



THE SUNKEN ANCHOR

21 September 2016

BERMAGUI SLSC MEMBER NEWS

IN THIS ISSUE

Patrols start this weekend

The Sunken Anchor

Thanks for the great response to the newsletter. We've had lots of positive feedback and ideas for future issues. We even have a name now thanks to Life Member, Warren Marshall. As a nod to the historic anchor lying on the bottom of Horseshoe Bay, the Bermagui SLSC newsletter will now be *The Sunken Anchor*. If anyone has any stories about the anchor or knows any of its history we'd love to hear from you. Just drop us an email at bermisurfclub@gmail.com.

Patrols Start This Sunday

Our patrol season starts this Sunday. Come down to say hi to our patrollers who'll be at Horseshoe Bay from noon to 4:00 pm on Sunday, 25th September. We'll be patrolling every Sunday and Public Holiday between 20th November and 25th April 2017 with 4 shifts over the coming school holidays as well. During the busy summer period from 17th December to 29th January we'll also be at the beach on Saturdays.

New Membership Fees

When you go online to renew your membership remember that we've got new fees this year. This season each club is paying a \$5 per member fee to Far South Coast Branch to help fund the many services and opportunities they provide branch-wide. This means we've increased our membership fees by \$5.

Details on the new costs for each type of membership and instructions on how to renew or join online are on our website at: <http://www.bermaguils.org.au/members>

Rego Day & Welcome BBQ

The REGO Day and Welcome BBQ will be held on Sunday, 16th October from Noon to 2:00 pm. We'll have uniform pickup and a Welcome BBQ but we'd love to have as many people as possible sign up online in the meantime. Then you just come along to the BBQ and not have to worry about lineups to join or renew your membership.

The 16th October is also Surf Club Open Day across NSW so bring your friends down too.



Upcoming Training Courses

The spring 2016 Bronze Medallion & Surf Rescue Certificate course is now open for registration. We also have Spinal Management, IRB Crew Certificate, IRB Drivers and Silver Medallion Beach Management available – see over for more details.

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Nippers Starting in October

Our new season of Nippers is starting in just a few weeks. Check out page 2 for more information.

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Upcoming Training

Bronze Medallion & SRC

A new combined Bronze Medallion (15+ years old)/Surf Rescue Certificate (for those aged 13 & 14) is starting in October. See the dates below and email

bermisurfclub@gmail.com if you'd like to register or for more information. Spots are filling fast so get in quickly.

IRB Crew Certificate

A Branch IRB Crew Certificate course is scheduled for Bermagui on 12/13 November and there are still spots available. The club will cover the cost of the training for anyone interested. You must have your Bronze Medallion (or be enrolled in the Oct/Nov Bronze course) to participate.

Silver Medallion Beach Management

The SMBM is now a requirement for all Patrol Captains. There's a course being held in Narooma on 26th November and Bermagui has some spots on hold. It will be held in conjunction with the Spinal Management course over one full day. The club will cover your course cost so email bermisurfclub@gmail.com to reserve your spot.



BRONZE MEDALLION/SRC DATES

Thursday, 27 October: 6:30 to 8:30 pm
 Sunday, 30 October: 9:30 am to Noon
 Thursday, 3 November: 6:30 to 8:30 pm
 Sunday, 6 November: 9:30 am to Noon
 Thursday, 10 November: 6:30 to 8:30 pm
 Sunday, 13 November: 9:30 am to Noon
 Thursday, 17 November: 6:30 to 8:30 pm
 Sunday, 20 November: 9:30 am to Noon

THE SUNKEN ANCHOR QUIZ

Our favourite patrol Quiz Master, Van Osgood, is keeping the trend alive by posting quiz questions for The Sunken Anchor. Store them up for your patrols or have a go at them with your family:

1. In which Australian wine region is Leeuwin Estate?
2. Which company is the developer of the Pokémon Go?
3. Sodium hydroxide is better known as?
4. Which African mammal's name means "earth pig" in Afrikaans?
5. Who is Australia's Minister for Defence Industry (Sept 2016)?
6. Which Political Party has the initials N.X.T.?
7. What Type of musical instrument is a spinet?

Nippers Starting Soon

Proficiency Swim

This season's proficiency swim for Nippers will be held at Cobargo Pool at 10:00 am on Sunday, 23rd October. All junior members have to complete their proficiency (either that day or individually and have it signed off by a qualified pool lifeguard) before they can take part in water activities with Nippers.

Start Date for Nippers

Nippers will be starting on Sunday, 30th October. A full season program will be available at Rego Day but make sure you get the start date in your calendar. If you haven't renewed your membership already please do it online before Rego Day if you can. Details on how to register are on our website at: <http://www.bermaguistsl.org.au/members>



AROUND THE CLUB

**Junior Carnival in Bermagui**

The first Far South Coast Branch junior carnival for the season will be held in Bermagui this year. The carnival will be on Sunday, 27th November, and will be run by Far South Coast Branch. While we're grateful for Branch support in taking the lead on this one, it would be great to have as many people on hand as possible to lend a hand and learn the ropes so we can take on the challenge ourselves in the future.

If you're able to lend a hand on 27th November, even for a couple of hours, please email us at bermisurfclub@gmail.com.

ReBoot in Bermagui

ReBoot is here! Coming to Bermagui on Saturday and Sunday this week the program has something for everyone. There's still time to register so check out the program at:

<http://www.rebootinbermagui.com.au/>

Bermagui SLSC will be doing water safety for the Ocean Swim on Sunday morning and we look forward to seeing you all there. If you're not swimming come on down to cheer on those who are. The race starts at 10:00 am on Sunday morning at Horseshoe Bay.

Skills Workshops

Our Club Captain, Lobba, is currently working on pulling together some skills workshops to run during the season. Ideas so far are body surfing, board skills and surf ski. Email Lobba at bermisurfclubcaptain@gmail.com if you have any ideas for other workshops you'd like to see. Watch this space for details on dates.

Wettie Exchange

We're looking at starting a "Wettie Exchange" program at the club for our young Nippers. Given they're expensive and the kids grow out of wetsuits so quickly an exchange might make it easier for the kids to be comfortable in the water, particularly at the start of the season. If you have any old wetsuits that no longer fit your kids and you're willing to donate them to the exchange please let us know at bermisurfclub@gmail.com and we'd be happy to pick them up from you.

Surf Ski Clinic in Ulladulla

Renowned surf ski paddler and coach Sean Rice will be running a coaching clinic in Ulladulla. It will be held on Saturday 5th November and the cost is \$200 for the day.

If you're interested in attending email bermisurfclub@gmail.com for more information.

**Back to Bermi Reunion Breakfast**

The annual Back to Bermi Reunion is being held on Saturday night, 1st October. They'll be holding a recovery breakfast at the Surf Club the next morning.

We're looking for volunteers to help with the breakfast from 8:30 am to 11:30 am. If you're available to give us a hand please email at bermisurfclub@gmail.com.

Wellbeing Survey for Lifesavers

Research is currently being done into the impact of volunteering on the wellbeing of surf life-savers in NSW. Research suggests there's a link between volunteering and mental health. While studies have looked at community organisations across Australia and internationally, the unique and strong surf life-saving movement on our home turf has not yet been fully investigated. This study aims to explore the impact of surf life-saving club involvement on the wellbeing of individual volunteers and the potential knock-on effects to the wider community.

If you're over 18 years of age and would like to contribute, just click on the link below to participate:

<https://www.surveymonkey.com/r/MXVL56G>

The survey's open until Friday 30th September, and your contributions are greatly appreciated.

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To submit information and or photos for an upcoming newsletter email Cheryl at bermisurfclub@gmail.com

Quiz Answers

1. Margaret River, W.A. 2. Nantico. 3. Caustic Soda. 4. Aardvark. 5. Christopher Pyne. 6. Nick Xenophon Team. 7. Harpsicord or Piano.