

Tama Tales

President's Update

Hi All,

Introduction

We have had a great start to the season, with lots going on. There is a wave of new ideas and enthusiasm in the Club. We have the Holly days program just kicking off again, plans to sell water over the SXS week-ends, ideas of a mural to draw attention to our much needed renovations, a big fundraising event in the city and so on. It is great to see everyone so involved.

Club redevelopment

I have unfortunately been very wrapped up in work to give the Club my fullest attention, but as things ease will hopefully ease off over November and into the all important Christmas break, I will be able to focus fully on our big project – the clubhouse redevelopment.

Progress-to-date

As most of you may know by now, the Management Committee made a significant progress in getting concept plans drawn up. Waverley Council approved in principle, these concept plans drawn up by Roth Architects. The next step is to have these concept plans developed to enable a Development Approval

(DA) to be lodged.

We had originally intended to get the Council to manage this process directly, but for two reasons this proved impractical, namely:

1. the Council were not progressing the project at a satisfactory rate (several months went by without Council progressing the project at all); and
- the fees which the Council were proposing to charge for project managing the next stage were financially prohibitive and could not reasonably be said to represent value for money for the Club.

The Club's Building Committee (comprised of myself, Christian Wild (architect) and Ronan MacSweeney (construction lawyer)) investigated the possibility of the Club engaging an Architect directly. We invited a number of architects to tender for this stage including Roth Architects and interviewed a shortlist of three architectural firms.

Following this process the Building Committee decided to recommend the appointment of Choi Ropiha. We recommended Choi Ropiha on the basis of price, the understanding of the club culture, the ability to work to tight budg-

ets, the quality of past work and their enthusiasm for the project. You can see some of their previous work at <http://www.choiropiha.com/>

What is the cost to the Club?

The Club will need to spend about \$70k on signing up an architect and other required consultants (structural engineer, quantity surveyor, BCA Consultant, etc) to work out the submission for DA. This also means the process will keep moving and more importantly we will save \$150k in the overall cost of the renovation – compared with the overall cost had the process been managed directly by Council.

From our discussions with State and local representatives, the Club will be better placed to access substantial grant funding for the project once a DA is in place.

Approval by membership

The Management Committee has now agreed to go ahead with the appointment of Choi Ropiha, subject to approval by the membership at a Special General Meeting (SGM).

The Management Committee is asking that you come to this SGM to endorse the Building Committee's recommendation to proceed.

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President's Update cont

At the SGM there will be a short presentation from the Building Committee on its recommendation. The merits of this strategy can then be discussed and voted on. This will also be an ideal opportunity for members to voice their ideas and concerns.

It is important that you show up and have your say. If the SGM does not approve the strategy it would be difficult to see

how the project can proceed. Therefore the Building Committee is looking for a resounding endorsement to proceed with the current strategy.

Date: TBA, but looking like the Sunday after Scotts Head.

Regards
Bill Shires
Club President

Inside this issue:

Front	President & Vice Captain's
Middle	Instructors, Nippers, other stories
Back	Sports

Vice Captain of Competition News Scotts Head

Upcoming Competitions and Oceanswims

- * Coogee Island Challenge Sunday 29/11
- * Bondi to Bronte Sunday 6/12
- * 3 points Challenge North Curl Curl Saturday 5 Dec
- * Bilgola Swim Sunday 13/12
- * Avalon Beach Swim
- * Rough Water Classic Sunday 17/1
- * Mona Vale Mighty Marathon 24/1

—also see club calendar and www.oceanswims.com.

Club Championships

There are three Rounds of Club Champos

- Sundays 11am starts on
1. 22 November 2009
 2. 10 January 2009
 3. 7 March 2010

Interested in learning more about board or ski racing or just want to try it out?

Contact reece:
reeceturner@gmail.com

The Scotts Head carnival is on the 14th and 15th of November. All members are encouraged to make the trip up to the most fun and accessible carnival on the calendar. Events on of-

fer include, board, swim, ski, beach sprint, flags, and team races.

The beach boasts a protected main beach with a real point break and a smaller, exposed beach

around the corner, so there is something to suit all tastes. Scotts Head is approximately 6 hours North of Sydney and the carnival runs all weekend.

TOSS + TOSS Merch

The Tamarama Ocean Swim Squad has started up for another season. The squad runs every Saturday at 10am from the Tamarama club house and is open to anyone who holds a current bronze medallion.

The swim depends on the conditions and caters to swimmers of all levels.

This season we have a limited number of silicone TOSS caps and

swimmers available for purchase. These are available for purchase online through the club web site and pickup before TOSS most Saturdays.

Chris Glover

Training for general fitness—all welcome

7pm Tuesdays - Soft Sand Training at Tama

7pm Thursdays - Biathlon at North Bondi SLSC (must have BM)



Vice Captain of Life Saving News Patrol Allocations and Swaps

The late winter was spent on working with Rex to create the new season patrol roster and ensuring each patrol had a fair allocation of active members. This is not as easy as you may imagine because at the time we are doing it we have no indication of who may be leaving the club, as a result there is a lot of juggling to ensure each patrol has a

good chance of hitting a minimum of four members per patrol. For those of you who have moved thanks for your support and for those of you who may have wanted to move but couldn't thanks for your understanding. Numbers are pretty tight until we have the first group of new Bronze members through just prior to Christmas so please try

and make your patrols and if you can't please give your patrol captain as much warning as possible and see if you can use the tama yahoo email address to find a swap tamaramaslsc@yahoo.com (if you don't know how to do this please ask your PC or me—Simon Griffin).

Christmas and New Years Patrols

Each year the Christmas period is a challenge - We try to ensure a fair allocation of patrols over Christmas from one year to the next but invariably people have other commitments and other things to do over the period so please re-

view your patrol roster now and start making some enquiries about a swap if you know you will be unavailable. That said Christmas Day, Boxing Day and New Years day can be great fun down the beach so if you are ros-

tered on please try and come down and if you aren't look for an opportunity to do a swap.



Tama Combined Christmas Cheer 20/12

This year it's on Sunday 20 December, and for a change nippers and adult members will come together to celebrate the human condition over a BBQ — 12pm at the club house.

So far this season

The first few patrols have passed without incident largely due to the poor weather and low numbers on the beach, but things are bound to get more exciting as the good weather returns and the beach

and water warm up. I will be holding a meeting with all the Patrol Captains in November to discuss patrolling and life saving in general so if you have any issues please make your PC aware of them so they

can be discussed in advance.

VC Life Saving report continued over page

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VC Life Saving Patrol skills

Tamarama SLSC Swimwear

... Is available for sale online at the Tamarama Shop <http://shop.tamaramaslsc.org/>

A focus for this year will be trying to up skill each patrol with more award holders such as ARC so please have a think about whether or not you might like to do a new course - if you do please let Sandra Fox or your PC know and we will line you up with a suitable course.

Well that's about it from me, remember being on the patrol should be fun but we also want to have another season of "No Lives Lost"

so be vigilant and don't be shy about using the whistle!!
See you on the beach soon, thanks for your efforts.

Simon Griffin
Vice Captain Life Saving

Simon_W_Griffin@hotmail.com

Instructor's Report

Another season is upon us and that means the education team is up and running. This year we have been particularly lucky with an extra 6 people having undertaken the Trainers Course, so we'll have lots more instructors shortly and a really strong training capacity at Tama.

We have already commenced the new bronze course with 16 enthusiastic candidates. This year has seen some changes to the Bronze Course. The main change has seen the introduction of Defibrillation awareness into the course; in addition they have removed the 3 person and 5 person carry, as well as taking out the dreaded multiple choice test in the assessment (yes - progress really happens!).

We'd like remind all members that we will be running three proficiencies in Oct & Nov - dates are on the calendar on the Tama web page. You must attend one of our proficiencies or a neighbouring clubs prior to the end of December otherwise you are unable patrol.

During the summer we urge all members to take advantage of one of the many education courses on offer - we'll have a strong push on up skilling over the season.

Finally if you have family, friends or neighbours who may be interested in joining the club the next Bronze course will be held in early January.

Anthony McShane

For more information about surf life saving education contact

Sandra Fox at
sandra.fox@austrade.gov.au



Soaking Up Some Rays for the Environment

Members may be aware that the club recently installed new solar panels on our roof to reduce our non renewable energy consumption and reduce our budget on energy. These panels have been installed with the assistance of the Federal Department for Environment Water Environment and the Arts who subsidised the club half of the money, Waverley Council who contributed one quarter of the money and with the assistance of Green Solar Group who supplied and installed the Solar Panels. Waverley Council also assisted with the development assessment approvals process for the system.

The Club will be having information days over summer to

inform members how they can save a quid and help the environment by installing solar at their home or work. Our next steps in greening our club will be to conduct an energy and water usage audit and also utilising the State government's water efficiency grant.

For homes and businesses, Council approval is not always required for solar power or solar hot water systems in the Waverley local government area, and where a development assessment is needed (e.g. if heritage listed building or in heritage listed area), Waverley Council is waiving fees for these types of renewable energy installations.

For more information on Solar contact;

Morgan Green- Green Solar Group- 0405031019

Waverley Council- Duty Planner for approvals advice - 8305 8484;

Environmental Services - 93698023

Federal Department of Environment, Water, Heritage and the Arts- Solar Homes and Communities www.environment.gov.au

61597700

Secretary's Members Note- Although we are now using renewable energy for part of our electricity usage this does not make it OK to have long gas powered showers and leave lights on at the club. If you see wasteful energy or water usage turn it off or tell the member to think of our environment.



Nippers

Last Sunday our Nippers Season got underway with Registration the usual suspects signed on for another season as well as a batch of twenty or so new recruits and 4 dogs.

While registration is right in the middle of School Holidays and many are away I'm expecting a influx of paperwork and late registrations this coming Sunday.

Many thanks to Danielle Plesums and Lyndelle Morgan for their continual effort in outfitting the kids with their rashies and cossies for yet another season.

This year Tamarama will conduct the Waverley Shield at Bondi and anyone in the Senior club who wishes to get involved can access the information on the website under the Nippers banner. In addition we will host the Bondi /Tamarama Challenge in the New Year and travel to Clovelly for The Tamarama / Clovelly Australia Day Carnival.

The organization and running of the Nippers can not be achieved without the support and dedication of many and I would like to thank the following for putting their hands up and becoming age marshalls and parents helpers for the season ahead.

UNDER 6 BOYS-GIRLS. Gary Hunt, Jason Plesums, Al Welsh, Keith McDonald , Guy Miller.

UNDER 7 GIRLS- Paul Cooper, Nick Sodbinov.

UNDER 7 BOYS- Paul Garufi , David Lampert, Jeremy Smith.

UNDER 8 GIRLS- Judy Shires, Richard Cullinan, Johanna Stanton- King.

UNDER 8 BOYS- Greg Waugh , Alex Frino.

UNDER 9 GIRLS- Kyoto Cooper, Suzie Forell.

UNDER 9 BOYS- James Shea , Carlo Moretti.

UNDER 10 GIRLS- Bill Shires, Caroline Overington, Julie Sengleman, Roy Palic.

UNDER 10 BOYS- Martin Whelan, David Eagle.

UNDER 11 BOYS- Will Corkill.

UNDER 12 GIRLS- Guy Waddell, Mary Spencer, Jonathan Eskin, Ronda Ryan.

UNDER 12 BOYS- David Morgan, Jeff Sengleman, Jon Bird.

UNDER 13s - Philip Miles, Adam Goern.

A special mention must go out to Rodney Glass of **Access Electronics P/L** Nippers parent who has just come on board as a sponsor. Also our T-Shirt sponsors Eastgate shopping centre, TYR,

Simon Exelton of McGrath Real Estate, Tamarama Post Office and Bondi Road News-agency.

Looking forward to a busy and productive season for all involved and remember all Nippers information, programme , forms and general requirements are available on the website www.tamaramaslsc.org under the Nippers banner.

Kind Regards

Paul Plesums

Nippers Delegate



NIPPERS PROGRAMME OF EVENTS 2009-2010 SEASON

<u>DATE</u>	<u>ACTIVITY</u>
11/10/09-----	Registration at clubhouse (10am to midday)
18/10/09-----	Proficiencies U/8-U/14--- Handicap Events # 1 (9am)
25/10/09-----	Handicap Events # 2 (9am)
1/11/09-----	Championship Events # 1 (9am)
8/11/09-----	Handicap Events # 3 (9am)
15/11/09-----	Handicap Events # 4 (9am)
22/11/09-----	Championship Events # 2 (9am)
29/11/09-----	Waverley Sheild at Bondi- U/8-U/14 U/6-U/7- at Tama- Handicap Events # 5 (9am)
6/12/09-----	Championship Events # 3 (9am)
13/12/09-----	Handicap Events # 6
20/12/09-----	Handicap Events# 7 & Christmas BBQ (9am)
Break for Christmas / School Holidays	
17/01/10-----	Championship Events # 4
24/01/10-----	Australia Day Challenge- Tamarama/ Clovelly Sheild at Clovelly U/6-U/14
31/01/10-----	Handicap Events # 8 (9am)
7/02/10-----	Bondi/Tamarama Invitational Challenge at Tamarama U/6-U/14
14/02/10-----	Handicap Events # 9 (9am)
21/02/10-----	Championship Events # 5 (9am)
28/02/10-----	Handicap Events # 10 (9am)
7/03/10-----	Handicap Events # 11 (9am)
14/03/10-----	Handicap Events # 12 (9am)
21/03/10-----	Presentation Day & BBQ

* In the case of marginal weather events will proceed.

* In case of very poor weather a decision to cancel will be made by the committee by 8:00 am

* Please phone committee after 8:30 am for information.

TAMARAMA NIPPERS COMMITTEE 2009-2010

PAUL PLESUMS: - 0408497224

PLEASE CONSULT THE WEBSITE www.tamaramaslsc.org

Holly Days

The Holly Days program is a Surf Lifesaving and Life Skills Program organised by Ann and Ted Robinson in loving memory of their daughter, Holly, and run by volunteers of the Tamarama SLSC. Indigenous La Perouse kids have been encouraged by the Holly Days Surf and Life Skills Nippers Program to overcome shyness and to grow in confidence and in interacting with the surf community, and some participants have been motivated to go on and work at

accomplishing the skills needed for the Bronze Medallion in Surf Lifesaving. In 2008 the Holly Days program won a Pauline McLeod Award for Reconciliation http://www.woollahra.nsw.gov.au/local_information_and_activities/arts_and_culture/reconciliation_awards.

This program has been immensely successful however it only happens with

the help of Tama club members. There are many ways to be involved including administration (timetable for pickup and drop-off of kids), bus driver/s, water safety, instructors etc.

If you would like to know more please contact Philippa Ardlie at philippa.ardlie@austmus.gov.au or 0401 670 428.

Boaties Rooster River Run

The Boaties this year were like bulls at the gate to start their first race of the year.

Their race on Saturday 19 September down the 13km George's River stretched from Padstow to Botany Bay was practiced the week before there and back with Paul "Combat Wombat" Cooper in the sweep.

The combat wombat was required for work that week so the Club Secretary Shay moved from behind his desk and took the steering job. The rest of the crew remained our storming veterans crew rowing with the young kids in reserves, including Lex, Mantis, JB and Jabba (combined years 160+++).

The aim this year was to let no-one pass, to win reserve grade and to finish (tide permitting) in less than an hour.

The race is strange wherein after the first straight there is no passing for another three to four km in a surf boat.

The rally up the straight was meant to be where we pass all in our heat so we could catch those in earlier heats. This did not work as we missed the start by about two boat lengths and we ended up beside and outside and then behind Bronte at the first of many turns.

After following Bronte for about 3 more kms a chance arrived and we started to overtake some womens, veterans, the Bronte crew and under 23 crews. In this process untethered by boats holding us back we passed about ten more boats and drew away from all behind us, including Open crews who started just a minute behind like the hounds chasing the fox.

We hit many of the unmarked sand bars but the strength of the rowers just pulled us further away from those behind who tried to avoid us when the saw us stop. Despite some dubious steering decisions by the make shift sweep including almost falling in whilst trying to surf boat wash we finished in good time.

The tide was not right this year and

no one went under an hour. The crew improved their time from last year at 1.06 and only a couple of minutes away from the winner, and Open crew from North Cronulla (Open crews are professional rowers who are all giants walking around saying "fi fi fo thumb", doing weights and rowing six days per week, much different to reserves who tend to be weekend warriors).

Unfortunately an Open crew from South Maroubra rowed down a division, but the boys from Tamarama who had double the years to those of the Bra managed to finish second in Reserves only six seconds behind the "Reserve" Open crew from Maroubra. This was a race where we had one race finish under an hour ever and six seconds was the difference.

Well done Tamarama Rowers of Velocity.

To give rowing a try contact Paul Cooper p.cooper@tsc.nsw.edu.au.

Shay Deguara, the steering guy



NSW Endurance Championships

This year's first surf carnival of the 09/10 season was the NSW Endurance Championships at Cronulla on Saturday 19 September.

Held early very early in the season it gives competitors a chance to shake off the winter slumber and test how four months of sitting on a couch eating bacon rind and iced vo-vos affected the prior peak condition we were all in at the end of last season.

Tama showed up with a strong contingent featuring an array of impressive looking Glamias with

pork product-enhanced super-shiny bellies and dessicated coconut still stuck in the teeth.

“Pres” Bill Shires a slightly rusty but still all-round dominating Chris “Buffy” Glover, Johahn Leung, Gilles “Frenchie” Chatelin, Michelle Tjhin, Gabrielle Giuffre and the Turner Brother Trifecta (Reece, Joel and Davin).

It was an ideal day out with great conditions (small surf, warm sun) for the initial events including ski and run-swim-run

although the wind picked up creating a challenge for the later events including the board paddle.

Tama brought home a swag of medals punching well above our weight (which for some members is quite a feat). A great start to the season and with the warm weather already here there's no reason not to get out and get into the training for a few carnivals this season.

Reece Turner
Board and Ski Captain

MEDAL TALLY

GOLD	Joel Turner	Open	5km Run
SILVER	Gilles Chatelin	30 – 39	5km Run
BRONZE	Bill Shires	40 – 49	1.5km Surf Swim
BRONZE	Michelle Tjhin	30 – 39	5km Board

White space

If you have a story and/or photos or jellyfish recipe you think would interest club members, please let me know—contact details on back of newsletter.

Coolangatta Gold

Tamarama SLSC sent two relay teams off to the Coolangatta Gold this month with a fresh line-up featuring 7 faces all from last year's Bronze intake.

Three Turners, Colin Morawski, John Leahy and the Italian Stallion, Gabriel Giuffre, along with Sam Hart, a special import from the dark side (Dee Why), made the journey up to Surfers last weekend after months of preparation and fuelled by inspiring advice and encouragement from the Tama old guard. Special note goes to Chris Glover and Johahn for backing us since way back in June when the crazy notion was first floated and Reece still had not seen a surf ski and John was on his floaties.

Accompanied by the seasoned coach in the form of Johahn "Ninja" Leung and with the invaluable local experience from Dan Zafir teams Tama Glammer 1 and Tama 2 felt quietly confident we had the edge on our rivals as we sat down and worked out our strategy the night before. Our tactics ultimately proved successful and will no doubt be relevant next year so without giving away too much I can tell you they involved tama war cries, a special diet prepared by Johahn involving the Golden Arches and a very selective use of budgie smugglers by John on the run which had devastating impact on our rivals.

The atmosphere up at Surfers on race day was sizzling with near perfect conditions save for a slight southerly.

The ski leg was up first with some drama amongst the shore-break and a spray of adrenalin soon turned into a steady rhythm of rotating paddles against an increasing southerly. After 23kml and 2hrs 20min our warriors Reece and Sam hit the shore at Coolangatta handing over to the remaining Turners for a short sand sprint before Colin and John tackled the 3.5kml swim.

After following the elusive buoys up the pair made it back to land handing over the reins to the runners. Sam put down his paddle



Coolangatta Gold cont

and picked up the running shoes alongside the Gabster who glistened like only a stallion does in the sunshine state, pounding down the sand for the first 4klm run.

It was then up to Joel and Davin to tackle the tricky southerly which came at a difficult angle on the boards. By this stage the wind had whipped up to a formidable strength comparable to the force one might experience if walking into the Tama changerooms with Paul yelling random and incomprehensible expletives down the hallway. But our boys are well trained in this area and simply ignored the barrage and persisted.

Next up was the final 10klm stretch

from Burleigh Heads down Millionaires Row and back home to Surfers where the crowds were waiting. John and Colin, barely recovered from their marathon swim took up the batons and headed down the straight as a storm broke bringing some welcome relief from the humidity.

The cheering from the crowds as Colin brought Tama Glammer 1 home was matched by an incredible roar of support as John brought Tamarama 2 to the finish accompanied by remaining team mates.

Reece Turner and team

Final Results

Tama Glammer 1

51st out of 61 Male Teams
- 5hr 14min

Tamarama 2

55th out of 61 Male Teams
- 5hr 24min

Interested in learning more about board or ski racing or just want to try it out? Contact Reece: reeceturner@gmail.com





PO Box 113
Waverley NSW 2024
www.tamaramaslsc.org

Publicity Officer
Michelle : mtjhi@doh.health.nsw.gov.au

Tamarama SLSC Hall Hire

Are you looking for a venue for your next party, engagement or wedding? How can you go past our own beautiful Tamarama SLSC?

The Reef Lounge is available free of charge* to all members. *Conditions apply
The Main Hall is available on Saturday evenings for commercial hire. For rates and conditions see <http://www.tamaramaslsc.org/twiki/bin/view/Main/HallHire>

Contact Colleen Nisbet on 0411 065 674

To book a date for your next event please contact Colleen Nisbet on 0411 065 674 or cogsc@hotmail.com

Tama 2 Cloey Ocean Swim

The Tama to Clovelly Ocean Swim is back on this year. There is some debate about the date, but it will probably be on Easter Monday again.

More news as we approach the date of the race.

Tama Tales

Sculpture By The Sea — SXS

Little Shop by the Sea

Volunteers are required to assist with Tamarama SLSC merchandise sales and donations for sunscreen at our little shop by the Sea during Sculpture by the Sea

Days: Saturday and Sundays

Time: 9.30am - 2.00pm (Note: an hour over lunch is appreciated, if you cannot commit to the day)

Dates: 24-25 Oct; 31 Oct - 1 Nov; 7-8 Nov and 14-15 Nov

If you can assist, please contact Colleen Nisbet on 0411 065 674 / cogsc@hotmail.com

Tamarama Management Committee

This is your Committee—please feel free to speak with any of us about club matters

President - Bill Shires

president@tamaramaslsc.org 0408 004 097

Club Captain - Rex Hatton

captain@tamaramaslsc.org 0404 202 191

Secretary - Shay Deguara

secretary@tamaramaslsc.org 0409 743 251

Chief Instructor - Sandra Fox

Vice President - Michael Alvisse

Vice Captain Competition- Chris Glover

Vice Captain Life Saving- Simon Griffin

Assitant Secretary/Registrar - Philippa Ardlie

Assistant Instructor - Anthony McShane

Gear Steward - William Perry

IRB Captain - Johahn Leung

Board/Ski Captain - Reece Turner

Boat Captain - Paul Cooper

Radio Officer - John Lackey

Publicity Officer - Michelle Tjhin

Social Secretary – Davin Turner

Committee Person - Richard Sheldon

Resident Caretaker - Paul Martin

Revive Tamarama water bottles

The Fundraising Committee has organised to sell bottled water on weekends of Sculpture By The Sea with a logo designed by Sasha Hutt—entitled “revive Tamarama”.

If you can assist, please contact Simon_W_Griffin@hotmail.com