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MARCH

2019



# SAWTELL s/SC

## Message from the President



*Congratulations to our Junior team who have just returned from a successful weekend at the State Age Championships, bringing home some hard won medals and great results. This marks the culmination of the competition season for our Nipper competitors up to Under 13s and I would like to congratulate all these kids for putting in such a magnificent effort - and say a big thank you to all the parents, coaches, team managers, gear transporters and helpers who make it happen behind the scenes. Next weekend, we send our senior team down to Swansea Belmont for the Open State Championships with our best wishes for a great carnival - **GO SAWTIE!***

The last few weeks has seen some pretty challenging conditions on the beach and in the water, with the beach closed for a number of our patrols. It is a credit to our patrolling members that they turn up and brave the conditions whatever the weather. I suspect that the mandatory dose of hot chips and the occasional home-baked treat help pass the time and keep the crew fuelled up for their stint. I also want to thank those patrol captains and crews who have taken on extra duties in educating and even entertaining visiting groups to our beach - including foreign student groups from UNE and student groups from inland Australia. It is great that our club is able to give these people the opportunity to experience our beautiful environment and at the same time demonstrate and educate on how to enjoy it safely.



On the subject of safety, myself and Club Captain Steve have been invited to meet with the Coffs Chief Lifeguard, Greg Hackfath for a debrief on

the summer season and to discuss joint initiatives we can potentially undertake to reduce drownings in our region. As you know, this season has been a shocker and we would like to take positive steps we can towards better educating the public and ensuring we have the right equipment in the right places to reduce risk as much as possible. I will keep you all posted on progress. In the meantime, we can all play a role in providing a word of advice or friendly directions to anyone on the beach who looks like they are unsure of conditions or the right place to go for a swim.

**See you at the beach!**



**Sheena McTackett**  
0477 771 481



# Message from Club Captain

*As the competition season is approaching its peak with County Titles a while ago, the Branch carnival at Sawtell and State now occurring it's really pleasing to see how well all our competitors are going. They are a real credit to themselves, the coaches and the club. Congratulations to all. Apart from the obvious benefits of competing in carnivals one of the key benefits is that the skills competitors gain in training for events is that those skills are highly useful during patrols. The surf swimmers, board paddling and even IRB skills enhanced doing water safety for nippers, training or competition all lead to great patrol members.*

Whilst so far this season we have only conducted a small number of rescues the situation up and down the coast is terrible with the number of drownings, mostly of visitors to Australia, appallingly high. The simple message of swim only between the flags is simply not getting through to enough people. We must continue to spread this message. So much of what we do is simply putting the flags in the safest position on the beach and ensuring that swimmers stay between the flags. Alternatively, if conditions are just too dangerous as was the case on the weekend of 23 and 24 February, closing the beach to all swimmers and advising the public of this is a great way to keep people safe.

One of our patrols was caught short of members on Saturday 16 February due to a combination of factors including the patrol captain being sent away as part of the emergency response to significant bushfires. I would like to thank all those who stepped in to make sure that the patrol was operational on that day either by doing subs, volunteer patrols or by moving their normal rostered patrol to this time slot. This willingness by our patrolling members to help other patrols is one of the strengths of our club and one which makes my job as Club Captain rewarding.

The patrol season is now 75% over with patrols only having 3 or 4 patrols to complete. With the water being absolutely beautiful

at the moment on a balmy 25°C or so we are still getting large numbers to the beach on the sunny days. This will be especially so over Easter at the end of March and during the school holidays in April. It remains vitally important that all members attend patrols or, if they cannot, they obtain substitutes for their patrols.

I would like to thank all the Sawtell people who assisted with Water Safety and First Aid at the bcuTri last Saturday and Sunday. We outnumbered the other SLS clubs by a large margin. A special thanks to the IRB folk who managed to get all the swim cans out on Sunday for an early start to the swim after assembling at the Jetty Beach in the dark so that they could hit the water at first light.

In a way the bcu Tri is a practice run for the much bigger Coffs Ocean Swims to be held on **Sunday 7 April**. We will need a bigger contingent of helpers on that day. Both these events are good money earners for the club and it's a good opportunity for those who don't do much other work around the Club to do a bit to help the club's finances.



**Steve Rayson 0429 025 845**

# Message from Chief Training Officer

**BRONZE SQUAD** The Club will be commencing an **IRB Crewpersons Course** commencing **Sunday 28 April**. Please contact **Scott Rayson 0429 805 602** if interested.

If Sunday mornings is an issue for you the Branch is running a similar course starting **Thursday 14 March**. For details contact **Jamie Marschke 0438 526 897**, CHSLSC Education Officer

The Branch will be holding a number of courses including First Aid, ART, Silver Medallion Beach



Management, Silver Medallion Advanced First Aid. Silver Medallion Aquatic Rescue, Spinal Management and Pain Management during the off-season.

Dates, Pre-requisites, Closing Dates for registration and venue can be found via the following link [www.slnorthcoast.com/index.php/component/k2/item/8-education-office](http://www.slnorthcoast.com/index.php/component/k2/item/8-education-office)



**Andrew Martin 0419 485 401**

# Nipper News

The Junior Activity Sub Committee will hold its Annual General Meeting on **Sunday 10 March at 11am**, and I would like to extend a warm invitation to any parent who would like to attend.



Eighteen Sawtell Nippers recently travelled south to Swansea Belmont for the State Championships. Sawtell performed well, coming 30th out of over 80 clubs. Our fantastic results included:

## INDIVIDUAL EVENTS

Saul U9 - 11th swim and 16th board

Piper U10 - 4th swim and 3rd board

Finn U11 - 7th swim

Madison U11 - 18th swim, 9th board and 10th iron

Tilly Howard U12 – 1st sprints and 1st flags in Inclusions Program

Breah U13 - 4th board and 7th 1km run

Maggie U14 - finals for board

## TEAM EVENTS

Board Relay U11 - finals

Board Rescue U13 – 2nd

Board Relay U13 – 8th

Cameron Team U14 - finals

Our Presentation Day for Nippers will be held on **Sunday 17 March at midday**. We welcome all Nippers to come along to receive their certificates and medals for participation. There will also be a BBQ for the Nippers and a raffle with great prizes to be drawn at the end of the afternoon.

**Tiffany Easman**  
0437 000 030



# 5 IMPORTANT DATES

- STATE CHAMPIONSHIPS  
9 – 10 March
- NIPPERS AGM  
10 March
- NIPPERS PRESENTATION DAY  
17 March
- SENIOR CLUB CHAMPIONSHIPS  
24 March
- AUSSIES  
30 March — 7 April

**THANK YOU** Over the past month or so the Club needed to put out requests for members assistance for a number of activities including the TAS bronze medallion training, the bcu Tri, the upcoming Goodooga Central School visit and the upcoming Coffs Harbour Ocean Swims. At the same time the Club still maintains good patrols, the Club has competitors at the NSW State Titles, a new Bronze squad has commenced training and UNE has been bringing down groups of Japanese students over a number of Saturday afternoons. It is a real credit to our Club that members have been willing to assist where possible and for that the Club thanks each and every one of those members. It is because Sawtell can be relied upon that a call is made on our services. May this support continue.



Congratulations to the following members on recently obtained Awards:

**○ | BRONZE MEDALLION CERTIFICATE 11 IN PUBLIC SAFETY (AQUATIC RESCUE)**

Amy Bennett  
Harriett Beynon  
Aidan Blaxland  
Russell Day  
Tiffany Easman  
Clint Forsythe  
Cecily McGowage  
Alexander Newman  
Benedetto Piscitello  
Ngareta Rorich  
Matt Ryan

**○ | BRONZE MEDALLION CERTIFICATE 11 IN PUBLIC SAFETY (AQUATIC RESCUE) MEMBERS FROM THE ARMIDALE SCHOOL**

Joe Baker  
Nicholas Barnier-Merzliakov  
Amelia Bonnici  
Emerson Browning  
Hamish Cannington  
Sebastian Etheridge  
Tayla Frahm  
Dahlia Glennie  
Will Goodwin  
Dante Holmes-Bradshaw  
Georgia Kaynes  
Alexander Kirk  
Elliana McRae  
Michael Paull  
Isabelle Perrottet  
Keanu Rhoades  
Luke Rorke  
Tristan Rozendaal  
Joseph Smyth  
Clayton Southwell  
Jesse Streeting  
Hamish Tydd  
Emma Ward

**○ | SURF RESCUE CERTIFICATE (CPR ENDORSED)**

Breah Fischer  
Jenson O'Leary

The Club apologises for the delay in reporting these achievements as the awards are noted only once the Certificates & medallions are received from SLSNSW.

## A MEMBERS VIEW

A member of the Club has taken the time to voice their views to a select few of the Club membership. Your Committee endorses the sentiments of this message and with the consent of the writer has undertaken to convey these thoughts to the wider membership on matters which invariably cause dissension at this time of the year being that of team selections and awards.

An abbreviated version of the member's thoughts follow.

*It's this time of year when families that have been friendly to each other, to the Committee members (both Senior and Junior) and coaches, change their behaviour and jeopardize relationships for themselves, and even more sadly for their children all over the above issues.*

*Teams are a part of life, as are awards, be it at work, school, marriage and certainly sport. From an early-age children being the sponges they are watch and learn from others as to how others deal with situations in life including dealing with teams and the receiving of awards. To make a team is great as is to receive an award, but to miss out doesn't mean you're a loser.*

*In fact how one reacts is what determines whether they are a winner or a loser.*

*All parents want the best for their children, but what is best are the lessons learned, not the selection nor the award. By showing your children that you respect the decisions made by others you lead by example, and teach your children how to behave in similar situations*

Your committee (why not consider becoming involved) is only too prepared to look at any concern a member may have. Every member is entitled to attend meetings and have their say so why attend with your constructive suggestions.

*that they will face over and over in life.*

*Many people freely give of their time to assist in the running of all aspects of the Club. Time consuming yes, rewarding yes, and overall a great way to give a little back. It is well known that the hardest thing all season is selecting teams and choosing award winners especially when you know that it will cause heartache and disappointment somewhere along the line to someone. There are methods suggested by all, and everyone has their own idea. At the end of the day however a decision does need to be made.*

*Why are we all involved in the surf lifesaving movement? Surely it is to provide a community service, to develop life skills including CPR and surf awareness, to mix with both genders in a non-judgmental environment, fitness, and to make life-long friends. There would be next to no person who signed up just to win a medal or an award, so please don't rate your entire season on that achievement.*

**NEW SUPPORTERS** The Club would like to welcome two new sponsors/supporters to our Club: **Rhod & Annie Cook** from **Raspberry Creek Farm at Bonville** and club member **Mary Keily** from **Back on Track Muscle Neurology Clinic** – please visit Mary's website for more details on her massage neurology therapy <https://www.backontrackmuscleneurologyclinic.com/>

Thanks also to **Toormina Medical Centre** who have extended their sponsorship for another 3 years enabling the Club to purchase new Nipper boards.

**CLUB KEYS** The Secretary advises that due to his incompetence and the number of members seeking to replace lost keys or be issued with new keys there has been a failure to record some key numbers. There is a refundable deposit of \$15 on each key issued of which the Club has a record. Could all members please check their keys to see who has the following keys and advise the Secretary. They would also have number **G274** on them.

Keys with a **white plastic strip**: Nos **19 & 34**

Keys with a **yellow plastic strip**: Nos **2, 47, 59, 109 & 127**

Keys with an **orange strip** : No **5**

Your cooperation in this matter is appreciated.

## FOR YOUR DIARIES

The Club Presentation Evening will be held at Sawtell RSL on **18 May 2019** whilst the Club AGM will take place at the Clubhouse on **30 June 2019 at 10am.**

**SECURITY** What can the Club do? Yet again the northern emergency exit door was left wide open all Friday night last and fans left on. It seems futile asking for cooperation in this simple matter.

# COUNTRY CHAMPIONSHIPS 2019 KINGSCLIFF SENIOR COMPETITION REPORT

The Country Championships were held over the weekend of 2-3 February at Cudgen Surf Life Saving Club at Kingscliff, and as predicted, the swell and conditions were quite different to the previous years at South West Rocks. The big swell and sweep made it exciting for both the competitors and spectators.

We had 20 senior members ranging from the U15's through to Masters compete and achieved fantastic results. The individual highlights were:

- \* Cloe Nolan U15 Board – Silver & U15 Board Riding – Silver
- \* Isiaha Phillips U15 Swim – Silver
- \* Kate Murray U17 Board – Gold
- \* Emily Meacham U17 Ski – Gold, Open Ski – Silver & Open Iron- Bronze
- \* Alyssa Golding U17 Ski – Bronze
- \* Sheena McTackett 50+ Board – Silver
- \* Nick Murray Open 2km Beach Run - Bronze

We also came away with an impressive 15 medals in Team Events: 4 x Gold, 7 x Silver & 4 x Bronze. The team events were held with such great morale and positive sportsmanship. It was fantastic to see. Special mention to Lily Pengelly, whom made up teams in the U17's with a tenacious effort, Mary Keily, for completing her swim, Sean Golding and Gerald De Carle's impressive wipe-out in their board rescue, and the U17 Double Ski girls competing their very first race in challenging conditions. Unfortunately, the U15's didn't get to compete in their teams events due to the conditions.

We are now looking forward to State Champs at Swansea Belmont on **6-10 March**. Good luck to our 14 competitors whom will be representing our fabulous club Sawtell!!



## ASSISTANCE REQUIRED

- | **TAS**  
9.00am-noon 8 March
- | **GOODDOGA CENTRAL SCHOOL VISIT**  
8.30am-noon 9-10 March
- | **TAS**  
9.00am-noon 18 March
- | **COFFS HARBOUR OCEAN SWIMS**  
7 April

## MEMBERS DISCOUNTS

In the spirit of supporting our Club and promoting safety of visitors to our local area, Joel of 63 First Avenue has offered to make available any surf safety education material to his clientele and has extended a generous offer to our patrolling members of 10% discount on a Sunday afternoon.

## MISSING BOARD

Does any member know the whereabouts of this surf board which has gone missing? No questions asked on its return.





Coffs Coast Kia



The Power to Surprise



**CONTACT**

Sawtell Life Saving Club  
Fourth Ave  
Sawtell NSW 2452  
[www.sawtellsurfclub.com.au](http://www.sawtellsurfclub.com.au)

**COMMITTEE & CLUB EMAILS**



[info@sawtellsurfclub.com.au](mailto:info@sawtellsurfclub.com.au)

[president@sawtellsurfclub.com.au](mailto:president@sawtellsurfclub.com.au)

[secretary@sawtellsurfclub.com.au](mailto:secretary@sawtellsurfclub.com.au)

[treasurer@sawtellsurfclub.com.au](mailto:treasurer@sawtellsurfclub.com.au)

[registrar@sawtellsurfclub.com.au](mailto:registrar@sawtellsurfclub.com.au)

[competition@sawtellsurfclub.com.au](mailto:competition@sawtellsurfclub.com.au)

[clubcaptain@sawtellsurfclub.com.au](mailto:clubcaptain@sawtellsurfclub.com.au)

[training@sawtellsurfclub.com.au](mailto:training@sawtellsurfclub.com.au)

[website@sawtellsurfclub.com.au](mailto:website@sawtellsurfclub.com.au)

[jasc.secretary@sawtellsurfclub.com.au](mailto:jasc.secretary@sawtellsurfclub.com.au)



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