



APRIL 2025

# ***FRESHIE SLSC***

All the latest news from your favourite club.






**SAT & SUN  
12-13 APR  
Youth Camp**



**THU 17 APR  
FRESHIE ON  
FRIDAYS**



**SUN 27 APR  
Last day of Patrols**



**SAT 24 MAY  
AWARDS NIGHT**



**FRI 30 MAY  
FRESHIE ON  
FRIDAYS**

## — MEMBER NEWS

### *SLS NSW - Volunteer Survey coming soon*

We're excited to announce that the 2025 Volunteer Satisfaction Survey is on its way! Your feedback is incredibly important to us as we work to make your volunteer experience even better. Stay tuned for the survey invite coming later this month. Your opinions matter and we can't wait to hear from you!

#ClubFeedback  
#MemberSatisfaction



### *CLUB PHOTOS NEEDED!*

*Do you have any photos from the season. Please scan QR code or use link below to upload photos to dropbox. Please send through Hi Res versions.*

**THANK YOU**

[https://www.dropbox.com/scl/fo/ei8wq49l0l24hfuy2bg7b/AD\\_IIPKGdqVKej!pjmeZu30?rlkey=orkc03gq9y9sty9vevy4ux9i5&st=gpm&jrjo&dl=0](https://www.dropbox.com/scl/fo/ei8wq49l0l24hfuy2bg7b/AD_IIPKGdqVKej!pjmeZu30?rlkey=orkc03gq9y9sty9vevy4ux9i5&st=gpm&jrjo&dl=0)



# — CLUB NEWS

## ***FRESHWATER SLSC - Development application (DA) Approved***

The Freshwater SLSC DA has been approved thank you to all involved in getting this passed. A special Thank you to Michael Kirkby, Geoff Bonus and his team for all the hours and hard work.

The Sydney North Planning Panel voted in favour of the application and to our benefit removed the deferred commencement condition.

This is a great outcome for the club and an exciting milestone. We look forward to realising the new Club house in the years to come after much needed fundraising.



## ***END OF SEASON PATROL DRINKS - Sunday 27<sup>th</sup> April 4:30pm***

***Thank  
you!***

***Thank you to all our amazing Patrolling members. Please join us for drinks as a thank you for all your efforts.***

***Sunday 27<sup>th</sup> April from 4:30pm.***

## ***Congratulations to Ewan Humphries***

– Ewan Humphries competed for Mosman Rowing Club at the National Rowing Championships in Tasmania 24<sup>th</sup>-29<sup>th</sup> March in 2000M events . His results were 6<sup>th</sup> Single Scull, 3<sup>rd</sup> Double Scull and 2<sup>nd</sup> Quad Scull.

AHEAD OF THE WAVE



# JOIN THE SURF LIFE SAVING SNB YOUTH PROGRAM

Are you 15-17 years old and passionate about Surf Life Saving? Explore what's available for you in SLS and tackle real life search & rescue and first aid scenarios at this hands-on workshop.

## FISHERMANS BEACH

Saturday 3rd May 8am - 2.30pm &  
Sunday 4th May 8.30am to 12.30pm

## WHAT TO EXPECT

### PATHWAY PRESENTATIONS:

- Learn what career and volunteer opportunities are available - including Surf Sports, UAV Operations, education and emergency response roles..

### HANDS-ON ACTIVITIES

- IRB/RWC Operations
- First aid and triage training
- Search and rescue techniques

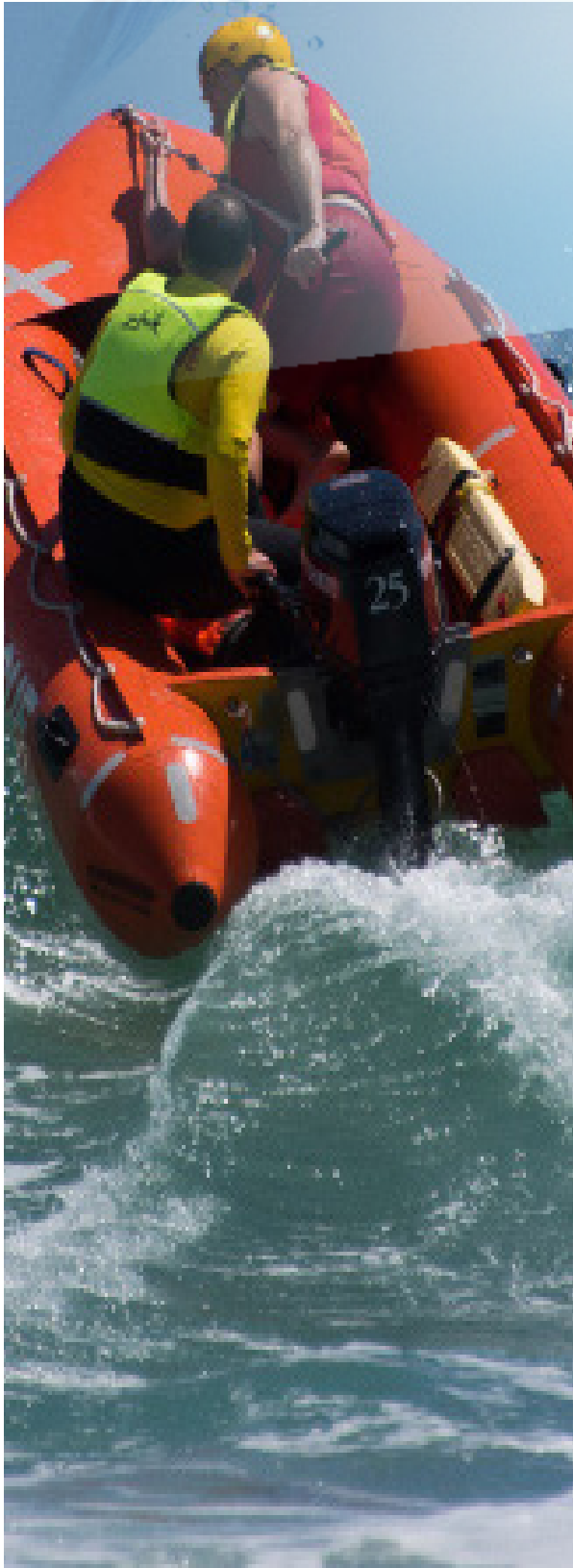
### REAL WORLD SCENARIOS

- Respond to mock emergencies including water rescues and mass casualty incidents.

### MORE!!

- BBQ lunch and snacks
- Free program merch.
- Lucky door raffle

REGISTER  
HERE



## *ANZAC DAY MARCH - Please join us*

*Join us at the Harbord Diggers at 8am to participate in honouring our fallen soldiers. If you are participating in the March please meet at rear carpark to march around to the rear forecourt for official service.*



Friday 25 April 2025

### 2025 COMMEMORATIVE SERVICE AT HARBORD DIGGERS

On behalf of the Mounties Group Board of Directors we have the pleasure in inviting you to our ANZAC DAY commemorative service.

#### WHERE

Harbord Diggers  
Ocean Terrace  
Lumsdaine Drive Freshwater

#### WHEN

Friday 25 April 2025, 7.30am for 8.00am service

#### RSVP

Email [karen.potts@mountiesgroup.com.au](mailto:karen.potts@mountiesgroup.com.au)

# — SURF SPORTS NEWS

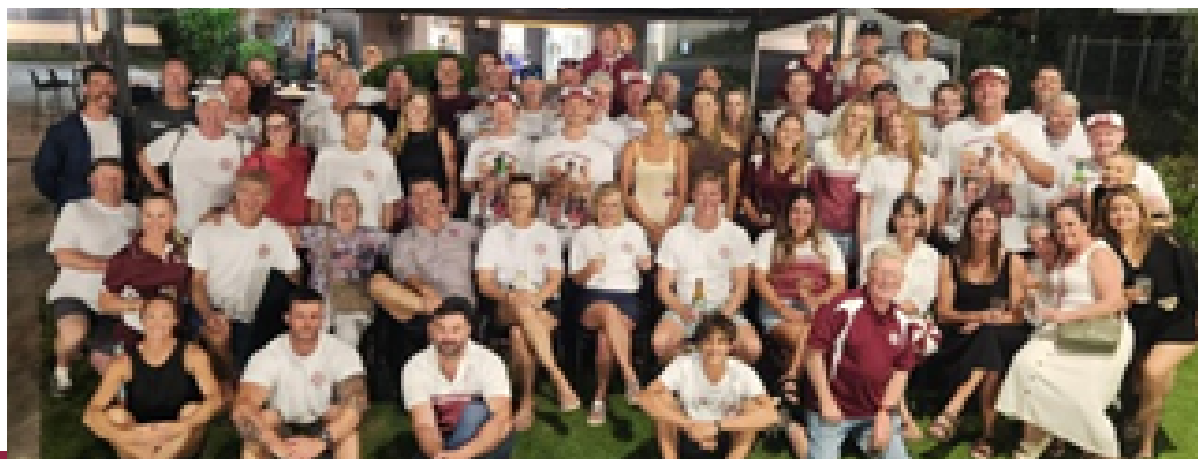
## *THE AUSSIES - March - April*

- Strong overall team performance with the 3<sup>rd</sup> best ever Aussies club medal performance
- 21<sup>st</sup> club point score placing
- 6 Gold medals and the first ever for 3 Masters members
- Continued strong club R & R performance (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)
- Strong emerging Lifesaving discipline with Freshwater (2<sup>nd</sup>, 2 x 3<sup>rd</sup>, 4<sup>th</sup>, 2 x 5<sup>th</sup>)
- Strong Youth group presence and results (2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>)
- Strong boat crews' presence with a 3<sup>rd</sup> and U/23 Female crew featuring in the final
- Pleasing March Past performance (5<sup>th</sup>)
- Performances enabled by commitment and service by Freshwater officials, team managers, coaches, craft drivers, administrative support and equipment carriers and loaders

Freshwater can be very proud of a very strong team performance at the recent Aussies 2025, posting the 3<sup>rd</sup> best ever results in our history. Full results are listed below and we congratulate all athletes who entered and competed.

Also, the vital contributors that enable our athletes the opportunity are;

Referee	Michael Bate
Officials	Lindsay Davis, Kelly Dobrow, Cheryl White, Judy Bennett, Rachel Needham
SMEC	James Crittenden
Team Managers	Alan Burns, Gaven Needham, Tom Duffy, Lindsay Davis, Andrew McMinn, Seb Di Sano, Bree Coates, Paris Giannakis
Equipment/trailer management	Alan Burns, James Coates, Scott Morrison, Michael Kirkby, Tom Duffy, JP Morgan
Admin Support	Carla Thornton
Coaches	Lindsay Davis, Kelly Dobrow, Cheryl White, James Coates, Bree Coates, Tom Duffy, Ben Kirkby, Michael Kirkby, Wayne Freakley, Ross Parry, Nathan Perry, Scott Morrison
IRB Driver	John Lo Schiavo, Richard Budd, James Coates, James Crittenden



## FRESHWATER SLSC AUSSIE 2025 RESULTS

29-30/03/2025 Australian Youth Championships North Kirra		
2nd	U14 Female 2km Beach Run	Amelia Mandalinic
3rd	U14 Female 2km Beach Run	Alexis Tague
5th	U13 Female 2km Beach Run	Darcey Herd
31/3 - 1/4/2025 Australian Masters Championships North Kirra		
1st	30-34yr Male Board	Ben Kirkby
1st	30-34yr Male Ski	Ben Kirkby
1st	60-64yr Male Ocean Swim	John de Mestre
1st	170yr Male Surf Teams	James Coates, John de Mestre & Stephen Ford
1st	170yr Male Board Relay	Phillip Bird, Michael Kirkby & Gaven Needham



*Packed and ready for the 'Aussies adventure'*



2nd	30-34yr Female Champion Lifesaver	Clare Freakley
2nd	30-34yr Female Ocean Swim	Clare Freakley
2nd	60-64yr Male Surf	John de Mestre
2nd	65-69yr Male Board	Phillip Bird
3rd	60-64yr Male Board Rescue	John de Mestre & Michael Kirkby
3rd	70-74yr Male Double Ski	Steve Davis & Philip Fagan
3rd	70-74yr Male Ocean Swim	Alan Burns
3rd	240yrs Male Boat	Marc Bindner, Nathan Perry, Carl Quitzau, Bryan Weir & Nathan Perry (s)
4th	30-34yr Male 2km Beach Run	Thomas Duffy
4th	65-69yr Male Board Rescue	Phillip Bird & Paul Stormon
4th	70-74yr Male 1km Beach Run	Phillip Fagan
4th	170yr Male Taplin	Phillip Bird, John de Mestre & Gaven Needham
5th	30-34yr Male Double Ski	Ben Kirkby & Michael Kirkby
5th	55-59yr Ironman	Simon Phin
5th	70-74yr Male Surf	Alan Burns
6th	30-34yrs Female Surf	Clare Freakley
6th	50-54yr Ironman	James Coates
6th	60-64yr Male Surf	Stephen Ford
6th	70-74yr Male Ski	Steve Davis
6th	70-74yr Male 1km Beach Run	Steve Davis
6th	130yr Male Board Relay	Simon Phin, John Landells & Ben Kirkby

<b>2-6/4/2025</b>	<b>Australian Open Championships North Kirra</b>	
1st	Open Mixed R&R	Ian Donald, Clare Freakley, Jane Freakley, Jarrad Freakley & <u>Wayne Freakley</u>
2nd	Open 6 Person R&R	Seb Di Sano, Ian Donald, Jarrad Freakley, Patrick Kiely, Christopher Tyrrell & Hugo Weston
3rd	U19 Male Champion Lifesaver	Joshua Orr
3rd	Open Men's R&R	Seb Di Sano, Ian Donald, Patrick Kiely, Christopher Tyrrell & Hugo Weston
3rd	Open First Aid	Julia Baker & Tahlia Dearden
4th	U19 First Aid	Liam Lehane & Isabelle Stapf-Giannakis
5th	U17 First Aid	Ewan Humphreys & Fionn Lehane
5th	Open Female Long Board Riding	Bree Coates
5th	Open Patrol Competition	Kirra Budd, Samantha Lever, Liam Lehane, Isabelle Stapf-Giannakis, Joshua Orr & Caitlin Price
5th	Open March Past	Sue Walmsley, Ross Parry, Wendy Quail, Andrew Murphy, Elizabeth Murphy, Kevin Dyer, Jane Freakley, Alan Burns, David Inches, Ken Rickard, Judith Bennett & Rachel Needham

The club will shortly release a survey of Aussies team members to review the event with a view to how we can build on our great performance for future seasons.



Gold in 170 Surf Teams, the first ever for James Coates and Stephen Ford accompanied by serial awardee John de Mestre

One of the most thrilling race finishes at Aussies, our gold medal Freshie 170 Board relay team of Gaven Needham, Ben Kirkby and Michael Kirkby



## *AUSSIES Results for Lifesaving 2025*

Under 17 - First Aid competition

5<sup>th</sup> – Fionn Lehane and Ewan Humphreys

Under 19 - First Aid competition

4<sup>th</sup> – Isabelle Stapf-Giannakis and Liam Lehane

7<sup>th</sup> – Kirra Budd and Joshua Orr

8<sup>th</sup> – Grace Hardy and Lily Barnett

Opens – First Aid competition

Bronze – Tahlia Dearden and Julia Baker

7<sup>th</sup> – Samantha Lever and Caitlin Price

Under 19 Champion Lifesaver Male

Bronze – Joshua Orr

Under 19 Champion Lifesaver Female

7<sup>th</sup> Kirra Budd

Masters Champion Lifesaver Female 30-39

Silver – Clare Freakley

Opens Champion Patrol Competition

Liam Lehane, Izzy S-G, Kirra Budd, Sammy Lever, Caitlin Price, Josh Orr

5<sup>th</sup> just .06 behind Coogee



The thirteen competitors who qualified for lifesaving events at the 2025 Australian SLS Championships acquitted themselves very well and represented our club with the true Freshie spirit.

All of our team worked hard to achieve the best possible outcome for themselves and their teams.

Day 1 Open and Masters Champion Lifesaver; Open First Aid

Clare Freakley competed in 30-39 Champion Lifesaver. None of the physical events could be held due to water conditions and Clare had to return the next day to complete just two of the events – swim and sprint. Congratulations on your 2<sup>nd</sup> place – 88.75/100

In Open First Aid, Caitlin Price and Sammy Lever in their first ever Aussies, placed 7<sup>th</sup> and were big improvers from the State Championships.

Tahlia Dearden and Julia Baker (our Freshie Flamingos), with many years of experience, scored 667.50 points – just 13 points behind the winners, placing 3<sup>rd</sup>. Well done teams!

#### Day 2 Champion Patrol

This was a very, very, very long day. With Champion Lifesaver competitors there to complete their competition and some being involved in both events, it was very difficult trying to get swim races and surf teams done. The surf conditions were very challenging, but our team had been working hard on their swimming. Led by Liam who placed first in the heat and second in the final, the team did very well in this component. The team was last on to do the scenario and eventually completed their final event at 6.12pm under lights and the watchful eyes of the SEMC team. Their 5<sup>th</sup> place was an amazing effort in such trying circumstances.

#### Day 3 U19 Champion Lifesaver and Under 19 First Aid

Despite not getting off the beach until after 7pm the night before and needing to arrange equipment etc Josh, Kirra, Liam and Izzy were at Bilinga SLSC bright and early for another day of competition.

Josh Orr and Kirra Budd were in both events and would need great powers of endurance to get through the day. Liam and Izzy were focused and ready.

Congratulations to Josh on his 3<sup>rd</sup> place in Champion Lifesaver. Kirra came up against some very strong competition to finish 7<sup>th</sup>. Balancing this CLS competition with First Aid lockdown was not easy.

In the U19 First Aid Liam and Izzy finished 4<sup>th</sup>, just outside the medals. Kirra and Josh placed 7<sup>th</sup>. Grace and Lily in their first Aussies place 8<sup>th</sup>. To have three teams in the final was a great credit to their hard work and that of their coaches Kelly, Cheryl and Mark.

#### Day 4 U17 First Aid

Fionn and Ewan finished 5<sup>th</sup> and displayed a huge improvement on their State competition. If they can balance their other sporting commitments going forward, they will be a great team to watch.



# — *Annual Club Service – Award Nominations*

Now is the last chance to nominate for the various club service awards which are presented each year at our annual awards and presentation event.

A list of the various awards and the qualification requirements are set out in the link [Click Here](#).

The Club's Awards Panel has the responsibility for the receipt and assessment of nominations and for making recommendations to the Executive Committee in relation to all of the awards, with the exception of the Distinguished Service Award. Recommending the recipient(s) of this award remains the responsibility of the club Honours Panel.

All members are encouraged to get involved in the process by putting forward nominations for the awards. If appropriate, the same reasons can be relied on to nominate people for more than one of the awards which appears on the list.

Nominations can be sent to the Executive Officer C/-  
[executiveofficer@freshwaterslsc.com](mailto:executiveofficer@freshwaterslsc.com) or [admin@freshwaterslsc.com](mailto:admin@freshwaterslsc.com)

All nominations should be forwarded no later than 25th April to allow sufficient time for their assessment by the panel and referral to the Executive Committee for approval. **Click here for Annual Club Service Awards Criteria**





ALOHA  
YOU'RE INVITED TO



FRESHWATER S.L.S.C.

# ANNUAL PRESENTATION & AWARDS NIGHT

SATURDAY | 24 MAY | 5:30 PM

HAWAIIAN THEMED

Tickets \$50 includes seated dinner

Purchase tickets from [www.trybooking.com/DAXAZ](http://www.trybooking.com/DAXAZ)  
or scan the QR code



ALL MEMBERS INVITED



**FRESHIE ON**

*Fridays*

**THURSDAY 17<sup>TH</sup> APRIL 2025**

Join members and guests at Freshie on Friday!  
We will have pizza to accompany refreshing drinks  
from the famous Freshie bar.  
Come along and bring a friend!

*from 5:30PM*

**FRESHWATER SURF LIFE SAVING CLUB**

**CAROLINE'S DYNAMIC  
TAI CHI**  
Classes at Freshwater SLSC

*Tai Chi is a form of mindfulness exercise.  
All movement begins in the inner stillness of our minds.  
The core of Tai Chi training is the unison of mind and body.*

**Teacher: Caroline Wang Noble**  
**Mobile: 0400480713**  
**Website: [www.carolinestaichi.com](http://www.carolinestaichi.com)**

**CLASSES AT FRESHWATER SLSC**  
**Tuesdays at 6.00 – 7.00pm starting 7<sup>th</sup> January 2025**  
**Wednesdays at 6 – 7pm starting 12<sup>th</sup> February 2025**





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# HARBORD HOTEL

## What's on at your local



### KIDS HOLIDAY PROGRAM

Mon 14 - Wed 16 April

Let us entertain the kids while you sit back, relax and enjoy a coffee with your mates. Best of all, tickets are only \$10, with all proceeds going to Women & Children First.

Mon 14 April – Easter crafts with CSide kids

Tues 15 April – Science workshop with Messy Makers

Wed 16 April- Plaster painting with Messy Makers

Get tix via our website or app!



### ANZAC DAY

Friday 25 April | From 10am

Harbord Hotel is renowned for being the best place to meet up with mates on ANZAC Day and has been proudly hosting the best games of two-up for decades. Our carpark comes alive from 10am till dusk, alongside our legend of a host Statsy.

10am sharp. Free entry.



# HARBORD HOTEL

## What's on at your local



### GAME ON SPORTS TRIVIA

Wednesday 30 April | 7pm

Calling all sports buffs! Test your knowledge on all things balls, bats & between at Sports Trivia, hosted by Harbord's own legend and bottle-shop king, Statsy! Plus, we've got \$18 burgers all night and ripper prizes to giveaway.

Book a table on our app or website.

## DON'T FORGET TO SHOW YOUR CLUB CARD

Show your Club Card on the Harbord App and receive:

- **15% OFF SELECTED HOUSE BEVERAGES 7 DAYS A WEEK**
- **15% OFF FOOD MONDAY - FRIDAY**
- **SPENDS FROM CLUB MEMBERS GO TOWARDS CLUB REBATES**

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of your home*



## Mike Dunn

### Proudly sponsoring Freshwater SLSC

As a long-time Freshwater resident Mike Dunn has an in-depth knowledge of property in the area which is why he is the suburb's best choice when it comes to selling your home.

If you're thinking about making a move now or in the near future, speak to the agent who achieves amazing results in any market.



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Mike Dunn

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1/49 North Steyne, Manly, NSW 2095





Community Bank  
Freshwater

# You're invited

## Banking Safely Online session

Come along to our Banking Safely Online session to learn about the benefits and importance of being digitally connected, staying safe online and recognising and preventing scams and fraud.

You're invited to our free event.

**When** Wednesday 21st May 2025

**Time** 6pm

**Where** Community Bank Freshwater Shop 1/9-15  
Lawrence St, Freshwater

**RSVP** Places are limited. Please RSVP to  
[kasey.kaye@bendigoadelaide.com.au](mailto:kasey.kaye@bendigoadelaide.com.au) by  
16/5/25

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