



BERMAGUI SLSC COMMUNITY NEWS

THE SUNKEN ANCHOR

12 January 2017

IN THIS ISSUE

Staying Safe at the Beach

Check Out The Conditions

Given the recent spate of drownings in NSW we thought it might be a good time to remind everyone of some things to look for at the beach before going in the water.

We're fortunate at Horseshoe Bay to have one of the safest beaches in NSW. That doesn't mean that conditions don't change and recently we've had some rips that you don't normally see at our beach.

Surf Life Saving Australia recently launched a campaign focussing on rip currents. Here's some info from their campaign and you can find more details and some great videos at <https://beachsafe.org.au/surf-safety/ripcurrents> or take a look at the recent video we posted on the Bermagui SLSC Facebook page @bermislscl:

THE FACTS ABOUT RIP CURRENTS

There are many myths about the ocean. Many people think it's just tourists and poor swimmers who get caught in rip currents. In fact, it's young men aged 15-39 years who are most likely to die in rips. Rips are the number one hazard on Australian beaches. The best way to avoid a rip is to swim at a

patrolled beach between the red and yellow flags.

HOW TO SPOT A RIP CURRENT

Rips are complex, can quickly change shape and location, and at times, are difficult to see. The things to look for are deeper, dark-coloured water; fewer breaking waves; a rippled surface surrounded by smooth waters; and anything floating out to sea or foamy, discoloured, sandy, water flowing out beyond the waves. Rips don't always show all of these signs at once. Can you spot a rip?

HOW TO SURVIVE A RIP CURRENT

Stay calm and consider your options. Raise an arm to seek help. Try floating with the current, it may bring you back to shore. Swim parallel to the shore or towards breaking waves and use them to help you in. Reassess your situation. If what you're doing isn't working, try one of the other options until you're rescued or return to shore.

Keep in mind that we also have a lot of visitors to our beaches so keep an eye out for others too whenever you're at the beach.

So ... stay safe and always check the conditions, even if it's a familiar beach.



Nippers Notes

Nippers Carnival Training

The next scheduled Nippers session is the carnival in Narooma on Sunday 29th January.

As promised, we've got some options for training sessions to help the kids practice a little before then.

These sessions are not regular Nippers sessions, they're designed to help prepare the kids who want to compete in carnivals. Focus will be on covering the different rules for carnival events and also practicing the carnival distances for swims and boards, etc.

Given its school holidays, we're going to try some weekday sessions. We have some options for dates and need to know from you which dates you prefer. We'll confirm the dates based on which get the most responses.

SESSION 1:

Monday, 16th January – 4:00 pm

OR

Tuesday, 17th January – 4:00 pm

OR

Wednesday, 18th January – 4:00 pm

SESSION 2:

Tuesday, 17th January – 4:00 pm

OR

Wednesday, 18th January – 4:00 pm

Please let us know your preferred dates by end of day Friday, 13th January by emailing bermisurfclub@gmail.com

We'll also be sending an email to Nippers parents to make sure we catch everyone who's interested.

Vikki Marshall will be leading the sessions but, as always, if you're able to help out as water safety or on the beach we can use as many hands as we can get.



THE SUNKEN ANCHOR QUIZ

1. What is the capital of Spain – Seville, Granada or Madrid?
2. Which Cadbury product is most similar to a Violet Crumble?
3. Who was in charge of the ships Nina, Pinta and Santa Maria in 1492?
4. What is a ballet dancer's skirt called – a tutu, a tintin or a toto?
5. How many points does a normal starfish have?
6. What is the mark which appears on some stamps when they are held up to the light?
7. What does a German do with his lederhosen – water his garden, fill it with beer or wear it?
8. Who gave his name to the world's busiest man-made tourist attraction?
9. What Scandinavian warriors are supposed to be the first Europeans to have visited North America?
10. What sort of birds, according to the saying, are likely to "flock together"?
11. What is a parasite – a volcanic rock, a creature which lives on another or a parachute landing area?
12. What is a bike called when it only has one wheel?

Upcoming Functions

We have a busy time coming up for functions and we're looking for some help from volunteers who have their Responsible Service of Alcohol Accreditation (RSA). If we get enough people the shifts can be fairly short. Can you please text Neil at 0427-830-574 or email bermisurfclubfunctions@gmail.com if you're able to help on any of the following dates:

Saturday, 28th January
Afternoon

Saturday, 25th February
Late afternoon or Evening

Saturday, 4th March
Late afternoon or Evening

Saturday, 25th March
Late afternoon or Evening

Saturday, 1st April
Late afternoon or Evening



AROUND THE CLUB

IRB Crew Course

We're holding an IRB Crew Course in Bermagui this Saturday, 14th January. It will run from 10:00 am to 3:00 pm at the surf club.

You only need your Bronze Medallion to participate. Once you have your Crew Certificate and get some hours up you'll be able to start training for the Silver Medallion IRB Driver award.

The more people in the club we have with their IRB Driver and Crew qualifications, the more options we have for patrols. It's also a fun way to keep learning new skills.

If you're interested in doing the course and haven't already confirmed let us know at bermisurfclub@gmail.com as there are only 3 spots left.

Junior Lifesaver of the Year Award

Congratulations to Poppy Logue who has been nominated for the Far South Coast Junior Lifesaver of the Year Award.

The JLOTY award recognises young members who hold the Surf Rescue Certificate and have been involved in the club in a number of ways.

Poppy is a constant presence helping out at Nippers and also volunteers to help out wherever she can at things like Sippers and running the uniforms table at Rego Day.

Poppy's a great asset to our club and Bermagui SLSC is proud to endorse her nomination. Good luck Poppy!

New Training Awards

Congratulations to Jai Curven who has now upgraded his Surf Rescue Certificate to a Bronze Medallion. Well done Jai, great to have you on the team as a fully-fledged Bronzie!

Patrol Rashies

Long-sleeved rashies are available for use on patrol for anyone interested in purchasing one. They cost \$35 each and we'll be placing an order early next week.

If you'd like to order one please let us know by emailing bermisurfclub@gmail.com with your size (S – M – L – XL – XXL).

They're great for using on patrol, either swimming or on a board and work well in the IRB if you're not wearing a wetsuit.



Patrol Caps

We're all familiar with the iconic quartered skull cap worn by surf lifesavers over the years.



We've received some recent reminders that these are an important part of our patrol uniform and all patrollers should be wearing one when on patrol, particularly when going into the water for any kind of activity, whether it be for a rescue or just for skills practice during patrol.

We'll be making sure that each patroller has their own cap issued as part of your uniform so you can keep it with you and bring it to each of your patrols.

If you don't already have yours just let your Patrol Captain know at your next patrol and we'll make sure we get one to you.

Sippers Reminder

Sippers is now up and running each Friday in January. We had a great turnout last week and hope to see you all there this Friday.

It runs from 5:00 pm to 8:00 pm at the clubhouse.

Everyone is welcome and you don't have to be a club member to attend. We'll have Zak's famous gravy beef rolls along with sausages and the bar will also be open.

There'll be table tennis, pool and cricket on the grass. It's a great opportunity to relax and hang out with friends at the end of the week before heading into the weekend. Put it in your diary and let your friends and family know.

**THE
SUNKEN
ANCHOR**
12 January 2017

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

Quiz Answers (This Week)

1. Madrid. 2. A Crunchie. 3. Christopher Columbus. 4. A tutu. 5. Five. 6. The watermark. 7. Wear it. 8. Walt Disney. 9. The Vikings. 10. "Birds of a feather". 11. A creature which lives on another. 12. A unicycle.