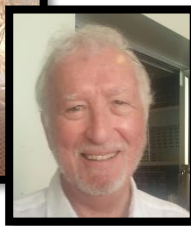


## 100<sup>th</sup> CELEBRATION

After over a year of preparation it's hard to believe our BIG WEEK is here!!! We are totally thrilled by the response to our three events: Meet & Greet Wed 19<sup>th</sup>, Family Lawn Bowls Fridy 21<sup>st</sup> and the 100<sup>th</sup> Anniversary Party 22<sup>nd</sup> June.

The Meet & Greet kicked off our celebrations in style, it was super seeing Past and Present members mingling together on the upstairs balcony sharing stories 😊



On Saturday 22<sup>nd</sup>, arrival for Welcome Drinks is from 6pm. Sign In is in the foyer of the car park entrance where all guests will be welcomed with a drink 😊

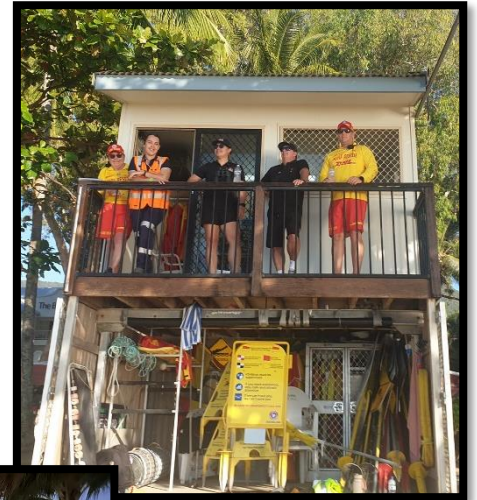
## IRONMAN

What a morning!!! THANK YOU to all our volunteers who once again went above and beyond of what was expected. Shoutout to Col who gathered 43 of our members to help with the water safety. Word of mouth is that the water safety at Cairns Ironman is among the best of all Ironman events!!! Our red volunteers i.e. bus shuttle and swim marshals were applauded from the Event Operations Coordinator Max Graf, not sure if that was anything to do with the lollies, he was given



Special mention to the Kate and her team for the beautiful buffet breakfast laid on for the volunteers.

Final figures are yet to come in, but your efforts will definitely raise our fundraising numbers 😊





## Lifeguard Exchange Opportunity

Earlier this year SLSQ sent out an EOI to Lifeguards for a Lifeguard Exchange Opportunity in Denmark. Two of our current members Bryce Menzies and Nathan Pullen were selected!!! Both lads have gone through the ranks at Cairns SLSC from Nippers all the way to being current active patrolling members.

They are now on their way to Denmark and will start lifeguarding from June 28<sup>th</sup> to August 14<sup>th</sup>. While working as a lifeguard their accommodation will be provided by Surf Lifesaving Denmark.

This is a fantastic opportunity and a deserved reward to the commitment and dedication both Nathan and Bryce have shown to the Surf Life Saving Mission “*equip, develop, empower and support our people to deliver vital aquatic rescue and safety services to save lives*”



Left: Bryce pictured from 2017 when he came home as Age Champion at the NQB U13 Pool Rescue Championships

Below: Nathan from Greencap to 2023 when he was named NQB Lifeguard of the Year



As the weeks go on, we hope to give you updates on how the lads are going.

## BONNIE HANCOCK

On Wednesday 19<sup>th</sup> June club members Lacey Taylor, Lily Young, Maycee Donovan and Abby Bissett along with other NQB club members were put through a training session with Bonnie Hancock on Palm Cove beach.

For those unfamiliar with Bonnie here is a little about her: *A professional Iron Woman by age 17, Bonnie Hancock has competed in seven Nutri-Grain Iron Woman Series and represented Australia in surf lifesaving.*

*In 2022 Bonnie Hancock broke world records when she circumnavigated Australia by surf ski in 254 days – a feat that saw her treated for hypothermia, fatigue and dehydration along the way. By the time she had completed the 12,700km paddle, she had raised \$65,000 raised for the mental health charity Gotcha 4 Life.*

The girls reported the session was both informative & brilliant and are looking forward to putting their new skills to the test.

Tonight, Thursday 20<sup>th</sup> June at the NQB Office Smithfield the SLSQ Women in Lifesaving Roadshow with Bonnie Hancock kicks off at 6pm until 7:30pm. This is open to females over the age of 14. During the session Bonnie will be signing her book “The Girl Who Touched the Stars”



## MEMBERSHIP

If you haven't yet renewed your membership for the 24/25 season, please ensure to do so by June 26<sup>th</sup> to allow time to roll everyone over into the new season when it officially starts July 1<sup>st</sup>.

The easiest way to renew is by logging into your members portal

- Memberships
- Renew, pay, transfer and archive
- Renew
- ... then follow the prompts, ensuring to make payment at the end 😊

To those who qualified for free membership, nothing further needs to be done & you will be rolled over into the new season.

To those who have just joined this year please don't worry your membership will be rolled over into the new season.

## NEW KIT

A lot of you will have seen the new kit which we think looks fabulous!!! If you would like to purchase it or anything else, please pop along to the shop on Sunday 8:30am – 11:45am where Barb, Tanya or Michelle will help you.

When attending carnivals or nippers, competitors and supporters are encouraged to wear approved merchandise items to enhance team camaraderie, cohesion, and project the image of CSLSC as a professional competitive club to the public and surf lifesaving community.

Make sure to check in at the shop as some of our swimwear has been heavily **reduced!!**



**24/25 MEMBERSHIP TO BE PAID BY JUNE 26th**

## PATROL

Thank you to all our patrolling members for continuing to save lives, create great Australians and build better communities.

This weekend the following patrol teams are patrolling on the world's best beach as voted by Conde Nast Traveler (how cool is this!!)

- June 22<sup>nd</sup> PM Team 2
- June 23<sup>rd</sup> AM Team 3
- June 23<sup>rd</sup> PM Team 4



## UPCOMING COURSES

- Bronze Medallion,

### BRONZE MEDALLION COURSE SCHEDULE

Date	Location	Session
13 <sup>th</sup> July	Oceans Edge Pool	Pool swim, carries, tows
28 <sup>th</sup> July	CSLSC Palm Cove	Boards, tubes, rescues, run swim run
31 <sup>st</sup> July	Branch Office, Smithfield	Training radios & signals
3 <sup>rd</sup> August	Branch Office, Smithfield	First Aid Course
7 <sup>th</sup> August	Branch Office, Smithfield	Assessment radios & signals
11 <sup>th</sup> August	CSLSC Palm Cove	Board, tube
14 <sup>th</sup> August	Branch Office, Smithfield	First Aid assessment
21 <sup>st</sup> August	Branch Office, Smithfield	Patrol Agreement
7 <sup>th</sup> September	CSLSC Palm Cove	Third party risk assessment, spinal training
8 <sup>th</sup> September	CSLSC Palm Cove	Spinal assessment, board rescue assessment, tube assessment, incident report
22 <sup>nd</sup> September	CSLSC Palm Cove	Beach scenario, FINISH
29 <sup>th</sup> September	CSLSC Palm Cove	Make up session, FINISH

- Live in SRC | 5<sup>th</sup> -7<sup>th</sup> July
- First Aid | 3<sup>rd</sup> August

For full details and how to enrol head on over to our website [Cairns Surf Life Saving Club | The Surf Club Palm Cove Lifesaving \(cairnslifesaving.org.au\)](https://www.cairnslifesaving.org.au) click on club info and upcoming courses

**24/25 MEMBERSHIP TO BE PAID BY JUNE 26th**



## OFFICIALS COURSE

We have a lot of awesome officials and are always looking for more.

Without officials, there'd be no surf sports competition, it is a great way to get involved & has the bonus of being one of the best seats in the house 😊

To start the course, you will need a blue card noted in Surfguard and have completed both your Child Safety Awareness and Child & Youth Risk Management Strategy courses.

If interested & for further details, please contact the office ASAP.

📧 [surf.admin@cairnssurfclub.com.au](mailto:surf.admin@cairnssurfclub.com.au) | 📞 07 4059 1263

## NORTH QUEENSLAND NORTH YOUTH SOUTHERN EXPERIENCE (NYSE) YOUTH DEVELOPMENT PROGRAM

Expression of Interest is now open for Participants and Chaperones to attend the 2024 NQB North Youth Southern Experience (NYSE) Youth Development Program on the Gold Coast 18-23 September 2024.

For further information please contact the office

👉 Participants: <https://form.jotform.com/241621743254048>

👉 Chaperones: <https://form.jotform.com/241622110373847>

**Entries close 5.00pm Friday 26th July 2024.**

**24/25 MEMBERSHIP TO BE PAID BY JUNE 26th**

# EOI

## Officials Course

Officials play an important part within our organisation and are integral to the ongoing delivery of our sport. Officials ensure competitions are run in a safe and secure environment, while maintaining rules and regulations.



We are looking at holding the course end June/start July.  
To be ready to start the course please ensure you have a blue card noted in Surfguard and have completed both your CSA and CYRMS courses.  
For further details and if interested, please contact the office  
07 4059 1263 | [surf.admin@cairnssurfclub.com.au](mailto:surf.admin@cairnssurfclub.com.au)

**100** Cairns 1924-2024  
SURF LIFE SAVING CLUB

**BOARDS FOR SALE**

**Kracka Racing Mal**



55kg 2016 model  
Excellent clean condition,  
unused for last 2 seasons  
Includes Kracka cover  
All handles replaced 2021  
Kracka moulded protection tape  
on nose and tail  
**\$1450 ono**

**Kracka Nipper Board**



40kg Kracka Nipper Board 2018.  
Nose and Rail Tape.  
Good condition,  
comes with board bag.  
**\$500.00**



60kg TSCA Taipan Surf  
Life Saving nippers board  
and board cover.  
In great condition. Neg.  
Clifton Beach. Contact  
Gerard 0427658634  
**\$400 ono.**

**24/25 MEMBERSHIP TO BE PAID BY JUNE 26th**



## CORAL EXPEDITIONS OFFER

To subscribe for the below offer make sure to click on this link [Coral Expeditions \(list-manage.com\)](https://coralexpeditions.com.au/list-manage.com)



As a valued travel industry partner and friend of Coral Expeditions, we invite our industry colleagues to subscribe to join our family, friends, and industry group. It is a simple sign-up process, and you are welcome to join for yourself and to extend this to your staff and their families. All group members will receive updates on special offers and standby deals on our expeditions which will be available to book direct through our reservations team.

This month we are offering special standby rates on select April travel dates in the Kimberley and through the Indonesian islands of Komodo, Padar and Sulawesi.

We hope you can join us!

*Subscribe today and share our exclusive offers with your Family and Friends!*

**24/25 MEMBERSHIP TO BE PAID BY JUNE 26th**

## NIPPERS

Sign in on Sunday 23<sup>rd</sup> will be at beach.

If you haven't yet collected your Sheldon pinkie, make sure to head to the office where one of the ladies will assist you.

Please remember you must have shoes on when entering the club and that access to the upstairs bathrooms is via the back stairs 😊

U11-U14 Junior Development training from 7:45am-9am is by invite only.

If you haven't paid your membership, you can do so at the office, remember all membership needs to be paid for by June 26<sup>th</sup>.



## NIPPERS

**Sunday 23rd June | 9:30am**

**Office open from 8:45am**

### COME READY TO TRAIN:

- Stinger Suit
- Club Cap
- Sheldon Pinkie
- Sunscreen
- Towel
- Goggles (optional)

### REMEMBER:

- No entry into the club without shoes.
- Rinse your feet in the bucket provided before entering the club room.
- Entry to the club room and upstairs showers is via the outside stairwell.



**New members it's not too late to join or to come along for a Come N Try**  
**If interested please contact us:**  
**07 4059 1263 | [surf.admin@cairnssurfclub.com.au](mailto:surf.admin@cairnssurfclub.com.au)**

**24/25 MEMBERSHIP TO BE PAID BY JUNE 26th**

## TRAINING WITH ALASTAIR

### TRAINING WITH ALASTAIR starting Tuesday 28th May for those on mals and older

6am-6:45am Tuesday: Board  
6am-6:45am Wednesday: Ski & Swim  
6am-6:45am Thursday: Board  
6am-6:45am Friday: Ski & Swim  
6:30am-7:30am Sunday: Ski  
7:45am-9am Sunday: Irons

Remember: Sheldon pinkie, club cap and stinger suit\*  
\*all ages when nets are in

Training finishes the week of North Aussies



## BBQ

SHOUT OUT to Anna and her helpers who raised a further \$700 on June 9th, This weekend it is the turn of the U10 & U11 parents. To sign up click on this link

<https://volunteersignup.org/PX8HQ> Closed in shoes and a hat are a must 😊



If anyone is available for set up and pack down, please let me know ASAP.

**24/25 MEMBERSHIP TO BE PAID BY JUNE 26<sup>th</sup>**



## FUN SWIM RUN

**The date is set for 27<sup>th</sup> July and entries are now open 😊**

Congratulations to Annabel and all her helpers who after the great success of the inaugural event were awarded the Innovation Award at the NQ Branch Awards of Excellence and will next vie against all the other regions for the top spot at the QLD Awards of Excellence.

For those who are unsure what is involved in the Fun Swim Run event please read the brief below:



### Multiple Stage Competition:

- Run
- Wade
- Swim

### Two distances:

- Enticer: Clifton Beach to Palm Cove. Total Run 2.8km + Total Water 1.4km = Total Overall 4.2km
- Long Course: Kewarra Beach to Palm Cove. Total Run 5.1km + Total Water 1.9km = Total Overall 7km

### Compete:

- Individually
- Two-person team, both team members to complete all stages.

### Rules:

- No transitions.
- No changing of clothes.
- Floatation devices allowed.
- Must wear shoes at all times.
- What you start with you must finish with.
- Must wear supplied hi-viz vest
- Must wear supplied swim cap.
- Team members to compete together on all stages.

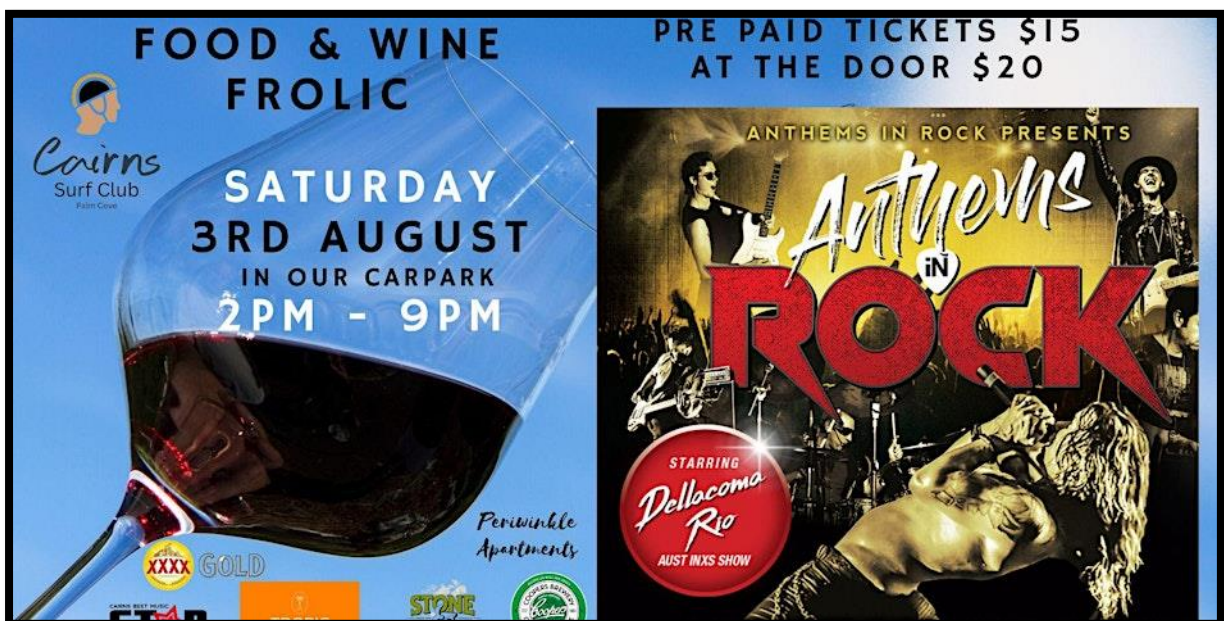
Entries are now open with early bird entries closing 15<sup>th</sup> July, to enter make sure to click on this link <https://events.humanitix.com/cairns-slsc-funswimrun-u8fjd4gs>

## SUPPORTERS CLUB

Remember all Over 18 financial members receive FREE membership to the Supporters Club, if you haven't done so already complete this form [Membership\\_Form\\_22-23.docx \(live.com\)](#) \*write onto it that you are a member of Cairns SLSC and hand in to the Supporters Club front desk who will arrange a membership card for you.

*\*please note they may check with Jill if you are a financial member*

Food & Wine Frolic is set for August 3<sup>rd</sup>, closer to the time we will be asking for volunteers to assist with collecting entrance fee money – last year through this event the Supporters Club raised over \$7000 for Cairns SLSC!!!!



If you would like to book online for this event please click here [food and wine frolic Tickets, Sat 03/08/2024 at 2:00 pm | Eventbrite](#)

To keep up to date with all that is happening at the Supporters Club head over to their website [The Surf Club Palm Cove](#)

**24/25 MEMBERSHIP TO BE PAID BY JUNE 26<sup>th</sup>**

## SPONSORS

CAIRNS SLSC WOULD LIKE TO THANK

### PLATINUM BENEFACTORS



Ellis & Denise Richardson

### GOLD SPONSORS



### SILVER SPONSORS



### BRONZE SPONSORS



### FRIENDS OF CSLSC SPONSORS





## Cairns SLSC Board Members



**President**  
**Greg Meller**



**Secretary**  
**Sue Way**



**Treasurer**  
**Brian Heggie**



**Deputy President**  
**Anthony Hannan**



**Club Captain**  
**Max Rivett**



**JAC**  
**Shaun Taylor**

**CTO**

**24/25 MEMBERSHIP TO BE PAID BY JUNE 26th**