

at the CLUB

ABSLSC MONTHLY NEWSLETTER

**JAN
2024**



FROM THE PRESIDENT

Welcome back team!

I hope everyone had a happy Christmas and New Year, getting some time off to relax with family and friends.

I can't believe we are already halfway through the season, but the busiest time is yet to come with patrols continuing until April with Australia day in the mix and competition time for states in February / March.

We had a busy few months with SRC squad passing certification, social club 1st Friday of the month with a newest sponsor Bumbles the Clown which was a massive hit and great night had by all, Nippers Carnival, Nipper's end of year break up with special guest, Proficiencies being completed and Boat Carnival held in front of the club. I'm so impressed with our members and community with what we have achieved to date and really great to see all areas of the club coming together performing great things!

We will be doing a raffle shortly for end of season so keep an eye out for that as we are just confirming amazing prizes at the moment to hopefully have released end of January.

Patrols are a big reason why we are on the beach and without the dedicated team we would be able to protect our beautiful beach, so wanted to thank you all for your time and dedication, as we all have to go through annual proficiencies to ensure competency which now have all been completed with a big thankyou to Andrew and Mandi Bedford, Patrol captains for completing these by the 31st of December.

Great work by the team who manned Christmas days volunteer shift at the beach, with all weekends and public holidays being covered by patrols and our EOG members performing a number of rescues with inflatable craft (Reminder if the breeze is blowing out to sea please put all inflatables away as there is a massive risk of them blowing out to sea which can put loved ones at risk especially at the speed it can happen).

Continued overleaf...



CALENDAR EVENTS

The Surf Life Saving SA calendar is available on the SLSSA website.

The calendar contains dates for all the sport, lifesaving, training courses, community programs and other important state events such as State Council meetings, Awards of Excellence and similar.

The Aldinga Bay SLSC calendar is available on the Club website.

FOLLOW US ON:

[PUBLIC page](#)

[PRIVATE page](#)

[PATROL page](#)

[INSTAGRAM page](#)



ALDINGA BAY SURF LIFE SAVING CLUB

Norman Road Silver Sands, Aldinga Beach SA 5173
PO. Box 269, Aldinga Beach 5173 | www.aldingabayslsc.com.au



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There is lots of training occurring at the club with our SRCs now looking at going for the Bronze at the end of January, also looking at ART course and IRB Crew / Drivers, so if interested please reach out to Andrew Meyer to register interest trainer@aldingabayslsc.onmicrosoft.com

Remember if you haven't received your Membership card they are available for collection at our social nights and Life Members your cards are now ready as well.

We will be providing first aid for a number of events coming up including Silver Sands Triathlon on Sunday 11th of February and Judith's Walk on Sunday 25th of February 2024. (See flyer at back of newsletter).

Our Boat crew was out in action Sunday 14th at South Port SLSC and our Juniors were awesome on Sunday 21st at South Port SLSC, thanks to those that went down to cheer them on!

Look out for the Mid Coast Youth Amazing Race that is coming with further information to be provided.

Please don't hesitate to reach out to me directly if you have any feedback, queries, or concerns that you would like addressed or you see me around please say hello.

I look forward to seeing you on the Beach or in the club!

Nathan Amos ABSLSC President

PS: Below are a few photos taken over the Christmas / New Year Break.

THANK YOU EVERYONE!

OTHER NEWS!

Meat raffle at our monthly Friday night went off With Taz taking it home with a big thanks to Willunga Quality Meats for providing it.

-

Big congratulations to Andrew Meyer on passing his RWC assessment this morning at Goolwa which would have been challenging!

-

Also congratulations to our newest **Nipper Water Safety Certificate** Brittany Van Kruyssen, Samantha Rowland, Michelle Haynes, Chris Mcelligott and Ben Snyders who passed the assessment this morning. This allows them to provide water cover at Nippers and Nipper carnivals. Great work and see you on the beach.



IMPORTANT DATES

Friday Night Social get together - 1st Friday of every Month

Patrol Dates - Saturday 7th of October to Monday 1st April 2024

Nipper Dates - Saturday 21st of October 2023

14/15 YO Youth Development Camp

- Tuesday 16th of April to Thursday 18th of April 2024

16/17 YO Life Saving Development Camp

- 11th of December to 15th of December 2023

Anzac Youth vigil - 24th of April 2024

Annual presentation - Sunday May 19th 2024

IRB Racing Season / Carnivals / States - TBC

Awards of excellence SLSSA - middle of June 2024

AGM - 18th of August 2024

Competition Dates - See at the back of this newsletter.

REMINDERS

Silver Sands Beach Club

Discount for club members.

Get 5% off all food, house wines, taps beers, and soft drinks.

SILVER SALTIES 65+ MOVEMENT IN SLSSA

[Silver Salties](#) is a participation program for older Australians (65+ years) at Surf Life Saving Clubs throughout Australia, promoting physical activity, social connections, and involvement in the surf lifesaving community. Adults 18+ are welcome to participate, however, adults 65+ are the target audience.

Silver Salties runs Thursday 10am at the club and weekly.

We look forward to seeing you there.

Come join the fun and keep that body moving!



Now serving breakfast and coffee every saturday and sunday through summer

See menu on last page...

Bookings:

Bookings can be made through our website: www.silversandsbeachclub.com.au

Contact:

E: ahoy@silversandsbeachclub.com.au
M: 0460 762 345

Opening Hours:

7 days from 12 noon – 10pm(ish)
Walk-ins always welcome but bookings preferred to ensure you get a spot!

Member Discount

You must show membership card before beginning your order - this is very important. From there members get 5% off all food, house wines, taps beers, and soft drinks.

ALDINGA BAY SEADRAGONS

Congratulations to our Aldinga Bay Seadragons who Competed on Sunday 7th of January at Aldinga coming in 2nd in the four races.



INTERESTED IN UPSKILLING ?

We are looking to gauge what interest there is within our membership for the numerous training opportunities that are available to our Surf Life Saving Club members.

An online form has been put together to capture what training that we, as the club members, would possibly like to undertake this upcoming season.

It is for members aged 13 to 99+ (training for members U13 is done via the junior nipper program – for further information about this program, please contact the Junior Coordinator: abslscjuniors@gmail.com).

Aldinga Bay SLSC holds numerous types of training inhouse, but there are also opportunities that arise at other clubs and within the State.

These opportunities can be best managed if we understand what types of training our membership would like to undertake.

Completion of this form does not mean that the specific training will be offered at our club, some training must be undertaken by State or other RTOs.

So please have a look through the Training Registration of interest and complete it for what you are interested in.

The training team can then get an idea of what is required.

Click button below for training eoi:

MASTERS MALE					
CREW	RND 1	RND 2	RND 3	RND 4	TOTAL POINTS
180 ALDINGA BAY	2	2	2	2	36
180 WESTBEACH B TEAM	1	1	1	1	40
<hr/>					
200 GLENELG MIXED NUTS	5	5	5	DNS	18
200 THE GOOD OL BOYS	4	4	3	4	29
200 WHALES	3	3	4	3	31

VACSWIM 2024 ALDINGA BAY SLSC

Just another amazing thing we do for our community. Mandi Bedford managed a group of 170 kids over the week of 8th to 12th of January in the 2024 Vacswim program. Great work Mandi and the team!



SLSA ONLINE SEXUAL HARASSMENT AND MISCONDUCT AWARENESS COURSE

New legislation on sexual harassment – From 12 December 2023, the Australian Human Rights Commission will have powers to enforce compliance with the positive duty to prevent sexual harassment and misconduct. Clubs now must provide active education and not just write policies that people sign.

SLSA will be adding Sexual Harassment course to the skills maintenance from next year.

State has advised:

- All Club Presidents and Club Board Members complete the SLSA Online Sexual Harassment and Misconduct Awareness Course.
- All Patrol Captains, Coaches, Trainers, and Assessors complete the SLSA Online Sexual Harassment and Misconduct Awareness Course.
- All other members are encouraged to complete the course as soon as possible.

For some roles within the club, this new training is mandatory, however, we encourage ALL members to complete this course.

Available via your members portal eLearning. For all members that have an eLearning account, this training has already been assigned to you.

If you have any questions, please don't hesitate to contact:

Lilian Fowles,
ABSLSC Child Safe Officer.

at the CLUB

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LOVE OUR SURF CLUB? CLUB SUPPORTER MERCH

How good does this year's Club Supporter Merch look. Online shop is now closed but how good is it seeing some of our members rocking the new gear around the club and our local area!

Did you know that not only do you look great but the profits from the sale of these items go back into funding the amazing work of our volunteer lifesavers and Nipper program?

Look out for the next run of merch in upcoming editions of the newsletter and via our FB page.



While talking club support, why not become a Community Member.

COMMUNITY MEMBER

Community Membership \$50

Become a Community Member, widen your social network, make new friends and meet people who share your interests...

To become a Community Member a fee of \$50 per year applies (1st October to 30th September)

- Community Members can participate in club social events;
- Community Members receive a membership card each year that entitles that member to any discounts approved/applicable at Silver Sands Beach Club;
- Community Members enjoy social benefits only, they do not Patrol;
- Community Member can not compete in any SLSC Competitions

Join online or come down on a weekend and see what we are all about...we would love to see you!



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Membership
2023/24

Scan QR code to join us!



SURFBOAT INFORMATION

As boat captain the aim this season is to increase participation in the surfboat area.

Male and Female. Juniors, Open, Masters and Junior Parents are all welcome to come down, see what we are about, to have a go and learn more about participating in our surfboat area as a social rower or a competitor.

Come down and have a try!

Please contact:
Peter Symons 0413 316 328

YOUTH EXPRESSION OF INTEREST

Under 19yrs. Female Crew

If you are 15yrs.- 18yrs. old and are interested in rowing.

Please contact:
Lilly Gray 0476 224 884

Under 19yrs. Male Crew

If you are 15yrs.-18yrs. old and are interested in rowing.

Please contact:
Peter Symons 0413 316 328

UNDER 23yrs. N.G.S. Crew

15yrs-22yrs old and are interested in rowing.

Please contact:
Peter Symons
0413 316 328

Open and Masters Male and Female Rowers

23yrs-masters and are interested in rowing.

Please contact:
Peter Symons 0413 316 328

JUNIORS UPDATE

As we step into the new year, we reflect on the incredible moments we've shared and the remarkable achievements of our junior members.

Christmas Session: We couldn't have asked for a more magical Christmas session. Guess who made a surprise appearance at Aldinga Beach? **None other than Santa himself!**

A massive thank you to Daniel for ensuring Santa's safe arrival amidst the rolling waves. Our U13 and 14s truly stepped up, making our Christmas Fun Day memorable. From sandcastle building to reindeer relays and a wade relay, the day was filled with joy and laughter before our special guest's arrival.

Grange Junior Carnival: Our nippers showcased their incredible talents at the first junior carnival of the season. With 24 nippers participating and 7 newcomers, including 4 brand new U8s, it was a fantastic turnout!

Kudos to all our nippers who fearlessly participated in various events. Despite no divisions this carnival, many of our kids reached semis/finals. Special mention to Seb (U13) and Caue (U11) for their exceptional 4th and 5th positions in the flags final.

To be able to participate in future Carnivals, we urgently need more officials. Your contribution is pivotal, and it ensures our children can enjoy these carnivals.

The requirement to become a voluntary official is simple, it involves an online course (club-sponsored, 2-3 hours), a working with children check, and a face-to-face workshop at Southport SLSC on Wed 17th Jan 6.30-8.30. Please express your interest, and we'll provide you with all the necessary information.

Stay safe and see you on the beach,

Chris White: Junior Coordinator

NIPPER FUN!



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COMPETITION DATES

CLUB COMPS

Mile Swim -

Sunday 4th of February 2024

Club Champs -

Saturday 10th of February 2024

SURF RESCUE STATE CHAMPS

Friday 16th of February 2024

Saturday 17th of February 2024

Sunday 18th of February 2024

JUNIOR STATES

Day 1 - Sunday 21st of February 2024

Day 2 - Saturday 16th of March 2024

Day 3 - Sunday 17th of March 2024

SENIOR STATES

Day 1 - Friday 21st of February 2024

Day 2 - Saturday 16th of March 2024

Day 3 - Sunday 17th of March 2024

MASTERS STATES

Day 1 - Saturday 9th of March 2024

Day 2 - Sunday 10th of March 2024

AUSSIES

Saturday 13th of April to

Sunday 21st of April 2024

CARNIVAL DATES

JUNIORS

Carnival 1

Saturday 18th and Sunday 19th of November 2024 (Area Carnival)

Carnival 2

Sunday 17th of December 2024

Carnival 3

Sunday 21st of January 2024

Carnival 4

Sunday 11th of February 2024 (Port Elliot)

SENIORS

Carnival 1

Sunday 5th of November 2024

Carnival 2

Sunday 9th of December 2024

Carnival 3

Sunday 28th of January 2024



SAFEGUARDING CHILDREN AND YOUNG PEOPLE

Aldinga Bay Surf Life Saving Club (SLSC) is committed to the Safeguarding of Children and Young People, under the age of 18, and acknowledges that a child-safe organisation doesn't just happen; it requires conscious action from all club members to prevent children from harm.

There is a section on our [webpage for Member Protection](#), including Safeguarding Children and Young People. Check it out!

If you would like more information about Safeguarding Children and Young People, please contact the Club Safeguarding Children Officer Lilian Fowles.

OFFICIALS NEEDED

ABSLSC are in desperate need of new Officials - without Officials our kids are unable to compete at carnivals.

There are currently no officials from within the Juniors area, so we really need 2-4 volunteers to take on this role.

Please see the [Officials flyer](#) that has all the info you need to become an official!

For more information please contact:

Claire Ellis abslscjuniors@gmail.com

Lilian Fowles liliansurf76@gmail.com



DON'T FORGET TO PICK UP YOUR MEMBERSHIP CARDS

at the CLUB

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SPONSOR OF THE MONTH - FLEURIEU EXERCISE PHYSIOLOGY

Fleurieu Exercise Physiology is a proud local business in Aldinga. Exercise physiology is all about improving people's ability to move comfortably and enjoyably, as well as build strength and fitness for health and other personal goals. We love the diversity of client's we see. Everyone from young children diagnosed with autism spectrum disorder to older adults seeking to prevent falls or recover from hip replacements. We have also started working with a number of athletes looking to improve their sporting performance and reduce injury risk.

We run both individual and group based exercise sessions from our clinic, where we have an on-site gym and treatment rooms.

If exercise and movement is hard for you, we would love to help. If you are confused by all the information out there, we are here to guide you through it. Not sure what exercise is suitable because of your health condition, ask us. Nothing makes us happier than seeing our community happy, physically and mentally healthy, and active. That's why we love surf lifesaving, it fits perfectly with our values!

You can check us out on Facebook and Instagram or see our website. Otherwise feel free to call the clinic or get in touch with Claire Neylon at the club.



Fleurieu
Exercise Physiology

0423 085 884 | admin@fleurieup.com.au
www.fleurieup.com.au



CLUB SPONSORS

Aldinga Bay SLSC would like to acknowledge and thank our sponsors for your support.

[City Of Onkaparinga](#)

[Westpac](#)

[Government of South Australia](#)

[Fentons Conveyancing](#)

[Dhl](#)

[Office & Image](#)

[Willunga Lions](#)

[Fleurieu Exercise Physiology](#)

[Mclaren Districts Lions](#)

[Surf Esteem](#)

[Federal Government](#)

[Surf Life Saving South Australia](#)

[Bunnings - Seaford](#)

[Aldinga Osteopathy](#)

[OJO Creative](#)

[Dominos Aldinga](#)

[South Coast Earthworx](#)

[Bennett Electrical](#)

[Day Signs](#)

[South Coast Earthworx](#)

[Southern Quarries](#)

[The Sign House](#)

[Bumbles the Clown](#)

PARTNER WITH US:

Our partnerships aim to promote our partners within the southern community and beyond. Their corporate and community identity are given a visibility that aligns strongly with the local community.

For more information on all of our sponsorship opportunities please contact:

Sponsorship / Fundraising Officer:

Kerryn Amos

e: sponsorship@aldingabayslsc.onmicrosoft.com



Judith's Legacy

Raising Awareness & Funds for
Ovarian Cancer Research



Proudly supporting
**Cancer
Council
SA**

Judith's Walk

Sunday 25th February 2024

Willunga Rose Garden, Willunga.

Cost: -

\$25:00 Adults - \$50:00 2 Adults + 3 children - children under 14 free.

*Includes - Judith's Legacy drink bottle,
a bottle of water,*

+ 3 raffle tickets per adult

Registration:- opens 7:15am - closes 8:00am

- Judith's Walk starts - 8:30am

<https://www.trybooking.com/CKVRZ>

Supported by



Shona Smart
Sales Consulte
shona.smart@harcourts.com.au
M 0432 645 565



Fleurieu
Exercise Physiology



Coffee Van 6:30am - 8:30am

Cheers, Dean

Judith's Legacy

Ovarian Cancer Awareness & Research

0415 987 381 088557-8820 holdenfj56@hotmail.com



09/01/2024

Silver Sands

BEACH CLUB

FLEURIEU PENINSULA



Now serving breakfast and coffee
every saturday and sunday
through summer

Breakfast Menu:

8am - 10.30am

Bacon & egg burger

rocket, tomato relish, chipotle mayo - \$16
(add haloumi \$6)

Haloumi & egg burger

rocket, tomato relish, chipotle mayo - \$16

Hot bombolini doughnuts

with housemade gelato - \$16

sml coffee - \$5

lge coffee - \$7

alt milk - \$1.5

extra shot - \$2

Get online and Book:

Bookings can be made through our website:

www.silversandsbeachclub.com.au



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Contact:

E: ahoy@silversandsbeachclub.com.au

M: 0460 762 345

Opening Hours:

7 days from 12 noon
— 10pm(ish)

Walk-ins always
welcome but bookings
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