

A FRESH UPDATE

AUGUST 2019

from the President

Welcome back to those members who are renewing their membership and for those of you who may be new members this year – welcome to the best and friendliest club in the land!

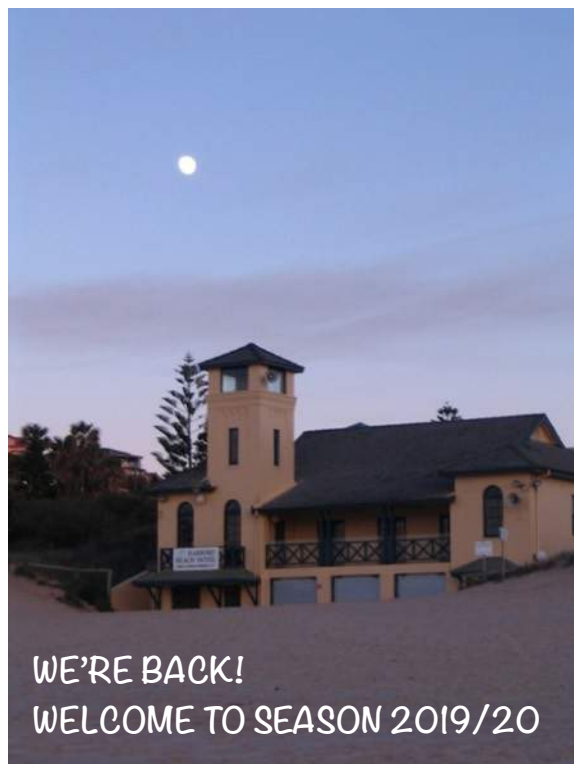
Many of you will know that there are a number of changes to the makeup of the Executive Committee this year with 3 new faces – **Michal Brenchley, Dierk Hartmann** and **Sam di Sano**. Thank you to the outgoing members – **Dee Godoy, Tom Duffy, Clare Freakley** and **Claire de Paoli** for all the hard work they've done for the club during their tenure. Their departure has left big shoes to fill but if energy and enthusiasm are the main requirements for success, then we're in good shape.

As I said at the AGM, the Executive Committee is continually seeking ways that will encourage members to spend more time at the club, utilise our facilities and to become more engaged overall. Our great club has more to offer for members and their families beyond the traditional patrols, competition and nipper activities. Thank you to those who acted as Marshalls for the City to Surf. In the past, the club has received a significant contribution from the race organisers for our participation, but this remuneration has been lowered to such an extent that after the bus driver hire fee and cost of the BBQ had been taken out, we were left with under \$100. Given the time and energy it takes to organize this event, it is doubtful we will participate next year which is disappointing since we have been involved since its inauguration.

The season ahead has the potential to be an exciting one for all members so don't be shy about contributing any ideas you may have that will benefit members.

See you on the beach!

Alan Burns, President



WE'RE BACK!
WELCOME TO SEASON 2019/20



UPCOMING EVENTS

- | | |
|------------------|---|
| 7 Sep | Nippers Registration Day
9am-12 midday |
| 28 Sep | 1st Patrols of the season |
| 12-13 Oct | Coolangatta Gold
Gold Coast |
| 20 Oct | Nippers commences |
| 20 Oct | Junior Craft Carnival,
Venue TBA |
| 26 Oct | Fast Fives - Open & Youth
Venue TBA |
| 27 Oct | First Aid Competition |



CLUB VALUES STATEMENT

The incoming Executive Committee has unanimously endorsed the following values statement for the club. All members should familiarise themselves with the values and have regard to them when engaging in any club related activities.

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**mbracing diversity
- R**esponding to others in need

HATCHED MATCHED & DISPATCHED

The winter break saw a significant hatching take place with Tim Kirkby and wife Emily welcoming their son Arlo Benjamin into the world. All appear to be coping well while proud grandparents Killer & Jo are still smiling like Cheshire Cats. Well done Emily & Tim and we look forward to seeing young Arlo in the maroon and white in the years that lie ahead.



Director of Lifesaving



My name is Dierk Hartmann. I know - how does one pronounce the first name?

Well, phonetically you'll get it right if you say "Dear" and add a "k".

I grew up in Germany, studied and worked in the USA, China and Europe before moving to Australia in 2007. Our children joined Freshwater's Nippers program the same year and 12 years later I am heading into my eighth season as captain of patrol 15.

Two months into becoming Club Captain of Freshwater SLSC, I am starting to get my head around the role. The first task was to get through the Northern Beaches Branch gear inspection. Many thanks to **Belinda Dobson, Paul and Emily Lemlin, Ian Hills, Kevin Crow, John Goldrick, David Price, James Crittenden, Luke Jarman** and the members of the current IRB Driver's course for supporting the preparations and helping on the day of the inspection.

Belinda and Emily passed the inspection of the first aid equipment with flying colours, the IRB team did equally well, and I was flagging with a list of rescue boards and tubes that need further work. Volunteers for splicing the ropes of two rescue tubes are needed, please get in touch if you can help.

Overall, all went reasonably well until we were asked to turn the shark alarm on.

Only one moving part; what could possibly go wrong? The hum of the transformer trying to turn the light and sound the alarm apparently doesn't count. Another thing to add to the to-do list.



The next priority is to get the patrol roster out. My apologies for not getting this done sooner. The roster will be on our website within this week. One thing I can reveal is that our first patrol day is 28 September.

Another priority is to find a candidate for the captaincy of patrol 1, which typically patrols on Sunday mornings. Expressions of interest are most welcome.

I am looking forward to supporting you all in keeping Freshwater beach safe and making your involvement with Freshwater SLSC an enjoyable and rewarding experience. To contact me, please email captain@freshwaterslsc.com.

See you all on the beach!

Dierk Hartmann
Director of Lifesaving/Club Captain



CLUB EXECUTIVE FOR THE 2019-2020 SEASON

This year's AGM saw a number of changes to the club's Executive Committee for the coming season. The new committee is as follows -

NAME	POSITION	EMAIL
Alan Burns	President	president@freshwaterslsc.com
Wayne Freakley	Executive Officer	exo@freshwaterslsc.com
Chris Tyrrell	Treasurer	treasurer@freshwaterslsc.com
Dierk Hartmann	Director of Lifesaving/Club Captain	captain@freshwaterslsc.com
Jackie Phillips	Director of Education	education@freshwaterslsc.com
Kev Crow	Director Sport	sports@freshwaterslsc.com
Phil Fagan	Director Building & Facilities	facilities@freshwaterslsc.com
Mary-Louise Parkinson	Director Sponsorship	sponsorship@freshwaterslsc.com
Michal Brenchley	Director Member Services	members.services@freshwaterslsc.com
Sam Di Sano	Director Youth Development	youth@freshwaterslsc.com
Paul McGettigan	Chairman JAC	nipperschairman@freshwaterslsc.com

Other positions confirmed at the AGM were –

Patrons:	John Thorpe AM, Peter Sinclair AC, AO, Michael Regan & John McPhee		
Chair Life member Panel	John Swan	Chair Judiciary Panel	Jane Freakley
Chair Disputes Panel	Jane Freakley	Member Protection Officer	Wayne Freakley
WH&S Officer	Wayne Freakley	Honorary Legal Officer	John de Mestre

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	Director Sport	Lindsay Davis	Lifesaving Competition
Aaron Thomson	Board, Ski or Swim	Gaven Needham	Masters Competition (30 yrs+)
Scott Morrison	Boats	Kev Crow	Board Riding
Jane Freakley	R&R	Kev Crow	Beach Events
Ross Parry	March Past		

YOUR CLUB



MARCH PAST CALL OUT!!

This season Freshwater will be interested in entering two teams one Club Team (mixed) and one club Female Team.

The idea of a second Team is based on the following - it will be the celebration this season as 100 Years of the March Past Competition in Surf Life Saving as well as the 40 Year Celebration of Women in Surf Life Saving - hence the interest of the two Teams!

Interested people in joining The March Past Team(s) for 2019-20 please contact the following people...

Bob Evans: 0411 865 058

Jane Freakley: 0477 753 799



FROM THE 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.

Saturday, 7 Sep 2019 from 9am to 5pm

Sunday 3 Nov 2019 from 9am to 5pm

On these dates 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 to confirm your place.

Advanced Resuscitation Techniques Certificate (ARTC)

Gain skills the knowledge for the administration of oxygen to conscious and unconscious victims, airway management devices, AEDs during resuscitation and advanced team based resuscitation scenarios.

PreRequisite - Bronze Medallion.

Training Dates as follows:

Monday 19/8 6.30-9.00pm OR Tuesday 20/8 6.30-9.00pm

AND SUNDAY 25th August 9.00am to 3.00pm

ASSESSMENT - TUESDAY 27 August 6.30pm @ Nth Narrabeen SLSC

Register through Freshnet or contact education@freshwaterslsc.com to confirm your place.

Thank you

Jacqueline Phillips

Director of Education



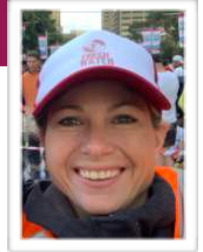
MEMBERSHIP FEES ARE NOW DUE

Members are reminded annual membership fees are now due. 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 (10am – 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



Director of Member Services



For those that don't know me, I've been a part of Freshie SLSC for over 11 years now, with our third little Nipper in the U8's this season. My two sons now Patrol along with me at Freshie in the summer months.

I've been a part of the Junior Activity Committee for the past three years, an Age Manager as well as organising the annual Freshwater Bennett Board Carnival and the end of year Twilight Nippers.

I thought it might be time to see how the other side of the club is run so when the Member Services Director position came up, I thought it was the perfect opportunity to use my skills which I have gained through the junior club into the senior club.

I am a very social person and very much look forward to working towards bringing the Junior and Senior club together more often.

I will also be running the Merchandising for the club as a separate role.

To start the volunteer season off, a bunch of dedicated Freshie members & friend volunteered their time on a chilly early Sunday morning at the Annual City2Surf.

This year was a little harder than others to round the volunteers up, but with a little persistence we were able to rally a bus load up.

I really want to give a huge shout out to Dave Torevell and Mary-Louise Parkinson for all their help and of course the volunteers.

With the start of the season approaching, I'm getting all the merchandise in order for both the Junior and Senior club.

I'm now taking "Pre Orders" in order to keep our stock levels down, so please if you know that you are going to require new gear for the upcoming season let me know now.

Hooded Towels, bags, jackets, senior swimwear etc email me at member.services@freshwaterslsc.com with your requirements and also of course you can order online at <http://shop.freshwaterslsc.com/> and providing we have the item in stock we will get it out to you that week.

Michal Brenchley
Director Member Services



Just a few pics of our great volunteers for the start of the Sun Herald City2Surf!



ANNUAL PRESENTATION NIGHT

A celebration of the 2018/19 season took place on the last weekend in May with the annual dinner and presentation night. The night was again well supported with approximately 150 in attendance. Members enjoyed a night of award presentations, drinks, dancing and the exchange of tales about what had been yet another successful season. Major award winners on the night were as follows –

Club Honour Blazer	Chris Tyrrell	Most Outstanding Board Paddler	Jessie Douglas
Snr Club Person of the Year	James Crittenden	Most Outstanding Ski Paddler	Ben Kirkby
Young Club Person of the Year	Jordan Dobson	Most Outstanding Swimmer	Tamsyn Curley
Distinguished Service	Ken Rickard Judy Bennett	Most Outstanding Master Competitor	John de Mestre
Prominent Service	Kelly Dobrow Richard Hawtin Lynn Doyle Steve Davis Andrew McEwen	Most Outstanding Lifesaving Competitor	Tahlia Dearden & Julia Baker
Patrol Person of the Year	David Price	Most outstanding March Past Competitor	Ross Parry
Youth Patrol Person of the Year	Caitlin Price	Most Outstanding Boat Rower	Mark Rickard
Rookie Patrol Person of the Year	Alexander Needham	Most Outstanding R&R Competitor	Chris Tyrrell
IRB Driver of the Year	James Crittenden	Most Outstanding Team	Open First Aid team – Tahlia Dearden & Julia Baker
Patrol of the Year	Patrol Nol. 7		
Youth Scholarship Award	Jessie Douglas		

In addition to these winners, a number of members were recognised for reaching various long service milestones with the club –

75 years – John Mills OAM

70 years – Peter Rowlands

50 years – Richard Ware

25 years – Grant Coates





ANNUAL SYDNEY NORTHERN BEACHES AWARD NIGHT

The annual SNB award night was held on 21 June and the club again had a number of members nominated for awards. Unfortunately this was not to be our year, with none of those nominated getting the gong in their individual areas of achievement. Awards won by the club on the night were -

- Most Outstanding Club of the year - 2nd. This was the 5th year in a row the club has made the final 5 with our record being 2 wins, 2 seconds and a 4th
- Most Outstanding Club for Administration (5th year in a row)
- President's Award for Outstanding Contribution to the Branch over the season - Ray Brennan OAM (joint winner)

Members nominated for awards on the night were -

David Price - Lifesaver of the Year

Caitlin Price - Young Lifesaver of the Year

James Crittenden - Volunteer of the Year

John de Mestre - Masters Competitor of the Year

Julia Baker & Tahlia Dearden - Sport Team of the Year (Open First Aid)

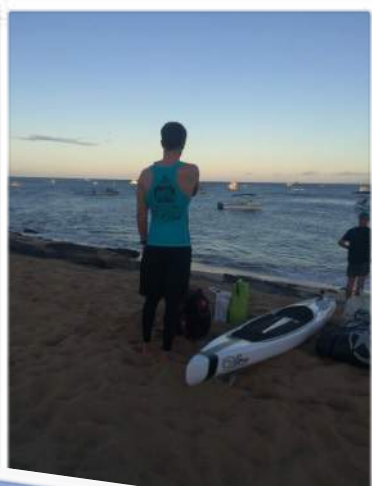


Executive Officer Wayne Freakley accepting on behalf of the club the Most Outstanding Club Administration Award





Jess Douglas and Declan Quail competing in the Molokai2Oahu Paddleboard World Championships in Hawaii in July, 2019.



THOUGHT FOR THE MONTH

Two of the greatest qualities of Life are:
Patience...



...and Wisdom

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.

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 follows -

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

A list of members' patrol hours for the current competition season - i.e. 1 January to 31 December will be distributed prior to the commencement of the patrol season.



AROUND THE CLUB OVER WINTER

As has occurred in past years, the “off-season” has again seen a range of things happening -



❖ Captain abandons ship

After leading his team to its best result at the Branch Championships in 10 years, Masters Captain **Stephen “I Year wonder” Bennett** came to the conclusion it was all downhill from there. So his final act at the helm was to call his band of merry men and women together at the Harbord Hilton for a ceremonial handing over of the clipboard and Masters’ abacus to new Captain **Gaven Needham**. In a moving and solemn ceremony Stephen thanked the large contingent of Masters competitors for their efforts over the season and wished the new Captain all the best for coming year.

❖ Competition success

While some undertake a low key winter program and the majority just enjoy the down time, there are some amongst us for whom the thrill of competition never stops. First up were **Jessie Douglas** and **Declan Quail** who decided they could think of no better way to enjoy the quiet off season than to enter the Molokai Ocean Paddle. The race covers

51.5km from Molokai to Oahu and is described as the hardest ocean board paddle in the world. Our dynamic duo completed the race in 6 hours, 13 minutes and 19 seconds, coming 94th overall and 1st in their division.

Next up was **Andrea Bohm** who was our sole entrant at this year’s NSW Board Riding Championships held at North Narrabeen on 2 August. In a great result, Andrea continued the success she had last year in a younger age division by taking out the 60-69yr Female Long Board division. Well done Andrea.

❖ Sponsorship support

Continuing a tradition that now stretches back some 42 years, **Harbord Hotel** owners **John Thorpe AM** and **Trish King**, together with club general manager **Sean King** continued their financial support of the club with a recent donation of \$25K. The donation, along with their continued support of our Friday night raffles and the annual Masters carnival, is a significant contribution to the on-going well being of the club and our membership. The club’s hotel liaison officer, Life Member **Ross Parry**, was on hand to receive the cheque from John & Sean.

And after an absence of a couple of years while their re-development was underway, the **Harbord Diggers** have also been generous in their support with \$28K coming the club’s way via the Mountie’s Club Grants program. This money will be dedicated to upgrading the equipment in our IRB area. Director of Sponsorship & Marketing, **Mary-Louise Parkinson** represented the club at the official ceremony at Mounties in July. It’s also great news our other major sponsors from last season - **Healthy Care (Nature’s Care)**, **Freshwater Community Bank (Bendigo Bank)**, **SEA Real Estate & Bennett Boards** have again committed their support for the new season.



Harbord Hilton owner, John Thorpe AM and general manager, Sean King with Life Member Ross Parry



Director Sponsorship & Marketing Mary-Louise Parkinson with Leon Hansen, Director Mounties



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