



**MID NORTH
COAST**

HIGH-TIDE

*Official newsletter of
Surf Life Saving Mid North Coast*

President's Message



I acknowledge and thank our members who continue to put in the hard yards on the beach and up in the clubhouses during each season. It is hard to believe that there are only four more patrolling weekends left for what has once again been an eventful season. The last few months have seen some extremely trying times again, with many beach closures due to floods, poor water quality and dangerous conditions. Unfortunately, this has hindered both surf sports, junior activities, and education, with many planned activities either being cancelled or postponed.

Thank you to those clubs and members who have made themselves available for the ongoing Flood Response. It is great to see so many of our members putting up their hands to help those in these ongoing emergency events.

Congratulations to all the competitors who travelled to the Gold Coast for Aussies 2022. Fingers crossed for some sunshine and favourable carnival conditions. It is great to hear of many officials, water safety and support crews who made the trip north. We will have a wrap up of the Aussies in the next newsletter.

The 2021/2022 Newcastle Permanent SLSMNC Awards of Excellence will be held on Saturday 18th June, with a venue to be advised in the coming weeks. If you know of someone in your club that continues to go above and beyond please advise your club committee.

Please remember that the Branch Executive is here to assist clubs and members at any time. If you require some assistance or support please get in contact.

Yours in surf life saving,

Rod McDonagh

**President
Life Member
SLSMNC**



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Junior Lifesaver of the Year

The announcement of Surf Life Saving Mid North Coast Newcastle Permanent Junior Life Savers of the Year was made at the MNC Branch Championships.

SLSMNC would congratulate Milly McGrath from Wauchope-Bonny Hills Surf Life Saving Club and Jarvis Lineham Port Macquarie Surf Lifesaving Club on being awarded SLSMNC JLOTY for the 2021/22 season.

Newcastle Permanent representatives Samantha Cullen and Bob Higham were in attendance along with MNC Branch Executive, Life Members and Club representatives.

JLOTY is a great way to highlight emerging leaders within our Surf Life Saving community. All finalists are to be commended, you all have bright futures ahead of you.

Congratulations to all the candidates and our two winners who will move on to the Surf Life Saving NSW JLOTY selection.



Good News Story

Two teenage boys were quick to act at Cronulla on Friday when they spotted a surfer in trouble in the water. Ted Strong and Will Pamplin, aged 15 and 16, had spent the day, February 18, travelling to the 2022 Australian Surf Rowers League (ASRL) Open at Elouera.

Ted from Wauchope Bonny Hills SLSC and Will from Port Macquarie SLSC are part of the Port Macquarie under 18 surfboat team. They were the youngest competitors at the event. They were standing on higher ground at the beach checking out the surf. They spotted a surfer face down and motionless. The teens managed to get the man on his surfboard and bring him to the shore.

The surfer, in his 50s, had suffered a cardiac arrest. Just before 2.30pm NSW Ambulance paramedics were called. Six paramedic road crews and the Toll Rescue helicopter with a Critical Care Doctor and a Critical Care Paramedic on board were dispatched to the scene.

Two off duty paramedics and lifesavers treated him before NSW Ambulance arrived. He was placed in an induced coma and taken to St George Hospital in a critical condition.



Will Pamplin (second from left) and Ted Strong (fourth from the left) rescued a surfer at Cronulla on February 18. Picture: Port Macquarie SLSC

Australia Day Awards

CONGRATULATIONS

Two SLSMNC members were shown recognition through their ongoing commitment to surf life saving through awards at their respective Australia Day Awards

Larry Brook has been awarded Port Macquarie Hastings Council Senior Citizen of the Year in recognition of his lifelong volunteering, sporting, community and leadership activities across a wide range of organisations in our area. Larry joined the Surf Life Saving movement in 1962 and remains a Port Macquarie Surf Lifesaving Club coach and active patrol member, taking a leadership role as patrol vice-captain. He coaches four sessions a week, amounting to more than 300 hours a year and has shown this commitment to young members for 21 seasons continually. In his 60 years of Surf Life Saving competitions, Larry has won many branch, state and national medals and has one world championship medal to his name. He is a life member of the surf club, the Port Macquarie Swimming Club, the Port Macquarie Winter Swim Club and St John's Ambulance Australia.



Taylah Moffitt from Kempsey-Crescent Head Surf Club was awarded the Local Hero Award at today's Kempsey Shire Council Australia Day Awards. At a young age, Taylah has demonstrated what can be achieved by volunteering in a small community. In 2021, Taylah Moffitt was awarded NSW Junior Life Saver of the Year. This award recognises the achievements and contributions of the state's most outstanding under 14 years members. Since joining Kempsey-Crescent Head Surf Life Saving Club's Nippers in Under 7's, Taylah has enjoyed participating each year and is involved in all areas of lifesaving-patrolling. Her dedication has seen her awarded Nipper of the Year, Club Carnival Champion, Mid North Coast Branch Female Champion Competitor, and Club Highest Point Score winner for the past 4 years.

Country Branches Reunion

Surf Life Saving Country Branches Reunion
Friday 13th to Sunday 15th
May 2022
At South West Rocks SLSC



Surf Life Saving Country Branches Reunion
Friday 13th to Sunday 15th May 2022
At South West Rocks SLSC

Friday Night - 'Meet + Greet'
From 5.30pm

\$20 - includes a drink and nibbles

NB - if you would like to book in for dinner please contact
Boulders Bar + Bistro on 65 666 590

Saturday - 'Official Luncheon'

From 11.30am

\$35 - includes two courses

Soup + a crusty bread roll

Roast meat, roast vegetables and steamed greens

Sunday Morning - 'Farewell Breakfast'

From 8am

\$10

Bacon + Egg Roll, and coffee or OJ

RSVPs

Please send all RSVPs in by Sunday 1st May via Google Form link below or print out this form and email to brucenrosc@optusnet.com.au or mail to PO Box 100, South West Rocks, NSW 2431

https://docs.google.com/forms/d/1tCbKfE_mDFX9P99rch5sjtdnS_1iA_x63NV-o5vwwK59c/edit



Surf Sports News

SLSNSW Country Championships

Overall Final results



3rd Place

Port Macquarie

16th Place

Wauchope-Bonny Hills

20th Place

Hat Head

21st Place

Tacking Point

22nd Place

Macksville Scotts Head

25th Place

South West Rocks



SLSMNC Branch Championships



Sunday 13th February saw our MNC clubs take to the sand in the Branch Championships. Due to the weather conditions being against us (again) water events had to be postponed.

The March Past is always a highlight and it was exciting for MSH to join in with a colour party! There were lots of smiles on the beach and medals to be won!



Sponsorship Opportunities



SLSMNC is currently seeking local businesses for new sponsorship opportunities. If you are looking to align your business with one of the most iconic organisations in the world, then we would love to hear from you. Please contact Director of Marketing and Communications, Brienna Elford, at marketing@slsmnc.com.au



Keep in the Know

All things SLSMNC can be found at www.slsmnc.com.au

SLSMNC has Facebook pages to enable members and the public to keep up to date for events and activities happening within our Branch.

The SLSMNC Branch 'Like Page' is a platform to promote information to the general public.

The SLSMNC 'Closed Groups' - Member Services Team, Education and Training, Surf Sports - are for members to join for information specific to that portfolio.

Make sure you join these groups for all current information.



Surf Life Saving Mid North Coast Branch



SLSMNC Member Services Team



SLSMNC Surf Sports



SLSMNC Education and Training

THANK-YOU TO OUR SPONSORS.....



Please send articles for future newsletters to lhatherly@surflifesaving.com.au