



**MID NORTH  
COAST**

# HIGH-TIDE

*Official newsletter of  
Surf Life Saving Mid North Coast*

## President's Message



2021/22 has been another eventful and somewhat difficult season, with ongoing beach closures due to poor weather conditions, flooding and the lingering effects of COVID-19 our volunteers have once again shown their commitment to keeping beachgoers and the wider community safe. It has also been disruptive for many surf sports carnivals, both local and statewide, which has affected the ability to provide opportunities for competition. The SLSMNC Surf Sports Team have been busy planning for the 2022/23 season competition calendar with an increase in surf boat events on the cards.

The weather has also hindered most aspects of junior activities including Nipper Sundays, surf education and surf sports training.

It has been a busier season than normal for the Support Operations Team of RWC Operators and Duty Officers with an increased number of call-outs. There was also involvement from members offering assistance during the flood relief.

I would personally like to thank all of the patrolling members who turn up week after week on the beach, sometimes in less than ideal conditions. Your dedication to keeping beachgoers safe is not lost on the wider community.

Members of Club Committees also need recognition for the many hours they put into keeping their clubs running and the ongoing efforts of keeping multiple balls in the air.

I look forward to seeing you all at the Newcastle Permanent Awards of Excellence at Tacking Point SLSC on Saturday 18th June and for the SLSMNC AGM on Monday 15th August.

**SAVE THE  
DATE**  
**Newcastle  
Permanent  
Awards of  
Excellence**  
**Saturday 18th June**  
**Venue - TPSLSC**



**Here for good.**



**MSHSLSC + PMSLSC  
ANZAC DAY**



**Yours in surf life saving,**

*Rod McDonagh*

**President  
Life Member  
SLSMNC**

# And that's a wrap!

Here are some pics from the last day of patrols around our Branch!



**South West Rocks SLSC  
Patrol 5**



**Tacking Point SLSC  
Swordfish Patrol**



**Wauchope-Bonny Hills SLSC  
All girl patrol signing off**



**Hat Head SLSC  
Paying their respects on Anzac Day**

## Rescue of the Month

Surf Life Saving NSW has acknowledged two local rescues with a Certificate of Recognition for their efforts in these two emergency situations.

Jye Palise, Matt Worrall, Steve Pellen and Damien Owens from KCHSLSC have been recognised by SLSNSW for their role in a rescue at Crescent Head Point in January. These four members involved went above and beyond to ensure that no person's life was lost that day.

In recognition of their efforts Will Pamplin PMSLSC and Ted Strong WBHSLSC, have been congratulated by SLSNSW. Whilst at a boat carnival in February at Green Hills these two cadets performed a rescue that resulted in a life saved.

# Aussies 2022

**Port Macquarie SLSC** had 24 athletes travel to the Gold Coast including 2 x surf boat crews, 4 x u17's and 10 x Masters competitors. The team achieved some amazing results.

Fred Middleton - **2nd** in Ski Final

Gary Smith - **3rd** in Ski Final

Fred Middleton and Gary Smith – **1st** in Male Double Ski

Larry Brook and Fred Middleton – **1st** in Board Rescue

Larry Brook – **1st** in 2k Ocean Swim, **3rd** in Surf Race

Deb Bartlet, Raelene Myers and Sara-Jane Oakeshott – **2nd** in Taplin Relay, **3rd** in Board Relay and **3rd** in Swim Teams

Raelene Myers and Debra Bartlett – **3rd** in Double Ski

Raelene Myers – **1st** in Surf Race & Ironperson, **2nd** Ski Race, **3rd** in Board

Debra Bartlett – **3rd** in Ironperson

Richard Hewens – 10th in 2km Beach Run, 4th in Shortboard Surfing

Nick Caldwell – Semi-Finals Board Race and Quarter Finals Ironman



**Port Macquarie SLSC** were proud to send 2 boat crews to the 2022 Australian titles in the divisions U19s Male and Open Women's. Competing at Aussies was a first time for the vast majority of the rowers and it was an overwhelmingly positive experience for all.

The U19s 'Orcas' were brought forward to compete on the Friday as the conditions were expected to deteriorate due to a cyclone further north. The boys who had only had the chance to compete at 2 other carnivals rowed very well with just missing out of the finals round by 2 points.



The Open Women's 'Gun Mums' have worked all season leading up to this event by competing at Ocean Thunder Surf Boat Series and other regional carnivals. They were lucky to just compete on the Sunday as there was uncertainty due to the seas conditions. The Gun Mums competed strongly in their heats and made the Quarter Finals, however upon turning the can, the guaranteed semi-final deciding wave took the eventual silver and bronze medallists through.

PMSLSC boaties as a collective would like to thank the Aussie Officials, our sweeps, sponsors and our wonderful families that supported us throughout the whole season and our amazing Aussie week.

# Aussies 2022 cont...

The 2022 Australian Championships campaign for **Wauchope-Bonny Hills SLSC** boats was a mixed bag. Going into the week, all three crews had high expectations.

The u23 Men, the 'Kockatoos', performed admirably well in their heats but the conditions proved challenging and they missed out on a Quarterfinals berth by a small margin.

The u23 Women, the 'Flamingos', performed quite well. They exceeded their own expectations - by holding more experienced and skilled crews to account and proving their worth in arguably the toughest surf in which they have rowed. Their campaign culminated with an unexpected berth in the semi-finals for a Top 12 in the country finish.

The Reserve Men crew 'The Four Strokes' were definitely the unlucky crew of our three. Suffering through multiple day-long delays, poor communication from SLISA, ever worsening conditions and a reduction in scheduled races, the crew resolved on Saturday afternoon, after a substantial pause in racing due to a near fatal accident, that the risk (and time) was simply not worth the reward. They were saddened to pull out but were glad to support the other crews. Overall, a mixed campaign but one full of reflective learning experiences for everyone on the beach



In addition to our boat crews, WBH was represented in the Masters by Life Member Keith Charles, who once again showed us how it's done in the flag pit, taking out the coveted **GOLD** medal in the 60-65yr age group. Adam Smith took part in the 2km ocean swim. In the Open Men's category, Chayce Anderson was knocked out in the heats of the single ski.

**South West Rocks SLSC** 160's Men's Surf Boat Crew, unfortunately, did not continue the winning streak from SLSNSW Country Championships and the North Coast Boat Series.

This was the boys third season rowing together and have taken the experience and are regrouping for the 2022/23 Season



# Aussies 2022 cont...



## Kempsey-Crescent Head SLSC

qualified as the second-best surfboat crew to make the finals of the Australian titles last week.

Unfortunately, they couldn't maintain their momentum which saw them finish fifth in the final after they got hit by a wave on the way out.

Team member Austin Northey said they couldn't claw back the ground they made. "The surf was pretty challenging and a couple of things didn't go our way," he said.

Carnivals cannot be run without the amazing group of Official volunteers. Officials ensure competitions are run in a safe and secure environment, whilst maintaining rules and regulations. MNC was well represented across all areas at Aussies.

### Mick Lang TPSLSC

Chief Referee Surf Boats

### Monika Di Maio WBHSLSC

Chief Judge R&R

### Bruce Caldwell SWRSLSC

### Rob McCue PMSLSC

### Dale Mowbray WBHSLSC

### Leanne Hatherly TPSLSC

Received her Senior Official Accreditation at Aussies



## 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 by Sunday 1<sup>st</sup> May via Google Form link below or print out this form and email to [bruce@sls.com.au](mailto:bruce@sls.com.au) or mail to PO Box 100, South West Rocks, NSW 2431

[https://docs.google.com/forms/d/1tCbKEmDFX9P99rch5sjtdnS1IA\\_x63NV-o5vwK59c/edit](https://docs.google.com/forms/d/1tCbKEmDFX9P99rch5sjtdnS1IA_x63NV-o5vwK59c/edit)



# Junior Lifesaver of the Year Youth Opportunity Makers

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.



Three Port Macquarie SLSC Cadets were privileged to attend the YOM Workshop in April. Amy Hatherly, Cooper Lorgier and Ande McGrath.

The YOM workshop engaged these cadets in many discussions and brain storming sessions. They were given the opportunity to share their ideas on running an environmentally sustainable surf club and how to recruit and retain cadet members. Their resilience was also challenged by throwing them in an ice bath fully clothed!

## EDUCATION - OFF SEASON DATES

**The off season is a great time to upgrade your awards or learn a new skill.**

### Trainers, Assessors and Facilitators

The Pre-season Meeting for all ATAFs will be on 14th August 9am-4pm at the Branch Office

### Do you hold the ARTC or ART (AID) award??

For all members to keep remain proficient in their Advanced Resuscitation Technique award you will need to complete the following two components:

- 1- Upgrade to the new ART award need to be completed before next season.
- 2 - Be current in First Aid (HLTAID011) - please check your First Aid certificate to ensure it is the current code, otherwise you will need to complete one of the First Aid courses on offer.

### Silver Medallion - Beach Management Pilot Course

For all Patrol Captains, Kim Rayner will be attending a pilot course held in Sydney, gaining knowledge of the updated course. More information to follow.

Date	Time	Course	Pre-requisties	Venue	Facilitator
<b>May</b>					
10th	6pm - 9pm	Upgrade ART	***	Branch Office	ART TAF
11th & 12th	6pm - 9.30pm	First Aid Course	\$ * ***	KCH SLSC	Kim
17th & 18th	6pm - 9pm	First Aid Course	\$ * ***	Branch Office	Kim
23th & 24th	6pm - 9pm	First Aid Course	\$ * ***	SWR SLSC	Kim
30th & 31st May	6pm - 9pm	ART	* ***	Branch Office	Kim
<b>June</b>					
5th	9am - 4pm	SEMC Course	* ***	Branch Office	Kim
8th	6pm - 9pm	Upgrade ART	***	SWR SLSC	ART TAF
9th	6pm - 9pm	Upgrade ART	***	Branch Office	ART TAF
to be confirmed		SM Patrol Captains - new course	* ***	Branch Office	Kim
<b>Legend</b>					
\$	cost involved				
*	Pre Course work to complete prior to course.				
***	Pre Requisites needed				

# 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](mailto:marketing@slsmnc.com.au)



## Keep in the Know

All things SLSMNC can be found at [www.slsmnc.com.au](http://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](mailto:lhatherly@surflifesaving.com.au)