

# A FRESH UPDATE

DECEMBER 2019

## from the President

On behalf of the Committee, I'd like to wish all members and their families a very Happy Xmas and a prosperous New Year!

At the General Meeting held at the club on Sunday, 15 December, full disclosure of the accounts and other areas of importance to the members were outlined. Current and potential renovations to the club were also outlined and there was general agreement with the ideas presented.

Don't forget the Xmas Day surf race at 10am followed immediately by a lucky dip raffle with drinks and nibbles.

Merry Xmas to you all!

**Alan Burns, President**



## UPCOMING EVENTS

**2019**

**21 Dec**

Fast Fives U14s-Opens, Palm Beach

**2020**

**3 Jan**

Adrian Curlewis Twilight Masters  
Palm Beach

**11 Jan**

Nipper Beach Carnival, Narrabeen

**12 Jan**

Young Guns Boat Carnival, Collaroy

**14 Jan**

Scrutineering, Narrabeen SLSC, 5-7pm,

**14 Jan**

Boat Carnival, Queenscliff

**19 Jan**

Nipper NATS, Manly

**25 Jan**

Open Carnival, Manly

**26 Jan**

Freshwater Australia Day Carnival

**29 Jan**

SNB Branch Championships,

Champ Lifesaver Theory/Resus

**30 Jan**

SNB Branch Championships,

Patrol Comp Theory/Resus

**2 Feb**

SNB Branch Nippers Championships,

Queenscliff

**2 Feb**

SNB Branch Open & Masters,

Patrol & Champion Lifesaver, First Aid U15s

& U17s Championships, Queenscliff

**9 Feb**

SNB Branch First Aid U19s

& Opens Championships, Queenscliff

**16 Feb**

East Coast Masters, Collaroy

**22-23 Feb**

NSW State Patrol/Champion Lifesaver

Championships, Swansea Belmont

**28&29 Feb-**

NSW State Nippers Championships,

**1 Mar**

Swansea Belmont

**4-5 Mar**

NSW State Masters Championships,

Swansea Belmont

**6-8 Mar**

NSW State Open Championships,

Swansea Belmont

**21 Mar**

Branch Boat Championships, Queenscliff



## IMPORTANT NOTICE FOR ALL MEMBERS

All members are reminded that the club accepts no responsibility for private boards and other gear left on club premises. With the Christmas holiday period now upon us, members should take action to make sure any equipment left on the premises is properly secured. If they can't be secured you may need to consider taking equipment home.



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



## Director of Member Services



Well it's been a busy month so far starting off the month with our Annual Life Member Function where we had a great turn out of guests together with our valued sponsors Bendigo Freshwater Community Bank, Greg Bennett from Bennett Boards and also The Mounties Group.

All had a great morning tea and a chance to have a catch up of the goings on in the club. The event was catered by Salt Bush Café, and I must mention the sultana scones with freshly whipped cream and jam were slightly moreish!!!!



### Great Freshwater Gift Ideas

New FINZ Freshwater Backpacks \$70 – now in stock <http://shop.freshwaterslsc.com/products/freshwater-backpack-pre-orders-now-being-taken>

Hooded Towels - Medium \$75 / Large \$80 <http://shop.freshwaterslsc.com/products/hooded-towel>

Freshwater Tote Bag \$10 <http://shop.freshwaterslsc.com/freshie-accessories/products/freshie-tote-bag>

Freshwater Turkish Towel \$60 <http://shop.freshwaterslsc.com/freshie-accessories/products/freshwater-turkishtowel>

Freshie Bottle Opener \$5 <http://shop.freshwaterslsc.com/freshie-accessories/products/bottle-opener>

Freshwater All Weather Jacket \$85 <http://shop.freshwaterslsc.com/products/freshwater-all-weather-jacket>

Orders collection before Christmas, Monday 23 and Tuesday 24 December from the office or other prior arrangement

What's coming up for 2020.... Yes, you will all be happy to hear that by popular demand Freshie on Fridays will be returning towards the end of January.

I hope you all have a wonderful Christmas celebrating with all your family and friends and a very Happy New Year. Keep Safe see you on the beach.

Michal Brenchley







## Director of Lifesaving



Wow, here we are again, the only week in the year where we can get away with wearing a red and white hat on patrol—

If you managed to log on **and off** at least once with the patrol app this season including the 3 x 8 weather statistics and have a *Working With The Elves* certificate signed by Santa.

Our Education Team has prepared a special gift for all of those who still want to be on the Club Captains Nice List: One extra – and the definitely **final Bronze Proficiency** of the year on **Saturday, 21 December**, starting with the water events at the parking friendly time of **8am**.

Speaking about parking: some of our patrol members got stung with an un-voluntary donation to Northern Beaches Council last weekend, because they parked in one of the car parks marked “SLSA Volunteers Lifeguards Only.” Apparently the “No parking - Authorised Vehicles Accepted” signs trump everything written on the ground.

Unlike in Germany, where everything off limits is clearly marked as “verboten”, which is pretty much everything except for smoking in restaurants and taking your dogs on public transport and, yes, into restaurants\*, the Australian car park signage is clearly designed to catch one out – fair dinkum, or “how good is cruising around Freshwater on a Sunday morning to find a car park?”. I am starting to think that Sunday morning is the favoured SRC patrol time, because their parents drop them off.

I can't tell you which of the four marked parking spots is safe to use. It may be best to avoid them. I think one of them should be clearly marked “Club Captain Only”. I wonder how many people will put their hand up next time the job is available.

A big thank you to our **Education** and **IRB** teams. They are putting a phenomenal number of SRCs, Bronze Medallion holders, IRB drivers and IRB crews through the awards and proficiencies. The photos are from the last Crew assessment on 7 December – another stunning sunrise and perfect conditions at Freshie. Many thanks to **James Crittenden** for taking the Freshwater IRB teams through the last course. James maintains the proud record of a 100% success rate for his candidates. The unimaginable happened on 15 December: James was not on the beach – at least not when I finally managed to introduce myself to **Andrea Malm**, our new Patrol Captain of Patrol 13.

Thank you also to all the patrols who are on duty on Christmas Day and Boxing Day. Wear your Santa hats with joy and join in the festive spirit while looking after the welfare and safety of the public on the beach and in the water.

I wish you and your families a well-deserved break, a joyful and peaceful Christmas and a great start to the New Year.

*Frohe Weihnachten und ein glückliches neues Jahr!*

**Dierk Hartmann**

\* don't quote me if that is now “verboten” – the last time I lived there was in 1993.



### VOLUNTEERS NEEDED!

Volunteers are needed to do a letter box drop to households around the Freshwater Surf Club.

If you are able to help please contact Mary-Louise on 0418 865402 E: [sponsorship@freshwaterslsc.com](mailto:sponsorship@freshwaterslsc.com)





# THE BACKSHOOT: NEWS FROM THE BOATIES



The boat team are up and running, attending two rounds of the Sydney Northern Beaches Surf Boat Series since our last report.

**Newport** was our first stop with three crews representing the club (Colts / Stokers, Reserve Men / Dons, U/23 females /twocans) - surf was small but tricky - nasty shorebreak as usual at Newport.

All three crews rowed well and the vibe on the beach was excellent.

The **Colts** (Stokers) finished 4th in the final and rowed very well all day, as did the Reserve men (**Dons**) who also came 4th in their final - both crews won some of their earlier races in the day against tough competition, the effort in training will continue to pay off. The ladies finished 5th in their respective point score however remember the majority of this crew could be rowing U19 women meaning they are rowing against ladies four to five years older. If there are any young ladies around the club (17 or 18 years old) we would love to hear from you - in the right division these ladies could go well.

The next stop on the rowing landscape was the best beach in the world - **FRESHWATER** - unfortunately on Saturday 30 November the surf gods and wind gods decided to put on a 40 knot southerly which all competitors had to row into all day.

As a surf carnival the day was a huge success - we had 73 crews attend over six divisions (which is around 400 competitors), an increase of over 20 crews on last year. We had over 200 people back at the club afterwards for the presentation which was great to see - everyone commented how much they enjoyed the day and will be back next year.

When we run a surf carnival there are a lot of people that step up and help out to get things done - Our Carnival Chairman / Organiser - **Ian 'Crash' Craddock** did an excellent job with logistics - his awesome daughter **Amy** sorted out the paperwork with the council and also smashed it with the BBQ, with the able assistance of **Taylor** and **Paula**. The March Past champions sorted the BBQ under the strict guidance of **Eric**. The members of the club who worked early morning to set up the beach and helped out wherever they could, our first aid team sitting there is the wind all day - legends!! and of course **Coatsy** and the IRB team who adjusted the course about ten thousand times due to the wind and were first there and last to leave the beach, a thankless job that they all do very well, of course along with water safety all day. All our rowers who helped out (many hands makes light work) and of course all the officials who do it week in week out.

Watching all these aspects of the club come together, working as one, is not only great to observe, but makes me pleased I am a part of place like this.

As for results;

Reserve Men finished 4th in their final (best result of the day)

The Colts rowed in Open Men and finished second in their last race with the row of the day - great to have Smash back in the boat with us.

Vets rowed B grade and were right on the pace - a bit more work in the old legs and who knows what these guys could do at masters klater in the year.

Plenty of photos of the crews on the beach.

Off to North Cronulla next week - then a break before things hot up in January 2020.

Merry Xmas and a Surfboat new year !!!

**Scott Morrison**



Vets crew



Girls crew



B crew - Dons



Colts - Stokers rowing Opens with Smash



## ATER USAGE DURING LEVEL 2 RESTRICTIONS

### USE OF WATER DURING WATER RESTRICTIONS

NSWSLS has advised that all clubs within the area covered by Sydney Water have been granted exemptions from the restrictions subject to a number of conditions –

- Any hose used for washing designated equipment must be fitted with a trigger nozzle
- The washing down of equipment must occur immediately after the equipment is used
- Equipment covered by the exemptions includes –
  - All terrain vehicles (also known as SxS -side by side vehicles)
  - Inflatable rescue boats (IRB)
  - surf boats
  - rescue tubes
  - rescue and competition boards
  - skis
  - jet skis – also known as Rescue Water Craft (RWC)
  - trailers used on the beach for transport of patrol equipment.

Irrespective of the exemptions granted,, members should remain mindful of the need to be careful in their use of water. In particular –

- Showers should be kept to a maximum of 3-4 minutes
- The washing down of craft and lifesaving equipment should be completed quickly and only for as long as it takes to remove any sand and/or salt
- Floors should be swept rather than hosed



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).

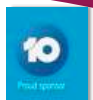
We need more people on the team.

## ATTENTION ALL MEMBERS!

ALL MEMBERS are invited to come and enhance their skills at board riding, running into the water, porpoising, body surfing to help you develop and practice your water skills for patrol.

Saturday mornings at 7am come to the beach and join in with our fantastic coaches (such as **Aaron Thomson** and **James Coates**) on the beach who will give you plenty of encouragement and share their expertise. We can find you a board if you need one.

This does not have to be a training session, it can focus on development as we have several very qualified coaches available.





## NIPPERS NEWS - REPORT FROM THE CHAIRMAN



Since our last newsletter we have had some major events take place in Nippers including an additional 7 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 Andria and Thalia for assisting.

On 17 November our signature carnival, the Freshie Fast & Furious Bennett Board Carnival was held and a great hit-out in the surf was had by all. Our officials and water safety did a fantastic job and the feedback from other Clubs was really positive so well done to all including our setup team, BBQ volunteers and rego ladies. The efforts from our parents is always greatly appreciated and it was great to see it all come together especially after the carnival was cancelled due to the dangerous surf conditions last year.

The Nippers continue to train hard in the surf and on the land and we recently held Round 2 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. Your efforts gave us the continuity and definition for the races that matched a full blown carnival which is exactly what we wanted.

Since the last newsletter we've been to North Steyne and North Narrabeen for carnivals with some good results but there is still work to do on that front and I'd ask the Freshie Flyers to make sure they keep up their training over the break.

Speaking of which we wrapped up Nippers for the Christmas / New Year break with Twilight Nippers being held last Saturday. Once again a great bunch of parents stepped up to run the day and a huge thanks goes out to **Sylvia Meszaros**, **Monique Nitz** and **Michal Brenchley** for all their hard work getting the afternoon organised. With a visit from Santa on the ATV, being chased along the beach by the younger Nippers, face painting, a jumping castle and some great music from the DJ it was a nice way to wrap up the first half of the season.

We also appointed our Club Captains from the U14s for the season and they are **Isabelle Stapf-Giannakis** and **Rio Nunura**. 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 win a third straight Interbranch title at the annual Surf Life Saving Representative carnival two weekends ago held at Bulli Beach. Well done all and thanks for flying the Freshie flag.

We will now break until we return on Sunday, 19 January, 2020.

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, JAC Chairman**



Our new Junior Club Captains - Rio Nunura and Isabelle Stapf-Giannakis with JAC Chairman, Paul McGettigan



Some of the Freshie boys with their new shorts after a recent training session - looking good boys!



# MASTERS REPORT



Well the 2019/20 competition season for the Freshie masters kicked off with the 25th running of the annual Freshie Masters carnival in early November. We had over 230 competitors from right across NSW compete in what many claim to be the best master's carnival in the world.

As with an exercise like this, a few special thanks:

- **Freshie SLSC Ladies** – as always doing everything behind the scenes
- **Scott Carpenter** and the Bar Team – Without them no one would have got a drink
- Nippers – Huge thanks to **Paul McGetts** and his team for firing up the BBQ
- **Sean King (Harbord Beach Hotel)** – For his generous sponsorship
- **Paul Milinkovic** – Kept all us old bugger safe as our ESO.
- **Paul Lemlin** – Cracking photography available here: <https://www.paullemlinphotography.com/p273300656?fbclid=IwAR1dvRI1z1xd8KzbWhQWAM6E2sOTnVS0-Br2VYyLpzxdO8SHhXRMIGFW00s>
- **Michael Bate** – The red headed emperor made sure we were on the cans and bacon & egg rolls as quickly as possible.
- Crazy Ivan/Fingerbone/Dog Clippers/The Buoy (aka **James Coates**) and all the IRB crews for setting the cans and keeping us safe.
- All the officials
- All those that came early to help set up and pack up.
- Lastly (and most importantly) – **Ross Parry** for pulling it all together

We had pretty much perfect conditions for the inaugural running of the Dash for Cash which saw **Jo Kirkby** and **Shanny Gamble** dominate the O50 ladies and Johnny Utah (**Chris Pendray**) edge out the Sea Lion (**Andrew De Vries**) for 2<sup>nd</sup> place in the O50 men's.

A special thanks to Jo for shouting a few of the entourage at the HBH afterwards with her winnings.

Overall it was a very successful day with Freshie finishing second 13 points behind Manly, but more importantly with great feedback from competitors and officials to ensure we keep this event as a key part of the masters competitive landscape and a great opportunity for masters competitors to have a few races and socialise afterwards.

The new year marks the start of the 18-week grind to Aussies starting with the Palm Beach Masters Twilight carnival where we'll be looking to defend our crown from 2018. Beyond the Aussies at the end of April a group of masters are busy planning their European holidays around the World Lifesaving Titles being held in Riccione Italy next September. Cant wait for those July sessions!

In other master's news **Tim Jacobs** continues to smash kids half his age with a well deserved 5<sup>th</sup> place in the recent 20 Beaches surf ski race and a solid win in the over 40 division against some of the best ski paddlers in the world.

If you're the wrong side of 30 and looking at making a new year's resolution to get shredded or simply take up a new sport or skill - you are always welcome to join us to have a social paddle or even don the Freshie cap for some racing. Please do not hesitate to contact me at [gaven.needham@gmail.com](mailto:gaven.needham@gmail.com) or on 0428 499 653 for any info on how you can be a part of the Freshie Masters.

**Gaven Needham**



## ALMOST HATCHED, ALMOST MATCHED & DISPATCHED

There has been a short burst of activity around the club over the past month or so in the HMD area -

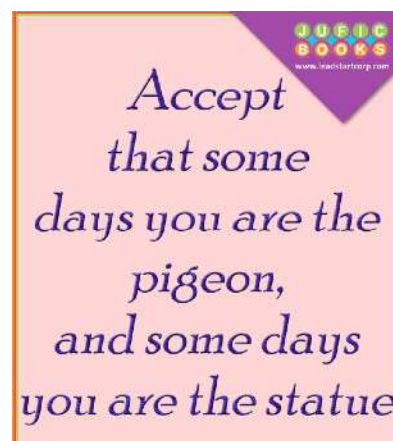


• R&R & Lifesaving competition tragic Clare Freakley announced her engagement to long time partner Shannon Job. No date has yet been set for the nuptials.

• We are expecting new arrivals to the Freshie family during the first part of 2020 with Blake

Walmsley and wife Natalie and Ben Kirkby and wife Amy expectina their first children.

## THOUGHT FOR THE MONTH ....





## SURFBOAT SLED!

Freshwater members were on hand to provide the 'Surfboat Sled' to make sure Santa arrived on time for the kids attending the Harbord Diggers Xmas Party.



Long time members Eric Middledorp and Brian Baker, ably supported by our new caretaker Josh Mitchell, were on hand to transport Santa, and his presents, all the way from the South Pole to the Steward House kids eagerly awaiting his arrival. Needless to say, this trio gratefully accepted Santa's offer of some summertime pale ale as a reward for their efforts!



## 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 shown in the table.

A list of members' patrol hours is included with this newsletter on pages 9-14.

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



# COMPETITION PATROL HOURS 2019 (1/1-8/12/19)

for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over).



SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Abbott	Millie	16.75	Brenchley	Michal	27.25
Adams	James	8	Bridgford	Diana	31.5
Andersen	Paul	33	Brink	Benjamin	42.5
Armstrong	Lee	6.25	Brink	Lachlan	34.5
Bailey	Samuel	9.5	Brink	Michael	30.25
Baker	Julia	30.25	Brown	Baille	0
Bartolomei	Alessio	26.75	Brun	Madelaine	17.25
Bartolomei	Cain	21.92	Brun	Isabelle	30.75
Bartolomei	Giacomo	26.75	Bruwel	Daniel	13.75
Bell	Jakoby	17.08	Bruwel	Joseph	4.75
Bennett	Anthony	27.5	Buijs	Nard	26.5
Bennett	Catherine	21.75	Burgess	Maia	0
Bennett	Paul	13.5	Burrough	Mark	34
Bennett	Rhiannon	26.5	Burrows	Kris	36.77
Bennett	Siobhan	9.75	Cadwallader	Sian	21.33
Berger	Natalie	17.83	Cameron	Lachlan	11.5
Bick	Anna	17.25	Cameron	Olivia	17.75
Bick	Christine	22.5	Carnell	Peter	8.92
Bick	Marcel	22	Carnell	Samuel	31.5
Blakeney	Ben	30.58	Carroll	Peter	22.75
Blakeney	Lucas	25	Chapman	Matthew	13.25
Bland	Sebastian	17.5	Clancy	Nicholas	22.5
Block	Phoebe	12.5	Coates	Keira	0
Block	Charlotte	29.33	Coates	Bree	43.83
Block	Peter	37.25	Coates	Jack	32.91
Bohm	Andrea	27.16	Coates	Max	33.08
Bolden	Max	4.75	Cook	Kim	35.25
Bourgeois	Lauren	28.5	Corner	Alex	24
Brace	Michael	13.25	Cradock	Ethan	31
Braithwaite	Robin	13.25	Creer	Alex	12.25
Braund	Andrew	8.25	Crittenden	James	110



# COMPETITION PATROL HOURS 2019 (1/1-8/12/19)

for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over).



SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Crittenden	Stephanie	31	Dreyer	Jaime-Lee	4.25
Curley	Anna	35	Dreyer	Toby	4.25
Curley	Tamsyn	28.75	Duffy	Thomas	22.25
Daley	Liam	27.25	Dunn	Jamie	25.08
Daley	Michael	37.08	Dunn	Nigel	27.08
Daly	Caoimhe	22.25	Dunn	Stephen	26.83
Daly	Derek	26.5	Edgell	Abby	13
Darrow	John	26.5	Edgell	Dominic	26.42
De Gruchy	Helena	4.25	Edgell	Ian	24.5
De Gruchy	Robert	10.08	Edwards	Oliver	13
de Vries	William	13.5	Eerenstein	Andre	4.25
Dearden	Tahlia	34	Ewers	Adam	15.75
Dettmann	Kiana	18.25	Faustmann	David	25.5
Di Giacomo	Tara	8.25	Fejes	Stefanie	0
Di Sano	Alexander	0	Ferreira	Daniel	8.5
Di Sano	Sam	28	Ford	Benjamin	26.75
Di Sano	Sebastian	22.25	Forrest	Sean	0
Dickson	Lewis	30.75	Fraser	Simon	22.5
Dobrow	Nicholas	4.25	Frerck	Bennett	27.77
Dobson	Jordan	27.75	Gamble	Shanny	17.5
Dobson	Matthew	29	Gander	Max	22
Doling-Cook	Alex	13.5	Gardner	Gregory	29.25
Donald	Ailie	19.58	Gedz	Joshua	17.5
Donnan	Annabel	21.25	George	Zac	13.25
Douglas	Conor	0	Gilbert	Mark	42.42
Douglas	Adam	25.25	Gillis	Lucinda	13.17
Douglas	Eliza	16.5	Glackin	Liam	17.25
Douglas	Jessica	27	Glackin	Maxwell	31.5
Dover	Jessica	29	Gladstone	Aimee	17
Doyle	Caitlin	30.5	Godoy	Gabriel	35.75
Doyle	Nicholas	27.25	Godoy	Deandra	43





# COMPETITION PATROL HOURS 2019 (1/1-8/12/19)

for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over).



SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Godoy	Tristan	28.25	Jacobs	Alexander	31.5
Goldrick	John	30.5	Jacobs	Toby	23.58
Gralton	Terry	15.25	James	Alexandra	26
Grant	Dale	16.5	Jander	Daniel	0
Grayling	Maxwell	0	Jander	Michael	24
Grey	Georgia	31	Jander	Natalie	30.75
Griffin	Leeke	4.25	Jarman	Luke	49.58
Griffith	Charlie	24.25	Jones	Andrew	32.25
Guerin	James	30.25	Jones	Samuel	29.75
Gunning	Marc	22.75	Jordi	Daniel	17.25
Hanwell	Ed	0	Kiely	Gracie	27.5
Hartmann	Amber	36	Kiely	Patrick	19.25
Hartmann	Benjamin	38.75	Kiely	Rebeca	26.75
Hastie	Jena-Elle	0	Killen	Grayson	38.42
Hatvany	Cooper	21.92	Kim	Tony	19.17
Hawtin	Richard	22.08	Kite	Joshua	21.17
Hayes	Cameron	6.75	Kite	Noah	22
Hayes	Cheyenne	25.75	Klette	Yvonne	39.25
Hicks	Emily	30.5	Klotz	Oliver	35.5
Hildyard	Ben	32.5	Klotz	Olivia	31
Hills	Ian	48.25	Knox	Eloise	22
Hills	Thomas	36.33	Kobler	Alexander	4.25
Hofer	Kris	26	Law	William	0
Hooker	Matthew	17.25	Lee	Kandy	17.5
Huang	Jo-Ming	25	Lemlin	Ben	26.25
Hull	Lachlan	23	Lemlin	Emily	31.83
Hurrell	Jack	35.58	Lemlin	Paul	30.75
Jackson	Archie	0	Lever	Samantha	22.75
Jackson	Daniel	8.75	Lewis	Tom	4.75
Jackson	Olivia	0	Liang	Athena	21.75
Jacobs	Isabella	0	Liang	June	21.25



# COMPETITION PATROL HOURS 2019 (1/1-8/12/19)

for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over).



SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Lin	Tao	20.75	Mori	Yuta	29.5
Linfield-Kent	Thomas	17.58	Morrell	Mischa	21.25
Lo Schiavo	John	65	Morrison	Joshua	30
Lombardini	Diego	12.25	Murphy	Sean	16.25
Lopes	Sophia	8.75	Murphy	Annabel	25
Loughlin	Michael	15.25	Murphy	Joseph	20.5
Louis-Seize	Tania	31.5	Naughton	Stephen	31
Lynch	Scott	29.5	Neal	Evan	21.67
MacRae	Michelle	13.52	Needham	Alexander	81.66
Malm	Alexander	32.08	Needham	Jade	36.67
Malm	Andrea	30.25	Needham	Rachel	36.31
Marcer	Beth	9.5	Newell	Tanya	23.75
Marcer	Jonathan	0	Newhouse	Gabe	47.5
Marcer	Sapphire	9.5	Nitz	Addison	22.25
Mather	Kit	34.08	Noakes	Jack	21.75
Matthews	Ella	17.25	Northcote	Mark	50.5
McArthur	Lachlan	12.25	Obern	Alex	22.25
McGeever	Bryn	35.25	O'Connor	Imogen	8.5
McGettigan	Mila	26.83	Orton	Charlie	22.75
McKenzie	Jonathan	33.18	Orton	David	13.25
McLay	Finlay	9.5	Paddock	James	21.25
McLay	John	31.75	Parker	David	23
McLean	Hamish	34.83	Parker	Jane	26.75
McLean	Jensen	38	Parker	Matilda	23.25
McMicking	Alec	26.75	Parker	Sally	0
McMinn	Andrew	13.5	Parker	Sam	14.5
Meagher	Jack	12.5	Patterson	Tasma	17.25
Miller	Bailey	21.92	Pendray	James	22.75
Miller	Finlay	34.63	Persico	Lara	21.42
Mills	Taylor	35	Phillips	Adam	35.33
Milne	Blair	17.25	Phillips	Jacqueline	35.42





# COMPETITION PATROL HOURS 2019 (1/1-8/12/19)

for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over).



SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Phillips	Lucas	21.5	Smith	Bill	49.75
Phillips	Stephen	17.67	Smith	James	35.25
Pidcock	Henry	0	Smith	Stewart	27.25
Piggott	Arthur	26.5	Smith	William	35.25
Pinnuck	Diana	7	Sorensen	Carl	27.17
Poutney	Nick	16.75	Sorokina	Tatiana	26
Price	Caitlin	55.5	Stark	Jacqueline	34.5
Price	David	109.42	Stark	James	26.5
Quail	Callum	12.5	Stenhouse	Alexandra	8.25
Quail	Declan	19.75	Styles	Benjamin	26.5
Radford	Bailee	25.5	Sweeny	Kailan	30
Raymer	Michael	33.25	Tallentire	Georgia	8.25
Rebecchi	Gabrielle	25.5	Tallentire	Zoe	20
Rebecchi	Leon	26	Thomas	Nigel	23.5
Rees-Evans	Michael	31.25	Thomas	Ryan	18.25
Renshaw	Joel	14	Thomson	James	18.75
Richmond	Donny	4.25	Thomson	Will	5
Riddle	Oliver	16.75	Thorley	Jedda	0
Rockett	Ben	4.75	Thornton	Luke	31.88
Rowe	Deon	4.25	Toole	Liam	31
Ryan	Liam	26.92	Tops	Michiel	32
Schaefer	Derek	16.5	Tyrrell	Chloe	22.25
Schroeder	Brandon	31.83	Tyrrell	Joshua	20.5
Schroeder	Rhys	31.25	Tyson	Stephanie	31
Scrymgour	Robert	28	Tyson	Jock	27.75
Scrymgour	Taylah	20.08	Ulloa	Rebecca	33.5
Seaglove	Grace	28.92	Urquhart	Jason	17.5
Segal	Chloe	13.25	Veitch	Joanne	31.75
Segal	Zac	5	Vella	Lachlan	4.25
Smart	Lilias	38.75	Vickers	Sharyn	28.5
Smith	Oliver	4.75	Vilnis	Michael	31.25

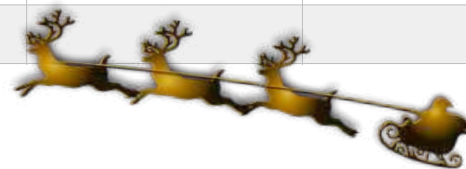


# COMPETITION PATROL HOURS 2019 (1/1-8/12/19)

for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over).



SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Wain	Lachlan	21.74	Whitaker	Keith	21.5
Wain	Simon	35.25	Wickham	Holly	24.17
Wall	Stephan	27.77	Wickham	Gemma	23.67
Walsh	Sophie	17	Williams	Tom	9
Warren	John-Paul	39.25	Wilmott	Mathew	30.75
Webb	Rachel	35.17	Wilson	Kai	31
Webb	Robert	40.75	Wirth	Tim	35.25
Werakso	Zachary	0	Wiseman	Liam	21.5
Wessling	Tony	38.75	Wood	Samantha	35.25
Westbury	Max	18.33	Wood	Stephanie	20.75
Westbury	Simone	22.67	Woolford	james	8.75
Weston	Georgia	17.58	Wright	Michael	35.58
Weston	Hugo	29	Yoshida	Joe	22.5
Whitaker	Victoria	21.75			



## 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) -

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

**Lindsay Davis** Lifesaving Competition  
**Gaven Needham** Masters Competition (30 yrs+)  
**Kev Crow** Board Riding  
**Kev Crow** 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







## 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 did not renew by the end of October your security FOB access to the premises is likely to have been de-activated.**

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)



*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





## 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)



# 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

## 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.**



**Bendigo Bank**  
Bigger than a bank.

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)

