



## **PM SLSC Club News**

**1<sup>st</sup> June 2011**

To contribute to Club News contact [clubcaptain@pmslsc.com.au](mailto:clubcaptain@pmslsc.com.au)

For more Club information go to our website [www.pmslsc.com.au](http://www.pmslsc.com.au)

**Weekly SLNSW Club Mail – Click on latest news item**

<http://www.surflifesaving.com.au/www/463/1001127/displayarticle/club-mail--1003839.html>

### **AGM – Put 26<sup>th</sup> June in your diary**

Refer to information further in this edition

#### **Dates to watch out for**

Saturday June 18 <sup>th</sup>	Mid North Coast Branch presentation night at TPSLSC
Sunday 26 <sup>th</sup> June @ 3pm	JASC election and PM SLSC AGM starting 3pm <a href="mailto:nippers@pmslsc.com.au">nippers@pmslsc.com.au</a>
Thursday 28 <sup>th</sup> July	Mid North Coast Branch AGM
Sunday 28 <sup>th</sup> August	City to Surf

#### **Flynns Beach Accessible Ramp**

People with disabilities or access issues are set to benefit from a partnership between Council and community groups that has resulted in the development of design plans for an accessible ramp onto the beach. The ramp will also provide a safer alternative for getting the IRB down to the beach.

It was agreed at the May 25 Council meeting, that the detailed designs of the accessible ramp will be now placed on public exhibition for a three week period.

<http://www.hastings.nsw.gov.au/www/html/5702-flynn-beach-accessible-ramp.asp>

If members have any questions about the ramp, can they either email Mel [legal@pmslsc.com.au](mailto:legal@pmslsc.com.au) or speak with Bill Amy or Tony Wright.

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### **Celebration night awards**

#### **AGE CHAMPIONS**

U/15 Male	Joe Wright	U/15 Female	Sally Hurkett
U/17 Male	---	U/17 Female	Amber Carew
U/19 Male	Blake Polverino	U/19 Female	---
Open Male	James Turnham	Open Female	Carolyn Turnham
30+ Male	Duncan Kirkland	30+ Female	Mel Cockshutt
40+ Male	Tony Wright	40+ Female	Carolyn Turnham
50+ Male	Jeff Polverino	50+ Female	Vicki Polverino
60+ Male	Hugh Mackay	60+ Female	---

#### **SUNDAY CLUB SWIM**

A grade surf race	Gail Martin & Tony Wright
B grade surf race	Ross Jackson
Board race	Tony Wright
Brace relay	Dylan Carew/Hughie Hurkett
The Last Taplin	Team Hurkett - Sally, Geoff, Hughie

#### **PATROL AWARDS** based on number of hours logged during the season

Cadet Patrol Person	Geoff Walsh
Adult Patrol Person	Anne Walsh
Most efficient patrol	Patrol 7 – Tony Wright

#### **CLUB AWARDS** based on contributions to the Club

Rookie of the year	Craig Graham
Presidents Award	Mel Cockshutt
U/15 Club Person	Liam Wright
U/17 Club Person	Amber Carew
U/19 Club Person	Geoff Walsh
Club Person of the Year	Heather Frewin and Nick George

#### **50+ Patrol hours**

These members completed 50 or more patrol hours during the season

<b>Surname</b>	<b>First Name</b>	<b>Surname</b>	<b>First Name</b>
Hurkett	Hugh	Walsh	Geoffrey
Jackson	Ross	Walsh	Anne
Martin	Gail	Walsh	Christopher
Rayner	Kim	Warrington	Megan
Scully	Matt	Warrington	Selina
Towle	Harrison	Wookey	Jennifer
		Wright	Tony

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### 100% Patrol hours

These members completed all their rostered patrol hours. If they were absent for a patrol they arranged a substitute and made up the hours.

Surname	First Name	Surname	First Name
Amy	William	McCue	Robert
Chapman	Raymond	Morgan	Norman
Cockshutt	Melinda	Newberry	Laing
Edwards	Dione	Peck	Mark
Ebert	Peter	Peck	Tyla
Filetti	Stephen	Peck	Vanessa
Findlay	Brett	Prince	David
Findlay	John	Rayner	Kim
Frewin	David	Ruddy	Stephanie
George	Nicholas	Sheaves	Jordin
Gordon	Andrew	Smith	Annie
Harrison	Jamie	Stone	Paula
Hurkett	Hugh	Walsh	Geoffrey
Hurkett	Sally	Walsh	Anne
Jackson	Ross	Warrington	Megan
Jackson	Brad	Warrington	Selina
Martin	Gail	Wookey	Jennifer
Martin	David		

### **Winter training opportunities – all welcome**

Core Strength Training at Town Beach on Tuesday and Thursday's at 5pm with Mal Storey, competition Manager.

Board training on Hasting River (from the boat shed) Saturdays at 7am with Tony Wright, President.

## **NOTICE OF ANNUAL MEETING OF JUNIOR ACTIVITIES SUB-COMMITTEE**

Notice is hereby given of the reconvening of the Annual Meeting of the Junior Activities Sub-Committee to be held at the Port Macquarie Surf Clubhouse, 1 Tuppeny Lane, Flynn's Beach, Port Macquarie on Sunday 26 June commencing at 3pm.

### **AGENDA**

1. Confirmation of voting eligibility and payment of any outstanding monies from members
2. Election of Junior Activities Sub-Committee members
  - a. Junior Activities Chairperson
  - b. Deputy Chairperson (x2)
  - c. Secretary
  - d. Treasurer
  - e. Gear Steward
  - f. Competition Manager (for Juniors)
  - g. Beach Superintendent
  - h. Deputy Superintendent

### Notes:

Nominations for Junior Activities Sub-Committee positions must be in writing and signed by 2 financial members and the nominee and delivered to the Club Secretary 7 days prior to the Annual Meeting either by emailing the Secretary ([secretary@pmslsc.com.au](mailto:secretary@pmslsc.com.au)) or sending your nomination to PO Box 4, Port Macquarie, NSW, 2444.

The Junior Activities Sub-Committee is responsible for the coordination and conduct of all the junior activities of the Club. For descriptions of each position, please go to the Port Macquarie Surf Life Saving website ([www.pmslsc.com.au/governance/rules](http://www.pmslsc.com.au/governance/rules)), email the Secretary or ring Melinda Cockshutt on 65936452.

Members that are life governors, life members, long service members, active members, award members, cadet members and Nipper Parents are entitled to vote at the junior activities annual meeting as long as their registration and/or subscription for the ensuing year and any outstanding arrears have been paid.

## **NOTICE OF ANNUAL GENERAL MEETING PORT MACQUARIE SLSC INCORPORATED**

Notice is hereby given of the 2010/2011 Annual General Meeting of Port Macquarie Surf Life Saving Club Incorporated to be held at the Port Macquarie Surf Clubhouse, 1 Tuppeny Lane, Flynn's Beach, Port Macquarie on Sunday 26 June 2011 commencing at the conclusion of the Junior Activities Annual Meeting, starting no earlier than 3pm.

## **Agenda**

1. Confirmation of voting eligibility and payment of any outstanding monies from members
2. Apologies and Proxies
3. Confirmation of the Minutes of the 2009/2010 AGM
4. Annual Reports & Audited Accounts
  - a. Presentation of,
  - b. Business arising from,
  - c. Adoption of,
5. Election of Committee Members
  - a. President
  - b. Vice President
  - c. Secretary
  - d. Treasurer
  - e. Club Captain
  - f. Chief Training Officer
  - g. Chair of the Junior Activities Sub-Committee (endorsement of)
  - h. Regulatory and Legislation Officer
  - i. Competition Manager
  - j. Gear and Maintenance Officer
  - k. Events and Publicity Officer
6. Confirmation of the Chair of Sub-Committees (Awards, Building, Finance, Governance, Judiciary, Junior Activities, Life Membership)
7. Declaration of Life Memberships, if any
8. Motions of which due notice has been given
9. General Business of which due notice has been given and brought forward with the consent of members

### Nominations for Club Management Committee

Nominations for Club Management Committee positions must be in writing and signed by 2 financial members and the nominee and delivered to the Club Secretary prior to the AGM either by emailing the Secretary ([secretary@pmslsc.com.au](mailto:secretary@pmslsc.com.au)) or sending your nomination to PO Box 4, Port Macquarie, NSW, 2444.

For Descriptions of each position, please go to the Port Macquarie Surf Life Saving website ([www.pmslsc.com.au/governance](http://www.pmslsc.com.au/governance)) or ring Melinda Cockshutt on 65936452.

### Voting Eligibility

Those entitled to vote at the Annual General Meeting include life governors, life members, long service members, active members and award members.

Members are only able to vote at the Annual General Meeting when their registration and/or subscription for the ensuing year and any outstanding arrears have been paid. Members who have not paid their registration and/or subscription may vote on the adoption of the Annual Report and business arising from that report only.

Members that are life governors, life members, long service members, active members and award members are entitled to vote at the Annual General Meeting.

### **Gold Medallion training**

If you are interested in being assessed for the Gold Medallion this coming season

- read the following information about the pre-requisites and assessment requirements
- contact Anne Walsh (Club Captain) if you want to join some others preparing for the physical challenge
- contact Kim Rayner for information about acquiring the pre-requisite awards during the winter season

### **Pre-requisites**

A member must be proficient in the pre requisite awards for the Silver Medallion Advanced Emergency Care (OR have gained the new award of Silver Medallion Advanced First Aid) i.e.:

- Senior First Aid (or Apply First Aid)
- Spinal Management
- Advanced Resuscitation Certificate (ARC) / Defibrillation Certificate OR Advanced Resuscitation Techniques Certificate (ARTC)

If any of these award proficiencies lapse during the season, even after successful completion of the Gold Medallion, then the member will become non-proficient in the Gold Medallion.

**Assessment** is made up of four parts.

#### **1. Pool Swim**

The member must complete an 800 metre swim in 14 minutes or less in a swimming pool of not less than 25 metres. The pool swim must be completed before any other component of a Gold Medallion assessment.

#### **2. Mission Test**

- The distance will be 400m swim, 800m run, 400m board paddle, and 800m run
- The time will be 25 minutes or less
- The run distance to be taken from waist deep water, e.g. the run is from a flag, around a marker and to waist deep water, the aquatic components are from waist deep water around two swimming buoys and back to waist deep water
- Aquatic course must be around two swimming buoys

### 3. Rescue

- Tube Rescue - complete a tube rescue of a patient 100 meters out to sea and return. Member may use flippers during this rescue
- Board Rescue - complete a board rescue of a patient 200 meters out to sea and return.

### 4. Complex Rescue Scenario (may be included as part of the rescue section above)

The rescue must consist of the following events being assessed:

- Negotiating the surf zone
- Securing the patient
- Returning to shore without losing the patient
- Calling for assistance
- One person drag, lay and assessment
- Performing emergency care as required by the patient

### Our sponsors

Attention members who are business owners/managers. Help support the club by becoming a sponsor. Your business logo and details will be displayed on our sponsors' board at the clubhouse and one sponsor will be chosen each week to be featured in the Club News. Please contact Jade Zaicew at [secretary@pmslsc.com.au](mailto:secretary@pmslsc.com.au) or 0458 495 688.



Settlement City Shopping Centre is a proud community sponsor of Port Macquarie Surf Lifesaving Club supplying the club with essential equipment and support

**Apps Mechanical Repairs** - The boys at Apps donate all the clubs fuel for our IRBs. This can run into the thousands throughout the year. Please support them. For any rego check, tyres and mechanical repair or car servicing, just mention you are a PMSLSC member. They can be contacted on 6581 0847.

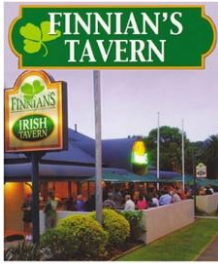


Huddo and his crew in **Port Macquarie Surf School** are members and supporters of PM SLSC. They have worked with patrol members on the beach and this summer will be providing special clinics for Cadets and patrol members. Stay tuned for information.

**David Plews Real Estate Agent** from First National Port Macquarie - for every house listed and sold through a PMSLSC contact, David will donate \$500 to the club. David has also contributed many other items for training and social functions. Contact David on 0448 836 000



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**Finnian's Tavern in Gordon Street** has been a long standing sponsor of our Club. They support our weekly meat raffle each Friday night. These raffles have raised thousands of dollars over the years and is the main source of funds being used to repair rescue boards and competition boards.

If you're looking for a pleasant night out, nice meal, good range of drinks and friendly atmosphere, go along to Finnian's.

**Woodside** are now a national sponsor of Surf Life Saving. As the official sun protection partner of Surf Life Saving Australia, Woodside have supplied wide brim patrolling hats plus sunscreen and sun safety posters to all surf life saving clubs around Australia.



**AAE Solar** - Steve Filetti will provide a special discount for every club member who wishes to look at solar hot water. \$50 per sale will be donated back to our club. Please contact Steve on 0429 620 991.

**Joyer IT & Print** - support our club with Website and Printing. This is also available to our members at very good prices. Contact Anya Dixon at [info@joyer.com.au](mailto:info@joyer.com.au)



**McDonalds Port Macquarie** - Brett & Jacquie Jones are proud supporters of our surf club and help support Ronald McDonald House and other charities.