



AUGUST 2024

FRESHIE SLSC

All the latest news from your favourite club.



— PRESIDENT'S NEWS

Life Membership - Eric Middledorp

The Freshwater members would like to congratulate Eric Middledorp on his elevation to Life Membership of the Freshwater Club. Eric has been a member of the club for over 60 years and has a long history in boat competition with many branch, state, and Australian championship placings. Above all, Eric has been an active member of the heritage and history panels at Freshwater for many years. He has sourced and preserved many of the clubs archives and historical memorabilia for generations of club members to enjoy.



Congratulations to Eric on this wonderful achievement.

The Freshwater SLSC Executive Committee

The President Michael Bate has welcomed two new members of the Freshwater Club to the 2024/25 Executive Committee.

Director Surf Sports – Paul Stormon



Paul has been a member of the Freshwater Club since 1976 . Paul is a very active member of the Freshwater Masters team and better known to the Masters as “The General”. Paul is a senior careers and coaching advisor across Education and Human Resources. Paul has a reputation for supporting people with the skills, direction and human support to reach their goals. No client's needs or goals are out of scope and Paul's results are testament to his commitment from senior corporate transformations to factory shutdowns. Paul was also previously the National Business Development Director for SLSA and responsible for the many long term sponsorship relations.

Youth Development Officer - Josh Orr

Josh has been a very active member of the club since joining the Freshwater Juniors from the Under 10s. Josh has played an active role in coaching and assisting the JAC for many years and brings to the Executive Committee a great voice for the junior and cadet membership of the Club. Josh is currently studying Aeronautics at The University of Sydney and together with his education commitments still finds time to assist many of the juniors with mentoring and coaching.



VISIT TO CLUB PATRON



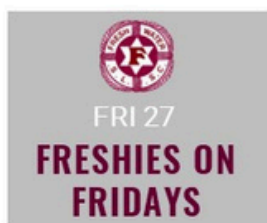
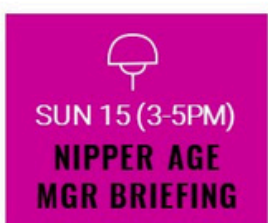
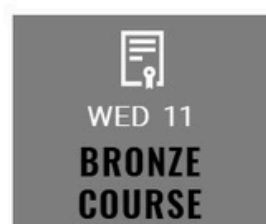
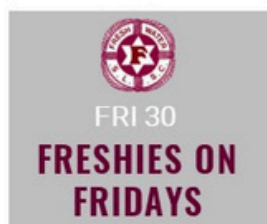
Steve and Lindsay Davis recently visited the Club's long-term patron, former Governor of NSW, Rear Admiral (ret.) Peter Sinclair and his wife Shirley. They presented Peter with the Club's Annual Report. A delightful few hours was spent with Peter and Shirley and their son Peter Jnr as they discussed the early days in the Navy. Peter joined the Navy at 13 and had command of various vessels during his active service and in 1987 became Commanding Officer of the Australian Fleet.



Shirley recently celebrated her 90th birthday and a more lively and welcoming hostess would be hard to find.

We thank them both for their continuing interest in Freshwater SLSC, where both their fathers were once members.

WHAT'S ON IN AUGUST AND SEPTEMBER



MEMBERSHIP RENEWALS

*SENIOR AND NIPPER RENEWALS ARE OPEN NOW
ALL REGISTRATIONS CLOSE 30 SEPTEMBER*

All renewals are to be completed on-line through the SLS Members Area.

Please ensure to make payment for your fees at the same time as completing your membership renewal.

There is no increase in fees for the coming year.

The EC decided that given the current cost of living climate, not to increase membership fees for the coming season.

[Renew your membership click here.](#)

— *EDUCATION NEWS*

SKILLS MAINTENANCE

With the new season of patrolling fast approaching please see attached all information about your annual Skills Maintenance.

Dates of Upcoming Skills Maintenance sessions;

Saturday 12th October, 12pm Start

Saturday 19th October, 8.30am start

Sunday 27th October, 8.30am start

Sunday 17th November, 12pm start

Sunday 15th December, 11am start – ABSOLUTE LAST!!!

[Click here for further information on what you need to do!](#)

Please remember to renew your membership via link below;

Login to Members area Portal: https://members.sls.com.au/SLSA_Online/modules/login/index.php

UPCOMING COURSES

Nipper to SRC course - start date Sunday 13 October 2024 with possible assessment 23 or 24 November 2024 (must be 13 years old at date of assessment)

Bronze course - start date 7 or 8 September (full day first aid course if needed), every Wednesday 6.00pm - 8.00pm starting 11 September (in the clubhouse) and every Saturday starting 14 September 9am - 11am (in the water), possible assessment date 9 October 2024 (must be 15 years old at date of assessment).

Advanced Resuscitation Techniques course - every Wednesday night 6pm-8pm (in conjunction with Bronze group) starting Wednesday 11 September for approximately 6 weeks. Assessment date to be advised.

SRC to Bronze transition course - dates to be advised. Existing SRC members who turn 15 this year prior to October will be emailed directly with invitation to attend.

[Please Click here to find out more about courses and to register your interest.](#)

— *YOUTH NEWS*

Youth Weekend Away EOIs Open!

The 2024/25 Youth Weekend Away is scheduled from Friday 20th (afternoon) – Sunday 22nd of September in Forster for ages 15 - 21! It will be a great time to catch up with your friends from Freshie, meet new people and dive back into surf life saving before the season kicks off. Don't miss out!

Accommodation and food is provided! EOIs close on the 26th August so get in quick. Contact Josh at youth@freshwaterslsc.com or 0414 020 165 with any questions.

<https://forms.office.com/r/CtcG7NZ9u3>



Youth Survey

Freshie is conducting a survey of the youth (U14s – 24yo) to find out how we can improve and what YOU want for the seasons ahead. All responses go into the draw to win a prize. Get in fast and answer by the 1st of September to go in the draw! Click [HERE](#) to respond.

Changing Contact Details For Your Child

We have noticed that a number of youth members (U15s+) are not currently receiving important club emails and these are instead being sent to their parents.

If you are a child (or a parent who is still receiving their emails), see the guide below on how to update these details:

https://scribehov.com/shared/Update_Contact_Details_for_Youth_MembersTheir_Parents_n7J--1rzS3a8_x5_lEbyew

— OUTER CLUB OPPORTUNITIES

CROWDY HEADS SLSC - REQUEST FOR ASSISTANCE



CROWDY HEAD SURF LIFE SAVING CLUB INC.

Established in 1956

Incorporated in NSW INC 9879709

ABN 27 911 047 117

www.crowdyheadslsc.org.au

24th July, 2024

The Director of Administration

Dear Sir / Madam

RE: REQUEST FOR ASSISTANCE 2024/2025 SEASON

Our club is located within the Lower North Coast Branch on the Mid North Coast of NSW, approximately 2 hours north of Newcastle. Our membership for 2023/2024 was 203 in total, including 76 juniors and 43 active patrolling members. These 43 members were split over 6 patrols.

Looking at the upcoming season, we believe the increasing decline in patrolling members for our area will see our club only have 4 or at best 5 patrols, which may result in each active member having to patrol every weekend, something which is not sustainable.

We are sending this letter in the hope that some of your active members may be interested in visiting our club, staying overnight at our clubhouse and undertaking a volunteer patrol or two one weekend next season.

Our patrol hours are 9.00am to 1.00pm on a normal weekend, and 10.00am to 3.00pm on the peak days (eg Easter and Christmas, the latter being the period where we require the most assistance). In that peak period, each of our patrols requires three bronze members (consisting of one Patrol Captain, one IRB driver and one crewman), however our fully equipped clubhouse will accommodate more, should a larger number of your members wish to assist.

Should you have further queries or are interested in assisting with an out post patrol, please contact our President Adam on 0401 158 762 or our Director of Life Saving Rod on 0476 559 001. Thank you for your time in this matter - we appreciate your consideration.

Kind regards

CROWDY HEAD SLSC

SIENNA ELMER

Director of Administration

CROWDY HEAD CLUB HOUSE

Telephone: (02) 6556 1325

Crowdy Head Rd, Crowdy Head 2427



DIRECTOR OF ADMINISTRATION

enquiries@crowdyheadslsc.org.au

PO Box 50, Harrington NSW 2427

— *SURF SPORTS NEWS*

Welcome to the 2024-25 Freshwater Surf Sports season. The Surf Sports panel is currently designing the season's expectations, emphases and above all, opportunities.

Our season's goals will be spread across performance and inclusion, retaining current members and attracting new-to-Surf-Sports-events.

While we currently have best-of-breed strengths in key competition areas there are also gaps. Freshwater SLSC is a club with a long standing tradition and a history of results across all surf lifesaving disciplines bar none and we can draw on coaching and training experience and support 'across the board (pun unintended)'.

The first major event is the World Lifesaving Championships at the end of August and our team of Masters competitors is being ably managed by Michael Kirkby.

The next major event is the Coolangatta Gold on the weekend of October 12-13 2024. This is fast becoming a favourite touring opportunity for members for because of the variety across ski/board/swim/run disciplines as an individual or in a team.

Significantly it represents a 'dip your toe in the water (pun intended)' for fringe members as it is an SLSA sanctioned event not requiring SLSA award qualification and current proficiency.

Check it out at

<https://sls.com.au/coolangattagold/>

If you would like to know what opportunities are available for you or your family either to compete or support our competitive efforts please contact me on sport@freshwaterslsc.com.

Finally, thanks to all our lifesaving members and officials for allowing us to do what we do.

Paul Stormon
Director Surf Sports
Freshwater SLSC
sport@freshwaterslsc.com

— *NEWS FROM AROUND THE CLUB*

News from the Surf Life Saving - NSW State Conference

It was announced at the NSW State Conference held on 27 and 28 July that Surf Life Saving NSW is looking at introducing flexible patrolling. This is being considered because it appears that there will be changes to the Life Saving Agreements between Surf Life Saving Clubs and the Councils who are the bodies legally responsible for beaches in New South Wales.

The Life Saving Agreement is the document that specifies the patrolling hours that the Club has to meet and the minimum number of patrolling members required on each patrol.

Significant work has been done by SLS NSW in the last few years to better identify when lifesavers are needed on the beach. The data reveals what we have observed for some time. The peak times for rescues coincide with peak numbers on the beach.

Beachgoers in the mornings tend to be locals who can swim and are less likely to get into trouble. Conversely, people who don't frequent the beach as often tend to arrive from around 11am onwards and will stay for several hours. Unsurprisingly, the peak time for rescues is from mid-December until late February. It has also been identified that there are many rescues after 6pm.

Some of the initiatives that Surf Life Saving NSW is considering include varying patrolling hours and varying the numbers of patrolling members required at different times of the season. This already happens at Freshwater to an extent. For example, we patrol until 6pm in summer, but finish at 4:30pm in April.

Whilst it was announced that SLS NSW would roll out changes before the start of the season, that will not occur. The primary reason is that there is already a Life Saving Agreement in place for this season. So, it will be business as usual this season, but in the coming seasons there may be some changes to patrolling times and the manner in which we structure patrols.

— *NEWS FROM AROUND THE CLUB*

SLSA MASTERCLASS

Two of our members recently attended the 2024 SLSA National Leaders Masterclass in Adelaide. Kelly Dobrow (our Director of Education) and James Crittenden (Deputy Director of Lifesaving Support Operations SNB) were both selected to attend the 5 day course.



This is a leadership program run by SLSA in conjunction with the University of South Australia every year where 28 SLS members are selected from around Australia and New Zealand providing them an opportunity to network and discuss common SLS issues within their cAlub, branch and state. Both Kelly and James came away with some valuable tools dealing with leadership and formulating a strategy for Freshwater SLSC for the next 3-5 years.

They both look forward to sharing their experiences with the Freshwater members this coming season.

HARBORD DIGGERS HAWAIIAN FESTIVAL

Our great sponsor, the Harbord Diggers Club, held a very popular Hawaiian Luáú' event on the weekend 3 and 4 August.

Freshie's Naomi Wilson and Naomi Donohue were only too happy to set up a stand featuring the legendary Hawaiian Olympian and surfer Duke Kahanamoku.



CONGRATULATIONS ROCKI - RUNNER UP NIPPER OF THE YEAR 2023-2024

Freshie U9 Nipper, Rocki R was nominated by his age manager for the annual Westfield Nipper of the Year competition.

Rocki joined our club last year and showed great perseverance and determination in all the challenges he faced throughout the season.

We were very proud to see him receive the runner up award!

He is an amazing example to all his teammates and we can't wait to see him back at Freshie this upcoming season- well done Rocki!



KIM COOK - CROSSING OF LAKE TAHOE SWIM

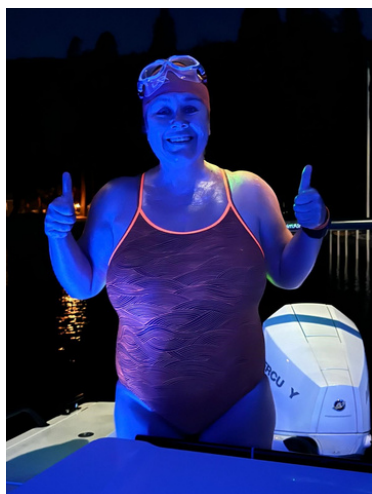
Congratulations to Club member and Patrol Captain Kim Cook on completing her swim crossing of Lake Tahoe in California.

This swim was a 12 mile (19km) swim across the widest part of Lake Tahoe spanning from Homewood, CA on the west and Glenbrook, NV on the east, it is one of three sanctioned and recognised marathon swim courses on Tahoe.

It was an individual swim (with safety boat) as opposed to a mass participation swim and from the records Kim would appear to be the first Australian to have completed it (as they say "since records began")


Kim Cook	Solo	Australia	CA to NV	07:41:47	July 25, 2024
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Before:



After:





**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.*

What's On At Freshie

Freshie Working Bee - Sunday 8th September

Sunday 8th
September 9 - 11AM

Please put on your gloves and working boots and join us for a Working Bee at the Club:



Freshie Working Bee



We need a hand to give the Clubhouse and gardens a spruce up in preparation for the new season.

A BBQ and refreshments on offer to reward the hard work.



— *What's On At Freshie*

NIPPERS OPEN DAY

become a future lifesaver



**JOIN
NOW**

**Saturday 7th
September
9am-1pm**

for more information

— What's On At Freshie

ALL MEMBERS INVITED



FRESHIE ON

Fridays

Join members and guests at Freshie on Friday!
We will have pizza to accompany refreshing drinks from the famous Freshie bar.
Come along and bring a friend!

from 5:30PM

26TH JULY
30TH AUGUST
27TH SEPTEMBER
25TH OCTOBER
29TH NOVEMBER
XMAS PARTY TBD
31ST JANUARY
28TH FEBRUARY

FRESHWATER SURF LIFE SAVING CLUB

OPEN 7AM-10PM EVERYDAY



22-26 ALBERT STREET, FRESHWATER

P 90 MINUTES FREE
UNDERGROUND PARKING



SEPTEMBER
**SELL
OUT**



Set 'Sale' this September.

List your property with Upstate this September and you'll benefit from discounted marketing packages, expert support from finance to styling, and a strategic launch plan to maximise your sale price.

**Want to know more? Scan the QR code
or contact Mary Anne for all the details.**



Mary Anne Cronin
0411 773 646

UPSTATE

HARBORD HOTEL

What's on at your local

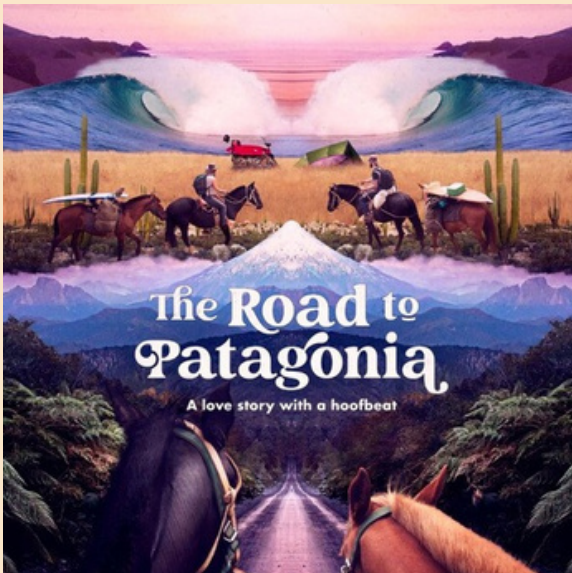


THE VELVET CLUB

Friday 30 August | 8pm

We're bringing you a monthly showcase of the best up-and-coming local talent, live and loud at Harbord Hotel. Don't miss headliner The Velvet Club with supporting acts LIP and Sam Allen.

Free entry!



ROAD TO PATAGONIA

Monday 2 September | 7pm

Join us for the screening of Road to Patagonia.

The Road to Patagonia is a stunning, intimate and unflinching series of love letters within a documentary – firstly a love between two people, and secondly between humanity and the Earth.

Get tix via our website.

HARBORD HOTEL

What's on at your local



\$18 WEEKLY FAVES

Monday - Friday

Enjoy our pub faves for \$18, from 5-9pm Monday to Friday. All \$18, all delicious!

Monday | Steak night
Tuesday | Pizza night
Wednesday | Burger night
Thursday | Schnitty night
Friday | 1kg Wing night

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



Titan Ford

Deals

Local People Better

Best Service

www.titan.com.au



Titan Ford is excited to continue our support for Freshwater SLSC for another year! We're proud to stand by such a dedicated team that plays a vital role in our community. As the season kicks off, we wish all the members the very best and look forward to seeing the club achieve great things.

You'll find us around throughout the season, so if you spot us at an event, don't hesitate to come over and say hello. Here's to another successful year ahead!

Michael McCauley
Dealer Principal



Looking for a new car?

Contact our Sales Manager, Nick Galvin. He will be able to assist in finding your perfect new car that suits your lifestyle! [View our stock online.](#)

Email: ngalvin@titan.com.au



The Norris's saved \$5,772 last year on their home loan!*

All over Australia, homeowners are saving money with a free home loan health check.

How much could you save? Call Michael on 02 9939 6744 to find out more.

 Community Bank • Freshwater

 **Bendigo Bank**

*Amount saved was annual payments reduction on an owner-occupier home loan when repayments dropped by \$481 a month from lower interest rate and loan restructure. Actual savings will depend on individual circumstances. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply and are subject to change. Credit provided by Bendigo and Adelaide Bank Limited ABN 11 068 049 178 Australian Credit Licence 237879. A1963171
OUT_35485332, 27/02/2024

FRESHWATER SLSC IS PROUDLY SPONSORED BY



HARBORD
HOTEL

Community Bank
Freshwater



Titan Ford

UPSTATE



SHAWOOD

Mike Dunn
CLARKE
& HUMEL

BENNETT  **SURF CO.**



Neilson
Foundation



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