

Southside Malibu Club

August 2011 Newsletter



COMMITTEE REPORT

Winter has been very gracious to us. I can't remember having three consecutive comps held in such quality conditions as we have had this winter.

Comp day was a day full of fun three foot waves, great banks, off-shore conditions, minimal outside interference (except for that bloke on a SUP that upset Mick!) and lots of quality surfing. The forecast was poor and obviously wrong, with a solid pulse of swell defying the misfired dribble that was predicted by the weatherman.

Rob again got the bank selection right, after utilising the wisdom of our "Senior Counsel of Surfing" Rod Menzies. With the waves pumping and every one pitching in to help an injured Peter Phillips set up, we were quickly under way.

Matt Cook, yet again, was very impressive on his signature Cajun boards, racking up plenty of high scoring waves to take out the point score. Matt's Round 2 wave score was an impressive 40.6, closely followed in the first round place-getters by a cooking Tony Boyd with 40.3, the ever-improving Jarrod Eason 36.1, Jake Bevan, Justin Bevan and Ben McGrath.

The club certainly has a growing group of high quality surfers, and it is good to see some old but talented members like Gordon Hunter and Ben McGrath returning to the fold this year.

Our better surfers are certainly setting a high benchmark and a fine example for the younger surfers to learn from and aspire too. Unfortunately for us mid-pack weekend warriors, no one has developed a magic board or a performance enhancing product that can replace a chronic lack of surf time or a lack of natural ability!

It was good to see the comp run well especially as we were missing our hard working President Wayne, who was away enjoying some warm water waves in Bali with fellow members Roy, Tony and Wonno.

The raffle was again a success for the club's coffers so keep supporting it. We had a big crew attend the Mollymook contest - check out how they went in our next issue.

THE SPRING CLASSIC IS ON SATURDAY THE 10TH OF SEPTEMBER 2011 (entries still open but filling fast)

Entries are still open but as previously stated, spots are filling fast. Entry forms are available on the website. This will be a great event, supporting a very relevant charity for our club, "Blue September - men facing up to cancer."

Remember you will be called upon in some way to help with the running of the event. Set up will start from 5am, so we will need roadies from then, plus food stall and general helpers. The presentation will be held from approximately 4pm on the beach or at Northies if the weather is bad. The event giveaways will happen at regular intervals throughout the day, and with a new GSI board in the mix of prizes, make sure you hang around!

The chosen recipient charity for this year's Classic is "Blue September". Why blue? It's simple - blue is for boys!

"Did you know men are twice as likely as women to die from cancers that in many cases can be prevented? Come on guys, it's time to face facts and get cancer aware. Blue Sep-

Highlights

- > The Committee Meetings are usually held the first Wednesday after each comp. 7.00Pm at Sharkies - all welcome to come and join us for a beer
- > This Sunday's after-comp Club Barbie will be confirmed at the comp
- > Spring Classic: Saturday September 10, 2011 entries still open but filling fast!
- > "Blue September" is this year's Classic's Charity - check out their website

Checkout the website this Month

- > August Comp results
- > Ian's August photos

tember is a nationwide awareness and fundraising initiative for men's cancer, supporting The Australian Cancer Research Foundation and Bowel Cancer Australia. The campaign seeks to raise funds for cancer research, as well as helping men reduce the risk of developing cancer by making better lifestyle choices.”

Again this is a very relevant cause to the majority of our membership and a timely reminder to, if you haven't, see your Doctor and discuss getting checked.

Many of these steps are far from easy but here's some tips on how to reduce your risk of developing Cancer. Good luck boys!

* Stub out the fags – smoking is the main cause of lung cancer and increases the risk of developing over 12 other cancers, including mouth and bowel cancers.

* Cut back on the booze - try alcohol-free days and non-alcoholic drinks.

* Keep flat, not fat - aim to maintain a healthy body weight.

* Eat fresh food, not fast food - choose a varied diet with plenty of fruit and vegetables and limit your intake of red or processed meat.

* Get up and get active - be physically active for at least 30 minutes on most days or every day.

* Be sun safe - protect yourself from the harmful effects of UV radiation by applying sunscreen, covering up and limiting the time spent in the sun.



August 2011 Social Committee

SOCIAL COMMITTEE UPDATE

2012 Noosa Festival entries are now open.

Jim Sourry is trying to organise a 'partners' weekend away on the 11th and 12th November 2011 at Gerroa Beach. Surf shacks and luxury multi bed-roomed beach-front cabins are available that sleep 5+ people. Campsites are also available at Seven Mile Beach Holiday Park, Gerroa. For further information re: bookings contact Jim: 0418 277 153, or go to: www.kiamacoast.com.au/sevenmile_beach, email: sevenmile@kiamacoast.com.au, or phone the office: 02 4234 1340.

Expressions of interest are called for a 'members only' weekend in the Forster area to be scheduled for later in the year (accommodation provided courtesy of Mingo). If interested, let Jim or Mingo know.

Also keep an eye out for some new club merchandise that is in the pipeline.

Cheers,
Rod H.



Remember the next Club round is
SUNDAY 28th August 2011
Meet @ Wanda Car Park @ 6:30am

WILLETT JOHNSTON PARTNERS

