

Spring 2022

SANDRINGHAM LIFESAVING CLUB



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President

VICKY MCKAY

president@sandringhamlsc.org.au

After a busy off-season we are excited that the weather (& water) is getting warmer and we're keen to welcome everyone back down to our beautiful Sandringham beach!

If you've been past the club in recent months you will have seen scaffolding and workmen on site. We have been making upgrades to the clubhouse inside and out. There are new windows throughout the clubhouse offering better ventilation and visibility (especially from the Patrol Room). We've also added lots of new storage which will enable us to optimise the space we have and make it easier for all our volunteers to deliver our life saving services and to access equipment to teach our nippers about water safety. We have also painted the interior and exterior of the club. Next time you're around, we look forward to taking you on a tour around the club.

Perhaps your next visit will be to one of our upcoming Open Days!



President

Friday 14th for Silver Salties and Saturday 15th for Nippers, Patrollers and Community Members. Join us for some fun at the beach, find out more about the programs we are running, what's involved in becoming a qualified Patroller, need some help re-registering or just keen to join us for the first BBQ of the season. We'd love to see you and happy for you to bring family and friends that might be interested to join the club.



Pictured: Vicky with some of our old Club members, Martin Yourn and Julie Dawia, see next article for more details.

Now that Daylight savings has commenced, long summer days are ahead of us. What better way to spend your days than hanging out at the beach, chatting with friends, watching out for community members in need and knowing that you are making a difference. People volunteer for a variety of reasons including to learn new skills, help others, make new friends, explore career opportunities, feel needed, appreciated and useful, to gain a new direction in life, to give something back to the community or club and most of all - to have fun! Do any of these things sound like you?

Please get in touch to find out more about how you can get involved. Our club is run by volunteers and every hour spent on the beach or from home makes a difference.

I hope you enjoy this latest Newsletter and hope to see you on the beach soon.

Yours in service
Vicky

Past Club Members

One Sunday morning in September, 5 past-patrolling-members (from the 1970s & 80s) came to visit us at Sandy LSC. It was really special to meet them and hear them reminiscing about their time spent patrolling the Sandringham beach. We took them on a tour around the clubhouse and listened as they shared with us the evolution of the clubhouse. For example, the radio room was originally at the back of the clubhouse before the patrol room, balcony and downstairs was built. They used to do live crosses to 3AW for Bay condition reports! And their storage challenges involved going through the little door under the outside stairs to store all of their equipment! Their water safety boat named 'Miss Kleenex' was moored off the submerged wreck of HMAS J7 submarine in the Sandringham Yacht Club marina! Lots of things have changed (mostly around technology and equipment) but yet many things were as they remembered.

It was an honour to meet such lovely club members who were so dedicated to keeping their community safe. I look forward to seeing them and their past-member friends around the club in the future. They loved our merch soo much that they couldn't resist grabbing some whilst they were visiting!



Pictured: Martin Yourn, Julie Dawia, Robert Lunt, (Vicky McKay) Peter Cuthbertson
and Russell Stewart

New Board of Management



Thank you to all who attended and supported our AGM this August. We are privileged to have such a committed team to run our club. & a very special welcome to all the newbies to the Board of Management this season (pictured on the left)! You can find out more about them on [our website](#).



Your Board of Management for the 2022 - 2023 season is:

- President - Vicky McKay
- Vice President - Karen Pennie
- Treasurer - Tomas Dedek
- Admin Officer - **Christina Peace**
- Administration Support - **Meagan Holstrom**
- Lifesaving Operations - **Daniel Pardo** and **Claire Pardo**
- Chief Instructors - Bianca Pardo and Simona Pardo*
- Junior Activities Coordinator (Nippers) - Hamish McKay
- Sponsorship/Community Partnerships - Ross Lavender
- Grants Officer - Natalie O'Brien
- Membership Engagement Manager - Helen Brown*



Bold: New to the board
*: Returning to the board

Lifesaving

CLAIRE AND DANIEL PARDO

lifesaving@sandringhamlsc.org.au

Hey crew,

The start of the 2022/23 season is starting soon! We are excited to be back on the beach with you all - this time as your new co-club captains. We have both been a part of Sandringham Lifesaving Club since we were Nippers and have patrolled many seasons at our beautiful beach.

The contribution that the patrollers make to the club is invaluable. We look forward to working with returning lifesavers and welcoming some new faces to the team. We hope to make this season fun, safe and rewarding for you all!

This coming season will start on November 12th 2022 and run until the end of April 2023. There may be some changes to the patrol protocols so we will be sure to keep you updated as those get finalised. Throughout the season, Daniel will be your go-to person for anything to do with gear or additional roles and Claire will take care of patrols and social events.

Below is a link to a short survey that has a few quick questions for patrollers to help plan patrols and social events:

<https://forms.gle/4wPKhnABpsJ1vFeP6>

Please send us an email if you have any questions, concerns or suggestions about the upcoming patrol season.

See you on the beach!

Claire (she/her) and Daniel (he/him)



Nippers

HAMISH MCKAY

nippers@sandringhamlsc.org.au

Sitting in our new patrol room on a beautiful Spring Melbourne day, I am writing to you all, very excited about the 2022/2023 Nipper season ahead. Everything is almost in place ready for another huge season, even the sand has naturally returned over the winter giving us close to double the beach width we had at the end of last season. Early bird registrations are open until 15th October 2022 before we will open up to new members and expect any remaining places to be quickly filled. So please renew quickly and don't miss out.

The season will commence on Saturday 3rd December 2022 running 3pm-4:30pm each Saturday and continue through to 18th March 2023 (allowing for the usual Christmas break).

Over the winter, we have been busy getting our club ready for the upcoming season, but I am particularly excited by the work of Conrad Junghenn (one of our Age Managers and in-house builder) who constructed a new Board



racking setup. Those gaps you see are already allocated to the ten new semi-racing large Nipper boards due to arrive at the end of the month and will provide our older age groups much needed boards suitable to support their skill development. We are also working on a more structured session approach and expanding on the educational sessions which were a big hit last season plus introducing some additional specialist technique sessions for those wanting to really hone their skills and see just how far they can go across the different Life Saving disciplines.

Many of our Age Managers are returning and a number of club members have also completed the Age Manager course so that we can look to extend our numbers above those of previous seasons.

Nippers

If there is anyone interested to find out how they can get involved in being an Age Manager or other ways they can support our Nipper program (such as Water Safety so the kids can spend more time in the water), please contact me.

Swim Assessments

One of our biggest challenges each season is in completing the swim assessments in the first few weekends which greatly impacts our ability to get our Nippers into the water early in the season. Having learnt from our experiences and those of other clubs, we have decided to run our assessments on the two Saturdays leading up to the season start. So on the **19th & 26th November 2022** we will be scheduling times for each age group to complete their swim assessments at the **Toby Haenen Swim Centre**. This is to allow us to have controlled water conditions and enable us to complete more assessments in a shorter time period. Nippers who qualify in these sessions will also receive their **Welcome Pack** on the day of qualifying, so they are ready to hit the water on day one of the new season.

For those who can't attend either of the pool sessions, we will have limited slots available to conduct swim assessments in the hour prior to Saturday Nippers on the first two weekends. More information on registering for these sessions will be sent via email and posted to our socials in the coming weeks, so look out for them so you can secure a time slot that works for you.

Communication App

Like many other sporting groups and most Victorian Life Saving Clubs, this year we will be introducing a Sports Team App to help with our general communications on what is happening each weekend at Nippers but also to help share updates on weekend weather conditions and also expectations of age groups in supporting the running of our Nipper seasons. Again, more to come on registering for Sandringham LSC on our team app in the coming weeks.

So that's it for now, really looking forward to seeing you all on the beach soon.

Hamish McKay

TRAINING

BIANCA AND SIMONA PARDO

training@sandringhamlsc.org.au

We are getting ready and planning for a great season ahead. Training will kick off at the start of November so if there is a course or some development you would like to do, please let us know!

Requals

All patrollers returning to water safety and patrolling must requalify to keep all their awards up to date. We will be running requals in November and mid-December please see the next page for dates! You can start your online learning at any time, once completed you will be able to book a practical session at any club. Enrolment details for the Sandy sessions should be confirmed soon.

Bronze Medallion (BM) and Surf Rescue Certificate (SRC) Course

We will be running a BM and SRC Course from the 3rd of November to the 3rd of December. Please see the following page for all dates and times.

This course is open for new and existing members over the age of 13 (SRC) and 15 (BM) and is a great base award to start patrolling!

We will also be offering the opportunity to complete an SRC to BM Bridging Course for the first time. This enables SRCs who have completed their award since September 2020, with 10 or more patrol hours to complete some refresher sessions and the new sessions to the BM, rather than the entire course. If you think you are eligible, please reach out!

Resuscitation Courses

In order to hold your Resuscitation Certificate (CPR) officially, you are required to complete a course annually. We are planning on running a couple early morning sessions on the 6th of November and 10th of December. This is for anyone that needs a refresher or would like to complete it for the first time.

If you have any questions or would like to express interest for any of our courses, please drop us a line. It's going to be a fun and rewarding season so make sure you're all trained up for the ride!

TRAINING DATES

BIANCA AND SIMONA PARDO

training@sandringhamlsc.org.au

Here are all our training dates and times for our courses, please reach out if you have any questions or have trouble enrolling. You can find all the information you need, including enrolment instructions on [our website](#).

SRC

Course ID: 1906383

THURSDAY 3 NOV - 6:30 - 9:30PM

SATURDAY 5 NOV - 10AM - 4PM

MONDAY 7 NOV - 6:30 - 9:30PM

SATURDAY 12 NOV - 10AM - 4PM

MONDAY 14 NOV - 6:30 - 9:30PM

SATURDAY 19 NOV - 10 - 12:30PM

BM Bridging

Course ID: 1906386

THURSDAY 17 NOV - 6:30 - 9:30PM

SATURDAY 19 NOV - 1 - 4:30PM

MONDAY 21 NOV - 6:30 - 9:30PM

SATURDAY 26 NOV - 11AM - 5PM

MONDAY 28 NOV - 6:30 - 9:30PM

SATURDAY 3 DEC - 10AM - 4PM

Resuscitation

Course #1 ID: 1906387

SUNDAY 6 NOV - 9 - 10:30AM

Course #2 ID: 1906388

SATURDAY 10 DEC - 9 - 10:30AM

BRONZE

Course ID: 1906613

THURSDAY 3 NOV - 6:30 - 9:30PM

SATURDAY 5 NOV - 10AM - 4PM

MONDAY 7 NOV - 6:30 - 9:30PM

SATURDAY 12 NOV - 10AM - 4PM

MONDAY 14 NOV - 6:30 - 9:30PM

SATURDAY 19 NOV - 10 - 12:30PM

MONDAY 21 NOV - 6:30 - 9:30PM

SATURDAY 26 NOV - 11AM - 5PM

MONDAY 28 NOV - 6:30 - 9:30PM

SATURDAY 3 DEC - 10AM - 4PM

Requals

Enrolment details TBC, feel free to complete your online learning in the meantime.

SUNDAY 6 NOV: BM/SRC - 10:30AM

SUNDAY 20 NOV: BM/SRC - 9AM

SATURDAY 10 DEC: ART - 10:30AM

BM/SRC - 11AM

OPEN DAY

Sandringham
Life Saving Club



*Silver
Salties*

FRIDAY
14 OCTOBER
9:30 - 11:30AM

*Nippers &
Lifesaving*

SATURDAY
15 OCTOBER
12 - 3PM

Join us for trial classes, a BBQ, Nippers taster sessions, help with registration and more!
All welcome!

Please visit our linktree for more information.

www.linktr.ee/sandringhamlsc

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Healthy Ageing Seniors Festival

In support of Bayside Council's Healthy Ageing Seniors Festival, we're excited to announce that all Silver Salties classes for the month of October are being offered FREE of charge! It's a great opportunity to invite your friends, your neighbours, and the grandparents to come along and try out a class. Our regular classes of yoga, tai chi, fitness, and pilates will be on the schedule and you can attend as many times as you'd like ([you can register here](#)).

We're also offering two "Be Confident Swimming in the Bay" classes, on Wednesday October 19th & October 26th, at 10am. They are intended for swimmers of all levels and are designed to help build confidence to swim in open water (in the bay). The swim sessions will be hosted by Peter Hendriks. 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, either for performance or pleasure (and it's non-weight-bearing and friendly on the joints!).

Everyone's also invited to a "Come and Try" morning, which will be held on

October 14th from 9:30-11:30am. Come along to meet our instructors, have a cuppa, and try out some of our classes.

Information will also be available about the Grey Medallion program, which helps adults to develop essential lifesaving and water safety skills to participate in aquatic recreation activities safely.

Please help us spread the word about Silver Salties, this terrific inclusive program that is suitable to people of all ages and abilities. We look forward to seeing you this month, and as always, if you have any questions, or have friends with questions, please email Meagan at membership@sandringhamlsc.org.au or call 0435 953 585.



GENERAL NEWS



Pictured: Members of the Board and Silver Salties team at the LSV Awards of Excellence.

Join Us

comms@sandringhamlsc.org.au

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.

Our Artists

Artwork by Imogen Hooper-Duffy

Key Dates

14 + 15 OCTOBER

Open Day 'Weekend'

19 + 26 OCTOBER

Be Confident Swimming in the Bay

3 NOV - 3 DEC

SRC/BM Course

6 NOVEMBER

Resuscitation Course #1

12 NOVEMBER

Patrols Begin

19 + 26 NOVEMBER

Nipper Swim Assessments

3 DECEMBER

Start of Nippers

11 DECEMBER

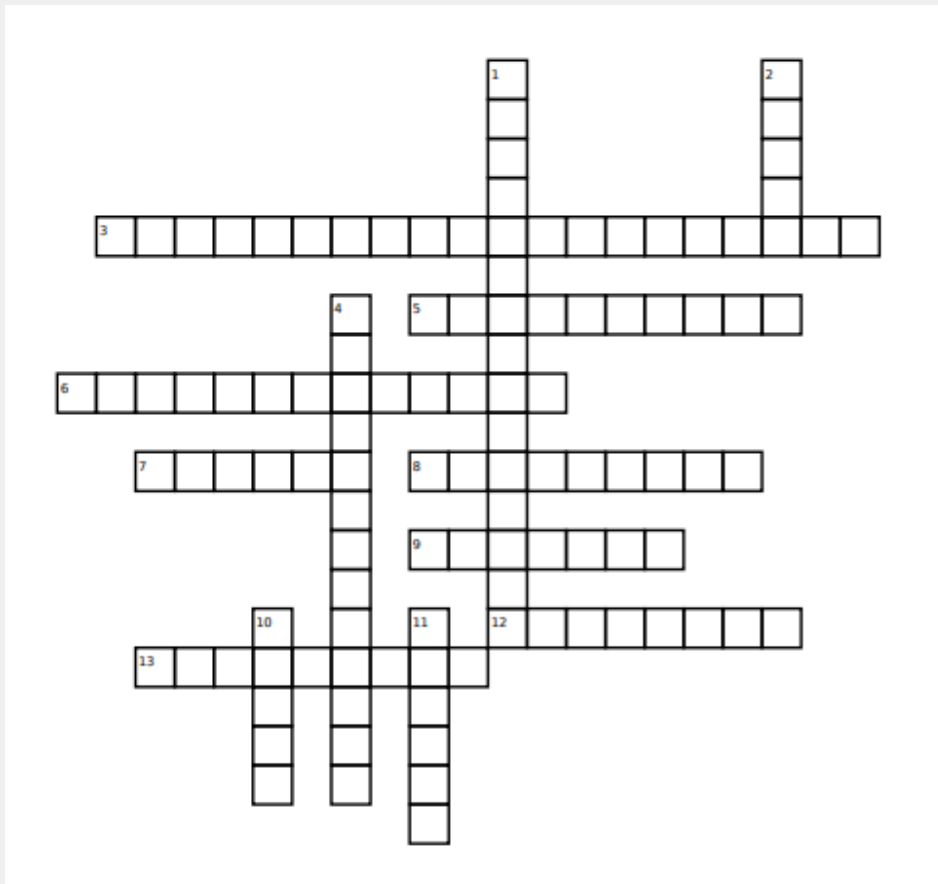
Resuscitation Course #2

Crossword

THE NEWSLETTER TEAM

newsletter@sandringhamlsc.org.au

Feel free to complete our lifesaving themed crossword! Follow the prompts and write the answers without spaces. Want the answer key or a printable version? Email us! Good luck!



Down:

1. the dangerous creature found in our reef and rock areas
2. a main communication device used on patrols
4. the health program we run for seniors in our community
10. the environment our club is based
11. lifesaving colours are red and ___

Across:

3. the expanded name of the lifesaving vehicle 'IRB'
5. a surveillance tool often used by patrollers
6. the automated device used to assist with cardiac problems
7. the metal of the medallion of the base lifesaving award
8. the title of our lifesaving volunteers
9. the program for our lifesavers to be
12. an activity a lot of our members enjoy and practice in the water
13. the written year the club was founded 19__!