



AUTUMN NEWSLETTER

SANDRINGHAM LIFE SAVING CLUB
MAY 2025



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PRESIDENT

VICKY MCKAY

president@sandringhamlsc.org.au



As the cooler months settle in and the patrol season has finished for another year, it's the perfect time to reflect on the remarkable contributions of our club community.

This week marks National Volunteer Week, and the 2025 theme – Connecting Communities – could not be more aligned with the heart of Sandringham Life Saving Club. Whether it's through our patrols, weekly community swim events, our Silver Salties program, or providing water safety education to local Nipper families, we are proud to be a hub of connection, health, and inclusion here in Bayside.

A heartfelt thank you to our incredible patrolling members, who have once again gone above and beyond to keep our beach and community safe. Rain, hail or shine, your commitment, vigilance and teamwork on the sand and in the water exemplify the very best of what lifesaving stands for. Your time, skills and presence make a real difference – not just in emergencies, but in building public confidence and community spirit. We are so grateful for everything you do.

Our volunteers continue to make an impact beyond the red and yellow flags. This season we:

- Delivered free CPR training to community members, empowering locals with life-saving skills.
- Secured funding from Community Bank Sandringham for a publicly accessible defibrillator to be installed outside our clubhouse – a vital asset for beachgoers year-round.
- Fostered new friendships, confidence and wellbeing through our Sunday community swims, which continue to grow in popularity.



PRESIDENT CONTINUED...



We also take this moment to celebrate two outstanding contributors: Bianca Pither and Denis Buttie, who have been honoured as Life Members of our club. Their long-standing dedication has helped shape the welcoming and safe environment we all enjoy today – thank you both.

While the patrols may have ended for the season, there's plenty happening behind the scenes. In the coming months, we'll be sharing updates on our Strategic Plan and setting priorities for the season ahead – and we'd love you to be part of it.

Stay tuned for new volunteer opportunities coming soon. Whether you're keen to help on the beach, behind the scenes, or in a one-off or ongoing role – there is something for everyone in lifesaving.

It truly takes a community to run a volunteer-led club like ours, and every contribution, big or small, helps keep us strong, safe and connected.

We welcome your involvement – our strength lies in the collective passion and energy of our members.

Thank you to each and every one of you who gives your time, shares your skills, and brings warmth and energy to our Sandy community. Together, we truly are connecting communities.

Stay safe, stay warm.

Yours in service,

Vicky

President, Sandringham Life Saving Club



BOWLS AND AWARDS 2025

On Saturday, the 10th of May, we had an amazing night celebrating the awesome achievements of our incredible volunteers and 2024-25 season! A huge congratulations to all the award participants and thank you to all our volunteers - our Patrollers, Age Managers, Board of Management and beyond, we couldn't do what we do without you!

Special thank yous are due to Jo Impey for organising the night, the Hampton Bowls Club for hosting us, Richard and Sechelle from Little Brixton for the delicious Jamaican food, Barb from Highbett Flowers for the gorgeous flowers and last but not least, our incredible Patroller's Band for the music - Bianca, Claire, Daniel, Jerry, Jesper, Marko and Max! You are awesome!

Thank you to everyone who came and celebrated. It was a really great night and we all had so much fun!



BOWLS AND AWARDS 2025

Whole Club Awards

Family of the Year - The Isborn Family

Member of the Year - Peter Betts

Age Manager of the Year - Eli Court

Silver Salties Award - Peta Denham Harvey

The Lifesaving Award Recipients:

Lifesaver of the Year - Lillie Isborn

Outstanding Contribution to Lifesaving -
Hamish McKay

Best First Year Lifesavers -

Evie McKay and Jerry Pei

Encouragement Awards - Ellara Hill,

Eleanor Lavender, Linnea Isaksson,

Lara Peace and Rosie Brown

Chief Instructor Award - Claire Pardo

President's Awards:

Andrew Gluth President's Award - Gary Beer

Pam McClean Award - Meagan Holstrom

Life Membership - Bianca Pither and Denis Buttie



LifEsAVING

DANIEL PARDO

lifesaving@sandringhamlsc.org.au

We recently concluded our patrolling season towards the end of April. I must say a huge thank you to everyone involved in this past season. We had a big increase in participation this year compared to previous years and I can not be more grateful. What this means is that we are making a difference by keeping beach goers safe and continuing to build a positive community. To give some stats on the season: we had 974 preventative actions, 35 minor first aids, 1 major first aid and a total beach attendance of 62,619. We also had a total cumulative patrol hours of 2,516. Most of these stats are huge increases on last year with over 22 thousand more beach goers, but also 500 more hours patrolled.

We also had 7 patrollers reach over 100 hours of patrol this season. Huge congratulations to Hamish and Archie McKay, Lillie Isborn, Harper Morrissey, Gary Beer, Lucas Pardo, Ellie Harper and Max Chruszcz. Overall, we had 51 different members volunteer their time to patrol or assist in water safety. I thank you all for your commitment to the club and to our wider community.



We also concluded our first official season of the Rescue Ready program earlier this year. Thanks to everyone who was involved and gave feedback. We hope to continue this program into the next season and beyond. It was an excellent opportunity to develop our skills and confidence in lifesaving. We are excited to continue to explore even more opportunities to improve the program and the effect it has on our club members. Keep an eye out for when we plan to return!

Once again, I want to say thank you to every single member that contributed to this amazing season! I hope that all of you and more can continue to join us next season and I can not wait for an even better season next season!

Daniel Pardo
Club Captain

trAining

BIANCA PITHER

training@sandringhamlsc.org.au

Since our last newsletter, we have plenty to celebrate — congratulations to many of our amazing members who have been upskilling and successfully completing their training. Well done to our Bronze and SRC candidates: Hayley, Viggo, Jean Luc + Annika (Beaumaris), and Seirei!

Phil, Daniel (as a trainer), and I completed our IRB Driver's and Trainer training with the support of Elwood, Beaumaris, and Brighton clubs. A huge thank you to the incredible trainers from those clubs who helped us make it happen.

A big shoutout to Sim for running a successful community CPR course — another great resuscitation session!

To all our dedicated trainers — Sim, Daniel, Claire, and Lauren — thank you so much for making this season such a success. I'm incredibly grateful for the time, energy, and expertise you've all contributed.

We've got plenty already lined up for next season. Check out the details on the right or head to our Linktree (www.linktr.ee/sandringhamlsc). Otherwise, feel free to email me for more info!

Happy training!



UPCOMING TRAINING

Mental Health First Aid Course (MHFA)

21st + 28th of June

Following our extremely successful first course, we are thrilled to announce we will be delivering our second Mental Health First Aid Course.

Advanced Resuscitation and First Aid Course (ARTFA)

26th of July

We will also be running our usual Winter ARTFA Course. Please join us to update or learn new First Aid skills integral to everyone in our lifesaving community.

More details and enrolment instructions are available in via www.linktr.ee/sandringhamlsc, these courses are not to be missed!

NIPPERS

HAMISH MCKAY

nippers@sandringhamlsc.org.au



Building Lifesavers:

2024/25 End of Season Wrap-Up

As the sun sets on another incredible Sandringham Nippers season, we take a moment to celebrate the achievements, energy, and spirit that made 2024/25 so memorable. With every beach sprint, flag dive, board paddle and teamwork activity, our Nippers have continued to grow in confidence, capability, and camaraderie.

This season we saw a noticeable lift in the overall skill level across all age groups. From our youngest to our oldest Nippers, there was a willingness to step up and meet the challenges presented. Thanks must go to our dedicated Age Managers, whose efforts to elevate our program, week after week made this possible, and to the Nippers themselves for embracing every session with enthusiasm. We saw more groups paddling out and back from the marker - even in testing conditions - and a group completing the same distance as a swim. This level of progression is something we haven't seen for some time and is a testament to the commitment shown by all involved.

In support of this growth, we trialled back-to-back water sessions for age groups where possible, to maximise time in the water.



The response was overwhelmingly positive, giving our Nippers extended opportunities to hone their skills and build water confidence - a key ingredient in their development as future lifesavers.

Our community of parents again played a huge role this season, whether it was assisting with the beach set-ups, BBQ shifts, or cheering from the sand. A particular thank you goes to those who completed the new **Nipper Safety Assistant Award (NSAA)** introduced by Surf Life Saving Australia.



NIPPERS CONT...



This initiative enables parents to support water safety for our U6-U8 Nippers, and those who stepped forward made a real difference. Looking ahead, we will need even more parents and guardians to complete this award so we can safely extend water time and maintain momentum.

To our exceptional water safety team, thank you for your dedication and presence. You are the reason our kids can safely explore their boundaries in the water. And to our Age Managers - your creativity, encouragement and pursuit of fun and skill learning has been key to what's been achieved this year. Your willingness to continually develop yourselves as leaders and educators is what sets this program apart.

With participation numbers holding strong and many new families joining the Sandringham LSC community, the future looks bright.

Finally, a special shoutout to those Nippers who are now transitioning to cadets. Watching you grow into the next phase of lifesaving is a proud moment for us all, and we look forward to seeing your continued journey in the red and yellow, obtaining your Surf Rescue Certificates (SRC) and beginning your patrolling journey.

To everyone who contributed to the season - volunteers, families, Board members, and most importantly our Nippers - thank you. You've helped build something special. We can't wait to welcome you back for the 2025/26 season. Until then - stay safe, stay active, and enjoy the water!



SILVER SALTIES

MEAGAN HOLSTROM

silversalties@sandrighamlsc.org.au

Although we have come to the end of the nipper and patrolling seasons, our year-round Silver Salties program continues to offer opportunities to build fitness and connection for our more mature community members. Yoga, Tai Chi, Strength Training, and Pilates all continue through the winter thanks to the dedication of both our wonderful instructors and our enthusiastic members.

Our Wednesday swimming class, "Be Confident Swimming in the Bay", finished up at the end of April for the winter, and will resume in November as the weather and the water warm up. We'd like to say a huge THANK YOU to Peter Hendricks for his amazing instruction for our swimmers this year. We've had wonderful feedback from our swimmers, with many commenting on the supportive environment and encouragement they received not only from Peter but from the swimming cohort in general.

We've also been delighted to trial a new class, Mindful Meditation and Sound Healing, led by Mia from Oh My Yoga. The class will run monthly and incorporates gentle stretching, breathing exercises and a mini sound bath. If that sounds enticing, sign up for the next session on May 28th at 4:30pm!

Lastly, we'd like to congratulate the winner of our annual Silver Salties Member of the Year, Peta Denham-Harvey. Peta has been a champion of the Silver Salties program since it started and is always warm and welcoming to new faces, helping everyone feel included from day one. Peta volunteers her time to enable the Tai Chi class to continue practicing in the school holidays and has been an integral part of transforming the program from a class into a community of friends. We're very grateful for Peta's energy, kindness, and commitment that she brings to the Silver Salties program and to our club.



swimming

VICKY MCKAY

swimming@sandringhamlsc.org.au

What a season it's been for the **Sandy Salties**! From our first spring swim in October through to the brisk mornings of April, our weekly Sunday community swims have continued to bring connection, confidence, and a whole lot of fun to the Sandringham shoreline.

Thanks to our incredible team of volunteers, this free, supported swim program has thrived once again. Through sun, wind, and the occasional rogue wave, our land and water teams showed up week after week to ensure every swimmer felt welcome and safe. A big thank you to everyone involved - you've helped create something truly special.

This season saw over **200 different swimmers** join us across the months, with growing demand each week. Our pre-registration system continued to help us manage numbers, allowing us to stagger swim starts and deliver smooth, well-supported sessions. Whether you were taking your first tentative strokes or confidently heading out to the first pole and beyond, there was space - and support - for everyone.

One of the most rewarding parts of the season was seeing the progression of so many swimmers. Parents swimming alongside their children (even 3 generations of one family!), newcomers becoming regulars, and a wave of increased confidence in those extending their distance or trying open water for the first time. Many swimmers have even kept up the habit, braving cooler temps for daily dips from the clubhouse. That's true Sandy Salties spirit!



Bendigo Bank

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Community Bank
Sandringham

swimming CONTINUED...

Your feedback has been overwhelmingly positive, especially around the mental, emotional, and social benefits of being part of a consistent, friendly swim community. It's clear this initiative is more than just a Sunday swim - it's a source of connection and wellbeing for so many.

If you'd like to stay in touch with fellow swimmers during the off-season, don't forget to join our Sandy Salties Facebook group or the Swim WhatsApp Group. They are the best way to find friendly faces for informal swims, share tips, or plan a coffee catch-up.

Thank you again to all who made this season such a success. We can't wait to welcome you back when the sun returns and the water warms - but until then, stay active, stay connected, and keep swimming!



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Sandringham

GENERAL NOTICES

COMMS TEAM

comms@sandringhamlsc.org.au

CONNOR'S

SEPT RUN 2025

HELPING KIDS WITH BRAIN CANCER

SANDRINGHAM LSC IS DOING CONNOR'S RUN!

That's right, your favourite lifesaving club is doing THE fun run. Connor's Run isn't about winning or running as fast as you can, it's about having a good time whether you walk, run or even dance the distance! This will be an opportunity for the Club to get back together before the season starts!

What?

Connor's Run is a fun run for cancer throughout September or on the 14th of September 2025. There are multiple different distances that you can take part in whether it's from the 3km, 9.6km or the big 18.8km run! All the money raised goes towards charity and helps invest in

world class research and development to stop paediatric brain cancer. You get a sick t-shirt and if you register now, you get an amazing discount!

How?

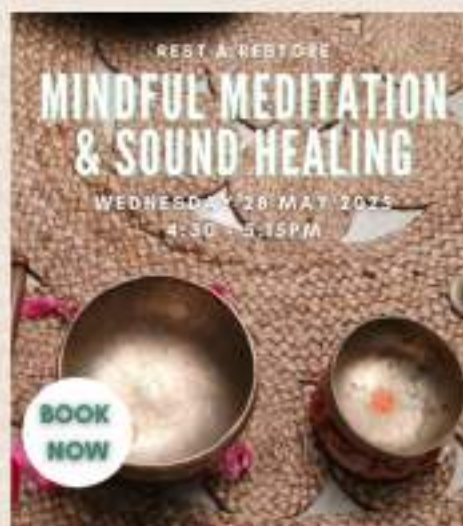
Sign up now with the early-bird discount (ends 9th of June). Then you will be able to join Sandringham Lifesaving Club's team! Don't worry too much about the distances, do whatever you are feeling like and whatever you are most comfortable with! If you can't run with us, support us by donating via our team link above.

Feel free to ask any questions but if you're convinced, what are you waiting for? Go sign up now! I can't wait to see this amazing community take part in an amazing event and I hope to see you there!

-

Marko Le

LSVJ Club Representative for Sandringham



NEW CLASS - MINDFUL MEDITATION AND SOUND HEALING

Limited Wednesdays at 4:30pm. [Register here](#)
Upcoming dates: 28 May and 11 June 2025

Rest and restore your energy and soothe your body and mind with a relaxing 45-minute mindfulness meditation and sound healing experience with Mia.

These sessions will incorporate gentle stretching, breathing exercises and a mini sound bath to help you unwind and release tension in the body and mind.

GENERAL NOTICES

COMMS TEAM

comms@sandringhamlsc.org.au



WE HAVE AN EXTERNAL DEFIB!!

We are thrilled to announce that we have now installed an external defib for out of hours access to life-saving equipment when we are off duty!

We are aware of a number of fatalities on our beach while the flags were down. Deaths that might have been prevented with access to a defibrillator. This equipment is vital for people enjoying our beach all year round and increases the chances of survival of any incidents while we are off duty.

A huge thank you to Anne Holland from Defib for Life for organising the unit and to Community Bank Sandringham for funding the unit. We are so grateful to you to be able to provide this equipment all year round!

Instructions of how to use the AED are inside the unit. It operates like any defib and will talk



to you as you use the equipment. Please use the code: C3191 to open the unit. Don't worry, it is also noted on the outside of the unit.

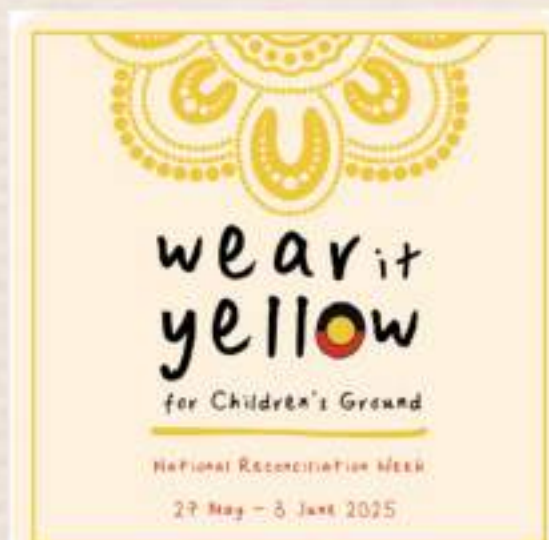
We will be running an comprehensive education session on how bystanders/public can confidently use an AED, so please stay tuned for details! Otherwise, enrol into our upcoming Resuscitation Course where you will also learn how to use a defib along with CPR. Please email training@sandringhamlsc.org.au if you are interested or have any questions.

WEAR IT YELLOW

This National Reconciliation Week (27 May - 3 June), we are wanting celebrate First Nations culture and learn about our shared histories by participating in Wear it Yellow Day.

Run by Children's Ground, an organisation who is led by First Nations communities who are creating a different future for the next generation of children. People are encouraged to wear a touch of yellow and make a donation to Children's Ground.

Snap a picture of you and your family and send it to comms@sandringhamlsc.org.au to share on our socials. Let us raise much needed funds and support this week!



SAVE THE DATE

COMMS TEAM

comms@sandringhamlsc.org.au



MAY

28 MEDITATION AND SOUND BATH CLASS

Book in now!

JUNE

11 MEDITATION AND SOUND BATH CLASS

Book in now!

21 + MENTAL HEALTH FIRST AID 28 COURSE

*Enrol now or email
training@sandringhamlsc.org.au
with questions!*

JULY

26 ARTFA COURSE

*Enrol now or email
training@sandringhamlsc.org.au
with questions!*

AUGUST

2 ANNUAL GENERAL MEETING

10 LSV AWARDS OF EXCELLENCE

LINKS

Please find all the links mentioned in this newsletter linked in the text or via our linktree: www.linktr.ee/sandringhamlsc. If you have trouble finding anything, just let us know!

SOCIAL AND COMMS TEAM

Thank you so much for reading our Summer Newsletter!!

If you enjoy our newsletters and/or have special interests in being part of the making of it - please let us know!! Our Social and Comms team is in desperate need for more volunteers! They (Bianca Pither and Lauren Rosenberg) cover all of our communications, Social Media, website, posters, newsletters and more...

Please get in touch with Bianca to find out more via comms@sandringhamlsc.org.au



MENTAL HEALTH FIRST AID

WITH OUR VERY OWN TRAINER:
CLAIRE PARDO

9am – 5pm
21st + 28th of June

Learn strategies to
help people
experiencing
mental ill health.

\$100pp
18yrs+

Registry essential please
follow the link below or email
training@sandringhamlsc.org.au
for more details.

*Members check your emails
for your discount code!*





SANDRINGHAM
LIFE SAVING CLUB
EST. 1917

ART



9AM,
26th of
July

FIRST AID

9 - 10:30AM CPR ONLY

9AM - 5:30PM ARTFA

Join us to upskill or learn new First Aid skills. Please note, you must be a full financial member of a lifesaving club to enrol.



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



TRAINING@SANDRINGHAMLSC.ORG.AU



You're invited to

SANDRINGHAM LIFESAVING CLUB'S ANNUAL GENERAL MEETING

Saturday 2nd August 2025

Gather from 12pm for a BBQ,
for a 1pm meeting start.

Please visit www.linktr.ee/sandringhamlsc
for more information.

