



Shoredump

Newsletter – September to October 2018

Issue 1 - 2018/2019

**NEXT LIFESAVING
AWARD (BRONZE
MEDALLION)
COURSE STARTS
WEDNESDAY 5TH
SEPTEMBER AT 6PM**

PROFICIENCY DATES

**Sunday 16 September
Sunday 7 October
Sunday 28 October
Sunday 18 November**

CLUB PRESIDENT UPDATE

In keeping with our desire to show our appreciation and commitment to our club sponsors we have selected several to receive our recognition by way of plaques and supporter jackets. At the recent Beach Business Breakfast Network meeting two of these were presented recently to Juice Plus and FUNDA Financing.

Peter and Louise of Juice Plus have been with us for a few years now and have been very generous with their ongoing support and involvement with our club and have committed to being with us for some time to come. Nathan and Mark from FUNDA Financing have been long term supporters not only with their club involvement but also financially their business has supported the running and maintaining of our IRB fleet and ATV vehicles for many years.

Also everyone would have recently received mail showing the club's proposed refurbishment plans, these are for your personal review of the layout and an invite to comment on any (realistic) ideas or improvements you think would be suitable or give us an operational advantage.

We are expecting to achieve DA ready around end of year and that will then put us in the position to seriously and actively seek funding for the project. Once we reach this point it will be difficult to make any significant changes to the design layout, so this is your opportunity to have your say by forwarding anything to Anthony (Tietze) or myself.



Nick with Mark from Funda

Nick with Peter from Juice Plus +



MSLSC



Become a Surf Lifesaving Volunteer

MSLSC is running a Lifesaving Award (Bronze) Course

In doing the course you will gain recognition in the following modules:

- ✓ Bronze Medallion
- ✓ Certificate II in Public Safety PUA 21012
- ✓ Provide Cardiopulmonary Resuscitation HLTAID001
- ✓ Provide Emergency Life Support HLTAID002
- ✓ Provide First Aid HLTAID003
- ✓ Provide Advanced Resuscitation HLTAID007
- ✓ Provide Spinal Management PUEAME004A
- ✓ Radio Operator Certificate PUAOPE013A

What Date

Commences Wed 5 September, 2018

What Time

5:45 pm for a 6:00pm start

Where

Merewether SLS Clubhouse

Cost

\$250

(Includes the \$90 MSLSC membership for 2018/19 and SLS Public Safety Aquatic Rescue Manual)

Prerequisites

**Minimum 15 years old on 17 Nov, 2018
400m Pool Swim in 9 minutes or better
Willing to volunteer to patrol at MSLSC**



Please email Anthony Tietze at

msslsc.education@gmail.com

to register or for more information

<https://www.merewetherslsc.com.au>

CLUB CAPTAIN UPDATE – KEV BUCKLEY

Hello everyone, hope you've had a great winter and are looking forward to the start of the Patrol Season on Saturday September 29. We've been working hard to get everything ready here are some of the key activities that you need to know.

Firstly a BIG THANK YOU to Mark Jackson and Terry Flynn for agreeing to change patrols to help out Patrol 1 with IRB crews. Also to Sarah Bugbird and Jamie Paras for agreeing to become new Patrol Captains for Patrol 1.

All of the latest Bronze and SRC's now allocated to their new patrols – so when you see a new face on your patrol please make them welcome.

Our 1st proficiency for the season will be on Sunday 16th September at 9am. Remember an early proficiency is a good proficiency, and with the current water temperature you are almost guaranteed to swim a PB!

On Saturday 25th August we conducted the annual Gear and Equipment audit with Hunter Branch, to ensure all of our surf lifesaving gear and equipment is ready for the new season. Thanks to Bernie Sabine for taking the lead here.

Some key dates to keep in mind are:

- Patrol Captain, Vice-Patrol Captains and Silver Medallion Beach Management holders meeting at the Club on Sunday 16th September from 3pm. All attendees get 2 free drinks at coldies after.
- Patrols start Saturday 29 September - www.merewetherslsc.com.au/wp-content/uploads/2018/08/MSLSC-Patrol-Roster-2018-2019.pdf

And finally an Emergency call out occurred at Merewether at 4.50pm on Sunday 26 August, Helicopter, police and ambulance in attendance. Surf lifesaving representatives included Henry Scruton and MSLSC club members Anthony Tietze, Emma Gale and myself. All ended well with again no lives lost.

Thanks again and see you all on the beach or at coldies, Kev.

Help us become a more inclusive club

Nick with Sarah



Over the coming years we are looking to improve our inclusiveness – we already do great work with the Healthy Change Challenge/Disability Support Australia + the International College at the Uni – but we want to extend our reach to embrace a range of membership profiles including women, youth, cultural and linguistic diversity, and disability. Sarah Gray has offered to help drive this, if you are interested in getting involved contact Sarah by email at sarah_gray92@hotmail.com

CHIEF TRAINING OFFICER UPDATE - By Anthony Tietze

SURF LIFESAVING AWARD

The MSLSC Surf Lifesaving Award will commence on Wednesday 5 September. The Lifesaving Award is an extension to the Bronze Medallion, ultimately providing a higher level of training and skills, while still being run over the same 10 week period. Those who complete the Lifesaving Award will gain recognition in the following modules:

- ✓ Bronze Medallion
- ✓ Certificate II in Public Safety (Aquatic Rescue) PUA 21012
- ✓ Provide Cardiopulmonary Resuscitation HLTAID001
- ✓ Provide Emergency Life Support HLTAID002
- ✓ Provide First Aid HLTAID003
- ✓ Provide Advanced Resuscitation HLTAID007
- ✓ Provide Spinal Management PUEAME004A
- ✓ Radio Operator Certificate PUAOPE013A

There is still time to register if you hurry. Contact Anthony Tietze at mslsc.education@gmail.com.

SURF RESCUE CERTIFICATE (SRC)

The MSLSC SRC will also commence on Wednesday 5 September. The aim of this course is to provide participants with the skills and knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations. This course is the minimum water safety qualification for Junior Activity supervision.

Prerequisites for the course are:

- Minimum 13 years old on 17 Nov, 2018 (date of final assessment)
- 200m pool swim in 5 minutes or better

To register or for more information please contact Sarah Bugbird at email sarahbugbird@hotmail.com.

PROFICIENCIES

Bronze Medallion

Yes it's that time of year again. The Bronze proficiencies will be held on:

- Sunday 16 September
- Sunday 7 October
- Sunday 28 October
- Sunday 18 November – **Final Session**

The “wet” component will be run after 9:00am on the beach, followed by the “dry” component in the MSLSC Function Room.

The wet component will consist of a run-swim-run and a board or tube rescue of a conscious or unconscious patient. The dry component will recap signals, CPR, first aid, radio and one or two scenarios which will refresh your knowledge of DRSABCD procedures.

It is a SLSNSW requirement that all members are proficient in their designated role while on patrol. The SLSNSW Pre-Season Information Pack states that: “A member’s proficiency is valid until the 31 December each year unless otherwise stated. **Any member who is not proficient by 31 December shall not be allowed to perform patrols**”.

So please, please, please make this easy for yourself and for your tireless volunteers at MSLSC who are trying to get everyone over the line. Pick one of the early dates and come along. It’s easy and it’s good for you.

Silver Medallion Aquatic Rescue (SMAR)

SLSNSW has introduced a new requirement this season. To remain proficient in the SMAR you must complete a 400m pool swim in 8 minutes or better (which is the same as the pre-requisite swim required in order to undertake the course). A date for this swim will be announced in the very near future. I’m also happy to witness and time your swim individually down at Merewether Baths most mornings.



Richard Delivering the Recent Advanced Resuscitation Proficiency



Waz, Sarah & Dilan Refresh their Skills at the Recent Advanced Resuscitation Proficiency

And remember that when times are tough:

“A diamond is merely a lump of coal that did well under pressure.”

Please contact Anthony Tietze at mslsc.education@gmail.com to **express your interest**.

HEALTHY CHANGE CHALLENGE/MSLSC BOOTCAMP + MORNING TEA

TUESDAY SEPTEMBER 18, 10am-12 midday

In conjunction with Disability Support Australia and the Healthy Change Challenge we are holding an All Abilities Bootcamp on Tuesday September 19th.

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 21st September from 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



BBB members practice their elevator pitch

[Facebook.com/beachbusinessbreakfast/](https://facebook.com/beachbusinessbreakfast/) or www.beachbusinessbreakfast.com.au

SPONSOR SPOTLIGHT

1 in 3 Australians have bad credit, according to data from Equifax, previously Veda, Australia's leading credit reporting bureau. Many Australians pay higher interest rates, or struggle to get finance approved because of bad credit. Credit Fix Solutions offers quality no result no fee credit report improvement services Australia wide. Often, by removing bad credit, CFS can help save families thousands of dollars on their home loans and other debts.



For Jasmin, a single mother of 2, getting a business loan approved was impossible due to having 2 defaults listed on her credit report. She came to Credit Fix Solutions, and within 8 weeks, CFS had removed both defaults, and Jasmin could finally get her business loan approved to open her dream nail salon in Sydney.

Do you pay a high interest rate on your home loan? Or maybe you have a growing family and need to get a bigger car? Do you dream of a vacation, but can't get a personal loan? Whatever the reason is, Credit Fix Solutions is happy to see if they can find a solution to get you into the best loans in the country.

With their No Result No Fee credit repair promise, there are no hidden upfront fees or other application fees to apply.

If Credit Fix Solutions can't show you a cleared credit report, there is absolutely no charge to you. On top of that, with their success rates at 95% across the board, you can't go wrong with giving it a try!

For more information go to www.creditfixsolutions.com.au, PH 1300 43 65 69



Victoria Coster / Founder and CEO of Credit Fix Solutions

FROM THE ARCHIVES – NOVEMBER/DECEMBER 2012

Low Performance Squad Update



Low Performance Squad co-captain Cal Burke has revealed (exclusively to Shore Dump) plans for the Low Performance Squad Summer Boot Camp intensive training program that will be rolled out over the festive season.

“After a high-level strategic review, including a thorough reverse risk rating engine assessment of the squad’s capabilities, we decided that in order to maintain our position at the top of the Low Performance Totem Pole that we

had to innovate and continuously improve – so a scientifically designed high intensity training program was a must do” Cal said.

The sessions will run from 8-9am (followed by coffee). “Each day will be different, with the focus on flexibility, agility, resilience, personal courage and core strength” Cal said.

“Each morning, using our risk differentiation framework, we will focus on a specific fundamental skillset – including board work (ins and outs, paddling, falling off boards), gym work, run / swim / runs, cycling (BYO bike), and stretching, with each session scientifically designed by black belt master LPS coaches and technicians” Cal said.

“With the Branch Masters just around the corner, we need to up the ante, hone the skills of the LPS team, and reignite everyone into the crack squad that has made us famous”.

In other LPS news LPS co-captain and Junior Vice President of Global Brand Development Dave Hoar has refused to deny rumours of an inaugural World Low Performance Squad titles, allegedly on stand-by to be held at Merewether on Boxing Day.

According to a close source, if the Boxing Day races can’t go ahead then the World LPS titles were being seen as the ideal back-up event – with free to air and pay TV executives allegedly in an absolute feeding frenzy over the broadcasting rights.

“The local economy would take a huge hit if the Boxing Day races couldn’t go ahead, so we’ve been told in the strictest confidence that the Low Performance Squad has been approached – and we are very excited” one unnamed international TV mogul said.

THANK YOU TO ALL OUR SPONSORS





