

# A FRESH UPDATE

OCTOBER 2019

## GOOD LUCK!



It's that time of the year again when, as we go to print, a number of our younger members are going through the annual stress test otherwise known as the HSC. Good luck to

the following members (and any others we may have missed out) for this year's exams - Gracie Kiely, Steph Tyson, Georgia Weston, Noah Perego, Cheyenne Hayes, Ailie Donald, Oliver Riddle .



### UPCOMING EVENTS

- |               |   |
|---------------|---|
| <b>26 Oct</b> | U11-U14 Interbranch Trials, Newport AM          |
| <b>26 Oct</b> | Open Carnival, Newport PM                       |
| <b>26 Oct</b> | Freshie Nipper Families social, Harbord Diggers |
| <b>27 Oct</b> | First Aid Competition, Newport                  |
| <b>2 Nov</b>  | Rd 1 Boat Premiership, Bilgola                  |
| <b>2 Nov</b>  | Fast Fives, Venue TBA                           |
| <b>3 Nov</b>  | Junior Beach Carnival, Queenscliff              |
| <b>9 Nov</b>  | Masters Carnival, Freshwater                    |
| <b>10 Nov</b> | Nipper Club Champs, Round 1, Freshwater         |
| <b>16 Nov</b> | First Aid Competition, Nth Narrabeen            |
| <b>16 Nov</b> | Rd 2 Boat Premiership, Newport                  |
| <b>17 Nov</b> | Bennett Fast & Furious, Freshwater              |
| <b>23 Nov</b> | Open Carnival, Venue TBA                        |
| <b>29 Nov</b> | First Aid Competition, Dee Why                  |
| <b>30 Nov</b> | Rd 2 Boat Premiership, Freshwater               |



### from the President

The season has well and truly started with our patrol teams ensuring the safety of visitors to the beach and of course, this time of year also signals the start of the competitive season. Good luck to all our Masters competitors in our **Freshie Masters** Carnival to be held on

**Saturday, 9 November.** Congratulations to our organisers - **Ross Parry, Gaven Needham, Simon Phin** and **Stephen Bennett** who have introduced a number of new and exciting events to the normal format, including a 'Dash for Cash'. We need as many competitors as we can get to fill our various teams so don't just think about it, let Gaven know and he'll find a team for you!

Our annual **Life Members and Sponsors lunch** will be held on Sunday, 1 December in the Heritage Room and grassed area. This event is our way of thanking those members and supporters who have been so generous to us over many years with their time and their financial support.

Please remember the **General Meeting** to be held at the clubhouse at 10am on **Sunday, 15 December** as it will give you an opportunity to hear a summary of happenings at the club since the AGM in June. If you have any items of General Business you would like to mention, please send an email to **Gayle Taylor** or **Wayne Freakley** at [exo@freshwaterslsc.com](mailto:exo@freshwaterslsc.com).

See you on the beach!

**Alan Burns, President**



Latest supporter for Freshwater SLSC is Skywood Climbing who are opening their first Sydney Bouldering Gym here in Freshwater. Skywood's owner and manager Yossi, is a climbing world cup competitor. and has seen what state of the

art bouldering facilities look like around the world. Yossi and his team are bringing world class state of the art bouldering facilities to Freshwater Village. Located in the old IGA, Yoshi welcomes FSLSC members to try out the new challenging climbing walls at Skywood.



# Director of Lifesaving



## The season's first patrols

The season has truly started. We have come full circle on Sunday, with Patrols 13 and 14 doing their second patrol of the season. I would like to thank you all for your dedication to surf life-saving. It is great to witness the enthusiasm of all patrols and the joy and pride you are taking in this important community service.

I have tried to meet most of you on your first patrol and will try to catch up with those who I didn't introduce myself to yet. I know that some of our new SRCs are still missing their peaked caps and shorts. Having handed out and swapped many uniforms in the last weeks, I must admit that I lost track of who is still missing items. Please email me, send me an SMS or let your Patrol Captain know if you have any uniform needs. I can leave your items in the office for pick up during the week or on Sunday mornings or place them with the patrol logs so that you have your uniform on the patrol day.

## Is there ever a weekend when James is not on the beach?

Being in the surf club with **James Crittenden** reminds me of working with my venerable business mentor in Beijing. He made it a point of being the first person in the office every morning, no matter how late we worked or partied the previous day. Eventually, I found out that I could make him really cranky if I beat him to the office. It became a race to the bottom with both of us showing up at 3am one day.

No matter at what time I show up, James is already on the beach, and I am sure that I am usually the first to leave too. I haven't figured out a way to make James cranky yet. Even holding up reimbursement of one of his expense claims didn't do the trick (I am sorry James, I'll sort it out asap). If you need a recipe for good-naturedness, ask James. May be, it is weekends at Freshwater Beach.

## Best email notification for upcoming patrols

**Jordon Dobson** takes first place: *"It has been wonderful start to the week!!! The sun is shining and the birds are singing! I'm definitely welcoming summer back with open arms and can't not wait to be in the midst of it this season!"* Who wouldn't want to come to patrol with an invitation like that? Jordon, you are putting the rest of us to shame.

## On a more serious note:

I hope all of you noticed that we are starting every patrol with a crew briefing now. Not being a naturally born leader, I am still not entirely confident on how to best conduct these briefings. At the risk of upsetting all other patrol captains, and I admit that I have not attended the briefings of all captains, the person to learn from is **Ben Hildyard**. Ben is fully informed about the surf conditions going into the meeting, gets everybody's attention before the patrol is to start duty and by the end of the briefing everyone knows what their role is on the day. Calm, collected, professional – awesome.

## Mobile phones on the beach

Standing in a huddle at the flag and looking at the mobile phone while swimmers are drifting away in a rip is not a good look and defeats the purpose of patrolling. Please keep your mobile phones in your bags under the patrol tent and turn your eyes to the water! The last thing you want to do is to run into the surf rescuing someone only to realise you have your phone in the pocket of your shorts. The club will not help you with the replacement of your phone. We are not insured for that.

## Freshnet

I think our surf life savers are all allocated to the correct patrols now. Do let me know if this is not the case and I'll put you into the right patrol. And no, we cannot all be in Jordon's patrol.

*A great start to the season. See you on the beach.*

**Dierk Hartmann**

**Director of Lifesaving/Club Captain**







## NIPPERS NEWS - REPORT FROM THE CHAIRMAN

Last Sunday saw our first session of Nippers for the new season and there were kids everywhere! With over 730 kids registered for Nippers this season it was all hands on deck and the Cadets stepped in to help deal with the U6s and did a great job.

In the Koolooro Room we had plenty of volunteers helping the new and returning Nipper families buy their kids swimwear, rashies, caps and other merchandise and a huge amount of stock was moved so well done

to all those volunteers and a big thank you to Renee and Michal for setting it up on the Saturday afternoon.

Land and Surf Training is now in full swing and the training sessions are being listed on the events calendar in Team App. All Nippers who wish to train and compete at carnivals this

season need to join Freshie Flyers training squad.

Go to the Nippers Payment tab on Team App to pay the \$100 levy.

Any Freshie Flyer Nippers who would like to be allocated a board for training and competing this season should contact **Damien Howison** through their Age Manager so that we can make an assessment of that.

The date for our Freshie Fast & Furious Carnival has been rescheduled to **Sunday, 17 November, 2019** so please update your calendars. As we get closer we will be calling for volunteers to help with the setup and pack up for the carnival including officials, water safety, running the BBQ and other roles. Look out for TeamApp posts regarding registration and opportunities to help out on the day. The carnival provides a valuable opportunity for those nippers that are new to competing on board as they will get the chance to compete in multiple races in a fast format.

We are also holding a parents catch-up this Saturday night, **26 October, 2019** at **Harbord Diggers** so we invite all new and returning parents to join us and get to know some of the other families in the Club. It was a lot of fun last year and we may have been the last to leave the premise or not! Again, all the details are in Team App.

Don't forget we use Team App as our primary source of communication for Nipper families. All Nipper parents will need to download the App and search for "Freshie Nippers" in order to stay up to date with all news, information, calendar, training timetable, payments, and events.

Training schedules are now well established for our Freshie Flyer competitive team.

Multiple land and surf based sessions are held each week. For details please refer to TeamApp.

Last Sunday following Nippers it was off to Dee Why for the **Bennett Board Carnival** and we watched some great performances across the different age groups battling with a tricky shore break. Well done to the U9s with their third place in the final of the mixed board relay.

**Sam Northcote, Holly Pinnuck** and **Brad Nitz**, who put in a huge paddle to convert 5<sup>th</sup> place to 3<sup>rd</sup>. A great effort by those Nippers in their 1<sup>st</sup> time competing at a Nippers carnival.

This Saturday we head to **Newport** for a U11s to U14s land and water carnival for the selection of the Interbranch team so good luck to all those competitors.

Finally, we have had 26 U14s successfully pass their SRC exam and they are now joining the patrol ranks on Freshwater Beach. There were no fails which is a testament to their fantastic instructors, **Kelly Dobrow, John Goldrick** and **Sue Wamsley**. A big thank you also to the many parents who always step up to help get the kids through this as well. Well done to all!

We remain one of the largest clubs in nipper numbers across the country. This of course means we need many hands to keep functioning and there is always work to be done. We welcome all parent involvement and if you would like to step up and be more involved, please approach your age manager or one of the committee members. Your kids will welcome your involvement and it is a great way to further enjoy the friendships and social side of the club.

**See you on the beach!**

**Paul McGettigan, JAC Chairman**




# AROUND THE CLUB



✿ Just returned from a month long adventure in the centre of Australia **Mark Rickard, Bob Evans** and **David Torevell** – aka Moe, Larry & Curly - have been busy comparing pictures and regaling friends and foe alike of the highs and lows of their trip. Highlights included Mark donning a kilt and treating an outback bar full of the locals with a repertoire of his best Australian and Scottish songs. A low light – at least for Mark & Bob along with Mark's wife Robyn who was also part of the crew – was discovering how expensive it is to keep the food up to Dave "I can't help it I've got worms" T. And the "three stooges" moment of the trip? – when our intrepid crew stopped the car and gushed over the magnificent Uluru they could see in the distance for the first time only to discover after 10 minutes and dozens of photos that they were actually looking at Mount Connor.

Here are a couple of Dave's most treasured memories from the trip – the first one we presume was a gallant effort to photograph Uluru's sand ants while the 2<sup>nd</sup> one captures the stunning effect of the changing sun on the inside roof of Mark's car.

✿ Special mention to club member, **Chris "Johnny Utah" Pendray** who recently completed his first **Coolangatta Gold**. After training fastidiously all winter across all 4 disciplines, and an extremely strong psyche up session from his personal coaches and entourage – **Peter "Lovechild" Block** & freshie legend **James "Fingerbone" Coates** on the Friday evening - Utah was primed for performance in the over 50s short course come 7.40 am Saturday 12 October.

He emerged from the ski in 17<sup>th</sup> place but motored down the field in the swim to be firmly poised for a top 5 finish. A strong board and solid run later and the man finished in 7<sup>th</sup> in what was a very competitive field and should be immensely proud of his efforts. Picture here is Utah post race with his crew, who tried calmly to follow his rather complex nutritional and race plan thoughts, everybody emerging unscathed and in good form!!

Next year we await to see whether race organisers will be calling out "Hey Utah, give me 2"!



✿ Continuing our Freshie travellers photos, left is our **Nippers Chairman, Paul McGettigan** with daughter **Ava** pictured in front of the iconic Duke Kahanamoku statue on Waikiki Beach, Hawaii.



## MARCH PAST CALL OUT!!

### FRESHWATER WOMEN'S MARCH PAST TEAM

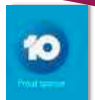
Thanks to all those who attended the meeting on Saturday. There are still opportunities to join in so please come along to the first preparation session scheduled on the beach, Wednesday October 23 at 6pm.

Joining our surf club was the best thing you ever did....this will be the second 😊

Anybody interested in joining either the Women's or Mixed March Past Teams for 2019-20 please contact the following people...

Bob Evans: 0411 865 058

Jane Freakley: 0477 753 799







## MEMBERSHIP FEES ARE NOW OVERDUE

Members should note membership fees are now **overdue**. Members are not covered for insurance if they participate in any club activities while unfinancial. Any members who have not yet paid their fees should refer to the club website for details about the available payment methods – or else visit the office Monday - Friday (9.30am – 4pm) to complete the necessary paperwork. Membership fees for the coming season are as follows –

Active Senior (over 18)	\$110	Reserve Active, Long Service, Award	\$110
Active Juniors (15-18)	\$75	Cadets (13-15)	\$75
Associate	\$150	Gym fee for Associate	\$140
Long Service aged 70+	\$55	50yr Long Service & Life members	Free
General	\$40	Associate (Community Supporter)	\$1,000
Non local member	\$55	Nippers	1 child, 1 adult, family social fee - \$180 2 Children 1 adult, family social fee - \$250 3 or more children, 1 adult, family social fee - \$300
Late payment fee (for memberships received after 30 September)	\$20	Competition levy (payable for all members who wish to compete for the club)	\$100 - Opens & Masters \$75 – U15, U17 & U19 \$25 - Nippers

**Members should also note if you have not renewed by the end of October your security FOB access to the premises will be de-activated.**

## THE BACKSHOOT: NEWS FROM THE BOATIES



With the season now getting moving we have eight boat crews training or in some cases talking about it, gym work getting done and a fair few still water and surf sessions now underway.

We also have some exciting news welcoming a new Boat Sweep and rowing coach to the club, **Nathan Perry**, who has a long association with Freshwater Surf Club through family ties however Nathan is now joining the ranks of the maroon and white quartered cap which is really exciting for the growth and culture we are trying to develop at our club within the rowing ranks.

**Dave Maguire** is currently sweeping and coaching two woman's crews (1 x reserve women and 1 x U23 woman), they have been up and about and are starting to bring things together. **Crash** has a new bunch of juniors learning to row and is also assisting with the masters and reserve mens crews, I am taking our mens colts crew and a U19 mens crew as well as helping out with the reserve men and masters.

We are still working on an A crew and have not given up on being able to put one on the water this season - see what happens over the next few weeks.

**Reminder to all rowers regarding proficiency and patrols - make sure these are sorted if they are not already.**

Lastly we have changed the date of the **Freshwater Surf Boat Carnival**. It is now being held on **Saturday. 30 November** and we aim to have 100 crews competing on the day and turn this date into a boat carnival that is scheduled on the must-row-at carnivals for years to come. Further info in next newsletter re: specific details.

**Scott Morrison**



## COMPETITION REQUIREMENTS

All competitors are reminded that to be eligible to compete in the championship carnivals (not including carnivals) in the second half of the season, you need to meet the following requirements by

### 31 December 2019 -

- Be financial including paying any relevant competition levy
- Be proficient for your relevant award
- Have completed a minimum of 25 hours of patrols over the 2019 competition season (or less amount as outlined below)
- Have fulfilled your club patrol obligations. This means attending all rostered patrols or arranging for a substitute or seeking a formal exemption from either your patrol captain or the Club Captain. Members who do not fulfil this obligation may see their competition rights suspended.

Month award gained	Hours required
January	25
February	24
March	20
April-September	16
October	12
November	8
December	4

It is the responsibility of members to be aware of your patrol commitments and patrol hour totals and ensure you meet these requirements by **31 December**.

If your SRC or BM is obtained during 2019, the patrol hours required will be as shown in the table.

## Director of Education

### PROVIDE FIRST AID

Always wanted to get your First Aid Award, OR need to renew because your's is 3 years old?. Here's your chance.

On **Sunday 3 Nov 2019**, from 9am to 4pm we are running a Provide First Aid Training Course at Freshwater SLSC.

The Provide First Aid course is nationally recognised WorkCover approved training valid for 3 years. Register through Freshnet or contact [education@freshwaterslsc.com](mailto:education@freshwaterslsc.com) to confirm your place.

### PROFICIENCIES

All patrol members and any competing long serving members are required to complete an annual skills maintenance (proficiency) for Bronze Medallion or Surf Rescue Certificate. This is a skills refresher, not a test, and covers all requirements set out by SLSA. Please note that Advanced Resuscitation Techniques is now being assessed separate to Bronze Medallion and Surf Rescue Certificate.

Dates for BM, SRC and ART proficiencies are now available on the website and Freshnet. It is a requirement you either register on **FreshNet** or email [education@freshwaterslsc.com](mailto:education@freshwaterslsc.com). Numbers are capped to ensure we have enough assessors and resources to safely manage the skills assessment.

Thank you

**Jacqueline Phillips**  
Director of Education



## Director of Member Services



### FRESHIE SHOP

Freshie Shop order online to gear up before the start of the season and avoid the queues at <http://shop.freshwaterslsc.com/>

Now taking Pre Orders for Hooded Towels

Order now to receive before the Season Commences, only a small number of stock will be held of this item

- 100% Cotton
- 2 Sizes
- Front Pocket

<http://shop.freshwaterslsc.com/products/hooded-towel-pre-order>

### FUNCTIONS

Life Member Function Sunday 1 December 2019  
(by invitation only)

We are celebrating our Life Members this year with a High Tea (bar will of course still be open).

If you have queries in regard to Member Services or Merchandising, please feel free to contact me.

Have a great month!

Michal Brenchley  
Director Member Services

[member.services@freshwaterslsc.com](mailto:member.services@freshwaterslsc.com)



IT'S BACK! THE BEST MASTERS CARNIVAL ON EARTH

# FRESHWATER MASTERS

Saturday 9 November, 2019

**GUN FOR FIRST RACE AT 8AM SHARP**  
TOES ON THE LINE!

Join us for presentation, drinks and BBQ at 11am on the Freshie Members lawns  
All competitors, families & friends are welcome at the Harbord Beach Hotel at 12 Noon.

**AUSTRALIA'S BIGGEST MASTER'S CARNIVAL DELIVERS ON OUR 25TH ANNIVERSARY**

*\$1400 in Club Teams Prize Money &  
\$600 in Dash for Cash Prize Money.*

Entries to be made and paid via Freshwater SLSC - [freshwaterslsc.com](http://freshwaterslsc.com)

**SCHEDULE**  
Registration from 7am-7:30am  
Briefing on the sand at 7:45am  
Team events commence at 8am  
Dash For Cash commences 10am  
March Past 10:15am  
No Individual SLSC Events

*\$50 PP Entry Fee*  
Unlimited Events  
25th Anniversary T-Shirt  
BBQ & Drinks Voucher

Please note that Beach Relays will now be included in the program.

### THOUGHT FOR THE MONTH ....

WHEN YOU'RE DEAD,  
YOU DON'T KNOW  
YOU'RE DEAD. THE PAIN  
IS ONLY FELT BY  
OTHERS.

THE SAME THING  
HAPPENS WHEN  
YOU'RE STUPID.



## 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](mailto:exo@freshwaterslsc.com) -

<b>Kev Crow</b>	Director Sport
<b>Aaron Thomson</b>	Board, Ski or Swim
<b>Scott Morrison</b>	Boats
<b>Jane Freakley</b>	R&R
<b>Ross Parry</b>	March Past

<b>Lindsay Davis</b>	Lifesaving Competition
<b>Gaven Needham</b>	Masters Competition (30 yrs+)
<b>Kev Crow</b>	Board Riding
<b>Kev Crow</b>	Beach Events

YOUR CLUB



## As members of Freshwater Surf Club we value –

- F**riendship across all age groups
- R**ecognition of effort
- E**ncouragement for all activities
- S**afety being paramount
- H**olding true to our Club values
- W**elcoming all
- A**cknowledgment of all achievements
- T**reating others with respect
- E**mbacing diversity
- R**esponding to others in need



## Join our Social Media team

Love using Instagram? Come join our social media team. Text Mary-Louise on 0418 865402 or email

[sponsorship@freshwaterslsc.com](mailto:sponsorship@freshwaterslsc.com).

We need a few people on the team. Meeting next week to discuss.

## HATCHED MATCHED & DISPATCHED



Joseph Murphy has announced his engagement to long time partner Gabby Tesoriero. With the nuptials anticipated to occur sometime in 2021, parents Andrew & Libby will have plenty of time to save the pennies to make sure Joseph is sent off into the wonderful world of marriage in an appropriate fashion.







*Please support this great club  
for another 110 years!*



Freshwater Surf Life Saving Club, founded in 1908, has a proud heritage both as a lifesaving club and in the evolution of surfboard riding in Australia. Our club is ranked 2nd largest with overall membership and has the largest nipper contingent. Freshie is also one of the safest and most loved beaches in NSW. Except for our office administration, the club is run by volunteers. **This is why we need your help.**

As a neighbour and member of the Freshie community we invite you to support your local Surf Life Saving Club. A small or large donation, either anonymously or with gratitude as an acknowledged sponsor, will help to keep our club operating. All donations are tax deductible.

If you can help, all enquiries will be gratefully received so please give me a call on 0418 865 402 or send an email to: [sponsorship@freshwaterslsc.com](mailto:sponsorship@freshwaterslsc.com)

**Thank you!**

Mary-Louise Parkinson

Director Sponsorship & Marketing | Freshwater SLSC



Just got your bronze? Looking for a competition event which builds on your lifesaving skills? Gather some of your friends and give Rescue and Resuscitation (R&R) a go!

To find out more please contact Wayne on 0412987007 or email [wandj@bigpond.net.au](mailto:wandj@bigpond.net.au)

# SECRET NINJA SCHOOL

## Family Taekwondo classes

**Monday - Friday, AM and PM sessions**

**Freshwater, Curl Curl and Balgowlah**

**0403 881 332**

[secretninjaschool.com](http://secretninjaschool.com)

修行  
SHUGYO

The home of...





## YOGA BY THE SEA

Bondi to Bronte, Manly to Freshwater

**Sunrise sessions** have begun at Bondi, Freshwater & Manly\* with even more sunrise/sunset classes from November.

### SPRING DEAL 10 CLASS PASS for \$125

- \*Validity 1st September to 1st December.
- \*Can be used at all 5 Yoga by the Sea [locations](#)
- \*Includes ocean view yoga classes, mats provided or BYO.
- \*Can be shared between friends.
- \*Buy as many as you like as gifts too!

\*Check out our [Pricelist](#) for other **Multi-Pass Options**, Terms & Conditions, then follow the link to our [Mindbody Buying Platform](#).  
\*First time? Try our [INTRO DEAL](#).  
\*More frills? Try our [LUXE PASSES](#).



### SRI LANKA RETREAT November 9-19th, 2019

Join esteemed yogini Jemma Rivera for a Wellness & Wisdom Retreat set in the exotic East. With the luxury of time, this 10 day retreat provides you with practical ways to improve your health, cultivate inner peace and live an inspired life. Combining Yoga, the science of Ayurveda, the magic of Essential Oils, cultural excursions, blissful Spa treatments, QiGong & Meditation classes in paradise. Enquiries please email [sasha@yogabythesea.com.au](mailto:sasha@yogabythesea.com.au)

## We rate our home loans. And so do our customers.\*

At Freshwater **Community Bank**® Branch we understand that having a great rate means nothing without great service. Which is why Bendigo Bank home loan customers are rated among the most satisfied in Australia.\*

**Drop into your nearest branch at 20 Albert Street, Freshwater or phone 9939 6744 to find out more.**

**Bendigo Bank Home Loans. Don't settle for less.**



Freshwater **Community Bank**® Branch

\*Bendigo Bank rated above the four major banks among home loan customers in Roy Morgan's Home Loan Customer Satisfaction Survey, December 2015. Credit provided by Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. Terms, conditions, fees and charges apply. All information is correct as at March 15 2016 and is subject to change. Full details available on application. Lending criteria apply. S539336 (334515\_v6) (7/02/2017)

