

---

# VIKINGS VOICE



THE LITTLE CLUB ON THE ROCK

---

JANUARY

2023

CBV CLUB  
NEWSLETTER

---

CELEBRATING  
CBV CULTURE  
& NEWS

#oneclub  
#vikingsway  
#CBV



# HAPPY NEW YEAR

---

## MESSAGE FROM THE EDITOR

When preparing this month's issue of the Vikings Voice, I was struck by the numerous examples of members gratefully recognising the contributions and efforts of others. There was recognition of Christmas Day patrols. Coaches were thanked for giving their time and experience.

Younger surf sports athletes were excited to receive the attention and guidance of senior (and some very successful) colleagues. And, as always, our amazing Supporters Staff celebrated some of their stars who delivered exceptional service in the midst of the craziness of the Christmas period.

It occurs to me that one central human emotion binds all of these stories together - it's gratitude.

There's nothing more motivating in any team than to be thanked and recognised and receive some expression of heartfelt gratitude.

So, continue to be grateful for the actions of your fellow Vikings. More than that, find the time to say: "Thanks, you really made a difference to me today."

Then, I think we'll discover together that an attitude of gratitude becomes infectious.

I hope you enjoy this issue of the Vikings Voice. I am grateful for all of the contributions received to help to make it happen.

*Benny Munro*

**Benny Munro**  
**Club Newsletter**







# CURRUMBIN BEACH VIKINGS

SURF LIFE SAVING CLUB



**V**

ikings take responsibility and always do what we say

**I**

always think 'one club' and 'team first'

**K**

keep being a positive influence

**I**

always have my fellow Viking's back

**N**

never forget to have fun

**G**

genuine open and honest conversations

**S**

support and respect everyone





# WHAT'S ON...

COMING UP IN JANUARY &  
FEBRUARY

## JANUARY / FEBRUARY PATROLS

Thur 26th Jan - Valkyries (AM) & Patrol 7 (PM)  
Sat 28th Jan - Patrol 1 (AM) & Res Patrol (PM)  
Sun 29th Jan - Patrol 8 (AM) & Patrol 5 (PM)  
Sat 4th Feb - Patrol 10 (AM) & Patrol 9 (PM)  
Sun 5th Feb - Patrol 12 (AM) & Patrol 13 (PM)  
Sat 11th Feb - Patrol 11 (AM) & Patrol 2 (PM)  
Sun 12th Feb - Patrol 1 (AM) & Patrol 3 (PM)  
Sat 18th Feb - Patrol 6 (AM) & Patrol 14 (PM)  
Sun 19th Feb - Patrol 4 (AM) & Patrol 8 (PM)  
Sat 25th Feb - Patrol 9 (AM) & Rov Patrol (PM)  
Sun 26th Feb - Patrol 5 (AM) & Patrol 7 (PM)

## JANUARY / FEBRUARY CARNIVALS

Fri 27 to Sat 28 Jan - Murphy Homes Maroochydore Classic  
Sat 28 to Sun 29 Jan - PDB Youth Championships, Bilinga SLSC  
Sat 28 to Sun 29 Jan - ASRL Queensland Selection Carnival, Maroochydore  
Fri 3 to Sun 5 Feb - State Surf Rescue Championships, Alexandra Headlands  
Fri 3 to Sun 5 Feb - Nutri Grain Next Gen Series, Kurrawa Beach  
Sat 4 Feb - Ocean Thunder Rd 4, Dee Why, NSW  
Sat 4 to Sun 5 Feb - Trans-Tasman Surf Boat Series, Waihi Beach, NZ  
Thu 9 to Sun 12 Feb - ASRL Open, Bulli, NSW  
Fri 10 & Sat 11 Feb - Summer of Surf Shannon Eckstein Classic, Northcliffe SLSC  
Sat 11 & Sun 12 Feb - PDB Senior / Masters Championships, Currumbin Beach  
Fri 17 to Sun 19 Feb - Queensland Youth Championships, Mooloolaba  
Fri 24 to Sun 26 Feb - Queensland Senior Championships, Mooloolaba



**CURRUMBIN BEACH VIKINGS**  
SURF LIFE SAVING CLUB







**AUSSIES 2023 FUNDRAISING EVENT  
PERTH - WA**



**VIKINGS SURF  
SPORTS LUNCHEON**

**TICKETS \$125 PP**

**FRIDAY 3RD MARCH**

**2 Course Lunch  
3 Hour Drinks Package  
Raffles + Auctions + Entertainment**

**Guest arrival 11:30am - 4pm  
Currumbin Beach Vikings  
Surf Life Saving Club**

**PRESENTED BY**

**Brooke Hanson OAM - Australian Olympian  
Kurt Wilson - Australian SLS Head Coach**

**TICKET SALES**

**<https://www.trybooking.com/CFHQX>  
On Sale until 25/02/2023**



**BOOK NOW | ONLINE**  
[sharon.brennan@currumbinlsc.com.au](mailto:sharon.brennan@currumbinlsc.com.au)







# CBV WELLBEING SESSION

INVITATION OPEN TO ALL AGES 7+

## Join Us

Tuesday, 7th February 5:30pm  
CBV Vikings Room  
Free of Charge + Light Refreshments

# MY TIME OF THE MONTH = MY SUPER POWER

**YOUR PERIOD - YOUR JOURNEY - YOUR WAY**

"Your Superpower comes from understanding yourself, your body and gaining tools to be your best self".



Join us for this interactive wellbeing session. We invite all female Vikings members aged 7 and over to attend and encourage all younger Vikings to bring their parents.

This session is also open to male and female age managers, coaches and support teams who want to understand the new approach and how hormonal phases affect athletes.

Brought to you by the team from Energy Health Performance. Presented by Olympian and CBV Legend, Brooke Hanson OAM and Nutrition, Health and Wellness Coach, Kate Richardson.

Limited numbers. Please RSVP to [brooke@brookehanson.com](mailto:brooke@brookehanson.com)

#wearevikings #womeninsport





# CBV PATROL & LIFESAVING

## CHRISTMAS DAY PATROL

We were blessed with stunning weather on Christmas Day and had a team of Vikings provide voluntary patrol hours to keep the beach safe, despite a short interruption to water access from an unexpected visitor.

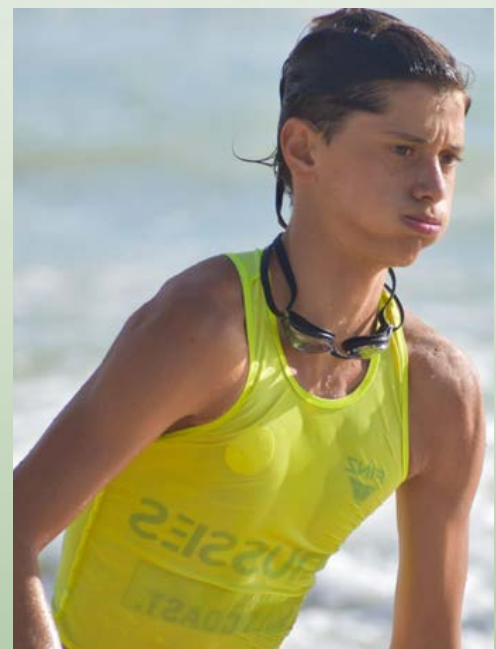
Thank you to all our members who volunteered their time to ensure the beach was patrolled on Christmas Day and the subsequent public holidays. Our awards were covered across each day and our beach visitors returned home safely to enjoy the rest of their holidays. Thank you also to our Supporters Club staff who looked after our volunteers with a full buffet breakfast and lunch on the day.



## CULTURE CHAMPION - TAI SMITH

This month's Patrol Culture Champion is Tai Smith who always thinks "Team First" and "Never forgets to have fun" as an integral member across many aspects of CBV SLSC.

As the current holder of the highest patrol hours, Tai ensures that our core patrol obligations are met through attending rostered patrols, subbing for others and regularly volunteering to help out when an award is needed. After recently gaining his IRBD award, he further volunteers providing water safety at Nippers carnivals. Combining this passion for surf lifesaving and competing, Tai is also a skilled and valued member of our IRB racing team. When he's not wearing the red & yellow or green & white, Tai is also a valued member of our Supporters Association staff.





# CBV SURF RESCUE

## POINT DANGER BRANCH SURF RESCUE CHAMPS



We had a strong team of 20 Vikings competitors who showcased their lifesaving and surf rescue skills at the PDB Surf Rescue Championships in Bilinga in early January.

The Vikings team took out the overall point score, with many of the team members qualifying to compete at the State Surf Rescue Championships to be held at Alexandra Headland from 3 to 5 February.

Congratulations to all our champion lifesavers and first aiders on their success, particularly our new members to the events.

### Champion Lifesaver Results:



Darcy Winter - Open  
Callum Brennan - U19  
Holly Holmesby - U19  
Herb Winter - U17  
Vern Winter - U15  
Julia O'Shea - U15  
Jackson Brennan - U14  
Eadee Damro - U14  
Paul O'Shea - Masters  
Sean Winer - Masters



Ty Buckmaster - Open  
Rose Bentley - Open  
Frankie Fisher - U19  
Lucas Berezwick - U19  
Jay Hyland - U17  
Abi Eveleigh - U14



Jacob Loughnan - Open  
Kaela O'Shea, U19  
Riley Brennan - U17

### Patrol Competition:



Open Team - Paul, Jacob, Ty, CJ,  
Darcy, Herb  
U15 Team - Julia, Vern, Abi, Eadee

### First Aid:



Darcy Winter & Ty Buckmaster



Paul & Kaela O'Shea



Frankie Fisher & Bella Danaher







# CBV WOMEN

## INTRODUCING THE CURRUMBIN VALKYRIES

This season we are pleased to announce the development of our female mentor programme, the Currumbin Valkyries.

The aim of the programme is to provide a network of senior females from different sections of the Club with a goal to strengthen, guide and develop our female lifesavers aged U14 through to U18. It is envisaged that our younger female members will gain mentorship from the awesome women in our Club to guide them on their lifesaving journey, assist with goal setting, broadening their knowledge and skills and keeping them focussed and engaged.

A selection of our senior women were identified to be key mentors for the pilot programme and an initial meeting occurred in December to identify key events and supports.

The role of our mentors is to support our next generation of female lifesavers,



athletes and emerging leaders by passing on their knowledge and expertise through providing a trusted support network with regular communication. Our mentors will encourage participation, identify pathways for youth members and give advice, motivation and empowerment to our young women within the Club.

Thank you to Kristy Smith and Sharon Brennan for their vision in developing and leading the programme - two examples of the inspiring women we have in the Club!

The Valkyries will be on the morning Australia Day patrol as part of the launch for our female mentor programme.

Ladies, lock it in your diary and grab your full patrol uniform ready for Thursday, 26th January. Please meet at the Club at 6:45am.

Please RSVP if you are attending via the patrolling members Facebook page or email Sharon Brennan at [sharon.brennan@currumbinslsc.com.au](mailto:sharon.brennan@currumbinslsc.com.au)

  
**VIKING VALKYRIES  
VOLUNTEER  
PATROL**  
Australia Day 26 Jan 2023  
7am - 12:30pm  
Lunch Provided  
**JOIN US!**  
For attendance contact Operations Manager  
[sharon.brennan@currumbinslsc.com.au](mailto:sharon.brennan@currumbinslsc.com.au)  
\*All award accreditations needed.  
#vikingvalkyries #womeninsport #oneclub



# *Congratulations!*

## MARK DURLACH

### CELEBRATING 15 YEARS AS A CURRUMBIN BEACH VIKING

This month we celebrate our longest serving Chef, Mark Durlach who reached his 15-year milestone in October 2022.

Mark is known amongst the staff as "Mr Dependable" and is a true Viking in so many ways. He leads the team from the front and never shirks the hard yards. Mark is the bloke everyone wants to stand with in the "trenches".

Mark was also the recipient of the December Vikings Staff Appreciation Award winner.

Mark was nominated by his peers for the way he had stepped up in the kitchen over the last few months. His support for the whole Vikings team had not gone unnoticed and was appreciated by all the staff, not only in the kitchen but in all areas of the Club. Mark was recognised for the way he assisted with the Club's biggest month of functions.

The staff and members of the Club are extremely lucky to have such a loyal Viking in Mark and we are truly grateful for over 15 years of service.

Congratulations Mark!

*Thank You  
Mark*







# CBV SUPPORTERS' ASSOCIATION

## DECEMBER STAFF APPRECIATION AWARD NOMINEES

We also wish to celebrate the other nominees for the December Staff Appreciation Award:

♥ **Adam Irwin** - for always going above the normal to satisfy our customers

♥ **Jade Seager** - for being such a wonderful team player, for always smiling & genuinely caring for our customers & her teammates

♥ **James Stevens** - for always having the Chefs' backs and going above and beyond to help his workmates

♥ **Riley Glasspole** - for being a weapon, an absolute legend, and for always helping the team out by staying back when needed

♥ **Stacey Johnson** - for the way Christmas Day was executed and for the way a HUGE month of functions was planned, organised & worked

♥ **Zoe Youngman** - for displaying our VIKINGS qualities every single day.



## CHRISTMAS DAY BUFFET

While many of us were indulging with family and friends on Christmas day, our staff were busy catering for our ever-popular Vikings buffet breakfast and lunch. We welcomed a total of 360 guests over the two services.

Thank you to all our staff who worked over Christmas Day - it was a true team effort:

Lucas Berezwick, Dean Burge, Marnie Burge, Piper Dillon, Andrei De Sa, Mark Durlach, Glen Dwelly, Warren James Dwelly, Taj Dwelly-Dodd, Junior Foerster, Summer Goodwin, Nigel Harvey, Rio Heaney, Vincent Jackson, Lily Jeffery, Stacey Johnson, Matilda Josefsson, Sissy Karwick, Chris Kelly, Rohan Kelly, Nicole Liu, Jemma Macmillan, Christopher Merrin, Brenton Pearce, Scott Phillips, Vines Ramic, Jade Seager, Leanne Steele, James Stevens, Tamar Tane, Kenji Tokui, Cameron Walle, Mark Williams, Zoe Youngman.







*The Best Sunday Session on the Gold Coast!*

# JANUARY LIVE MUSIC

**NEW YEARS EVE. WOOHOO** *from 8pm*

**01. REWIND** *from 4pm*

**08. ACCIDENTS**

**15. THE HODADS**

**22. CAPTAIN WOW**

**29. REWIND**

**SUNDAYS FROM 3.30PM**







# CBV NIPPERS

**IT'S A RIPPER TO BE A CURRUMBIN NIPPER**

Following on from our profiles of our Junior Club Captains in last month's edition, this month, we're pleased to introduce our Junior Club Vice-Captains, Marlie Clark and Jackson Brennan.

**Marlie Clark:** Marlie has been a proud member of Currumbin Nippers since U6's and is excited to be finishing her time at Nippers while helping to lead the Club. She is a keen swimmer and loves being around the younger Nippers to provide support and water safety on Sundays. Marlie is passionate about seeing as many Nippers as possible stay in lifesaving, by showing them the many pathways available within the Club as they grow.

**Jackson Brennan:** Jacko is a familiar face to many in surf lifesaving, recognisable for his candid livestream video interviews at Aussies Carnivals. Jacko is a third-generation lifesaver and is a highly active Club member as a competitor, particularly in Board, and is always in amongst the social and fundraising events. He is a great role model for the younger Nippers, a Viking who is committed to lifesaving and exudes energy and fun.



## NIPPERS BOARD RIDERS

Our Nippers board riders wrapped up 2022 in December with a final board session and BBQ on the beach. A big thank you to Coach, Zane Holmes for providing a fun training environment for our Nippers and families.







# CBV NIPPERS

## CARNIVAL PARTICIPATION & RESULTS

The Vikings have been flying the green and white flag proudly with some awesome results at recent carnivals with plenty of parent and senior support to make the events a team effort and win.

### KOZII IRON CHALLENGE

A huge congratulations to our U12 Girls Series Champion Ivy Artz who took out the competition in Raby Bay. We had strong results from our other competitors including a bronze for Joel Maritz in the U12 Boys. Well done to everyone who competed and big thanks to Richie Ferris for bringing the tents and Kristy and Warren Artz for warming up the kids. It's clear there was a lot of fun had by all!



### P3 QLD BEACH SERIES

Congratulations to our Nippers Beachies who competed at Round 3 of the P3 Qld Beach Series at Kurrawa in early January, along with our Senior athletes. Coco Kent won bronze in the U12 Sprints, as did our U12 Male Beach Relay team - Jack, Koa, Owen and James.

Thank you to Sam Dick and Tim Delahunty for coaching and EJ Forsyth and Tahlia Sunderland for providing a supportive environment for our Nippers at training.







# CBV YOUTH

## LIFESAVING DEVELOPMENT PROGRAMME EXPRESSIONS OF INTEREST TALLEBUDGERA - 10 - 16 APRIL 2023



We are seeking Currumbin Vikings aged between 16 and 20 years who are keen to participate in the 2023 Lifesaving Development Programme being held from 10th to 16th April at Tallebudgera Recreation Camp.



The Lifesaving Development Programme is an annual program by SLSQ where participants from Clubs across Queensland come together with a training and leadership team of more than 20 people from Surf Lifesaving Aus.



The aim of the programme is to upskill Youth Members in a fun learning environment, helping them to become more qualified.

Participants will gain a number of awards and will be exposed to additional skills and development opportunities including pathways, teamwork, leadership and lifesaving operations.

Interested members should speak with Kristy Smith or Sharon Brennan or email [sharon.brennan@currumbinslsc.com.au](mailto:sharon.brennan@currumbinslsc.com.au) by **26 January 2023** for more information and application details.







# CBV BEACHIES

## P3 RECOVERY QLD BEACH SERIES, KURRAWA

There is no doubt that the Vikings boast some of the premier Beach athletes in the world, led by two of our senior athletes, current World Champion, Elizabeth "EJ" Forsyth and Tim Delahunty, as well as our top coaches, Sam Dick and Rachelle King.

Our Beachies competed at Round 3 of the P3 QLD Beach Series in early January, not only as senior competitors, but also coaching and supporting our up-and-coming Nippers athletes.

Congratulations to Tim, EJ and Zoe Nicols who won the Overall Series Point Score for their age groups, with Tim and EJ putting on impressive performances to take out the Male and Female Open Sprints.

Tim said it was great to get some racing experience ahead, as he and the team continue preparations for the SLSQ State Championships and the Aussies later in the season.







Following his result, Tim described the win:




"It was good - it was good to see guys from interstate come up and race with us. The flag was hotly contested, there's a hot field in Australia at the moment. On the day you have to turn up to win, anyone on the sand could have won. Everyone is a bit different, but I've found in the last few seasons that racing as much as I can is more beneficial than a training session".

Congratulations to the team for achieving the following results:


### Sprints

-  Tim Delahunty - Open Male
-  EJ Forsyth - Open Female
-  Zoe Nicols - U15
-  Tahlia Sunderland - U19
-  Coco Kent - U12

### Flags

-  EJ Forsyth - Open Female
-  Zoe Nicols - U15
-  Tahlia Sunderland - U19

### Beach Relay

-  U12 Male Beach Relay - Jack, Koa, Owen, James







# CBV SURF SPORTS

## QUEENSLAND & BRANCH REPRESENTATIVES

Currumbin Beach Vikings have donned caps of a different colour in recent weeks to represent teams in various SLS National Events.

### SUPER SURF TEAMS LEAGUE

In the National Super Surf Teams League, three days of competition at Maroubra saw the athletes from 15 teams around the country showcase their surf sports skills in some tough racing. CBV reps included:

PDB Seawolves: EJ Forsyth (Captain), Callum Brennan, Ryan Green  
South Coast Makos: Riley Brennan  
Coaches: Rachelle King and Sam Dick

The QLD Point Danger Seawolves were crowned the 2023 Champions ahead of the WA Scarborough Sunsets and QLD South Coast Makos. Well done!



### SLSA INTERSTATE CHAMPIONSHIPS

A return to the Australian Interstate Champs after 3 years was held this week at Maroubra. The Vikings were represented by Tim Delahunty, EJ Forsyth, CJ & Riley Brennan and Vern Winter, along with Coach, Sam Dick.

The Mighty Queensland Cyclones won the Open and Pathway Championships, finishing 2nd in the Youth Championships and 2nd in the overall point score to NSW who took the Championship honours.

SBS Sport will broadcast four episodes showcasing the competition on 19 and 26 February, and 5 March 2023 - keep a lookout!







# CBV BOATIES

## OCEAN THUNDER SURF BOAT SERIES RD 3



Congratulations to the CBV crews who competed at the Ocean Thunder Series in Dee Why in early January. We had some solid results with every one of our crews now having had a podium finish across the three rounds of the Series so far.

The Solarset Currumbin Harbingers claimed bronze in the Open Men's Final, with the Tilt Action Currumbin Krakens finishing 6th. The Currumbin Barbarians and the Tilt Action Currumbin Hunters made the semis whilst the Currumbin Norsemen missed the quarters by one point.

A massive thank you as always to all the sweeps and support crew who put in many hours to train and tow the boat craft interstate.

## ASRLQ SELECTION

Continuing with the CBV dominance on the state and national stage, we are proud to have a number of our Crews chosen to trial for the QLD Cyclones carnival, being held on 28th January in Maroochydore.

Go you mighty, mighty Vikings!



### QLD SELECTION CREWS

#### OPEN MEN

CURRUMBIN KRAKENS  
CURRUMBIN NORSEMAN  
CURRUMBIN HARBINGERS (WC)

#### OPEN WOMEN

MAROOCHYDORE CHUMS  
MET CAL YAKUZA  
CURRUMBIN COCKATOOS (WC)

#### RESERVE MEN

ALEX H&H DREDGERS  
CURRUMBIN HUSCARLS  
BURLEIGH BUTTERFLIES (WC)

#### RESERVE WOMEN

NOOSA BANDITS  
COOLUM WILD TURKZ  
CURRUMBIN SAVAGES (WC)

#### U23 MEN

MAROOCHYDORE FORCE  
SURFERS PARADISE SHARKS  
CURRUMBIN WULFLINGS (WC)

#### U23 WOMEN

DICKY BEACH TOOSHIES  
CURRUMBIN COMETS  
ALEX ABA WEDGIES (WC)

#### U18 MEN

ALEX ABA MAKOS  
MOOLOOLABA DUSTYS  
SURFERS PARADISE SERPENTS (WC)

#### U18 WOMEN

CURRUMBIN CHILLI PEPPERZ  
DICKY BEACH DRAGONFLIES  
MET CAL CRIMINALS (WC)







*The Best Sunday Session on the Gold Coast!*

# FEBRUARY LIVE MUSIC

**05. MOJO RISING**

**12. BROOKE SUPPLE**

**19. ACCIDENTS**

**26. REWIND**

**SUNDAYS FROM 3.30PM**



COURTESY BUS - 0408 643 015

0755 342 932 | [www.currumbinslsc.com.au](http://www.currumbinslsc.com.au) | [reception@currumbinslsc.com.au](mailto:reception@currumbinslsc.com.au)







# CURRUMBIN BEACH VIKINGS

SURF LIFE SAVING CLUB

## NEWSLETTER CONTRIBUTIONS

If you would like to contribute to the monthly newsletter or if you have any information, upcoming events, milestones, celebrations or examples of members living the Viking's Way and culture, please send an email with details and any photos to Benny Munro at [culture@currumbinslsc.com.au](mailto:culture@currumbinslsc.com.au).

If you, or someone you know, would like a print copy of this month's Newsletter posted to you, please send an email to [culture@currumbinslsc.com.au](mailto:culture@currumbinslsc.com.au). We can organise print copies on a once off or regular basis.

## THANK YOU TO OUR VALUED SPONSORS



### OFFICIAL SPONSORS

#### GOLD PARTNERSHIP



#### SILVER PARTNERSHIP



#### BRONZE PARTNERSHIP



since 1918



[www.currumbinslsc.com.au](http://www.currumbinslsc.com.au)