



# PM SLSC Club News

## 27<sup>th</sup> January 2011

To contribute to Club News contact [clubcaptain@pmslsc.com.au](mailto:clubcaptain@pmslsc.com.au)

For more Club information go to our website [www.pmslsc.com.au](http://www.pmslsc.com.au)

**Weekly SLSNSW Club Mail – Click on latest news item**

<http://www.surflifesaving.com.au/www/463/1001127/displayarticle/club-mail--1003839.html>

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### Patrols this weekend

Saturday 29 <sup>th</sup> Jan 9:00 to 1:30	Blue – Kye Polverino	0.42m tide at 12:30am
Saturday 29 <sup>th</sup> Jan 1:30 to 6:00	Patrol 8– Andrew Mitchell	1.08m tide at 6:30pm
Sunday 30 <sup>th</sup> Jan 8:30 to 1:15	Patrol 9 – Jamie Harrison	0.36m tide at 1:16pm
Sunday 30 <sup>th</sup> Jan 1:15 to 6:00	Patrol 1– Rob McCue	1.10m tide at 7:30pm

### Dates to watch out for

Sunday 30 <sup>th</sup> January	Round 2 Club Champs – juniors, cadets, opens and masters
Sat/Sun 5 <sup>th</sup> /6 <sup>th</sup> February	Branch Championships @ Southwest Rocks
Sunday 13 <sup>th</sup> February	Round 3 Club Champs – cadets, opens and masters
Sat/Sun 19 <sup>th</sup> /20 <sup>th</sup> February	PM SLSC carnival – see Hugh Mackay for details
Sunday 27 <sup>th</sup> February	Round 3 Club Champs - juniors
Fri/Sat/Sun 4 <sup>th</sup> /5 <sup>th</sup> /6 <sup>th</sup> March	Leadership camp – more information coming
Fri/Sat/Sun 11 <sup>th</sup> /12 <sup>th</sup> /13 <sup>th</sup> March	SLS NSW Junior Titles – Cudgen Headland
Thurs/Fri/Sat 17 <sup>th</sup> /18 <sup>th</sup> /19 <sup>th</sup> March	SLS NSW Opens/Masters Titles – Cudgen Headland
2 <sup>nd</sup> to 11 <sup>th</sup> April	SLSA Championships - Kurrawa

### Competition hours

For those who anticipate competing next season, now is the time to begin accruing competition hours. Competition hours are based on attendance on patrols between Jan 1 and Dec 31<sup>st</sup>. If you're not attending patrols between now and April you will find it more difficult to accrue the necessary hours before Dec 31<sup>st</sup> 2011.

Competition hours are unrelated to 100% patrol hours which are based on attendance during the season (Sept to April).

### **Australia Day rescues**

On Australia Day the four southern clubs (Camden, Bonny Hills, Tacking Pt and Port Macquarie) were subject to patrol audit and patrol competition inspection. This involved a rescue scenario that only the patrol captain knew about.

At all four beaches recognition that there was a drowning in progress was slow. However, once in action the patrol members demonstrated competent use of rescue equipment and effective retrieval of the drowning victim. Two common outcomes of the debriefs were a general lack of knowledge of signals and failure of patrols to pre-plan actions in case of emergency. Further information about the audits/inspections can be sought from the Branch Director of Lifesaving, Paul Rayner.

### **Besso proves that Speedos are essential**

Two weekends ago, Patrol member Peter Besseling was involved in a rescue near the 'escalator' at the south end of the beach. He entered the water wearing his patrol shorts but emerged without them. Fortunately Besso is 'old school' and had speedos underneath. The afternoon patrol bravely risked life and limb to rescue his shorts later that day. They have since been revived (washed) and are waiting on the back seat of the Club Captain's car to be retrieved by their owner.

### **Lost property**

Some patrol uniforms have appeared in the lost property over the early part of the season. If you find yourself without a shirt or shorts, see the Club Captain.

### **Branch Championships**

The MNC Branch Championships have been transferred from Macksville Scotts Head to South West Rocks and remain on the same weekend.

Saturday 5th February: Opens and Masters

Sunday 6th February: Juniors

### **Board training**

Don't forget **board training** in the river each Saturday morning at 7am for u/9 kids through to adults. Meet at the Sea Rescue Shed. For info contact [president@pmslsc.com.au](mailto:president@pmslsc.com.au)

### **Sunday Club Swim**

All proficient members please remember to come along to the Club Swim every Sunday morning at 10:30am. Our handicappers, Hughie Mackay and Mal Storey, will ensure you get appropriately rewarded for your efforts. ☺ End of season prizes are earned by the most unlikely people so come and give it a go. For info contact [competition@pmslsc.com.au](mailto:competition@pmslsc.com.au)



### **Waterproof patrol jackets**

\$53 including postage and GST.

100% water and wind proof jacket, with fleece lined collar. Also has a waterproof hood, and zip-up external and internal pockets for comfort and convenience. Payment must be made in advance of order being placed. To place an order, contact [clubcaptain@pmslsc.com.au](mailto:clubcaptain@pmslsc.com.au)

### **Patrol rashies**

\$40 including postage and GST.

Durable, high quality Lycra, Long sleeve patrol RASH SHIRT. Sun protection rated to UPF 50+. Conform to Surf Life Saving sun safety and uniform policy. Payment must be made in advance of order being placed. To place an order, contact [clubcaptain@pmslsc.com.au](mailto:clubcaptain@pmslsc.com.au)



### **Our sponsors**

Attention members who are business owners/managers. Help support the club by becoming a sponsor. Your business logo and details will be displayed on our sponsors' board at the clubhouse and one sponsor will be chosen each week to be featured in the Club News. Please contact Jade Zaicew at [secretary@pmslsc.com.au](mailto:secretary@pmslsc.com.au) or 0458 495 688.



**Apps Mechanical Repairs** - The boys at Apps donate all the clubs fuel for our IRBs. This can run into the thousands throughout the year. Please support them. For any rego check, tyres and mechanical repair or car servicing, just mention you are a PMSLSC member. They can be contacted on 6581 0847.



Huddo and his crew in **Port Macquarie Surf School** are members and supporters of PM SLSC. They have worked with patrol members on the beach and this summer will be providing special clinics for Cadets and patrol members. Stay tuned for information.

Surf Life Saving NSW is excited to announce that **Woodside** have come on board as a national

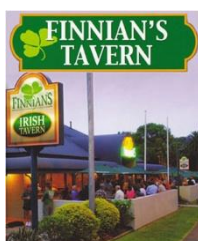


sponsor of Surf Life Saving. As the official sun protection partner of Surf Life Saving Australia, Woodside have supplied wide brim patrolling hats plus sunscreen and sun safety posters to all surf life saving clubs around Australia. See your patrol captain for your hat.

**David Plews Real Estate Agent** from First National Port Macquarie - for every house listed and



sold through a PMSLSC contact, David will donate \$500 to the club. David has also contributed many other items for training and social functions. Contact David on 0448 836 000



**Finnian's Tavern in Gordon Street** has been a long standing sponsor of our Club. They support our weekly meat raffle each Friday night. These raffles have raised thousands of dollars over the years and is the main source of funds being used to repair rescue boards and competition boards.

If you're looking for a pleasant night out, nice meal, good range of drinks and friendly atmosphere, go along to Finnian's.

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**AAE Solar** - Steve Filetti will provide a special discount for every club member who wishes to look at solar hot water. \$50 per sale will be donated back to our club. Please contact Steve on 0429 620 991.



**Joyer IT & Print** - support our club with Website and Printing. This is also available to our members at very good prices. Contact Anya Dixon at [info@joyer.com.au](mailto:info@joyer.com.au)



**McDonalds Port Macquarie** - Brett & Jacquie Jones are proud supporters of our surf club and help support Ronald McDonald House and other charities.