

A FRESH UPDATE

DECEMBER 2018



from the President

Season's Greetings to all club members and their families and on behalf of the Executive Committee, I'd like to wish you all a happy and prosperous new year.

What a tremendous opening to the 2018-2019 season we've had with our 16 patrol teams totalling 352 active patrolling members and a further 69 recently approved SRC and Bronze members to be added. The newest SRC qualified members were presented with their patrol uniforms at last Sunday's presentation and BBQ and we welcome them to the senior club. Special thanks must go to Steve and Lindsay Davis for the extraordinary amount of time they devote to the training of our bronze and SRC squads and their contribution to proficiency testing.

Our **Youth Development Officers** – **Clare Freakley** and **Tom Duffy** conducted a 'games' night at the club in October which was very successful and well attended. They have many more plans to encourage greater participation by the younger members of our club so to those members, join in and have fun!

Full disclosure of the accounts and other areas of importance to the members were outlined at the General Meeting on Sunday, 16 December and the minutes of that meeting are available to view on the notice board. Don't forget the **Xmas Day surf race at 10am** followed immediately by a prize giving session with drinks and nibbles.

Compliments of the Season to you all

Alan Burns, President

UPCOMING EVENTS

- 22 Dec** Fast Fives, U14-Open, Palm Beach
- 25 Dec** 10am, Xmas Day Surf Race
- 4 Jan** Adrian Curlewis Twilight Masters, Palm Beach
- 13 Jan** Nippers Beach only carnival, Narrabeen
- 13 Jan** Young Guns Boats, Collaroy
- 20 Jan** Nipper NATS, Manly
- 26 Jan** Manly Open Carnival
- 27 Jan** Freshwater Boat Carnival
- 27 Jan** Freshwater Open Carnival
- 27 Jan** Manly Boat Carnival



Meet our new Junior Club Captains - Mila McGettigan and Toby Jacobs, pictured here with Club President, Alan Burns and Nippers Chairman, Paul McGettigan



wishing all our freshie members a merry christmas and happy new year!



Coming into the holiday season it is our busiest time of year, and I would like to wish all our active and non-active members a merry Christmas and a happy new year and give my thanks to every member who will be giving their time and energy to patrolling and safeguarding our beach during this summer season.

My special thanks goes out to Patrols 7, 8, 9, 10 rostered on Christmas Day; Patrols 11 and 12 rostered on Boxing Day and; Patrols 1 and 2 rostered on New Year's

Day. If anyone is available and would love to give a helping hand to these patrols knowing that they will be under pressure with the increased beach attendances.

In light of this, I would also like to inform everyone that as of 7 December the NSW Government has passed an amendment bill to recognise Surf Life Saving NSW as an emergency services organisation within the NSW State Emergency and Rescue Management ACT 1989. Though it is not a sole recognition of Freshwater, this

recognition as an emergency services organisation now appropriates exactly what we do as well as the importance of what we do as lifesavers on our coast line.

Wishing everyone a safe holiday and I'm sure I'll see all on the beach.

Deandra Godoy

Director of Lifesaving/Club Captain

e: captain@freshwaterslsc.com

ALMOST HATCHED & ALMOST MATCHED

Happy news in the Kirkby households with news Tim and wife Emily are expecting their first child towards the middle of next year. Congratulations to both. Can't wait for the day when Grandpa Killer first puts his engineering and project management skills to work on the first sandcastle with the usual array of plastic bucket parapets, bridges and tunnels. Spreadsheets are already being prepared.



Next year is also shaping up as the year of the Benedict with two long time bachelors finally deciding to take the plunge. Joining Paul Milinkovic and fiancé Claire de Paoli in the long walk down the aisle will be popular long time member Billy Wilson and his partner Danielle.



THE BACKSHOOT: NEWS FROM THE BOATIES



Round 3 Boat Premiership - Freshwater

This year we brought the carnival forward in the season to 24 November. The date ended up clashing with the World Titles and schoolies, but we still felt it would be good to have a change! The morning showed little swell as we were setting up, but by the time the gun went off, we had nice clean sets coming through. Perfect for rowing and those crews that are still finding their feet.

On the day, Freshwater had 4 crews competing:

The B crew which has 2 new rowers – Welcome **Ben & Rashid**

The Vets with **Moose** as a new crew member, actually raced in the B division

Colts & Juniors

Well done to **Andy** that rowed in both Juniors and Colts for the day.

The Juniors finished 2nd, great effort, Guys!!

Thanks also to **Mark** for sweeping Vets and Juniors. Also Thank you to **Blake** and the boys for doing pack-up duty. The BBQ and drinks were a great way to finish off our carnival. Showing off the Freshy hospitality. **Hughie** provided fun and Sun, we have had great feedback on the day.

Long Reef Boat Carnival 01/12/18

We only had the Colts Crew competing at Long Reef. The crew with **Andrew McMinn** rowing 2nd Stoke and **Rhys** in the Bow for the 1st time took on the surf. The break was challenging, but the boys had 4 solid rows & improved with each race. Their boat work is coming together well, thanks to their training programme. Thanks to **Eric** for coming down to help catch the boat and **Sue** for her Marshalling.

Cheers, Crash



BOARD, SKI, SWIM



With Christmas and the New Year approaching quickly, the surf squad has stepped training up to the next level emphasising race style training. A group of U17- Open competitors competed on 15 December at the **3rd Ocean 6 Carnival** in North Wollongong - Will report on their results in the next newsletter..



A big congratulation to **Lauren Bourgeois** for placing 1st in Longboards and 2nd overall at the **North Curl Curl Hyrothon** on the 1 December and also to **Addison Nitz (Addy)** placing 4th in the Longboard category! Awesome work from these girls.

Also, well Done to **Charlotte Block (Lotte)**, **Bree Coates**, **Addy** and **Sammy** for competing in the **Elouera Ohana Classic** on Saturday, 8 December - the girls had some awesome results with their Swim and Board teams placing 3rd. Bree and Lotte both had awesome paddles in their individual board races placing 3rd and 4th. Lotte

and Bree then joined forces for board rescue, coming away with 3rd place. Congratulations to all these girls, keep up the hard work!

MERRY CHRISTMAS, **Jess Douglas** 🤪



SPONSORSHIP & MARKETING



Don't forget to pick up your special gift voucher Xmas booklet (distributed at this year's Nippers and Member Xmas parties). Thank you to our sponsors and local Freshwater businesses for their generosity.



Welcome to our newest major sponsor, Healthy Care who have recently partnered with Freshwater SLSC as a major sponsor and in particular as lead sponsor for the Australia Day Weekend Carnival. Healthy Care is a leading brand of Nature's Care who manufacture their extensive range of vitamins and health products at Belrose, surrounded by Garigal National Park. Healthy Care believe in supporting their local communities and promoting the concept of health and wellbeing.

Healthy Care have offered 30% off already reduced stock at their MANUFACTURING Outlet at Level 1, 2 Minna Close, BELROSE M-F 10-4 from 3-18 Jan, 2019 ONLY. Note: This voucher is not valid anywhere other than the Belrose head office location.



Thank you to all of our sponsors who have continued with their support of our Club this season: Harbord Hotel, Freshwater Community Branch of Bendigo Bank, SEA Estate Agents, Harbord Diggers, Bennett Boards and KMB.

Mary-Louise Parkinson, Director Sponsorship & Marketing





NIPPERS NEWS - REPORT FROM THE CHAIRMAN



Since our last newsletter we have had some major events take place in Nippers including 25 U14s completing their Surf Rescue Certificates which means that they will now join the esteemed ranks of our Club's patrol members. As well as providing additional water safety for our Nippers. A huge thank you to **John Goldrick** and **Kelly Dobrow** as head trainers, and **Andrea** and **Tahlia** for assisting.



Unfortunately our signature carnival, the **Freshie Fast & Furious Bennett Board Carnival** was cancelled on the day due to dangerous surf conditions. I think that it is safe to say that everyone was horribly disappointed that morning but when it comes to the surf, safety always comes first. We are so in debt to the wonderful group of parents responsible for the setup and the whole shebang that is the carnival so thank you to **Michal Brenchley, Monique Nitz, Jen Bourgeois, Richard Hawtin, Tom Duffy**, the setup crew, and everyone else who pitched in not only on the day but in the weeks leading up to the carnival. Your efforts are always greatly appreciated and it was a real shame that we couldn't get started on the day as we all know what a great carnival it is for the kids.

The Nippers continue to train hard in the surf and on the land and we recently held Round 1 of Club Champs. All competitors from U8s to the U14s put in a massive effort on the day with some surprises in the placings which was very pleasing to see and definitely shows that the kids who put in the training are getting the results they deserve. Again, a huge thank you goes out to those seasoned campaigners from both the senior club and the Nippers parents who stepped up in vital roles to help ensure that the Club Champs went as smoothly as it possibly could including **Michael Kirkby, Chris Tyrell, Michelle Nunura, Fab Rebecchi** and **Graham Hastie**. Your efforts gave us the continuity and definition for the races that matched a full blown carnival which is exactly what we wanted.

Round 2 of Club Champs is scheduled for Sunday, 24 February so there is still plenty of time for all Nippers to get some extra training in over the Christmas break to try and improve on your Round 1 performance for medals and the Club Championship trophy for each age group.

We have also just recently had 8 Nipper parents complete their bronze medallion which is a fantastic achievement so to **Roger, Zoe, Pete C, Stuart, Pete M, Ryan, Chris** and **Dario** welcome to the world of water safety! Thanks for making the effort and it is a timely reminder for all Nipper parents that we need as many of you, particularly in the U8s and upwards, to make the effort to undertake the course so that your kids can train and compete in the water. Without people like these the whole grinds to a halt. We are looking to run another course in mid-late January so let us know if you are interested so that we can line up the appropriate trainers.

We also appointed our Club Captains from the U14s for the season and they are **Mila McGettigan** and **Toby Jacobs**. I'm sure you will both be an inspiration to all those younger Nippers following in your footsteps. Congratulations and well done to you both.

Our **Interbranch** representatives mentioned in the last newsletter helped Sydney Northern Beaches Branch won a second straight Interbranch title at the annual Surf Life Saving Representative carnival last weekend held at Black Head Beach. Well done all and thanks for flying the Freshie flag. Also on the representative front **Charlotte Block** from the U14s was recently selected in the **Branch High Performance Water Team**, so well done Charlotte!



And in breaking news we have just been advised that **Josh Gedz** in the U14s has been selected in the **2019 NSW Youth Pathway Cup Team** which will compete at the YPC Championships in late January at Newport alongside the Interstate Championships. This is a fantastic achievement for Josh and we wish him all the success possible.

Last weekend we held our **Twilight Nippers** followed by our **Christmas** party which was a lot of fun for the kids and Santa, who made a special appearance, even with the very trying weather. Thanks again to **Michal Brenchley, Monique Nitz, Jen Bourgeois** and **Tania McLean** for putting this fun event on. We will now break until we return on Sunday, 13 January, 2019.

So to all of you a very Merry Christmas and here's to a safe and prosperous New Year for us all!

See you on the beach!

Paul McGettigan





Director of Member Services



Life Member Event

The Life Member event was held at the club on Sunday 2 December for the third year in a row.

It was very well attended this year by our Life Members, 50 years of Service to Surf Life Saving and our sponsors.

A very big thank you to Gayle & Rob Taylor, Michal Brenchley, Bob Evans, Ken and Janet Rickard, Mary-Louise Parkinson and Alan Burns who all played a part in the organisation and smooth running of the event.

Martin and Chris at Salt Bush café also did a wonderful job with the catering – thank you.



To those brave members who came to **Freshies on Friday** in the storm last week thank you so much.

It was a small but very merry crowd. Thank you to Sean and the Harbord Hilton team for the great food and fantastic location.

We hope to see many more Freshie members attending Freshies on Friday in 2019.



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COMPETITION NEWS



WORLD CHAMPIONSHIPS

Once again the club can proudly boast it has world champions amongst its ranks after another successful campaign at **Glenelg SA**. What our contingent lacked in numbers in made up in heart as our team of hearty masters' competitors took on the best the universe has to offer. Leading the way was **John de Mestre** who came home a double world champion (surf teams and board rescue) as well as a silver medallist (Oceanman relay) and bronze medallist (surf). Other's who can also claim to be best in the universe are **Sigi Hill** (surf teams) and **Michael Kirkby** (board rescue) who also both picked up minor medals.

A swag of people came away with bling of some type including **Stephen Bennett, Chris Pendray, Jo Kirkby, Gina McConnell & Linda Wiadrowski**.

The full results from the championships appear below.

| 19-20/11/2018 | World Lifesaving Championships | |
|---------------|--------------------------------|--|
| | Glenelg SA | |
| 1st | 150-159yrs Male Surf Teams | Sigi Hill, John de Mestre & Chris Pendray |
| 1st | 55-59yrs Male Board Rescue | John de Mestre & Michael Kirkby |
| 2nd | 45-49yrs Male Surf | Sigi Hill |
| 2nd | 170yrs + Oceanman Relay | Stephen Bennett, John de Mestre & Michael Kirkby |
| 3rd | 45-49yrs Oceanman | Sigi Hill |
| 3rd | 55-59yrs Male Surf | John de Mestre |
| 3rd | 150-169yrs Male Board Relay | Michael Kirkby, Sigi Hill & Chris Pendray |
| 3rd | 170yrs+ Female Board Relay | Jo Kirkby, Gina McConnell & Linda Wiadrowski |
| 3rd | 170yrs + Oceanwoman Relay | Jo Kirkby, Gina McConnell & Linda Wiadrowski |
| 4th | 50-54yrs Female Board Rescue | Jo Kirkby & Gina McConnell |
| 5th | 150-169yrs Oceanman Relay | Sigi Hill, Dave Lawler & Chris Pendray |
| 5th | 170yrs + Female Surf Team | Jo Kirkby, Gina McConnell & Linda Wiadrowski |
| 6th | 55-59yrs Female Board | Gina McConnell |
| 6th | 55-59yrs Oceanwoman | Linda Wiadrowski |

INTER-BRANCH CHAMPIONSHIPS

Sydney Northern Beaches successfully defended its title at the recent Inter-Branch Championships and the win was in no small way assisted by the outstanding results from the Freshwater contingent who were part of the team. All were high up in the point scores for their individual events and having regard to the quality of the competition, their results were an excellent omen for next year's championship carnivals. Amongst the results –

- **Artie Leper** was 2nd in the U13 sprint & 5th in the flags
- **Joshua Gedz** was 2nd in the U14 sprint & 6th in the flags
- **Leela Scott** was 2nd in the U12 sprint & 10th in the flags
- **Stefanie Fejes** was 4th in the U14 sprint & 7th in the flags
- **Mila McGettigan**, an U14 competing up in the U15s came 5th in the sprint & 9th in the flags



FRESHIE IN THE ISLANDS

Freshie member, Will de Vries, taking some time out after finishing his HSC on the beach in Waikiki, Hawaii.



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

CALLING ALL WOULD BE COMPETITORS

The competition season is fast approaching and there are plenty of opportunities for members to get involved in a range of surf sports competition. While the club caters for all levels of ability and all ages it doesn't matter if you are not a champion athlete – you can still have a go. You need to have your SRC or Bronze Medallion and be both financial and proficient. The club's main focus is on participation so we are always looking to increase our overall competitor numbers.

At this early stage of the season we are interested in finding people interested in competing across the full spectrum of surf sports competition.

If you think you might be interested in competing or you would like to get more information about these events or any other area of competition, contact the following people via exo@freshwaterslsc.com –

Kev Crow

Michael Kirkby

Blake Walmsley

Jane Freakley

Ross Parry

Director Sport

Board, Ski or Swim

Boats

R&R

March Past

Lindsay Davis

Stephen Bennett

Kev Crow

Kev Crow

Lifesaving Competition

Masters Competition (30 yrs+)

Board Riding

Beach Events

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Mondays

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

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Kooloora Ave

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- *This pass is valid for 2 weeks from first visit
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- *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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