



# green & white

ANGLESEA SURF LIFESAVING CLUB BROADSHEET ISSUE NO. 3 JUNE 2018



## FROM THE PRESIDENT

Welcome to the June Broadsheet. With the 2017/18 season well behind us the club is still busy planning with a number of activities on the cards.

Firstly, congratulations to our National medallists at the recent Australian Surf Life Saving Championships in Western Australia. Congratulations to the Under 19 Mixed 5 Person R&R team on their Gold medal and Saxon Beale on his Silver medal in the Under 19 Beach Flags.

In exciting news, we welcome James 'Jamo' Porter back to the club as the Coach of the Dolphins Water/Craft Program. He will also be supported by Ivor Morgan and Emily Bews. For more info stay tuned to the Club Facebook page and our website. Jamo is also writing the programs for the Anglesea-based Senior Ski squad.

Thank you for your responses as part of our recent member feedback survey. We had over 200 responses which was fantastic, the most we have ever received! Check out what you told us on the following pages. We are working hard to address this and welcome further feedback/ideas at any time.

Polar Bears has commenced, with the Bears now out of hibernation. 11.30am on the first Sunday of the month at the Club. All members are welcome, and we look forward to seeing you there.

Our next major fundraiser is the annual Golf Day on Saturday 25th August at the Anglesea Golf Club. Check out the article on the following pages. If you are a golf member elsewhere please spread the word and make sure that you get your team together for a fun day out.

We have had some changes on the Board over the past few months. Jack Fry, Director of Rescue Services has stepped down due to work reasons. On behalf of the club I would like to thank Jack for his contribution to the club. I am pleased to introduce two new Directors to the club, Kate Walker is the Director of Surf Sports and Kate Patterson is the Director of Marketing.

Following a thorough recruitment process, I would like to welcome a new employee to the club, Tanya Devine. Tanya is our inaugural Fundraising, Partnerships and Communications Officer (Refer to bio for more details). The role, as the name suggests is focussed on managing our sponsorships, grants, looking for new fundraising opportunities whilst also developing our partnerships with the community, businesses and government.

The role of another employee of the club, Steve Bullock, has come to a close as of May. Steve was our Facilities & Equipment Duty Officer and has been fantastic since he commenced in December 2017, supporting all areas of the club behind the scenes. His work ethic, attention to detail and willingness to help all areas has been outstanding. In addition, Steve has completed his Bronze Medallion, Advanced Resuscitation Techniques Certificate and IRB Crewperson Certificate which has been fantastic in the short time he has been a member. Thank you to Steve for his contribution and we look forward to seeing him around the club.

Finally, the 2018 ASLSC Annual General Meeting will be held on Sunday 26th August at 11am in the Ray Marsh Room. The notice and call for nominations and motions will be posted later in the month. Please remember that at the AGM is when the major club awards are announced, so I encourage all members to attend.

**TOM CULLEN** PRESIDENT



**THE AUSTRALIAN SURF LIFE SAVING CHAMPIONSHIPS 'AUSSIES' WERE HELD IN SCARBOROUGH BEACH, WESTERN AUSTRALIA IN APRIL 2018. A SMALL CONTINGENT OF ANGLESEA SLSC COMPETITORS ATTENDED WITH MIXED RESULTS OVERALL.**



Congratulations to our Gold Medallists – the Under 19 Mixed 5 Person R&R, the Anglesea Cheeky Devils (Mia Duckett, Mikaela Dale, Lucas Waters, Christian O'Nions and Alexandra Madely) with the team coached by Christine Cardwell.

Saxon Beale continued an outstanding season with Silver at the Victorian Senior Championships in the under 19 Beach Flags, with an Aussies' Silver in the same event.

Our other R&R teams, the Open Mixed 6 person, Open Mixed 5 person (Team A, Anglesea White, Anglesea Green) and Open Female 5 Person teams all had impressive results making it to the finals.

Our Boaties, the Men's Reserve Boat Crew (David Spiteri, Scott Penning, Thomas Skidmore, Luke Hume and sweep Guy

Mackinder) had rough conditions to contend with.

The beach was always going to be tough, with a shore dumper and backwash as well as the expected 'doctor' to blow in. With the challenging conditions, all racing was to be concluded on Saturday with Sunday expected to be un-raceable due to a massive storm expected to hit on Saturday night. That meant very hard cuts to be made. Three rounds were tough with the lads again finding themselves missing out, but they rallied in the last race to secure a win, putting them through by 2 points into the elimination final on Saturday. On Saturday the team won the elimination final, getting a berth in the minor semi. Unfortunately, the crew just missed out by a seat to make it to the major semi. It was a great Aussies with the boys making the top ten, finishing the best out of all the Vic Crews that entered.

Overall in the Seniors Championships, Anglesea finished in 25th place nationally and the top of the Victorian Clubs ahead of Torquay, Jan Juc & Half Moon Bay.

In the Masters, our sole competitor was Ingilby Dickson, who made the final in each of his events in the 60-64yrs category for Rescue Tube, 2km Swim and Surf Race.

In the Youth Championships, craft competitor Max Mauderer came an impressive 4th in the under 15 Beach Flags.

Well done to all Anglesea competitors, coaches, managers and supporters who made the trip to Perth.



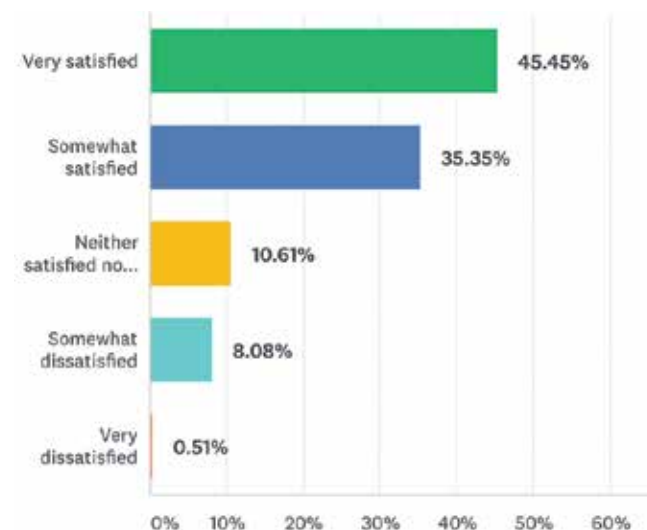
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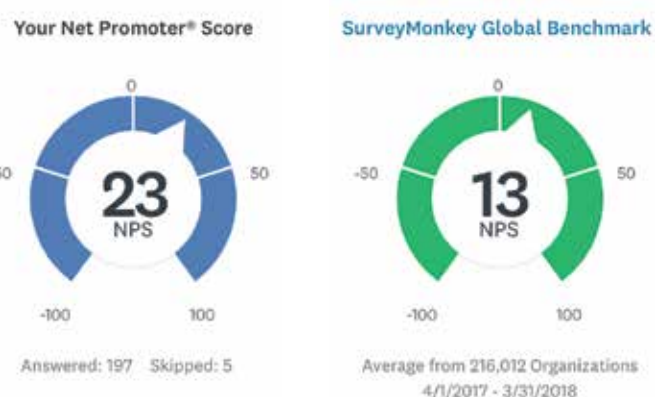


# 2018 Membership Survey – What you told us

## How satisfied are you with Anglesea SLSC?



## How likely is it that you would recommend Anglesea SLSC to a friend or colleague?

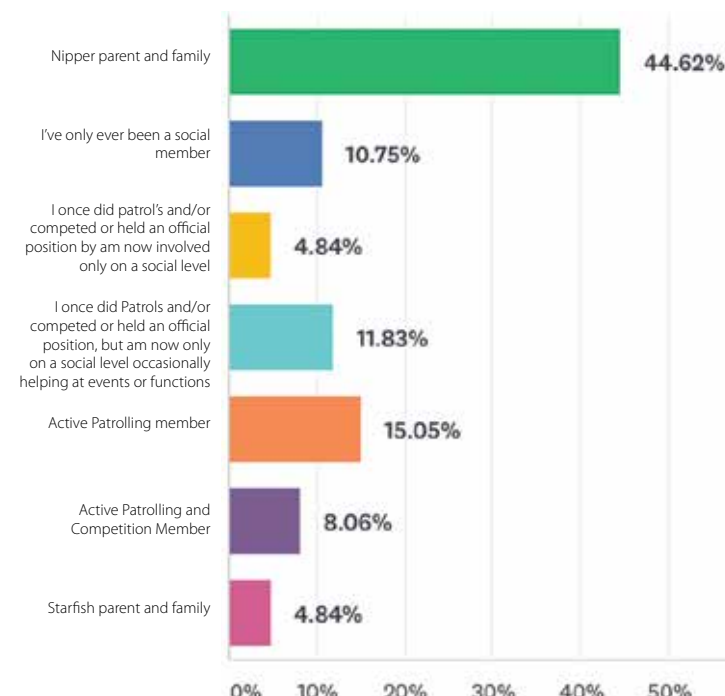


Note: The SurveyMonkey Global Benchmark is based on an average of 216,012 not-for-profit organisations based on the same period of time the survey was out.

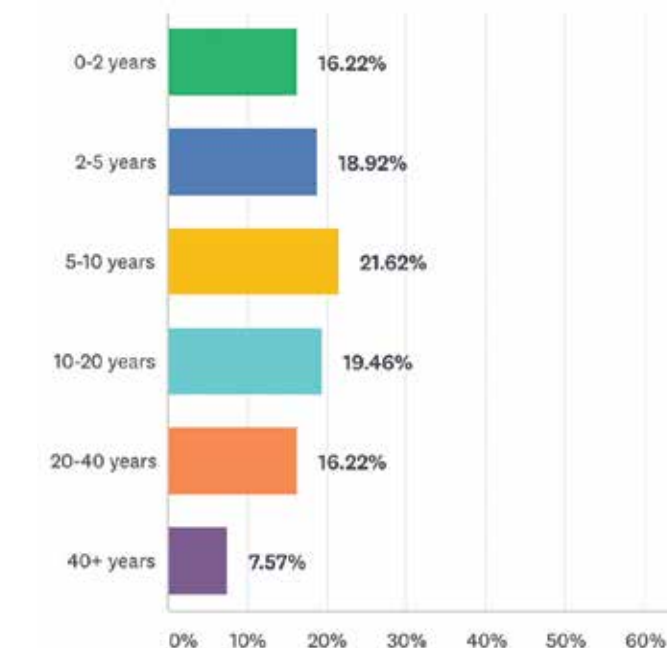
## What does the club need to improve most (in priority order)?

1. Membership renewal process
2. Development of Surf Sports
3. More social events
4. Training and development activities
5. More effective communication
6. Captain Moonlite
7. Patrol and our Anglesea Surf Rescue Program
8. Nipper Program

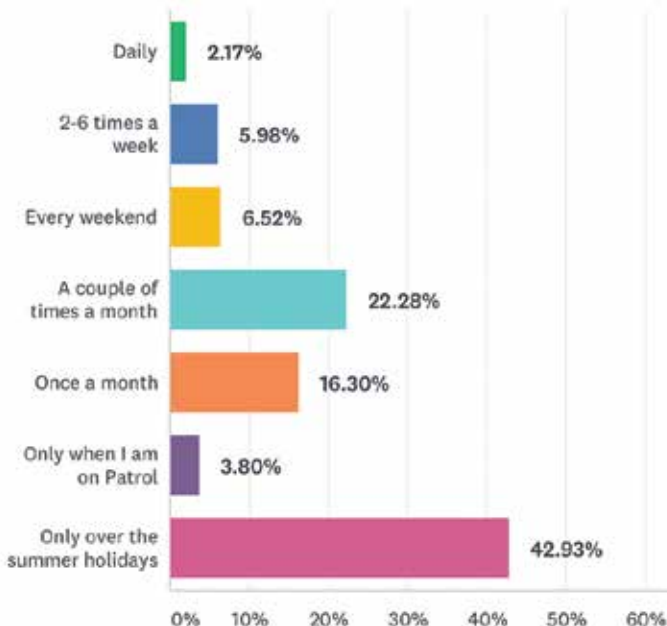
## Who are you?



## How long have you been associated with Anglesea SLSC?



## How frequently do you use the club facilities for any purpose?



Thank you to everyone who responded to the survey. 13% of the membership responded which was a significant amount considering the amount of youth and junior members the club has. The Club Board is working hard to address what you told us to provide greater satisfaction across all club members. Details of these will be presented in the next Green & White Broadsheet. We will be notifying the random prize winners shortly.

## Building Redevelopment Update June 2018



Since the last newsletter in March our project team have been working hard to finalise the detailed design and documentation so that we can go to tender once we satisfy the toll gates that have been set by the Board for the redevelopment. That toll gate is to have obtained the necessary pre-approvals and a minimum level of committed funding.

The key approvals are in hand and we are currently developing specific plans as required under the Coastal Management Consent and Planning Approval including a stormwater management plan and a construction management plan.

We still anticipate that we will have documentation sufficient to go to tender by June together with the quantity

surveyors estimate of costs. The current plans can be viewed on the club website.

As set out in the previous newsletter we have a Project Governance framework that identifies a series of decision gates to ensure members interests and process transparency are observed and maintained. A key decision point is where we sit financially before going to tender. We are currently at \$3.4M and continue to investigate further funding options as we need to get closer to \$4M before going to tender. So, if you considering contributing now is the time to get in touch with our Fundraising Chair, Ingilby Dickson.

WHAT CAN YOU DO TO HELP? The most valuable thing you can do is contribute funds toward the new Operations & Training Centre. Please contact Ingilby Dickson, Chair of our Fundraising program on 0425 233 300 to discuss further. Please find enclosed our pledge form. We strongly encourage everyone to contribute to this important project.

## GROWL GROWL GROWL FROM THE ANGLESEA POLAR BEARS!



For the uninitiated, Bears consists of a run-swim-run, with the swim only 20 strokes out and 20 strokes in (have to get your head wet), without wearing a wetsuit. It is open to all club members and you need to wear your club bathers.

Following this a lunch is provided for a bargain of \$20 for the season or less per day. Please bring a salad to share. All members welcome.



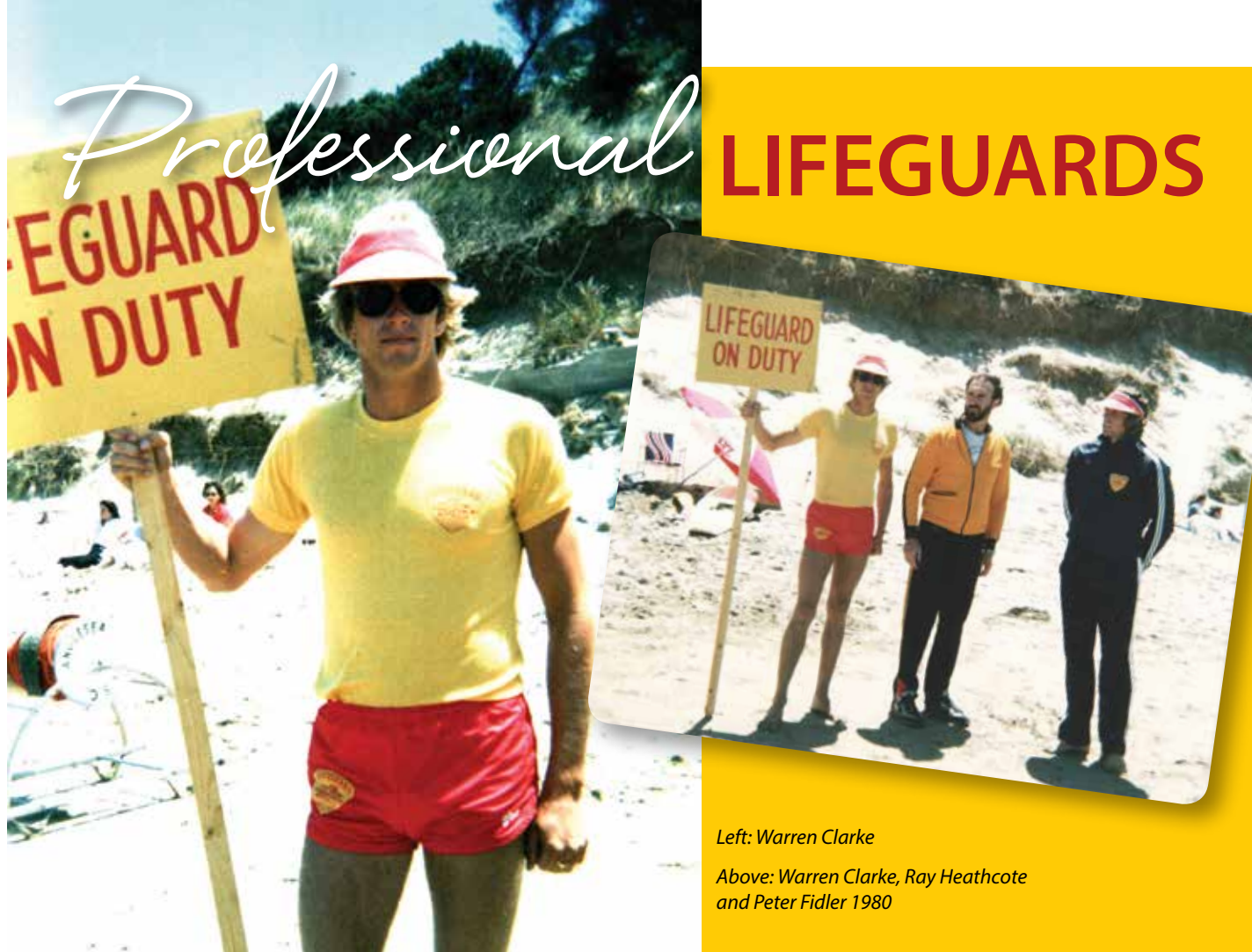
**GOLF WITH FRIENDS, LOTS OF LAUGHS, KANGAROOS, MINI-GOLF FOR THE KIDS, THE SPINNING WHEEL RAFFLE, A DRINK AND A MEAL AFTER GOLF... HOW MUCH FUN CAN YOU SQUEEZE INTO ONE DAY!**

Please save the date, Saturday August 25th at the Anglesea Golf Club, with the Club AGM on the following day.

Many thanks again to the Anglesea Golf Club for their great support of our Club.

**SHANE EDMONDS & MARK GOWANS**  
GOLF DAY COORDINATORS





Left: Warren Clarke

Above: Warren Clarke, Ray Heathcote and Peter Fidler 1980

## PROFESSIONAL 'LIFEGUARDS SERVICES' STARTED ON SELECTED VICTORIAN SURF BEACHES (INCLUDING ANGLESEA) IN DECEMBER 1979.

The Surf Coast beaches lifeguard program were part funded by the then Barrabool Shire (Surf Coast Shire) and Surf Lifesaving Victoria with sponsorship support by BP petroleum.

The first Anglesea Lifeguards were Kevin Bent, Peter Fidler and Warren Clarke with a rotating roster of two lifeguards operating any one day.

The duties of the Lifeguard were more extensive in the first few years including communication and promotion program with the beach attendees on the day, dedicated education sessions with local camps including scout groups and diabetic children's camps.

In the first season Peter Fidler and Warren Clarke performed a rescue and CPR on a cardiac specialist. In the early days there was no such thing as defibrillators at clubs or personal protective equipment (clinical gloves). Once the patient was removed from the surf, the patient's airway was cleared by

Peter, mouth to mouth was performed with Warren checking pulse and commencing compressions. Runners were dispatched for the club Oxsaver and a call to 000 on the club land line.

Ken Tayler was a member of the surf club and the Anglesea ACO (Ambulance Community Officer) who arrived to assist with equipment and ambulance. A general medical practioner who was on the beach also assisted with the rotation of tasks.

The patient was packaged and loaded into the ambulance with Ken driving, the doctor bagged the patient and Warren continuing the compressions. The interesting part of the trip to the Geelong hospital was Ken hitting the railway line crossing near the Geelong cement works at approximately 120 km/h on the undulating section of track/road. Warren bounced to the roof then floor with the doctor assisting him up to continue the cycles. The patient arrived at the hospital with a pulse and breathing.

Over the years the Lifeguard services program has expanded to more beaches throughout Victoria (including Point Roadnight) with improved equipment and lifeguard skills set.

### WARREN CLARKE

## JAMO PORTER



James (Jamo) Porter has commenced as our new craft (board & ski) coach for the Dolphins (U/12-U/17) and the Senior Ski group.

Up until the age of 18, Jamo lived in and raced for Anglesea. He started nippers at the club in under 9's and was lucky enough to have a big group of kids his own age and older to train and race with. Jamo won his first state title as an under 9 in the board

race and went on to win it again for the next 6 years in a row as well as multiple team medals and titles as a nipper.

As a senior competitor Jamo had great success for Anglesea and Victoria as a board and ski paddler and won the open Taplin with Anglesea as an under 17. After finishing school in Geelong, he moved up to the Sunshine Coast to study Exercise and Sports Science and to continue training and racing. As an under 19 he won 6 medals at the Aussies including 2 gold. Since moving into the open age category at Alexandra Headlands SLSC, Jamo has won medals for both board and ski paddling at the national level and competed in the Ocean 6 Series at the highest level.

Having now completed his degree in Exercise and Sports Science and he plans to use this knowledge plus his own personal experience to create personalised and group training programs and sessions for athletes all over the country and in a variety of sports.

Jamo is super excited to come back home to where it all started for him and to give the kids the same help that he received when in their position.

The training sessions are on the first Sunday of the month at 10am at the club.

## New team members



**TANYA DEVINE**  
FUNDRAISING,  
PARTNERSHIPS &  
COMMUNICATIONS  
OFFICER

Tanya brings with her over 15 years' corporate experience, having previously held senior marketing and communication roles in funds management (including with Arena REIT, Arena Investment Management and Portfolio Partners).

Three years ago Tanya embarked on a sea change and has since been enjoying the surf coast lifestyle with her young family. She is looking forward to drawing on her skills and experience to make a positive contribution and become an active part of the Anglesea SLSC community.

### KATE WALKER DIRECTOR OF SURF SPORTS

Kate Walker has been a member of Anglesea for over 10 years. She is a beach competitor who has attended multiple State and Australian Championships. Kate's top five priorities for Surf Sports are to:



1. Develop a club training structure that is conducive to the engagement and development of athletes at all levels of competition, with the support of committed and experienced coaches
2. Identify key opportunities for competitors new and old to come together as a whole Anglesea team, learn from each other, build camaraderie and develop a strong sense of accountability and drive to do their best for the club – reignite club culture
3. Support existing athletes to compete at their best for the club – with coaching and management support athletes could engage in more interstate, and national competitions, both individually and in relays
4. Demystify the transition between junior and senior surf sport by supporting ongoing engagement and involvement in club activities, including training, competition, development and team building
5. Promote the importance of surf sport to Anglesea SLSC's rich history, and strong and evolving club culture to not only the membership base but also the broader community

If you would like to get involved or can assist Kate to re-build surf sports she would love to hear from you.

### KATE PATTERSON DIRECTOR OF MARKETING



Kate joins Anglesea as our new Director of Marketing with extensive experience with past employers, Netball Australia and the State Sports Trust. Kate who is an Anglesea resident is also a keen long-distance runner. Welcome Kate.



## MEMBER Profile

Name: Alice Bills

Year joined Anglesea SLSC: 2014

Current position/previous role at

Anglesea SLSC: Joint Leader of the Trainee Trainers

Personal goals and focuses as part of the club?

Become more involved in the teaching of development & training courses throughout the summer, as well as partake as a member of the Anglesea Surf Rescue (ASR) to give me more confidence in my skills

Current/former job: Student

Favourite thing about Surf Life Saving: The people I have meet throughout my time at the club has been so rewarding. Literally have made some of my closest friends through Surf Life Saving.

What brought you into surf life saving? My siblings did the Bronze Camp at Anglesea SLSC, so I thought why not follow along in their footsteps.

Second favourite beach on the Surf Coast and why? (after Anglesea of course): Anything with waves!

Advice to a young or new Anglesea member or competitor: The more you get involved and keep an open mind the more you will get out of the club, and ultimately the more fun you will have.



# WHAT'S ON AT ANGLESEA SLSC

Date	Time	Event	Location
JULY			
Sun 1	10am	Dolphins	Anglesea
Sun 1	11.30am	Polar Bears	Anglesea
AUGUST			
Sun 5	10am	Dolphins	Anglesea
Sun 5	11.30am	Polar Bears	Anglesea
Sat 25		ASLSC Golf Day & Spinning Wheel Fundraiser	Anglesea Golf Club
Sun 26	11am	Annual General Meeting	Moonlite
SEPTEMBER			
Sun 9	10am	Dolphins	Anglesea
Sun 9	11.30am	Polar Bears	Anglesea
Tues 25		IRB Drivers Camp commences	Anglesea
Fri 28		IRB Drivers Camp concludes	Anglesea

# MEMBER TRAINING COURSES

### COURSE/CAMP CHANGES

- Existing SRC holders now no longer need to complete the full Bronze Medallion Course. Instead only need to complete two new units and complete the full Bronze Assessment. This means that as long as the course pre-requisites are met then the course will be shorter than the full bronze course.
- As part of any Bronze Medallion course (including the SRC Upskill Course) we can now also deliver the IRB Crew person Certificate course, which results in candidates receiving two awards from one program.
- We will be basing any camps for the 2018/19 season at the Club, using the club bunkrooms only due to cost increases elsewhere. This results in camps being offered at a significantly lower cost to members.
- To reduce the workload on members we will be spreading courses over the year as we have been experiencing significant burnout from leaders who are also actively involved in multiple other areas of the club.

### FUTURE COURSES/CAMPS

#### SRC Upskill Camps, incl. IRB Crew

(for existing ASLSC SRC candidates only):

- Sat 29th Sept to Thur 4th Oct (date range, exact dates TBC)
- Sat 19th to Fri 25th Jan 2019 (date range, exact dates TBC)

#### Bronze Camp, incl. IRB Crew:

Sat 15th to Sat 22nd December 2018  
(for new members only)

#### IRB Drivers Camp:

Tues 25th to Fri 28th September 2018

#### IRB Crewperson's Course:

Sat 1st, Sun 2nd, Sat 8th & Sun 9th December 2018

More information will be made available soon about the above courses/camps, including registration processes and costs. Further dates of other courses will be announced soon.

# ANGLESEA Favourites

We have asked an Anglesea SLSC member to tell us what is their favourite thing in or about Anglesea. Here is what Sean McVernon has to say:

The best thing about Anglesea is how relaxed it is, and I love having a pie at Ocean Corner with mates.

My favourite activity would be a g-board or rescue board surf session at Anglesea Main Beach in 6ft dumpers with mates. My 2nd favourite beach would be Guvvos.

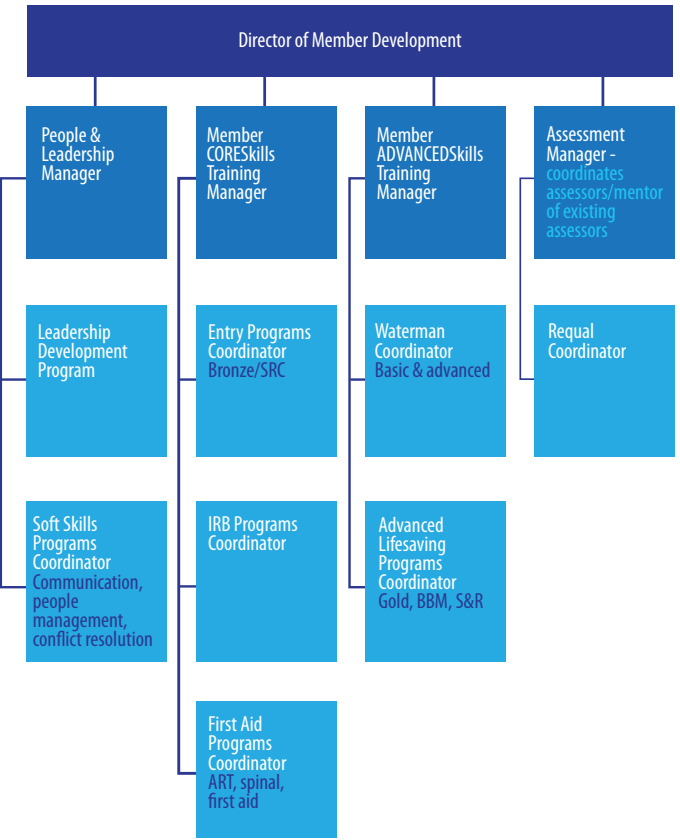
I like to share the beach with my budgie, Lucy. She loves the sand and fresh air and nibbles on cuttlefish :)

# Member Development Update

Preparations are well underway for 2018/19. Surf Life Saving Australia have recently announced some changes to the way we deliver some awards. In addition, following a club review of our resources and personnel, we have had to make some changes to the way we deliver Member Development programs moving forward.

### STRUCTURE CHANGES:

To facilitate these changes, we have restructured the Member Development team to provide greater support, spread the workload involved and introduce some new development areas.



We have introduced a couple of new focus areas. The first is **People and Leadership** which will be managed by David Simpson. This area will focus on the leadership, communication, management and other people development skills to invest back in our members and current and future leaders.

Phoebe Michetti has been appointed to **Member Core Skills Training** Manager. This area will oversee all Bronze, SRC, IRB and First Aid programs. Phoebe is supported by:

- Adam Schuabe (Entry Programs Coordinator)
- Sean McVernon (IRB Programs Coordinator)
- Lachie Eaton (First Aid Programs Coordinator)

Continuing for another season, Mike Martin will be the Assessment Manager, overseeing the assessors, assessor development/support, all assessments and skills maintenance/requalifications.

Lachie Appleby will coordinate the Waterman program which aims to improve the water and surf skills of current and future members.

# Captain Moonlite

## Member benefits

ALL CURRENT MEMBERS ARE ENTITLED TO THE FOLLOWING BENEFITS AT CAPTAIN MOONLITE:

- 10% off lunch and dinner at Captain Moonlite every day.
- Happy Hour pricing from 4-6pm every day at Captain Moonlite.

Simply show your 2017/18 members card when ordering. You can get your members card from the club office.

To make a booking or check what's on at Captain Moonlite:

- Call (03) 5263 2454
- Online reservations and upcoming events calendar <http://captainmoonlite.com.au/reservations/>
- Email [hello@captainmoonlite.com.au](mailto:hello@captainmoonlite.com.au)

# SEASON 2017/18 Rescue Service wrap up

Another successful season passes with:

- Over 167,000 visitors to Anglesea and Roadknight beaches
- 3,800 preventative actions
- 57 first aid cases, of which 7 required hospitalisation
- 17 rescues, 13 occurring at the Roadknight beach

A great job was performed by all of our lifesavers and lifeguards. Thank you to all patrol members, with a particular thank you to the Patrol Captains and Vice Captains.

The club has since 2014/15 provided, in conjunction with Fairhaven club, ongoing support to improving the safety issues at Urquart Bluff. This has been in two forms: the first involves a proactive approach by attending the Urquart Bluff beach on days of dangerous rip conditions to warn swimmers entering the water; the second requiring emergency response. This involves rescue and/or administration of first aid. To date this two-pronged approach has been very successful.

In addition to the rostered patrol and life guard services we can be tasked to respond to incidents outside of the Anglesea beach.

During the season we were called on to attend to a medical emergency in premises close to the club. Members responded with oxygen and defibrillation equipment.

In conjunction with an off-duty paramedic, one of our members performed CPR until the arrival of the ambulance.

Unfortunately the patient was unable to be revived. The member involved performed an amazing job and demonstrated the capability and professionalism of our members.

It is very difficult to train and prepare for these kinds of outcomes. However the reality is that as members of an emergency services organisation we may be involved in situations such as this.

The club and LSV are well aware of the impact that this can have on members and have in place support services to help members through these experiences.

If members have any difficulties particularly relating to any incident they should talk to one of the senior members of the club.

**PAUL LUNNY** VICE PRESIDENT LIFESAVING

# BEACH SAFETY

Well we have moved from the balmy Anglesea days of summer to the crisp bone-aching frosts and winds of winter. Rugging up and taking a winter beach walk is a popular activity (best way to justify that steaming cup of hot chocolate).

BUT don't be lulled into a false sense of security – the beach still has risks:

- Be aware of the tidal conditions don't be caught stranded on a beach, or worse, on rocks**
- Climbing on rocks particularly near the waters edge can be dangerous**
- Surf patrols have ceased. If you are entering the water there are not likely to be any rescue services available**

Importantly, be aware of your surrounds. If you are not sure of the environment and conditions and they don't look right – they probably aren't.

Instead grab a hot chocolate and stick by the fire.