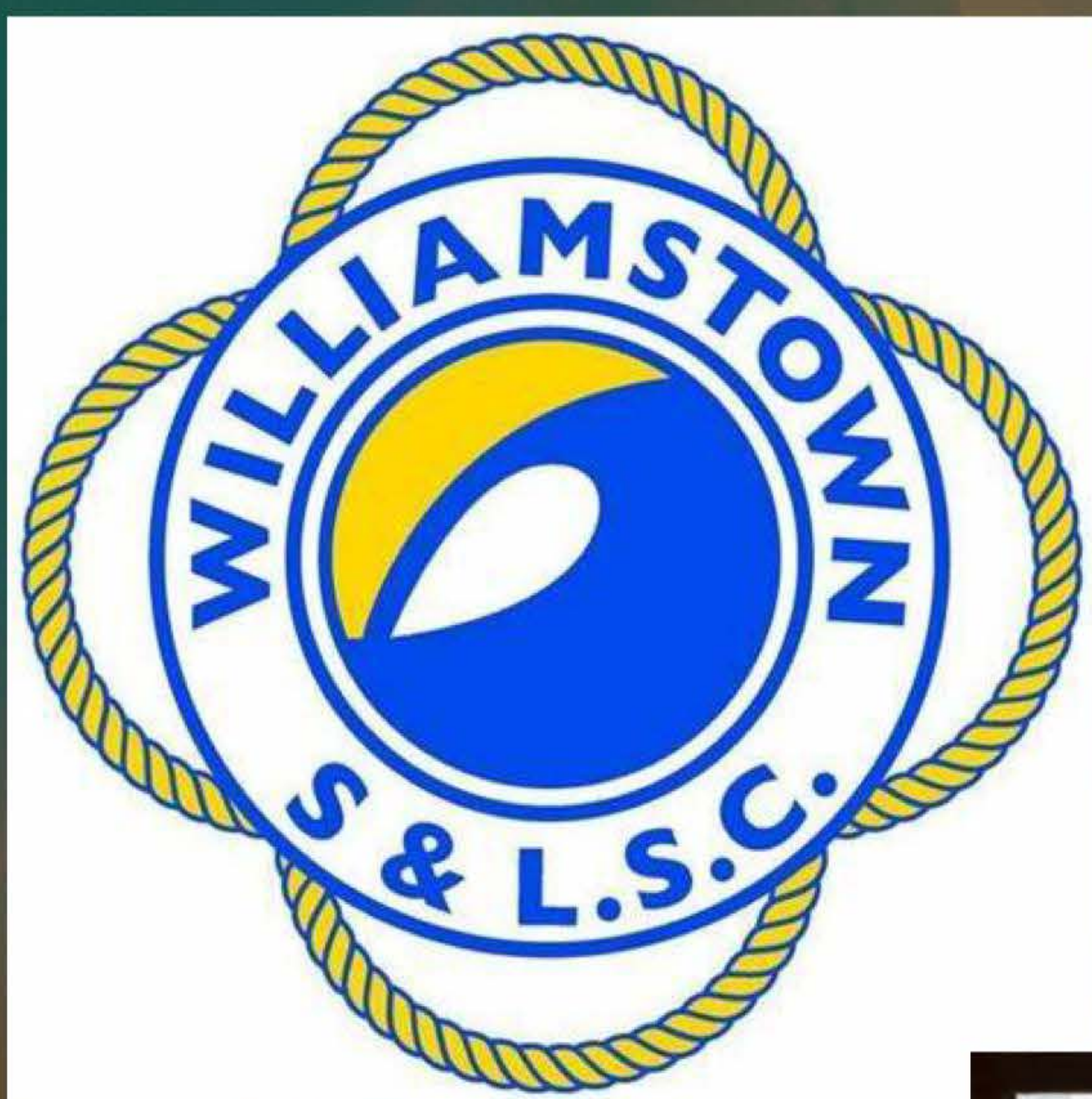


The Aquanut

WILLIAMSTOWN SWIMMING AND LIFE SAVING CLUB AUTUMN 2023 NEWSLETTER



The Esplanade
Williamstown



MELBOURNE AUSTRALIA

PRESIDENTS REPORT

As we close out our summer season the Club would like to thank every patroller who kept our beach goers safe. It has been a busy season punctuated by preventative actions (where patrollers step in to prevent an incident before it occurs), rescues and support of emergency services and flood relief. Our patrollers are the face of the Club and the lifesaving movement – highly visible in the red and yellow. In the background all the different facets of the Club play a role in developing and supporting patrollers and the wider community. As nippers become aware of coastal dangers and how to manage them, competitors hone their physical and technical ability to actively respond. Training is delivered in many forms to our diverse members base and wider community. Some is formal. While some provides opportunity to gain skills incidentally.

But our red and yellow presence is rather like the tip of the iceberg. There are a great many volunteers who throw their energy into the Club in a less visible way. The value these volunteers bring to our Club is unfathomable. A huge thank you to those members who generously share their time and experience with the day to day running of the Club facility and administration, input to committees, ideas and solutions. The energy you bring to the Club is what makes our little hub of the community a place we want to be. Nothing demonstrates this more than the culmination of volunteer resources to run the WOW event. Without every single person's contribution we would not be able to run such a successful event. Thank you all for your effort.

It has been particularly exciting to see the growth of Silver Salties over the season. This group of older Club and community members meet regularly, pushing themselves to try new things within the comfort of a like minded group. Their energy is infectious. Spread the word and get involved.

The Club continues to run through the colder months. You will see our IRB team at the beach training in the distinctive orange boats. Good luck to the team. I am sure we will see your friendly faces amongst our many dedicated swimmers and paddlers on the water, around the Club and at social and fundraising events. We are always open to your ideas, in fact we look forward to them. It is your Club.

Claire Howell, President

WOW RECAP 2023

As the club's major fund-raising event of the year, it was fantastic to see so many members, friends, family, locals and visitors again participating in so many different ways in the 2023 WOW Challenge.

Covid has made such major events more complicated for all of us, but it was wonderful to see as we all embrace the "new normal" of our society, big community events like this are steadily re-building. The WOW Committee have spent the past couple of years making various necessary adjustments, and as the world has gradually re-opened, it has been a terrific to discover that many of the Covid-inspired changes incorporated in recent times, have actually made for a better, more smooth-running event overall.

With 412 swimmers registered, and 150 volunteers making everything happen on land and on water, Sunday March 5th could not have offered us more perfect conditions. Almost glassy conditions greeted as the sun rose, and with events commencing from 8am, full advantage was taken of the best conditions. As the morning progressed, a cheeky little wind change allow the event to live up to its name, ensuring swimmers could truly dig in for the final lap of the 10km event.

New to the 2023 WOW were the separate divisions of wetsuit and non-wetsuit in the title event. This delineation has been made to enable the non-wetsuit swimmers to have their results included on the Marathon Swimming Federation's database, giving our event international recognition!

In the non-wetsuit division, 1st place in the Female-Identifying category was taken out by 16-year-old 10km new-comer, Clara Piccinelli in a terrific time of 2:49:50, followed closely by 2023 featured swimmer, Brenda Norman in 2:51:06.

Arguably, the highlight of the day was the brilliant, stroke-for-stroke, 10km long tussle between veteran John van Wisse, and national champion, Ben Morrison. This incredible game of tag lasted all morning with John finally taking the title just 1'11" ahead of Ben. A huge thank you to both of them for such an entertaining race!

We heartily congratulate all winners, in every category, over each distance. There were some sensational swims achieved and the atmosphere both on and off the water was glorious. Thank you too to the small army of volunteers who having begun work at 5am, closed the doors on the 2023's event at 5.30pm. Bring on 2024!!!

Pip Grummet, Event Director

Competition results, Lizzie McFarlane

Another Summer season has come to an end.

This year saw the biggest Aussies team head to Perth, WA:

- Three Youth competitors
- Three Masters surfboat teams
- Three Open surfboat teams

We would like to acknowledge the significant achievements of our competitors over the 22/23 season. Notable results are as follows:

Aussies

U13 Female Flags – 4th

U13 Male Iron – 6th

U13 Male Surf Race – 4th

U23 Men – eliminated after quarter finals

Reserve Men – eliminated after quarter finals

Master's States – Surf 18th and beach 17th

3rd – 150+ board relay

2nd – 50-54 board rescue

1st – 55-59 board race

1st – 55-59 beach flags

Master's Surfboats

1st – 140+ years women's

1st and 3rd – 180+ years women's

3rd – 160+ years men's

3rd – 200+ years mens

Senior States – 15th overall

1st – March Past (reigning champions from 2022)

2nd and 3rd in FU14 belt and reel

2nd – u19 men's 2km run

2nd – U23 Men's surfboat

2nd and 3rd – u19 men's beach sprint

3rd u19 men's beach flags

3rd Open men's beach relay (Willy and Aspendale)

3rd – U19 men's 2 x 1km beach relay

4th Open women's 2km run

4th - Reserve Women's Surfboat

Junior States – 11th overall

MahliMcCarroll – U13 overall beach champion

Noah Chapple – U13 overall water champion and recipient of the Fred Westfield medals

3rd in March Past

5th in u10 Aqua Cameron, 4th in U10 board relay

4th in U13 Aqua Cameron

Junior competition update

The WSLS Nippers Season was one to remember thanks to the amazing combined work of all of our incredible Age Managers, Water Safety, BBQ Cooks and Starfish Nippers Coordinators and Age Managers. We also say an enormous thankyou to our loyal Nippers sponsors Jims Storage, Orbit Logistics and Gunn & Co Real Estate - we couldn't do it without you. After two compromised Nippers seasons thanks to Covid it was really important that WSLSC bounced back with a huge Nippers Season for the surf education of our kids and that's what we did thanks to the combined teamwork of all of our amazing volunteers.

Some highlights of the season include:

- Season opener smoking ceremony and welcome to country and our very supportive guest speaker The Hon Melissa Horne
- Nippers Club Championships in mid February which was extremely well attended and enjoyed by all. The session exposed many of our Nippers to a surf competition for the first time. Hopefully many of them will consider joining our Nippers Comp team next Summer!
- Starfish Nippers End of Season Carnival. Thankyou to V and Brony and the Starfish team you are amazing!
- Emergency Services Day with attendance from The SES, Police, Paramedics, Water Police, Fire Truck and both of the Westpac Rescue Helicopters with three Williamstown Members as crew on the choppers! We also had a few fly bys from the Army Chinook helicopter which was a site to behold!
- Watching all of the Nippers enormously improve in their self belief and capability both on the beach and in the water throughout the season was the best gift of all

Keep an eye on our website from end August for enrolments for next Nippers season! Remember the age group is your child's age as at 30 September.

See you on the beach

Joel Godde
Junior Director
WSLSC



Training Update, Rebecca Cameron

In the post-Christmas patrol season, the Training Team have been busy helping members complete their Skills Maintenance so that patrolling awards are maintained. The bulk of these awards have now been processed, but we are aware that some members have not yet completed all the required sessions for some of their awards. If this is you – there are two choices: 1. Wait until the next round of skills maintenance sessions that will be run before the start of the 2023-2024 season (think October 2023) and make sure you complete skills maintenance before you attend your first patrol. 2. If for any reason, you really need to complete your skills maintenance before the end of this season, please talk to the training team to see what can be arranged.

The Training Team have also been running a number of courses, including Surf Rescue Certificate, Bronze Medallion Bridging, Bronze Medallion, IRB crew and driver courses, Resuscitation (CPR), First Aid and Advanced Resuscitation Techniques courses. We also ran the club's first ever Silver Medallion Patrol Captain award course under the expert guidance of Joel Farrow (WSLSC) and Kimberley Gee (Venus Bay) – you can read all about this new course from a participant's perspective in Charlie's course reflections.

The last of our Stronger Communities Grant equipment has arrived and our new smart -device compatible infant CPR manikin has already been used in our recent CPR and ART/FA courses. This new baby has a proper chest cavity and lungs so course participants can now get better feedback about compression depth, airway position and breath for babies.



Training continued

As we now move into the off-season and the colder weather arrives, we will be sending out an Expression of Interest to all members to gain an understanding of what courses our members want to undertake between now and next season, how many members we will need to accommodate in the course planning and to determine suitable timeframes for running different courses. Please complete this survey and if you have any questions contact Rebecca (training@williamstownslsc.org.au) to discuss.



Silver medallion Patrol Captains
scenarios

Patrol operations summary

Not a single day over 40 degrees and not a single drowning. Stats we would like to see repeated every year.

This season LSV implemented some new S.O.P's relating to patrols and we did extremely well considering it was a soft rollout.

Our attendance to cover the new 10am start during the peak season was 100%. Not a figure of speech. We literally covered 100% of the required hours. A big thank you to all of you who made this possible.

The low patronage patrol during the shoulder season was a bit different to what we all expected and there are some grey areas that may need to be addressed, but overall, we got the hang of it, and it was received well.

We did very well this year with our preventative actions meaning we didn't have any major incidents.

The only incident worth mentioning was our freak weather event that lasted a few seconds and managed to destroy 2 patrol shelters and left everyone else on the beach alone. This had real potential to be a major first aid incident, but our patrollers were quick to act, grabbing what ever they could to stop anything getting airborne.

With the SMBM award being abolished and the new patrol captain award only introduced fully this year, there were some challenges with filling spots on the roster at times, but overall, it was a great effort with people turning up on the day to make up numbers.

A few special mentions this year:

Ian Barclay – for organising the rosters and getting the pool open more often this year.

Neil Emmett, Bruce Collins, Ian Barclay, Rebecca Cameron and Jose Blasco – for always making themselves available when needed.

Rebecca Cameron and Joel Farrow – for doing a tonne of work behind the scenes that doesn't always get noticed and for upskilling our members making it easier to fill gaps in the roster.

Olivia De Zilva and Peta De Zilva – rain hail or shine, bright and early, these two were at every nipper's session without complaint every Sunday morning. A real asset to our cub.

Super effort.

I am sorry if I missed anyone, but It has been an absolute pleasure working with each and every one of you this year.

If there is any feedback you would like to leave about what you enjoyed about the patrol season or what you would like to see changed or implemented next season, please let us know.

Jason Thurley

patrols@williamstownslsc.org.au

Junior lifesaver champion development camp

The team wrapped up the 2023 LSV U13 Development Camp just before the Easter break, held at YMCA Lake Dewar on March 31st to April 2nd.

Williamstown S&LSC had the following attendees:

Mahli McCarroll

Noah Chapple

Isla Skinner

Overall, it was a fantastic camp with 54 amazing youth members attending across 28 clubs. The participants were split across five groups which were led by 11 LSV volunteer leaders, who all gave up their weekend to assist to develop our youth members.

The U13 Camp is an opportunity for youth members to develop their interpersonal skills, broaden their understanding of lifesaving and support participants as they progress through their lifesaving journey
ouble click to edit



Camp Objectives

- Develop participants confidence, communication, and teamwork skills
 - Introduce participants to lifesaving pathways and opportunities
- Facilitate a safe and welcoming environment to develop a network of friends across the state
 - Develop an understanding of leadership qualities, and how leadership is present in lifesaving

Activities

Participants were involved in numerous activities across the weekend, these included: Leadership Tunnelling System, Raft Building, Initiatives Trail, First Aid Scenarios, Lifesaving Pathways, the Lake Dewar Amazing Race plus more. All activities are designed for the participants to learn from in a fun, safe and inclusive environment.

Junior lifesaver champion development camp

The Facility

YMCA Lake Dewar is situated just past Bacchus Marsh, about an hour (no traffic) out from Life Saving Victoria. Being quite a large property, it lends itself to have quite a variety of activities available which are suitable for the 12 to 13 year-old age bracket.

With multiple sleeping quarters and well sized dining and recreational areas, it allowed us to fully enjoy our stay and have some space to relax when needed.



MARCH PAST report, Sally Leung

Willy Marchers 2023

Ocean Grove hosted our 22/23 Victorian State Championships, with the March Past competition and Opening Ceremony on Saturday 25 February morning.

Last minute time changes meant that we lost Talia but managed to get the ever enthusiastic Stacey to fill in, so we are able to line up again with a full team ready to March on! Pretty costumes and young-looking teams were a little bit intimidating at first, but once the team started warming up, it became apparent that we were ready for this.

To the cheers of the crowd and in particular our Willy Supporters, the Willy Marchers held their form, pace and rhythm, following our flag bearer, Simeone Logan and belt person Kaye Tomkins, keeping our arms swinging and amazing covering on our wheeling and general marching.

AND, for the third year in a row, that is since March Past returned to Senior Championships, Williamstown took out the Gold medal, with a count back with Point Leo, and Mentone in 3rd.

Congratulations to our amazing coach Max Collins, who also helped the Juniors to a bronze medal, and the team: Simeone, Kaye, Val, Sally, Bec, Claire (president), Claire (runner), Stacey, Ruth, Gillian, Bruce and Daniel. Thank you to Talia for her training with us and other visitors to training (Charlie).

The Willy Marchers and any Juniors and past members are invited to march in the dawn Anzac Parade on Anzac morning, Altona.

We will commence at 5.45am.

Please email events@williamstownslsc.org.au if you would like to March and haven't spoken to me yet.

March past
team photos



WE WANT YOU!

Silver Medallion patrol captain award Why and for who?

The idea of becoming a patrol captain can be daunting for some and for many it may not even cross their mind. If you think you might be ready for the challenge, then you probably are. Reach out to the training team and ask some questions, put yourself in the best possible position to be taking on this challenging and responsible role in the future. Courses will become available again later this year.

The course is comprehensive and takes a high level of commitment and is run over 4 four-hour sessions including a full day of scenarios and problem solving.



WE WANT YOU TOO

The club's first course was run in early March and led by Joel Farrow and included valuable input from Alex, Rebecca and Kimberley from Venus Bay. The course was well planned, covering an enormous range of material and current topics for open discussion. The course is inclusive, non-threatening and open to all who meet the prerequisites (discuss with the training team)

I was lucky enough to complete the course in March and was exposed to a wealth of knowledge from a mix of patrolling members with a broad range of knowledge and experience. It is this shared knowledge and experience that becomes the most beneficial and important takeaway from the course. The course is long enough to be able to get to know your fellow participants and build relationships and trust. Trust is important, along with a level head, clear and non-threatening communication style and the ability to make quick, sensible decisions to reduce risk and loss of life under pressure.

I would like to congratulate all those that put this first course together and particularly Joel for creating a tight, informative but fun learning environment that allowed engagement from all learners and styles.

Charlie Evans

Comedy for a cause

Comedy for a Cause

Friday 17th March welcomed a full WS&LSC hall to our Comedy for a Cause fundraiser. Plenty of laughs and good night had by all, especially Aunty Susan in the front row. Thanks to Top boxing (Dave Ly), Carmen Yoga (Doreen Vonier) and the Morning Star Hotel for their generous donations for our raffles, and congratulations to our winners: Tory, Jackie, Dave and Meredith, hope you get to enjoy your prizes.

Our next club fundraiser is our annual Bunnings BBQ scheduled for Sunday May 21st. We are asking for volunteers for 2-hour shifts from 8-10, 10-12, 12-2 and 2-4pm. (Please 15 years and older). Although another request will go out closer to the date, if you have benefitted from the club this year and are yet to volunteer, or just love turning a snag/ hanging out at Bunnings, please drop me an email with your preferred time to events@williamstownslsc.org.au

We are also looking for any sausage, condiment and bread donations/ contacts to help cover these costs too, or if you are unable to volunteer.

Thanks
Sally

SLSA SURF RAFFLE

SALLY LEUNG

You may have seen the SLSA surf raffle flyers around the club house and attached QR codes for purchasing raffle tickets? Did you know that this is our WS&LSC's unique QR code for tickets? So, although you are purchasing tickets for the SLSA raffles, 50% of the ticket purchase price goes directly to WS&LSC!

SLSA has a new raffle approximately every 2 months. The current prize draw is a Brighton Parade House, Southport (216), finishing on 3 May or draw 217 for house at 2 Miljee Court, Buderim, ending 21 June.

This is a great way to also support the club and hopefully score yourself a property up north. (If you already regularly subscribe to SLSA raffles, you can change your membership over to ensure WS&LSC gets rewarded for your purchases). Raffle tickets can be purchased directly through the QR code, or via our website.

Annual Point to point handicap Championship....and the winner is?

**Mathew Macknamara!
congratulations to all involved
and assisting in retaining this
magnificent historical and iconic
challenge for the club.**



The Annual Point to Point Swim – 18th March

**The annual club Point to Point Handicapped 400m swim
took place on Saturday 18th March.**

**The original Shannon Shield trophy has the inaugural swim
in 1947 with the winner being “W Taylor”.Most recent
winners have names such as Dickson, McTaggart, Cockfield,
Coulson, Frisby, Logan and Collins.These modern times,
we swim the Point to Point from the Crystal stairs to the
“designated” rescue board” – just past “Eileen”.The
handicapped race was closely contested, with almost 2
minutes separating the first and last swimmers at the start.**

**Coming armed now with his Bronze Medallion, Matt
Macknamara was leaving no stroke unturned, convincing
his son Damien to take him on.He showed that he deserved
to be etched onto that trophy, and took the 2023 win.
A big thanks to Ray, Val and Tom for our water safety, and
Charlie, our youngest entrant who also managed to earn
himself some chocolate too.**

See photos attached.

**(Note if any member has information on winners from 1970
– 2000 please send through to events@williamstownslsc.org.au)**





From the WSLSC archives

August 1965.

THE AQUANUT.

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WILLIAMSTOWN BATHS

The Company's Hot and Cold Salt Water Baths are the largest and most complete in the Commonwealth. They are within eight miles of the General Post Office, Melbourne, and are only three minutes' walk from the Beach Railway Station, or ten minutes from the Gem Railway Pier, which is connected by a Bus service.

Being situated in Port Phillip Bay, west of the Gellibrand Lightship, the water is free from the Yarra wash and ship's sewerage. The water is beautifully clear, and the salt strength (according to analysis by Government experts), equals that of mid-ocean.

The Baths are fitted throughout with fresh and saltwater showers, lavatories, and every convenience. Their width is 185 feet, and extend 1000 feet seawards. The depth of the water varies from 1 foot to 16 feet. The structure is divided into bunks 6 feet by 6 feet, so that the utmost privacy is assured. As many as 3000 have bathed at the Company's Baths in a single day. Swimming is taught and every precaution is taken to assure the safety of patrons. The sea baths cost £2,400 to build, and were opened to the public in September 1888. The hours of bathing in the swimming baths are:-

LADIES.- Week Days - 8 a.m. till 11.30 a.m., 2 p.m. till 5 p.m., 8.15 p.m. till 9.30 p.m. Sundays - 9.15 a.m. till 10.30 a.m.

GENTLEMEN- Week Days - 5.30 a.m. till 8 a.m., 11.30 a.m. till 2 p.m., 5 till 8.30 p.m. Sundays - 5.30 a.m. till 9.15 a.m., 10.30 a.m. till 9 p.m.

Admission to Baths:- Adults, 3d.; Children, 2d. Season and Family Tickets, from 15s. Children, half-price.

In June, 1902, the Company erected Hot Sea Water Baths, at the cost of £762. This structure contains twelve solid copper baths each in a separate room, also double bath for invalid and friend. Before erecting these baths the Company's designer and architect visited all the hot salt water baths in the State, so as to assure the new bath being thoroughly up to date. The fixtures and connections are of copper, and of the very latest pattern. The water is pumped from Port Phillip Bay and stored in 400 gallon tanks, twenty feet above the bath, and comes through a solid copper tank - as clear as crystal. These baths are recommended by the medical profession as a cure for rheumatism. The apartments being divided, are open to both ladies and gentlemen, from 7 a.m., until 9.30 p.m. Refreshments supplied at the Baths.

(A) Bath (including use of hot water tap)-1/6, or 15/- per dozen.

(B) Bath (water heated to required strength)-1/- or 10/- per dozen.



BEFORE THE KIOSK
What year do think
this is?



Member Protection Officer (MPO)

Did you know your club has an MPO?

A member protection officer is in place to support you if for any reason you feel unsafe, bullied or believe that you have been unfairly treated by another member. This service is available to you at any time and is confidential. All enquiries are treated with the utmost respect towards all who may be involved.

If you believe you need support as a member, please speak up and access this service. All enquiries should be first directed to the club president and at this stage no real detail is required, you will be immediately redirected to the MPO at which point a confidential report will be prepared.

PART TIME EMPLOYMENT OPPORTUNITY

WSLSC Club administration role

Role and Responsibilities

As club administrator, you will play a key role in overseeing and facilitating administration of the various aspects of the club on a part-time basis.

Membership - membership and nipper registrations, ensuring all Working with Children Checks are current, responding to emails in a timely manner.

WOW Event – the key role of the Club Administrator is to work with the Race Director and the WOW Sub Committee to assist and manage all aspects of the event. Scheduling, taking minutes and managing event coordination committee meetings, managing correspondence, emails, organizing all the volunteer's and merchandise for the event, on the day registrations and volunteers, liaising with the timing vendor.

Sponsorship – Manage the sponsors communications, invoicing.

Hall bookings - manage enquiries, make bookings, invoicing.

Schools Program – assist with bookings, rostering and invoicing for the school's program.

Website – ensure that the website is current and relevant ensure the development and maintenance of the website content ensuring current and relevant information.

General – assist any board members in their role from an administration perspective.

Filter and prioritise incoming information, correspondence and communications for the Director/Division (via email, post, phone) and ensure appropriate response.

Provide administrative support, which may include assisting with diary management and organising and coordinating meetings, take meaningful and accurate minutes, prepare agendas and background papers and follow up outcomes for any board members

Respond promptly and maintain flexibility for completion of tasks and urgent requests

Assist with the administration of cost centre budget and financial transactions where required

Competently uses technology skills including experience with word processing, spreadsheet and database software and electronic communications to manage, capture and retrieve information on behalf of the club

Perform other general administrative duties as required/directed

Qualifications and Education Requirements

Preferably a club member with strong administration skills, excellent interpersonal skills and be flexible and able to adapt to the lifesaving environment. Enquiries to

vicepresident@williamstownslsc.org.au

Vale Nick Georgopoulos



The family of former Williamstown SLSC member Nick Georgopoulos who died prior to covid has recently provided a donation to the club in his memory - what a wonderful gesture and legacy. George was very fond of his daily early morning swims with good friends at Williamstown beach and will continue to be missed by many.

April is
equipment
amnesty
month

This April is your opportunity to return any borrowed or unauthorised equipment you may be holding to the club. Now is your chance to clear your conscience with no questions asked at all. From May 2024 onwards there will be a clamp down on equipment monitoring and new log-in/log-out systems are on the way. Please respect others and make our valuable assets available to all members. Take this opportunity to set things right!





Our ambulance response unit based at the clubhouse continues to support the local Hobsons Bay community.

This financial year - 22/23 there have been 895 lights and sirens callouts to date from the club.

Please support our wonderful sponsors at any opportunity

Port of Melbourne



HOBSONSBAY CITY COUNCIL

