your friends and colleagues.

I have been lucky. I have caught my cancers in the early stages, when something could be done. How many of my friends in surf lifesaving are being vigilant?

Skin cancer can strike at any age. Do not be complacent. While there are 3 main types of skin cancer, the melanoma is the most dangerous. Each year, 10,000 people are treated for melanoma, and 1250 die. The treatment is surgery and the removal of the affected area and closest lymph nodes. If it has spread further, it is too late. Chemotherapy is for the most part, not applicable. I now have a scar on my calf that looks like a shark bite. So cover up my surf lifesaving friends. Get a full body skin check and monitor even the smallest spots, as they can be the most dangerous. Do not become another statistic.

To the over 40 male members, take heed of all the information about prostate cancer. Monitor your health simply by having a yearly blood test for P.S.A. (prostate specific antigen). Ask for a copy of the results and keep them on file. A regular digital rectal examination is also important. (Yup! That's the finger up the bum). O.K. so that might be embarrassing, but it could mean you stay above ground a lot longer. These are the only 2 tests used at the moment. Symptoms that you might notice are reduced urine flow or need to urinate more often. You may not notice this as it is a gradual process and you come to regard the reduced flow as "normal".

Thank you to all of my friends at the club for their wonderful support, and I hope to be back patrolling a bit further into the season. By Tony Fairweather

### **PONTOON NEWS**

We cannot obtain public liability insurance either directly with a company or through SLSSA. Tim Prance has drafted a letter to Alexandrina council to request they cover the public liability through local government scheme. A development proposal has not been lodged because it needs insurance to lodge ! Sounds like catch-22.

### **CLUBHOUSE NEWS**

Solar panels are to be installed on the roof. Once again this has been along and involved process mainly by Peter Francis. Club Council has approved air conditioning for the bar and kitchen area and this will help those people who volunteer behind the scenes to run the bar, Nippers' Canteen and catering for events.

### **FIRST SENIOR CARNIVAL OF THE SEASON**

After the success of the junior carnival run by Port Elliot last Sunday, on November 15<sup>th</sup> it was the seniors turn with an early 7.30am start. The surf was minimal but there was the largest team of competitors at seniors with nine boaties, seven Under 15's and five Under 17's.

The first event of the day was the 2km run with state and national gold medallist Under 17 Mickey Mason keeping up his winning streak with a very close finish, team mate Alice Gilbert first woman across the line and her younger sister Grace in Under 15's the third female finished, a fantastic result for Port Elliot with three top three placings in the first event!

The day before the competition Under 14's Grace Gilbert, Jamie Buchanan and Morgan Kennedy passed their Surf Rescue Certificate or "Qualies" which allows them to patrol and compete in Under 15's at senior carnivals. In the Under 17 division Salomae Haselgrove, Anjie Collins, Alice Gilbert and Jessica Dennis all passed their Bronze Medallion – congratulations! So Grace, Jamie and Morgan had their first taste of a higher level of competition against the older competitors including Port Elliot's Emma Roberts, Ebony Alford, Milli Rusby and competing in her first carnival Darcy Tucker.

Emma achieved a goal of beating the current number one sprinter in the state with a well earned second, after training with the state squad every fortnight. Milli also had a good run, finishing in the mid field and Darcy competed in the sprints also. In the other Under 15 "Beachie" events Morgan, Milli and

Darcy had a go at the flags, each lasting a few rounds and combining for the Beach Relay was Emma, Milli, Morgan and Darcy who were the only girls team to show up in the hot conditions at this early stage of the season and ran well against the boys but with a slight dilemma in the baton change were disqualified but there is still months to train them out of running too early!

The Under 15 competitors who took to the water in the board race were Ebony finishing 4<sup>th</sup> after a collision with the ropes and Jamie in 9<sup>th</sup> and probably the smallest competitor on the line! They combined with Grace for board relay finishing well in the mid field, Ebony's experience in seniors helping the younger girls build up their confidence against older competitors. The last event was the Cameron relay, Ebony swimming, Jamie boarding with Emma and Darcy's strong running keeping them going in between.

The Under 17's had a bit of a wait for events, the first being the flags, Jessica Dennis having a stumble in the first round while Alice Gilbert and (yours truly) Salomae Haselgrove looking like they were about to crash! Sal exited with a smile and Alice lasted a few rounds after her. Mickey Mason competed in the boys event. The girls have a history in the board relay, winning the silver medal two years in a row in Under 15's and were back against the older competitors, did not disappoint finishing 3<sup>rd</sup> out of the girls. Jessica Dennis helped form a composite team with competitors from South Port and Moana, their team finishing 7<sup>th</sup>. Individual boards was afterwards, with a crowded straight out final, Sal came in 8<sup>th</sup> but forgot to step over the finish line so dropped back to 9<sup>th</sup>, Alice finished 11<sup>th</sup>, Anjie in 14<sup>th</sup> and Jess in 16<sup>th</sup>. Mickey came in 5<sup>th</sup> in the boys event, a strong effort by all after winter training and we only hope to improve as the season progresses.

Down the other end of the beach Port Elliot had two boat teams, Bryn's "A Legends" and Matt Smith's "Port Elliot Fliers." The A's consisted of sweep Bryn Bridges, Mark Cox, Mark Williams, Tony Hall and Matt Smith filling in for Stewie Cummings who has had recent surgery. They rowed three heats well but not up to their normal standard but still impressed the youngsters who came and watched in between their events. The Fliers had sweep Matt Smith, Paul Buchanan, David Read, Steve Brown and Scott Billington who were looking good in their first heat until they missed the buoy and lost ground when going back around but came back in their second heat finishing near the front so they qualified for the A Reserve final, coming in 2<sup>nd</sup>.

It's good to see that there were juniors competing in the Under 15's and a Port Elliot team at a senior carnival, which has only started happening in the last three seasons. We wish all competitors luck for the rest of the season, which is only just heating up!

## **NIPPERS**



Santa Claus arrived by IRB to visit the PELSCL Nippers on Saturday 12 December to wish them all a safe and happy Christmas Holidays.

Nippers will resume on January 16 2010.

This year we have about 180 Nippers and the number is growing. Last year we were breathless by having 130! We must be doing something right down here to get that phenomenal increase. To care for them we have about 60 leaders and helpers, not counting the parents who tag along.

What is really impressive is the number of leaders and helpers who are recent ex-Nippers themselves – how good is it to see them putting something back into the program that served them so well.

Natalie would like anyone who has a red Nippers leader top and is not using it, to return it to her asap please. We have an acute shortage of them.

### **TURKEY TALK with Elliot the Scrub Turkey**



Derek and Clive (aka Peter Cook and Dudley Moore) once proclaimed in a comedy skit ‘I wish they would label things!’ Well maybe we should label all equipment to avoid confusion, such as trying to load an IRB onto a Jetski Trailer. It didn’t fit did it – SG, PF and ML.