



# Newsletter JANUARY 2009

## 2008 ROUNDUP

BY JOHN MANDYBUR

### POINTSCORE

I retired as Club President this year and the reins have been handed to an even better looking member in that of Samantha Keats, possibly Australia's first ever female longboard club President. Bob Munro is the new Secretary and Glenn (Ozzie) Wright the new Treasurer. The end of 2008 saw the results of the point score as follows:

**A Grade** – Gareth McAuslin, Ralph Illyes, Kent Ladkin

**B Grade** – Sebastian Herft, David Dark, Jim Lane

**40s** – Ralph Illyes, Andrew Mackay, Mark Clift

**50s** – Kent Ladkin, Glenn Randell, John Mandybur

**60s** – Bob Munro, Bill Jauncey

### CHAMPION OF CHAMPIONS

Our annual end of year longboard comp was held at the Crooked River mouth on a truly glorious summers morning, a complete contrast to the week before when we had to cancel the comp after the first rounds due to appalling conditions at 1st tract Gerroa. Everyone had fun, after all it's no use being down because you wish for bigger waves, that's out of our hands. But even though the waves were small, some were rode the waves right up into the mouth of the river near the boat ramp. I wish I had a video camera, I think Sam Keats had a smile on her face for weeks!

**A Grade** – John Mandybur, Ralph Illyes, Gareth McAuslin

**B Grade** – David Dark, Jim Lane, Glenn Randell

**Old Mal** – John Mandybur, Ralph Illyes, Gavin Urquhart

**SUPs** – John Mandybur, Ray Turner, Marko Seider

## Aloha!

BY SAMANTHA KEATS

In the Hawaiian language, Aloha stands for much more than hello or goodbye or love. Its deeper meaning is the joyful sharing of life energy in the present. It is about love, peace and compassion and those who have experienced the Aloha Spirit have an obligation to pass it on to others. So this is what I would like to pass onto you all this year by being President – the Aloha Spirit.

Being elected President was, for me, unexpected but also very exciting. I am nervous and not sure that I will know everything I need to but, with Bob, Ozzie, Gareth and Clive beside me, I feel that this year will be an exciting year for Club Mal-Nutrition. As a committee, communication will be foremost on our list along with keeping the website up-to-date with news, any changes and point score results.

I joined the Club Mal-Nutrition at the start of 2004 and had only been surfing for a few months. My husband Martin gave me for Christmas a rashie and a surf lesson with Lands Edge. I had no idea at the time the impact that gift would have on my life. That first time on a board, that first time standing up, that first time riding a wave will be forever imprinted in my memory as the moment I found my passion. Being out in the ocean on my board is my time. It soothes my soul and breaths space into my life and gives me the chance to just be. I have surfed with dolphins, seen the most amazing sunrises, surfed places I thought I would never go and met the most amazing people. I love that surfing transcends gender, race and age. I love that the first thing I do when I wake up in the morning is to check the surf.

I have always had a relationship with the ocean, growing up in Merimbula, but was never a surfer. The "waxheads" of those days were all male, rode short boards, had shaggy blond hair, drove Datsun 180Bs, and spoke in this strange language! Girls were definitely not allowed.

Thank god things were different when surfing entered my life. Not only were there girls and women everywhere but the boards looked so easy to ride. And so my friend Kathy suggested I come along and join Club Mal-Nutrition. Little did I know the friendships that I would make and the fun that I would have. I really learn to surf by being part of this club – a suggestion here, an encouragement there, a smile, a wave, a pat on the back with a "well done". That's what I love about this club.

In closing, I just wanted to acknowledge John for his amazing dedication to Club Mal-Nutrition. He is our first lifetime member and this is truly deserved. It is because of people like John, Mark and Marko, along with many others and our sponsors, that this club continues to exist. So, please feel free to approach me, or any of the committee, at anytime with suggestions, comments or just for a chat.

Mahalo



## A Big Thanks to All

BY JOHN MANDYBUR

I felt honoured at the 2009 Annual General Meeting that was held at the Gerroa Neighbourhood Centre when you made me the first Life Member of Club Mal-Nutrition. It means a lot to me and thank you all.



## My First Love

BY JOHN MANDYBUR

My first board was purchased with money I had saved from dishwashing, window washing and car washing. It was 1968 and Nock & Kirbys hardware store in Wollongong had a 9'3" red stripped Ron with a yellow D fin. It cost \$30, a friggin fortune to a young Berkeley boy like me.

We came from the Hostel near Lake Illawarra and this is where I practiced. My mates Leon, Steve and Mick would bring a rope and I'd bring my board. Someone would run flat out along the sand back, rope in hand, while one of us would stand on the board and get towed along in deeper water for about 30 metres. Rope burns and jellyfish stings got the better of us.

But we lucked out with a someone knowing a guy, who had a dog, that used to visit another dog, that belonged to an old lady, that lived one street back from South Wollongong beach. She let surfers leave their boards in her old car-less garage. The doors didn't shut properly but not one board was stolen in those three years. There was such an honesty and trust among surfers back then. I had the longest, heaviest, straightest board on the beach and I was glad to eventually sell it and buy a shorter one, but man, I wish I had it now!

**Tell us about your first board!** We would love to hear about the first board you had so please email Sam (email address opposite) a few lines.

## So That's Who Invented It

BY JOHN MANDYBUR

With all the shark sightings and a few attacks starting off 2009, I thought you might enjoy this ancient story from some Polynesians friends across the ocean. A mighty warrior named Ngaru was shit-stirring Tumuitearetoka, the Queen of the Sharks. Try as she might she just couldn't catch him because Ngaru had invented the ancient surfboard to escape her savage jaws.

## Other News

- 2008 also saw our club song 'Seven Miles of Smiles' included on Steve McParlands book entitled 'Surf Music of Australia' (rrp \$75).
- Miki Isaac made a short documentary "Living on the Coast" for a travel show about the joys of surfing at Seven Mile beach, which mentions our club. Those involved in the filming were Forrest and Vivienne Ladkin, Samantha and Annie Keats, Ralph Illyes and John Mandybur.
- This newsletter, along with the website [www.clubmal.com.au](http://www.clubmal.com.au), is this clubs means of communication. We would love to see other members contributing besides John and Sam. If you have a story to share, something to sell or something to buy, please email Sam (email address opposite). After all, this is your club!

## PROGRAM FOR 2009

### Point scores

January 25	July 26
March 01	August 30
March 29	September 27
April 26	October 25
May 24	November 29
June 28	

### Open Competitions

#### 7 Miles of Smiles

Saturday 2 May  
Seven Mile Beach, Gerroa

#### Crescent Head Classic

27 to 30 May

### COMMITTEE

#### President

Samantha Keats  
0419 428 107  
[skeats@bigpond.com](mailto:skeats@bigpond.com)

#### Secretary

Bob Munro  
0418 443 899  
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#### Treasurer

Glen Askew  
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#### Committee

Clive Roberts  
Gareth McAuslin

#### IT Consultant

Peter Harves

### CONTACT

#### Bob Munro

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### FOR SALE

**1950s Reverse D fin, 9'6" Ron Gunn**  
\$800. Phone John on 4234 2362.

**Brand new 9'1" McTavish Fireball**  
with legrope. New \$1500, selling for \$1000. Phone John on 4234 2362.

**MEMBERS OF CLUB MAL-NUTRITION LONGBOARDERS ARE GRATEFUL TO THE FOLLOWING SPONSORS  
FOR THEIR CONTINUING GENEROUS SUPPORT**

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