

HIGH-TIDE

*Official newsletter of
Surf Life Saving Mid North Coast*

President's Message

I would like to take this opportunity to congratulate all of the SLSMNC patrolling members on the positive start to the 2022/23 season. From all accounts it was a busy spring school holiday periods.

The annual Newcastle Permanent Raising of the Flags was held at Kempsey-Crescent Head SLSC. It was great to see so many people in attendance on the day including the Hon Melinda Pavey, Leo Hauville, Newcastle Permanent Branch Manager Samantha Cullen, SLSMNC Life Members, SLSMNC Executive Members and other club members. Thank-you to the SLSMNC Director of Member Services Gary Hawkins who organised another successful event.

It was great to see recognition of our youth lifesavers, Ted Strong and Will Pamplin for their rescue of Andrew Bau whilst they were in Sydney last season for a surf boat carnival. For the full story [click here](#) to view the article on the ABC Mid North Coast website.

Congratulations to the SLSMNC Surf Sports Team, officials and competitors on a successful first Branch Carnival at Tacking Point on Sunday. The next Branch Carnival is scheduled to be held on the weekend of 10th and 11th December - venue TBA.

A successful 'Warriors on Water' Surf Boat Carnival was held at South West Rocks in October. This was the first Surf Boat Carnival SLSMNC has held in recent years and it was great to see crews from within the Branch as well from Sydney and Newcastle. This will become an annual event which is open to all clubs. Thank-you to Mick Lang and the officials for their organisation of this carnival.



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Yours in surf life saving,

Rod McDonagh

SLSMNC President

SLSMNC RAISING OF THE FLAGS



The sky turned blue and the sun shone upon the attendees at today's SLSMNC Newcastle Permanent Raising of the Flags Ceremony at host club Kempsey-Crescent Head SLSC.

Voluntary patrols commenced on Saturday 28th September across the State, and a symbolic pair of red and yellow icons returned for another season.

Thank you to those who attended including Hon Melinda Pavey MP for Oxley, KSC Mayor Leo Hauville, SLSMNC Life Members and Directors, Life Members and Directors from our Clubs, Samantha Cullen representing Branch major sponsor Newcastle Permanent Building Society, Lifesavers, nippers and members of our community.

Alfie Drew the Vice Chair of the Macleay Valley Local Aboriginal Educative Consultative Group and Leader representing Community Engagement, along with Malcolm Webster Jnr on the didge performed a smoking ceremony and water blessing.

SLSMNC 2022 Lifesaver of the Year Josh Lawrence read the Lifesaver's Pledge as a commitment to continued diligence and service.

Let's Save Lives, Create Great Australians and Build Stronger Communities together.
Welcome to the 2022/23 season!



FIRST PATROLS OF THE SEASON

Macksville-Scotts
Head



South West Rocks



Kempsey-
Crescent Head



Tacking Point



Port Macquarie



The first weekend of patrols was a busy one.

The beaches were full of locals and tourists taking advantage of the school holidays.

It was great to be back on the beach in the red and yellow for the first time with no restrictions since COVID hit us at the end of the 2019/20 season.

If you have any great pictures of your patrol send them to marketing@slsmnc.com.au

MEMBER RECOGNITION

Congratulations to SLSMNC Branch President, Rod McDonagh, who was recently awarded an International Life Saving Federation (ILS) Diamond Award for his ongoing service by officiating at over 12 World Championships. There is only a handful of other Australians who have reached this level of recognition.

Rod who was in Riccione, Italy in September for the 2022 'Worlds' was on the beach for seven days in various roles in both beach and water events for Masters, Youth + Open Competition.



This is William Hosick, William was Camden Haven SLSC's Youth Patrol Person of the Year last season. William is pictured here taking a break from his HSC studies to help with the Return and Earn Scheme for the Club. In the last 6 months, William has helped process over 20,000 bottles and cans netting the club just over \$2000. This money has put 4 junior members through their SRC, 2 members through their BM, purchased a printer and paper for printing of course material and club promotional material and Sun Safe uniforms for new and existing members.

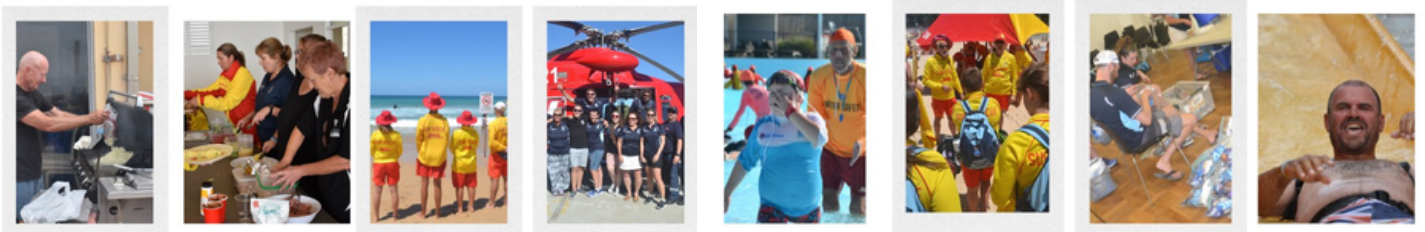
DEVELOPMENT CAMPS

Do you know someone who would be an awesome chaperone for our upcoming SLSMNC Youth Development Program to Dee Why from January 12 to 15th 2023?

The applicants will need to be proficient in Bronze, SRC or be Award Members who enjoy seeing the sunrise and don't mind spending time with others in the kitchen. They will need a current WWCC also.

Chaperones are supportive of our youth and of course be great role models, great communicators and great time managers.

Interested? Please send an email to memberservices@slsmnc.com.au and tell us what attributes you can bring to the program and why you would like to be considered a chaperone on our 8th annual trip to Dee Why.



SURF SPORTS NEWS

SLSNSW State Board Riding Titles were run on the 8th of October at Merewether Beach, Newcastle. Congratulations to Philip Hatherly from Tacking Point SLSC for taking out the **Gold** in the 50+ mal division.

It would be great to see more members from our branch at this fun event in May 2023 at North Avoca!



COOLANGATTA GOLD 2022

Linda Perkins, Raelene Myers, Debra Barlett and Elaine Walker. Linda competed in the short course event. An endurance event involving a 10.5km ski paddle, 2.5km ocean swim, 3km board paddle and 5.5km sand run. Linda successfully completed the gruelling event coming 4th in her division. A brilliant achievement! Linda backed up the following day to compete in the 190+ ladies long course team event with Raelene Myers, Debra Barlett, Elaine Walker and Linda completing the 9.5km sand run leg, with Raelene completing the 3.5 km ocean swim leg. The ladies' team won their division! These lovely ladies are awesome role models for all our younger members and are to be congratulated!

Congratulations to Kyle Vandermeulen and Ben Mockridge from Kempsey-Crescent Head SLSC. Both competed in the long course event at the Coolangatta Gold with amazing results!



FIRST BRANCH CARNIVAL





Sunday kicked off our competition season with the first Branch carnival at Lighthouse Beach hosted by TPSLSC.



The weather gods were smiling and the day was perfect. Just enough of a wave to keep it interesting for the nippers in the morning and cadets/masters in the afternoon.



On behalf of the Competition committee, thank you so much to everyone that supported the day - Officials, water safety, Age Managers, the work party and of course the competitors.

It was wonderful to see all the smiling faces and everyone having fun. Get ready for the second Branch carnival coming up in 5 weeks time on Saturday 10th and Sunday 11th of December!



EDUCATION - UPCOMING COURSES

First Aid - HLTAID011

Tuesday 13th and Wednesday 14th December 6-9pm

Branch Office - Facilitator Kim Rayner

ART Upgrade (must have First Aid HLTAID011)

Saturday 20th November 10am-3pm

Hat Head SLSC - Facilitator Sue Croad

ART Course (must have First Aid HLTAID011)

Tuesday 22nd and Thursday 24th November 6-9pm

Branch Office - Facilitator Kim Rayner

ART Upgrade (must have First Aid HLTAID011)

Monday 28th November 6-9pm

Branch Office - Facilitator Kim Rayner

IRB Crew and Driver

Saturday 10th and Sunday 11th December

Wauchope-Bonny Hills - Trainer Peter Daniels

First Aid - HLTAID011

Tuesday 13th and Wednesday 14th December

Branch Office - Facilitator Kim Rayner

The list of courses is in date order. If you require additional information on any of these courses please contact your Club Education Team or Kim Rayner at education@slsmnc.com.au

There are many Education courses coming up before the end of the year and is a great time to do your upgrades or to gain a new award.

Keep in the Know



Surf Life Saving Mid North Coast

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.



SLSMNC Member Services Team



SLSMNC Surf Sports



SLSMNC Education & Training

THANK-YOU TO OUR SPONSORS.....



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