



SUMMER NEWS LETTER 2024

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SANDY LIFE SAVING CLUB



[LINKTR.EE/SANDRINGHAMLSC](https://linktr.ee/sandringhamlsc)



COMMS@SANDRINGHAMLSC.ORG.AU



PRESIDENT

Vicky McKay

president@sandringhamlsc.org.au

Hello Summer!

I hope you have been able to enjoy some beach time over Christmas and the new year. We've had some fantastic days at Sandy beach over January.

One day we even had over 2000 people visit our beach! I was there that day, in my new capacity as a patroller! Over the last couple of months I have completed two lifesaving qualifications; my First Aid/ Advanced Resuscitation Techniques and Bronze Medallion.

So please let that be testament that even at 50 (!!) you are never too old to learn new life skills and how rewarding it is that these new skills could actually help save someone's life! 🥰

I'm really proud to share that our club membership and participation continues to grow. We have the highest number of people involved in our club than we have ever had!

- 522 registered members,
- 167 registered Silver Salties, and
- 150 non-members participating in our Sunday morning Community Swims

That's 839 people engaged with our club! WOW!!

It's been a privilege to lead our club as we expand and evolve to meet the needs of our Sandringham community.

I hope that you and your family are enjoying being part of the Sandringham Life Saving Club extended family. We look forward to seeing you on the beach soon and would like you to give some thought to what you could do to help our club to continue to deliver our important services to the community. There is a role for everyone in lifesaving, you don't have to be super fit and a really strong swimmer. Nor do you need prior lifesaving experience, just a willingness to help others and loving the water helps 😊

Every little bit helps.

Thank you.





LIFESAVING

Claire and Daniel Pardo

lifesaving@sandringhamlsc.org.au



We are now halfway through the lifesaving season!

A big thank you to all our lifesavers who have patrolled so far. The weather hasn't always been the best for a beach day, but our team continues to show up for the community every weekend and public holiday. Keep up the good work everyone!

Congratulations to our patrollers with the most amount of hours patrolled so far:

1. Harper Morrissey (67.87 hours)
2. Lucas Pardo (66.31 hours)
3. Ellie Harper (61.55 hours)
4. Hamish McKay (60.62 hours)
5. Archie McKay (60.45 hours)

We have a number of special patrols coming up in the next month. So be sure to save the date!

- Sunday 4th of February is our Rainbow Patrol to show support for our LGBTQIA+ members
- Saturday 17th February is our Pink Patrol to celebrate women in lifesaving (Be sure to book tickets for the breakfast by the 11th of February)
- Sunday 3rd of March is our Green Patrol to raise awareness and take action on environmental sustainability

We look forward to a strong, safe, and fun second half of the season.

See you all on the beach!





NIPPERS

Hamish McKay
nippers@sandringhamlsc.org.au

Let's get into the 2024 Nipper season!

As we return from the summer break, we begin looking towards the 2024 season; commencing Saturday, 3rd February running through to and including Saturday, 23rd March. With improving weather conditions we will start focusing on those core life saving skills and honing our swim and board skills, as we prepare our Nippers to complete the necessary capabilities required for each Age Groups certificate. In addition, our educational sessions will include visits from the EPA, the Life Saving Victoria drone team, First Aid and CPR training plus the much anticipated visit from the award winning Matt the Marine Mammal man.

This year, we will also be looking to put a contingent of Sandringham LSC Nippers forward to compete in the Half Moon Bay Cerberus 200 metre Junior Dash swim on Saturday, 2nd March 2024. So please start considering who may be interested in this and speak with your Age Manager(s) accordingly.

Finally a big thank you to Adam, one of our Nipper parents who has called on his network and secured us a supply of Zooper Doopers to get us through to the end of the season. This is a great example of a very different and extremely important (if you ask the Nippers) way someone has provided support to our club. So please think about how you may also be able to help out. Please look out for Adam at Nippers, as I plan to get him a cape to wear so that all the Nippers learn who Mr Zooper Dooper is.

See you all on the beach.



TRAINING

Bianca Pither

training@sandringhamlsc.org.au



The season is well and truly underway! Thank you to all of you who have completed your Skills Maintenance. I understand that it is not anyone's favourite activity, but ensuring that your awards are proficient, is an essential part of being Rescue Ready!

Since our last newsletter we have run four requal sessions, CPR Courses, an ARTFA Course, a SSV Course and a Bronze + SRC Intensive Course! Congratulations to all our new award holders!! A special congratulations goes to our candidates who completed their SRC - Alexandra, Charlie, Jake, Kirsty and Olivia and their Bronze Medallion - Annika, Ellie, Max, Jono, Tiana and Vicky! A huge thank you to our trainers, Daniel, Anatole, Claire and Sim for dedicating their time to these courses!

We are not finished with training yet! Please join us to upskill with a number of courses being run over the next couple of months:

- Side-by-Side Vehicle (SSV) Operator Certificate (24/02) - for all holders of a driver's license to drive our SSV (previously ATV).
- Resus Course (09/03) - learn and be qualified to deliver CPR. A blended 1.5 hour course, this is a great taster for all members 13+yrs.

- ARTFA Course (09/03) - our Advanced Resuscitation Techniques and First Aid Course - a step up from the level of first aid we learn in our Bronze Medallion and how to use the full variety of oxygen and resuscitation equipment. For 15+yrs.

If we are not running a course that you would like to participate in, please feel free to join other club's courses. All lifesaving courses are open to all members so it is possible to jump onto other courses that are more convenient or available.

For full details of our courses, please visit [our linktree](#), or email Bianca at training@sandringhamlsc.org.au if you have any questions or issues!

Happy training!



SAVE THE DATE



FEBRUARY

3rd

- Nippers Recommences

4th

- Pride Patrol

15th

- Sunset Yoga Begins

17th

- Pink Patrol

24th

- SSV Course

MARCH cont...

23rd

- Last Nippers Session

29th

- Public Holiday Patrol

APRIL

1st

- Public Holiday Patrol

14th

- Final Patrol

MARCH

4th

- Green Patrol

9th

- ARTFA + CPR Course

11th

- Public Holiday Patrol

15th

- Trivia Night

For more info, please visit...

www.linktr.ee/sandringhamlsc

Thank you to our Newsletter Team for putting this newsletter together. If you fancy yourself a digital creative - join us!

Email us at
comms@sandringhamlsc.org.au
to express your interest!



PRIDE PATROL

4TH OF FEBRUARY

Show your support for our LGBTIQ+ members!

www.linktr.ee/sandringhamlsc

SANDRINGHAM LIFE SAVING CLUB

invites you to our

PINK Patrol

SATURDAY, 17TH OF FEBRUARY

8:30AM Breakfast

10:15AM Yoga

12PM Pink Patrol

\$30pp for under 18s use promo code YOUTH

Book tickets by the 11th of February via
www.linktr.ee/sandringhamlsc

\$50pp

ZOE Daniel



GUEST SPEAKER

In May 2022, community Independent Zoe Daniel became the first woman elected to the federal seat of Goldstein which is named after the internationally renowned suffragist, Vida Goldstein.

Prior to politics, Zoe spent almost 3 decades on the front line of news and current events, in Australia and internationally as a 3-time foreign correspondent and former ABC News United States Bureau chief.

Zoe lives in Bayside with her husband Rowan, their two teenagers, Arkie and Pearl, and their golden retriever, Tully.



JEN Beer GUEST SPEAKER

Jen is a proud Indigenous woman from Western Australia who has had a wide-ranging career spanning her time as a small animal vet, a national team representative for Volleyball, a Director on the Board of Zoos Victoria and several executive roles including leading the 1800RESPECT national telephone and online counselling service.

Both inside and outside of work, Jen is drawn to roles that make a genuine difference and she takes great pride in being a volunteer surf lifesaver for the past 5 years - the last year at Sandringham LSC.

Jen loves being part of the Sandy community with her husband Gary, daughter April, and club mascot Bowie, the Golden Retriever.

SANDRINGHAM LIFE SAVING CLUB
& OH MY YOGA PRESENT

SANDY SUNSET YOGA

THURSDAY 6:30PM

15 FEBRUARY - 14 MARCH 2024



**\$15 PER
CLASS**

JOIN US ON THE
SLSC BALCONY AFTER YOGA!

BOOK NOW!

MORE DETAILS TO COME



SANDRINGHAM LIFESAVING CLUB'S



Trivia Night

IS BACK!!



15
MARCH



7PM



HAMPTON BOWLS CLUB

TABLES OF 10 ON SALE SOON!



Usually we would have a kid friendly puzzle or activity here. If you miss it, let us know by emailing us at comms@sandringhamlsc.org.au