



Shoredump

Newsletter – May/June 2018

Issue 4 - 2017/2018

JOIN THE RAFFLES
TEAM AND HELP
RAISE MONEY FOR
THE CLUB.

DOING RAFFLES
HELPS BUILD
CHARACTER,
RESILIENCE AND
PORTABLE SKILLS
(PLUS YOU CAN GET
PAID)!

FOR SMS PENNY ON
0412 665 225

CLUB PRESIDENT UPDATE

The season is almost over for another year and I would like to say a **Big Thank-You** to you all for a fantastic season keeping Merewether beach safe.

Our Club presentation night is on Saturday 26 May so make sure you keep the night free to help celebrate the end of the season.

The following awards are up for nomination, so could you have a think about them and discuss with your patrols and get back to Kev as soon as you can please.

Closing Date for nominations is Friday 4 May, please send nominations to kevyfooty@hotmail.com or text to 0409272364

Club Person of the Year
Patrol Person of the year
Patrol Captain of the Year
Seagull Award (something silly)

Thanks again for all your efforts in keeping Merewether Beach safe,

Nick Newton, President

SAVE THE DATES

SATURDAY 19 MAY – CLUB CLEAN UP FROM 10AM

SATURDAY MAY 26 – CLUB PRESENTATION NIGHT FROM 6PM

WANTED – A NEW SOUND SYSTEM FOR THE GYM – IF YOU HAVE AN OLD ONE (BUT STILL IN WORKING ORDER) LET US KNOW

COMPETITION RESULTS

HUNTER BRANCH CHAMPIONSHIPS

Opens - Fingal Bay - Sarah Bugbird – 1st 2km beach run (Open)

Masters - Stockton Beach - Trish Stallard – 2nd Flags, 3rd beach sprint, 5th 2km beach run (55-59yrs)

The Juniors represented the club well with 10 competitors including Tyler White, Liam Sidwell, Lucas Burton, Liam Bryant, Harrison Geyer, Kayla Ebrill, Monique Ramplin, Scarlett Cowie, William Lyons and Riley Martin. Thanks to Dan Burton and Tom Lyons for helping with water safety, as well as Bill Sidwell for officiating. I also officiated for the day. The Juniors were successful in the u10s, as shown below:

Juniors - Fingal Bay

3rd - u10s Surf race – Liam Sidwell

5th - u10s Surf team - Liam Sidwell, Lucas Burton, Liam Bryant, Harrison Geyer

AUSSIE MASTERS

Well done to Trish Stallard who just competed in the 'Masters' Aussies in Perth. She came 5th in the 2km beach run, 5th in the beach flags and made the semi's in the beach sprints.

PUMPHOUSE BAR AND FUNCTION ROOM - EMMA, FUNCTION ROOM MANAGER



A reminder to all members that all monies received from hiring of the function room and running the bar, provide the main source of income for operations within the surf club. So, if you need to hire a venue for a function, or any other activity, please consider us, and you'll be helping to support the Surf Club.

The function room is multi-purpose with regular hirers consisting of yoga and meditation classes, kid's groups, dance classes, essential oils workshops and Weight Watchers meetings. All these activities are available for the public to attend if they wish. In addition, there are several local schools and colleges that hire the room for either beach safety presentations (utilising our own or Council lifesavers), staff development days as well as businesses that hold seminars or functions.

The club's own Beach Business Breakfast network meetings are also held monthly in the function room and are a wonderful way for local business people to network as well as learn a little about the club. Stay tuned for the occasional pop-up restaurant also.

Of course, the Pumphouse Bar and Function Room are also available for nearly any reason you wish to celebrate including engagement parties and wedding receptions, birthday celebrations, Christmas parties or theme parties. The kitchen is also suitable for caterers to come in and cater for your function, with huge upgrades occurring over the last year or so, and some more things are still coming.

Don't forget, if you are an active member of the Surf club, you also get a discount when you are hiring the room for either yourself or immediate family member. If you want a casual drink at the end of the week, Coldies is on every Sunday, rain hail or shine (except for the last weekend of Surfest). Coldies is open to the public, 4-7pm, and everyone is welcome to come down, grab a drink and enjoy the beach view. Bring your fiends down and you'll also find drinks are reasonably priced at 'coldies' prices. Stay tuned for more info as we investigate Coldies loyalty member options...

For more info on hiring the Pumphouse Bar and/or Function Room please visit the website first, there is information on availability (go to 'make a booking' tab) as well as information on hire details and function drinks prices (go to 'downloads' tab). For enquiries about classes and other activities drop me an email and I'll give you more info.

Email: merewetherfunctionroom@gmail.com

Website: www.merewetherfunctions.com.au

Mobile: 0447 416 007

Facebook: <https://www.facebook.com/Function-Room-Pumphouse-Bar-Merewether-NSW-288625664495166/>

CHIEF TRAINING OFFICER UPDATE - BY ANTHONY TIETZE

SUMMER BRONZE MEDALLION COURSE

The Combined Venue Assessment for our Bronze Medallion candidates was held at Stockton Beach on Saturday 21 April. Congratulations to our team – they did the club proud. The enthusiasm of the team made the running of the week course a pleasure for our trainers.



Bronze Training



Stockton Beach After Final Assessment



Celebration BBQ at MSLSC - "I'm OK"



TRAINING TO BE A TRAINER

We are looking for new trainers to join the Education Team at MSLSC. A Training Office Course will be run through Hunter Branch in the near future. The knowledge and skills learnt on this course are **highly transferable** outside of Surf Life Saving and it wouldn't be the first time that a decision to help out with training has led to a more rewarding career. Please contact Anthony Tietze at mslsc.education@gmail.com at your earliest convenience for more information.

UPCOMING COURSES

Applied First Aid

We will run this course on the evenings of Wednesday 30 May and Thursday 31 May. Note carefully:

- Register for this course now by contacting Anthony Tietze. (You must register at least two weeks prior to commencement).
- You must attend both evenings to gain your qualification.
- There is an online component to the course which must be completed prior to the course work.

We are also looking for expressions of interest from MSLSC members to participate in the following courses in the near future:

- Advanced Resuscitation Techniques (HLTAID007)
- Spinal Management (PUAEME004A)

If you have done these courses in the past, but are no longer proficient, attendance will reinstate your proficiency.

Please contact Anthony Tietze at mslsc.education@gmail.com if you are interested.

Anthony Tietze, Chief Training Officer for MSLSC, mslsc.education@gmail.com

CLUB CAPTAIN UPDATE

We'd like to thank the patrols for all their great work throughout the season. No lives lost between the flags. A special thank you to those volunteers that came to our aid on the patrols of the weekend of 28 and 29 April.

We'd also like any member to let us know if they aren't returning next season. Or need / want to change patrols.

For our Patrol Captains thanks again for a great year, if you are intending on standing down please let us know ASAP.

We would also welcome any new aspiring Patrol Captains.

Thanks again and see everyone at the presentation on Saturday May 26,

Simon and Kev

HEALTHY CHANGE CHALLENGE/MSLSC BOOTCAMP + MORNING TEA

TUESDAY MAY 15 10am-12 midday

In conjunction with Disability Support Australia and the Healthy Change Challenge we are holding a Bootcamp and Morning Tea on Tuesday May 15.

If you're interested in coming along please email Dave at davidhoar@y7mail.com or sms 0403 925 799.

MEREWETHER SURF CLUB BEACH BUSINESS BREAKFAST

If you're in business, thinking about starting one up (or know someone who is) you need to come and join us at the Beach Business Breakfast (BBB). The next BBB will be on Thursday 17th May 7.30-8.30am (ish) Merewether Surf Club Function Room. For details of the next breakfast visit www.beachbusinessbreakfast.com.au or facebook.com/beachbusinessbreakfast/ or sms/call Dave on 0403 925 799

SPONSOR SPOTLIGHT

Zambrero

MEXICAN WITH A MISSION

Mexican with a Mission

Providing fresh, healthy, and flavoursome food, Zambrero is Mexican with a mission – to combat world hunger in our lifetime. Zambrero is Australia's largest Quick Service Restaurant franchise. Founded in 2005, Zambrero currently has 150 restaurants across Australia.

The mastermind behind Zambrero is Dr Sam Prince, a 33-year-old humanitarian and entrepreneur. Sam started Zambrero in 2005 at age of 21 while he was studying medicine. His aim was to establish a successful business that also helped people in need.

Zambrero currently funds aid and development projects in Africa, Asia, the Americas and in Australia. It achieves its humanitarian aims through its Plate 4 Plate initiative. For every burrito or bowl (all the goodness of a burrito without the tortilla) purchased at Zambrero, a meal is donated to someone in need in the developing world. Similarly, for every product purchased from Zambrero's retail range, a meal is donated to someone in an underprivileged Australian community.

Zambrero has funded over 17 million meals for those in need worldwide since it was established in 2005, and aims to donate a billion meals by 2025.

Zambrero takes great care to ensure that anyone can eat its delicious food and there is choice available for all customers - gluten free, dairy free, vegetarian and vegan options, as well as spicy and non-spicy sauces.

Zambrero fosters sustainability where possible: packaging is made from recycled-sugar cane pulp – a 100 per cent bio compostable material. These packages will disappear entirely in a home compost heap within 90 days. Zambrero also uses rPET (recycled polyethylene terephthalate or otherwise known as recycled Polyester) for staff t shirts.

So come and visit Liam and the team at Zambrero in the Westfield Kotara Foodcourt and support the sponsors that support us.



Liam Benson, P6 member

and Kotara Zambrero owner

Our Great Sponsors provide vital funds and products and services that enable us to continue to provide patrols on the beach, so support them when you can and refer them to all of your family and friends.

EARN SOME MONEY TO HELP THE CLUB! – RAFFLES ROSTER

Come and join the **MSLSC Raffle Team**. Earn \$20 selling tickets on Friday nights at the Beach Hotel - or do 5 raffles and get your club membership for free! For info call or sms Penny on 0412 665 225

Date	Sellers		Scruncher
4 May	Liam	Alex	Warren
11 May	Karen	Jan	Dave
18 May	Karen	Jan	Penny
25 May	Dilan	Bernie	Waz
1 June	Alex	Liam	Dave
8 June	Karen	Jan	Penny
15 June	Karen	Jan	Waz
22 June	Dilan	Bernie	Penny
29 June	Alex	Liam	Dave

SPONSOR SPOTLIGHT



McGregor & McGregor Chartered Accountants are one of Newcastle's oldest accounting firms, with our history dating back 90 years. Part of this history includes our association with a number of local SLSC's in the region over the years. One of our owners, Brendan McNabb, has had a connection with MSLSC for 35 years, dating back to when he was a nipper.

We are extremely pleased to be a part of the club and proud to provide support to an integral part of our coastal lifestyle. McGregor's provide business and financial advice to thousands of people and businesses throughout the greater Hunter area and beyond. We are proud of the part we have played in many success stories and aim to be a key contributor to the businesses we advise.

We specialise in:

- Strategic business advice
- Preparing financial statements and income tax returns
- Superannuation advice and management
- Auditing of trust accounts and large organisations; and
- Financial advice and portfolio management

McGregor's also provide strategic and financial advice to make sure your assets are not only protected, but that you maximise your returns.

Over summer Brendan McNabb can be found training with the junior "nippers" when not engaged in his treasurer and committee duties. This brings back memories of his childhood, when he was a nipper running around Merewether Beach 30 odd years ago. Brendan is also an active patrol member (Patrol 6) and wants his kids to see him putting back into the community that we are so lucky to be a part of.

McGregor's are very happy to offer club members and their associates an "in confidence", no obligation meeting, to see if we can assist you in your business or investing future. When it matters, you need sound business, strategic and financial advice. You need trusted advisors. When it counts, you need McGregor & McGregor Chartered Accountants.



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WINTER IS COMING - FIRE SAFETY AT HOME

We are coming into winter, a time when the old heater, the frayed electric blanket or the blocked chimney can result in the demise of the family home – or worse. Take the time to have a walk around your house with your friend or partner with the following in mind:

- You are **twice as likely to die** in a house fire if you don't have **working smoke detectors**. Do you have enough? Are they well placed?
- Have you **checked the batteries** in your smoked detectors? Change them all once a year.
- Do you have a **fire escape plan**? Give the family a trial run – no warnings. (Remember that it will be very different in thick smoke).
- Have you a **fire blanket** on the kitchen? What about a **fire extinguisher** in the workshop? They are cheap at Bunnings.
- Do your overnight guests know how to get out of the house in the event of a fire? Give them a briefing. Put a few night lights in spare power points.
- **Do not deadlock doors** if someone is in the house.
- **Throw out old electrical devices** – heaters, toasters, microwaves, electric blankets, frayed power leads. (Do not donate them to MSLSC).
- **Get rid of fire load** outside the house. Dead leaves in the gutters, overhanging branches, piles of old timber.
- **Clean the chimney** before you use your open fire this winter.

THANK YOU TO ALL OUR SPONSORS



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MEXICAN WITH A MISSION


beach
hotel



crest FINANCIAL SERVICES


Job Centre
AUSTRALIA

**McGregor
& McGregor**
When it counts.


SUSAN K WALTON
OPTOMETRIST

**McDONALD
JOHNSON**
LAWYERS


CERTIFIED PEST & BUILDING
INSPECTION SERVICES


**Hunter
signs**
signs that work