



# Shoredump

Newsletter – November/December 2018

Issue 2 - 2018/2019

## UPCOMING COURSES

**RADIO OPERATIONS COURSE -  
WEDNESDAY NOV 7 at 6pm**

### TRAINERS COURSE

**21-11 NOVEMBER - Closing date  
for registrations is Wednesday 7  
November.**

**NEXT BRONZE MEDALLION  
AND SRC - STARTS WEDNESDAY  
JANUARY 30 AT 6PM**

### FOR INFO CONTACT

Anthony Tietze at  
[mslsc.education@gmail.com](mailto:mslsc.education@gmail.com)  
to register.

Refer to pages 4-6 for a  
Comprehensive Training  
Update

### LAST PROFICIENCY

**Sunday 18 November from  
9AM**

## CLUB PRESIDENT UPDATE

Hello everyone, hope you are enjoying being back on Patrols and starting to get used to the warmer (though not too much warmer at this stage) water temperatures.

A lot of the reasons why things run generally pretty smoothly around the club is due to the great work done by some of your fantastic volunteers – a special thanks to the:

- Education team for their work with the new Bronzies and SRC's and assisting with proficiencies
- Kev and Dilan (Club Captain and Club Vice-Captain) for getting patrols organised + re-aligned and running proficiencies
- Jamie for all the behind the scenes work that comes with being the club Secretary

You'll also notice we have new sponsors flags for use on Patrols, thanks to Kris Wall for getting those organised for us.

A reminder re:

- membership renewals, these are due by 31 October, after this time there is a \$35 late fee so please register ASAP.
- our last proficiency on Sunday 18<sup>th</sup> November

A lot of members are not financial or proficient, so if that's you then if you could get it organised soon that would be fantastic.

And after 10 years Norm has signalled his intention to stand down as Bar Manager/Licensee. Many thanks to Norm for his great work in running the bar for the club. A separate communication will issue outlining how interested members can apply for the role.

Thanks again for your work in keeping our beach safe,

Nick, Club President

---

## CLUB CAPTAIN UPDATE – KEV BUCKLEY

On behalf of Dilan and myself thank you for your efforts during the first round of patrols. Adverse conditions and events have meant we haven't had many open beaches, but we remained breach free during this period.

A few reminders for everyone are outlined below, if you have any questions or issues etc chat to your Patrol Captain.

### **Patrol Operations App**

As you would be aware this is available via the club tablet on patrol.

**SIGN ON** - once signed into the tablet (or your own phone if you choose) using the first tab sign on the patrol **BEFORE** Surf Com call in the morning with number of bronze members, IRB status, beach status and ATV (now called SSV) status. This should occur about 8.50am.

The app will also ask you to drop a pin and gps locate the location of the flags or red flag if the beach is closed.

**STATS** - under the stats tab (3rd tab) it you are required to update the beach attendance every hour and weather three times (sign on, middle, sign off). The weather auto updates and you fill in the rest. The attendance is a rough head count on the hour and can be added in to the app. This is **MANDATORY**, as we have been asked by Hunter SLS to do so.

**PATROL** - is the second tab with the rostered members for the day. You can adjust their hours by clicking next to their name "edit" and save your changes. Please go to nearest quarter of an hour.

If you don't turn up to a patrol you are recorded as a "no-show". If you can't make a patrol please try and organise a swap – if you can't get a swap after trying then advise your Patrol Captain that you cannot attend so you can be recorded as not rostered/excused. You are still expected to make up the hours at a later stage.

Substitutes can be added on the day or will already show up if they have done the formal process via the patrol swap function on the members portal

**SIGN OFF** - make sure you have updated the stats, all the drop down tabs prior to signing off. It takes a bit of time but it is required.

Under the first tab which is the Patrol tab with the flag as an icon. You can sign off the patrol once the above is done. Please do so **BEFORE** Surfcom call for sign offs at the end of the day. You can do this any time after 4.50pm.

You are still required to stay on the 5pm and surf com should still do a radio check to make sure you are still there right until the end.

Failure to sign off the patrol on the app will mean the data does not get uploaded to surf guard and will have to be manually done.

A successful sign off on the app will result in the PDF of the log for the day being sent to you, us and Nick as President. This is in case of any discrepancies that may need to be rectified.

We understand that it is a new process and at the moment it is double the work. On that note please continue to fill out the paper log as a backup. Branch has asked us to do this for the first half of the season.

It is important that we get this right, as the club can get penalised from Branch and SLSNSW for failure to do so.

Any questions please just ask your Patrol Captain. We will take on board any feedback at our mid-season meeting.

Dilan & Kev

---

## **ACOUSTIC SHOCK! OPEN MIKE AT COLDIES STARTS SUNDAY NOV 18**

OPEN MIKE AT "COLDIES", 4 - 7 PM

BRING YOUR ACT (SING, PLAY, OR BE A COMEDIAN)

IMPROVE, IN FRONT OF A REAL (APPRECIATIVE, KIND AND HUMBLE) AUDIENCE!

STRICKLY NO AMPLIFIERS, ACOUSTIC ONLY, WITH ACCESS TO A QUALITY SOUND SYTEM WITH MICROPHONES,

JUST TALK TO THE BAR STAFF ON ARRIVAL

For more info contact [adrian.harte@bigpond.com](mailto:adrian.harte@bigpond.com)

---

## **SUNDAY MORNING EVENTS – 9am at DIXON PARK**

Dixon Park are running Sunday morning points races this season, and have extended the invitation for our members to join them.

Format is surf swim and board races (depending on conditions). As many as we can fit in 45 min to and hr. If conditions are no good, we'll do a beach run or other events. Events are minimum fuss and a bit of fun for the seniors.

The events are held every Sunday at 9am at Dixon Park. The ski events will be 7:30am at Horseshoe beach/Nobbys.

It kicks off this Sunday morning at 9am. I've updated our website with all dates. <https://www.dixonparkslsc.com.au/surf-sports/sunday-points-races-series-201819/>

The main idea is a bit of fun. It is for all members u/15 and up.

Please pass on to your members and hope to see you there. Just get them to bring a pink singlet.

For more info contact Bill Sidwell at [msslsc.surfsports@gmail.com](mailto:msslsc.surfsports@gmail.com)

---

# CHIEF TRAINING OFFICER UPDATE - By Anthony Tietze

## CURRENT SURF LIFESAVING AWARD

The spring Surf Lifesaving Award is well under way with the final assessment to be held at Stockton Beach on the morning of Saturday 17 November. Good luck to all 16 of our candidates and many thanks to all the trainers for volunteering their valuable time. It's been an intensive 10 weeks and you'd be surprised at just how much effort is needed on the part of the trainers and the trainees to run and complete such a course.

MSLSC will hold a BBQ on Sunday 18 November to celebrate.



**Bronze Medallion Training – Spinal Management**



**Bronze Medallion Training – Riley Martin Being Assisted by the Team**

## NEXT SURF LIFESAVING AWARD (BRONZE MEDALLION)

The next MSLSC Surf Lifesaving Award will commence on the evening of Wednesday 30 January, 2019. Go to <https://www.merewetherslsc.com.au/education/training-courses/> for more information.

Prerequisites for the course are:

- Minimum 15 years old on 6 April, 2019 (date of final assessment)
- 400m pool swim in 9 minutes or better
- Willing to volunteer to go on patrol at MSLSC

Please contact Anthony Tietze at [mslsc.education@gmail.com](mailto:mslsc.education@gmail.com) to register.

## SURF RESCUE CERTIFICATE (SRC)

The MSLSC Surf Rescue Certificate is also well under way with the final assessment to be held alongside the Bronze candidates at Stockton Beach on the morning of Saturday 17 November. Good luck to our 4 candidates and a big thank you to Sarah Bugbird and Kate Flint for running the course.

The next SRC course will commence on 30 January 2019, providing we have sufficient numbers.

Prerequisites for the course are:

- Minimum 13 years old on 6 April, 2019 (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](mailto:sarahbugbird@hotmail.com)

### **RADIO OPERATIONS AWARD**

MSLSC will be running a Radio Operations award commencing at 6:00pm on the evening of Wednesday 7 November in the MSLSC Function Room. This is part of the Bronze course, but as it is a standalone module it is open to all MSLSC members. Henry Scruton from Hunter Branch will run the course.

Contact Anthony Tietze at [mslsc.education@gmail.com](mailto:mslsc.education@gmail.com) to register.

### **TRAIN TO BE A TRAINER**

We are always looking for new people to become a part of the MSLSC training machine. We have very good people on the team and it is a rewarding experience to see candidates come away with new knowledge at the completion of their courses.

The Hunter Branch of SLS will be running an accelerated trainers course on Wednesday November 21 and Thursday November 22, commencing at 6:00pm both evenings. The venue will be the Hunter SLS headquarters at Tighes Hill.

Note that there will be a pre-course component to complete before attending the face-to-face evenings. Contact Anthony Tietze at [mslsc.education@gmail.com](mailto:mslsc.education@gmail.com) to register. Closing date for registrations is **Wednesday 7 November**.

### **PROFICIENCIES**

Yes it's that nasty word yet again. You have put in a lot of hard work to gain your awards. Please don't let them lapse – it will be sooner rather than later that you will be disappointed if you have not taken the small amount of effort needed to keep your awards current.

#### **Bronze Medallion**

The final formal Bronze proficiency session will be held on the morning of **Sunday 18 November**. We now have 46 out of our 154 patrolling members who are Bronze proficient. While the numbers can, at best, be described as disappointing, the upside is that we do indeed have 154 patrolling members. Such numbers are a luxury which most clubs do not have and are testament to the fact that MSLSC is a popular and well run organisation.

Don't forget that 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: **“Any member who is not proficient by 31 December shall not be allowed to perform patrols”**.

## 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). MSLSC has 30 members who hold their SMAR award, with 7 to date having completed their swim. It would be a pity if some of these award holders were to be rendered non-proficient.

If you are worried about whether you can make the time have a few practice runs down at the pool. You'll feel better all round for having put in the effort. I'm happy to time your swim individually down at Merewether Baths most mornings. Karen Wallace has offered to do the same. Come on now – it's only 8 minutes of your time.



**Bronze Proficiency Training – Your Knowledge Could Save a Life**

## Donation of Nippers Competition Boards



Janet Merewether of the Merewether family has been kind enough to donate two Bennett brushed carbon nippers competition boards to MSLSC. Many thanks to Janet and her son Arlo for their generosity. William Lyons will use one of the boards for practice and competition throughout the season.

**William Lyons with one of the Boards Donated to MSLSC  
by the Merewether Family**

And remember:

**“Life is 10% what happens to you and 90% how you react to it”**

## HEALTHY CHANGE CHALLENGE/MSLSC BOOTCAMP + MORNING TEA

**TUESDAY NOVEMBER 20, 10am-12 midday**

In conjunction with Disability Support Australia and the Healthy Change Challenge we are holding an All Abilities Bootcamp on Tuesday November 20.

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 15<sup>th</sup> November from 7.30-8.30am (ish) Merewether Surf Club Function Room. For details of the next breakfast visit [www.beachbusinessbreakfast.com.au](http://www.beachbusinessbreakfast.com.au) or [facebook.com/beachbusinessbreakfast/](https://facebook.com/beachbusinessbreakfast/) or sms/call Dave on 0403 925 799

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

---

## SPONSOR SPOTLIGHT



*ask Piggotts!*

Piggott's Pharmacy On Glebe - Merewether SLSC members receive 10% discount on purchases (excluding prescriptions, S3 medicines and discounted items).

### Pharmacy Open 7 Days a Week 8am - 8pm!

Piggott's Pharmacy on Glebe Road is your super convenient, trusted Community Pharmacy. Being OPEN 7 DAYS, 8am til 8pm and with convenient parking at the front and side entrances plus a carpark at the rear, we are easily accessible and hassle free!

Piggott's Pharmacy has been serving the Newcastle Community for almost 50 years with personal service and care. Piggott's Pharmacy is not a generic brand, we are a local family pharmacy caring for your family and community. Piggott's Pharmacy have engaging and happy staff members, who value each and every customer. Caring service is what we strive to provide, with a smile. You are welcome to challenge our claim by visiting any Piggott's Pharmacy - When you experience the difference, you will be glad you did!

We provide a range of services to our customers, including:

- Dispensary
- Compounding
- Flu Vaccinations
- Blood Pressure Checks
- Equipment hire, such as wheelchairs, crutches, breast pumps and more
- MedAdvisor

- Loyalty Program
- Leave for work certificates
- Piggy Bank Plan
- And we even have a Baby Nurse from 9:30am -12:30pm Monday mornings

We have been very active in the local community and the pharmacy community alike. We are well entrenched in providing traditional pharmacy values, genuine care, and quality service and advice. When you go to a Piggott's Pharmacy you will feel a warm welcome from staff who love their job. We invite you and your family to visit us or call us should you need any trusted health advice.

Located on the corner of Glebe Road and Hassall Street, there is also a GP and Pathology centre above us, should you need any additional health services. There is ample street parking available for free, and there is also on-site parking available at the rear, with the entrance to the car park on Hassall Street. For those using public transport, the number 14 and 21 buses stop nearby on Glebe Road.

Perhaps we cannot heal your illness immediately, but you will feel better after visiting us at Piggott's Pharmacy On Glebe Road which is open 7 days, 8am til 8pm!

## THANK YOU TO ALL OUR SPONSORS







