

A FRESH UPDATE

APRIL 2019



ANNUAL GENERAL MEETING

All members are encouraged to attend the Annual General Meeting will be held at the club on Sunday 30 June commencing at 10am. Further information concerning the meeting will be sent to members towards the end of May.

UPCOMING EVENTS

25 May	Annual Dinner & Presentation Night 6pm
30 Jun	AGM, 10am

message from the Executive Officer

Our erstwhile President, **Alan Burns** is currently at home recovering from open heart surgery and though slowly on the mend has not been able to provide his usual good tidings for the newsletter. It therefore falls to me to provide the sermon from the mount for this, the last edition for the 2018/19 season.

On behalf of the Executive Committee first and foremost I would like to thank all of our Patrol Captains and the members of their patrols for the outstanding work they have done over the season in keeping our beach goers safe. Patrolling the beach is the club's primary purpose and with the patrol season now completed, our members have earned the well earned break that comes with the winter months. Well done to all.

Many thanks also to Chief Instructor, **Jackie Phillips** and her team of trainers and assessors. Through their efforts over the season many new members have gained lifesaving awards for the first time, others have upgraded to higher awards and many existing members have successfully passed annual proficiencies.

Congratulations to all of our competitors who have proudly worn the maroon and white throughout the season at local and championship carnivals. While not as strong as clubs like Newport & Manly, our many outstanding results over the season, particularly at the championship events, shows while we may lack the numbers we are not lacking in heart. Well done to all for your achievements over the season, particularly those who tasted success at the recent Australian championships.

Our **Annual Dinner & Presentation Night** is being held at the club on **Saturday 25 May**. The night is one where we recognise and celebrate the individual and collective achievements of our fellow members. I take the opportunity to encourage everyone to organise a table with friends and family and join in the fun and festivities. Details can be found elsewhere in the newsletter.

The **Annual General Meeting** is to be held on **Sunday 30 June** and again I encourage all members to attend to hear what has happened over the past season and what may lie ahead.

Finally I hope everyone enjoys the winter break and I look forward to seeing you back on the beach for the 2019/2020 season.

Wayne Freakley, Executive Officer.

A message from one of our major sponsors, Freshwater Community Bank:

We would like to take this opportunity to thank your club and members who have chosen to move their banking to Freshwater Community Bank® Branch for the ongoing support.



END OF SEASON DINNER, DANCE AND PRESENTATION NIGHT

The annual end of season dinner, dance and presentation night will be held on **Saturday 25 May** commencing at **6pm**. It's a great opportunity to let down the hair and spend a terrific night mixing with family and friends over a few drinks, food and music. It is also the night when we celebrate and recognise the patrolling, training and competition achievements of our members from this season. So put a line through your social diaries for the night and make sure you keep it free so you can come to the club and have a rollicking good time. Further details and rsvp can be found on page 9 & 10 of this newsletter.



Director of Lifesaving

PATROL AWARDS CALL OUT

The patrol season has now come to an end. Anyone can submit a nomination for the patrol awards, to be presented in May. The awards and the following years recipients are as follows:

- * Patrol Person of the Year (2017-18 David Price was the recipient)
- * Rookie Patrol Person of the Year (Bronze Medallion recipient within 12 months) (2017-18 Caitlin Price was the recipient)

* Young Patrol Person of the Year (2017-18 Tristan Godoy was the recipient)

* IRB Driver of the Year (2017-18 James Coates was the recipient)

Keep in mind I rely on your nominations for, what I would describe as your experience with the member, their overall attitude and behaviour within a team; I then look at the data to separate the field as I'm confident all your nominees are incredibly worthy of any of these awards. Please provide these nominations by 28 April at

the absolute latest as this awards need to be ready for presentation night in May.

By the time this newsletter is received by members, our annual end of season BBQ for patrolling members would have been held as a thank you to all who donned the red and yellow at our beach over the season.

Deandra Godoy

Director of Lifesaving/Club Captain
e: captain@freshwaterslsc.com

Please help

The lifesavers of Freshwater SLSC have hung up their rescue tubes and washed down the IRB's for the close of yet another season of fabulous volunteering efforts at Freshwater Beach. On Easter Sunday risk became a reality when 2 experienced volunteer lifesavers lost their lives while performing a rescue at Port Campbell, Victoria. Tragic under any circumstances but more tragic knowing that Andy Powell was to become a first time father in early August. Please find attached a link to a GOFUNDME page set up for his partner Amber. Every donation, no matter how big or small, helps. Our hearts go out to the Powell family.



Amber and Andy Powell

<https://www.gofundme.com/support-for-andy-powell-family>



COMPETITION NEWS

The competition has now wound up with the conclusion of the **Australian Youth, Masters and Open Championships**. While the conditions for the Youth and Masters events were relatively benign, as to be expected from a decision to return to the Broadbeach end of the Gold Coast, the week eventually saw large and rough surf, event cancellations and logistic challenges with many Open events transferred to the safer and more user friendly North Kirra.

For the first time in many years, the club was able to boast it had competitors in every competition area at this year's championships – beach, lifesaving, boats, board, ski, swim, R&R, board riding and March Past.

Josh Gedz was the club's only competitor at the **Youth Championships** but he put in a great performance to finish 4th in the U14 Sprint and 5th in the U14 Flags. Considering the high quality of the competition this was a terrific result for Josh and he looks destined to give the Open category events a real shake over the coming seasons.



The **Master's Championships** saw the usual small but highly competitive water squad take on the might of the bigger clubs and as has happened consistently over the past 10 years or so, the team achieved some outstanding results. Leading the way was **John de Mestre** who picked up 3 gold and one silver medal and **Sigi Hill** with a complete set of gold, silver and bronze. **Andrew de Vries** combined with John & Sigi to win gold, **Michael Kirkby** combined with John to win gold in the Board Rescue event for the 4th time in 5 years and **Simon Phin** combined with Sigi to win silver in their Board Rescue event.

The unluckiest competitors were Michael, John & **Stephen Bennett** in the 170yr Taplin who were controversially disqualified after completing their heat and qualifying for the final. During the ski leg, Stephen was hit by a wave that would not have looked out of place in the movie

The Day After Tomorrow and lost his ski. After deliberating for some time the judges determined the decision by Michael to enter the water to take hold of the ski to prevent it from drifting into another area which allowed Stephen to get back on amounted to outside assistance and thus warranted disqualification.



The boaties were also getting amongst it with the 220yr crew of **Brian Baker, John "You can't swim with a helmet on" Swan, David Maguire, Ian Cradock & Mark Rickard** giving it a red hot go in their area. In the third and final round of qualifying, our boys were hit by a wave which saw "Can't Swim" out of the boat and giving a great impression of someone about to drown. They nevertheless composed themselves, somehow managed to get "Can't Swim" back onto dry land in the boat and off they went in pursuit of the other teams. They ultimately finished in 5th place and missed out on the final by the barest of margins.

The **Open** competition also produced some outstanding results with an early highlight being gold medals for **Julia Baker & Tahlia Dearden** in the Open First Aid competition. This was the third time the duo have combined to win an Australian gold and Julia has the rare distinction of winning gold in the same event in each of the age divisions – U15, U17, U19 & Opens.

The gold medal by the girls was followed up later in the week with 3 more golds in the R&R area with the Open 6 Person (**Ian Donald, Clare Freakley, Jarrad Freakley, Pat Kiely, Chris Tyrrell & Hugo Weston**), Open Men (**Alan Burns, Seb Di Sano, Ian Donald, Jarrad Freakley & Chris Tyrrell**) and the Open Women (**Clare Freakley, Jane Freakley, Bec Kiely, Lysa Kiely & Libby Murphy**) all tasting success. It was particularly pleasing for the Women's team who successfully defended their title while it was the first time any club has won the Open 6, Men's & Women's events at the same Australian championship.

Also tasting success was the Open Mixed R&R team (**Seb Di Sano, Bec Kiely, Gracie Kiely, Pat Kiely & Hugo Weston**) who won the bronze medal, a mere point away from first place.



COMPETITION NEWS (CONT)

In other competition areas, **Declan Quail** had a fantastic result to finish 4th in the U19 board riding, the **March Past** team came a highly credible 5th as did **Andi Malm** in the U19 Champion Lifesaver event while **Lucas Phillips** came 6th in the Open Champion



Lifesaver and also combined with **Julia Baker, James Crittenden, Tahlia Dearden & Jordon Dobson** to come 6th in the Open Patrol competition.

Though she did not win any medals, the undoubted star of the carnival was **Jessie Douglas** who managed to qualify for the finals of the U19 Board, ski & iron woman events and was desperately unlucky not to also qualify for the surf race as well. Conducted in large and powerful conditions and which at times must have been on the borderline for cancellation, Jessie put in a great effort against the best competitors in Australia. After finishing a gruelling board race,



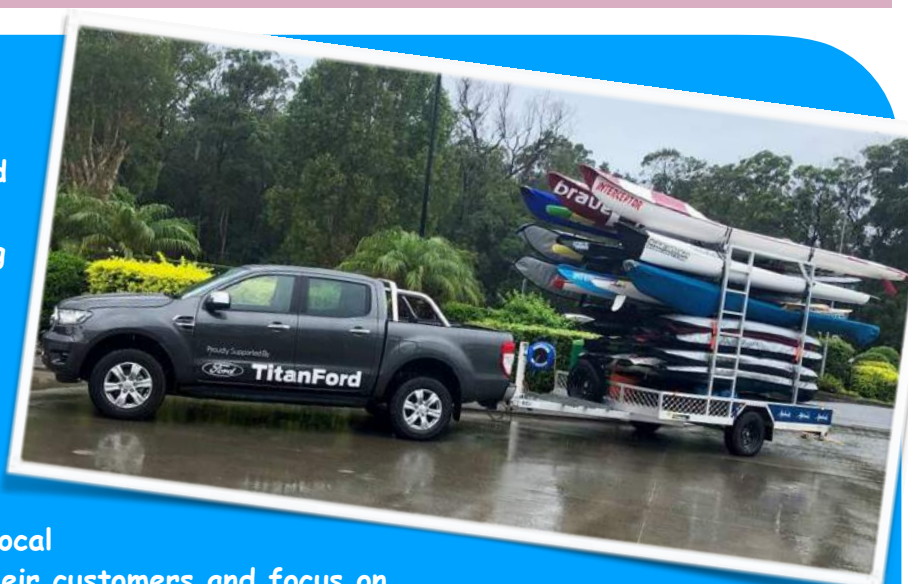
surviving a wipe out on her ski when hit by a huge wave half way to NZ, Jessie then fronted for the hardest race of all – the iron woman event. After a colossal board leg which saw her hit the beach in 4th place, she jumped on the ski again and at one brief stage was leading the race through the break. After being hit by wave after wave she finally saw an opportunity and went for it but fell a ski length short and was cleaned up by large dumping wave. A distance of 4 metres was the difference between getting through the break and almost certainly then being unchallenged in front with her strongest leg – the swim - to finish. Alas she could not make up the lost ground and was ultimately prevented from completing the course much to her obvious disappointment. For the large contingent of followers on the beach, she was still a winner for her remarkable effort.



Ultimately the club finished in 17th place, the 3rd best of the northern beaches clubs behind Newport & Manly who finished 7th and 8th respectively.

A full list of the results from the Australian Championships are set out later in this newsletter.

Thanks to Marie and the team at Titan Ford at Brookvale for their generous sponsorship of Freshwater SLSC. We had a great drive up tot he Gold Coast to compete in the Australian Surf Lifesaving Championships. The FORD RANGER supplied courtesy of Titan Ford managed out heavily laden trailer beautifully. 🍌 Titan Ford vehicles have been driving local families and businesses on the Northern Beaches for over 30 years and are proud to support the local community. Titan genuinely care about their customers and focus on developing long term relationships that extend beyond the sale. The Titan team are good people, offering better service and only the best deals. Pop in to see their latest 2019 models.



THE BACKSHOOT: NEWS FROM THE BOATIES



Aussies 2019

We took six crews to the Aussies this year, showing that the Freshie Boat Area is definitely in a growing phase, which is great to see.

U19 Girls - The Toucans - These girls have come a long way since the beginning of the season under the guidance of **Dave Maguire**. The girls competed at Nth Kirra, which had testing surf, especially for their 1st Aussies. They completed 2 rows, which was a feat in itself! Unfortunately a rogue wave caused Caitlin to land awkwardly & they decided to pull out of the 3rd round. Well done girls, you are showing great potential for next year.

U19 Boys - The Melons - The boys competition was also moved to Nth Kirra. The "Melons", swept by **Peter Obern** completed 3 tough rows. The surf conditions and alleys given, did not offer much assistance with these hot heats. The boys just missed out on enough points to go through to quarter finals. Pete has worked hard with these boys and it is great to see that they are a competitive crew. Well done guys.

U19 Boys - The Fruit Loops - This crew, swept by Mark Rickard had 3 solid rows. The crew had a great race in their 2nd Row with the boys catching a wave after turning the cans, coming aft and crossing the line in 1st place. They made it through to the first elimination round and were unlucky to not go further. Looking forward to next year!

U23 Boys - The Freshie Fighters - The boys competed back at Broadbeach on the Saturday, swept by me (Crash). The boys were keen to get out in the surf which was changing throughout the day. The boys had 3 rows. Our 2nd race was the best of the day, which saw us lead most of the way, but was give 2nd place by the judges. Unfortunately the 3rd race saw the dreaded sand bank come into play. The boys showed great tenacity with 2 roll overs and time eventually being against us. I have enjoyed sweeping these guys, well done!

B Crew - The Freshie Dons - The boys also rowed back at Broadbeach on the Saturday with **Mark Rickard** sweeping. The 2nd race was the best and showed true potential with this new crew having good surf skills and huge improvement since the beginning of the season. Once again, the sand bank was a major the elusive one point to go into the elimination rounds. Thanks

player in us missing out by for letting "The old guy" have another row at Aussies!!

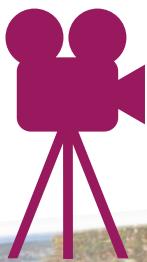
Masters - The Freshie Vets rowed in the 220 division. It was great to field a crew in the Masters with some of our most experienced rowers in the club and being swept by **Mark Rickard**. We rowed on the Monday at Broadbeach in tricky conditions. The day started well with two 2nd place rows, but the third race proved to be our undoing, with a backshoot. The boys worked hard to keep the boat upright and still finish the race 5th out of 7. Unfortunately we missed out by 1 point to go into the Semi Finals. It was a great crew to be involved with. Thanks Guys!!

It is the first time that we have had 6 crews compete at Aussies, and everyone supporting each crew as they are competing on the beach. It was great to see!!

Well done to everyone.

Crash





Documentary Film on Duke Kananamoku's visits to Freshwater

A film crew visited Freshwater to bring back to life Duke's visits to our beach in 1914/15 and again in 1956. Although not the first to surf in Australia, his surfing demonstration at Freshie on 10 January 1915, ignited the massive interest in surfing to make it one of the most popular pastimes in Australia!

The documentary is likely to be shown on the History Channel later this year.
Eric Middledorp - Freshwater History group



Director of Member Services



Online Shop

The big sellers over the Summer have been the straw hats and the new 2018 t-shirts.

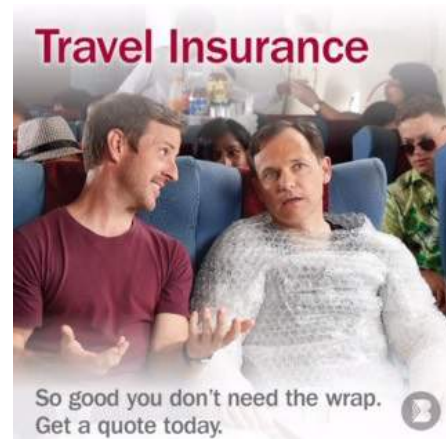
Both have been selling like crazy.

Get yours today by visiting the store online: <http://shop.freshwaterslsc.com/>





Are you considering travelling to the 2019 Ashes Cricket series in England or maybe the Rugby World Cup in Japan or just wanting a overseas holiday?
Freshwater **Community Bank®** Branch is able to assist with travel insurance and FX Go prepaid travel cards if they need and would like to pop into the branch and see one of our friendly staff who will be happy to assist them.”



COMPETITION RESULTS

30 & 31/3/19	Australian Youth Championships	North Burleigh
4th	U14 Sprint	Joshua Gedz
5th	U14 Flags	Joshua Gedz
1 & 2/4/19	Australian Masters Championships	Broadbeach
1st	150yr Male Surf Team	Andrew DeVries, John De Mestre & Sigi Hill
1st	55-59yr Male Board Rescue	John de Mestre & Michael Kirkby
1st	50-59yr Ocean Swim	John de Mestre
2nd	45-49yr Male Board Rescue	Sigi Hill & Simon Phin
2nd	55-59yr Male Surf	John de Mestre
3rd	45-49yr Male Surf	Sigi Hill
4th	55-59yr Male Ski	Michael Kirkby
5th	50-54yr Male Surf	Andrew DeVries
5th	55-59yr Male Double Ski	Stephen Bennett & Michael Kirkby
1-7/4/19	Australian Open Championships	Broadbeach & North Kirra
1st	Open First Aid	Julia Baker & Tahlia Dearden
1st	Open 6 Person R&R	Ian Donald, Clare Freakley, Jarrad Freakley, Pat Kiely, Chris Tyrrell & Hugo Weston
1st	Open Men's R&R	Alan Burns, Seb Di Sano, Ian Donald, Jarrad Freakley & Chris Tyrrell
1st	Open Women's R&R	Clare Freakley, Jane Freakley, Gracie Kiely, Lysa Kiely & Libby Murphy
3rd	Open Mixed R&R	Seb Di Sano, Bec Kiely, Gracie Kiely, Pat Kiely & Hugo Weston
4th	U19 Male Surf Board Riding	Declan Quail
5th	March Past	Peter Bachiarelli, Judy Bennett, Lindsay Davis, Sam Di Sano, David Torevell, Kevin Dyer, Wayne Freakley, David Inches, Andrew Murphy, Libby Murphy, Ross Parry & Richard Ware
5th	U19 Female Champion Lifesaver	Andrea Malm
6th	Open Male Champion Lifesaver	Lucas Phillips
6th	Open Patrol Competition	Jula Baker, James Crittenden, Tahlia Dearden, Jordon Dobson, Paul Milinkovic & Lucas Phillips



FRESHWATER SLSC ANNUAL DINNER & PRESENTATION NIGHT



SATURDAY, MAY 25 2019 6.00PM

COME AND ENJOY THE COMPANY OF FELLOW MEMBERS AS WE
CELEBRATE ANOTHER YEAR IN SURF LIFESAVING,
WITH SOME DANCING & PARTYING TO FINISH OFF THE NIGHT!

TICKETS \$50 PER PERSON

INCLUDES WELCOME DRINK AND DINNER
WITH DRINKS AT CLUB PRICES

LINE UP YOUR CREW, PATROL, TRAINING BUDDIES TO BOOK A TABLE NOW!
ALTERNATIVELY, YOU MAY BOOK INDIVIDUAL TICKET/S
AND WE WILL ENDEAVOUR
TO SEAT YOU WITH LIKE-MINDED CLUBBIES [TABLES OF 8-10]

A BOOKING FORM CAN BE DOWNLOADED AT WWW.FRESHWATERSLSC.COM/
[EVENTS/ANNUAL_DINNER_AND_PRESENTATION_NIGHT_2019](#)

YOU MUST PRE-BOOK - NO TICKETS AVAILABLE AT THE DOOR

ENQUIRIES - 9905 3741 OR EMAIL EXO@FRESHWATERSLSC.COM

BOOK AND PAY BY FRIDAY 17 MAY, BOOKINGS CAN ONLY BE CONFIRMED
WHEN
FULL PAYMENT IS RECEIVED

FRESHWATER SLSC ANNUAL DINNER & PRESENTATION NIGHT

BOOKING FORM
SATURDAY MAY 25 2019 6.00PM

TICKETS \$50 PER PERSON
INCLUDES WELCOME DRINK AND DINNER
WITH DRINKS AT CLUB PRICES

COMPLETE THE BOOKING FORM BELOW AND POST WITH PAYMENT TO
ANNUAL DINNER - FRESHWATER SLSC PO Box 308 FRESHWATER 2096
OR FAX TO 9905 6465 OR SCAN & EMAIL TO EXO@FRESHWATERSLSC.COM

**BOOK AND PAY BY FRIDAY 17 MAY -
BOOKINGS CAN ONLY BE CONFIRMED WHEN
FULL PAYMENT IS RECEIVED.**

YOU MUST PRE-BOOK - NO TICKETS ARE AVAILABLE AT THE DOOR.
ENQUIRIES 9905 3741 OR EMAIL EXO@FRESHWATERSLSC.COM

NAME_____ MOBILE_____

EMAIL [PRINT CLEARLY] _____

SPECIAL DIETARY REQUIREMENTS _____

■ No. of Tickets _____ x \$50PP = TOTAL PAYABLE _____

PAID BY [CIRCLE] CHEQUE IS ENCLOSED [PAYABLE TO FRESHWATER SLSC] OR CREDIT CARD

☐ VISA ☐ MASTERCARD CARD NUMBER / / /

NAME ON CARD _____ EXPIRY ____/____/____

SIGNATURE _____ DATE _____

OR DIRECT DEBIT TO BSB: 633-000 ACCOUNT No: 117077479
ACCOUNT NAME: FRESHWATER SLSC

PLEASE INCLUDE YOUR NAME FOR REFERENCE

NOTE- IF YOU ARE PAYING FOR OTHERS OR WISH TO BE SEATED WITH A PARTICULAR TABLE PLEASE PRINT ALL NAMES CLEARLY BELOW [TABLES OF 8-10]

STORAGE OF PERSONAL CRAFT ON CLUB PREMISES

Members should note the club cannot guarantee the safe storage of personal craft left on the premises. Anyone leaving personal craft at the club does so at their own risk. The club will not accept liability for any damaged occasioned to personal craft stored on the premises.

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@ Freshwater

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Health
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- Caters to most fitness levels.
- This class involves muscular & cardiovascular exercises, skills and drills to target balance, agility & reflexes.
- Improve leg, core/back and upper body strength in a circuit style workout.
- A great way to meet new mates.

Mondays
8.30am – 9.30am

Phone to try your first class FREE!

If you decide its for you, call to pay pro-rata for the rest of the term.

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Kooloora Ave

Bookings essential - please phone

8877-5300

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Swimming Instructors Required

For teaching in local home pools.

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e: tanya@tanyastadpoles.com.au

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Safeguarding children and young people – the role of the Code of Conduct

Did you know that each year when you sign your membership form you are agreeing to follow the SLSA Codes of Conduct? Our Club is committed to the safeguarding of children and young people in Surf Life Saving. One way we do this is by ensuring that our members behave in a way which creates a safe, positive and inclusive environment. Surf Life Saving's Codes of Conduct represent the minimum standards of member behaviour and must be complied with at all times. Both of these Codes can be found in the SLSA Member Protection Policy.

Please take the time to remind yourself of what is included in the Codes of Conduct, especially the Code of Conduct for People in Positions of Authority when Dealing with Children or Young People which has been developed recently by SLSA to support the Safeguarding Children and Young People Program being rolled-out this season. A link to the Codes is below. Members should also familiarise themselves with the club's Code of Conduct which is outlined in By-Law 13 and available on our website.

https://www.surflifesaving.com.au/sites/site.test/files/Policy%206.05%20-%20Member%20Protection_0.pdf



Yoga By The Sea

INTRO DEAL for Yoga by the Sea!...

\$30 for first 5 classes!

- *This pass is valid for 2 weeks from first visit
- *Can only be used by a NEW customer, non-transferable
- *Can be used at all Yoga by the Sea venues (Bondi, Tamarama, Bronte, North Steyne, Manly Aquarium, Freshwater)
- *Includes use of mats & ocean view yoga classes
- *This pass does not include \$7 entry to the Bondi Icebergs per class, paid separately on arrival
- *Gift certificates available.

Check the Pricelist and timetable by accessing our purchase platform at: www.yogabythesea.com.au

Spring Deals

10 CLASS PASS... \$100!

- *Only available for a limited time in classes, or off our website's pricelist (under Seasonal Deals): www.yogabythesea.com.au
- *Validity: 1st September—1st December 2018
- *Can be used at ALL Yoga by the Sea venues (Bondi, Tamarama, Bronte, Manly Aquarium, Freshwater)
- *Includes use of mats & ocean view yoga classes
- *Can be shared between friends
- *This pass does not include \$7 entry to Bondi Icebergs per class, paid separately on arrival
- *Buy as many as you like as gifts too.

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