



FRESHIE NEWSLETTER

FEBRUARY 2023



FRESHY FENDER BENDERS WIN SILVER AT ASRL

Earlier this month, we had 5 boat crews travel to Bulli to compete in the Australian Surf Rowers League (ASRL) Open.

The ASRL is the biggest surfboat event short of the Australian Championships.

Congratulations to all of our crews that competed:

- Reserve Men - Freshwater Reefers
- Reserve Men - Freshwater Fiddlers (top 12)
- U23 Men - Freshy Titans
- U23 Women - Freshy Freaks (top 12)
- U19 Women - The Fender Benders (2nd overall)

The Fender Benders placed 1st or 2nd in every race and came out with Silver in the final. Awesome rowing from Mabel Hancock, Bella Gallo, Elani Plummer and Natalie Perry (swept by Nathan Perry).

The girls have been training very hard since they came together just 6 months ago.

We'd like to thank all club members that have taken an interest in the girl's journey.

Hopefully all our crews can go above and beyond with the 3 remaining championship events! Go Freshy!





ANNUAL CLUB SERVICE AWARDS

As the second half of the season is now well underway, now is the time to start thinking about who you want to nominate for the various club service awards which are handed out each year at our annual presentation evening. Further details will be sent to all members via email next week. So please start thinking about worthy nominations.



SENIOR STATE COMPETITOR CATCH-UP

Senior State competitors, members and supporters are invited to the Club for a catch up at the close of the Open State Titles competition. Please join us on **Sunday March 5th from 3pm** in the Freshwater Room. The Bar will be open!



FACILITIES UPDATE

BUILDING PANEL

The club has a Building Panel that meets monthly to consider and make improvements to the club building and facilities. If there are any members interested in joining this panel, please contact Michael Kirkby - Director of Facilities - facilities@freshwaterslsc.com

CARETAKER ROLE

The Executive Committee is currently embarking on a process to select a new Caretaker for the Club. If you have any questions or suggestions, please email facilities@freshwaterslsc.com.

FOYER AND COURTYARD IMPROVEMENTS

A NSW Government Grant arranged by our local member James Griffin has paid for improvements to the club foyer. This work is now complete.

The courtyard clean up is complete with new tables and benches purchased. The area is now available for club members to use for BBQ's and socialising.

GYM

Improvements are about to commence in the club gym. If anyone has any suggestions in regard to the gym, please make contact with Alex Malm - alexmalm0809@gmail.com

HERITAGE ROOM

Over the coming weeks, a new piece of history will be added to the Heritage room as we install a restored timber surf boat, kindly donated by the Marsh family.

MAJOR WORKS

Work continues on the design and preparation of a Development Application for a major project to improve the club building. When the design is finalised, we will have plans available to review by members.

Council are currently developing their own design for the parkland reserve and the club is working with Council to ensure the two designs are coordinated and integrated. Council have agreed to fast track the construction of new public amenities in the parkland to remove them from the club building.





CLUB CHAMPIONSHIPS

U15/17/19/OPENS/MASTERS/VETERANS

SATURDAY 18 MARCH @ 9AM

8AM

Set up, Rain, Hail or Shine

9AM

Each event will be run in the following age order

U15/U17/U19/Opens/Masters/Veterans

EVENT PROGRAM

Male Beach Sprints

Female Beach Sprints

Male Flags

Female Flags

Female Surf Race Under

Male Board Race Under

Female Board Race

Male Ski Race

Female Ski Race

Male Iron Under

Female Iron

12.30PM

BBQ and Refreshments
on the Heritage Lawn

ELIGIBILITY

Masters' events shall be restricted to competitors aged 30 to 49 years and Veterans' events shall be restricted to competitors aged 50 years or more with age determined as at 30 September of the current season.

All financial members are eligible to participate, however to be declared Club Champion, a Member must participate in at least 6 non-Club Championship competition events made of up of any combination of the following:

Weekly morning surf race and/or board race, and/or

Sunday morning nipper activities, and/or Senior, Junior, Youth or Masters surf carnival, and/or

Senior, Junior, Youth or Masters Branch, State or Australian Championship surf carnival, and/or

Premiership, Inter-Branch or Inter-State surf carnival, and/or

Any other carnival or activity that may be approved by the Director Sport (seniors) or Junior Activities Committee (junior activities).

SOLDIERS AVENUE STAKEHOLDER GROUP UPDATE

PLANTING AND UNVEILING OF THE QE2 JUBILEE TREE

The tree-planting ceremony to mark the late Queen's Jubilee was delayed by both her passing, and the advent of summer.

The tree planting is now confirmed for Friday 24 March, at 10am. The Federal Member, Zali Steggall, will undertake the planting in the presence of James Griffin MP and Mayor Michael Regan. The tree selected is a Queensland Tree Waratah (*Alloxyylon Flammeum*). The unveiling of the planted tree will be held on 14 April at 11.15am by the Governor of NSW in company with Local Members and dignitaries. As it is a Vice-Regal occasion, smart casual attire is required with the wearing of medals for those to whom that applies.

After the tree unveiling, the Governor, Her Excellency the Honourable Margaret Beazley AC,KC, will then depart for the Roden Cutler Sports Luncheon at the Harbord Diggers Club organised by the Harbord RSL sub-Branch.



FRESHWATER SOLDIERS STORIES

Wendy Machon has been working consistently on these stories alongside our work on the wording of footpath memorial plaques. These 20-plus stories were at the point of needing a professional editor and Liz Hardy took up the task. Funds came from the first payment of \$2,000 from the estate of the late John Thorpe, plus \$1,850 from the State Government's Community War Memorial Fund. The next step is to bring this work to publication.

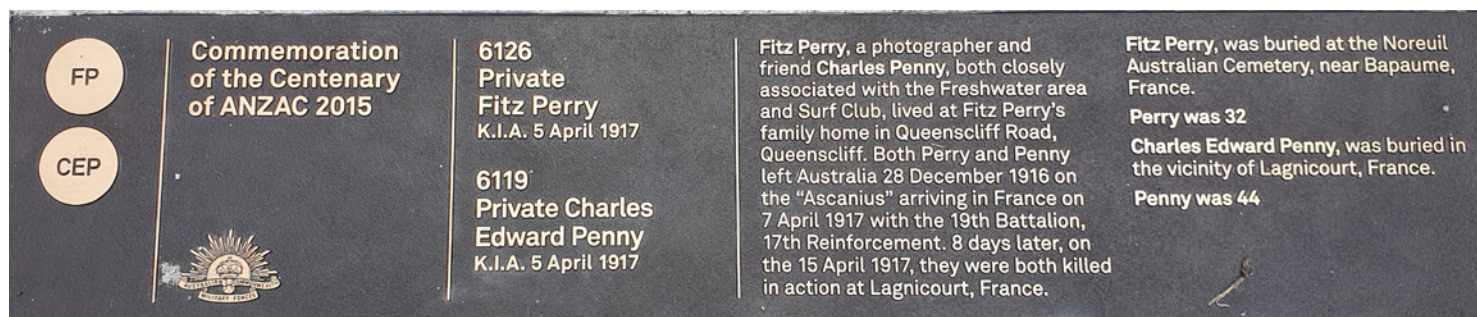
FOOTPATH MEMORIAL PLAQUES

On 8 February, five memorial plaques were installed on the northern side of lower Soldiers Avenue. The plaque of "Iodine Joe" Saunders is completed and will be installed once construction adjacent to the site is completed.

We are now in a position to acquit the Community Building Partnership Grant received from the State Government.

WW2 SOLDIERS

We will need to give consideration to commemoration of famous Freshwater WW2 service personnel in footpath spaces available in upper Soldiers Avenue. These people might include Mackie Campbell, Peter Lumsdaine, Megs Madigan, Bill Messenger and Harry Knox to name but a few. None of these have been recognised locally for their service except by their names on Harbord Diggers/Watermark buildings.



EXPRESSIONS OF INTEREST : ROLES AVAILABLE

SEEKING EXPRESSIONS OF INTEREST

ADMINISTRATION ASSISTANT FRESHWATER SLSC OFFICE PART TIME 10 – 15 HRS PW

The Club is seeking expressions of interest from candidates interested in applying for the role of Administration Assistant – Freshwater SLSC.

The role will be offered as Permanent Part Time (approx. 10-15 hours per week). The position requires flexibility in hours that may increase during periods of the season where the need for administrative support is increased, for example August - October. There is opportunity to cover some hours working from home.

The role will cover a broad range of administrative tasks pertaining to club operations, member services, functions and facilities management. The role will report to the Surf Club Manager, while working closely with the volunteer Executive Committee, as well as supporting sub-committees and members across all sections of the club.

We are looking for someone who ideally has previous experience working in a volunteer organisation or club environment. Strong microsoft office and customer service skills are essential.

Knowledge of Surf Life Saving will be highly regarded, especially experience using SLS platforms such as Surfguard and SEMS. Further skills relevant to the role include book keeping, accounting software knowledge, merchandising and social media experience.

If you would like further information about the role, or wish to register your Expression of Interest, please email Renee McGettigan, Surf Club Manager (admin@freshwaterslsc.com)

SEEKING EXPRESSIONS OF INTEREST

CARETAKER - FRESHWATER SLSC

The Club is seeking expressions of interest from candidates interested in applying for the role of Caretaker – Freshwater SLSC.

The role is a full time, live in position with accommodation provided within the Club. Accommodation is a two bedroom apartment and provided in lieu of remuneration.

The Caretaker will report to the Freshwater Executive Committee and work closely with the Facilities Director, Surf Club Manager, and Functions Manager.

Key responsibilities include cleaning, maintenance, repairs and general ongoing operations within the Club building and surrounds.

Expected commencement date - June 2023.

Please submit your Expression of Interest and short resume to Renee McGettigan, Surf Club Manager (admin@freshwaterslsc.com)



SAVE THE DATE! SUNDAY 19 MARCH 2023

The annual Barney Mullins Swim Classic is on again on Sunday 19th March at 10am.

The Swim is not only a significant event for the club and important tribute to George "Barney" Mullins, it is also a major fundraiser.

With the day fast approaching, it's time to get our act together. We need lots of help and ask that all available club members come to the party.

Volunteers are needed to assist with Water Safety, registrations, set up and pack up.

If you are coming to participate in the swim, please also lend a hand either before or afterwards. Its not a huge time commitment.

All members are welcome at the post race function and presentation of the coveted Barney Mullins Shield - which goes to the fastest club member. This year, the Freshwater Executive will be putting on complimentary drinks and nibbles!

If you able to help, please email Andrew de Vries at andrew.devries@bigpond.com or just turn up on the day. ***Thanks in advance.***



GYM USAGE IN MARCH

March is a busy month with events and functions being held at the club and some movement across regular hirers.

The gym opening hours and equipment usage will be limited across a number of days.

Please see details at follows.

WEDNESDAY 1 MARCH

6:30 pm - 8:30 pm
Gym open but no erg use

FRIDAY 17 MARCH 6PM - SATURDAY 18 MARCH 5PM

Gym open but no access to ergs or Koolooro Room.

FRIDAY 24 MARCH 6PM - SUNDAY 26 MARCH 9AM

Gym closed, no access to Gym, ergs or Koolooro Room



*Good luck to our
Nipper State Team who will be battling it out over the hill at Queenscliff
this weekend at the NSW SLS Championships!*



**REMINDER THAT AUSSIE TITLES 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>

Masters: Gaven Needham
<gaven.needham@gmail.com>

Youth: Christine Coates
<coateschristine@bigpond.com>

Lifesaving: Lindsay Davis
<education@freshwaterslsc.com>

Opens: Renee McGettigan
<admin@freshwaterslsc.com>

R&R / March Past: Wayne Freakley
<wandj@bigpond.net.au>

SNB BRANCH TITLES RESULTS

JUNIOR BEACH

1ST

U9 Female Beach Sprint

Emily Little

U9 Female Beach Relay

Emily Little/ Heidi Dunn/ Mia Jessop/ Grace Tague

U11 Female Beach Relay

Jamie Boucher / Sophie Yeates/ Marley Capogreco/
Piper Brenchley

U11 Mixed Beach Relays

Piper Brenchley/ Jamie Boucher / Troy Roberts /
Harley Roberts

U11 1km Beach Run

Darcey Herd

U12 1km Beach Run

Amelia Mandalinic

2 x 500m Beach Relay

Alexis Tague/Amelia Mandalinic

U13 Female Flags

Kayla Davies

U14 Female Flags

Emma Garden

2ND

U9 Female Beach Sprint

Heidi Dunn

U9 Mixed Relay

Ethan Taylor/ Archie Regan / Heidi Dunn/ Emily Little

2 x 500m Beach Relay

Darcey Herd/ Ginger Wessling

U12 Female Flags

Amelia Mandalinic

3RD

U11 Female Flags

Ginger Wessling

2 x 500m Beach Run

Sophie Yeates/Piper Brenchley

1km Beach Run

Alexis Tague

U14 Mixed Beach Relay

Emma Garden/ Olivia Lombardini / Ewan Humphreys/
Maddox Wessling

U14 2km Beach Run

Ewan Humphreys

2 x 1km Beach Relay

Maddox Wessling / Ewan Humphreys

JUNIOR WATER

1ST

U9 Female Surf Team

Mia Jessop / Heidi Dunn/ Aria Amos/ Maggie Meagher

U12 Male Surf Race

Harry Ayer

2ND

U9 Female Board Relay

Mia Jessop/ Aria Amos/ Heidi Dunn

U11 Male Board Relay

Harrison Burrough/ Cooper Orr/ Jake Payne

U11 Female Board Relay

Piper Brenchley/ Jamie Boucher/ Flo Warren

U11 Female Surf Team

Jamie Boucher/ Darcey Herd/ Piper Brenchley/ Flo Warren

3RD

U11 Male Board Rescue

Jake Payne, Cooper Orr

U12 Male Iron Person

Harry Ayer

U12 Male Surf Team

Harry Ayer/ Brad Nitz/ Leigh Mitchell/ Luka Matwejev

U14 Board Rescue

Alina Beesley/ Daisy Dunn

U14 Female Board Relay

Daisy Dunn/ Flo Veitch/ Alina Beesley

U14 Female Surf Team

Alina Beesley/ Daisy Dunn, Flo Veitch/ Charlie Braund



U9 Female Surf Team - Mia Jessop / Heidi Dunn/ Aria Amos/ Maggie Meagher

JUNIOR BRANCH TITLES



SNB BRANCH TITLES RESULTS

LIFESAVING

1ST

U17 First Aid

Liam Lehane and Izzy Stapf-Giannakis (642.5 points)

Open First Aid

Kelly Dobrow and Cheryl White (833 points)

2ND

Open Female Champion Lifesaver

Emily Thornton

3RD

U19 Male Champion Lifesaver

Luke Thornton

U17 First Aid

Josh Orr and Lily Barnett (355.5 points)

U19 First Aid

Luke Thornton and Josh Orr (512 points)

Open First Aid

Julia Baker and Tahlia Dearden (657 points)



R & R

1ST

Open 6 Person R&R

Andrew de Vries, Seb Di Sano, Clare Freakley, Patrick Kiely, Chris Tyrrell & Hugo Weston

Open Mixed 5 R&R

Clare Freakley, Jane Freakley, Jarrad Freakley, Wayne Freakley & Chris Tyrrell

Open Men's R&R

Seb Di Sano, Ian Donald, Jarrad Freakley, Wayne Freakley & Chris Tyrrell

Open 2 Person R&R

Clare Freakley & Jane Freakley

MARCH PAST

3RD

Open March Past

Ross Parry, Sam Di Sano, Alan Burns, Wayne Freakley, David Inches, David Torevell, Andrew Murphy, Ken Rickard, Chris Tyrrell, Hugo Weston, Patrick Kiely & Seb Di Sano

4TH

Open March Past

Sue Walmsley, Janet Rickard, Lysa Kiely, Wendy Quail, Lisa Tyrrell, Libby Murphy, Jane Freakley, Clare Freakley, Lindsay Davis, Judith Bennett, Rachel Needham & Cheryl White

BOATS

4TH

Reserve Grade Male

William Dickinson, Blake Cradock, Charlie Griffith, Robert Szewczak, Nathan Perry (S)

U19 Female

Isabella Gallo, Mabel Hancock, Natalie Perry, Elani Plummer, Nathan Perry (S)

6TH

U23 Male

Tristan Kavanagh, Andrew McMinn, Charlie Griffith, Callum Chapman, Nathan Perry (S)

Reserve Grade Male

Ben Styles, Rhys Schroeder, Rashid Saleh, Michael Brace, Simon Spencer (S)

SNB BRANCH TITLES RESULTS

MASTERS WATER

1ST

45-49 Male Surf Race
John Landells

65-69 Male Surf Race
Paul Stormon

65-69 Male Board
Phil Bird

60-64 Womens Board
Shanny Dyer

65-69 Male Iron
Paul Stormon

130 Male Taplin
Ben Kirkby/ Michael Kirkby/ John Landells

130 Male Ski Relay
Ben Kirkby/ Michael Kirkby/ Gaven Needham

130 Male Board Relay
Ben Kirkby/ Michael Kirkby/ John Landells

170 Male Board Relay
Gav Needham, Paul Stormon, Phil Bird

2ND

70-74 Male Surf Race
Al Burns

55-59 Male Board
Michael Kirkby

45-49 Male Iron
John Landells

65-69 Male Iron
Phil Bird

55-59 Male Ski
Michael Kirkby

65-69 Male Ski
Steve Bennett

45-49 Male Ski
Gav Needham

30 -34 Male Double Ski
Ben Kirkby/ Michael Kirkby

65-69 Male Double Ski
Steve Bennett/ Paul Stormon

3RD

45-49 Male Surf Race
James Coates

45-49 Male Board Race
Gav Needham

60-64 Womens Surf Race
Shanny Dyer

45-49 Male Iron
James Coates

150 Male Taplin
James Coates/ Paul Stormon/ Gav Needham

170 Male Taplin
Steve Bennett/ Phil Bird/ Al Burns

170 Male Surf Teams
Paul Stormon/Alan Burns/ Andrew Murphy



OPENS WATER

1ST

U19 Male Board Rescue
Lucas Blakeney / Liam Lehane

2ND

U15 Female Board Relay
Elyse Coates/ Ava McGettigan/ Alina Beesley

U15 Female Board Rescue
Elyse Coates/ Ava McGettigan

U15 Female Cameron Relay
Elyse Coates/ Ava McGettigan/ Alina Beesley

U19 Female Board Rescue
Charlotte Block / Bree Coates

U19 Male Board Rescue
Oliver Ludgate / Joshua Orr

3RD

U15 Female Iron
Elyse Coates

U15 Female Surf Race
Elyse Coates

U19 Female Board Race
Bree Coates

U19 Male Board Relay
Lucas Blakeney / Liam Lehane / Oliver Ludgate

U19 Male Surf Team
Oliver Ludgate/ Joshua Orr/ Liam Lehane/
Lucas Blakeney

OPENS BEACH

3RD PLACINGS

U15 Female Beach Sprint
Ava McGettigan

What's happening at your local ...

HARBORD HOTEL

FREE BEER! HAVE A COLD ONE ON US!

We're stoked to offer a FREE Balter Eazy Hazy to every person that signs up as a member and downloads our new Harbord Hotel app. How good! This is the place for good mates with one-off members only food and drink offers, fun games, freebies and tickets to exclusive events. Please see our website for terms and conditions.

As a Freshwater Surf Life Saving Club member, remember to link your membership on the app with the code 'FSLSC' to receive 15% off selected house beverage 7 days a week, plus enjoy 15% off food Monday – Thursday.

<https://harbordhotel.com.au/event/have-a-beer-on-us/>



HOMEGROWN@HARBORD

Oly Sherman | Friday 24 February 8pm

Together with Young Henrys and Keel Surf & Supply, Homegrown at Harbord is back! We champion local talent, that's why we bring you a monthly showcase of the best up-and-coming acts. Don't miss Oly Sherman with special guests Bread Club and Butterknife.

Indie folk songwriter, Oly Sherman, has been captivating audiences since his 2017 debut, with his undeniable charisma and charming stage presence. Pulling influences from international acts Daniel Caesar and Tash Sultana, Oli settles in that beautiful space between soul-fused jazz and RnB.

GET YOUR TICKET HERE



GREAT OCEAN LOVE | FILM SCREENING

Surfers For Climate is hosting their new film 'Great Ocean Love' as well as panel discussions focused on the boundless oceanic opportunities for addressing the climate crisis.

Part documentary, part road trippin' surf flick, Great Ocean Love is all about the saltwater women of the deep south and their shared love for the rugged coastline we call home. The film follows Belinda Baggs, Linley Hurrell and Lilly Pollard on a journey of discovery that features local women who love the coastline like they do, as well as a whale dreaming story that can teach all of us a few lessons on why we need to protect the places we love. Make sure to grab your tickets for a night of conversation and big ocean love!

GET YOUR TICKET HERE





List your property for sale with Mary Anne and receive a free digital marketing package worth \$4,995*

To find out more and to discover what your property is worth in the current market conditions, call your Freshwater area specialist.

*For full details contact Mary Anne on 0411 773 646.



Mary Anne Cronin
0411 773 646

UPSTATE

Integrative Health Clinic Freshwater

Your Health, Our Purpose

Mounties Care Integrative Health Clinic Freshwater, takes a collaborative approach to your health, focused on achieving total wellness through a combination of GPs, integrative doctors and complementary practitioners.

We offer a variety of programs specifically designed to support the individual needs of our patients.



Metabolic Transformation Program Reset your metabolism to lose weight for good.

If you've been looking for a supported weight loss program that will give you the tools to get your health back on track then this is the program for you.

The 13-week program will allow you to learn strategies to address your body and mind as well as lifestyle and diet modifications.

What it includes:

- 4 dedicated Practitioner appointments
- 6 dedicated Health Coaching sessions
- 7 Seca scans (body composition scans)
- Nutritional Medicine
- Healthy Ageing

With the combined support of your specialised practitioners you will be inspired and empowered to make the lifestyle changes needed to achieve your desired state of health.

Book To find out more
your appointment today

9105 4810

mountiescare.com.au

Supamart
Freshwater
Our Best. Everyday.

WE'RE HIRING

Daytime Team Members
Monday - Saturday
8am - 3pm

22-26 Albert Street, Freshwater NSW 2096

SCAN
TO APPLY



*Pizzaah Freshwater is now a
sponsor of Freshwater SLSC*

Pizzaah is run by lifetime northern beaches local Lido Russo who along with his family gave us Stella Blu @DY, The Bacino bar coffee stores, and Cavallino at Terrey hills to name a few.

Lido's business partner at Pizzaah Roberto Taffuri sold his pizza business in Verona Italy 17 years ago to start a new life in Australia and joined the team at Bacino manly where he could hardly speak a word of English. Together they went on to open Ventuno Pizzeria in Walsh Bay. After 15yrs in the city, Roberto's English had improved (slightly) and they came back to the beaches to open Pizzaah in Freshwater.

*Pizzaah is offering 15% off to all club members*and is encouraging our nippers with weekly participation awards of pizza slice and award-winning gelato cup for every age group. One weekend a month they will also be feeding our lifeguards and volunteers their amazing Pizzaah for lunch.*

Pizzaah is open 7 nights per week for dine in, pick up and delivery and also cater for parties. It also opens for lunch on weekends where you can also get pizza by the slice for lunch.

Pop in to say hi or visit their website

www.pizzaah.com.au

where you can see their great deals and order online.

**not available with offers and deals*

**15%
off for
Freshie
Members**

FRESHWATER IS

PROUDLY SPONSORED BY

HARBORD HOTEL



Community Bank
Freshwater



UPSTATE



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Mike Dunn
CLARKE
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Neilson
Foundation



FRESHWATER SURF LIFE SAVING CLUB

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