



# **MEREWETHER SURF LIFESAVING CLUB**

## **Annual Report 2022-2023**



***“Creating Safer Waters For All”***

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## Annual General Meeting

The 116<sup>th</sup> MSLSC AGM will be held on Sunday 9 July 2023 at 10:00am. The agenda will include:

- Apologies
- One minute silence in respect of past members
- President, Secretary and Treasurer's Reports
- Previous Minutes from 2021-2022 season
- Presentation of the Annual Report for the 2022-2023 season
- Election of Office Bearers for the 2023-2024 season
- General business

Light refreshments will be served.

## MSLSC Patrons for 2022-2023

Title	Representative
Patrons	Tim Crakanthorp - MP Member for Newcastle John Adamson Sue Paul
Vice-Patrons	Evan Walton Susan Walton OAM Ross Taggart
Honorary Solicitor	Craig Doyle (McDonald Johnson)
Ambulance Officers	To be appointed
Medical Offices	To be appointed

## MSLSC Office Bearers for 2022-2023

Position	Name
President	Nick Newton
Club Captain	Garry Semetka
Honorary Secretary	Jamie Paras
Treasurer	Mark Owen
Director of Education	Anthony Tietze
Registrar	Jan Roche
Director of Surf Sports	Trish Stallard
Board, Ski and Gear Captain	Kris Wall
Club Vice Captain	Gemma McMillan
Junior Coordinator Chairperson	Chris Warren

Youth Coordinator and Coach	Lauren Soars
Rookie Coordinator	Karen Wallace
IRB Captain	Nathan Wright
Boat Captain	Emma Gale
WH&S Officer	Nick Newton
Member Protection Information Officer	Kate Flint
IT Coordinator	Evan Jobling
Publicity Officer	Dave Hoar
Radio Officer	Norm Rodgers
Merchandise Officer	Warren Sterling
Function Room Manager	Claire Hollinworth
Historical Officer	Tony Robinson

## Membership Fees for 2022-2023

Membership Type	Fee
Senior Active & Cadets (registered on or before 31st October)	\$100.00
Senior Associates (Not patrolling)	\$135.00
Over 65's Associates	\$65.00
Junior Active member (1 <sup>st</sup> child)	\$95.00
Additional junior active members	\$75.00
Junior Associate (parent)	\$100.00
Family Membership (1 adult, 2 children)	\$200.00
Additional family members	\$75.00
LATE membership fee (after 31 <sup>st</sup> October)	\$35.00

These fees are included in the report as a historical record. Fees for the 202-2024 season are an agenda item for the upcoming Annual General Meeting proposed for 9 July, 2023.



Christmas Morning Patrol - 2022



## MSLSC Life Members

E.A. Merewether <sup>†</sup>	Albert Peel <sup>†</sup>	William R. Adamson <sup>†</sup>
A. Watt <sup>†</sup>	Jim McKenzie <sup>†</sup>	Frank Long <sup>†</sup>
Colonel Ranclaud <sup>†</sup>	Jeff Agland	Keith Swan <sup>†</sup>
Edgar Hinchcliff <sup>†</sup>	Ron Webster <sup>†</sup>	Brad March
Vic Lovell <sup>†</sup>	Gary Miller <sup>†</sup>	Robert Dan OAM
Albert (Bert) Caldwell <sup>†</sup>	Greg Nelmes	Nick Newton
Jim Wiebe <sup>†</sup>	Graham Walton	Mark Woodcock
Keith D. McDonald <sup>†</sup>	Robert J. Balks	Gregory Struck
E.(Ted) Pritchard <sup>†</sup>	Stewart Hetherington <sup>†</sup>	Noel Long
Phil M Evans <sup>†</sup>	Robert Richards	Neville Henshaw OAM <sup>†</sup>
Jack Wiebe <sup>†</sup>	Evan Walton	Steve Stallard
Norm Wiebe <sup>†</sup>	Cliff Ireland <sup>†</sup>	Ross Taggart
R.(Bob) Morton <sup>†</sup>	Peter Alcock	Charlie Bugbird
R.F.(Frank) Mahony <sup>†</sup>	Phillip Watt	Grahame Lott*
R.(Dick) Tressider <sup>†</sup>	Laurie March <sup>†</sup> OAM	Max Ebrill*
Harry Norton <sup>†</sup>	Laurie Graham <sup>†</sup> OAM	John Lyddiard*
R.(Bob) Hughes <sup>†</sup>	Jack Cavanagh <sup>†</sup>	W.G. Lyddiard*
Alf Hiland <sup>†</sup>	John Adamson	David Pratt*
A.J.(Albert) Edwards <sup>†</sup>	Peter Hogg	Terry Carroll*
W.(Bill) Read <sup>†</sup>	Sue Paul	Barry Harris*
Jack Blackett <sup>†</sup>	Iain Kelso	Kaye Lott*
Sid Bignall <sup>†</sup>	Phil Mosgrove OAM	Noel McFayden* <sup>†</sup>
Jim Hiland <sup>†</sup>	Ross Purvis	John Brown*
Doug Read <sup>†</sup>	Michael Rees	Elaine Brown*
W.(Bill) Morgan	Anthony Robinson	June Ebrill*
Cliff Brown <sup>†</sup>	Patricia Stallard	Graham Adam







\* For Service to Merewether Junior SLSC



# Report on Sponsors

By Adrian Harte

LOGO	Sponsor	Category
	Juice Plus	Gold
	Modus Brewery	Gold
	Funda	Silver
	Beach Hotel	Silver
	Money Saver Home Loans	Bronze
	Hunter Signs	Bronze
	Zambrero Mexican	Bronze
	Grill'd	Bronze
	Crest Financial Services	Bronze
	Jezweb	Bronze
	Merewether Mechanical	Bronze

	<b>Hamilton Taggart Business</b>	Bronze
	<b>Proactive Property</b>	Bronze
	<b>Bluewater Stainless</b>	Bronze
	<b>Merewether Board Riders</b>	Supporter
	<b>McGregor and McGregor</b>	Supporter
	<b>Susan Walton Optometrist</b>	Supporter

A combination of cash contributions, as well as the equally important in-kind support of materials and specialist services has again contributed significantly towards the club's critical activities during the 2022-2023 season. This generous support keeps us on the beach and provides a good foundation for the Club's future.

To sponsors of MSLSC - we thank you for your valuable contributions over the past year, and trust that the Club can continue to promote and assist your businesses into the future.

MSLSC also acknowledges the many members who continually lend a hand to attract sponsorship interest throughout the year, and then work closely to ensure the delivery of the Club's agreed undertakings.

The sponsorship team welcome any discussions from new businesses and individuals during the coming year.

***Thank you to all Sponsors of  
Merewether Surf Life Saving Club***

## President's Report

By Nick Newton

The 2022 - 2023 season presented us with much-improved beach and surf conditions and with the beach being open most days for our patrols we could get back on to the sand and do what we are here for, that is our mission of keeping the public safe and responding to assistance needs.

As our club captain (Garry Semetka) has noted in his report it was a successful club season and we did achieve quite a lot, with some good statistics and outcomes. Although unfortunately the state did approach a near record number of drownings for the period, highlighting the ongoing difficulties and challenges SLS has ahead of us.

With the change in status of now having professional lifeguards permanently on the beach seven days a week the common question being asked by patrolling members of what seems to be all clubs is “why are we here?” For us we are fortunate to have a good working relationship with our regular lifeguards and we don’t have the restrictions being imposed on some clubs so first response, rescues, beach management and delivering first aid are all still what we do. However, the answer to “why are we here” is driven home more by the public response to what we can do. This season we have received a number of letters from some very grateful beach going public who have received serious first aid treatment or assistance by our patrol members, these letters go on to extoll our members professionalism, dedication and skill of the treatment they received, leaving no doubt had we not been there, things could have turned out quite differently. As history shows, what our patrols do is bring a combination of people together that results in unique skill sets able to effectively respond to diverse situations, something that Lifesavers have proven time and time again.

One of the bigger items addressed by your Committee is the proposed adoption of a new constitution using the SLSNSW template. The template was provided by SLSNSW because clubs, like us, struggle to implement, keep up or simply make the necessary changes required to our constitutions in line with SLSNSW and legislation changes. Like other clubs the basis of our constitution stems back to the original documents and largely either no longer reflects or cannot recognise a number of real-world requirements. Obviously, a lot of work has gone into developing this document to meet both new operational and legal requirements and we believe, as with most other NSW clubs, with minor changes it will be a good fit for us in



providing a viable working document, more relevant to the way we need to operate, and operate successfully.

Our function room event hires are still not performing that well post COVID and we have engaged a new function room manager to help address the problem and try and turn this around. However, we do have a couple of success stories. Sukimama has joined us catering for our “coldies” functions, supplying her food menu has increased our patronage significantly and with plans to expand her usage and run additional events it keeps our tradition of running “coldies” viable. Along with this we have had a step change to our bar operations, due to volunteer burn out and reaching a stage where we just couldn’t continue in this way, we have introduced paid bar staff to now assist us with all our public bar operations. A huge thankyou must be said to all our members who have helped out with our “coldies” events previously, we couldn’t have done it or gotten this far without you.

Our Beach Hotel Raffles team is still going well, and we have the new owners on board sponsoring us with a promise once their renovations are completed to increase this support, so we look forward to that as a significant contribution to our funding.

Our Healthy Change Challenge program continues strongly. Winning the Branch Community Inclusion Award last year has increased the focus on this NDIS event and due to the growing popularity and number of participants, this season they have requested their attendance be extended by an additional two months until the end of June. I don’t believe this will be a one-off request and although it puts additional strain on our mid-week volunteers the level of enjoyment by the participants and the rewarding experience for our helpers makes it all worthwhile, thanks to Karen and the volunteer team for all their work in running this event.

We hosted the SLSNSW Board Riding Championships. Unfortunately due to the predicted bad weather (which they actually got right) the competition was run on a shortened schedule, but the organisers and competitors all had a great time and really enjoyed themselves with some really good surf on offer and some great surfing to watch. It all resulted in a very successful event with the organisers and competitors wishing to return – thanks go to the Merewether Board Club for the use of their equipment and to Darren, Brett and Glen who managed and oversaw all the judging - their involvement was much appreciated by the state organisers.

We ran our annual St Vinnies winter and Christmas collections. The receipt of these collections is always much appreciated and looked forward to by the charity organisers for distribution to the needy.

For Christmas we again had Santa visit the beach bringing all his goodies to the delight of our junior members - thanks goes to Ralph for the months of preparation in letting his hair and beard grow to actually look the part in playing the role – he had the kids convinced he was the real deal and they loved it.

We had our Annual Public Easter egg hunt with the kids, young and old enjoying themselves digging through the sand to find the eggs and participating in some games (while also learning a thing or two about beach safety) before being sick eating all the chocolate – thanks to Kev for dressing up as a bunny.

Our call out team members attended the flooded areas of NSW with our IRBs and drones. It was a great opportunity for them to work with other emergency services providing essential rescue and response while learning different rescue methods and application of equipment. This is now leading to some major changes coming in the way we are integrated into the rescue services.

Our away patrol team members provided much needed patrol assistance to clubs on the north and south coast – this has been an extremely successful and valuable outcome with Branch requesting if this can be an ongoing service provided by us, it will certainly require Garry and Gemma to do some Patrol Captain and inter-club coordinating to produce suitable rosters.

Lauren had great success with her junior competition team, coaching them for the last three seasons, Lauren has led them to some great results and again putting the Merewether name back into junior competition. Unfortunately, Lauren is leaving us for an out of state employment opportunity and her enthusiasm, coaching knowledge and prowess with the junior team will certainly be missed.

Branch have secured a parcel of land on Kooragang Island (near the Stockton bridge) for use by Newcastle clubs as an equipment storage area. Although not a close location it does have water access and we have elected to take up this opportunity as once it is set up it will help us lessen the storage burden we currently have.

Some well-deserved thankyou's to our committee members for their time and effort in running our club:

- **Jamie** for keeping us compliant, organising the meetings and a ton of administration work (less meetings would be nice), managing our staff, assisting in raffles and your involvement in a ton of other things.
- **Mark** for managing our finances and particularly this year for your effort and work on prepping, finalising, and delivering our financial reports to SLS requirements– it was a mammoth effort.
- **Jan** as ever, staying on top of all the registrations and membership issues, plus your wealth and assistance with information and advice when needed.
- **Anthony** for your efforts with organising, running the training and follow up reporting requirements – plus the hands on around the place. Must also include **Gemma, Karen and Sarah** and the rest of the education team for your efforts with training and compliance checks.



- **Garry and Gemma** for managing all the lifesaving requirements, the patrols and keeping us compliant to our NC and SLS agreements.
- **Evan** for your ongoing and persistent work in keeping our electronics operating and your current effort with the new camera and security system install.
- **Karen** for looking after the rookies, plus the raffles and HCC work.
- **Chris**, Age managers and the entire junior's team for all your efforts, and supplying us with quality SRCs and Cadet members.
- **Nathan** for your efforts as IRB captain managing the use of and repairs to our boats and motors, we noticed thanks to some spirited use this season your workload had increased somewhat.
- **Norm** for your ongoing work with management of the bar and stock – Norm has officially (finally) stood down this season and we recognise the value he has put back into the club, well done.
- **Trish** for managing the competition requirements.
- **Kris** as Board and Ski captain and managing the multitude of rescue equipment repairs.
- **Warren** for managing the merchandise and patrol uniforms.
- **Emma** boat captain and drones.
- **Rob and Phil** for the huge effort in sorting out all the Patrol service and National Service Awards
- **Rachel Soars** for continuing to fly the Merewether flag with your Branch position as an official.
- **Grahame Lott** for years now has been representing Merewether on the Branch Committee and Board position of gear steward.

Additionally, thank you to our patrolling members. You are the backbone of our club and with your ever present and ongoing enthusiasm and great attitude to the task, it makes Merewether SLSC a very enjoyable and proud place to be part of.

We need to again say thank you to our all our sponsors for your assistance and support, you are all an invaluable part of our club, and we encourage all our members to recognise the diversity of our sponsors, and we ask you to support their businesses.

Finally, thank you to all at Branch and SLSNSW for all the direction and assistance and helping us get through another year.

**Nick Newton**  
President of MSLSC



## Annual MSLSC Presentation Awards

Award	Nominations	Winner
Club Person of the Year	Norm Rodgers Nathan Wright Karen Wallace Jamie Paras Anthony Tietze Warren Sterling	<b>Anthony Tietze</b>
Patrol of the Year		<b>Patrol 7</b>
Patrol Captain of the Year	Kev Buckley Dom Willson Phil Kendall Gemma McMillan Warren Sterling Angela Tiedeman Kris Wall	<b>Gemma McMillan</b>
Patrol Person of the Year	Chris Warren Chris Wilson Michael Parsons Sarah Bugbird Tom Vandenberg Makenzie Wall Adam Mailes Kieren Stevens Dave Tietze Dave Woods Riley Martin Nathan Wright	<b>Makenzie Wall</b>
Laurie March Award - Most Outstanding Volunteer	Kev Buckley Kris Wall Karen Wallace Michael Parsons	<b>Michael Parsons</b>
Most Improved IRB Driver		<b>Oscar Wright</b>
Costa Concordia IRB		<b>Kris Wall</b>

Congratulations to all of our nominees for their hard work and dedication and, in particular, to our winners.



**Anthony Tietze**  
Club Person of the Year



**Makenzie Wall**  
Patrol Person of the Year



**Oscar Wright**  
Most Improved IRB Driver



**Patrol of the Year – Patrol 7**



**Gemma McMillan**  
Patrol Captain of the Year  
with Garry Semetka



**Jackson Yowe - Encouragement Award**  
with Nick Newton & Garry Semetka



## 2022-2023 Hunter Branch Awards of Excellence Nominations

Title	Representative
Surf Lifesaver of the Year	Michael Parsons
Trainer of the Year	Anthony Tietze
Coach of the Year	Lauren Soars
Youth Lifesaver of the Year	Lucinda McNabb
Volunteer of the Year	Karen Wallace
Administrator of the Year	Jamie Paras
Master Athlete of the Year	Trish Stallard
Official of the Year	Rachael Soars
Rescue of the Month	Phil Kendall
Community Education Program of the Year	Healthy Change Challenge
Competition Team of the Year	U13 Beach Relay Team (Marcus Freeman, Cooper Gardiner, Thomas Gardiner, Harrison Kiley)



**Rachael Soars**  
Winner – Official of the Year  
with Sharon Clayton MP



**Rachael Soars**  
Winner – Official of the Year  
&  
Chris from Healthy Change Challenge  
Winner – Community Education  
Program of the Year



**Karen Wallace**  
Hunter Branch Volunteer  
of the Year Nominee



## Treasurer's Report

**By Mark Owen**

The financial status of the club remains in a strong position. The audited financials for the period of 1 April 2022 to 31 March 2023 financial year are being compiled by the auditor at the time of preparing this Annual Report and will be made available to all members as an addendum to this report.

(Note that the dates for the MSLSC financial year are in keeping with the resolution from the 2021 AGM to move the club's financial year to the period of 1 April to 31 March).

**Mark Owen**

**Treasurer for MSLSC**



## IT Report

**By Evan Jobling**

The year saw continued work on the general MSLSC IT infrastructure. Uptime, continued operation and ongoing maintenance are always primary objectives.

Objectives completed this year include upgrading surfcam server hardware and software, upgrading wireless and wired network infrastructure. New mounts for surfcam on the exterior of the building were completed in preparation for new cameras. Surfcam statistics are as follows: 1 June 2022 to 1 June 2023 saw 144,700 unique views, 45,000 hours watched.

Primary goals for 2023-2024 season are replacement of our routing infrastructure, obtaining an FTTP upgrade for the premises as well as adding more wireless access points to improve uptime. An additional goal is to replace the cameras used in the surfcam as well as additional automation work.

**Evan Jobling**

**IT Coordinator**

## Secretary Report

By Jamie Paras

This is my 7<sup>th</sup> year in the role of Club Secretary, and I am committed to continue in this role by being nominated again, which I proudly accept.

For the role of the Secretary cannot be just if not supported without the assistance from the **Club Executive President Nick Newton** and **Treasurer Mark Owen**, which I'm grateful for.

Congratulations to **Senior Registrar Jan Roche**, **Club Captain Garry Semetka** and **Vice-Captain Gemma McMillan**, **Chief Instructor Anthony Tietze**, who have all been working hard behind the scenes to keep our memberships and patrol members active.



This year we hope to present to the members a new constitution which has been developed by SLSNSW that will allow us to operate under a more robust and flexible model. The key features will be expanding our membership categories and strengthening our future.

The draft document is awaiting legal review before being presented to the membership for acceptance and approval.

This season has been met with heartbreak by the sudden loss of two valued patrolling members **Colin Lippiatt** and **Angela Tiedeman**. Both Colin and Angela had not only been patrolling members but assisted the Club in various administrative roles.

I personally worked with Colin and Angela on several projects and enjoyed their commitment and friendship. They are sadly missed, and I extend my sincere condolences to their families and friends.

I'm also grateful for the work that Life Members Rob Dan and Phil Musgrove have done with the Long Service Awards for our members. The process and awards that were recently presented to our members was well received along with our appreciation for the time and effort Rob and Phil put into the project.

I'll take this opportunity to thank you for your ongoing support and commitment to our great Club.

**Jamie Paras JP**  
**MSLSC Secretary**





# Lifesaving Report

By Garry Semetka

## Patrol Summary

The 2022-23 season was well patrolled by all patrol teams. All patrols contributed to helping MSLSC to be a competent performer and visible presence on the beach. The patrols' performance provided the following statistics:

- Completed 5,225 hours of Patrolling duties
- Completed 1,531 Preventions
- Provided numerous first aid and support services to the public
- Performed 7 rescues

MSLSC and patrol members that participated in the rescues and first aid/support received recognition and gratitude in the form of written letters from some of the public members helped.

## Successful Season

2022-23 was a successful season with full patrols, sand back on the beach, great weather and many open beach days. Our Patrol Captains and Vice Captains did a stellar job organising their patrols to perform so well.

All patrol members contributed in showing how competent MSLSC is in providing a safe beach for the community to enjoy.

## Patrol Captains Meetings

A Patrol Captains/Vice Captains meeting was held prior to the start of the season to provide an update on new and modified protocols from SLSNSW and Hunter Branch, expectations for upcoming patrols, plus patrol team readiness.

A mid-season Patrol Captains/Vice Captains meeting was also held to review how patrols were managing and get feedback on suggestions and improvements to help patrols function better.

## Top Patrolling Members

Our top 10 Male Patrol Members (by hours were):

- |                   |        |
|-------------------|--------|
| ✓ Kev Buckley     | 155.0  |
| ✓ Michael Parsons | 115.67 |
| ✓ Nick Newton     | 102.0  |
| ✓ Kris Wall       | 97.92  |

✓ Chris Warren	87.25
✓ Terry Flynn	83.83
✓ Warren Sterling	75.42
✓ Dom Willson	72.34
✓ Michael Palmer	71.6
✓ Dave Tietze	66.0

Our top 10 Female Patrol Members (by hours were):

✓ Karen Wallace	109.92
✓ Gemma McMillan	105.0
✓ Makenzie Wall	89.59
✓ Lauren Soars	57.5
✓ Kathy Spong	46.58
✓ Jacqueline Arnold	40.5
✓ Penny Britz	39.5
✓ Rosemary Dan	38.75
✓ Sarah Bugbird	36.5
✓ Emma Gale	36.25

## Patrol Members Skills Upgrades

During the season a many of our members added to their skill sets, with IRB crew, IRB driver, Advanced Resuscitation, Spinal, First Aid plus Search and Rescue training being completed by members. We owe a debt of gratitude to our amazing Training Team for their work in keeping club members proficient, improving their skill sets plus providing a good base of new members via the Bronze Medallion and SRC.

## 100% Patrol Attendance

At the club annual presentation 87 members received 100% Patrol Attendance award:

✓ Patrol 1	8
✓ Patrol 2	10
✓ Patrol 3	11
✓ Patrol 4	13
✓ Patrol 5	6
✓ Patrol 6	10
✓ Patrol 7	11
✓ Patrol 8	9
✓ Patrol 10	9



**Last Patrol of the Season for Patrol 8**

## Patrol Presentation Awards

### Patrol Person of the Year

Nominees were Chris Warren (P5), Chris Wilson (P5), Michael Parsons (P7), Sarah Bugbird (P1), Tom Vandenberg (P2), Makenzie Wall (P6), Adam Mailes (P1), Kieren Stevens (P3), Dave Tietze (P10), Dave Woods (P10), Riley Martin (P10), Nathan Wright (P10).

Patrol Person of the Year was awarded to Makenzie Wall, who patrolled not only for MSLSC but also volunteered at other surf clubs. She was proactive on all her patrols plus volunteered for many club activities as well as help perform water safety for the bronze medallion groups.

### Patrol Captain of the Year

Nominees were Kev Buckley (P4), Dom Willson (P7), Phil Kendall (P10), Gemma McMillan (P5), Warren Sterling (P2), Angela Tiedman (P7), Kris Wall (P6).

Patrol Captain of the Year was awarded to Gemma McMillan for her patrol leadership and organisation plus enthusiasm when leading Patrol 5.

### Patrol of the Year

Patrol of the Year was awarded to Patrol 7 in recognition of their strong patrol representation on each patrol even when impacted by team member tragic losses, as well as their patrol member involvement in club activities.

## Looking to the future

The club is in a strong position with regards to patrol strength and capability. Over the coming year we will work towards:

- Increasing our Patrol Captains/Vice Captain numbers
- Remind members to do their proficiency early
- Reinforce focus on prevention and active patrolling
- Encourage members to add to their skills
- Ensure sufficient patrol numbers in both AM and PM patrols
- Improve our IRB driver and crew numbers
- Push the use of Operations app by patrol members and adding patrol statistics regularly during patrol
- Instigate Training and Skills maintenance while on patrol especially IRB and board/tube rescues

**Garry Semetka**  
**Club Captain**

# Registrar's Report

By Jan Roche

This was probably the best beach weather season for a while! It was wonderful to connect with everyone again and it will be great to welcome in the next season 2023-2024!



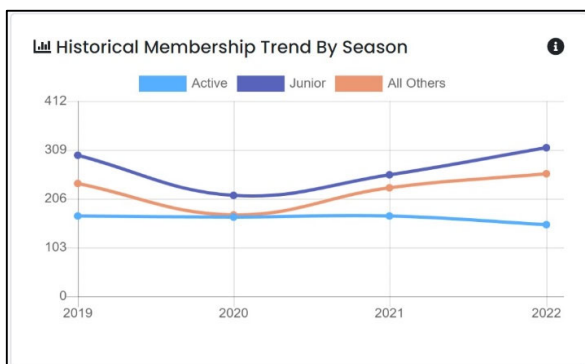
Season 2022-2023 heralded the new registration system, which will be great for the upcoming season. After a few hiccups this season and mid-season "fixes" from SLSNSW, we all eventually managed to be paid and registered. At the same time the working with children web site had big changes, so again there were the usual "fixes" which caused delays to updates.

Moving forward the system is now stable and we should have no problems! Below are the steps for renewal. Please **update** your drivers licence, WWC, contact details, family groups etc when you register this year.

## Renew procedure for MSLSC membership

- 1 [SLSA Online Membership Portal](#)  
Sign in
- 2 Choose **update details** and check everything is correct then choose "renew".
- 3 Choose category (this will be age appropriate)
- 4 **Need Help?**  
General queries to [seniorsregistrar@merewetherslsc.com.au](mailto:seniorsregistrar@merewetherslsc.com.au)  
Nippers queries to [juniorsregistrar@merewetherslsc.com.au](mailto:juniorsregistrar@merewetherslsc.com.au)

And after a tough few COVID years you can see that our membership is returning to normal!



## 2022-2023 Membership at a Glance

Current Active Members	149
Junior Members	307
All Other Members	256

**Well, see you back on the beach!**

Jan Roche

Registrar for MSLSC



## Education and Training Report

By Anthony Tietze

The Education Department at MSLSC is in good shape thanks to our team of skilled and dedicated trainers.

The team ran two Bronze Medallion courses, one with 15 candidates in the spring and one in the summer with 6 candidates. We also ran one highly successful SRC course in the spring with 14 candidates. This gives us an injection of a potential of 35 new patrolling members. MSLSC incorporated the First Aid modules into the Bronze course, giving our candidates an enhanced knowledge base upon completion.

We need to keep in mind that fundamentally the Bronze is about giving our participants the competence and confidence to swim or paddle out the back to someone who is in trouble, get them in to shore and pump some life into them until help arrives. MSLSC maintains this philosophy in the delivery of our courses.

Delivering our courses amounts to a lot of work for the Education Team (all voluntary of course), with the primary driver being for our new Bronze Medallion holders to go on patrol at the completion of their course. Bringing new blood into our patrol teams is essential in ensuring the ongoing viability of the club and in this the Education Team plays a vital role. It goes without saying that, in addition, a considerable amount of administrative input is needed to run a course successfully.

Keep in mind that surf lifesaving clubs who struggle to maintain a workable number of active patrolling members must put more pressure on their remaining members. They in turn find reduced numbers and more frequent patrols more onerous, leading to further attrition. Very quickly this can snowball down to a club which struggles to fulfil their responsibilities.

### Training Achievements & Courses

In addition to the Bronze Medallion and the Surf Rescue Certificate the following courses are run throughout the year:

- Silver Medallion Aquatic Rescue
- Silver Medallion Basic Beach Management
- IRB Crew
- IRB Driver
- Advance Resuscitation Techniques
- First Aid
- Train the Trainer

The Education Team also runs Proficiency sessions throughout the season for all patrolling members. All these sessions require planning, coordination, execution and follow-up administration. Thank you to our trainers and assessors for their time, skill and dedication. Have a chat with members of the Education Team and don't forget that a little thank you can go a long way.

Our club has continued to nurture and maintain good relationships with both Dixon Park and Cooks Hill SLSCs and we work hard to integrate the delivery of our clubs' training and assessment programs.

## Bronze Medallion

The teams bonded well throughout the ten week courses (as always) and the comment was made that they will miss the fun and the exercise on Sunday mornings. These squad have become valuable patrolling members of MSLSC.

Peter	Bernasconi
Jan	Burley
Jake	Edwards
Renee	Freeman
Saksham	Gupta
Kayla	Kiley
Sue	Lane
Hannah	Miflin
Monique	Ramplin
Jess	Sandilands
Vanessa	Stollznaw
Josh	Swetnam
Toneya	Thomas
Adam	Tuohy
Lily	Wallis



**MSLSC Bronze Medallion  
Participants – Spring 2022**



James	Becker
Cat	Scobie
Jarrold	Freeman
Alex	McDonald
Alice	Nolan
Peter	Glennie



MSLSC Bronze Medallion Participants – Summer 2023

## SRC (Surf Recue Certificate)

The majority of our SRC candidates progressed from the U13 nippers program. They did have experience in the water and it was a pleasure working with them. They are now valuable patrolling members of MSLSC.

Liam	Bryant
Annika	James
Matthew	Lyons
Jackson	Yowe
Archie	Easterman
Bailey	Wall
Lachlan	Ray
Hyomin	Yang
Lucinda	McNabb
Zara	Bentlin
Cooper	Gardiner
Ari	Lambropoulos
Lachlan	McFarlane
Jessica	McDonald



MSLSC SRC Participants for the 2022-2023 Season

## First Aid and Advanced Resuscitation

Several First Aid courses and Advanced Resuscitation proficiency sessions were run throughout the season. MSLSC would like to sincerely thank Richard Taylor for his time and dedication in teaching at these sessions.



**Advanced Resuscitation Course – Management of Life Threatening Bleeding**

Several First Aid courses and Advanced Resuscitation proficiency sessions were run throughout the season. MSLSC would like to sincerely thank Richard Taylor for his time and dedication in teaching at these sessions.

Note that the First Aid units HLTAID001, 002 and 003 have been superseded by the new units HLTAID009, 010 and 011 units. It's important that all patrolling members upgrade to these new units as soon as possible. Once qualified with the new units our members can undertake the new Advanced Resuscitation HLTAID015. This course has been expanded to include “management of life threatening bleeding” and this component has some interesting practical sessions.

## Silver Medallion Aquatic Rescue (SMAR)

The purpose of this course is to provide participants with the skills and knowledge to participate as a team member in search and rescue operations. MSLSC has a Search and

Rescue kit which is kept in the patrol shelter. All patrolling members should familiarise themselves with the contents.

Be aware that to remain proficient in SMAR you must complete a 400m pool swim each year in 8 minutes or better (which is the same as the pre-requisite swim required in order to undertake the course). 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

## Radio Operations Certificate

MSLSC run Radio Operations Certificate courses over a single evening as part of the Surf Lifesaving Award. Being a standalone module this course is open to all active members of MSLSC.

## Ongoing Courses

Numerous courses will continue to be run throughout the season, including Bronze Medallion, SRC, First Aid, Advanced Resuscitation, Spinal Management, Radio Operations, IRB Crew, IRB Driver, Silver Medallion Aquatic Rescue and Silver Medallion Beach Management.



More information can be found at <https://www.merewetherslsc.com.au/education/training-courses/>. Keep an eye out for advertising posters around the clubhouse and on the various club news feeds.

## New Trainers

MSLSC is always looking for new people to become a part of the MSLSC training machine. The Hunter Branch does run train the trainer courses on a regular basis and participants who complete this course would gain the following nationally recognised units of competency:

- TAED301 Provide Work Skill Instruction
- BSBCMM410 Make a Presentation

The knowledge and skills learnt on the course are highly transferable to areas 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.

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. If you're keen all you need to do to start is to come along to some training sessions and help out.

## Our Education Team

<b>Anthony Tietze</b>
<b>Sarah Bugbird</b>
<b>Nathan Wright</b>
<b>Oscar Wright</b>
<b>Jan Roche</b>
<b>Tim Coghlan</b>
<b>Jason Steward</b>
<b>Warren Sterling</b>
<b>Karen Wallace</b>
<b>Gemma McMillan</b>
<b>Dom Willson</b>

**Anthony Tietze –  
Director of Education  
and CTO for MSLSC**



## Skills Maintenance

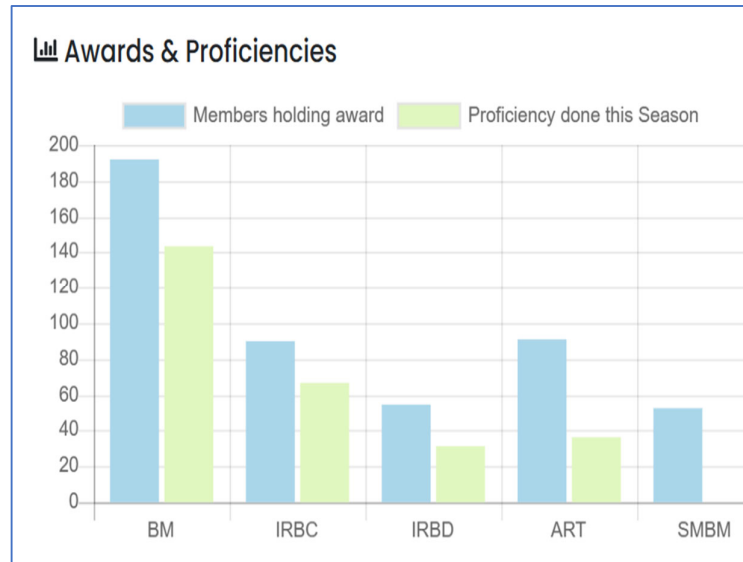
Thank you to all those patrolling members who completed their Bronze and SRC proficiencies on time. A mighty effort by all has resulted in almost all our patrolling members maintaining their Bronze proficiency, a statistic which would turn many surf lifesaving clubs around Australia green with envy.

Please get in early next season. On your part it's one less thing to do and it does ease the burden on the trainers and organisers, a workload which is often not recognised or appreciated.

We are now running our complete Bronze and SRC proficiencies on the beach – no more long-winded sessions in the Function Room. There will be 4 or 5 of these such sessions, with the first mid to late September.

Members are not able to patrol after 31 December in a capacity in which they are no longer proficient. (This is not a club or Branch rule, rather a requirement set down by Surf Lifesaving Australia. Failure to comply can leave the club exposed from a liability point of view).

Keep in mind that if you were really under pressure on the beach with say an unconscious patient and concerned family nearby you can guarantee that things will not go exactly by the book. We can only do our best, but the more practice you have had, the more effective you will be. The same applies when you are on patrol. You will perform with greater ease and confidence if you have already had a run and a swim or paddle out the back.



	Bronze/SRC	IRB Driver	IRB Crew	Advanced Resuscitation
<b>Number of Proficient Patrolling Members</b>	<b>157 (148)</b>	<b>31 (37)</b>	<b>61 (60)</b>	<b>45 (42)</b>

MSLSC Proficiency Statistics for Active Patrolling Members 2022-2023  
(2021-2022 Season in Brackets)

## Water Safety

We are always looking for volunteers to help with water safety. Sunday mornings are busy when the Bronze and SRC courses are in progress and the nippers are always looking for water safety volunteers. If you have your Bronze and can spare an hour or two to keep an eye on our people out in the water on Sunday mornings your help is always appreciated.

## And Lastly...

Thank you to the MSLSC Education Team for their ongoing efforts and thank you to the MSLSC Committee for their continued support of the Education Team. Thank you also to Hunter Branch for their guidance, support and assistance. Your contributions make MSLSC a club for us to be proud of and a club for others to envy.

**Anthony Tietze**

**Director of Education and Chief Training Officer for MSLSC**





Training at MSLSC





Training at MSLSC

# Juniors' Report

by Caitlin Munday

## Committee Members and Age Managers

A huge thank you to our Committee members, Age Managers and Assistants for an excellent season. Nippers cannot run without your dedication and all the time you spend both in front of the kids and behind the scenes.

### Committee Members

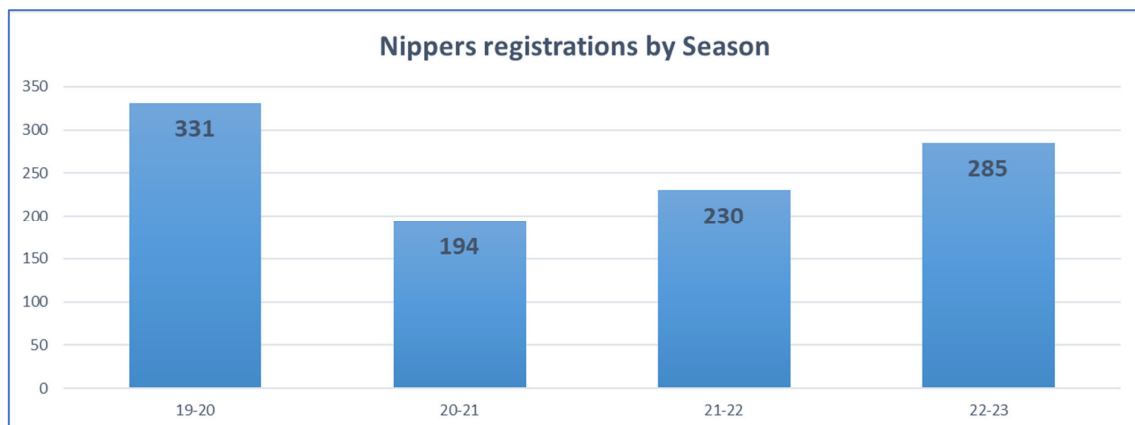
Chris Warren, Emma Dean, Bec Williams, Ellie Perry-Amerikow, Glen Randon, Steve Watts, Geoff Kelly, Jess Kelly, Brendan McNabb, Caitlin Munday, Tim Coghlan

### Age Managers

Emma Dean, Tony Keirnan, Paulo Macchia Amy Nosike/Connor, Tim Schneider, Nathan Ormerod, Jess Moulder, Kelly McIntyre, Chris Baker, Heidi Poole, Amba Turnbull, Sarah Smith, Brendan McCallum, Steve Watts, Duncan Handley, Ross Marshall, Brendan Kiley, Roge Kempe, Chris Dewar, Amy Bruniges, Tim Coghlan, Gus Fitzherbert, Glen Randon, Mike Campbell, Chris Warren, Matt Fox, Daniel Lawrence, Kris Wall, Brendan McNabb

## Nippers Membership

COVID related restrictions in Season 20-21 required us to cap our numbers at 200. This was a difficult decision to make at the time but enabled Juniors to meet its obligations to be able to run a season.



Since then there has been a steady increase of members with an expectation to return to pre-COVID numbers in the 23-24 Season. This increase in members requires additional committee

members and assistants especially from the parents of our younger age groups to allow us to manage succession planning into the future.

These numbers don't include the parent associate members and it should be known that many of our Nippers parents transition to Seniors members after realising what a wonderful club we have and the family we are creating here at MSLSC.

Nippers continues to be the primary pathway into Seniors for the majority of our club's patrolling members. All Seniors Bronze members are welcome on a Sunday morning to come down to provide Water Safety for our future Life Savers.



## Supporting the Community

Nippers is first and foremost a service to the community. MSLSC Nippers were a part of many functions that serve the community this season. These included the ANZAC Day Service at Townson Oval, Raising of the flags ceremony, Christmas, Easter and the passing of MSLSC members.

We love to see our blue, yellow and white represented on and off the beach.





## Competition



Congratulations to all the incredible Nipper competitors for their outstanding performances in the recent competitions! Your hard work, dedication, and commitment to Surf Lifesaving have truly paid off. Your skills, resilience, and sportsmanship were evident throughout the events, and you should be incredibly proud of yourselves. Your achievements serve as an inspiration to others and highlight the importance of beach safety and physical fitness. Keep up the amazing work, and may you continue to excel in your future endeavours!





## Results

### NSW State Championships:

- 39th Age overall, 4th in Hunter (Merewether's first points at Age State in roughly 10 years)
- Lucinda - U14 Female - 8th Beach Sprint, 20th Beach Flags
- Marcus - U13 Male - 6th 2km Beach Run, 9th Beach Flags, QF Beach Sprint

### NSW Interbranch Championships:

- Lucinda - U14 Female – 4th Beach Flags, 5th Beach Sprint, 4th 2 Person Beach Relay

### Hunter Branch Championships:

- 5th overall
- Gold –
  - U14 Female Beach Flags – Lucinda
  - U14 Female Beach Sprint - Lucinda
- Silver –
  - U13 Male Beach Sprint – Marcus
  - U13 Male Beach Flags – Marcus
  - U13 Male 1km Beach Run – Marcus
  - U13 Male Beach Relay – Harrison, Cooper, Thomas, Marcus
- Bronze –
  - U14 Female 2km Beach Run – Lucinda
  - U14 Female Beach Relay – Lucinda, Amelia, Charlotte G, Matilda
  - U14 Male Beach Relay – Lachlan R, Thomas, Cooper, Samuel
  - U14 Mixed Beach Relay – Lachlan R, Marcus, Lucinda, Charlotte G
- 4th –
  - U9 Female Surf Team – Izzy, Maggie, Maddison, Eve
  - U10 Female Surf Teams – Charlotte K, Imogen, Aaliyah, Maggie
  - U10 Female Beach Relay - Charlotte K, Imogen, Aaliyah, Maddison
  - U11 Female Beach Flags - Florence
  - U11 Female Surf Teams – Elyce, Phoebe, Florence, Addison
  - U11 Female Cameron Relay – Elyce, Phoebe, Florence, Addison

- U11 Male Beach Relay – Lachlan M, Jonah, Frank, Isaiah
- U12 Female Beach Relay – Matilda, Phoebe, Florence, Addison
- 5th –
  - U9 Female Board Relay – Harmony, Maggie, Eve
  - U11 Female 1km Beach Run - Florence
  - U11 Female Beach Relay - Elyce, Phoebe, Florence, Addison
  - U13 Female Beach Relay – Amelia, Charlotte G, Addison, Matilda
  - U13 Female Cameron Relay – Amelia, Charlotte, Matilda
  - U13 Male Cameron Relay – Cooper, Marcus, Harrison, Thomas
  - U13 Male Surf Team - Cooper, Marcus, Harrison, Thomas
  - U14 2km Male Beach Run – Lachlan R
- 6th –
  - All Age Beach Relay – Maddison, Frank, Addison, Samuel, Marcus, Lucinda
  - U9 Female Beach Relay – Izzy, Maggie, Maddison, Eve
  - U10 Female Beach Flags - Aaliyah
  - U11 Female 1km Beach Run - Elyce
  - U11 Female Board Relay – Elyce, Florence, Addison
  - U13 Male 1km Beach Run - Thomas
  - U13 Mixed Beach Relay – Cooper, Marcus, Amelia, Charlotte G

#### **Overall Newcastle Permanent Series:**

- U14 Female Beach First - Lucinda
- U13 Male Beach First - Marcus
- U14 Male Beach Sixth – Lachlan R

#### **Newcastle Permanent Rd 1:**

- Gold –
  - U14 Female Beach Flags – Lucinda
  - U14 Female Beach Sprint – Lucinda
- Silver –
  - U13 Male Beach Flags – Marcus
- Bronze –
  - U13 Male 1km Beach Run – Marcus
  - U13 Male Beach Sprint - Marcus

#### **Newcastle Permanent Rd 2:**

- Gold –
  - U13 Male Beach Relay – Thomas, Marcus
  - U14 Female Beach Flags - Lucinda
  - U14 Female Beach Sprint - Lucinda
- Silver –
  - U13 Male Beach Flags – Marcus
  - U13 Male Beach Sprint - Marcus
- Bronze –
  - U14 Female 2km Beach Run - Lucinda
  - U13 Male Beach Sprint - Thomas



- U13 Male 1km Beach Run - Marcus

### **Newcastle Permanent Rd 3:**

- Gold –
  - U13 Male Beach Flags - Marcus
  - U13 Mixed Beach Relay – Marcus, Thomas, Zoe, Charlotte G
  - U14 Female Beach Flags - Lucinda
  - U14 Female Beach Sprint - Lucinda
- Silver –
  - U13 Mixed Beach Relay – Amelia, Maya, Cooper, Harrison
  - U14 Female 2km Beach Run - Lucinda
- Bronze –
  - U11 Female Surf Team - Elyce, Phoebe, Florence, Addison
  - U11 Mixed Beach Relay – Addison, Jonah, Lachlan M, Imogen
  - U13 Male Beach Sprint - Marcus
  - U13 Male 1km Beach Run - Marcus

## **Nippers BBQ and New Uniforms**

The weekly BBQ is our most important fund-raising activity helping to raise funds to support the replacement of equipment, supporting our Competition kids and subsidising the Annual Nippers camp. Bec Williams has for many years been instrumental in making this happen week after week. Thanks to Emma Dean's generous contribution, the introduction of new Nippers swimmers this year adds a vibrant and modern touch to the young surf lifesavers' uniforms.

## **Donations and Major Purchases**

Donations to our Surf Life Saving Club are vital for supporting our lifesaving efforts, training programs, and equipment maintenance. These generous contributions directly contribute to ensuring the safety and well-being of beachgoers and promoting water safety education within our community. Thank you to Goeff Kelly for driving donations for the club this year. He acquired new marquees and a new esky for the BBQ area. The club also purchased new boards to support competing nippers.





## Nippers Camp

Nippers camp continues to be one of the favourite events on the Nippers calendar for Nippers and Parents. The Seniors and locals at Merewether Beach probably like it as well as it signals the invasion of blue, yellow and white on Sunday morning at Merewether Beach is over for another season.

With over 100 families involved and growing we descend on Fingal Bay for a fun weekend. A special thank you to Suzie Wall for all her work behind the scenes.



**Caitlin Munday**  
Secretary for MSLSC Juniors

# Surf Sports Report

By Trish Stallard

Merewether had one masters competitor during the 2022 - 2023 season, which was myself.

## Masters

Results of Trish Stallard:

### Hunter Branch Masters Championships

2nd 1km beach run

1st beach flags

1st beach sprint

### NSW Masters Surf Lifesaving Championships

3<sup>rd</sup> 1km beach run

5<sup>th</sup> beach flags

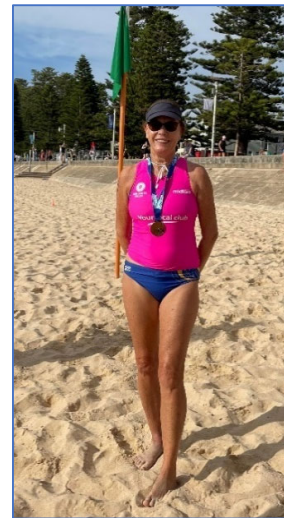
5<sup>th</sup> beach sprint

### Australian Championships

5<sup>th</sup> 1km beach run

9<sup>th</sup> beach flags

6<sup>th</sup> beach sprint



**Trish Stallard**  
**Surf Sports Co-ordinator**



## IRB Report

By Nathan Wright

Ahoy there! Welcome aboard the IRB review of the 2022-2023 season. Much like a sail in calm seas, this season was a smooth one, untouched by the stormy COVID disruptions that had us all doing the backstroke in previous years. Thanks to our good mates at Fingal, we embarked on our maiden voyage of a pre-season IRB training camp in early September. Both fresh and salty sea dogs attended in droves, getting their sea legs back under them and even picking up a few new navigational skills.



We've been building a crew that would make Blackbeard envious - patrolling members young, old, and every age in between have stepped up, showing they're not just here for the free beers at coldies. They've braved the rigors of training, completing the crew and driver course with flying colours. Our crew's numbers and skills are looking shipshape, but there's always room for more hands-on deck, lest we get marooned at the shore!

Hats off to the old salts for guiding our greenhorns, training new drivers and crew, and for turning into swashbuckling handymen - fixing, maintaining, and setting up equipment whenever the call was made. It's a joy to see our motley crew band together for IRB training, polishing their skills like a ship's brass. The result? An armada of seasoned and new operators handling the equipment like it's their beloved parrot.

In the crew this season, we had Tim Coghlan swabbing the decks once more as our training officer. Now a registered IRB trainer for our club, he's joining ranks with Oscar Wright and yours truly. We're set to sail into the future with a larger training crew, made possible by our trusty band of IRB supporters like Ralph Foster, who has more commitment than a pirate to his treasure.

In other news, our very own Sarah Bugbird, Emma Gale and Makenzie Wall took a sabbatical from our shore, representing Merewether at the state-run women's ALBERT course for IRB training at Fingal, with a whole armada of clubs. An excellent chance for them to bolster their rescue skills and prove that women on deck are anything but a curse. Avast, I highly recommend others to set sail on this course when it next drops anchor.

We're plotting courses throughout the season for anyone ready to sign their articles - just give us a shout! Training and proficiency tests will start in September, so keep your spyglass trained for a pre-season weekend gathering for training, familiarity, and proficiency tests.

As the sun sets on my tenure as IRB captain (a joyride that began in 2009 or 2010, as far as this old sea dog's memory serves), I'm passing the compass to Tim Coghlan. My years at the helm have been more rewarding than finding a treasure chest, and while I may not be the captain, I won't be abandoning ship anytime soon. Tim's dedication to the club would outmatch a loyal parrot, and he's proven more than capable of keeping our ship afloat.

So here's to smooth sailing and calm seas. I look forward to seeing you on (or, given our track record, in) the water soon!

**Nathan Wright**  
**IRB Captain**



**Our New IRB Crew Members at the Nobbys CVA  
Daniel Lawrence, Tony Kiernan, Jae-Hun Yang, Glen Hughes, Mike Campbell,  
Oscar Wright (Driver) and Jason Steward)**



**Negotiating the Merewether Beach Shore Dump**



## Member Protection Information Officer

By Kate Flint

We all joined the surf club to have fun right? To fulfil a sense of civic duty, to stay fit, feel a sense of camaraderie and to hang around at the beach. For the majority of members and for most of the time, that's what being a member of the surf club is about. But sometimes things go wrong and that's when you might need to talk to your Member Protection Information Officer (MPIO). Merewether's MPIO is Kate Flint.

I've been with the club for about 12 years. As MPIO I can be the first point of contact for anyone in the club with member protection or child protection enquiries or complaints. The MPIO role is impartial, with the sole responsibility to provide information about member protection policies, processes and procedures at the surf club. I am able to provide information about the options available to you whether you are a member with a concern or grievance, or a person against whom there has been an allegation made. As an MPIO I have no jurisdiction to mediate or investigate complaints, nor make decisions about or impose any disciplinary measures. However I'm good for a chat and can help point you in the right direction

At Merewether SLSC there are very few issues that require my input, which is testament to the great members we have. Given the historic roots of surf life saving as a male dominated volunteer organisation, I'd like all members to consider day to day interactions and communications directed at ensuring MSLSC maintains an inclusive and diverse array of volunteers. Some strategies include:

- Use inclusive language that creates an environment where everyone is empowered to speak
- Don't ignore behaviour that crosses boundaries
- Check in on your mates

I can be contacted at [kate.flint@mslsc.com.au](mailto:kate.flint@mslsc.com.au), or grab me for a chat if you see me down at the beach.

**Kate Flint**  
**Member Protection Information Officer**



## Club Bar & Function Room Report

By Norm Rodgers

Our Sunday Coldies is working well to support the Function Room and our new caterer, Sukimama with her Korean inspired dished, has proved to be very popular. We would welcome more members coming in for a Sunday drink to take advantage of the great food and some of the best prices in Australia!

We are still searching for people willing to assist with bar operations, both for Coldies and functions. Please let me or Jamie (our Secretary) know if you can assist.

I would like to thank everyone who has assisted with the bar over the last 12 months, with particular mention to Jamie, Karen and Michael.



Fine Dining at Coldies



Garry & Jamie Running the Coldies Bar



Jamie & Nick – Coldies Specialists

**Norm Rodgers**  
**Bar Manager**

# WHS Report

By Nick Newton

Merewether Surf Life Saving Club (MSLSC) manages risk to health and safety of members, guests and the beach-going public as far as reasonably practicable, in accordance with policies, procedures, and guidance from Surf Lifesaving NSW. MSLSC also adheres with relevant NSW legislation, such as the Work Health Safety Act 2011. Health and safety are paramount and first and foremost in everything we do.

The 2022-2023 patrol season saw a return to unrestricted operations allowing a full complement of members to undertake their patrols without the mandatory provisions previously in place for the Coronavirus pandemic. However, we operated with awareness to the issue and to best practice techniques to mitigate any risks and this process is still the ongoing priority with all training delivered by the education team and compliance testing.

Restricted club house storage space and the placement of equipment is a challenge for us, minimising the risks of slip, trips and falls or injuries with the interaction of members and equipment placed or parked inside and around our club house is an ongoing task that requires the input and assistance of all members to provide us with a safe operating environment.

Additionally, our difficult surf conditions can also increase the risk with operating and use of surf equipment with the unfortunate outcome of a significant injury sustained during the season.

Remember your training, before entering the water or use of watercraft or any other equipment always risk assess the situation and if needed make the necessary adjustments to how you approach the situation to ensure your and others safety.

All members are thanked for their ongoing commitment to the successful operations of Merewether Surf Lifesaving Club by adhering to all health and safety guidelines, compliance requirements and being cautious in our actions helps keep us a safe, happy, and viable club.



**Nick Newton**  
**WHS Officer for MSLSC**

# Healthy Change Challenge

By David Tietze

MSLSC has continued its association for the 7<sup>th</sup> year with the NDIS funded Healthy Change Challenge (HCC). The HCC is a ***fun, empowering, social and community engaging holistic health program for people with a disability and/or mental illness***. Challengers learn to run exercise, shopping, cooking, mindfulness and meditation sessions in collaborative teams for each other and the general public.



The 2022 to 2023 season was a great success with many groups enjoying the beach, Merewether Baths and the clubhouse facilities. Many club members volunteered their time for these sessions and there was nothing but positive experiences for everyone involved. It was great to see members of the community being able to participate in the beach activities with help of The Healthy Change Challenge team and MSLSC. I'm sure everyone involved got more out of the experience than we put in and it was wonderful to see so many people able to enjoy these days at the beach.

During the season we extended the monthly activities to the Merewether Baths and Ladies Pool where the HCC participants learned lifesaving rescue and radio skills. A number of the HCC participants now join us for patrols to take part and experience a day as a lifesaver. Next season we will be inviting HCC members to take part in a Radio Operators certificate course where in completion HCC members can participate in patrols as patrol members.

Our activities have included:

- Inclusive boot camp sessions at Merewether beach and clubhouse followed by barbecues and presentations.
- Hosting Lifeguard for a Day events teaching essential lifesaving skills to people of all abilities in a fun, safe and inclusive environment. This includes board, rescue and flag exercises.
- Patrol days where people with a disability can join in patrols and learn a number of skills including radio operation. A number of participants are now joining MSLSC patrols on a regular basis as volunteers which is an amazing example of social and community integration.
- Hosting Lifeguard for a Day events teaching essential lifesaving skills to people of all abilities in a fun, safe and inclusive environment. This includes board, rescue and flag exercises.

A big thank you to Karen Wallace for her time and dedication.

David Tietze



## **MSLSC NRL Footy Tipping Comp Fundraiser**

**By Dave Hoar and Glenis Powell**

Now into its 8<sup>th</sup> year the MSLSC NRL Footy Tipping comp has been a great revenue raiser for the club. Local businesses, tipping competition participants and friends of MSLSC pay \$50 to sponsor a round, with all proceeds to the club.

In 2022 we raised over \$1,000 for the club through the generosity of round sponsors, as well as having a lot of fun with the novelty prizes on offer. In 2023 we have 57 registered tippers.

A special thank you goes to Glenis Powell for her outstanding administration of the footy tipping comp.

## 100% Patrol Attendance

The following patrol members achieved 100% attendance during the course of the 2022-2023 season. Congratulations to all and thank you for your dedication.

Patrol 1	Patrol 2	Patrol 3	Patrol 4	Patrol 5
Sarah Bugbird Terence Flynn Chris Harris Adam Mailes Jamie Paras Kathryn Spong Patricia Stallard Stephen Stallard	Thomas Lyons Lucie Dei Rocini Nathan McKelligott Glen Mulhearn Matt Mulhearn Peter Mulhearn Geoffrey Murray David Ray Warren Sterling Lyndal Whealey	Penelope Britz Kat Cowie Robert Dan Rosemary Dan Greg Graham Tim Harker John Lehman Bernard Sabine Michael Spillane Kieren Stevens Felicity Walker	Steve Baines Kevin Buckley Ralph Foster Emma Gale Simon Hill Amy Nosike Marcus Napper Bruce Rummins Zac Rummins Garry Semetka Lauren Soars Karen Wallace Paul Ryan	Charles Boswell Jamie Boswell Gemma McMillan Jess Sandilands Chris Warren Chris Wilson
Patrol 6	Patrol 7	Patrol 8	Patrol 10	
Liam Benson Stuart James Breanna James Brendan McNabb Norm Rodgers Garth Russell Bailey Wall Kristen Wall Makenzie Wall Jae-Hun Yang	Peter Flook Jocelyn Flook Tom Flook Cheryl Isles Evan Jobling Hugh Jobling Scott Kirkman Michael Parsons Jan Roche Angela Tiedeman Dom Willson	Jacqueline Arnold Mike Campbell Annie Chayko Tim Coghlan Matt Fox Iain Kelso Brendan Kiley Jason Steward Anthony Tietze	Phillip Kendall Nick Newton Michael Palmer Monique Ramplin David Tietze Nathan Wright Oscar Wright Kay Flint (AR) Mark Owen (AR) Dave Hoar (AR) Meredith Veale (AR)	

AR – Active Reserve

(It is worth noting that the total number of 100% Patrol Attendance members for the 2020-2021 season was 127, the 2021-2022 season was 93 and this 2022-2023 season was 87. There is a falling away in numbers and we are looking at strategies to turn this around).



## In Memoriam

### Angela Tiedeman

In March 2023 we received the very sad news of the unexpected passing of Patrolling Member Mrs Angela Tiedeman.

Angela joined our Club in 1999 and on completion of her Bronze Medallion in 2004 she became a patrolling member with Patrol 7. In 2006 Angela was awarded her Silver Medallion in Aquatic and Beach Management along with the Certificate in Advanced Resuscitation and after that was appointed to Patrol Captain. In the past 19 years Angela completed over 650 hours of patrolling service.



Angela also held positions on the MSLSC Committee and shared her experience and advice for the betterment of the Club. Angela was a surfboat rower, who competed for Merewether. More recently Angela was recognised and awarded the National Service Medal for volunteering in surf lifesaving. Angela's involvement at the Club is well documented and fondly remembered for being a champion in surf lifesaving and a proud valued member.

We extend our sincere condolences to Angela's Husband, Robert and her family. To Patrol 7 we offer our support to all who will miss Angela and the void she leaves behind.

As a mark of respect the Club Flag was flown at half mast over the weekend following her passing.







***“Surf Lifesaving exists to save  
lives, create great Australians and  
build better communities”***

***Compiled and edited by Anthony Tietze***