



CLIFTON BEACH SURF LIFE SAVING CLUB INC

"PREMIER CLUB"

1990/91, 1993/94, 1998/99, 2006/07, 2008/2009

BEAR FACTS NEWSLETTER

April 2020

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"Times of Reflections" at Clifton Beach Surf Life Saving Club

"The Year of 1969" when Clifton hosted the Australian National Titles





Clifton Beach SLSC looking back to their first females lifesavers

SLSA acknowledging 40 years since allowing females to become qualified lifesavers

I started coming down to Clifton in the "summer of 81" and was just a pimply 14 year old Grommet. I loved the club life!

A few friends and I then decided to get our Bronze, in the club at that time were Marcel McCarthy, Natalie Brown and Vanessa Smith and they were our Training officers for my Bronze Medallion. They were a few years older than us but I remember thinking how cool it was to have girls in the club as it was at the time predominantly a male only club.

We went to surf carnivals all over the state and would compete together in swim, First Aid, and patrol competitions.

In the early years I do remember that these women were either excellent swimmers, or really good at first aid comps so, if you were in a team with these girls you would have a good chance to score a medal at State Titles!

In about 1986 we had a new bunch women join up that were our age - it was a wonderful time of life-long friendships, fun in the sun and long lasting memories. We would sleep at the club every chance we could and school holidays consisted of doing patrols every weekend, we were allowed to stay at the club as long as we cleaned it ready for the next weekend.

So our week days consisted of wake up - go surfing, steal the IRB and take it fishing and catch abalone, eat that for lunch and do the same again in the afternoon! There were about 10 of us that would do this.

The girls at the time were Sally Bell, Rebecca Smith, Kim Menadue, and Christy Sanders we were just a great bunch of friends having fun at the Surf Club.

Most of these women became Patrol Captains, IRB Drivers or training officers at this time so even though they were only about 16-17 year olds they held very responsible jobs within the club.

The 10 of us ran a junior committee that would meet at a Coles Cafeteria every 2 weeks after school and come up with ways to raise funds for the club. I think the girls were the brains of all this and we did the running around.

The following years consisted of more women joining up and becoming legendary surf competitors in their own right.

One funny moment for me that I recall was about 15 years ago at the Australian Surf Life Saving Titles and I was sharing a unit at the beach with Julie Howard. We were both Surf ski paddlers and would race in the heats and come back to the unit to have a shower, dry our gear out on the line and wait for our next heat - one afternoon I nearly missed my ski heat so I sprinted up to the unit grabbed my paddle and bathers and ran down to the start line. As we were in the starters hands I felt a little uncomfortable in my bathers and had to readjust (certain parts)?? Any way the gun went and I jumped in my ski and raced around the buoy's all the while thinking why was in so much pain in the below regions.

I finished the race and stood up only for a stack of competitors laughing at me - I had inadvertently grabbed Julies Bikini bottoms instead of my bathers!

Women in Clifton Beach SLSC have brought numerous opportunities, friendships, leadership, fun and so much laughter to a place we all love to be at.

Graeme van Galen

Clifton's Female Juniors

L-R:-Sarah McGregor, Anne Henderson, Kim Menadue, Sally Bell, Jane Boucher with Cliffy, Christine Sanders and coach Ron Davies



***Natalie Brown, *Anna Glowacki, *Marcelle McCarthy, Kim Menadue**

Those with the * beside their name are Clifton First Bronze Medallion Holders in 18-01-1981

I arrived at Clifton a couple of years after women were allowed into the movement. I couldn't imagine what it was like before when it was just blokes, the girls that were around when I joined were great fun.

We had an influx of girls from Taroona High, Sally Donnelly, Kirsty Sanders and the likes of Marcelle McCarthy, Natalie Brown and others were already entrenched in the club culture.

Karen Aitken was one of our better competitors, I had many a discussion with her about competing in the Toxicide sludge at Burnie in those days.

I have always enjoyed the company of the girls at Clifton, Graeme, Simon and I especially would be very lonely without them.

Barney



Sarah McGregor

* Marcelle McCarthy
Part of the R & R Team



Clifton's first Females who gained their Bronze Medallion 18-01-1981

Sarah Diubaldo

Heather Bradley

Anna Glowacki

Natalie Brown

Marcelle McCarthy



Female March Past Team 1986/87

Females Ensure Clifton Beach SLSC Survives and Prospers

I gained my Bronze Medallion in December 1978. There were no females in our training group as females were not allowed to do their bronze. The Club had a surge of new active members following hosting the Australian Championships in 1976 however these numbers quickly reduced over the next few years. I took on the role of Club Captain for the 81/82 season and the Club was struggling for active patrolling members.

Females came to the rescue of the Club after SLSC allowed females to do their bronze in from 1980 – the first female bronze group included Marcelle McCarthy, Natalie Brown and Sarah Diubaldo who all came from a swimming background and commenced patrolling.

Quickly over the next few years more than half of all new bronze holders were female. This together with females also taking on a range of roles within the club including administrative and committee positions changed the club for the better and bought it back from the risk of folding.

The contribution of females at Clifton and indeed across all Surf Clubs in Tasmania has been transformational across all aspects of Surf Life Saving.

Some key highlights that I remember over the last 40 years include:

- The first female bronze members joining the Club.
- Introduction of separate Female events – commencing with selected events expanding over the seasons to include surf boats, skis, double ski and IRBs.
- Marcelle McCarthy winning Bronze for the Senior First Aid Competition with John Hayes at the Australian Championships.
- Clifton having its first female only march past team.
- Clifton Nippers commencing with equal numbers of girls and boys.
- Lots of social activities.
- Meeting Julie when she was President of Ulverstone and I was President of Clifton and getting married four years later.
- Julie being awarded 2014 Australian Official of the Year.
- Sweeping the first Clifton Girls boat crew.
- Mixed double ski events including at the Aussies.

Simon Kay

President's Report

Hi All Cliftoners

Further to my last report and the exciting things that happened in February, we don't have any exciting news to report on the Senior State Titles or the Aussies due to the cancellations caused by COVID19 restrictions.

Also, unfortunately due to the restrictions, our annual awards dinner will not be held this year but the Executive Committee is looking at other ways of announcing and presenting the awards to the winners over the coming months

We can report that Simon Bailey and I have met with the Engineer and Works Supervisor from the Clarence City Council in relation to the Council Car Park and recent downpours that have nearly flooded the clubhouse for the second time in two years. Council are currently in discussions with Parks & Wildlife, and it would appear that we will be able to clear a line through to the beach, which will alleviate the possibility of flooding of the clubhouse when the car park acts like a dam for the water coming down Clifton Beach Road. We will keep all members informed of the progress of these discussions with Council.

We were very sad to hear of the passing of Wayne Jenkins 'Circus' and we extend our sympathies to his family. To those of you who knew him, the following advertisement was placed in the Mercury on Saturday 18th April, 2020:

Jenkins, Wayne Errol

(Circus)



The President, Committee & members of the Clifton Beach Surf Life Saving Club note with sadness the passing of Circus who was one of the inaugural members of CBSLSC in 1963

Circus was a tireless worker during the construction of our first club house & through the next 2 decades he helped maintain our facilities & equipment to the highest standard. He was also involved in the organisation & running of carnivals, including the Australian Championships of 1969 & 1976 which were held at our beach

Throughout the years he maintained a keen interest in the affairs & welfare of the club & during his extended illness kept in touch with fellow long serving members

We will miss Circus & extend our sympathies to his family

We all hope that everybody stays safe during these challenging times and we look forward to the government lifting restrictions and allowing clubs like ours to get back to normal and allow functions and training sessions to re-commence rather than online sessions.

Cheers Rogo

Club Captains Report from Simon

Whilst our season came to an abrupt end, we can still focus on looking after ourselves both in a physical and mental sense. In a physical sense, members can access the senior training program with a weekly training schedule available via the members FB page. Seniors coach Craig Sly provides a well-rounded schedule that anyone can attempt. Remember, doing something is better than doing nothing.

We also have your mental health covered and members are encouraged to complete an officials, coaches and or managers course. We need to build our capacity in these areas to ensure we have sufficient personal to undertake the tasks.

Members are encourage to complete the EOI form at https://docs.google.com/forms/d/e/1FAIpQLSfX4jwJiGznUBksdWRBlwxu7ozWznisrorOpvhNZTvm973kQQ/viewform?usp=sf_link, which we sent to members last week. You can also find further information below in Ned's report.

The committee meets next week and one important topic that we will be discussing is the best option for our end of season awards night. At this stage it appears that we will be conduction the awards online. Whilst this is not ideal, we will ensure that it is an engaging and fun event. It will be a great opportunity to acknowledge all the hard work our members have provided back to the club during the 2019/20 season

All organisations are required to reflect on what they have done and we are no different. Our patrolling members are currently being provided this opportunity. If you are a patrolling member, please ensure you take the time to provide us with your feedback by accessing the feedback form

https://docs.google.com/forms/d/e/1FAIpQLSfTBMnrKj0AMFhaVpwCg61LFk8g5ki-7nMPC5SSu9In1tDn2Q/viewform?usp=sf_link

The feedback allows us to start planning for next season and to make improvements where required and supports the clubs strategic plan.

We are constantly looking to upgrade our equipment and apart than looking to but some new training Mals and nipper boards we are interested in purchasing fibreglass nipper and Mals from any members who may have some sitting in their sheds not being used. Please contact the club is you have some boards to dispose of.

Photos Wanted!

As we begin to prepare annual reports and presentations for the 2019-20 season we are on the hunt for the best photo from the season.

Share your images with us via any of these options:

- Upload Photos – https://docs.google.com/forms/d/e/1FAIpQLSeRgHpoVYkrMy8fT_4-CY8xRKnGlkcEyx1aEIWSyxCQ79ykQ/viewform?usp=sf_link
- Email – info@cliftonbeachslsc.com.au
- Messenger – <https://www.facebook.com/messages/t/cliftonbeachslsc>



Surf Sports Report



With our season coming to an abrupt end six weeks before we were able to head to the warm waters of Queensland and compete in the Aussies, time has flown by. This week would have marked our first week of our off season break, and a chance to re charge our minds and bodies and prepare for a long cold winter. Instead we find ourselves in a strange position where we all want to be doing some activities after the early break.

This time of the year is a great time for us to reflect on the past season and set some goals to get us through winter and hopefully to a time when we can once again enjoy the waves and competition in the surf. It is also a great time to do some maintenance on our gear. Both boards and skis need some maintenance with cables and steering needing to be checked and lubricated, straps checked and any cracks repaired. If you check your gear regularly it will last a lot longer and perform better when needed.

I have started to post some training schedules on the member's face-book page.

We are working on a 6 week period where the focus is general strength building and fitness work which involves some gym and running/bike riding activities. It is also great to see some parents and other members joining in with these activities.

You can log them on our STRAVA group online, either from your GPS watch or your smart phone. This will hopefully set us up for a return to both ski and board paddling at the end of the six week period, when we can hopefully start some group sessions again.

Please contact me if you have any questions about these programs.

A lot of senior competitors have expressed interest in competing in the Coolangatta Gold race which is scheduled to take place on 24th & 25th October. While this is still a long way away it is a great goal to work towards to maintain motivation for the winter.

I am sure that over the next month or two we will know if the event is going to proceed as planned.

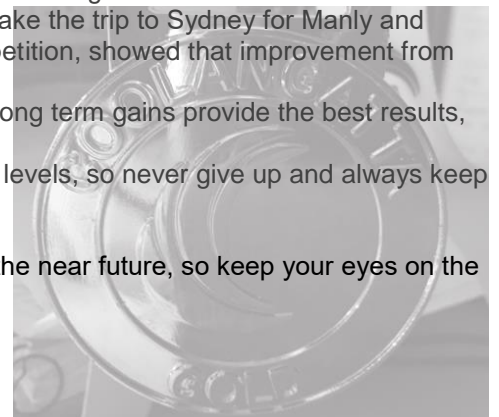
Finally I would like to congratulate everyone for their work and commitment to training over the last season. Even though we didn't get to compete at states or Aussies, we were fortunate to make the trip to Sydney for Manly and Freshwater carnivals. Performances at these carnivals, as well as local competition, showed that improvement from the hard work was evident.

We all improve at different levels and times, and all great athletes know that long term gains provide the best results, so it is vital to stick with your training in order to achieve your goals.

Many great surf athletes toiled away for years before they succeeded at high levels, so never give up and always keep working hard.

Let's hope we can all be back in the pool and doing some group sessions in the near future, so keep your eyes on the members' page.

Craig 0418 136 470



Online Surf Sport Training

Officials, Coaches and Age Managers

Do you have some time to fill in during isolation?

Now is the time to take the next step and become an accredited official, coach or age manager!

SLSA have developed a range of online learning courses for members to complete paired with practical on the beach training, and now is the perfect time to start the online component.

If you're interested please complete the form on this link and we will be in contact with the next steps! These three courses don't take long, but have a massive impact on our ability to run nippers and participate in carnivals.

EOI closes: 5th May 2020 (extended)

Register Online at:

https://docs.google.com/forms/d/e/1FAIpQLSfX4jwJiGznUBksdWRBlwxu7ozWznisrorOpvhNZTvm973kQQ/viewform?usp=sf_link



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