



HIGH-TIDE

*Official newsletter of
Surf Life Saving Mid North Coast*

President's Message



It has been the first summer post-COVID where we have been able to get back to some kind of normality. This topped with hot weather made for a busy peak season on the beach. Conditions were varied from perfect to extremely large and dangerous which kept out volunteer patrols on their toes with many preventative actions to make sure that the beach goes stayed safe. As we would be all aware this season has seen Australia with the highest number of drownings in history, with all of them being at an unpatrolled area. Luckily we were not affected. The assistance of members from other parts of NSW was welcomed at some of our Clubs to booster our strength at a few locations. This proved to be a great initiative for the members from metropolitan areas who got to experience the reality of patrolling in regional areas. With the business of summer also came multiple call-outs across most MNC Clubs. Some of these Clubs have gained positive reports on their professionalism and high level of communications during these incidents, which is a testament to the training and ongoing mentoring.

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Our younger members enjoyed the trip to Dee Why with some valuable life skills learnt and friendships made, congratulations to all that were part of the organising crew and for the participation of our young lifesavers. Whilst on our young lifesavers we were proud to announce our Junior Lifesavers of the year - Gabby Turner and Jack McGrath. At the recent Branch Championships held at SWR, who I am sure will do us proud. The Branch Championships were well attended and I thank all officials and competitors for their efforts to make it a successful weekend.

As things slow down a bit there are is still plenty going on in your Clubs and it won't be long before we start looking at Presentations, AGMs and recognition for the exemplary job you, the members have performed over the season.



**Dee Why Development Camp
participants laying a wreath
at the Memorial for Fallen
Lifesavers**

Newcastle Permanent Junior Lifesaver of the Year

The announcement of the 2022/23 Newcastle Permanent Junior Lifesaver of the Year (JLOTY) was announced on the morning of Sunday 19th February at the Branch Championships at South West Rocks.



This season saw the following representatives:

Hat Head SLSC

Emma Jarman + Jayden Swaine

Port Macquarie SLSC

Airlia Matthews + Jack McGrath

Tacking Point SLSC

Gabby Turner + Archie Spitzer

Wauchope-Bonny Hills SLSC

Tori McGrath + Alex Slavin

I would like to acknowledge our special guests

Claire Wilkinson - Newcastle Permanent Partnerships and Community Engagement Specialist; Councillor Kerri Riddington Kempsey Shire Council; SLSNSW Life Members - Tony Hayes OAM, Mick Lang, Ian 'Spook' Everingham and Rod McDonagh; SLSMNC Branch Life Members Tony Hayes OAM, Rod McDonagh and Gary Hawkins; SWRSLSC Life Members Tony Hayes OAM, Anne Pearce, Mick Adams, Rod McDonagh and Colin Ball; SLSMNC Executive Committee - President Rod McDonagh, Vice-President Mick Lang, Director of Administration Doug Menzies, Director of Surf Sports Sandra Slattery, Director of Marketing and Communications Brienna Elford and Deputy Director of Member Services Nicole Crowe.

This years panel included:

Samantha Cullen - Branch Manager
Newcastle Permanent Port Macquarie

Leanne Goggin - Life Member
Wauchope Bonny Hills SLSC

Gary Hawkins - Life Member and Director of MS
Surf Life Saving Mid North Coast



Every year those of us on the selection panel have been absolutely amazed at how our young Surf Lifesavers handle themselves throughout the very grueling interview process.

Each Club representative was assessed on how well they spoke about their knowledge and achievements

We were pleased to announce this winners of this season's Junior Lifesaver of the Year is:

➤ **Gabby Turner - TPSLSC and Jack McGrath - PMSLSC.** ➤

These two wonderful ambassadors will represent our SLSMNC at the State JLOTY awards in April.

AUSTRALIA DAY AWARDS

SOUTH WEST ROCKS SURF LIFE SAVING CLUB 2023 COMMUNITY GROUP OF THE YEAR

Congratulations to the South West Rocks Surf Life Saving Club on receiving Community Group of the Year at the 2023 Australia Day Awards Ceremony.

The SWRSLSC was formed in 1919 and plays an important role in beach safety education and developing the next generation of surf life savers.

Each season, approximately 50 volunteer members patrol local beaches for between 2000 and 3000 volunteer hours.

These volunteers look after beachgoers by identifying the safest place to swim at the beach and prevent incidents through community 'beach safety' education.

They also have a team of emergency call out members who attend emergency situations anywhere in the local area.

In October 2022 members of the club were awarded the Surf Life Saving NSW State Rescue of the Month award, a fantastic achievement as the circumstances of that rescue were particularly challenging.

The club collaborates regularly with many not-for-profit groups in the area by providing water safety and attending emergencies with other agencies including Marine Rescue, SES and RFS.

The Club is in its 102nd season. There has never been a life lost between the flags during this time.



BRIENNA ELFORD - 2023 CITIZEN OF THE YEAR

Congratulations to Brienna Elford on receiving Citizen of the Year at the 2023 Australia Day Awards Ceremony.

Brienna is a valued member of the South West Rocks Surf Life Saving Club and has achieved much in her time with the organisation.

In the last 10 years Brienna has completed 712 volunteer patrolling hours – including volunteering every Christmas Day – and in 2015 she joined the Committee as the Director of Administration, later taking on Director of Finance and Director of Lifesaving (sometimes all at the same time).

In 2022 alone Brienna clocked up 150 volunteer hours with South West Rocks Surf Life Saving Club and won the Trainer of the Year at the Mid North Coast Surf Life Saving Awards of Excellence.

She also engaged with the community to lead the creation of the first Reconciliation Action Plan for the surf club and was an integral part of holding the Gotcha4Life 24 Hour Row at the Surf Club, raising \$4,354 towards the mental health organisation.

Brienna played an important role during a rescue in October 2022, which saw the group of rescuers receive NSW Surf Life Saving Rescue of the Month and in her spare time is a committee member for four other volunteer organisations.

Over the years Brienna has been an inspiration and a mentor to the members of the surf club as well as to the youth in our community.

EDUCATION

****An updated Education Calendar will be released soon****

There has been a few IRB Crew/Driver courses running throughout the Branch in both the northern areas and southern areas.

These are some of the candidates from the huge IRB Crew/Driver squad that Ian 'Spook' Everingham and Peter Daniels arranged prior to Christmas. Some candidates have already completed their hours and have been assessed. If you need to complete your hours or are ready for assessment contact Peter.



- What's New in Education -

SLSMNC will be offering opportunities to complete the following courses in the coming months - **Silver Medallion Patrol Captain** (superseding the Silver Medallion Beach Management) and **UAV Operators** award.

Both these courses can be used as pathways to paid employment through Australian Lifeguard Services for lifeguards and drone operators for the summer season.

SURF SPORTS

Adam Smith (WBHSLSC) - Assistant Coach - NSW Country Team



I had the privilege of being as the Assistant coach for the NSW Country team as part of the Tri Series Challenge. The Tri Series Challenge is a competition held every two years between athletes from the Central Coast Branch, NSW Country and the North Island of New Zealand.

This event has been going on for close to 30 years. This year the Challenge was hosted by the Far North Coast Branch, with three mini carnivals held across Lennox Head, Fingal Head and Kingscliff Beach; competing in a team event format across beach and water events.

The athletes from U17-Open's and coaching staff went into camp for a week in Lennox. Going into any camp, I am always nervous and anxious. This one wasn't any different. I have been part of a number of teams as a coach and athlete and this was one of the best team environments I have been involved with. Whilst in camp, there were talks on nutrition and training, skills workshops and a chance to meet other Country NSW members.

All three days of racing were very close and highly competitive. On Day One, the surf was well between seven to eight feet and the skill of all the athletes was on display. The competition was tight, but NSW Country came away with the win with a number of stellar performances

I personally took a lot away from the week and being able to work with this calibre of athletes and coaching staff. Looking forward now, I can't wait to use what I have learnt with all athletes from across the branch and mentor upcoming coaches.

We now have two years to get a few MNC athletes in the next team for the tour of NZ!!!

BRANCH CHAMPIONSHIPS

The 2022/23 Newcastle Permanent Mid North Coast Branch Championships was held on Saturday 18th and Sunday 19th February at South West Rocks.

The weather and surf conditions were kind to us except for the wind on Saturday afternoon and a few blueys leaving their marks on our Masters competitors.

The feedback from the carnival was positive, which is great and I think the venue is a popular attraction, we know what we are going to get 99% of the time. The fact we concentrated on Swim, Board, Ski, Ironperson and not so much on teams events allow us to rip through the program.

Looking to the future, parents don't want to be on the beach all day and neither do the officials!

The SWRLSC 'Work Party' did an excellent job during the two days.

As well as a huge congratulations and thank you to Danny Sutor on the jet ski and Josh Lawrence on the drone.

Thank you to all of our water safety both in the water and in the IRBs, as well as Brienna for taking numerous photographs of the event.

Finally, I would like to thank and congratulate all of our officials who worked tirelessly over the weekend. Without officials there would be no carnival.

Mick Lang
SLSMNC Vice-President



COUNTRY CHAMPIONSHIPS

The Oakberry SLSNSW Country Championships were held at One Mile Beach, Forster hosted by Cape Hawke SLSC from the 27th - 29th January.

The MNC clubs should be proud to say that there were competitors from all eight clubs in our Branch across all areas of competition including juniors, masters, surf boats and board riding.

There was some brilliant performances across the board with PMSLSC taking out 3rd place overall.

Thank you to everyone that contributed to a wonderful carnival - water safety, IRB crews, work parties, age managers and of course those that officiated.



Steve Hudson
MSHSLSC



Zali Meichen
MSHSLSC



Cassie
Silver - Flags
Bronze - Sprint
CHSLSC



Surf Boat Crews
WBHSLSC



Sophie + Mitchell
SWRSLSC



Under 8s
TPSLSC



Juniors + Seniors
KCHSLSC



Swain + Davies Boys
HHSLSLSC



PMSLSC Reserve Women's
Surf Boat Crew



Under 13s
PMSLSC

Port Macquarie SLSC Country Wrap-up

After three big days of competition at Cape Hawke for the NSW Country SLS Titles, PMSLSC came away With third place in the overall point score! Congratulations to all of our competitors who represented the club. This result would not have been possible without the long list of support crew who helped the competitors across the three days of competition. Support crew included, water safety, IRB drivers, IRB Crew, Officials, Team Managers, parents & grandparents and friends. Thank you for helping us compete.

Across the three days there were challenging conditions which tested even the experienced competitors. We had a large contingent with 81 nippers and 41 senior members making up our team. We had members compete in traditional surf life saving events, boat section as well as surfing. The sportsmanship displayed over the weekend was great to see.

Paula Stone
President PMSLSC

DEE WHY YOUTH CAMP

On a Thursday morning in January a keen group of young Lifesavers set out on the annual Youth Development Program to Dee Why. The participants came from six of our Clubs, ranged in ages from 14 to 17 and held either their SRC, Bronze and IRB crew awards.

They were chaperoned by Nicole Chilcott, Ken Parish, Kirstie Swaine and myself.



Thank you to all the participants for the way in which you have displayed enthusiasm to listen, learn and participate. To all the parents out there of these youth, every one now knows how to wash and wipe up in the kitchen.

Thank you for attending, thank you to the support from MNC branch and all the venues we visited, and until next time.

One last thank you to Newcastle Permanent Building Society and their ongoing support of our lifesavers of tomorrow.

Regards,
Gary Hawkins
SLSMNC Director of Member Services



In its eighth year, the program set out to showcase the participants pathways and opportunities that are available to them. The awards they hold now and gain in the future through Surf Life Saving can be used to follow any of the pathways we attended.

Full of knowledge, having gained a better understanding of the pathways within Surf Lifesaving and appreciative of the chaperones and bus driver that helped make this program all happen.

Thankyou to all the participants for the way in which you have displayed enthusiasm to listen, learn and participate. To all the parents out there of these youth, every one now knows how to wash and wipe up in the kitchen.

CLUB NEWS

WBHSLSC IRB named in honour of Paul Hoole – a true Surf Lifesaver

Recently, Wauchope-Bonny Hills SLSC acquired a new Inflatable Rescue Boat (IRB). There is a custom at WBHSLSC to recognise club members who have contributed substantially to the operations of the club, a new item of equipment is named in their honour.

This honour was given to Paul Hoole.

Paul is a Life Member and well respected member of WBHSLSC. When looking at his surf lifesaving history it is impressive and represents what a true surf lifesaver is. There are so many highlights in his surf lifesaving 'career'.



He gained his Bronze Medallion in 1984 and took an interest in IRBs gaining his licence in 1988. Paul has held many positions within the club – President (twice), Chief Instructor, Club Captain (twice), Director of Education for a number of years and had won the 'Patrol' award eight times. Surf Lifesaving patrol data is only available from 2005 but since that date Paul has completed over 1100 patrols. He also has his 35 year National Patrol Service Award and 25 year Long Service Award.

Paul has also enjoyed competition along with his other roles within the club. In 2016 he won the Country Champion Board Rescue.

Congratulations Paul and thank you from all members of WBHSLSC for your loyalty and commitment to WBHSLSC. This honour is truly deserved. Ride those waves in 'your' IRB and continue to save lives.

SWRSLSC hosts inaugural Nipper Cultural Day

Sunday 5th February was a great day down on Main Beach for the inaugural SWRSLSC Nippers Cultural Day. Members of the South West Rocks Figtree Descendants Aboriginal Corporation – Aunty Cheryl, Nancy, Benelong and Lionel – taught our Nippers and families about our local Dunghutti culture, which included a Welcome to Country, an interactive Acknowledgement of Country, dancing, storytelling about 🦘 Yarris, language and sand art of a 🐬 Badarr.

Marrungbu (thank you) to the Figtree Mob who continue to support and work in partnership with the South West Rocks Surf Life Saving Club on various projects.



CLUB NEWS cont....

Macleay Nippers - South West Rocks, Hat Head + Kempsey-Crescent Head

For the last few years the three clubs in the Macleay Valley have been coming together at each beach during each season.

The 'Macleay Nippers' has proved to be an invaluable collaboration between the three clubs, enabling our Junior Members to engage and learn at various beaches and providing opportunities for JACs and Age Managers to discuss what works well and what might need some tweaking.

The 2022/23 season saw KCHSLSC host the first Macleay Nippers, unfortunately the water conditions were not ideal for the SWRSLSC date and finished with great conditions this past Sunday at HHSLSC.



Renovations for the Tacking Point SLSC

Great news for the Club we were recently successful in gaining a further Office of Sport Grant to the tune of \$480K. This will go towards the installation of an office, first aid room, patrol room, storage and enclosing the downstairs area. I would like to acknowledge our Local Member, Leslie Williams and her Executive Officer, Terry Sara for their assistance in this grant.

Mitchell Dawson also deserves a lot of praise in preparing and submitting this latest grant application. Without his diligence this grant might not have reached closing date with all the conditions that was required.

PMSLSC join with Charles Sturt Uni to provide water safety awareness

PMSLSC were invited by Charles Sturt University to attend an information session last week for international students.



The introductory message of ocean awareness and safety was well received and PMSLSC look forward to welcoming students to Flynn's Beach on March 18th for a fun surf safety and beach breaky. This hands on session will include some signals, beach safety awareness of flags and signage plus some fun stuff including beach volleyball, breaky and a board rescue.

CLUB NEWS cont....

Camden Haven shows how we do surf lifesaving in the country!

Camden Haven SLSC, along with other MNC Clubs, had volunteers from metropolitan clubs assist with patrols during the peak season over the Christmas holidays. One of the volunteers from Wanda SLSC (Surf Life Saving Sydney Branch) has written a letter to SLSNSW that promotes the fantastic experience she had at Camden Haven with her family.

I volunteered with my son, Henri, for the 3 days over the New Year long weekend to support Camden Haven as part of the capability uplift program. I have to say this experience was an eye opener for someone from a Sydney Metropolitan club. It was amazing to be part of a Patrol team that didn't have the things I was used too, like a big team of 10+ members on patrol, council lifeguard for back up or second shift for the day. I would highly recommend to any metropolitan patrol members to have a weekend at a regional club. There were so many things regional patrols have to deal with, than what I would normally experience on Patrol. I can't praise the patrol captains I worked with Tony Worton and Ben enough, their diligence and risk management strategies were next level and I learnt so much. The friendliness and welcoming nature of everyone I patrol with made the 7hrs on patrol each day go really fast. I got to be part of a whole of patrol rescue of a swimmer swept into a rip, which had a happy outcome. And also saw Tony and the Patrol VC head off at the end of one patrol to support an incident on the river. I am also aware that Tony & the Patrol Teams, had several incidents they responded too, over the 4 day Christmas break as well.

I'm really happy to be contacted by someone from SLS to share my experience - it was fantastic and Camden Haven should definitely be nominated (again) for club of the year. They are basically the first responder to any water incident in the Camden Haven - surf or river. They are so well trained and their risk strategies for managing a large number of holiday makers visiting a challenging surf beach are the benchmark.

Thanks Tony & team.

Kind regards,

Cherie Carrera (Wanda SLSC)

Macksville-Scotts Head receives funding

The Macksville-Scotts Head SLSC was recently awarded a grant for the repair of termite damage to the club the grant was for a total of \$64,082.70 this was presented by Steph Cooke Minister for Emergency Services on the 29th of January.

Left to right: Eric Graham Patrol Captain, Michael Coulter Vice-President MSHSLSC, Steph Cooke Minister for Emergency Services, Cath Barry President MSHSLSC, Melinda Pavey MP NSW Legislative Assembly and Michael Kemp Nationals Candidate for Oxley.



THANK-YOU TO OUR SPONSORS.....



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