



Hi all Moey's

Welcome to this week's Moana Bulletin. Please see the notices for this week.

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*Ponder of the week*

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*Thank you Onkaparinga Council*

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Thank you to City of Onkaparinga council for a recent grant win of \$1720.00. The club purchased a set of rolling seats for the Bundy Surf boat. This means that rowing can be done in all weather, and in a safe way on the river. It's a great way for all members who are proficient bronze holders to have a try at the sport of rowing without even getting wet! This purchase will be a great way to allow rowing to be accessible for all, "no wedgies required" so please contact the Boat Captain, Brett Barnett if you would like to have a try. Thanks to the Onkaparinga council for granting us the \$\$ to fit the new rolling seats.

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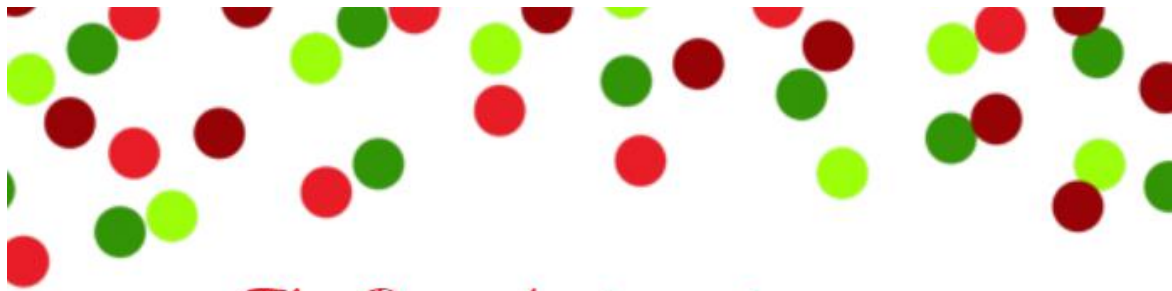
*Mid Coast Challenge*

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Enter <https://midcoastsurflifesavingclubs.com.au/>

The Midcoast challenge at Pt Noarlunga.

Small group of members needed to support the event. Please email [president@moanaslsc.com.au](mailto:president@moanaslsc.com.au) if you are able to help. The challenge is run by the Mid Coast group (Moana, Aldinga, Southport, Christies and Port Noarlunga SLSC's)



*The President invites you  
to the Moana SLSC*

# CHRISTMAS

# EVENT

*Thursday*  
**DEC 19**  
*5 - 8pm*

**FAMILY FRIENDLY**

BRING A PLATE TO SHARE

EVERYONE WELCOME

MUSIC BY LEAH AND CO.

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*Patrols for 2020*

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Message from Emma Hage, Vice Captain, please can you check your online portal for patrols. There is a copy of the [patrols here](#).



## Discounts for members

- Dukes café 10% on purchases
- Zambraros discount rate for club functions held at their dining area
- A.B.S.10% discount on car services
- PhysioXtra 50% on physio appointments
- Mid coast storage 10% on storage sheds
- Southern workout 10% on supplements
- State swim Seaford 10% for members
- Preece Surf shop 10% full priced clothing and wet suits

## Training Timetable

### Seniors and Cadets/Youth

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Boards <b>6pm</b> with Toby	HiiT with Jamie at <b>5.30pm</b> all welcome	Boards with Michael at <b>6pm</b> Swimming State Swim <b>7pm</b>		Iron training <b>12pm</b> with Harvey	Skis <b>8am</b> with Harvey Boards with Max at <b>9am</b> all welcome

### Juniors

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Boards <b>5.50pm</b> with Jamie	U13 and above HiiT with Jamie at <b>5.30pm</b> all welcome	Swimming State Swim <b>6pm</b>	Boards <b>5.50pm</b>	Nippers and Mini Moes	

## The Meat Tray Roster

Please see the roster below for who will be up for selling the tickets for the meat tray for the rest of the year:

- 6/12/2019 Rob and the junior parents
- 13/12/2019 Max and the senior competitors
- 20/12/2019 Jamie and the boaties
- 27/12/2019 Nat's bronzes' in training

The President has offered a star prize to the team who raises the most in an evening.

# Moana SLSC Bulletin

*The Moana SLSC Calendar*

Our online live calendar can be found at <http://moanaslsc.com.au/moana-calendar/>

Nippers 1.30pm start and Mini Moes 3pm start is included in the calendar, but in the more section on a Saturday.

2	3 ● 18:00 Board training	4 ● 17:30 HiiT training - everyon	5 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	6 ● 18:00 Friday night meals	7 ● 12:00 E Patrol - Full ● 12:00 Iron person training 3 more	8 <b>Triple Crown</b> ● 08:00 Ski training 2 more
9	10 ● 18:00 Board training ● 18:30 BOM meeting	11 ● 17:30 HiiT training - everyon	12 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	13 ● 18:00 Friday night meals	14 ● 12:00 C Patrol - Full ● 12:00 Iron person training 2 more	15 <b>Nipper Carnival 2</b> ● 06:00 Moana Triathlon - VOI 3 more
16	17 ● 18:00 Board training	18 ● 17:30 HiiT training - everyon	19 ● 18:00 Junior Swimming ● 19:00 Senior's swimming at	20 ● 18:00 Friday night meals	21 <b>Cultural Program at Moana</b> ● 12:00 G Patrol - Full 4 more	22 ● 08:00 Ski training ● 10:00 Board and Ski training ● 12:00 A Patrol - Full

If you would like to include anything in the Bulletin, please email [secretary@moanaslsc.com.au](mailto:secretary@moanaslsc.com.au) or text 0427197260. 2<sup>nd</sup> December 2019.