



Shoredump

Newsletter – October 2016

Issue 1 - 2016 / 2017

16th October

- 8:45am Nippers starts
- Club Open Day

30th October

- 8:45am Land proficiency
- Wet'n'Wild excursion

9th November

- 6pm, Level 1 Officials course (first night of 2)

11th November

- 7pm Trivia Night

15th November

- 6pm Level 1 Officials course (2nd night of 2)

22nd November

- 6pm Basic Beach Mgt course

27th November

- 8:45am Land proficiency

SURF CLUB OPEN DAY - 16TH OCTOBER 2016

There are dozens of roles that you can take on in your local Surf Life Saving Club which will see you making a difference to the safety of our beaches and make you feel part of the Surf Life Saving family. See examples of roles below:

- putting on the red and yellow and patrolling the beach;
- helping train up our Nippers into Lifesavers;
- officiating at sport events;
- training up your fellow members;
- supporting the governance of the Club;
- fundraising or running the barbeque;
- jumping onto the radio to aid in communications;
- running social events for members;
- undertaking skilled project work within the club; or
- filling one of the other dozens of roles available within Surf Life Saving.

Interested in more information or joining Merewether Surf Life Saving Club?

Webpage: <http://www.merewetherslsc.com.au>



Facebook:

General -
Nippers



<https://www.facebook.com/pages/Merewether-SLSC>

specific - <https://www.facebook.com/MerewetherNippers>

Please contact:



Seniors registrar – Angela Tiedeman (email: msslsc.registrar@gmail.com)



Juniors registrar – Suzy Wall (email: juniorsregistrar@merewetherslsc.com.au)

BLACKSMITHS TO BREAKWALL WALK - 9TH OCTOBER 2016



This was the first year of the fundraising walk and **over 800 people** entered. The walk was 26.9kms (with around 14.83km on sand!) and started at Blacksmiths beach near Swansea. The walk passed a number of surfclubs, including Merewether, who all helped with supplies along the way. Many thanks to those members who helped man some tables with fruit and first aid supplies as well as water. The walkers were also encouraged to donate money as they passed by on their way to Nobbys Breakwall.



Well done to those who completed the walk!

LIFESAVING NEWS - RADIO UPDATE



Meet the club's new Radio team:

- **Henk** - General Manager of Patrol Engagement and Training
- **Glenis** - Special Counsel for Radio Strategy and Overarching Frameworks
- **Ralph** - Ambassador at Large and IRB/Radio Team Liaison
- **Dave** - International Director of Radio Operations and Future Proofing

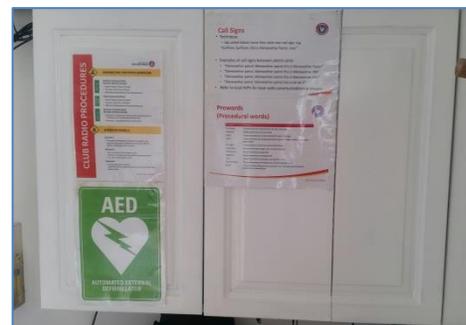
Thanks to Henk (Assistant Radio Officer) and the **Redhead Men's Shed** we have a new radio cupboard to house our radios. On the front of the cupboard you will find all you need to know radio-wise, including **Signing On and Off with Surfcom**.

When Signing On - Surfcom will call the Patrol and need to know:

1. Beach Status (Open or Closed)
2. Number of Bronze members (we also mention SRC's as they are an important member of our Patrols)
3. IRB and ATV status (Operational/Non-operational)

When Signing Off - Surfcom will call the Patrol and ask for:

1. Number of rescues (whole day)



Henk and I will be helping with **Club Proficiencies**, and on days when the beach is shut might drop in (and with the ok from the Patrol Captain) run some radio refresher sessions so that we can improve the radio capability in the club.



If you have **any questions** re Club Radios let us know or talk to your PC or Patrols Radio person.

Dave / Henk (Picture - Henk and Dave were unavailable for a picture so we got their doppelgangers together for a quick shot)

EDUCATION - APPNED INTERACTIVE VIDEO PLATFORM

They are **free videos** to use and there is no log-in required. It is **recommended** that members can use them to review key lifesaving **skills**.

Simply head to the websites listed below:

- 01 - Resuscitation - 2 Person <https://platform.tappned.com/course/45>
- 02 - Resuscitation - 1 Person <https://platform.tappned.com/course/46>
- 04 - Board Rescue - Conscious Patient <https://platform.tappned.com/course/47>
- 05 - Board Rescue - Unconscious Patient <https://platform.tappned.com/course/48>
- 06 - Tube Rescue - Conscious Patient <https://platform.tappned.com/course/49>
- 07 - Tube Rescue - Unconscious Patient <https://platform.tappned.com/course/50>
- 08 - Spinal Board Carry - Patient in Water <https://platform.tappned.com/course/51>
- 09 - Spinal Board Carry - Patient in Standing Position <https://platform.tappned.com/course/52>
- 10 - IRB Lift and Carry <https://platform.tappned.com/course/53>
- 12 - Resuscitation - 4 Person including Oxy Viva and Defib <https://platform.tappned.com/course/56>
- 13 - IRB Awareness - Launch, Landing, Lift and Carry <https://platform.tappned.com/course/56>



Warren Sterling

Chief Training Officer (mslsc.education@gmail.com)

SURF SPORTS

I have taken over the role of surf sports this season and I would like to encourage all members to think about competing at some stage over the season. There are a few carnivals, which cater for all levels of competitor. There are also **many benefits**, including **fitness** and **experience** with boards/ ski's etc, which all active members should be maintaining to be an efficient lifesaver on the beach. There is also a great **social** atmosphere (see the report on the Forster Carnival below) and quite a few members are already training, at different levels. So if you would like more information on carnivals or training then drop me an email (see contact email below). Some of the carnivals we hope to target include:

Wamberal Nutty Masters – 12th November (Saturday) 2016
Fingal Masters Carnival and Ocean Swim – 21st and 22nd January 2017

On the **surfboats** front I hope to get some **casual social rowing** happening over the next couple of weeks. Crews will be mixed, and the focus will be fitness and then coffee afterwards (for those that wish). Rowing times will be approx. **7am Saturdays or Sundays** at Horseshoe beach (river rowing). Also drop me an email if you wish to try rowing, or you would like to row casually. At the moment the club has no experienced competition sweeps but if you wish to compete I can also point you in the right direction.



Emma Gale, Director of Surf Sports / Boat Captain (mslsc.surfsports@gmail.com)

FORSTER CARNIVAL REPORT - 1ST & 2ND OCTOBER 2016

A team of seven masters competitors went to Forster for the October long weekend to compete for Merewether. On the Saturday we competed in the board relay, with two teams. The dream team consisted of Dave Hoar, Cal Burke and Kev Buckley and the second team consisted of Warren Sterling, Bruce Rummins and myself. On the Sunday Jacqui Sterling also joined the active team and Waz, Dave, Jacqui and myself competed in the beach flags, and then Waz, myself and Jacqui competed in the beach sprints.

Results:

Board Relay	
Dream team (Dave, Cal, Kev)	10 th
Other team (Waz, Emma, Bruce)	10 th

Sprint	
Emma (40-50yrs)	6 th
Jacqui (50-60yrs)	1 st
Waz (Masters)	4 th

Flags	
Emma (40-50yrs)	2 nd
Jacqui (50-60yrs)	2 nd
Dave (Masters)	

Aside from the competition, it was also a great social weekend and the weather was great and the water was crystal clear, although a little fresh. On the Saturday evening we met up for a lovely chinese dinner in Forster on Saturday night, and then on the Sunday evening we enjoyed a lovely mexican dinner while watching the NRL grand final at Cal's.



UPCOMING CARNIVALS

DATE	CARNIVAL	LOCATION	CATEGORY
22 nd October	Central Coast Masters Carnival	TBA	Masters
29 th October	Sydney Water Surf Series – Rd 1	Warilla Barrack Point SLSC	U8 to Masters
NOVEMBER			
5 th November	Streets Boats Rd 1 – short course	Ocean Beach	Boats
5 th November	Kracka Iron Person Challenge	Blacksmiths	U9 to U17
6 th November	HSLs New Perm Series Rd 2	Swansea	U8 to U17
12 th November	Central Coast Nutty Masters	Wamberal Beach	Masters
12 th November	Sydney Water Surf Series – Rd 2	Fairy Meadow SLSC	U8 to Masters
13 th November	Hydrothon	Fingal	9yrs+
19 th November	Central Coast New Perm Series Rd 1	Umina Beach	
19 th November	6th Annual Short Course Carnival	Cronulla	U8 to 040yrs
20 th November	Streets Boat Series Rd 2 – long course	Stockton Beach	Boats
26 - 27 th November	Summer of Surf	Fingal	U17 & Opens

26 th November	Sydney Water Surf Series – Rd 3	Woonona SLSC	U8 to Masters
DECEMBER			
3 rd December	Central Coast Newcastle Perm Junior Ironperson Series R2	Shelly Beach	
10 th - 11 th December	NSW Interbranch Championships	Lakes Beach	
10 th December	Nobbys to Newcastle Swim	Newcastle Beach	
10 th December	Streets Boat Series Rd 3 – long course	Tea Gardens / Hawks Nest	Boats
11 th December	Streets Boat Series Rd 4 – short course	Tea Gardens / Hawks Nest	Boats
17 th December	HSL5 New Perm Series Rd 3	Catherine Hill Bay	U8 to U17
18 th December	Catho Board Challenge	Catherine Hill Bay	
JANUARY			
7 th January	Gardner Iron Person Challenge	Wamberal	
14 th January	Streets Boat Series Rd 5 – long course	Killcare	
14 th January	Newcastle Perm Series Rd4	Stockton	U8 to u17
21 st January	Central Coast Newcastle Perm Junior Ironperson Series R3	Avoca	
21 st & 22 nd January	Masters Carnival and Ocean Swim	Fingal	

TRAINING COURSES

LEVEL 1 OFFICIALS

The course provides candidates with the knowledge and skills to effectively fulfil entry level officiating roles at carnivals. If you want to attend carnivals or your child does, and you want to get involved but don't want to compete, then this is a great way to get involved. The club is also required to supply officials at carnivals, after a set number of competitors compete.

- 6pm, 9th November (Wednesday) and 6pm, 15th November (Tuesday)
- Hunter Branch, Tighes Hill

SILVER MEDALLION – BASIC BEACH MANAGEMENT

The aim of this course is to provide participants with the skills, knowledge and experience required to manage a beach and a team in emergency and non-emergency situations. The course is aimed at people wishing to be Patrol Captains, Lifeguards and Lifeguard Supervisors.

- 6pm, 22nd November (Tuesday)
- Hunter Branch, Tighes Hill

For more information, or if you wish to attend these courses please contact Warren Sterling (msslsc.education@gmail.com)

MSLSC FOOTY TIPPING COMPETITION



September saw the end of the 2nd year of the MSCSC Tipping competition - won this year by

“The People’s Champion” Dave Hoar, who led the competition this year from week 2 – an amazing feat!

This year’s runner up was Glenn Crompton and hot on his heels was a newcomer to our comp this year – Michael Curk!

Unfortunately “Cute As” Curk threw the comp into disarray mid-season when he forgot to put his tips in and subsequently lost his 2nd position to Glenn – and he was never to regain it.

A spokesperson for "The Peoples Champion" said he wasn't really surprised at this turn of events. "Consistently tipping and staying in the podium places in this level of elite and prestigious tipping is a hard ask, and given this is "Cute As"'s 1st time competing at this level it's no surprise that the pressure got to him. You need to be on your game 24/7, and some tipsters just can't manage it" the spokesperson said.

This year our 3 leading place-getters generously pooled their winnings and decided to put it on the most popular first try scorer in the grand final as chosen by the tipsters in the hope of donating their hefty winnings to the Mark Hughes Foundation. Unfortunately, Vunivalu didn't get the tip in time!

We use the ITipFooty online App which does all the hard work and eliminates any controversy and tipsters find it very easy to use!

Here's hoping the 3rd year of the MSLSC's Tipping Competition continues to grow and goes on to bigger and better things in 2017 – YOU have to be in it to win it! Get on Board!

Glenis

For further details contact Glenis Powell: glen_is@optusnet.com.au or Ph: 0423305242

YOUTH EVENTS

Wet'n'Wild visit

- Sunday, 30th October, (5am start)

Movie and pizza night

- January Friday 13th from 5-9:30pm
- Function Room at surf club
- Theme: Black Friday!
- \$5 per person



Enquiries: Laurelle Kempers
Email: laurellekempers@gmail.com

CLUB TRIVIA NIGHT

- Friday 11th November
- 7pm to around 9.30pm
- Teams of 8-10
- \$15 per person (includes Trivia and Games)

BYO Food ONLY
Drinks available from the bar
Members & Guests Welcome

To book your table email:
davidhoar@y7mail.com

TRIVIA
Eat • Drink • Think

FINAL NOTE

Thank you to all our sponsors!

