



A Fresh Update

Freshwater surf life saving club

October 2009

From the President

It has been fantastic to see the strength in our patrol numbers over the last couple of weekends as we have now officially started the season. I know it is hard to believe that the season has started with the ordinary whether that we have had but it has not dampened any enthusiasm. Well done to the patrol captains and all patrolling members.

Welcome to the 30 or so new members who attended the recent induction day. Most of you have now started your bronze and the great Surf Life Saving journey. I promise the sun will shine again and the water will warm up.

Our Junior registrations days were huge and it was fantastic to see the large number of junior members on the beach on Sunday for the start of their season. The Junior Activities Committee has done a great job in organising this logistical exercise. I am sure the juniors will have a great season.

Another sign that we are heading to warmer times ahead is the increase in number of sweaty bodies at Timmy Jacobs sessions on Wednesday nights. Keep it up everybody. I have also heard a rumour that the March Past team has come out of hibernation and have started training but I am yet to see too many of them near the water.

Our club has been well represented in the recent endurance Championships and the Ocean Ski Series. With the World Masters games coming to close there was plenty of "bling" floating around at the World Masters Surf Carnival which was held at Manly. We were also well represented in the Coolangatta Gold with numerous teams across the age groups. Well done to all competitors and officials who attended these events.

With increasing numbers in the boat section we have taken possession of a new boat and we will be looking forward to a boat christening on Sunday 8 November.

On a sad note we express our sympathy to the Rickard Family with George's recent passing. George was part of the 3 generations of Rickard's

at Freshie, had been a member for more than 45 years, represented the club in March past and was involved in raising many sponsorship dollars for the club over the years. George was great with names and made anybody who came through the doors at Freshie feel welcome with his firm handshake and his great wit. George will be sadly missed.

One side of the club that we are looking to further develop is social interaction and as part of this we will be looking to have drinks on Friday nights at the club between 5.30pm- 7.30pm. More details about "Freshies on Fridays" are in this newsletter. I look forward to catching up with you over a coldie.

With the 2009/10 season now underway it is great to see you all back at the Greatest Club on the Greatest Beach in the world and I am sure we will have a Great Season.

Stephen Bennett

Patrols

Just a quick reminder to all patrolling members who wish to compete for the club this year that the list outlining the hours you have patrolled so far this season can be found on the noticeboard outside the male change room, in the patrol room and on the noticeboard outside the office.

Members should also make themselves familiar with the new patrol rules which are now in force. All patrolling members need to sign an acknowledgement that they have read through and understand the rules and their patrol obligations. In particular, members should note –

- The obligation to arrange a substitute if unable to attend for rostered patrol;
- The opportunity to seek an exemption from attendance once per year from the patrol captain
- The requirement to undertake make up and penalty patrols if rostered patrols are missed without having arranged a substitution or exemption
- The potential to be subject to club imposed penalties if three or more rostered patrols are missed



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And for all patrolling members.....just remember.....if you think it is tough being on patrol at Freshiethere is always a patrol somewhere doing it tougher than you.....



team captain, seven times an Australian champion, fourteen times a State Champion, Branch, Metropolitan and Inner Cities champion too many times to remember and a loyal friend for his teammates. And before that he was a keen supporter of sons Ken and Mark as they pursued their RnR and boat activities with the club when they first joined in the early 1970's.

The esteem in which George was held within the club was well and truly demonstrated by the huge attendance at his funeral and subsequent wake at the club. A great number of tales were exchanged by the approximately 150 people who came back to the club to help send George off.

On behalf of all club members, the Executive Committee passes on its condolences to Ann, Ken & Janet, Mark & Robyn and Jennifer, Michael, Scott and Jack.

Club Patron

The Executive Committee is pleased to announce that local member **Mike Baird** has agreed to accept an offer to be co-patron of the club. He takes up the position alongside long standing co-patron Rear Admiral Peter Sinclair.

A message from the Rickard Family...

We would like to say a big thank you to all the Freshie Family for their help and support during this sad time. We would especially like to thank Lindsay Davis for her organizational skills. A very difficult day was made a whole lot more memorable thanks to the support we have received from everyone. Everyone involved made sure that George had a great send off. See you all on the beach.

*Kind regards,
The Rickard Family*

Vale George Rickard

By now many people will be aware that popular long serving member George Rickard recently passed away after a lengthy bout of ill health. As mentioned by Steve in his President's report, George was the patriarch of one of the club's favourite families and his passing will no doubt be felt by many within the club.



Quick witted, gregarious and ever willing to help out whenever he could, George was one of those members whose contribution to the soul and ethos of the club was profound and everlasting.

Around the Club

Word is **Georgia Miller** is swimming the house down at the moment and looks like being on track to having an even more successful season in the surf than last year. At the recently held Australian Schools Championships she won a total of 9 medals (4 individual and 5 relay), including winning both the 50 and 100 metres freestyle in record times.

In competition he was a long time member of the club's March Past team and by the time he had hung up his marching costume, he had been

Paul Obern is currently on a three week tour of England, Ireland and France as captain of the St Paul's soccer team playing against the cream of English and Irish schools. Also on the tour are Under 17 members **Carl Probst** (also playing



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football) and **Patrick Freakley** who is part of the large rugby contingent on the tour.

Also temporarily left our fair shores is RnR identity **Joseph Murphy** who is currently in Ireland on a month long exchange visit. We're told Joseph's host is a keen swimmer who will be coming to Australia over the Christmas holiday break on a reciprocal visit. We look forward to seeing Joseph's Irish host joining in some of the club activities while he is here.



Proving that Freshie members can win no matter where the competition is, news from Hawaii is that a small but select group of our members have met with success in the recently held Waikiki Rough Water Ocean

Swim. The **McConnell family** put in an outstanding effort with **Claire** leading the way, finishing 1st in her age group. Sister **Brooke** came 6th, father **Martin** came 12th and mother **Gina** came 17th in their respective age groups. Also competing was Australian Masters champion **Peter Theil** who managed a 3rd in his age group. Po'okela!

And finally, spare a thought for all of our members who are about to embark on their final and most important school activity – the HSC. After 13 years, it all comes down to this exam and for **Claire Obern, Tim Kirkby, Blake Walmsley, Scott Cowley, Tim Raymond, Jonathon Horlyck, Adam Crerar, Angela Powe, Samantha Sweeney**, the boys from **Riverview** and possibly other members who we are not aware of, we say best of British luck!



Club Working Bee

Thank you to all those members who found the time to spend a couple of hours at the club on the 27 September to engage in the club working bee under the watchful eye of the Master of Ceremonies **Simon Phin** and club chain gang

master **Tim Jacobs**. It was a fantastic turn out and as a result a number of important tasks were able to be completed. Trees were trimmed, rubbish removed, walls and windows cleaned and equally importantly, members enjoyed the opportunity to swap war stories at the BBQ and social get together after the event.

For all the new recruits in attendance for Lindsay Davis' induction session, it must have been an impressive demonstration of the camaraderie and ethos currently existing amongst the club membership. Well done to all involved and special thanks to the Queen of the Catering Nicole Ager for keeping everyone fed and watered.

From the Chief Instructor

Proficiencies

These are a MUST annually for all members wanting to patrol or compete or both. Your current Bronze/SRC proficiency is only valid until the 31st December 2009. It is in your best interests to do it as soon as you can.....don't leave it too late and then complain you can't make the dates.

Bronze Medallion Proficiency.....Bookings now open on FreshNet (YOU MUST BOOK on FreshNET – if you don't have access to FreshNET email support@freshwaterslsc.com to get a username & password.)

Saturday 24 October 11.00am
Sunday 15 November 10.00am
Saturday 28 November 3.00pm
Sunday 6 December 9.30am
Sunday 13 December 8.00am
Sunday 20 December 9.00am

Proficiencies – ARC & Defib.

Tuesday 10 November 6.00pm
Tuesday 10 November 7.15pm
Thursday 12 November 6.30pm

Proficiencies – Spinal Management

Sunday 15 November 11.30am



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First Aid – Please check the expiry date of your award.

Email instructor@freshwaterslsc.com if you need to update or if you are interested in doing this award.

Competitors Wanted – Patrol Comp, First Aid Comp, Champion Lifesaver Events

For those members looking for a different type of competition how about giving the "Lifesaving" events a go.

*A meeting will be held on **Sunday 8 November 9.00am** for all those members interested in competing in Lifesaving events.*

The Patrol competition consists of 4 per team for Under 17's and 6 per team for Open. The First Aid competition has 2 per team.

Champion Lifesaver event includes theory, resus, board race and beach sprint, along with a couple of other challenges.

Come along and meet like-minded people to start training for these great events for patrol members! You don't have to be an Olympic swimmer or world-class board paddler. But you do need a willingness to be part of a team and have some awards like ARC and IRB

Contact Lindsay instructor@freshwaterslsc.com

Is anybody out there?

We're sure most people would have thought the recent dust storm to hit Sydney was a bit weird – one of those strange phenomena that was both fascinating yet incredibly annoying at the same time. The picture below was taken from the swimming pool clubhouse at about 7am on the morning in question looking back towards the beach and surf club. Perhaps not dissimilar to the view our surf club brothers and sisters experience each day on Mars!



Editor's Choice

The following article is included for no reason other than it tickled the editor's fancy and because the picture shows lots of sand, it sort of qualifies as a beach related story.

Quite often we ask ourselves hard to answer questions, like,

"What is a xxxxxxx ?" (To maintain the family image of the newsletter the word appearing in the original version has been deleted – feel free to insert whatever word you feel appropriate.)

And we wax philosophic with metaphysical postulations,

Incomplete aphorisms, and inconsistent sophisms that make one more and more sure that the only true thing is that a picture is worth a thousand words.

In the photo below, the guy on the right is a member of a bomb squad in the middle of a deactivation.

The guy behind him, well, he's a xxxxxxx!.





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Competition Report

While I know everything that is happening by way of representation of the surf club, I don't necessarily know of all of the achievements of our members outside the club. I will be communicating all surf club activities, but I would ask that everyone keep either me or Wayne Freakley informed of any non-club achievements so we can let the rest of the membership know via the club newsletter.

I have provided previously the great news about **Alisha Miller** touring with the Australian u21 Development Team, and being selected in the Australian Team to compete in the New Zealand Pool Championships. Since returning from Japan, where she was integral in the team winning the International event for Australia, Alisha completed with success in the New Zealand Pool Championships. Great work Alisha!

In a recent development, congratulations to **Jessie O'Carroll** and **Deandra Godoy** who have both been selected in the NSW Talented Athlete program. They are the only females from the Northern Beaches to make the squad. Well done girls.

The first surf carnival of the season took place on Saturday 19 September at Cronulla Beach. The NSW Endurance Championships are an early season carnival designed to test the off season training of competitors in an endurance long distance format. Results were as follows:

- 1st 40yrs surf race Paul Lemmon
- 2nd U17 surf race Jordan Burden
- U19 surf race Jake Nolan
- U19 board race Rachel Crerar
- 30yrs ski race Kelly Burton
- 3rd U17 ski race Tim Kirkby
- 4th 40yrs ski race Mario Von Appen
- 40yrs board race Michael Kirkby
- 5th Open run swim run Jordan Burden
- U15 surf race Jessie O'Carroll
- U15 board race Deandra Godoy
- 40yrs ski race Michael Kirkby
- 6th Open ski race Nigel Hoschke
- U15 board race Jessie O'Carroll

The first round of the ocean ski series took place on Sunday 20 September and Freshie was represented by no less than 12 paddlers! **Tim**

Jacobs won the open event, while **Tim Kirkby** and the combination of **Ian Wallace** and **Grant Myers** both placed second in their respective categories. In all Freshie had seven top 10 finishes in the categories. Great effort to all those who paddled!

The second of the local ocean ski races (first round of the Fenn series) was held in windy conditions Saturday 26 September at Long Reef. **Tim Jacobs** was pipped in a final run up the beach to come second, while **Bill Wilson** managed a third place in the over 40 category, and **Kim Low** placed in the top ten in the open womens. Congratulations to those hardy few who braved the very difficult conditions and did Freshie proud.



*Tim Jacobs paddling in the 1st round of the Fenn Series
Photo courtesy of Braden Fastier & the Manly Daily*

A band of hardy souls also recently battled it out in the waters of Pittwater, Broken Bay and Palm Beach in the Lion Island Challenge. This, the second round of the Ocean Ski series, was contested in dreadful conditions including strong southerly winds and rain. **Tim Jacobs** prevailed again, making it two from two in this series, also picking up the Dash for Cash against some well credentialed sprint kayakers. In all, 14 Freshie members competed with a few notable results:

Mark Minchin 4th in 30yrs; **Bill Wilson** 4th in 40yrs; **Steve Bennett** top 10 in 50yrs; **Ian Wallace** and **Grant Myers** 4th in the doubles; **Ben** and **Tim Kirkby** 2nd and 3rd in the u19s.

A special mention also for **Kevin Crow** who pulled out of the race to assist another paddler in distress.



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Congratulations to all the Freshie competitors who have achieved so much already. The season has only just started!

And finally just a reminder that any member wishing to compete in any facet of competition or who wants to find out more about what is involved should contact the following section captains -

- Boats - Rod Davis;
- March past - Ross Parry/Jo Kirkby;
- RnR - Wayne Freakley;
- Surfboard riding - Peter Cullum;
- Land - Richard Hawtin;
- Life Saving - Lindsay Davis;
- Board/Ski/Swim - Michael Kirkby;
- Junior Activities - Tim Munro;
- Masters - Simon Phin/Peter Obern

Michael Kirkby
Competition Director

World Masters Results

Stories are rolling in thick and fast regarding the success of club members in the World Masters Games currently being held in Sydney. Owing to the fact that the games are continuing as this newsletter goes to print and some members are still involved in competition, an outline of the results and general gossip will be held over until the November newsletter.

From the vault

Not many responses to last month's poser from the swinging 60's but we did have a winner – long service member Col Mclean was correctly able to identify the mystery competitor standing third from the left as popular march past champion and life member Ross Parry. And it comes as no surprise that Col was able to do so because he was one of the people standing next to Ross in the photo. Thanks for playing the game Col – you are now three Freshie dollars richer.

And now for this month's photo and to coincide with the beginning of nippers, we have a photograph from the early 1990's of a likely bunch of nipper kids. While their hirsute age manager is looking a bit worse for wear, the kids look fresh faced and keen to get into it. In fact some of the kids shown in the photo have gone

onto bigger and better things with the club. Three Freshie dollars for anyone who can name any three of the kids in the photo and six Freshie dollars for anyone who can name everyone (people depicted in the photo not eligible).



Post script –

Following on from our earlier "From the vault" featuring Eric Middledorp and Kim Marsh with the good looking sweep, the following letter was received from one of the other intrepid rowers in the pictured crew – Steve Reilly – which we thought might of interest to our readers –

*"Boat Picture - Dear Editor.
Re your August, 2009 Edition of your \$6
Freshie Newsletter Qiz.*

The Bowman in the Surfboat photo was Ken Bucknall and myself (Steve Reilly) hidden behind the model in the number 2 seat. This Junior Crew went onto win the Aussie Championship again that year in 1968 with our Sweep, Brian "Woggles" Mason after being also successful the year before in 1967.

The nucleus of this Crew went onto to being officially recognized as one of the most successful Open Mens Crews in the history of Surfboats whilst representing Freshie., NSW and Australia.

Ken "Croute" Bucknall won't be happy that no-one recognized him in the unfamiliar Bow seat. I thought someone would have recognized The Beaver's thighs though hidden in the 2nd. Bow seat behind the model.

Geezzzzuuuus, Eric Middledorp with actual HAIR on his lip and head and Kim "Clarke Kent" Marsh looking back from sea for a phone booth looked more nervous than the "Croute" in the bow.

*Cheers
The Beaver alias Steve Reilly."*



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FRESHIES ON FRIDAYS 5.30pm – 7.30pm

Join your fellow club members for a few tales of the week's happenings over a cool ale or two in our iconic "Freshwater Room" (the old hall).

The first "Freshies on Fridays" will be on Friday 13th November at 5.30pm, and again on Friday 27th November. Drinks and snacks will be available at club prices. If this is a success it is hoped to make it a twice monthly event so keep your eyes on dates in the newsletter and advertised around the club.

Friday 18th December will be the Xmas "Freshies on Fridays" with a Xmas theme.

We look forward to seeing many of you (and your families) at our "Freshies on Fridays".





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