



FRESHIE NEWSLETTER

NOVEMBER 2022

GENERAL MEETING

REVISED DATE: SATURDAY 10 DECEMBER 4PM

All members are invited to attend a General Meeting at the Club on Saturday 10 December from 4pm. Agenda will cover an update on club activities to date in regard to the current season. We welcome all members to stay and enjoy refreshments post meeting to celebrate the opening of our new bar and kick off the festive season.



MEMBER COMMUNICATIONS

In order to improve the ability to communicate with members in a more targeted and timely manner, we have introduced a new Stack Team App platform which is named **"Freshwater SLSC Members"**. Surfguard will continue to be used for key club wide communication to all members, but the new Team App will allow a more efficient form of communication amongst key groups in the senior section of the club.

HOW TO JOIN:

1. Go to the App Store or Google Play and download Stack Team App onto your mobile device
2. Sign-up to Stack Team App. You'll be sent an e-mail to activate your account.
3. Log-in and search for "Freshwater SLSC Members"; select the access groups that are relevant - at minimum select, Freshie Member.

Please Note: Nippers and Junior Activities will maintain their current TeamApp group which is called "Freshie Nippers". No changes will be made to this platform and all nipper communications will continue to be shared via the Freshie Nippers TeamApp. If any nipper families are not a member of that group, they will need to join as this is the key portal for all junior communications.

Our newsletter team will be taking a break over December so this will be the last Freshie Newsletter for 2022. We will be back with more news in January. We wish all of our members a safe and happy festive season. We will be sending a notice to all members regarding office open and close dates over the Christmas and New Year period.

REMEMBRANCE DAY CEREMONY

JACKA PARK 11 NOVEMBER 2022

On Remembrance Day, a number of Club members attended the Remembrance Service held at Jacka Park.

The Memorial Garden and Wall of Remembrance commemorates those who have served in conflicts in which Australia has been involved.

Situated at the corner of Wyndora Avenue & Oliver Street, Freshwater, it features a flagpole, "wall of remembrance" and plaques in a formal garden formed by brick terraces at the western side of Jacka Park. An earlier memorial obelisk is incorporated in a new garden area.

The memorial garden was first opened in 1979. The garden and wall of remembrance were upgraded by the Harbord RSL sub-Branch and Warringah Council as part of the Australia Remembers campaign and opened on the 20th August 1995.

Further upgrades have been undertaken by Northern Beaches Council and the Harbord RSL branch in 2022 and these were formally opened at the Service. It is well worthwhile paying a visit.

Photo: Richard Hawtin and Ross Parry



OCEAN BEACH SLSC

100 YEARS OF LIFE SAVING

Ocean Beach surf life saving club was formed 101 years ago when the then members of the Freshwater SLSC and Coogee SLSC decided to form a new surf club on the central coast. Last month the Ocean Beach surf club celebrated 100 years of life saving. Chris Gately from Coogee and Michael Bate, the Freshwater president presented to Ocean Beach, a framed club cap memento to mark the occasion. The Ocean Beach cap carries the maroon from Freshwater and the sky blue of Coogee. The colours representing the two clubs that helped form the Ocean Branch club. Ocean Beach president Dean Slattery accepted the gift from the Chris and Michael.



CLUB PANELS

HISTORY PANEL & HONOURS PANEL

Names of interested Club members in participating on the Club History Panel and Honours Panel are requested to the Surf Club Manager by 30th November please. A minimum of four(4) experienced members are required by By-Law 11 for each of the Panels. A brief outline of each role is provided below.

HISTORY PANEL

The History Panel shall be responsible for the collation, recording, archiving and display of Club photographs and other Club memorabilia.

The History Panel shall be made up of a minimum of 4 senior members of the Club who shall be approved by the Executive Committee.

The History Panel shall report to the Executive Committee at least once every three months commencing in September, through the Executive Officer.

HONOURS PANEL

The Honours Panel shall be responsible for assisting in the identification and assessment of recommendations for Club and external awards and assisting in the preparation of any supporting submissions where appropriate.

The Honours Panel shall be made up of a minimum of 4 senior members of the Club who shall be approved by the Executive Committee from nominations received.

(The Honours Panel shall report to the Executive Committee at least once every three months commencing in September, through the President/Chairperson of the Honours Panel.

EMAIL SURF CLUB MGR



CLUB SWIMS

ARE BACK!

Ross Parry is pleased that his swimming buddies are back on the beach each Sunday morning for the Freshwater Club swim.

Ross reports that the turn out has been good over the last few weekends.



So a reminder to turn up at 11am each and every Sunday for the club swim, a chat and maybe a board paddle... just look for the clipboard - Ross even takes it to lawn bowls with him!

FRESHIE BAR

UPGRADE COMPLETE

The building work for the Bar project is complete. The works were completed by Warrane, a local building company based at Freshwater. The works were 2 weeks ahead of schedule and the final contract value was less than the budgeted amount for the work. The project was a great success.



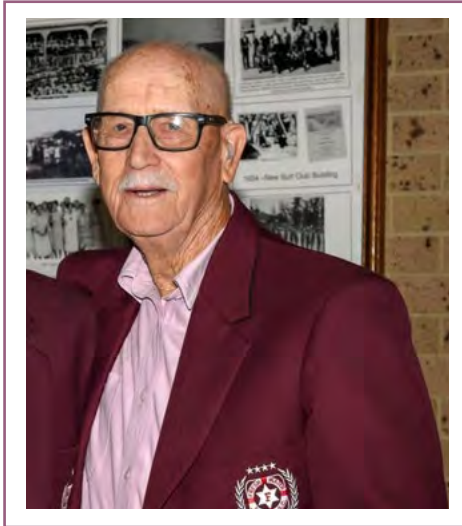
The EC is currently developing procedures and operating protocols, and the final commissioning of the bar is underway. It is expected that the bar will be christened on the afternoon of Saturday 10 December immediately after the Club's General meeting.



SLSA AWARDS OF EXCELLENCE

SLSA LIFE MEMBERSHIP AWARDS

Freshwater had two club members who were awarded SLSA Life Membership at this year's SLSA Awards of Excellence. We thank these individuals for their distinguished voluntary service for over 20 years and we are proud of their commitment to Freshie.



JOHN MILLS OAM – FRESHWATER SLSC & COFFS HARBOUR SLSC, NSW

John is arguably Australia's longest serving and one of the most successful surf sports coaches, dedicating countless volunteer hours driving athletes to excellence with second to none expertise in training and surf knowledge – creating sustained and significant difference to athletes' lives, particularly in regional New South Wales.

John has had an unbroken level of commitment to the Surf Life Saving movement. He actively competed at the highest level for 20 years and has coached both informally and more formally for some 60 years, all on a voluntary basis. His record is truly outstanding and remarkable.

His versatility and innovative ability across disciplines as diverse as R&R, Craft and the art of surf swimming put him in an elite category indeed.

John can genuinely be seen as "a lifesaver for life", an exemplary role model who has been a positive influence over many years for so many by those fortunate enough to have known him. His willingness to offer advice and guidance to those from other Clubs further epitomises the benefit John has provided within the movement which means so much to him.

John has made an eminent, respected and notable contribution to the development of surf lifesavers at all levels over half a century that is both significant and influential. His impact has been truly remarkable and described by many as life changing.



MICHAEL BATE – FRESHWATER SLSC & FAIRY MEADOW SLSC, NSW

Michael Bate has 52 years of continuous SLSA surf lifesaving membership, and has contributed to SLSA in a distinguished, significant, conspicuous, and sustained manner for a period in excess of 50 years.

As a member of the SLSSNB Executive and an integral member of the Branch Building Committee between 2004 and 2009, Michael was at the vanguard of SLSSNB purchasing its own Branch Headquarters. Further, Michael's business acumen was instrumental in SLSSNB in achieving the key financial goal of long term financial stability.

Michael also played a significant role in the successful establishment of a long-term future fund to help protect the SLSNSW from financial stress.

Michael was Chief Referee at many Interstate AND SLSNSW championships. Michael is a distinguished Referee who is highly respected by organisers, officials, and competitors in this role.

Michael distinguished himself in the international competition arena and was highly regarded by his teams, international officials and opposing teams. Further, the teams led by Michael distinguished themselves both with success in the competition arena and as outstanding ambassadors for Australia.

Michael has made a prominent, notable and outstanding commitment to roles at the Club, Branch, State and national levels.

NEXT BRONZE COURSE

STARTS 15 DECEMBER 2022

SRC holders have you turned 15? If yes - time to do your bronze!

[Click here for details of training dates, times and assessment.](#)

SKILLS MAINTENANCE

URGENT NOTICE TO ALL PATROLLING MEMBERS, JAC WATER SAFETY GENERAL MEMBERS and LONG SERVING MEMBERS WHO WISH TO STAY CURRENT

IRB Crew and Driver Skills Maintenance

SATURDAY 3 DECEMBER 7.00am (Surf Pending)

Bronze, SRC and ART Skills Maintenance

Saturday 26 November 12 midday or 1.00pm

WET SKILLS for BM, SRC

Tuesday 6th December 6.00pm, 6.30pm, 7.00pm

DRY SKILLS for BM, SRC, ART

Saturday 10th December

1.30pm, 2.00pm, 2.30pm DRY SKILLS

2.00pm, 2.30pm, 3.00pm WET SKILLS

IF YOU NEED TO DO BOTH, PLEASE BOOK IN TO DO DRY then WET!

ONLINE THEORY

If you have not completed the online theory
Please Please Please go straight to your member
portal account and GET IT DONE!

DON'T DELAY, BOOK IN TODAY

FRESHWATER EDUCATION TEAM

education@freshwaterslsc.com

IRB: freshie.urb@gmail.com

COMP PROFICIENCY

To all cadet, open and master's competitors, a reminder that it is your responsibility to ensure that your proficiency is current (dry skills, wet skills and on-line components).

You also need to have a **minimum of 15 hours of patrol hours** logged prior to 31 December if you wish to enter carnivals from January 2023.

Under the current SEMS (carnival entry system, we cannot enter any competitors into carnivals that do not meet requisite proficiency and patrol hours.

Under 14 Competitors that wish to enter into U15 events must have their SRC completed and also meet the minimum of 15 hours of patrol prior to 31 December 2022.

If you need to check your current patrol hours, please contact your patrol captain.

If you have questions about your proficiency, please contact education@freshwaterslsc.com

CHAMPION LIFE SAVER & PATROL COMP

INTERESTED IN COMPETING?

Meeting: Thursday 8th December 6.30pm in the clubhouse

If you are interested in competing in Champion Life Saver or Patrol Comp, or simply would like some more information about these events, please come along on the 8 December to find out more information.

CONGRATS TO OUR NEW SRC GRADS



Congratulations:

Fin Herald, Jia Rstogi, Georgia Wood, Harry Parker, Campbell Symington, Kiran Ayer, Hamish Thornton, Jack Barnett

All of the candidates passed under challenging conditions in the water and on the sand. Thank you to Kelly and Emily for training the candidates and preparing them to be ready to nail their assessment.



PATROL NEWS

PATROL 8

A QUICK AND DECISIVE RESPONSE

On the afternoon of 29 October 2022, Patrol 8 had to deal with a beach-goer having a stroke in the water. The incident occurred directly in front of Toby Jacobs who has recently obtained his Bronze. Toby immediately and correctly identified the signs of a stroke and called for assistance by radio. An emergency doctor happened to be at the beach and she took control of the incident.

Special mentions also to Alex Malm and Jackie Phillips who provided significant assistance as did the ever-present Freshwater Life Guards. The patient was discharged from the hospital after 4 days and returned to the beach to thank the Patrol and the Life Guards. Many thanks to Toby and Patrol 8. Your quick thinking and immediate care and response were integral to the successful outcome of this incident.

PATROL 12

STEPS UP AND DELIVERS

The afternoon of Saturday 5 November 2022 saw Greg Gardner leading Patrol 12. It was a busy afternoon for them. The surf was large and the rips were strong. Around 2:45 pm Andrea Bohm's eagle eyes spotted 2 swimmers caught in the northern rip. She was then, with the great assistance of Adam Ewers, able to shepherd the swimmers onto the rocks near the pool. The swimmers were then given some free, but invaluable, advice about swimming between the flags. Then, just before 5 pm, a spearfisherman reported to the patrol that his mate was in trouble out near the northern point. Greg Bartlett, on his first patrol as an IRB driver, with the assistance of Nick Keown visiting from South Curly, launched and successfully navigated the large swell to land his maiden rescue. Congratulations to Patrol 12. You did a great job on a tough day.

REMINDER – REQUIREMENTS FOR LONG SERVICE

For the information of Members, By-Law 9 sets out the requirements to qualify for Long Service status. In summary, you need to have patrolled for:

- (a) a minimum of 25 hours per season for 10 years; or
- (b) a minimum of 25 hours per season for 8 years & another 4 seasons at 16 hours per season.

The purpose of Long Service is to reward Members who have consistently met their patrol obligations. Members are generally required to patrol for 36-40 hours per season.

Those of you who have reached the 10-year mark in your patrolling career might wish to consider continuing to patrol. If you make it to 15 years (with a minimum of 30 patrol hours per season) you can be awarded the National Medal, which is awarded by the Governor-General.

CONGRATS TO NEW IRB CREWIES

The Club is pleased to congratulate our newest IRB Crew graduates, Simon Dudley, Andre Eerenstein, Ksenia Lisitskaya, Maurice Mandalinic, Ava Moon and Carl Sorensen

who all emerged triumphant from a testing assessment in challenging conditions at North Steyne on Saturday 19 November 2022. They had dealt with a range of conditions in training, including venturing into the Upside Down (apologies to Stranger Things fans) so were confident of success.

Even a last minute attempt by an assessor who insisted they perform pick-ups differently to the technique they had trained could not sink them. Thanks also to IRB Captain John Lo Schiavo and his team for continuing to produce such high quality Crewies.



SUBSTITUTE REQUESTS

The following sub requests have been posted. If you can cover any of these positions, please jump into the SLSCA Members Area (Patrol tab) and accept the request. All assistance is greatly appreciated.

Sun 4 Dec 22	AM	Diego Lombardini	Patrol 13
Sun 25 Dec 22	AM	Joanne Veitch	Patrol 11
Sun 25 Dec 22	PM	Greg Bartlett (IRB D)	Patrol 12
Mon 26 Dec 22	AM	Finley Hendry	Patrol 13
Tue 27 Dec 22	AM	Yvonne Klette	Patrol 15
Sat 31 Dec 22	AM	Chandra Ayer	Patrol 1
Sat 31 Dec 22	PM	Andre Eerenstein	Patrol 2
Sun 1 Jan 22	PM	Natalie Berger	Patrol 4
Sun 1 Jan 23	PM	Derry Cosgrave	Patrol 4
Sat 7 Jan 23	AM	James Crittenden	Patrol 7
Sun 8 Jan 23	AM	David Newhouse (PC)	Patrol 9
Sun 15 Jan 23	AM	Diego Lombardini	Patrol 13
Thu 26 Jan 23	PM	Scott Hirst	Patrol 6
Sun 23 Apr 23	AM	Diego Lombardini	Patrol 13



CHRISTMAS DAY PATROLS

We have Patrols 9, 11, 10 and 12 on Christmas Day (in that order).

The Club would greatly appreciate any assistance in covering the patrols that day, especially the afternoons. Even if it is only for a couple of hours.

Please let Pricey know if you can assist.
(captain@freshwaterslsc.com)

SURF SPORTS

INTERBRANCH REPRESENTATIVES

Congratulations to our Freshie athletes - Harry Ayer, Ava McGettigan and Amelia Mandalinic who have been selected in the Interbranch Team to represent Sydney Northern Beaches at the Interbranch Championships being held at Shelly Beach, Central Coast on the 3rd & 4th December. Northern Beaches hope to bring home the Interbranch Championship Trophy once again. Good luck to Harry, Ava, Amelia and all of the Northern Beaches team!



UPCOMING CARNIVALS OPENS / SENIORS

3 DECEMBER

Fast Fives Round 3 - Mona Vale

17 DECEMBER

Fast Fives Round 4 - Dee Why

6 JANUARY

Masters - Palm Beach

21 JANUARY

Manly Open

22 JANUARY

Freshwater Open



Junior/Nipper Carnival information can be accessed via the Freshie Nippers Team App.

FRESHIE MASTERS CARNIVAL



Last Saturday Freshwater hosted the worlds best and longest running masters carnival in what could only be described as classic surf carnival conditions. With Saturday dawning to great weather and a solid swell forecast to drop throughout the morning the decision was made to go ahead in the clean but solid conditions. While the beach was closed to the punters the battle hardened masters pressed on in a swell where 60% of the time you had 100% chance of making it out without getting nailed.

The dropping tide did not bring the respite in surf that was expected over the carnival with the final event the Dash for Cash being held in absolutely epic conditions with 4-5ft sets making it a true test of bodysurfing ability that our own John "Zin Zan" Landells managed well to come in 2nd place in the under 50's.

Once again the officials under the direction of Gordon Lang from Palm Beach did a great job to get through the program and ensure that the punters were tucking into a bacon and egg rolls as soon as practical despite the conditions making a few races take a little longer than anticipated.

We had just over 200 entries from across 15 clubs and Freshwater was represented well across the beach where we finished a credible 3rd place behind North Bondi in 2nd and the winners Manly who had a strong contingent represented across all age groups to take home the Ross Parry Cup (again..)

A huge thanks to everyone that was involved in bringing the carnival together and also to our sponsors for making this event a highlight in the masters surf sports calendar.





FRESHIE BOAT CARNIVAL

THE ANNUAL BOAT CARNIVAL WAS BLESSED ONCE AGAIN WITH SPECTACULAR WEATHER AND CLEAN, FUN SURF CONDITIONS.

Freshie had four crews competing in five divisions. The B crew and U23 Girls finished 3rd on the day. The U23 Girls also finished fifth in Opens, along with a fifth for the 23 Mens crew. In their first carnival, Nathan's U19 Girls finished fifth after some magnificent races.

The help as usual was first class, from carpark and workparty, First Aid and the IRB section setting the course and carrying out the ever important role of water safety.



There was a record number of officials on hand as part of a training exercise. The officials always comment positively on the way Freshie runs this annual carnival.

Kimberley, our Director of Sponsorship, arranged for a keg of beer to be kindly donated by our sponsors, the Harbord Hotel in conjunction with The Freshwater Brewing Co.

This made for some great post carnival celebrations and a fun way to finish off the day.

Once again, thank you to everyone that offered their support & expertise which made for another successful boat carnival at Freshie.

NIPPER NEWS

CARNIVAL SEASON KICKS OFF

Our Nippers have dived into our first water and land carnivals of the season at Dee Why and North Narrabeen, with the usual Freshie enthusiasm! Some amazing results with Freshie coming 3rd overall at the North Narrabeen Land carnival and lots of happy Nipper faces. It was especially great to see so many of our U9's competing in their first ever carnival.



WEEKEND SUNRISE VISITS FRESHIE NIPPERS

Nippers was abuzz with excitement when we received a visit from James Tobin and the Weekend Sunrise crew on 13 Nov! Our beach and Nippers were featured in segments throughout the show where we demonstrated flags, iron person and showed the whole of Australia why we are the best club with the most amazing group of Nippers! The visit was sponsored by Primo and they generously donated over \$7K to our club which is much needed to fund surf rescue equipment and education for our valued members.



SAVE THE DATE | SAT 17 DEC | TWILIGHT NIPPERS!!

We have a fun filled afternoon planned for our annual end of year Christmas function. It will begin with a Nipper session at 3pm, a visit from Santa on the beach and then a BBQ and entertainment on the lawn. Watch out for more details coming soon on TeamApp.

NIPPER CHRISTMAS BREAK

Our last Nipper session for 2022 will be Sat 17 Dec and we re-commence for 2023 on Sunday 15 January. We hope all our families have a wonderful and safe Christmas and New Year.

MEMBER PROTECTION INFORMATION OFFICERS

WHAT IS A MPIO?

A MPIO provides information about the rights, responsibilities and options available to an individual making a complaint.

The MPIO listens to complaints and concerns from members, and provides information about the rights, responsibilities and options available to an individual. They do not investigate or get involved in the complaint.

An MPIO acts as an impartial body, offering a sounding board to bounce ideas off. They liaise with members of the club including, officials, coaches, competitors, parents, other volunteers, the Club President and Executive.

Freshwater Surf Livesaving Club has 3 Member Protection Information Officers (MPIOs). Each of our MPIOs hold a WWCC and is actively involved with Freshwater SLSC members in varying roles including competition, training, coaching and patrolling.

If you have any questions or concerns, please reach out to one of our MPIOs for assistance. You can contact them by email on MPIO@freshwaterslsc.com or if you see any of them down the beach, please don't hesitate to speak with them directly.

FRESHWATER MPIOs



Andrea Bohm



Grace Seaglove



Kelly Dobrow

EMAIL FRESHIE MPIO



FRESHWATER VOTED BEST BEACH

THEURBANLIST.COM recently surveyed it's subscribers and Freshie was voted the Best Beach in Sydney. Of course we already knew that though!

YOUTH DEVELOPMENT SESSIONS

SUNDAY AFTERNOONS
4PM
STARTING 27 NOVEMBER

We will be running some Youth Development Sessions as a trial. They'll be on Sunday afternoons from 4pm, starting this Sunday (27 November), and then every Sunday up until Christmas. After the school holidays, they will run fortnightly.


Please contact Andi for more information
(youth@freshwaterslsc.com)

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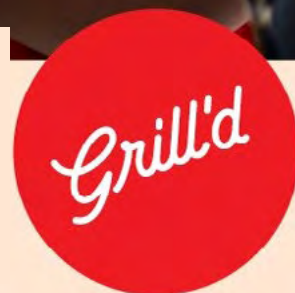
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DINE FOR A CAUSE



YOU ARE INVITED TO GRILL'D BALGOWLAH'S FUNDRAISING DINNER FOR FRESHWATER SLSC

December 7th, 5:30-7:30pm.

Bookings \$25 per person

Includes: Burger or salad of choice,
plus Snack size
famous Grill'd chips

Bookings- call us on 02 9907 7478

**\$10 from each order will be donated
to Freshwater SLSC.**

Grill'd is a proud supporter of
Freshwater SLSC and we thank the club
for their ongoing support of Grill'd.

A person is lying on their stomach on a surfboard, floating in the ocean. The scene is captured at sunset or sunrise, with a warm, golden light reflecting off the water and the sky. The person's silhouette is dark against the bright background. The surfboard is positioned horizontally across the middle of the frame.

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What's happening at your local ...

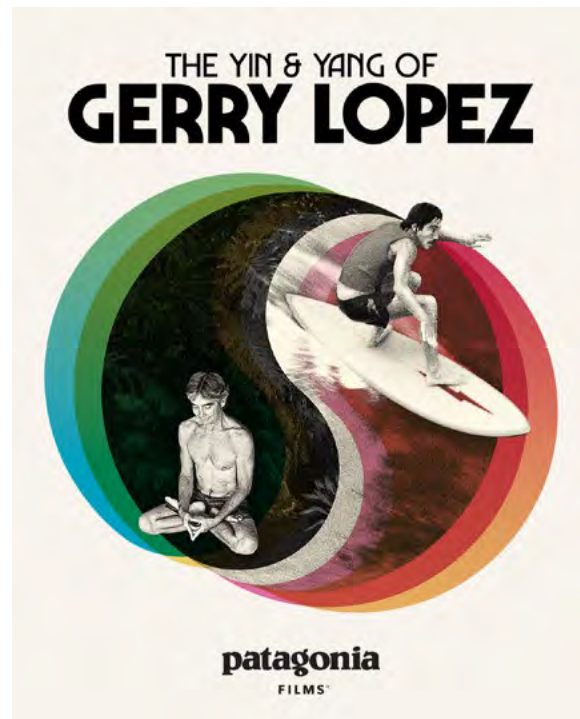
HARBORD HOTEL

PATAGONIA FILMS PRESENTS: THE YIN AND YANG OF GERRY LOPEZ, SURFAID SCREENING

This is one film you don't want to miss! From award-winning documentary filmmaker Stacy Peralta comes Patagonia's The Yin & Yang of Gerry Lopez, a film that lifts the veil on one of surfing's most enigmatic heroes. While "Mr. Pipeline" is famously known for his calm demeanour in the tube, Gerry built his career with aggressive surfing that left behind a trail of blood and tears. Gerry is as radical as he is Zen; he transcends categorisation. He's one of the most influential surfers and surfboard shapers of all time, an entrepreneur, a family man, a movie star and a lifelong yogi who brought surfing to new frontiers. His influence on modern surfing is immeasurable. For the first time, his story is being told in full. Join us for a pub feed before the movie starts!

\$10 ticket with all proceeds to SurfAid

[PURCHASE TICKETS](#)



FRESH COMEDY

Fresh Comedy is arriving a week early! Don't miss our monthly showcase of local and international comics, presented by The Comedy Store Sydney.

With a stellar line-up of comedians, this sells out fast, so get in quick!

\$25 tickets, 8pm start!

Next event: Wednesday 23rd November

[GET YOUR TICKET HERE](#)



HARBORDHOTEL.COM.AU

What's happening at your local ...

HARBORD HOTEL

SALTY SANTA CHRISTMAS PHOTOS

After last year's sell-out, Santa's coming back to your local and is dropping in early to Harbord Hotel. Grab your mates, kids or fur-baby and book in for a Salty Santa photo with the rad dude in red. Tickets include one (10x15) print, digital pics and a special gift from our mates at Havaianas (worth \$60!).

One booking of \$45 includes the whole family!

BOOK NOW



CLOUDY BAY SPRING LUNCH SERIES

This November, you're invited to enjoy a four-course tasting menu in partnership with Cloudy Bay at Harbord Hotel. With a menu inspired by the iconic surf trip from Malibu to Mexico, bringing the sensory journey of salt, wood and smoke to life. Featuring riffs on Harbord favourites and debuting new dishes, the menu has been designed with juicy wine pairings in mind.

Every Saturday lunch in November | Four-course tasting menu with matched wines | \$125pp

FIFA WORLD CUP

Make sure to tune into the FIFA World Cup at your local, where we are playing the games live & loud. We are taking bookings, make sure to reserve a table to cheer on the Socceroos!

RESERVE A TABLE



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