



FRESHIE NEWSLETTER

JANUARY 2023



FRESHIE OPEN CARNIVAL WHAT A DAY!

Freshwater SLSC once again hosted the Freshie Open Carnival on Sunday 22nd January. We were proud to partner with Manly LSC and Summer of Surf, as Freshie continued what was traditionally our Australia Day Carnival - one of the longest running carnivals in Australia.

Some of sharp teethed friends caused some unfortunate cancellations of water events at the Manly Carnival on Saturday, so Freshie scrambled to accommodate clubs from all over Australia as they headed over the hill a little earlier than expected on Saturday afternoon, to deliver gear trailers and teams to Freshie Beach in preparation for Sunday's racing. We re-opened registrations and welcomed late registrations, taking our competitor count to over 760.

An enormous call out to our officials, set up and pack up crews, catering angels, nipper BBQ trojans and competitors.

This was the third year of the Tim Kirkby Open Board events and this year we extended prize packs to all the Individual Age Group Board event winners. Once again the Open Male and Female events attracted strong competitors and both finals had exciting, close finishes with a long run out of the water to the finish.

A special thank you to Cunninghams Real Estate, Matt Lemon, APG and Quasar Constructions who provided \$7,500 of prize money for the Open Individual Board and Board Relay events. Thank you to our sponsors of the Prize Packs - Titan Ford, Surf Paints, Capstone Recruitment, Budgy Smuggler, Cryo Northern Beach, Harbord Hotel, Volcom, KIIS radio, Upstate and Grill'd.

We appreciate everyone's help in delivering a hugely successful carnival. Positive feedback has been welcomed from many clubs who have thanked us for a solid day of racing, a well organised carnival and an extremely friendly welcome extended by Freshie members.

Well done to our competitors that took on some of the best in Australia. Congratulations to the following teams that earned top 6 placings:

Men's March Past: 3rd
Open 6 Person R&R: 1st
Open 2 Person R&R: 1st
Open Men's R&R: 1st

Please enjoy the following photos by:

© Veronika Bush 2022 www.veronikabush.com
Instagram: @itsveronikabush

FRESHWATER OPEN CARNIVAL



Open Board Finals lined up ready to race



David Price - Director of Lifesaving and
Richard Hawtin, Carnival Organiser (and Executive Officer)



Jo Kirkby with winners of the Tim Kirkby Open Board Events
Corey Fletcher - Burleigh Heads Mowbray Park
Lizzie Welborn - Newport



Under 15 Board
1st Samuel Murphy, 2nd Jerome Drobot, 3rd Aidan Rae.



FRESHIE COMPETITORS



MARCH PAST & WELCOME TO FRESHWATER



*Freshwater SLSC
March Past Team
3rd Place*



*Freshwater SLSC
March Past Team
7th Place*



*Welcome to Freshwater
Michael Bate (President) and
Zali Steggall OAM MP
(Federal Member for Warringah)*

THE BAR GETS A WORKOUT



CHRISTMAS DAY



FRESHIE CHRISTMAS SWIM

It was great to see so many families turn up for the Freshwater Christmas Day swim. Over 80 members and their family turned up to dunk the President which is tradition each Christmas Day. The swim event was followed by plenty of Christmas gifts allocated to the members and their families. A big thanks to Ross Parry and Dave Torevell for organising the many giveaways for the 2022 event. 11 more months until the 2023 Christmas swim.



THANK YOU ...

To all of our members that spent part of their Christmas Day patrolling at Freshwater.

Many members have stepped up over the busy December and January periods to volunteer extra patrol shifts to cover those days when we needed some extra bodies and eyes on the beach.

Your time and commitment is much appreciated.

NEXT BRONZE COURSE

STARTS 7 FEBRUARY AT 6:30 PM

If you have any friends or family interested in joining now is their chance.
First Aid and Advanced Resuscitation dates coming soon.
Email education@freshwaterslsc.com for information.



CONGRATULATIONS TO OUR LATEST SRC AND BRONZE CANDIDATES:

Aurora, Keira, Nat, Thomas,
Eloise and Kevin.

Special mention to Steph Wood,
Patrol 13 who finally had a
chance to move from SRC to
Bronze!!

*Photo left: Congratulations Keira
and Aurora on gaining your SRC*




MEMBER SURVEY

Thank you to those members that completed the recent survey. The purpose of the survey was to get your feedback.

Some of the highlights/insights from the survey were:

More than 50% of responses were from our senior club members (70% males), although we had responses from all age categories.

Almost half were active patrolling members. Those members thought:

-  Patrol Captains were on the whole good and patrols were engaging with members getting enjoyment from them
-  The Team App was poorly used, with over 40% never using it.
-  Access to new opportunities for training was positive

Most members were happy with their current level of involvement and felt that club communication was good.

There were a number of activities that people would be interested in getting involved in. These included, group fitness training, swim coaching, yoga/pilates.

Interestingly, **nearly 70% said we don't do enough social events**. Most were interested in drinks and parties! Most members also agreed that the gym needed to be upgraded.

So if you don't think this reflects your thoughts, let us know! Or do the survey next time. The Executive Committee will use this information to improve your club and plan for the future across all sections.

If you would like any further detail about the survey results, please contact Shanny Dyer, our Member Services Director.

(member.services@freshwaterslsc.com)

SNB BRANCH TITLES

Over the coming weeks, Freshwater will have approximately 150 competitors proudly representing our Club at the Sydney Northern

Beaches Branch Titles across various competitions including, Surf Boats, Surf Sports (Masters, Opens and Juniors), Lifesaving, First Aid, Rescue & Resuscitation and March Past.

All Branch Titles events will be hosted by Collaroy SLSC.

We wish all of our competitors the very best of luck and look forward to reporting results in our next newsletter.

28 JANUARY

Opens/Masters Water

29 JANUARY

Junior Water

4 FEBRUARY

Opens/Masters Beach, R&R, MP

5 FEBRUARY

Lifesaving and Junior Beach

18 FEBRUARY

Surf Boats



NSW State Championship entries have now closed across all competition areas.

Sydney Northern Beaches will proudly host the NSW State Championships with competition being hosted by Queenscliff and Freshwater.

Competition dates are as follows:

17 FEBRUARY

Junior R&R @ Freshwater

17 - 19 FEBRUARY

Champion Lifesaver & Patrol Comp @ Freshwater

23 - 26 FEBRUARY

Age Championships @ Queenscliff

25 FEBRUARY

Senior R&R @ Freshwater

25 - 26 FEBRUARY

First Aid Comp @ Freshwater

1 -2 MARCH

Masters Championships @ Queenscliff

3-5 MARCH

Open Championships @ Queenscliff

3-5 MARCH

Surf Boats @ Queenscliff

More information: <https://www.surflifesaving.com.au/event/2023-nsw-surf-life-saving-championships/>



Aussie Titles entries are now open to Freshie members. Entries close on 10 March.

If you would like to enter and have not done so already, please email the following contacts:

Surf Boats: Scott Morrison

<scott@dreamdoors.com.au>

Youth: Christine Coates

<coateschristine@bigpond.com>

Opens: Renee McGettigan

<admin@freshwaterslsc.com>

Masters: Gaven Needham

<gaven.needham@gmail.com>

Lifesaving: Lindsay Davis

<education@freshwaterslsc.com>

R&R / March Past: Wayne Freakley

<wandj@bigpond.net.au>

Event information, dates and locations:
<https://sls.com.au/aussies/>

NIPPER CHALLENGE CAMP

Our annual Nipper Challenge Camp was held the second week of January and we were blessed with gorgeous weather and great surf conditions. Over 50 Nippers from U8's -U14's attended and it was amazing to see their confidence and skills in the water grow over the three days.



New friendships were made and great fun was had with the camp's team "challenges". The winning team received a fantastic prize bag with goodies from our generous sponsors and valued community partners such as Titan Ford, Harbord Hotel, Grill'd, Freshie Chickens and Mr Gelato!

We can't wait to do it all again in January 2024!

JLOTY PROGRAM

We were very proud to nominate Ewan Humphreys, one of our awesome U14 crew for the Junior Lifesaver of the Year (JLOTY) Program. Ewan has been a Nipper since U6's and over the years has developed into an inspiring leader to our younger members. We congratulate Ewan on earning a "Highly Commended" in the JLOTY competition.



REMINDERS



MINUTES OF GENERAL MEETING AND EXECUTIVE COMMITTEE

Minutes are made available in hard copy when completed. You can pick up a copy from the notice board at the bottom of the stairs leading into the tunnel.

Alternatively, please email Renee, the Surf Club Manager to request a copy be emailed to you
(admin@freshwaterslsc.com)



CLUB COMMUNICATIONS VIA TEAM APP

We have introduced a new Stack Team App platform which is named
"Freshwater SLSC Members".

HOW TO JOIN:

1. Download Stack Team App
2. Sign-up to Stack Team App.
3. Log-in and search for "Freshwater SLSC Members",
4. Select the access groups that are relevant - at minimum select, Freshie Member.



COLLECTION TIMES

If you have items to collect from the office (merchandise purchases, fobs, awards, parking permits etc), collection times are as follows:

Mon 9:30 am - 3:30 pm
Tue 9:30 am - 3:30 pm
Thu 9:30 am - 3:30 pm
Fri 9:30 am - 3:30 pm
Sunday 9:00 am - 11:00 am

Office is closed on Wednesdays.



CLUB ACCESS HOURS

Please note that the club is open to members to access via fob between the hours of 5am and 9pm.

If you enter the club outside of these hours, you activate our security system and set off alarms.

If you require access outside of these hours, please send a special request with ample notice to
admin@freshwaterslsc.com

NSW GOVERNMENT COMMUNITY GRANT

The club was advised in early December by the Member for Manly James Griffins office that we had been successful with our Community Grant application of \$16,000.

The club applied in 2021 for this Grant, seeking urgent funds to fix certain parts of the club including the upgrade of the Club foyer, Club office and the rear courtyard. Members will notice much needed works including electrical and flooring works to meet many OH&S issues as well as a refresh of the club office.

Many thanks to the members that have coordinated these works over the last 12 months and Michael Kirkby and his team of volunteers for the new works in the Foyer and Courtyard. James Griffin and his team are great supporters of the Freshwater club and we all owe him a huge vote of thanks for his ongoing community support.


Thanks to our volunteers that helped out with working bees to clean up the gardens and courtyard which are looking much 'fresher' and cleaner.



Community Bank
Freshwater

Your town.
Your bank.

Everything you need

 Bendigo Bank

BANK
LOCAL

The 'Freshwater' rate – Special offers available to members
of Freshwater SLSC

Contact Kasey Kaye 02 9939 6744

T&C's apply



Come to a *free* Men's MoveMENT Event

As part of NSW Seniors Festival 2023

- Do you want support to be active and healthy?
- Hear from other men who have made physical activity part of their lives.
- Find out about local groups which support men to be healthy and connected.

All those aged 60 years+ & wanting support to be active and healthy are welcome. 'Men' will be our focus, so come along guys. And...ladies...bring your husband, brothers, & mates along!

For more information on local Healthy Ageing programs visit:
www.nslhd.health.nsw.gov.au/healthpromotion

Freshwater

Thur 9 February

11.30am-12.30pm

Freshwater Surf Life Saving Club

Kooloora Ave, Freshwater



Register at

bit.ly/MensMovement2023



or phone 02 8797 7315



A person is lying on their stomach on a surfboard, floating in the ocean. The scene is captured during a sunset or sunrise, with the sun low on the horizon, creating a warm, golden glow across the sky and water. The person's silhouette is dark against the bright background. The water has gentle ripples, and the overall mood is peaceful and aspirational.

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What's happening at your local ...

HARBORD HOTEL

NEW APP

We're kicking off 2023 with our brand-new Harbord Hotel APP! This is the place for good mates.

We have daily games for your chance to win freebies and special offers, as well as members only food & drink deals. If you're a member of Freshwater Surf Life Saving club – this is now your home for club membership & discounts too. Use your Club Card to get 15% off all purchases and Harbord will give back to your Club, use the code 'FSLCS' on the app to link your membership. Our app is now your new and improved loyalty card. We're also stoked to offer x1 free Balter Eazy Hazy Beer to every person that downloads the app. How good!

PLUS, to celebrate we've teamed up to give you and a mate the chance to win the ultimate summer escape to the Gold Coast! Enjoy x2 premium tickets to the Summer Salt music festival where you can see Angus & Julia Stone, Ben Harper, Middle Kids, The Rubens and more! Dine at Rick Shores, enjoy a VIP Balter Brewery Tour and hang by the pool at the JW Marriott Gold Coast Resort. Couldn't get any better than that.

SIMPLY DOWNLOAD THE HARBORD HOTEL APP NOW! FOR YOUR CHANCE TO WIN!



ANDROID



IPHONE



FRESH COMEDY

Every month we bring you a showcase of local and international comics, presented by The Comedy Store and this month's line-up is a good one. Grab a mate and come along for a night of good fun and lots of laughs. Tickets are selling fast, grab them now before they sell out!

\$25 tickets, 8pm start, see you there!

[GET YOUR TICKET HERE](#)

HARBORDHOTEL.COM.AU

What's happening at your local ...

HARBORD HOTEL

HOMEGROWN AT HARBORD

Friday 20 January 8pm

Homegrown at Harbord is back! Together with Young Henrys we bring you a monthly showcase of the best up and coming talent. Don't miss Sesame Girl with special guests Berlyn and Dominic Breen.

Fresh off their east coast tour with Teen Jesus and the Jean Teasers, alongside notable festival appearances (Y&O, spilt milk, stone fest) Canberra dream rockers Sesame Girl are dropping into Harbord for good times and great tunes all night long.

\$10 tickets + free can of Young Henrys before 7pm



PURCHASE TICKETS



SLURPS UP! All Summer long

Beat the heat with these next-level frozen summer sippers!

We've got your back with a new limited-edition range of elevated frozen cocktails. Featuring a Gelato Messina classic margarita, tequila colada, passionfruit batanga, strawberry margy, and more, in partnership with our mates at Corazon.

Whether you're coming in hot from the beach, or simply hanging in our shady courtyard, they're worth braving brain freeze!

HARBORDHOTEL.COM.AU

We are Hiring !



SERVICE ADVISORS
DETAILER/PRE DELIVERY ASSISTANT
APPRENTICES TECHNICIANS

Hybrid & Electric
future opportunities



APPLY VIA EMAIL

Michael McCauley: mmccauley@aag.com.au

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