



Reef Recorder

November, 2011 – Proficiency Time!

Sydney Northern Beaches Branch, 'Most Outstanding Club'

Important dates for your diary

- Saturday 12th November, 2011, Twilight Nippers 3pm
- Sunday 13th November, 2011 – Manly Junior Carnival
- Tuesday 15th and Thursday 17th November, 2011 – Senior First Aid Course
- Saturday 19th November, 2011 – Round 3 SNB Branch Boat Carnival
- Sunday 20th November, 2011 – Patrol 10am – 3pm Bungan Beach
- Tuesday 29th November, 2011 – Assessor Update – North Curl Curl

Message from the President.

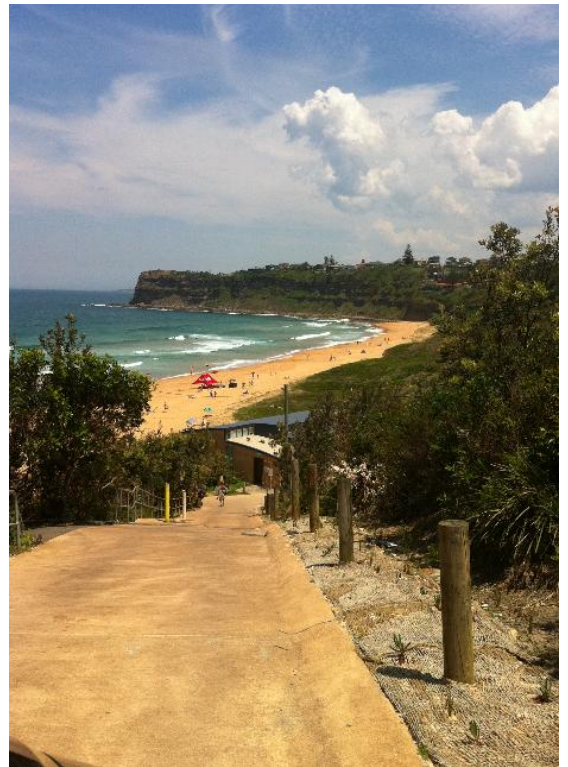
Well there is no denying that summer is in full swing and club life has well and truly kicked into action. Each weekend can really only be described as organised chaos as our clubhouse bursts at its seams with members. The school programs of Shore and Abbotsleigh consume the beach from 8am till 1pm each Saturday followed by our large number of nippers and their families on Sunday mornings. On top of this we have had large numbers involved in various educational training courses and our annual lifesaving proficiencies. I can't thank enough our tiny group of trainers involved in education and assessment who have given us such a large amount of their time this summer already.

What might be interesting to many of you is the small number of adults that are keeping our club running. Currently we have about 74% of our membership under the age of 18 years of age. Whilst this is fantastic for the future of the club if we can retain them we need to really look at identifying more helpers and growing our membership base in the 30's and 40's age categories. This has historically been a difficult task for the club and our membership base is very disproportional to other clubs. We urgently need more helpers. Officials so that our kids can complete and people taking more of an active role in running our club to share the demanding workload. One area that we have identified is that our facilities and atmosphere needs to be improved. On that note we have been working hard putting in an open aired café style facility on the roof of the club. It is hoped that this will be completed in the coming weeks and will be somewhere that members can relax and enjoy in the months to come. For any club issues please don't hesitate to ask.



Long Reef SLSC members help a few of the smaller clubs on the SNB.

With such a large number of youth on patrol it is a challenge to find ways to engage and involve them within the club. Certainly extra adult helpers would allow for more competition and other activities. In the interim we have looked to extend our patrol skills by patrolling at a few different beaches. This has been a great experience for those involved and has also assisted two smaller clubs on the Northern Beaches being Bungan Beach and South Narrabeen. Each of these clubs has traditionally found it difficult to gain patrol numbers at different times of the year. Of note this is the first time for many they have had to patrol the beach without a lifeguard. Our patrollers have also found how lucky we are at Longy with the large amount of equipment our club has and I don't think people could ever now complaint about the parking at our beach. Both Bungan and South Narrabeen clubs have been extremely grateful for our assistance over the last month. Thanks to those members particularly the Abbotsleigh girls and our cadets who have done the majority of the patrolling on our clubs behalf. These patrols have been supervised by Jeremy, Lachlan Gadd and Doug. The fun is not over yet though with our entire cadets team lead by Tony Jackson set to hit Bungan Beach on Sunday 20th November, 2011 for a day of patrol and other activities.



Should you have any exciting information, ideas and or news and would like it included in the monthly Reef Recorder please email, longreef@longreef.com for its inclusion.

Shark Tower Café.

A large number of you would have seen the work taking place on the roof of the club as apart of our continued improvements over the last few seasons. We hope to have all the work finished in the coming weeks so that we can hold Xmas drinks on the roof. The considerable work includes a new & wider stair case, safety glass around the roof to block out the southerly winds, new out-door kitchen, BBQ, fridges, coffee machine in the old shark tower and table and chairs with large umbrella's covering the rest of the balcony for shade. It is hoped in conjunction with the new grass courtyard this will make a fantastic environment for all members to share and enjoy.

EOI – Manager and assistant's

After discussions the Board of Management is looking for a manager/s and assistant's to work / manage the café on the weekends. The Manager/s would be responsible for ordering of stock, coffee, sales, and monies. At this stage there are a lot of details to work through but the hours of operation look like being Saturday and Sunday 7.30am till 2pm. The assistant's, (more than likely 2 people) will assist the manager with sales and service and work during the busier times between 3 and 4 hours during the day. Each of these positions will be paid part time positions and employees of the Sydney Northern Beaches Branch. It is desirable that those applying have some sort of café or retail experience. The people need not be members of the club and will receive training on how the coffee machine is used if required from Vittoria Coffee. For those interested please send expressions of interest / CV's to President@longreef.com



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Cadet's Corner

'Our Longy Cadets have proven to be a talented lot.

In their first get together for the 2011/2012 season, the Long Reef cadets enjoyed a great Chinese banquet and then hit the stage in the karaoke challenge at Brookvale Chinese Restaurant last week. Punching out their best renditions of the past and present top hits, the group virtually commandeered the stage, entertaining a packed restaurant crowd. And in the grand finale, the combined group were last heard belting out the tune to 'We are the Champions' which lifted the restaurant roof, halted traffic on Pittwater Road and obtained a standing ovation and encore from on lookers and restaurant staff. A great night was had by all.

The Longy Cadets have grown in numbers over recent years following the great work from Jeremy Keating and Stella Watson to bring our under 14's to under 19's together. This year, Tony Jackson (parent) has also joined Jeremy and Stella and will assist in coordinating these age groups to ensure that the club continues to develop our kids in these age groups. Tony sees the importance of providing an informal programme for our kids following their time in nippers and to assist in their development before becoming qualified senior lifesavers. Programmes such as leadership, mentoring, lifesaving skills and competition training will be developed over the season and will be offered to all cadets.

Future events for our cadets will include other nights out, Luna Park, bowling, Xmas fancy dress, masterchef, surf carnivals, movie nights at the club, camps, patrols at other SLS clubs and much much more.

If you are interested in joining Longy Cadets and are between the ages of under 19's and under 14's, then please see Tony, Jeremy or Stella on the beach on any given Sunday. Fun and great times is guaranteed.

Join us on facebook at 'Long Reef Cadets''

Director of Lifesaving – Jeremy Keating

Patrols have been set to ensure that each patrol has the minimum requirement of awards including IRB driver and crewman, ARTC holders, spinal management, beach management awards etc. We are still having a few problems so please work with your Patrol Captain to ensure that your patrol is covered.

Proficiencies were very well attended this year both on the 23rd of October, 2011 and 6th November, 2011. All in attendance went through an extensive upgrade of their skills with so many changes being made by SLSA and SLSNSW over the winter period. This included changes to the IRB's, Spinal Management and Resuscitation. For those yet to do proficiencies we will make some arrangements to try and get around to patrols.



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Director of Education – Ian Wallace.

Training has started strongly this season with the goal at the start of the season being to improve our existing member's education and patrol skills. On top of the Shore and Abbotsleigh Schools programs we have a large group of around 25 BM members training on Sunday mornings with Ian and Adam Kent and another large group of around 20 SRC cadets training with Stella Watson and Tony Jackson. In addition we have also had a large number of members complete various awards including:

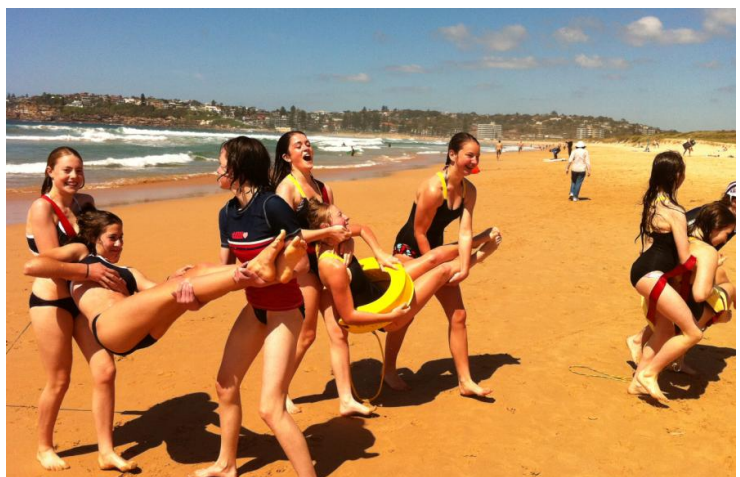
- 27 x complete either their upgrade or new Advanced Resuscitation Certificate.
- 21 x All-Terrain Vehicle Operators Certificate,
- 5 x Spinal Management Awards &
- 1 x Pain Management Award

We are really about to hit a very busy period for training and assessment in the coming weeks with multiple wet and dry assessments at Long Reef towards the end of November. Following these assessment's we look forward to welcoming a large number of new members to our patrolling strengths.

Anybody interested in doing any courses please contact Ian Wallace at Education_longreefslsc@hotmail.com

Upcoming courses available

1. Senior First Aid
2. Train Small Groups (instructors)
3. Radio Operators Course.



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Public Access Defibrillator at Long Reef Beach.

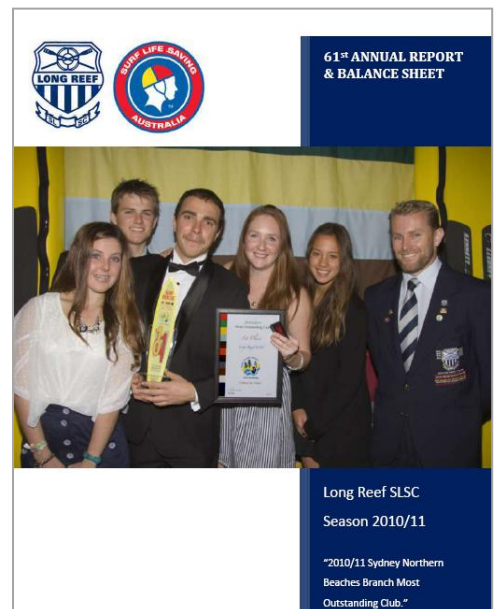
Long Reef SLSC club is proud to announce the installation of the first 'Public access' AED for after hours emergency incidents on the Northern Beaches. **Defibrillation** technology and training has reached a level in society where it is making an extremely positive impact in the survival chain. The AED is located outside the boatshed. In recent weeks we have spoken to numerous community groups explaining how the machine works. It is hoped that it is never required however is available incase of an emergency.



2010/11 Annual Report.

For those who have not seen it yet the 2010/11 Annual Report is on the website. Limited numbers of printed copies are available upon request. The report can be downloaded at your leisure at www.longreef.com. Several copies are also available for reading in the patrol hut along with several copies of the 2010/11 Sydney Northern Beaches Branch Annual Report.

Sincere apologies for the delay and not having it for distribution at the AGM.



ATV - TURN THE RADIO OFF SO THAT THE VEHICLE STARTS – Four times now patrols have not turned the ATV radio off, which means that for the poor patrol the following morning they don't have the use of the ATV and have to carry everything. More importantly if we get an after-hours rescue call we can't launch the IRB in an emergency!



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Boatie Report – Alice Clarke

It has been a great start to the surf boat season and we've hit the surf at a fast pace.

Before we got in the surf, we needed to prove ourselves in the flat water endurance races, in particular the Rooster's River 14km Run down the George's River and the Bondi to Watson's Bay 13km Ocean series race with the Ikunas, the Mongrels and the Ladies racing. All crews rowed magnificently!

Further to that the mongrels backed up again in the NSW Endurance Championships winning a Bronze medal in the Reserve Grade!



The first carnival of the season was at Bilgola and for once the weather and surf gods were somewhat nice for most of the day! There were only two crews that hoisted on the speedos that being the Chicks and the Ikunas. The Chicks were out to dust off the cob webs and get the season started again. Whereas the Ikunas raced above and beyond in the U23 Men's and Open Men's divisions to nail a fabulous second in the U23 Men's division and a finalist in the Open Men's final.

Newport carnival was next and we had the Ladies, the Key Hunts, the Ikunas and the Chicks racing. The Ladies rowed very well and made it through to the Open Women's semi final and unfortunately went out with a bang and a big roll- they were so close to making it over that huge wave. Good effort Ladies. The Key Hunts in the Reserves division made the surf conditions look flat as they rowed their way through to the final. The boys cracked a classic wave to put them into second place in the final! The U23 Men's final was up next and the Ikunas had the last laugh, getting through the surf like true professionals and leaving everyone in their wake to take home the gold medal place in the final! The Chicks also had an outing in the Reserves division as they were short one female rower. The first race was a screamer, being one of two crews to make it out through the break and out row a fast finishing Manly boat to claim second place. Unfortunately the second round race was over before it began, making it the first break to get a surf lesson, and that was where their glory ended!

Most valuable rower must go to Matt Russell-Jones who rowed and swept out of his skin at Newport on the weekend. Matt's sensational sweeping skills were the difference between a roll and second place for our Reserve grade crew in their final! Congratulations and we will miss watching you sweep in more carnivals this season.

In other news, Angus Vowell and Adam L'Green have been doing some serious training to do a record paddle, on rescue boards, from Newcastle to Long Reef over four days. Starting at Stockton Beach and ending at Long Reef SLSC, their paddle will be approximately 110km long. You may ask why they are doing something so crazy- all in the name of raising some much needed funds for our surf club. So please tell your friends and get them to support the boys and leave a message at www.mycause.com.au/paddleforapurpose . So far they've already raised \$3000.00.

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