



FEBRUARY 2024

FRESHIE SLSC

All the latest news from your favourite club.



— Freshie Summer of Surf Carnival

FRESHWATER SUMMER OF SURF OPEN CARNIVAL – A TAPESTRY OF TRADITION AND TRIUMPH

The 21st of January continued the longstanding tradition of Freshwater SLSC proudly hosting an Open Carnival around Australia Day. In partnership with Manly LSC and Summer of Surf, our club continued the legacy of what has been one of the longest-running Australia Day carnivals in the country. The day was a brilliant tapestry of surf sports excellence, camaraderie, and shared enthusiasm for the ocean.

Heartfelt appreciation cascades to the dedicated officials, the unsung heroes of set up and pack down crews, the catering angels who ensured everyone stayed hydrated and energized, and the nipper BBQ trojans who sizzled up delights. A special mention to our major sponsor, Upstate Real Estate, whose commitment transcended the role of a sponsor as they rolled up their sleeves and volunteered on the BBQ. The event was a testament to the dedication and sportsmanship displayed by our competitors, who embody the true spirit of the Ocean and Surf Lifesaving.



TIM KIRKBY OPEN BOARD EVENTS – A SYMPHONY OF BOARD RACING & HONOUR TO TIM KIRKBY

The fourth edition of the Tim Kirkby Open board events added another chapter to our surf sports legacy. This year, we sought to spread the joy further by extending prize packs to individual age group winners in the Board events. The Open Male & Female events unfolded with a breathtaking intensity, culminating in nail-biting finishes that saw competitors sprinting out of the water, leaving spectators on the edge of their seats.



ACKNOWLEDGING THE PILLARS OF SUPPORT – OUR GENEROUS SPONSORS

Our heartfelt gratitude extends to our individual race naming right sponsors, Cunninghams Real Estate, Mat Lemon, James Brooks, APG & Quasar Constructions for contributing \$8,500 in prize money for the Open individual Board & Board relay events. A big thank you to our community partner, Aqua Culture for their generous \$1000 donation to the Open Male & Female Surf Swim race. Your support makes a real splash in our surf swim community. Equally, our sponsors for the prize packs – Volcom, Grill'd, People of the Earth, Harbord Hotel, Rigs Brookvale, PTJ Muay Thai Gym, Bennett Surfboards, Titan Ford, Upstate Real Estate, Budy Smuggler, Blessed Bowls, and Race One – played a crucial role in making the carnival a grand success.



CAPTURING THE MOMENTS – SPECIAL THANKS TO CONTRIBUTORS

Our gratitude extends to our professional photographers, Mani Veiszadeh and Instagram sensation Surf Dingoes, who generously donated countless hours in the heat capturing the event both on land and in the water. Neil Thompson's beautiful work also added to the event.



CELEBRATING SUCCESS & POSITIVE FEEDBACK

The positive feedback received from many clubs, praising the well organised carnival and the warm welcome extended by our Freshie members, has been heartening. Congratulations to our competitors who took on some of the best in Australia, with special mention to the following teams that earned top 6 placings: Women's March Past (5th) and Open 6 person and Open Men R&R (1st).

As we bask in the afterglow of a hugely successful carnival, let's carry the warmth, excitement, and community spirit forward into the coming months. Thank you to the collective efforts of our members, partners, and sponsors. Along with a special mention of thanks to the Sponsorship Committee & Social Media Team: Jo Dillamore, Heather Kennedy, Monique Nitz, Mary Ann Cronin & Jacinta Herd.



— Congratulations

David Price

We are thrilled to announce that our Club Captain, David Price has been honoured for his service by Northern Beaches Council at this year's Australia Day ceremony. He received an Outstanding Community Service award for his contribution to the community through surf lifesaving that extends to his support to people who were affected by the tragic bushfires as well as supporting communities affected by floods.

It shows that the skills we learn as part of our Surf Life saving activities have great benefit to more than those who come to our beaches. Learning boat skills, first aid and especially CPR are transferable to the broader community. On behalf of all members, David, we thank you for your service.



— Congratulations – Louis

This year our Freshie nominee and Male winner for the Junior Lifesaver of the Year (JLOTY) is our Junior Club Captain, Louis Stapf-Giannakis!

JLOTY is a great program open each season to our U14's that focusses on recognising and rewarding young leaders within our Branch. The program is all about self-leadership, socialisation, teamwork, lifesaving and self-awareness.

Well done to Louis, at the presentation night last Friday Louis was the Male winner from Northern Beaches Branch he will now go on to attend the SLSNSW Development camp and be in the running for the State JLOTY. Congratulations and Good Luck Louis.

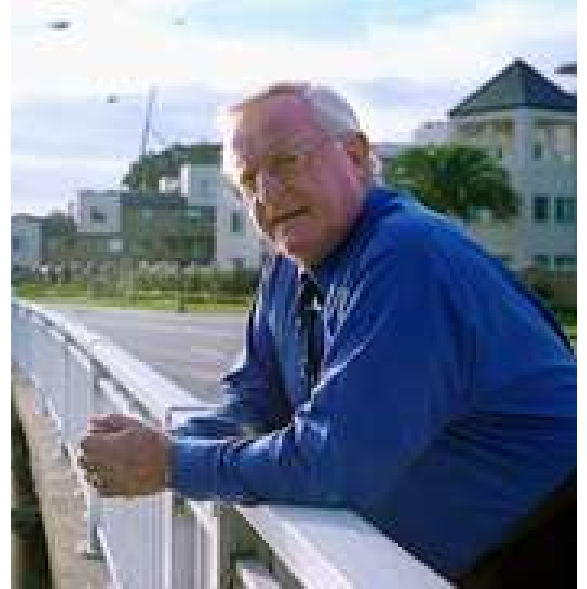


— Congratulations

Brian Green OAM

Brian Green was awarded an OAM for his services to the Community in The 2024 Australia Day Honours.

Brian Green has been a life-long resident of the Northern Beaches where he served as a Warringah Councillor (1980-85, 1987-99), Deputy Shire President (1981-82, 1984-85, 1988-89), Shire President (1991-93) and Mayor of Warringah Council (1993-95). In 2002, Mr Green was awarded the title of 'Emeritus Mayor' in acknowledgement of his service in the role of Mayor. Mr Green was in office for more than two terms and played an integral role in the initiation and delivery of a range of projects and programs that were of benefit to the community.



Brian was a member of the Freshwater club from 1983 and sadly passed away in April last year.

In 1995, Green was awarded the Paul Harris Rotary International Fellow, and a 50-year service award for service to the Surf Lifesaving Association by the Freshwater SLSC. In 2001, he was awarded a Centenary Medal for service as a former Mayor and for active services to the community and local government. Brian was a former Honorary Vice President of the Freshwater club for a number of years.

A deserving honour for a great community minded member.

— *USA Lifeguards*

The club some months ago decided to assist the visiting USA Lifeguards team. Its fair to say that a very strong bond was formed with many of the team members and as a token of their appreciation, the trophy cabinet has a new memento of their stay. The team went onto Victoria after Freshwater and won the interclub trophy that they travelled to Victoria to compete in. Thanks to the caretakers and many members of the EC for making their stay enjoyable.



— *Competition*

R&R Results over January congratulations..



20th January– North Steyne R&R carnival
1st Open 6 Person, and 2nd Open Men

21st January – Freshwater
1st Open 6 Person and 1st Open Men

27th January – Teams Event Collaroy
1st Open 6 Person and 1st Open Men

Under 8 Nipper Carnival - Bilgola

Congratulations & well done to the 10 U8 Nippers who competed in their very first carnival at Bilgola on Saturday 27 January.

Roughly 100 nippers from the beaches and beyond competed in flags, sprints, relays and a wade.

All of the Freshie nippers had fun and did their best. A special congratulations to Evie who took out first place in the girls flags and sprint!



Branch Championships coming up..

Opens Water: Saturday 17th February – Entries Close Monday 12th February 8pm

Opens Beach: Saturday 10th February – Entries Close Monday 5th February 8pm

Junior Water: Sunday 18th February – Entries Close Monday 12th February 8pm

Junior Beach: Sunday 11th February – Entries close Monday 5th February 8pm

Masters Water: Sunday 11th February – Entries Close Monday 5th February 8pm

Masters Beach: Sunday 11th February – Entries Close Monday 5th February 8pm

Champion Lifesaver: Theory 7th February & Practical Saturday 10th February –
Entries close 31st January 4pm

Patrol Competition: Theory 8th February & Practical Saturday 10th February –
Entries Close 31st January 4pm

First Aid: 17s and 19s Saturday 17th February & 14s/15s and Opens Sunday 18th
February – Entries Close Monday 5th February 8pm

Surf Boats: Saturday 2nd March – Entries Close Monday 6th February 8pm

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State Championships coming up..

Champion Lifesaver (Freshwater SLSC) - 1-2 March - Late Entries close 18 February

Champion Patrol (Freshwater SLSC) - 3rd March - Late Entries close 18 February

Age Championships (Queenscliff SLSC) - 7-10th March - Late Entries close 18 February

First Aid Competition (Freshwater SLSC) - 9-10 March Late Entries close 18 February

Masters Championship (Queenscliff SLSC) - 13-14 March Late Entries close 18 February

R&R Championships (Freshwater SLSC) - 15-16 March Late Entries close 18 February

Opens Championship (Queenscliff SLSC) - 15-17 March Late Entries close 18 February

Surf Boat Championships (North Steyne SLSC) - 15-17 March Late Entries close 18
February

For more information please go to link: <https://www.surflifesaving.com.au/event/2024-nsw-surf-life-saving-championships/>

— Thank You Freshwater

The Freshwater club recently donated some old skis and paddle boards to several clubs on the mid north coast. Garry Howe the director for surf sports has sent a message of thanks to the members of Freshwater thanking the club for their kind donations.



Thank you!

As we reflect on the extraordinary moments that unfolded in January, we can't help but be overwhelmed with gratitude for the incredible community spirit that binds us together. A special shout out goes to a new business in our village, Ribelle, an authentic Italian pizzeria whose unwavering generosity lit up our weekends. Throughout January, Ribelle donated their mouthwatering pizzas to fuel our volunteer patrol teams, creating a warm, communal atmosphere that truly exemplifies the spirit of Freshwater SLSC. Please go in and meet Ribelle's new owner, Dale Mann.

SUNDAY SURF RACES

Every Sunday, 11AM on the beach

CAROLINE'S DYNAMIC

TAI CHI

Classes at Freshwater SLSC

*Tai Chi is a form of mindfulness exercise.
All movement begins in the inner stillness of our minds.
The core of Tai Chi training is the unison of mind and body.*

Teacher: Caroline Wang Noble

Mobile: 0400480713

Website: www.carolinestaichi.com

CLASSES AT FRESHWATER SLSC

Tuesdays at 6.00 – 7.00

Wednesdays at 5.30-6.30pm and 6.30-7.30pm



Yoga for Male Surfer's and non – Surfers!

*Check out our Yoga Sessions with Celeste on Monday nights
at 6.30 in the
Freshwater Room.*

*Bring a mat or towel, water bottle and wear comfortable shorts and
t-shirt or singlet.*

*All Blokes over 50 are encouraged to join for some deep stretching
and the
occasional beer afterwards at the Harbord Hotel.*

Contact Mike on 0416 339 654 if you have any questions.

All beginners are totally welcome!

Come for a free trial session.

— Education

We have had a busy first part of the season with several Bronze and SRC groups having completed their training and gained their relevant awards.

A huge thank you to Belinda Dobson for organising the proficiency dates and entering all of the data. Thank you also to the many delegated Freshie trainers who assisted with assessing the proficiencies.

Thank you to John Colet School who generously donated our Freshwater Trainer hi-viz shirts which we have just received. this will help our Trainers stand out amongst our candidates and provide great sun protection as well.



Nipper Challenge Camp

We welcomed 60 Nippers to the beach on Jan 10 and 11 for our annual “Nipper Challenge Camp”.

With the support of our 14 wonderful cadets and coaches, and blessed with two days of blue skies, the Nippers had an amazing time honing their board and surf swimming skills. Nipper parents were able to “work from home” from the comfort of the Balcony and Freshwater rooms. The team challenges included red-back relays, an adventure race from the southern end of the beach to the pool and back, and the famous sand castle building competition.





DUKES DAY – “Dress Rehearsal” for 110 YEAR CELEBRATION in 2025

The weekend of the 11-13 January 2024 saw a shortened version of next year’s 2024 Dukes Day held to celebrate and remember Duke Kahanamoku’s famous visit to Freshie Beach during the summer of 1914/15.

The weekend kicked off with an Aloha Party at the amazing Freshwater Brewery on Thursday Night. This was followed up with the screening of the award winning Duke Kahanamoku -Waterman movie at the Harbord Diggers on Friday and Saturday nights. The pivotal feature event was the Dawn Photo Shoot followed by the Surfboard Paddle-Out lead by Tom Myers riding the official Duke Replica surfboard (built by Tom and his Dad Glenn Myers). This event featured the famous Hawaiian, Moses Goods, who chanted a Hawaiian blessing and paid homage to the roll Duke Kahanamoku played to promoting surfing throughout the Australia and world! We hope to have Moses attending again at next year’s Duke Day celebration.

Many other events including the surfing exhibitions, hosted by the various Freshie board riding clubs, as well as the Water women’s Beach Picnic both organised by Andrea Bhom, and also the Beach Clean-up and Environmental Expo (thanks to Dave Thomas, who also was our photographer for the day). Also thanks to the entertaining and very informative Yarning Sessions held in the Heritage Room were very well attended.

A big thank-you to the organising committee, tirelessly led by Naomi Wilson, who all worked so hard to make the event so successful. And also thanks to Greg Garner who was our water safety officer, who made sure all participants remained safe and to our fantastic Caretaker, Jamie Scott, was always on hand to help out whenever he was required.



Duke’s Day organisers; Naomi Wilson, Naomi Donohue, Eric Middledorp with Moses Goods.

— What's On At Freshie

There's plenty of exciting things happening around the club this month so look out on the website and our socials to keep up to date!



Events Happening in February

WHAT'S ON IN FEBRUARY



SAT 3
JUNIOR BRANCH
CHAMPS



SAT 3
OCEAN THUNDER
RND 4



SUN 4
NIPPERS CLUB
CHAMPS RND 2



SUN 4
OPENS BRANCH
BEACH CHAMPS



7-8
LIFESAVING
BRANCH



SUN 10
NIPPERS PARENT
SOCIAL



SAT 10
BOAT PREMIERSHIP
RND 5



SAT 10
LIFESAVING BRANCH
CHAMPS



SUN 11
MARCH PAST,
JUNIOR BEACH &
MASTERS BRANCH



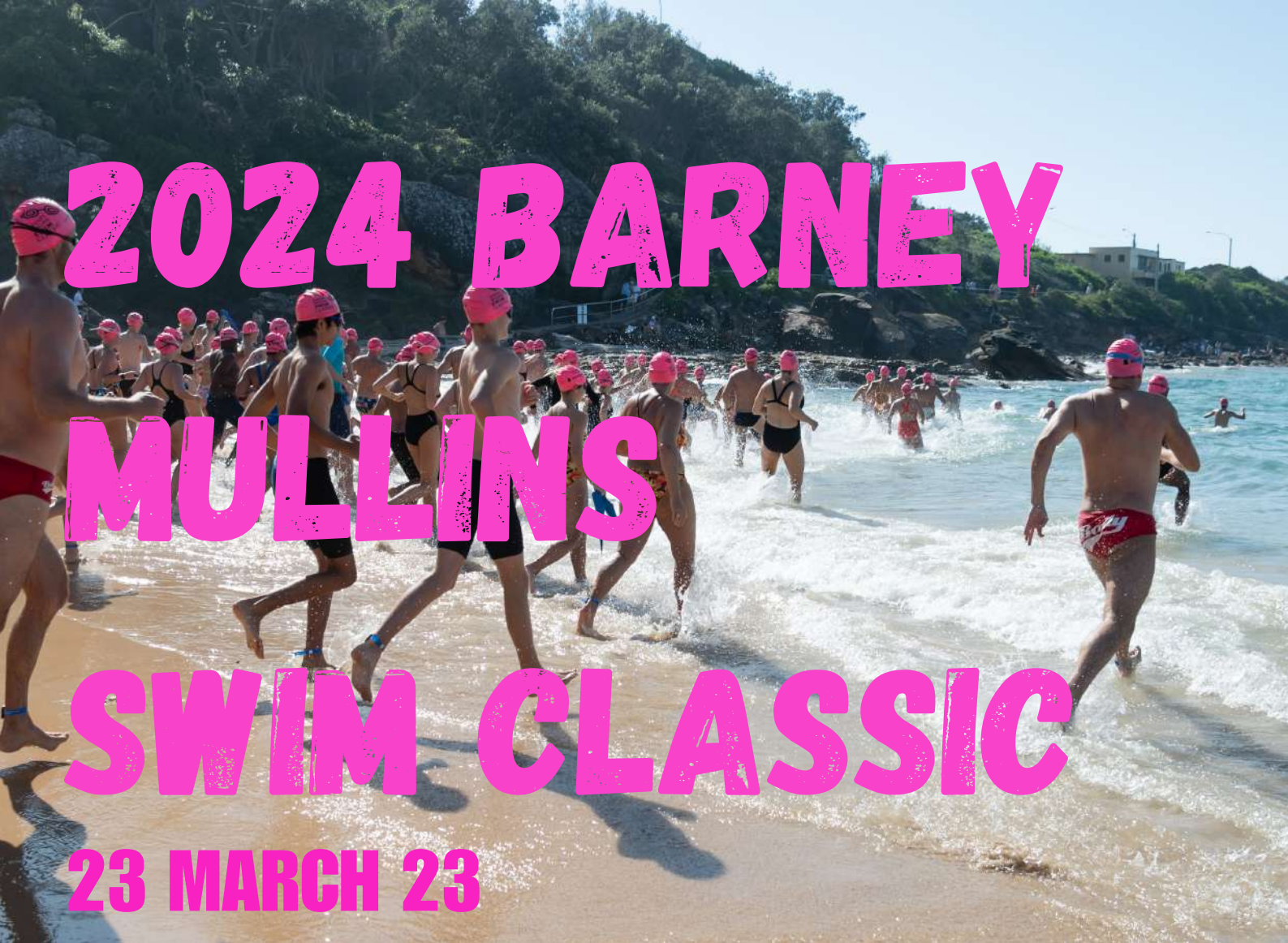
SAT 17
FIRST AID & OPENS
WATER BRANCH



SUN 18
FIRST AID & JUNIOR
WATER BRANCH



Visit the ['What's On'](#) page on the Freshie website for regular updates, or refer to the [season calendar](#) for upcoming events.



2024 BARNEY

MULLINS

SWIM CLASSIC

23 MARCH 23

Grab your goggles for one of Freshwater Beach's most iconic events!

We welcome you to take part in this glorious 1.5km ocean swim as the tradition continues since it's origin in 1986.

**All information can be found in link below;
<https://oceanswims.com/event/freshwater-ocean-swim/>**

— *Whale Nation*

You're invited to a Special Screening for World Whale Day



We'd love to invite your community to a Special Screening of WHALE NATION.

It's an incredible film that's releasing in cinemas across Australia in time for World Whale Day (18th February 2024).

We'd also really appreciate your support in helping to spread the word - as it's not every day you see whales on the big screen! Happy to mail poster printouts for notice boards and graphics for newsletters and socials - just let me know what works!

There will be four special screenings across Sydney, Hobart, Brisbane and Melbourne on Sunday, 18th February at 2pm - these will include opportunities to meet with and learn from Australian marine experts, conservationists and advocates.

Happy to jump on a call if you have any questions, or you can find out more information and book tickets at good.film/whalenation. All tickets purchased through good.film will donate 50% of profits to AMCS and ORRCA.

Freshie Uniform Shop



Have you seen our new Tees?

\$25!



CHECK OUT THE SHOP HERE

RIGS BROOKVALE

2024 NEW YEAR NEW YOU?

Try one of our memberships this new year and get a week or 2 free!



Buy 3 weeks
Get 1 FREE

ESSENTIAL 4 week Trial

\$177

PRO 4 week Trial

\$447

Buy 6 weeks
Get 2 FREE

ESSENTIAL 8 week Trial

\$354

PRO 8 week Trial

\$894



HARBORD HOTEL

What's on at your local



SURFEB

Every day in Feb

Each day in February the team at Harbord Hotel will be hitting the water for SurFebruary and raising funds for cancer research at Chris O'Brien Lifehouse. Register to get onboard yourself, or support us and our Harbord Hotel SurFeb team.

We'll be donating \$1 from every Rooster Rojo Blue Coconut Margy sold in February to SurFeb!



SUPER BOWL

Monday 12 February | 10:30am

Join us for all the live-action, crazy halftime antics, and a special menu of tasty food in collaboration with Chubbs.

Plus raffles, giveaways, and pick the score. How good!

\$1 wings 'til first point is scored.

Book a table via our app or our website.

HARBORD HOTEL

What's on at your local



VALENTINE'S DAY

Wednesday 14 February

Experience a night of romance and culinary delights in Balsa this Valentine's Day. You'll be greeted with a complimentary cocktail on arrival, setting the perfect mood for an evening of indulgence. Our special menu is specially curated to delight your senses.

Book a table via our app or our website.

DON'T FORGET TO SHOW YOUR CLUB CARD

Show your Club Card on the Harbord App and receive:

- **15% OFF SELECTED HOUSE BEVERAGES 7 DAYS A WEEK**
- **15% OFF FOOD MONDAY - FRIDAY**
- **SPENDS FROM CLUB MEMBERS GO TOWARDS CLUB REBATES**



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IN A BETTER PLACE

Get to know your Freshwater area property specialist, Mary Anne.

Mary Anne is a generous and caring person with in-depth knowledge of this area and an excellent eye for detail, which is why she is exactly the agent you want by your side when selling in the Northern Beaches region. She will have your back throughout your whole selling journey.

**Call Mary Anne to discover what your property
is worth in the current market conditions.**



Mary Anne Cronin
0411 773 646

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STOCK #	MODEL	DESCRIPTION
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BMWC	ESCAPE	ESCAPE 2023.25MY SUV STL 2.0L PET 8A AWD
FP6B	NEXT-GEN RANGER	RANGER 2024.00 DBLE CC XL 2.0L BIT DSL 10A 4X4
G6TL	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU XLT 2.0L BIT DSL 10A 4X2
FT76	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU XLT 3.0 V6 DSL 10A 4X4
F52W	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU WTK 2.0L BIT DSL 10A 4X4
FT7G	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU SPT 2.0L BIT DSL 10A 4X4
G6T4	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU XLT 2.0L BIT DSL 10A 4X2
FT75	NEXT-GEN RANGER	RANGER 2024.00 DBLE PU XLT 3.0 V6 DSL 10A 4X4



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Email: ngalvin@titan.com.au

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Enquire online at [bendigobank.com.au/healthcheck](https://www.bendigobank.com.au/healthcheck) or call your nearest branch on 02 9939 6744.

Community Bank • Freshwater



*Source: Roy Morgan Single Source Australia, May 2023. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at www.bendigobank.com.au or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (1676698-1734981) (05/22) OUT_33594289, 07/12/2023



Conditions change...

The housing market in Freshwater was unpredictable last year as price growth defied high interest rates and an increase in the volume of winter sales triggered a new cycle.

With renewed momentum and changed conditions continuing into 2024, knowing what it all means for the price of your home is essential.

Mike Dunn is your Freshwater specialist - to find out what your home is worth in today's market call or text Mike on 0409 317 335.



0409 317 335

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Mike Dunn

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