

1934-35..... 2018-19  
84 YEARS OF  
VIGILANCE AND SERVICE

2018 XMAS  
ISSUE..FREE.

2018-2019... PROFESSIONALISM.. It's NOT the job you DO; It's HOW you DO the Job. That is to always behave in a manner, to carry yourself in such a PROFESSIONAL way, as if there ever is a reflection, it's a positive one.



Follow Ava's example..Take 3 for the Sea !!



Winners are Grinners Sami. Congrats World Champ.

## Mollymook Mag

Published by the : MOLLYMOOK SURF LIFESAVING CLUB (Incorporated 1989)

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'THE FLAGS OF SUMMER...' 'Are more important than ever'...'Our job, is more important than ever', as the numbers of beachgoers, tourists, surfers continue to increase under our watch.

We must continue the task of educating all who use our beaches about the importance of knowing why they must choose to swim between these iconic flags-- our 'safety markers'.

"A SAFE XMAS WILL BE A HAPPY XMAS."

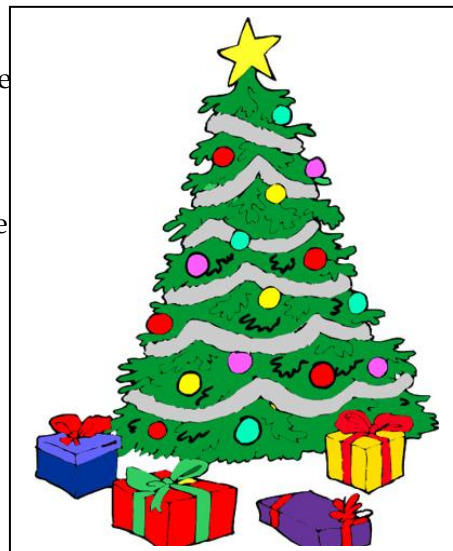
And some evocative words to set the tone of this Christmas issue of our 'Mag'.

"The beach and the sea made up for everything. You could have played on the beach till you died. The sand was hot and yellow and so soft that it felt like a silk dress running through your fingers; and there were big shells with the noise of the sea in them, and little ones with edges like teeth; and brown and green and red and pink seaweeds; and pools to paddle in; and caves to explore when the tide went out...And then you learned to swim." (Written by Henry Handel Richardson..'The Fortunes of Richard Mahony' (1930 as quoted on p.103 of the Beach).)

**A Christmas Editorial..**Members, on behalf of the Management team we

Wish you all the very best for this festive season, which once again has arrived too quickly. Hopefully for all it will be a safe Christmas season. We know of course that for us it will be a busy time as more and more people come to the area.

Competition-wise it has been a remarkable start. Already the World Lifesaving Titles have seen our club come to the fore again at this level



with the boat crews leading the way with two silver medals, one bronze and a fourth placing; and then Sam Zustovich winning the World Titles in the U19 Beach Flags. On top of this, good performances at the Ocean 6 series, the South Coast Boat series and our own Boat Classic, are rewards for the hard work put in by our competition team.

Our Education team have already successfully put through 16 new members for their bronze medallion, and have also just about completed the awesome job of putting through many members through Dry and Wet proficiencies. Drone training has also started with 8 members doing the first orientation course. There is still opportunity for more to do this. It does not require any pre-requisites, so you can pass this word around. Hours fulfilled do count for patrol hours.

We would also remind members of the up-coming 'Cutting of the Ham' and we would like to see as many as possible attend on Sunday 16<sup>th</sup> December 5.30, but please RSVP Stacey Wilesmith ASAP.

Two other reminders...**All patrol members are requested to make sure that they fulfill their obligations. Our ability to maintain three patrolled areas for the six weeks is compromised if you don't turn up when you are rostered. If you are absent it affects your club, your patrol and fellow clubmates, and of course very importantly, it compromises our ability to keep beachgoers safe.**

**Also.... All members are requested to attend and help-out at the Annual Door Knock. Again we have been let down over the past few years as numbers helping out have dwindled. As numbers decrease, so does the amount raised which it turn makes it harder for our club to provide equipment, pay competition fees etc etc. Your annual membership fees are amongst the lowest in Australia; and all we ask is that you come along from 5.00pm until 8.00 pm on Tuesday 2<sup>nd</sup> January 2019 and help out.**

**To finish..** Some words from the SLSNSW Annual Report 2018 for some Xmas motivation.

'For over a century our beaches and coastal lifestyle have formed an important part of our identity and culture. Surf life saving is an iconic and inclusive organization with a volunteer ethos that is embedded at the very heart of the movement. The principles of saving lives, building better communities, and creating great Australians are just as relevant now as they were in (surf) lifesaving's infancy.'

**Patron's Message—General the Honorable David Hurley AC DSC(R't'd') Governor of NSW.**

'Surf lifesavers are an integral part of our community and the work that you do on and off the beach is central to the spirit of volunteerism and is greatly appreciated..' **The Hon. Troy Grant, Minister for Emergency Services NSW.**

Overall it (2017-18) has been a very successful year for our members, (YOU) who have performed some wonderful rescues, contributed to their communities in so many ways and been outstanding ambassadors for the movement...**David Murray President SLSNSW**

ALL THE BEST FROM PRESIDENT ROD AUSTIN OAM & **The Editor.**

Patrols getting you down, the up-coming Christmas rush troubling you, the influx of visitors and tourists making you a hermit in your own home, your kids/ partner/neighbours driving you crazy????? WELL, the answer doesn't involve you on hopping on a plane etc; but it may be something that is called forest bathing, the latest happiness cure to come out of Japan.

Forest bathing (*shinrin-yoku*) in Japanese, is exactly what it sounds like: spending time in nature with an eye to easing stress and rejuvenating the spirit. Dr Qing Li, the author of *Forest Bathing* which came out in May, is called by his publisher "the world's foremost expert in forest medicine. Li has written that as little as two hours in nature is enough to induce relaxation, and doesn't even need to be done in a forest. "Look for a place where there are trees," Li advises, "and off you go!"

Li says the key to tapping into the power of trees is to use all five senses. "This is not exercise, or hiking or jogging," he writes. Instead, he implores the forest bather to listen to the birds and the rustling of the trees; look at the different shades of green and the filtered sunlight; smell the forest's fragrance, taste the freshness of the air; and hug a tree.

The science on what, exactly, forest bathing does to the body and the mind is still not settled. Some small studies have indicated a lowering of cortisol, the stress hormone, after time spent in nature. It is hypothesized that phytoncides- chemicals emitted from trees have something to do with it.

Still, it seems safe to say that spending time among trees, is unlikely to do any harm.

Or maybe make that time spent in nature of any kind: a recent UK study found that people who live near coasts are happier and healthier. It's what Wallace J Nichols, an American marine biologist calls in his book of the same name our "blue mind", a rare moment of solitude contemplating the expanse of the open sea.

[So if you are not a tree person then you can gain the same results from your time spent on patrol on Mollymook beach. However in your contemplation of the open sea don't forget there are people around who still need rescuing and looking after.]

(The full report written by Amelia Lester under the heading *Forest Pump*, was featured in the *Good Weekend* recently page 9.)

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TICKET NUMBER 45439  
ENTITLES THE HOLDER TO  
ATTEND THE ..

**"CUTTING OF THE  
HAM AND XMAS GET-  
TO-GETHER";**

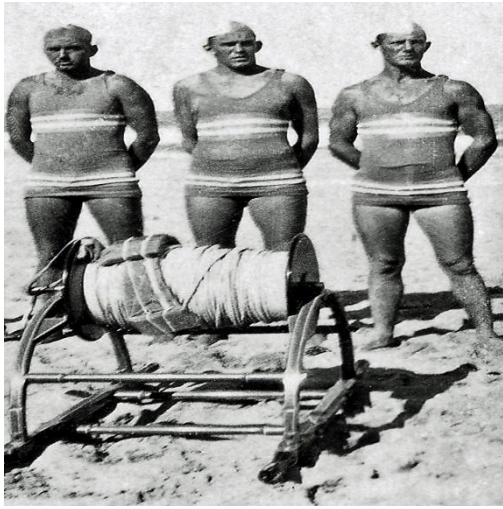
**At Mollymook SLSC ,  
Sunday 16<sup>th</sup> December  
commencing around  
5.00 to 5.30 pm.**

T 5 PM

**FREEEE ! Whoopee !** All are invited to attend; ladies a dessert plate would be appreciated. Love to see all those new Bronzies there. As usual a good time is assured. RSVP please ASAP to Stacey Wilesmith or the President.



If our Bronze Medallion could talk.....



#### LIFE MEMBERSHIP PHOTOS...

At various times, members have asked the question, "Who are these men?" The answer is that the three men in the photograph were all awarded Life Memberships in Austinmer SLSC as well as in Mollymook SLSC. A rare distinction indeed. The next question often asked then is "Why, what did they do to deserve this?" If our Bronze Medallion could talk it would tell us the following....

From the left..**Maurice Shipton...** Gained his Bronze Medallion at Austinmer 25/12/26. Served in the AIF 1939-1945. Gained Life membership of Austinmer in 1955. Received Long Service Award Illawarra Branch SLSC 1963. Awarded Life Membership of the Mollymook SLSC 1954. Maurice was dedicated to the (surf)Lifesaving movement and spent a lifetime in its service. He was a sponsor of Mollymook club and bought the first three surf boats , Maurice Shipton I,II and III. A fearsome pillow fighter in his prime and often referred to as Mr. Mollymook. He served as Mollymook's delegate to State centre for 14 years from 1947 until 1961/62

Centre..**Donald (Mick) Warden...** Gained his Bronze Medallion at Austinmer 5/1/1924. Life membership of Austinmer 1933. Mick Warden was one of the most outstanding surf swimmers of his era. He had an impressive physique and excelled in pulling the heavy cotton (surf) line and cork-filled belt through rough surf in what was called in his day, the 'Alarm Reel Race'. He obtained a second place at the Australian Championships in 1927-28. He was also a member of the crack R&R Team that had a third placing at the 1926-27 and a second in 1927-28 at the Australian Titles. He moved to Milton in the early 1930's where he played a major role in the formation of the Mollymook SLSC. Mick was a friend and mentor of one of Australia's greatest swimmers and a sporting 'super-hero', Andrew 'Boy' Charlton. He was awarded Life Membership of Mollymook SLSC in 1949, serving as Foundation President from 1934/35 until his passing in 1955 at the age of 52 years.

Right..**Jack Cahill....** Gained Bronze Medallion 17/12/1922 at Austinmer and was awarded Life Membership of this club in 1922. Jack was made a Life member of Illawarra branch 26/9/1959; a Life Member of NSW State Centre 1943; Life Member of National Council SLSAA 1950; Life Member of Mollymook SLSC 11/9/53 for his unstinting help and support in helping the Mollymook Club progress. He was also a member of the Illawarra Examination Board 1927-31, and Examiner in Chief 1927-35; followed by 10 years as the Illawarra Branch Superintendent from 1935 until 1945. He was also President of the Austinmer club 1941-46 and Club Captain 1925-45. Truly a life dedicated to Surf Life Saving.

[Material for the above was taken from the Austinmer SLSC Centennial Book by Jan Wilton and Dick Salm.]

And some words from Jack Cahill 1944... *"They, (the life savers), are the life insurance of our beaches. They are the protection of bathers against fear, as also they are the guardians of life who enable parents to loll upon the sand in deep contentment while their children splash in the surf. So for every reason, each little thing that can be done to help these boys in their work should be undertaken by the public."*



## WORLD LIFESAVING TITLES..ADELAIDE 2018...



Photography by Ken Banks...

What a beautiful shot of the final of the U19 Female boat race, made even better by the superb performance of the Mollymook Mookie Rookies claiming a World Championship Bronze Medal. The efforts of these girls, 16 year olds, second season of rowing, and with big, big hearts, have won us all over. Congratulations.

## Mollymook SLSC Team; World Championships, Adelaide 2018...



Photography by Ken Banks

**Results....** 260 years Men..Runners up World Championship ..200 years Men..Runners up World Championship.. Salty Sea Dogs fifth place in Final of 180 Mens; Lenny's Ladies..4<sup>th</sup> in their heat narrowly beaten by ultimate medallists. AND the Mollymook U19 Female crew World Championship Bronze medal. **Many congratulations to all these boaties from the rest of the Mollymook Club..."you have done us proud!"**

**OUR PROUD TRADITIONS as a CLUB in SURFBOAT ROWING COMPETITION started in 1959-60 when the SENIOR MENS AUSTRALIAN CHAMPIONSHIP WAS WON BY MOLLYMOOK..**

Did you know that in their first ten years of surfboat competition from 1959/60 until 1969/70, Mollymook boat crews travelled a total of an estimated 60,000 miles attending carnivals. The club was known as the 'most travelled club in the country'. The reward was many successes, including two Australian gold medals at each end of the decade. (It would be interesting to calculate the total distance accumulated over the 85 years of competition.) From 1959/60, Mollymook had not missed competing at an Australian/NSW Championship, and had attended practically every carnival and branch championship held in the Illawarra Branch with success at all levels. A wonderful record over the decade. The success at the very recent World Championships in Adelaide has added to this record with two silver medals in the men's events and a bronze in the women's.

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A few issues of our 'mag' back, an article and photographs of the Collers Beach reserve and its popularity with the early settlers of our area appeared. At this festive/holiday time of the year it reminds us again of how popular Collers was. As local ,the late Digger Hibberd (born 1917) recalls.... "In the early part of the century local farmers would gather for picnics at Mollymook twice a year, on Boxing day and on New Year's day. They were great fun days for all. In the morning they would all go to the Bogey Hole. Few people would go down to the surf beach where there was a weather shed and a rainwater tank. People would get changed at Collers behind the big rocks and have a dip in the calm briny waters of Collers bay. The billy would be boiled over a fire on the sand and the food would be prepared: baked chooks, farm scones, home-made cordials and hop beer. Games would be played, especially rounders (a form of softball), on the buffalo lawn by the beach. The rounders bat was the handle of a pickaxe. In the afternoon the Milton Band would then play for the pleasure of all, young and old."

[ Taken from Mollymook Revisited..by the Late Alex McAndrew]

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*Previously over past issues of the 'mag', attention has been drawn to the rapidly increasing popularity of our area both for tourists and as a permanent place to live; and to how important the role is that you play as an active member. Even back in the years soon after the end of WWII the importance of the Mollymook SLSC was realized, so much so, that at the AGM in 1947 member Bob Snowden in his report stated...."in the interest of tourist visitors and of this district, the existence of a strong surf club at Mollymoke [sic] beach is essential." He also admonished club members when he further stated "That members could not successfully devote part of their [Sunday] mornings to golf and part to the [surf] club."*

As most of us would agree the beach has always had an attraction, especially at holiday times like Christmas, but at other times as well. The following excerpt sums this up....."One summer evening after a particularly humid, gritty, exhausting day in the city, I dived into the waves at Bondi. All around me, other sweaty and weary wage-slaves were plunging into the water and then surfacing, instantly revitalized, sighing and snorting with pleasure like so many seals. I was forced to consider the cause of our avid love affair with the beach. At that moment I felt that...

*"The electric cleansing of the surf is astonishing, the cold effervescing over the head and trunk and limbs. And the internal results are a greater wonder. At once the spirits lift. There is a grateful pleasure in the last hour of softer December daylight. The brain sharpens. The body is charged with agility and grubby lethargy is swept away."*

How true. Indeed, vigorous exercise in cold, turbulent water suited the Spartan sensibility of the recent Victorian era; its image quickly became wholesome and vigorous, and beachgoers everywhere dived into the bracing surf. But now the beach itself became the issue. Coming out of the water onto the warm, seductive sand, people were apt to loll languidly in the sunshine. (What a way to spend Christmas holidays!!)

Right from the start of the twentieth century the beauty of Mollymook beach and its environs became to be realized and more and more people suggested that the area was destined for a 'big future'.

### **FULFILLING THE PROPHECY...**

*Right from the start, the importance of a surf lifesaving club in this area of the south coast was realized, especially by well-established clubs north and south of here. The development of the surf club in 1934/35 and first surf carnival held on Sunday 7<sup>th</sup> April 1935 became an annual event and was supported by clubs including Austinmer, Queenscliff, Dee Why, North Narrabeen, North Wollongong, Tathra and Moruya. Not only was the competition looked forward to by these other clubs, but in the words of Queenscliff correspondent, Jas. Hawthorne..."This was the second occasion they had attended this carnival, to also **assist the club at Mollymook on the excellent work of patrolling this beautiful South Coast beach.**"*

*The possibilities which lie ahead for this young club in developing the surfing movement in that centre and providing proper facilities for surf bathing and patrolling the numerous areas adjacent to Milton are enormous and will require a great deal of assistance and encouragement from the from the Surf (Lifesaving) Association and the various metropolitan clubs.*

*These metropolitan clubs are not only arranging a holiday for their members at very reasonable expense, but are assisting this country club to extend their activities and strengthen their finances. With the support also from the Illawarra Branch and Far South Coast Branch of the Association, plus under the guidance of the Mollymook Club Officials, notably Dr. Davis (Patron), Mick Warden (President) and Maurice Shipton (Delegate), **there is an assurance that Mollymook is heading for big things.***

Prophetic words indeed and as our 'Mag' has mentioned on a number of occasions our job becomes more complex and increasingly important as development of, "this beautiful South Coast beach", and its surrounds continues.

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**'ON THE SPOT'...** You never know when YOU might be the one placed 'on the spot' when someone will suddenly require first-aid or CPR. How will you be able to cope. Here are a few more examples of where ordinary people like you and me were the ones 'on the spot'.

### **Christopher Pratley: "I wish the outcome had been different"**

I was once called upon to give CPR after a country walk in Kent. My then girlfriend and I were returning to our car, when another car staggered to a halt in the road - the driver, a middle-aged man, had suffered cardiac arrest. I had been given workplace first aid training by my employer and immediately began to attempt resuscitation using breaths and compressions, whilst my girlfriend called for an ambulance and comforted his wife. An ambulance reached us in 15 minutes but unfortunately the gentleman had passed away. His wife, very kindly, later notified us that the post-mortem had indicated that he could not have been saved. Practicing the kiss of life on a dummy does not prepare you for the actual feel and smell of a stranger's body at such close proximity.

Despite that, and the fact that every detail of the experience remains with me to this day, I am glad I was there and able to help.



## John Osborne: 'A pretty cool ending to a first date'

I'd been out for a lovely evening on a first date when a girl who I now know was called Theresa collapsed next to my car. While her date was staring down at her inanimate body on the pavement, my TA training just kicked in and I started performing CPR on her. It was a busy Friday night in Covent Garden and I was shocked by the crowd that gathered, and by the time it took for an ambulance to turn up - nearly half an hour. The girl stopped breathing a couple of times but I found the crowd more challenging than the actual CPR - you'd have thought I was busking given the number of people looking at me.

Thankfully Theresa survived. She was a 22-year-old blonde and my date teased me saying that was why I helped. It was a pretty cool ending to a first date, with the woman who became my wife. Take the opportunity to get trained, you never know when it may come in handy.

. Coll, Scotland, UK... I have both received CPR and given it, so feel not only indebted to a stranger who saved me but proud that I saved a life. I got taught how to do CPR at school but never thought I would ever have to use it. But one day back in 2008 whilst travelling home from university on the Underground, an elderly man collapsed and without thinking I began to give him CPR until paramedics arrived. Thankfully, the man survived and I was thanked for my actions. Unfortunately, last year I collapsed in the street and stopped breathing after a seizure. A passing member of the public performed CPR - I am eternally grateful as it no doubt saved my life.

"My husband was found collapsed in his office, alone at work by a labourer on his building site. He wasn't breathing, had no heartbeat and was blue in the face. This man rang 000 and performed CPR with advice from the ambulance service for 23 minutes whilst they arrived. Whilst he spent some time on life support and months in neurology rehab for the brain injury from lack of oxygen, he has a relatively "normal" life and is at home with his family thanks to this man's willingness to have a go. Me and the four children will be eternally grateful to the man who gave him CPR and the staff that cared for him in the months that followed."

*You never know, when or where it might happen, but be prepared for the time when 'you are the one on the spot'.* **And the 'last word' from Barry Smith, Malaysia....**

**"My point is nobody should be afraid of trying as you can hardly make the situation any worse. If you're lucky you may save a life."**

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**\* ....RESCUE-----RESCUE-----RESCUE!!!!!!** In the statistics from the past season 2017/2018 published in the SLSNSW Annual Report, it is interesting to see that of the 4,377 rescues recorded on our beaches, 1,598 were carried out using a rescue board. The use of a rescue board was the most popular means, followed by the use of a rescue tubes (1,094) and then the IRB (484).

This hasn't always been the case and for many years before WWII, surfboards(as rescue equipment) were not encouraged. The 1935 specifications were as follows..."the board (is) to be made of well-seasoned, completely dried and coarse-grained Redwood; length 9ft (3 metres) minimum, width 2ft,in widest part, the centre of the board to be 3in.thick and tapering to the bow and stern. The board to be varnished, not painted. The weight was not specified, but they were quite often too heavy for one person to carry to the water, and hard to paddle out in the surf. In the surf they were difficult to master and never achieved any popularity as a means of rescue.

AS far as its acceptance goes as a piece of lifesaving equipment, the surf board would have to wait until the development of marine ply in the mid-to-late 1930's. This development lead to hollow boards, which were much lighter and easier to paddle, but still not designed for ease in rescue work. It wasn't until the use of foam



and fiberglass in the 60's onwards that specialized rescue surfboards came into use, and now are one of the mainstays in rescues.

In the heyday of the hollow boards particularly, an upset in a big surf could be injurious. When a boardman fell into the break, the long, hollow boards had a habit of standing upright and sometimes lifting clear of the sea. It was spectacular to watch....but what went up had to come down, and the chances were that the boardman's head (and that of his patient) could be in the way.

It happened like that off DeeWhy, one day in the summer of 1954. George Bailon was the unlucky man. He had been enjoying a surf that heaped high and broke savagely. The swell lifted him higher and the nose of his board tipped. There were moments of "free flight" just before the wave foamed at its crest. Then the crash hurtled him sideways, he hit the water with the break in a fury above him, and the board shot vertically clear of the water.

Bailon came up just in time to meet the board coming down. One of his friends who had missed the big one, saw what happened and went to Bailon's rescue. He brought him to the surface. There was a gash on the top of Bailon's head and he was out to it. By this time both their boards were hurtling to the beach amid flurries of foam. Bailon's friend supported him and brought him part of the way in before he was noticed from the beach, when a beltman came to help complete the rescue.

Bailon came to life before the beach was reached, amazed to find himself being rescued. Still a little dazed and not realizing what had happened, he indignantly struggled free and advised the beltman to go mind his own business.

He had to be stopped forcibly, when he tried to swim out again. Not until they pointed out that his head was gashed and bleeding, did he know he had been hurt. They took him away to be stitched.

In the era of these 16ft hollow boards, lifesavers were apprehensive in using them in rescue work for the reason outlined above. Thankfully they were replaced by the rescue boards we use today.

(Part of the above story taken from P79 "Grab the Belt" by Ray Slattery. You could buy the book in 1963 for 3/9 pence.)



Photographer unknown, image taken from Narooma slsc website.

AND..... if the thought of wiping out on a 16footer board and lying in the water waiting to see where it would land (and hoping not on your head), spare a thought for the Tathra crew in this photograph.

This was taken last weekend at the round of the Warilla South Coast Boat Series held at Narooma beach. The surf was gnarly and very challenging to say the least and our Mollymook crews were not impressed, neither were the Tathra crew.

This will become an iconic photo for years to come, although not the ideal way to become so.

ANOTHER REMINDER ABOUT HELPING OUT AT THE ANNUAL DOOR KNOCK TUESDAY 2<sup>ND</sup> JANUARY 2019. It is only 3 hours of your time...Boat crews in particular who went to Narooma and broke oars...we need to pay for repairs.

## NEWS FROM HERE AND THERE, FROM NEAR AND FAR IN THIS FESTIVE ISSUE....

\*\*\*\*\* **Drone Course held...** last Sunday week the first course for drone 'pilots' and back-up support was held at Mollymook with nine members fronting up. Saturday was full-on theory, followed by practical instruction on Sunday. Hopefully the drone will be operating over the busy xmas break and perhaps also when the lifeguards are on duty as well. If you are interested in being part of the drone operation, see Adam W.

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\*\*\*\*\* **Canberra Nipper's visit a great success...** What an amazing morning with the pink vests of a combined total of 140 plus Nippers presenting a sea of colour against a backdrop of a calm sea, beautiful weather and the blue of the ocean and sky. Plenty of water safety and good competition combined to make the first of these days a successful fore-runner to what looks like being great relationship. Congratulations to all those involved both from Mollymook club and Canberra. Further good news re this relationship is that our South Coast Branch is donating \$6000 worth of equipment to be handed over to the Canberra Nippers to help in their establishment. Yes good news indeed and thanks to the Branch for their wonderful help.

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\*\*\*\*\* **Education & Training...** I guess it is a bit like 'shark stories' in our 'mag'. Always something to say about Them. This Education/training group of ours and the wonderful job they keep doing season after season after season. Again this season will be no different. Already a bronze medallion squad of 16 new members has been trained and examined and soon in the New Year another group will be in training. As well the annual proficiency testing of around 200 members for the whole range of awards, has meant no respite for Bruce and his great crew. When you see them in operation around the club tell them how much you appreciate their efforts. Maybe you would also give some consideration into being part of the group. Help is always needed. (Make it a 'New Year's Resolution !!)

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\*\*\*\*\* **Wednesday Morning 'Eye-opener'...** Over the past seasons the work of Tony Ireland, Burto' and their helpers in running Nippers training has seen the skills, enthusiasm and conditioning of our Nippers, manifesting in excellent competition results. At present, even on days when most of us stay curled up in bed for another hour or so, around 25 enthusiastic younger members are by 6.00am hard at it. Educational drills, and both swim and board conditioning, under the watchful eye of 10 or so water safety (mainly parents), is carried out. Even the dozen or so hardened veterans of the early swimmers group are full of admiration for the enthusiasm shown by the Nippers.

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\*\*\*\*\* **Lifeguards Start New Season...** Monday the 3rd<sup>d</sup> December saw the first lifeguards on patrol at South Mollymook for a season which will continue until the start of March 2019. This season the Lifeguard coordinator is Steve Allum and he is confident that the lifeguards employed will do a great job. Steve is replacing Ken Walsh who held the position for the past five seasons, and who developed a great team of professional lifesavers during his tenure. As always the lifeguards will be working in close cooperation with our club, who will be providing the equipment including drone patrols.

A BIG ASK...Members are reminded that we need volunteers for Xmas Day patrols esp, the Afternoon one, but also the AM one. We have trouble maintaining this commitment, but if we all did an hour or so, then problem solved. Adam W our Director of Lifesaving would appreciate hearing from you. ASAP>

\*\*\*\*\* **KP Does it Again & Again...** Not only being involved in fund-raising for our club through the management of the collection boxes in shops around town, for the past years Kevin Pollock has also grown fruit and vegetables, for sale by Noel Turnbull, and was also responsible for the BBQ van and its management until two seasons ago. He has now embarked on another venture. This time he has constructed a bin, with patrol flags flying and a sign saying surf club donations, which he has placed in a prominent position at the Tuross Lakes Caravan Park, to collect bottles and cans for the 10 cents exchange program. So far he has bought back to Ulladulla 40 boxes of recyclables, netting well over \$100. As KP says."it all helps; no matter how small". Sure does KP and thanks for your continuing efforts.

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\*\*\*\*\* **Remember this headline.....**

## British tourist Andrew Priestley dies saving sons in rip at Burrill Beach

**Jan 13, 2014** - The family of a British tourist who died while saving his sons who were caught in a rip on the NSW south coast say it is "heartbreakingly impossible" to imagine their life without him.

Andrew Priestley, 46, was swimming with his two sons Matthew, 12, and Daniel, 10, at an inlet leading to Burrill Beach on Friday when the boys began struggling in the water and screamed for help.

The 46-year-old British tourist has drowned while trying to help his two sons when they appeared to get caught in a rip at Burrill Beach. Nine News.

Mr Priestley, a businessman from Market Harborough in Leicestershire, kept his sons afloat and lifted them on to a surfboard before onlookers paddled them to shore.

But by the time the rescuers returned for Mr Priestley, he was floating face down in the water, just north of the entrance to Burrill Lake.

\*\*\*\*\* **Bequest to make Burrill Lake inlet safer...** Our club has received notification that a sizeable sum of money (\$8000) is in the process of being transferred into our trust account by the wife and family of Andrew Priestley..... who tragically drowned at the inlet whilst going to the rescue of his two sons caught in a rip. The money is to go to making the inlet safer to prevent a similar tragedy happening again. A wonderful gesture from this grieving family in England.

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\*\*\*\*\* **SHARKS...'in the news again!'**... As usual the media have had a great time high-lighting the number of shark attacks and sightings to start the new season off. Maybe with reason, as in 71 days Australia has witnessed nine serious shark attacks around the coastline. South Australia, Northern Territory, Gerroa in NSW are some of the serious instances where victim have been taken to hospital in serious condition. Great White sightings have emptied the surf at Maroubra, whilst a monster 5 metre GW was caught in the nets off this beach. Bondi was also closed recently after two shark sightings making it three in four days. News also, that in Tasmania a 41year-old man was killed by a stingray at Lauderdale, east of Hobart. He suffered severe puncture wounds and died at the scene.

Interesting to note that last season clubs in the Hunter(Newcastle) branch totalled 431 shark alarms out of a total number for all of NSW of 575. Stockton beach and north are known nurseries for the breeding Great Whites. OMG!!



DECEMBER 4 2018 - 8:30AM

# Mollymook's Sam Zustovich crowned as beach flags world champion

By



Courtney Ward



Photograph by John Veage/SLSA.

MOLLYMOOK SLSC's Sam Zustovich has once again shown why he is considered one of the top surf lifesaving competitors in the country, by claiming a gold medal at the recent Lifesaving World Championships in Adelaide.

Zustovich, who is [dominating the 2018/19 Ocean6 Series](#), showed his class by taking out the youth men's beach flags event.

"There were three rounds with 8-10 starters prior to the

the final and I was doing pretty good and felt confident early on," Zustovich, 16, said.

"I try to get into a rhythm and focus on the little things in my turn, to get me ready for the more difficult rounds."

His opening round form saw Zustovich matched-up with Elouera SLSC's Michael Hanna for the gold medal.

"I treat the final two like every other turn," he said.

"I know if I focus on myself and do everything right that I will win – reaction, quick back foot, staying low and driving out are the things I remind myself of – I don't focus on my competitors at all.

"When I got the flag it was mix of relief and excitement.

"I've never competed at the world championships, so it was a huge moment for me and I was just happy to get the win."

Despite numerous [national](#) and [state titles](#) to his name, Zustovich ranks this medal as the pinnacle of his career to date.

"To be world champion is a big deal for me," he said.

"I've won state and Aussies before but this was the first time I could compete at worlds.

"It was something I've been setting out to achieve since Aussies last season.

"It is my biggest achievement of my career and I'm looking forward to setting new goals for the rest of the season, starting with trying to get another open win in the Ocean6 Series at North Wollongong in two weeks."

Sam's achievement caps off a memorable championships for Mollymook, who also [claimed two silver medals and one bronze in the surf boats](#) – with Kate Lewis also adding a 12<sup>th</sup> place finish in the open women's beach flags. Congrats to all, a memorable world championship. Also to super coach Daniel Robbards. (The above report taken from the SthCoast Register with thanks)

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**THE LAST PAGE...** By the time you get to here, you are probably worn out with all the Xmas reading but hopefully you have time to relax and catch up with the 'goings on'. The news from our competitors is uplifting as the surge continues. The world results will provide even more of a stimulus in events still to come. But of course surf lifesaving is not only about competition; our main commitment is providing patrols and as it is mentioned earlier on in the 'mag', your attendance on patrols according to your roster is more important over the next six weeks than ever. It's a drag at times, but volunteering is like that. As SLSNSW CEO Steven Pearce AFSM wrote in the Annual Report recently...

...One of our SLSNSW belief statements is "**we are iconic, we are proud and what we do makes a difference,**" and this was constantly reinforced to me as I have travelled up and down the coast to meet our members.

Yes, we do make a difference, and in basic terms it is often the difference between Life and Death. This is why your patrol attendance is so important.

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\* **Vale...** last week the sad news of the passing of member Neville Cooper, a past member and past President of the Garie SLSC, and also a Life Member. He gained his Bronze there and was a valued member developing a love for March Past competition joining with Burning Palms in a combined team. He retired to Batemans Bay and joined Mollymook to continue marching as a member of our club team under Tom Whelan. When Tom retired as coach Neville took over the reins as coach.

Neville was always a gentleman and loved what he was doing in surf lifesaving. He will be missed especially by all those in the March Past fraternity. Our heartfelt condolences to his Family; RIP 'Coop'.

**Vale...** weeks previously older members of our club received the sad news that Col Glasson had also passed away. Col and family had shifted to Mollymook when he was appointed to the staff of Ulladulla High. He joined the surf club soon after arriving and along with Mick Bond, and the Nyholm family were instrumental in building the local junior nippers into a viable organization. In 1981/82 and 1982/83 he was elected as Hon;Secretary and also in 1982/83 took on the major role as Organiser of the NSW State Titles, the first time Mollymook SLSC had been given the honour.

He bonded with the President Norman Turnbull, and in the midst of State Titles organization, Norman suddenly passed away. This put a lot of pressure on the club and especially Col; but the 'show had to go on.'

The championships were a total success and the carnival referee John Dewey said.."*This year the (NSW) Championships were held in perhaps the best venue available ever for a Championship. Congratulations to Mollymook...for conducting a first class Championship.*" Col Glasson was praised by all for his organization.

Unfortunately, Col left the district to go farming at Forbes and the club lost a very able member liked and respected by all. The club has expressed their condolences to the Family. RIP Col.

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Have a Happy Xmas and New Year from all the staff of the Mollymook Mag. *The Editor.*

