

# Life's a BEACH

WHAT THE SUNSHINE COAST IS ALL ABOUT – SUN, SURF AND SAND

## ALWAYS PLAY IT SAFE

BEFORE entering the surf, make note of a landmark such as a building or headland that can be seen from the water. Use it as a guide for maintaining a fixed position. Also, check the depth of any gutter and the height of any sandbank before diving under waves – this will help you avoid spinal injury.



**SURF'S UP:** Ironwoman Kirsty Homes, event organiser Guy Gibbons and former Commonwealth Games swimmer Dee Johnson. PHOTO: CADE MOONEY/CM170332D

## MY FAVOURITE BEACH



**BACKPACKING:** Swedes Emilie Roos and Jill Norlim on Alex beach.

## From half a world away

IT will probably be the only time Swedish girls Emilie Roos and Jill Norlim grace the sand of Alexandra Headland, but they certainly won't forget it.

Over the past few weeks, the girls have dipped their toes in to practically every stretch of ocean from Cairns down.

And they will continue their migration south over the next two months until they reach their final destination, Sydney.

So how does Alex's beach compare?

"It's really nice," Jill, 19, said. "It's really relaxed and there aren't too many people here."

"Although I have to say that Noosa has been one of our favourites so far, this beach is good too. "They are all good! It's nothing like what we have back home."

"It's so different. The surroundings are so amazing, the weather is nice and so are the people."

The girls chose Australia for their gap-year holiday because it was as far from Sweden as it gets. Emilie, 20, said spending time on Australian beaches had inspired them to learn to surf.

"We tried yesterday," she said. "We weren't very good at it."

"When we get to Byron Bay, we're going to take lessons."

"Hopefully we'll be able to go home and tell everyone we can surf."

# Board meets to help charity

THE moves were slick and quite audacious at The Board Meeting corporate event, with advertising type Mark Skinner leaving arch rival Ron Stoye of Coastal Fasteners in his wake.

And that was just in the dry land bribing of the surf judges, to try and gain some extra points.

Out on the water at Kawana, Mark admitted he had been unable to match his other three Mark

Skinner Advertising team-mates for surfing fluidity, so he resorted to using his liquid assets.

"I bribed the judges with \$50 for some extra points – that will get to Stoye," he quipped.

Ron is usually the guru of graft on this day, which helps Coast kids in need of some financial assistance, but at that stage had only lain down a lazy \$40 to stay in the judges' good books.

Every cent goes towards the

likes of Grace Fordham, 9, and Sean and Caitlin Jeffries, who are all battling crippling diseases. The other major beneficiary from the day's charity auction was 10-year-old burns victim Tom Moore.

No one seemed all that keen for event lynchpin Guy Gibbons, of Bennett Carroll Solicitors, to get his tuxedo rash shirt wet out in the fairly solid sets.

"It says a lot about my surfing that the team I surfed for last year

have replaced me with a nine-year-old boy this year," Guy said.

Retired ironwoman Kirsty Holmes is loving her surfing more than ever and jumped at the chance to reprise her 2003 meeting with The Board.

And to top things off, big-wave warrior Mark Visser and world tamer Julian Wilson showed up to put on a jet ski tow-in.

In a unanimous motion, everyone dug deep and did their bit.



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**CARVING IT UP:** Johnny Bohringer goes for glory at the Board Meeting.

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