



MARCH 2024

FRESHIE SLSC

All the latest news from your favourite club.



— *Freshie Member Services*

Shanny Dyer

And that's a wrap for State24

It was lovely to have a catch up at the end of State at the Club, recognising the effort of competitors, supporters, officials and Life Members present.

Freshie was proud to provide use of the club facilities and the beach to run events supporting Queenscliff and North Steyne – a real collaborative event.

Freshie On Fridays 5 April

Is back! After a break so we could get branch and State out of the way, we will have another gathering – all welcome.

Enjoy scrumptious pizza and nibbles washed down with cool and cleansing drinks from our amazing barman Dave.

Have your say

As this season comes to a close, the club is planning a few focus groups. In the first instance, we will be looking for people interested in building our clothing look and feel for next season. If you have an artistic flair or just want to contribute, contact the office.

Freshwater SLSC Annual Club Awards - Calling for Nominations

All members are encouraged to get involved in the process by putting forward nominations for the awards. If appropriate, the same reasons can be relied on to nominate people for more than one of the awards which appears on the list.

Nominations can be sent to the Executive Officer C/-

executiveofficer@freshwaterslsc.com or admin@freshwaterslsc.com or sent or

given to any of the Awards Panel members – Kris Burrows, Janet Rickard, Julia Baker, Kevin Crow, Tom Duffy and Scott Morrison.

Nominations for the Distinguished Service Award should be sent to

executiveofficer@freshwaterslsc.com

All nominations should be forwarded soon as possible at the latest 15th April to allow sufficient time for their assessment by the panels and referral to the

Executive Committee for approval. [Click Here for more information](#)

— Competition

CONGRATULATIONS TO OUR NIPPERS AT STATE

Freshwater Nippers were proud to send a team of approximately 65 State Competitors over the hill to Queenscliff for the 2023/24 State Age Titles. Led ably by Robin Brenchley (Junior Sports Coordinator) and our coaches, the team lived up to the club values and competed with effort, sportsmanship, friendship and of course having fun. We have to recognise the entire team, who showed up each day, gave it their all, filled in teams when they needed it and helped Freshwater Nippers achieve great outcomes across all age groups. We especially would like to recognise our medalists for this event including:

GOLD

U13 Amelia and Lexie 2 X 1k

U13 Harry and Brad Board Rescue

U13 Cameron Harry, Brad, Lucas, Jake



SILVER

U14 Kayla Davies Beach Flags

U13 Brad Nitz Board Race

U13 Amelia 2 K run



BRONZE

U12 Darcey Herd 1k run

U13 Lexie 1k run



CONGRATULATIONS TO OUR R&R TEAMS AT STATE

This season's State R&R Championships were again held at Freshwater over two weekends. The first weekend saw the junior events held. Again this year Freshwater was not able to field any teams in either the two or five person events. Given many clubs had multiple teams competing across the various age groups, it remains disappointing this event, which promotes lifesaving skills, appears unattractive to the Freshwater junior cohort.

The second weekend involved the senior component and Freshwater had two teams competing. The Open Men's 5 (Seb Di Sano, Ian Donald, Patrick Kiely, Chris Tyrrell & Hugo Weston) won the gold medal and in doing so successfully defended the title they won last year. The Open 6 Person team (the men's combination plus Jarrad Freakley) also won the gold medal and in doing so were the only team over the two weekends who managed a score of zero. This was the 10th time in 15 years the team has won the event and the coveted Harry Nightingale Trophy.



CONGRATULATIONS TO OUR LIFE SAVING TEAM AT STATE

Two weeks of very successful competition at Freshwater. A big thank you to Officials, Coaches and Freshwater Members who made the State Titles events at Freshwater SLSC such an amazing success. A special mention to the IRB gang who provided water safety for events, and parents and supporters of the lifesaving team for their hard work over the 5 days of competition. A special thank you should go to Lindsay who has worked so hard over the last three weeks.

Champion Lifesaver

U15 Ewen Humphries 1st. 6 points
U19 Kirra Budd 2nd. 5 points
U19 Josh Orr 2nd. 5 points
U19 Luke Thornton 3rd. 4 points

Champion Patrol

Open 2nd 5 points
Izzy Stapf-Giannakis, Sammy Lever, Kirra Budd,
Luke Thornton, Josh Orr, Liam Lehane

First Aid

U15 Ewen Humphries, Fionn Lehane 1st 6 points
U19 Liam Lehane, Izzy S-G 1st 6 points
U19 Josh Orr, Luke Thornton 2nd 5 points
U19 Mabel Hancock, Elani Plummer 3rd 4 points
Open Julia Baker, Tahlia Dearden 1st 6 points
Open Luke Thornton, Izzy S-G 2nd 5 points

Freshwater won the State Lifesaving Point score!

All competitors have qualified for Aussies and will all be competing. Competition running from Saturday 13th April to Tuesday 16th April.

We wish all our Competitors the best of Luck at Aussies.



CONGRATULATIONS TO OUR MASTERS TEAMS AT STATE

With a very strong showing at Branch titles the Freshie Masters took to the water and beach at Queenscliff for the Masters State Championships. Weather conditions on both days were great sometimes bordering on too hot with solid and testing surf conditions which took the sword to many competitors dashing their hopes of State Championship glory.

We kicked off the first day (Individual events) with our two lone beach competitors Michael Kirkby and Tom Duffy representing, Tom in his Masters State Title debut coming away with a silver in the 2km beach run and Killer with a 4th.

We had many medal winners with some standout performances on day 1 namely - Phil Bird winning gold in the board and ironman and a silver in the ski, Ben Kirkby winning the ski and bronze in the board, Dave Bredeson with gold in the rescue tube and silver in the surf race and Al Burns with silver in the surf race and rescue tube.

Day two is the teams day and we again multiple medal winners and placings across all events and age groups with our the 170 Male Swim team of John de Mestre, Andrew de Vries and Dave "de" Bredeson coming away with gold.

Thursday post event we held a debrief at the Harbord Hotel where the inevitable stories of what could have been, and what was were shared over a beer and wine.

While official overall results have not been listed on Live Heats it looks like Freshie finished inside the top 10 and around 8th overall in the point score.

Thanks to everyone that competed, our officials that allow us to compete and the club for supporting the masters competitors. As always anyone over 30 is welcome to join us socially competitively or however you want, please contact me if you would like any more information.



CONGRATULATIONS TO OUR MASTERS COMPETITORS AT STATE

Freshwater Team A - 170 yrs min Male Surf Teams – 1st
Freshwater Team B - 60-64 yrs Male Board Rescue – 1st
Freshwater Team B - 30-34 yrs Male Board Rescue – 2nd
Freshwater Team A - 30-34 yrs Male Double Ski – 2nd
Freshwater Team A - 65-69 yrs Male Double Ski – 2nd
Freshwater Team B - 30-34 yrs Male Board Rescue – 2nd
Freshwater Team A - 130 yrs min Male Taplin – 3rd
Freshwater Team A - 170 yrs min Male Board Relay – 3rd
Freshwater Team A - 170 yrs min Male Taplin – 3rd
Freshwater Team A - 45-49 yrs Male Double Ski – 3rd
Freshwater Team A - 60-64 yrs Male Board Rescue – 3rd
Freshwater Team A - 130 yrs min Male Taplin – 3rd
Freshwater Team A - 150 yrs min Male Single Ski Relay – 4th
Freshwater Team B - 65-69 yrs Male Double Ski – 4th
Freshwater Team B - 50-54 yrs Male Board Rescue – 4th
Freshwater Team A - 110 yrs min Male Board Relay – 4th
Freshwater Team A - 110 yrs min Male Single Ski Relay – 6th
Freshwater Team A - 130 yrs min Male Board Relay – 6th
Freshwater Team A - 150 yrs min Female Surf Teams – 6th

CONGRATULATIONS TO OUR BOAT TEAMS AT STATE

Freshwater Spring Chickens - 240 Years min Male Surf Boat – 1st
Freshwater The freaks - U23 Female Surf Boat – 5th
Freshwater The Fender Benders - U19 Female Surf Boat – 6th

CONGRATULATIONS TO OUR OPEN COMPETITORS AT STATE

Freshwater Team A - U19 Male Surf Teams – 4th
Freshwater Whites - Open March Past– 5th



— Thank You Freshwater

Many thanks to all the Club members who supported the State Championship events both at Freshwater and "over the hill" at Queenscliff. The Club has received very positive feedback from the event organisers. So a big shout out of thanks to all the volunteers who turned up at the Club early to do the event setup up each day, water safety/IRB support teams, catering and bar support inside the club and those completing the pack up and clean up at the end of each day. Also many thanks to those volunteering their time as Officials across all the championship events, across the three weekends supporting tasks such as craft scrutineering.

There are too many names to mention individually but a special thanks to Lindsay Davis for organising everything at Freshwater and to Ben Brink who volunteered many hours of jet-ski driver support to the events at Queenscliff.

Thank you!



Masters State Titles: Michael Bate and Kevin Crow

Life Saving Events: Lindsay Davis, Andrew McEwan, Kelly Dobrow, Cheryl White and Julia Baker

Junior Branch and State Titles: Sam Rojas, Andrew Little, Andrew Ernstein, Paris Giannakis, Toni Cadden, Andrew Ballard, Domenic Capogrecoic, Michael Bate and Paul McGettigan

R&R Events: Chris Tyrell, Ian Donald, Wayne and Jane Freakley

Boat Events: Sue Walmsley SEMC - Deputy - James Crittenden

SUNDAY SURF RACES

Every Sunday, 11AM on the beach

CAROLINE'S DYNAMIC

TAI CHI

Classes at Freshwater SLSC

*Tai Chi is a form of mindfulness exercise.
All movement begins in the inner stillness of our minds.
The core of Tai Chi training is the unison of mind and body.*

Teacher: Caroline Wang Noble

Mobile: 0400480713

Website: www.carolinestaichi.com

CLASSES AT FRESHWATER SLSC

Tuesdays at 6.00 – 7.00

Wednesdays at 5.30-6.30pm and 6.30-7.30pm



Yoga for Male Surfer's and non – Surfers!

*Check out our Yoga Sessions with Celeste on Monday nights
at 6.30 in the
Freshwater Room.*

*Bring a mat or towel, water bottle and wear comfortable shorts and
t-shirt or singlet.*

*All Blokes over 50 are encouraged to join for some deep stretching
and the
occasional beer afterwards at the Harbord Hotel.*

Contact Mike on 0416 339 654 if you have any questions.

All beginners are totally welcome!

Come for a free trial session.

— *George Mullins Jr Receives Freshie Club Blazer*

George Mullins is one of Freshwater's SLSC's most esteemed and longest serving members. He originally joined Freshie as a Cadet in the early 1950's and immediately won the Club's Cadet Surf Race Championship in both 1953 and 1954! George excelled in most surf lifesaving disciplines winning many awards and championships in Surf and Board events. Most notably being part of our 1959/1960 all-conquering Champion Rescue and Resuscitation Team.. He has been a life saver all his life, becoming a professional permanent lifeguard supervisor and beach inspector for Sydney Northern Beach Councils for many years before moving to Queensland to undertake further lifeguard duties on the Gold Coast and Sunshine Coast.

George continues to support and be involved in many Club activities, most notably the Barney Mullins Swim Classic. This was established in 1986 and is named after his Dad and Freshwater swim legend George 'Barney' Mullins. And, now, his son, George, travels from Queensland each year to attend race day, scheduled this year on Saturday 23 March.

See photos of George Mullins, with fellow Freshie members Ian Hanson, Jim Newman, Jon Harker and Troy Hanson who were on hand to make the Australian Champion Blazer presentation with bottles of "Freshwater" water and our sacred sands. They all hope to be able to attend the '1950s to 1990s BACK TO FRESHIE reunion' scheduled for Sunday 28 April 2024.



1958-1959, 1959-1960
AUSTRALIAN SENIOR RESCUE & RESUSCITATION CHAMPIONS
MOOLOOABA / MEREWETHER

Don Williams John Mills John McPhee Lionel McDonald (Coach) John Forbes Barry Lumsdaine
Bruce Bourke George (Barney) Mullins (Undeclared for the Season)

— *What's On At Freshie*

There's plenty of exciting things happening around the club this month so look out on the website and our socials to keep up to date!

Harbord Diggers Anzac Day Service

ANZAC Day Service

Join us at the Harbord Diggers at 8am to participate in honouring our fallen soldiers.

If you are participating in the March please meet at rear carpark to march around to the rear forecourt for official service.



Upcoming Events – Save the date

Freshie Friday Drinks – 5 April from 5PM

Freshie Reunion Day – Sunday 28 April from Noon

Annual Presentation Night – Saturday 25th May

Visit the ['What's On'](#) page on the Freshie website for regular updates, or refer to the [season calendar](#) for upcoming events.

— *What happened on the weekend*

BARNEY MULLINS SWIM CLASSIC 2024

The annual Barney Mullins Swim Classic was held on Saturday 23rd March.

Fantastic conditions again for the Swim, which just got better as the morning went on.

All in all, we had 323 entries for the swim, with 86 of those entering on the morning. The numbers were down on last year, most likely due to the race being held on Saturday rather than Sunday.

Swimming conditions were awesome throughout the race, with a water temperature of 23 degrees and great, clear visibility.

We had a good turnout of club members swimming as category swimmers as well as those who jumped in at the back of the pack.

Our fastest male overall was Freshie club member was Liam Lehane in a time of 21m:10s and our fastest female was Jeanette Brits in 21m:53s. Liam also took out the under 18 category (obviously) and Jeanette the over 60s! - Again.

Liam also won the coveted Barney Mullins Shield for the third year running. Great effort from Liam.

Full results can be found online at:

<https://thetimingguysresults.com/BarneyMullinsOceanSwim/2024>

By all accounts, the swimmers on the day had an enjoyable time, and we got through without any serious incidents.

A big thank you to all the fabulous Freshwater SLSC members and their families for helping on the day making for another memorable and successful event.

Andrew de Vries
Race Convener



Club Championships 2023-24

Club Championships for season 2023/24 were held last weekend in warm waves and brilliant sunshine. It was the best turn out we've had in years and everyone seemed to enjoy the competition.

Members aged from u15 to over 50 all competed against each other in events such as beach sprinting and flags, to surf swim, board, ski and ironman.

The most hotly contested of the beach events was the open mens flags, whilst in the surf a solid swell kept everyone on their toes and meant the jags were happening thick and fast.

A BBQ rounded out the morning.

Hopefully this event can continue to grow over the coming years.



ALL MEMBERS INVITED



FRESHIE ON

Fridays

05 April from 5PM

FRESHWATER SURF LIFE SAVING CLUB

Join members and guests at Freshie on Fridays!

We will have pizza to accompany refreshing drinks from the famous Freshie bar.

Come along and bring a friend!

SAVE THE DATE
FRESHIE REUNION DAY

1960's, 1970's, 1980's and 1990's

SUNDAY 28 APRIL - 12PM

TICKETS \$30



www.freshwaterslsc.com/events/freshie-reunion-2024/



Freshwater SLSC - Kooloora Avenue, Freshwater

Tickets: <https://www.trybooking.com/CPXXI>

THE ULTIMATE ROAD TRIP FOR SURF LIFESAVERS

- > GAIN ESSENTIAL SKILLS
- > ALL EXPENSES PAID
- > GREAT ON YOUR RESUME
- > SHARE YOUR KNOWLEDGE & EXPERIENCE & LEARN FROM OTHERS



IF YOU ARE AGED BETWEEN 18 & 25 WE
WOULD LOVE TO HEAR FROM YOU!
<https://bit.ly/Beach2BushPresenter>

You can also contact us at
community@surflifesaving.com.au



NEW SOUTH
WALES

HARBORD HOTEL

What's on at your local



SAVE THE WAVES

Sunday 10 March | 4pm

You're invited to clean up the beach, sink a beer, and catch some tunes by Hein Cooper at your local. All proceeds go towards Surfrider Foundation Australia whose mission is to protect oceans, waves, and beaches.

\$10 tickets + FREE Freshwater Brewing Co. beer

Get tix via our app or our website.



HAPPY HOUR

Monday - Friday | 4-6pm

Happy hours are the best hours.

Drop in from 4 – 6pm any weekday to grab \$6 house beer, wine and spirits as well as \$12 margaritas.

HARBORD HOTEL

What's on at your local



KIDS HOLIDAY PROGRAM

Mon 15 - Wed 17 April

Let us entertain the kids while you sit back, relax and enjoy a coffee with your mates. Best of all, tickets are only \$10, with all proceeds going towards supporting a local family and their 3-year-old son Jack, who is bravely fighting Neuroblastoma.

We've got Slime & Crafts, Reptile show & Comedy & Magic.

Get tix via our app or our website.

DON'T FORGET TO SHOW YOUR CLUB CARD

Show your Club Card on the Harbord App and receive:

- **15% OFF SELECTED HOUSE BEVERAGES 7 DAYS A WEEK**
- **15% OFF FOOD MONDAY - FRIDAY**
- **SPENDS FROM CLUB MEMBERS GO TOWARDS CLUB REBATES**

UPSTATE



Mary Anne Cronin

Licensed Real Estate Agent

0411 773 646

Get to know **US**

“I have been lucky enough to help the people of Freshwater and surrounds to buy and sell their beautiful properties, be it units or houses. It’s just wonderful engaging with them and helping them achieve their property goals. What an amazing village Freshwater is! It’s a beautiful beach. It’s just such a wonderful community.”

 **242,000+**
Extensive database

With a database exceeding 242,000, Upstate connects sellers with a huge pool of potential buyers, no matter where they are.

 **Top Tech**
Digital first approach

Upstate’s team use a digital first strategy to leverage the power of online platforms. This not only maximises visibility but also attracts the right audience.

 **22% Faster**
Speedy sales

Upstate Residential Sales takes pride in selling properties 22% faster than the competition, with an average of just 20 days on the market.

 **19% Higher**
Auction excellence

Upstate’s auction clearance rate is 19% higher than the Northern Beaches Average. Our purpose built auction HQ elevates the experience for both sellers and buyers.



Titan Ford CO.

Local People Better Deals Best Service

www.titan.com.au

STOCK AVAILABLE FOR IMMEDIATE DELIVERY

We have new vehicles on our showroom floor - ready for you to take delivery. [View more stock online.](#)

STOCK #	MODEL	DESCRIPTION
9CWG	ESCAPE	ESCAPE 2023.25MY SUV STL 2.0L PET 8A AWD
BMWC	ESCAPE	ESCAPE 2023.25MY SUV STL 2.0L PET 8A AWD
FP6B	NEXT-GEN RANGER	RANGER 2024.00 DBLE CC XL 2.0L BIT DSL 10A 4X4
G6TL	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU XLT 2.0L BIT DSL 10A 4X2
FT76	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU XLT 3.0 V6 DSL 10A 4X4
F52W	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU WTK 2.0L BIT DSL 10A 4X4
FT7G	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU SPT 2.0L BIT DSL 10A 4X4
G6T4	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU XLT 2.0L BIT DSL 10A 4X2
FT75	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU XLT 3.0 V6 DSL 10A 4X4



FORD F-150 - The truck of your dreams has arrived!



The F-150 provides exceptional towing capabilities, a high-strength military-grade aluminum-alloy body, state-of-the-art technologies, and advanced driver assistance features, all backed by a 5-year Unlimited Kilometre warranty.

In stock now at Titan Ford - [Learn more.](#)

Follow Us



Get in Touch

For more information about our vehicles or to schedule a test drive, contact our Sales Manager, Nick Galvin.

Email: ngalvin@titan.com.au

Want to design your own custom smugglers?

if you can dream it, we can design it.



SCAN TO
find out
more!



The Norris's saved \$5,772 last year on their home loan!*

All over Australia, homeowners are saving money with a free home loan health check.

How much could you save? Call Michael on 02 9939 6744 to find out more.

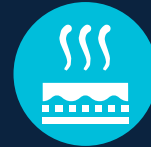
 Community Bank • Freshwater

 **Bendigo Bank**

*Amount saved was annual payments reduction on an owner-occupier home loan when repayments dropped by \$481 a month from lower interest rate and loan restructure. Actual savings will depend on individual circumstances. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply and are subject to change. Credit provided by Bendigo and Adelaide Bank Limited ABN 11 068 049 178 Australian Credit Licence 237879. A1963171
OUT_35485332, 27/02/2024

premax
PERFORMANCE SKINCARE

WATER & SWEAT FRIENDLY



Dry & Breathable
Texture



4hr Water & Sweat
Resistant
Protection



Rubs in Clear =
No White Stripes!

GET 15% OFF Sunscreen



Use the code **FRESHWATER15**
Valid until midnight 31st March 2024

www.premax.co



FRESHWATER SLSC IS PROUDLY SPONSORED BY



JOHN COLET SCHOOL



HARBORD
HOTEL

Community Bank
Freshwater

B Bendigo Bank



Titan Ford

UPSTATE



SHAWOOD



BENNETT  SURF CO.



FRESHWATER SURF LIFE SAVING CLUB
Kooloora Avenue, Freshwater PO Box 308 Freshwater 2096
T: 02 9905 3741 E: admin@freshwaterslsc.com W: freshwaterslsc.com