



# Autumn 2022

SANDRINGHAM LIFESAVING CLUB

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# President

Vicky McKay

[president@sandringhamlsc.org.au](mailto:president@sandringhamlsc.org.au)

What a terrific season we have had. So much great weather and fun times down at our Sandy beach!

It was a long patrolling season for our Volunteer Patrollers, finishing up on ANZAC day. We are extremely grateful for all of our hard-working volunteers, whether it's water safety, merch sales, maintenance or keeping our community safe. We value you and thank you.

It's National Volunteer Week this week. The theme is "Better Together". Volunteering brings people together; it builds communities and creates a better society for everyone. We couldn't do what we do without the contribution of our volunteer members. We celebrated their contribution at an Awards ceremony at Sandringham Bowling Club last Sunday. Active volunteers were rewarded with gifts, certificates of appreciation and trophies, and free pizza was enjoyed by all. If you're interested in volunteering next season, take a look at the roles outlined later in the newsletter, or if you have some specific skills you'd like to share please get in touch. I would particularly like to acknowledge Lucas Pardo who was welcomed as a Life Member to the club. Lucas is an invaluable life saver and Patrol Captain who has been a member of the club for 13 years and this season volunteered 124.67 hours. Thank you Lucas for your amazing contributions.

The Patrolling season may have finished, but there are still things going on at the club. We've got another Mental Health First Aid Course running (the next 2 Sunday's... spots still available if you've forgotten to book),

a Cold Water Swimming Educational session (and then putting the theory into practice) and Silver Salties classes too. We'll also be doing some planning and scheduling of activities and training sessions, so keep an eye out for those details in the lead up to next season. There is also some facility building and maintenance works coming up over the next couple of months, so we look forward to sharing those improvements with you in due course.

On Saturday 6th August we will hold our Annual General Meeting. This is an opportunity to acknowledge and celebrate the past 12 months and to appoint new club Board Members. Further information will be sent out to you, in the meantime please Save the Date. We'll start at 12:30pm with a BBQ afterwards. All members are welcome.

It has been an honour to take on the role of President. Please remember, my door is always open if you have any questions or ideas. I look forward to hearing from you.





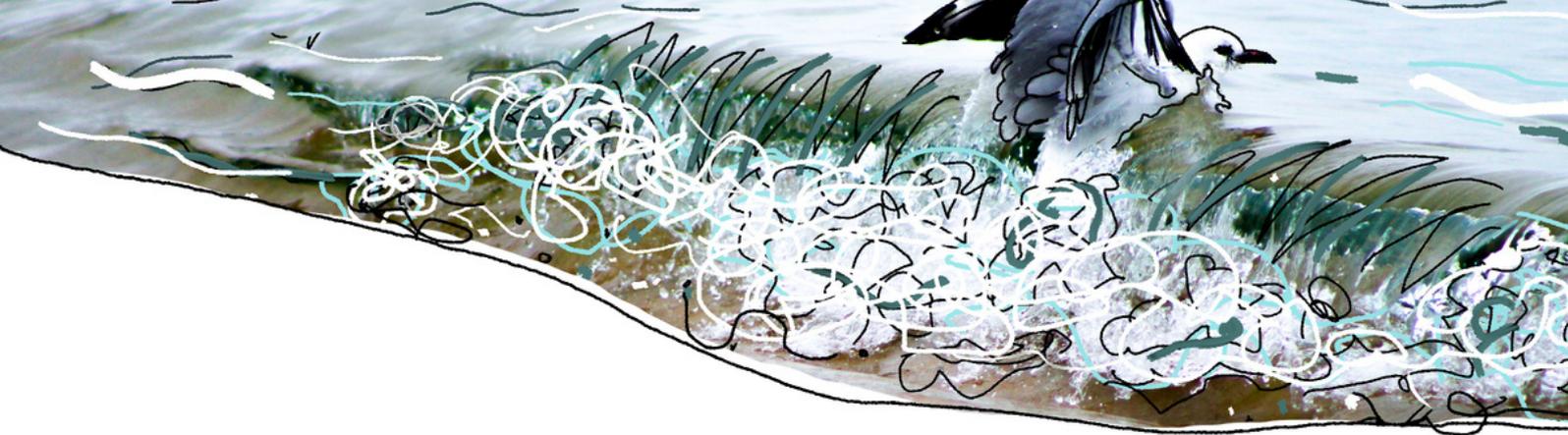
# Bowls and Awards Night

On Sunday, the 15th of May, we celebrated the season with our volunteering members.

It was such a fun evening, with lawn bowls and the ceremony generously hosted by the Sandringham Bowls Club.

Congratulations and thank you to every member who pitched in this season, you are the heartbeat of our club and we are so glad the season has wrapped up on such a high!





# Congratulations to our Award Recipients

## **Life Member**

Lucas Pardo

## **Pam McLean Award**

Bonita Buttié

## **President's Award**

Bianca Pardo

## **Member of the Year**

Denis Buttié

## *Lifesaving Awards*

### **Lifesaver of the Year**

Leilani Buttié

### **Outstanding Contribution to Lifesaving**

Lauren Rosenberg

### **Best First Year Lifesaver**

Lillie Isborn

Jesper Isborn

### **Encouragement Awards**

Ruben Chapman

Archie McKay

Daniel Pardo

Cecile Dutrieux

### **Chief Instructor's Award**

Harper Morrissey

## **Family of the Year**

Conrad Junghenn & Olivia Williams

## **Silver Salties Award**

Kim Stacey

## **Age Manager of the Year**

Stu Diamond

## *Top 10 Patroller Hours*

1st Lucas Pardo - 124.67

2nd Simona Pardo - 70.67

3rd Denis Buttié - 68.75

4th Claire Pardo - 62.5

5th Leilani Buttié - 58.5

6th Daniel Pardo - 54.75

7th Darryl Morphett - 52.5

Angus Pither - 52.5

8th Bonita Buttié - 50.75

Brady Morrissey - 50.75

9th Lauren Rosenberg - 48

10th Nerida Lowndes - 44





Friday Night Bowls at  
**Sandringham Bowls Club**

Tulip St, Sandringham

**6th May - 8th July 2022**

**Come along with your  
Family, Friends and Neighbours**

Make up your own team of 3 players

**Bowls & A Beer or Wine from 5:30pm**

**BBQ from 7pm - All inclusive for \$10.00**

**++ Lots of Fun**

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# Swimming

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Sandringham Life Saving Club have witnessed the increase in popularity of Bay swimming in recent years. The club management decided that we wanted to offer an extension of our Beach Patrol services to also provide supported swim activities throughout the year to ensure swimmers of all abilities feel safe, confident and supported, thereby increasing enjoyment and decreasing risks of incidents.

Firstly, as part of the Silver Salties program we offered Swimming classes. These sessions were intended for swimmers of all levels and designed to help build confidence to swim in Open Water (in the Bay). The swim sessions are hosted by Peter Hendriks (a local Swim Coach). Peter's goal is to educate swimmers on how to enjoy swimming as an activity where each person can swim efficiently at whatever speed they choose to swim at.

This was then followed by some Sunday morning Community Swim events. These were incredibly well supported by keen swimmers from Bayside and beyond (members and non-members). The group swims were hosted by SLSC Board members and supported in the water by our qualified volunteer water safety representatives who accompanied the swimmers on their morning swim (on Boards or in the inflatable rescue boat).

This activity was a way of offering our club venue as a 'swimming hub' to congregate and bring members of the community from all ages and stages together to enjoy a healthy pursuit and to connect with other like minded members of the community. We look forward to running this again in the warmer months (from October onwards).

For those that are interested on Sunday 5th June 2022 at 10:30am, we are hosting an 'Introduction to Cold Water Swimming' session. This educational session will be delivered by Peter Hendriks to help educate club members and the local community about the health benefits of cold water swimming, efficient swim technique, setting yourself goals but also importantly safety measures and post swim recovery techniques. Please see more details below!

This is a terrific new area of activity for Sandringham Life Saving Club and we are currently reviewing how we can extend our offering to the swimming community by introducing a swim membership. Stay tuned for more details.



# Mental Health First Aid

Bianca Pardo

[training@sandringhamlsc.org.au](mailto:training@sandringhamlsc.org.au)

There are still spaces available for our May 2022 Mental Health First Aid Course from 9:30am - 5:30pm, Sunday the 22nd and 29th of May.

This course equips people with tools to respond to situations involving mental illness. Thanks to Bayside City Council Communities Grants we are offering this course free of charge. Usually priced at \$195, we are stoked to be able to fund this initiative for the community. Oh and did we mention there will be a free lunch?

To register, please visit our [linktr.ee/sandringhamlsc](https://linktr.ee/sandringhamlsc) or contact Bianca.



# Cold Water Swimming Session

Vicky McKay

[president@sandringhamlsc.org.au](mailto:president@sandringhamlsc.org.au)

Are you keen to swim through the winter but worried it's too cold? Join us at Sandringham Life Saving Club for an educational session about swimming safely in Cold Water and then put the theory into practice.

Join us on Sunday 5th June from 10:30am for an educational session hosted by Peter Hendriks in the clubhouse, followed by a swim in the Bay at Sandringham Beach where you'll put the theory into practice!

The session would be hosted in person at SLSC with 40 people at the clubhouse. The educational information would last for 45min-1hr, followed by a approx 30 minute swim to put the learnings into practice. This would then be followed by hot food and drink to warm-up the participants.

Limited places available. \$15 per person. To register, please visit our [linktr.ee/sandringhamlsc](https://linktr.ee/sandringhamlsc) or contact Vicky.



# Can you help around the club?

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We have over 400 members, 50 Silver Salties and 60 Community Swimmers connected to our club. We are actually in growth, which is a really great achievement in these challenging times.

As a volunteer-led club we do rely on the generosity of our members to help us to do what we do. Would you be interested to get more involved? There are lots of different ways you can do this in a formal or informal way.

Would you like to see the Nippers in the Water more often? We can make that happen, but need more trained volunteers to keep the ratios up. We encourage parents (who are at the beach for Nippers anyway) to put your hand up to do the SRC (Swim Rescue Certificate). This course provides participants with skills and knowledge of surf awareness, aquatic rescue operations and resuscitation in order to participate in lifesaving operations and act in the role of Water Safety Personnel. You don't need to be a superstar swimmer either! There are no prerequisites. Please email Bianca at [training@sandringhamlsc.org.au](mailto:training@sandringhamlsc.org.au) for more information or to express your interest.



There are a number of Board positions becoming available at the AGM; Club Captain (Lifesaving Operations), Admin Officer (governance and club secretary), Membership Development (member liaison and pathway planning) and a general board position (which you could put your stamp on if you have some specific skills you'd like to bring to the table).

Position descriptions are available on [our website](#) and will be circulated with the AGM announcement.

Please start considering whether you would like to join the board and reach out to any of our [existing board members](#) to find out more!

## Membership Officer

[president@sandringhamlsc.org.au](mailto:president@sandringhamlsc.org.au)

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The Membership Officer role is open and we are looking for interested members! The Membership Officer role is a paid position and is responsible for the administration relating to the processing of club memberships and the Silver Salties program.

The estimated time commitment required as the Membership Officer is five hours per week.

For the full position description and for further information about the role please email Vicky.

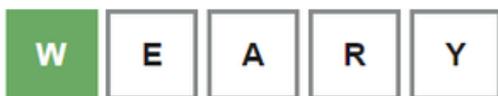


# Wordle

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For our competition this issue we have created a 'Wordle'. I'm sure you know how to play but here's a mini refresher:

## Examples



The letter **W** is in the word and in the correct spot.



The letter **I** is in the word but in the wrong spot.



The letter **U** is not in the word in any spot.

Be sure to let us know how you go!  
Good luck!

**[CLICK HERE TO PLAY](#)**

## Our Artists

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Cover photography by  
Simona Pardo

Cover artwork by  
Bianca Pardo

## Dates

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**22 + 29 MAY**

Mental Health First Aid Course

**5 JUNE**

Cold Water Swim Session

**6 AUGUST**

Annual General Meeting

## Join Us

[comms@sandringhamlsc.org.au](mailto:comms@sandringhamlsc.org.au)

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Do you love being creative? Do you have skills in photography, writing, drawing, website building and social media?

Join us!! We are a small but vibrant team who run our Instagram, facebook, website and more— including this newsletter!

All are welcome, if you're interested email Bianca via the email above.