

1934-35...85...2019-20

FREE

85 YEARS

VIGILANCE AND SERVICE

2019--2020..."The challenge to protect and save is our challenge and one we must win everyday we are on patrol. We accept that challenge every day, some days are easy and others are hard; we rise to the challenge, accept and embrace change and go home at the end of the day as winners."



"Yep here already folks ! Have a very good one. Merry Xmas!



Annual migration of Sooty Shearwaters, cause concern.

Mollymook Mag

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Our Mollymook Nippers Exhibiting.....
..Enthusiastic Enjoyment;
..Energetic Endeavour;
..The Embodiment of JOY.



Let their infectious JOY combine with the JOY of this Christmas season and the promise of the New Year, and carry over to all our Members..



A very happy Christmas to all our Members of Mollymook Surf Lifesaving Club. May it be a very safe period for all and especially those holiday makers who will be flocking to our district beaches. Your unselfish commitment to keep them safe is admired and appreciated by all our fellow Australians. Be proud!!

Our President's Report.. Members, our 2019/20 season is well underway with our 'Peak' season patrols approaching rapidly and we ask that all patrolling members remember their obligations. This period ahead is as usual characterised by large crowds along our main beaches. To keep them safe we must have full patrols. As an active member this is what you committed to.

This period also signals the fact that the most important fund-raiser of the year, our Annual Door Knock, is scheduled for Thursday evening the 2nd of January 2020, commencing at 5.00pm. For two hours of your time we can raise very valuable funds to offset our massive gear and equipment costs to service the three patrol areas. Last year was a disappointment and our Management Committee ask you to please spare another two hours of your time to assist with this doorknock.

Also a few days before, on Sunday 29th December, an "All for a good cause Fund-raising Event" is being held by Cupitt's Winery and we have been selected as the recipients of this. You can check the Cupitt's website for further details and to purchase tickets. (May be a good afternoon to send your visitors to).

Recently four (4) of your fellow members attended a Member protection Information Officers (MPIO) course to assist with Member Protection within our Club. This brings up to a total of eight (8) registered MPIOs in Mollymook SLSC. This will assist all members concerned with aspects of member welfare and safety. The names will be displayed appropriately, so if you require any information, help or advice, these members are well qualified to assist.

One of the main areas of Club activity, and probably one of the most important is member communication, and getting information to our members quickly and efficiently. We are going to trial for a short period, a screen in the front window with revolving, on-going Club information. Our website has also been brought up to date and the club is also looking at producing a fortnightly "E-News". This will have up-and-coming events pertaining to training, social events, member's profiles and many other interesting Club and Surf Lifesaving events. The Management Committee is looking for a member(s) to take on the role of producing this and we are open for suggestions.

Finally, a word about patrol hour obligations for competitors. As Tessa Lofts has posted, patrol hour obligations are required for you to be eligible to compete in Championship events ie. NSW Country, NSW State and National Championships. If you have been a member since 1st January until 31st December 2019 you must have 25 patrol hours logged (NB NOT 24.5 or 24 !). Other respective hours are as follows: join in October 12 hours; join in November 8 hours; join in December 4 hours.

It is your responsibility to ensure your patrol hours are correct, do not leave it until the 1st January 2020 ...CHECK NOW !!! Do not let your team mates down. Please also support the up-coming events especially the Annual Door Knock Appeal on 2nd January 2020.

Have a Happy Xmas and we will see you on the beach. **President Rod Austin OAM.**

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EDITORIAL... In the last 'Mag' issue 36.1 at the start of this 2019/20 we pointed out the sad statistic that many of the drowning deaths had been of "good Samaritans trying to save others". It was mentioned that the syndrome of the "rescuer who drowns" is now called rescue altruism by water safety experts. All examples of this are particularly sad, none more so than a tragedy that happened in Christmas week 1912 at Southport beach in Queensland.

Here on that occasion six young men had gone to the assistance of three boarding school girls who were swept out at ebb tide from a part of Main Beach that the locals had long before learned to avoid. Lifesaving apparatus was still lacking on the beach. The rescuers had gone at first barehanded, and three of the young men had already drowned before one of the remaining lads managed to swim ashore. Here he managed to find some scraps of rope in a beached boat, knotted these together, and used them to help bring in the last girl to be rescued. Three young men's lives had been lost to save three endangered—a sharp bargain that had been!

This Southport tragedy focused attention on the lack of lifesaving provision on Queensland beaches and led to the establishment of surf lifesaving clubs in this state.

In more recent times SLSA has worked on research to develop methods by which remote supervision of patrolled and unpatrolled beaches can occur, particularly in keeping with the rate at which new unpatrolled stretches of coastline are being developed, and used by beachgoers. As an example, the introduction of standardised beach safety signage has been a significant step in providing alternative forms of education and beach safety; the necessity for this was brought to the public's attention by another heartbreaking event:

On January 8th 1998 two sisters, Mary Wilson and Sharon Leahy, left their Melbourne suburban homes in two vehicles with their 11 children. They were heading to the Mornington Peninsula for a day at the beach and had intended to go to Rye Beach however, became lost along the way and ended up at the entrance to Gunnamatta Beach. The attendant at the park tollbooth collected the toll and told Mary that the beach was patrolled. The cars pulled up at the car park and then as Mary and Sharon unloaded the car and organised the infant twins, the older children (the eldest being 17 years old) excitedly bolted over the dunes to the beach. Both Mary and Sharon believed it was patrolled and they had issued clear instructions to the children. What Sharon and Mary didn't know was that they had entered the first of two parking areas. The patrolled beach was at the second car park, a further 800 m down the road. On the way to the surf the children passed a man with red bathers whom they presumed was a lifeguard. They entered the water where other people were swimming on a shallow sandbar. Within seconds of entering the water a large set of waves built up and had washed the children into a rip, which quickly pulled them out to sea. Of the seven children, tragically two drowned, two were never found and three were rescued by lifesavers that had been called to the area from the neighbouring patrolled beach.

This tragic incident highlights the importance of signage as a form of public supervision, particularly when no surf lifesavers or lifeguards are present. Appropriate signs can warn people of all nationalities of likely hazards, and allows them to make informed decisions about responsibility for their own safety. In conjunction with the RLSSA, SLSA have spent a lot of effort over the past decade to try and develop a strategic approach to beach safety and maintaining a safe beach environment. Whether or not the tragedy that is "rescue altruism" can be eliminated is something that needs to be worked on, but is it possible? *The Editor*

RESCUE.....RESCUE.....RESCUE !!!

On Monday 30th January 1967, as tropical cyclone Dinah lashed the Gold Coast (Queensland) with 5-metre waves and 30 to 40 knot winds, an unnamed boardrider entered the surf at Coolangatta beach and immediately got into trouble. Fortunately, the surfer managed to land on Kirra Rocks, but Don Roach and Paul O'Brien, two lifesavers who attempted to rescue him, were swept almost two kilometres north. Eventually they clung to a shark net 700 metres offshore, where they were continually pounded by huge breaking waves. An off-duty lifeguard, John Cunningham, immediately set off on a rescue board to rescue the troubled lifesavers.

Visibility at times was almost zero and the heavy rain and strong wind prevented helicopter assistance, but as a backup, the RAAF placed a Dakota aircraft with inflatable rafts on standby. An attempt by the SES to fire two rocket lines to the offshore lifesavers failed due to the high wind, and several attempts by surf boat crews to negotiate the surf ended in disaster. Talented belt swimmer Wren Bligh volunteered to take a line out, supported by swimmers, Victor Arnall and Jeffrey Callaghan.

When Cunningham (on his board) reached the shark net, Roach and O'Brien were about 50 metres apart, and being pulled under water by the net for long periods of time, Unaware assistance was on its way, Cunningham gave his board to Roach, attached a torpedo tube to O'Brien and set off towards the North Kirra clubhouse. With O'Brien kicking strongly, the pair were able to make good headway, despite the atrocious conditions.

Eventually, a jet rescue boat from rainbow Bay managed to negotiate hundreds of metres of broken waves, but reached the shark net too late. Bligh's heroic belt swim used 900 metres of line, almost two full reels. After some difficulties, Arnall and Callaghan also reached the shark net, but with no sign of Cunningham, the three men set off on a long swim back to the beach.

For a courageous rescue in the harshest possible conditions, John Cunningham was awarded the association's Meritorious Award in Bronze. Bligh, Arnall and Callaghan each received a Certificate of Merit, while Cameron and Stanley (in the JRB) received Letters of Commendation from the Queensland State Centre.

(The above was written by the late Chris Conrick, and appeared in the history of the SLSA of A, "Between theFlags" P160)



*If our bronze medallion could talk it might take us back 10 seasons to the 2009/2010 season when our club was celebrating its 75th birthday to tell us some of the important happenings of that time, and relate them to our 85th birthday in this current season of 2019/2020.

The Christmas period (2009) again proved busy with tourist numbers ever-increasing. Patrols on the three beach areas were busy with a number of "well managed rescues" (Ulladulla/Milton Times), being recorded. In one of these, Danielle and Jenny Moore along with Mike Gaffney, brought eight swimmers to shore and safety, after the group had been caught in a rip and panicked. Other patrols experienced similar episodes during a long six weeks.

Club members were also concerned by the increase in the number of spinal incidents. Most of these needed ambulance assistance and hospitalization. One notable case was when an eleven-year-old girl came to grief on her boogie

board. Luckily she was in the vicinity of a training squad undergoing their Bronze examination. In a 'real-life' scenario the squad rushed to her aid and performed effective spinal management in a professional manner.

Also of deep concern were the number of cases where parent(s) and by-standers were rushing to the rescue of others (their children or complete strangers), who were in danger of drowning after being swept out. However they themselves became the victim(s) and subsequently drowned. In most cases the original victims made it safely back to shore. In the short space of time four sad drownings, of which two took place on Mollymook beach.

Another problem was the perennial one of people swimming in unpatrolled areas. Notwithstanding a long and expensive campaign by authorities, people were still ignoring the pleas to 'swim between the flags', with often fatal results. One Mollymook patrol as the season ended was faced with this grim reality when a 50-year-old male went for a swim at Mollymook, 900 metres north of the patrolled, flagged area. He quickly got into difficulties and drowned despite heroic efforts by patrol members and ambulance personnel to revive him. A sad end to the season, for all concerned.

This ignorance of advice was also shown early in March when a Tsunami Alert was issued to all NSW beaches, after an earthquake in Chile. Mollymook surf lifesavers and SES members were asked to clear the local beaches of people, but many refused to go and instead ignored the advice. Although the alert turned out to be a 'non-event', people were strongly advised to take these alerts seriously.

So our Bronze Medallion might tell us that "nothing much has changed over the past decade". If anything, it still tells us that our VIGILANCE & SERVICE is needed even more, as the numbers using our beach areas increase, and more still risk swimming in unflagged areas, ignoring the advice.

[HOW CAN YOU HELP TO ADD A LITTLE EXTRA TO OUR FUND-RAISING ??????](#) The answer is simple, look below.....

A hand is shown dropping a coin into a pile of various coins. A small green plant with two leaves is growing out of the pile of coins. The image is framed by a black border.

*HELP GROW OUR FUNDS BY
SUPPORTING OUR ANNUAL DOOR
KNOCK APPEAL..2ND JANUARY 2020.*

*5.00 pm start until finish around 8.00 pm. Please wear
patrol shirts. We would like to see as many members as
possible front-up for this major fundraiser. See you there !!!*

[FUND-RAISING..](#) Life member Kevin Pollock uses the oft quoted saying "that every little bit extra helps". So it is interesting to mention, that in the past 12 months KP and Helpers have raised a total of \$6357 from doing a little extra for our club fund-raising. With Life Member Garth Brook, KP has raised \$3651 from the collection of bottles and cans. This has come from the 36,510 recyclables put through the collection centre. As well \$1489

has been donated through the collection boxes placed in a number of businesses around the district. As KP says “every spare coin that goes into these boxes helps our club”. Then to add to these amounts a further \$1219 has been raised through the sale of fruit and veges, grown by KP and sold kerbside by another Life Member Noel Turnbull in Milton. **STOP PRESS...that total amount is now over\$7000!!!**

Mass mutton bird (Sooty shearwaters) deaths on NSW beaches prompts concern



Mutton birds washed up on a NSW beach.

• MATTHEW DENHOLM

TASMANIA CORRESPONDENT 9:01PM NOVEMBER 20, 2019

Tens of thousands of mutton birds have washed up on NSW beaches in recent days, further concerning experts following a collapse in numbers reaching their breeding grounds this year.

The Weekend Australian revealed population levels at the birds’ breeding grounds in southern Australia were at only 30 per cent to 40 per cent of normal levels for this time of year.

Further baffling experts, the normally punctual species, also known as short-tailed shearwaters, were running weeks late in their annual migration from Japan, Siberia and Alaska.

Reports on Wednesday of mass mortalities on NSW beaches in recent days suggests the migration is even more delayed than first thought, further threatening the breeding season.

“By now they would normally be south of Tasmania, feeding close to the Antarctic convergence, but if they are being found on beaches in NSW that suggests there are still birds arriving from the northern hemisphere,” said Eric Woehler, convener of BirdLife Tasmania.

“It’s another piece of the jigsaw in ... the anomaly this year.”

Dr Woehler warned that those birds arriving late to breeding grounds — coastal areas and small islands in southern Australia, especially islands in Bass Strait — may not have the strength or time to breed this year.

The birds’ abundance and longevity means the population should recover from any one disastrous year, but there is concern a trend may be developing following a similar crash in numbers in 2014.

BirdLife Australia spokesman Sean Dooley told The Australian he had confirmed the mass deaths, known as wrecks, had occurred in recent days, across a wide stretch of the NSW coastline, following earlier reports in October.

“I can definitely confirm that we are getting first-hand accounts of shearwaters washing up on beaches all around Sydney, as far south as the Illawarra and as far north as Port Macquarie, this week,” Mr Dooley said.

“The fact that it’s happening now suggests strongly to me that they have more than likely just arrived, or they have arrived and been unable to find food once they’re here.”

The birds do not feed during migration, which experts believe may have been delayed because of an unusual warm water mass in the North Pacific Ocean, known as “the blob”. This warm water forces the birds’ main prey — krill — to descend deeper to find cooler water; too deep for the diving shearwaters.

This theory is supported by mass wrecks observed earlier on Alaskan beaches. The NSW mass wrecks suggest the birds may not have been as well fed as usual before starting migration.

Egg surveys in late November and early December will determine the scale of the losses, which may force cancellation of the Aboriginal harvest of chicks in April.

Also of concern are the comments of people who had their say regarding the above article in the AUSTRALIAN.... Read on..... “the (death and low numbers) are caused by the reflection of the sun from solar panels or turbulence from windmills.”

“it’s just climate change. In my youth it was the ‘bomb’ with about the same level of credibility.”

“Soon they are going to tell us it is because of human-induced climate emergency or some similar crap!”

“Even Trump, Greta and Abbott were factors mentioned (as causes).”

“What a lot of garbage, shearwater deaths are an annual occurrence along much of the NSW coastline. A little more or less than last year? None-one’s keeping accurate numbers.”

“Could it have something to do with the fact that half the East coast of Australia is on fire. May be the experts haven’t thought of that.”

“Scaremongering, climate change propaganda!”

“I read the article and could see no mention of climate change except the comment above. It is just a well-written article with scientific reasoning for why the event is happening.”

The Editor puts his two-bob’s worth in....For many years the annual migration south by the Shearwaters was an amazing event. First was the regularity of the event at the end of September/early October; then the immense number which would take at least two days, non-stop as far as the eye could see with enormous rafts of the birds taking off and others landing, as they passed by Ulladulla. Yes for weeks after, dead birds would wash ashore, mainly aging birds who found the 12000 km journey too much for them.

For a number of years recently, bird counts have shown the numbers are diminishing and for various reasons. In a previous ‘mag’ it was mentioned how autopsies of dead mutton birds has revealed a startling amount of plastics in the gut of dead birds (a similar problem leading to whale mortality around the world).

You draw your own conclusions. [the article above was taken from the Australian Newspaper November 2019]

Some profound words from Archie Roach, a well known and respected aboriginal poet and entertainer.... “If all the problems of the world seem too much, go out into the bush and look up at the stars. “Realising that you’re no greater than a blade of grass... that’s what keeps me going.”

***** **THE DREADFUL DROUGHT DOMINATES OUR LAND..** With no signs of it breaking and the resultant scourge of bushfires dominating our news headlines, reminds the Editor of a happening based on historical fact. This took place in the gold mining town of Kalgoorlie during a (prolonged) 'water famine'. "Suddenly the hotel's billiard rooms were thronged with players day and night, men queuing in the street who had previously never held a cue, men attracted to billiards because the baize was the only greensward they would see." (From *The Drowner* P.126 by Robert Drewe).



And as Les said..."we need more storage space! The new gear shed is already just about full!"

New Rescue Equipment from NSW Government to support and enhance the Support Services 24/7 operations.

The new equipment was unveiled recently at Wanda Beach and is part of a \$16 million funding package from the NSW Government. For our club it meant a new jet ski and the use of a fully-equipped FWD support vehicle on a rotation basis with our nearest two northern clubs.

Both support vehicles and jetskis are fitted with GPS tracking devices to ensure the safety of volunteers who often work in remote locations on their own or with just one other person. Duty Officers and Support Operations teams are also being kitted with personal protective equipment including uniforms, wetsuits, lifejackets and helmets to ensure their safety when responding to coastal emergencies.

This is in addition to the new FWD and our own jetski purchased from our club funds recently. This new funding from the NSW Government will take some of the load off our funds.

IMPORTANT.... Les has mentioned that because of the recent water restrictions from 1st Dec onwards, that all patrol gear must be washed on the lawn. It cannot be washed on the concrete apron. Please take notice!

Since 1977 Mollymook has funded the 24hour call-out (Support Services), purchasing FWD rescue vehicles, fitted out IRB's for support operations and provided the rest of the gear and equipment. At times it has been a 'slog' to raise the necessary funds and this latest enhanced rescue funding will make a big difference.

**** ["ON THE SPOT"](#) A wonderful story with a great ending. A true Xmas story.

A fit and well, long-serving club member Bob McDonald, just a few days later after placing his fellow patrol members "On the Spot".



["On the Outside Looking In..."](#) Late in October I had the privilege of experiencing the outcome of years of dedication, training and experience in our Club.

Occasionally we hear complaints of 'cold water' and "time spent" in maintaining "proficiency". But it does work.

On patrol I had the unique experience whilst on duty in the radio room of calling for my own 'rescue'. Recognising the symptoms of heart attack, I called the patrol (placing them 'on the spot') and the response was instant. The calm proficiency and professionalism of all concerned instilled confidence and I was quietly certain of eventually being OK.

The 'Early Response' was almost instantaneous and I would like to thank and commend Mick and Annette, our 'Firie Siblings' as first responders; one look at me and they knew precisely what to do. Brian, who 'broke protocol' by calling the ambulance directly and not going through Surf Comm, saw the ambulance arrive within four minutes. (This was covered by Adam with a call to Surf Comm explaining the circumstances.) Adam was also calmly coordinating proceedings in the background and later the paperwork.

It was a great team effort and I thank not only those involved, but in all the Club, as I am confident that (my situation) would have been dealt with no matter which patrol may have been on duty. We do make a difference!

(Subsequently) my cardiologist stated that the (my) positive outcome was due to the prompt, efficient response by all concerned including the club, the ambulance (Peter Arndell), and hospital staff. At Milton Hospital I arrived just after lunch time where I was initially treated by past members of our Club, as well as a nurse and doctor I had taught in Primary School. It was as scary for them as it was for me!!

I was stabilised and prepared for immediate helicopter transfer to Wollongong Hospital where I had three stents placed in one major artery. I was home on Wednesday feeling well from the ordeal.

Several special mentions, firstly to Dave Burke (radio officer) for introducing me to the club 25 years ago. If anyone is considering a heart attack there's no better place than the surf club.

Secondly, thanks to Annette Chapman and Mick Hendrie. Remember when driving Mick, it's an ambulance NOT a fire truck!

Thanks also to Darryl Bosicevic for the abusive words of comfort and communication from below the radio room. It was worth the look on your face when you came up and realized what was actually happening; and thanks for supporting Laurel,

Finally also thanks to Phil Hogan for asking me to swap patrols, so that I could have my heart attack at the Club. I don't think you will be "Lifesaver of the Year", but it certainly made a difference to me.

Every day is (now) a bonus. Merry Christmas to all. BOB."

(And thanks to Bob for penning this experience of his recently. Also thanks to those members who when "placed on the spot" had the training etc to react in such a way that ensured Bob McDonald had been given every chance of surviving.

***** Some further words on 'JOY'...

There is nothing like the JOY on a kid's face when he *first sees the PlayStation box, containing the socks that I got him for Christmas.*

Have you given your intention of attending the "ANNUAL CUTTING OF THE HAM" Xmas Party. To be held on the 15th of December (very soon). All welcome at no cost, but you must RSVP by 11th Dec, to Stacey Wilesmith.

***** **Some more words on 'JOY' at the 'Beach'...** In her introduction to her book 'Sand in our Souls' Leone Huntsman quotes the following..."That crowded beach (Bondi) had a sound, a roar of excitement. You could say it was joy....

I can remember one crystalline morning when nothing seemed more beautiful than the look, the sound and the smell of the green and white Pacific. I launched my board onto that swaying transparency, paddled it over the rainbow spray and the bucking waves singing 'Shenandoah' at the top of my voice and certain that nothing anywhere in the world could match this JOY. There is nowhere else I'd rather be, nothing else I would prefer to be doing. I am at the beach and I have my bearings." .('Growing up in Bondi..J.Kingsmill P.76.)

Huntsman does make the point that, "mingled with our joy, is a fear of the perils that lurk in the opaque depths—the sharks, the biting and stinging creatures, the unimaginable,(the waves that dump us or the rips that drag us this way or that. This awareness of the potential for danger as well as delight is always with us, but as long as it remains 'an undercurrent', the intensification of Sensory arousal associated with this awareness may actually increase our pleasure (and joy)."

bodies are made up of 50-70% Water. Staying **well-hydrated** (especially while on patrol in hot weather) is

(Introduction 'Sand in our Souls.' L.Huntsman P10.)

**** **Some further comments re PATROLS..** With a continuation of very hot, dry weather forecast for the upcoming Xmas period Patrol members are reminded to **KEEP HYDRATED**. Don't forget your H2O. Our crucial in making sure our bodies function at their best.

There are many theories about the right amount of water to drink, but on average we should aim for around 1.5 to 2.0 litres a day. This amount varies based on age, gender, body composition and temperature, and how active we are.

The colour of your urine is the best way to gauge if you are hydrated—if it is pale you're doing OK; any darker, it's time to have another glass of water.



Pale.....OK!

Darker.....Have a glass of H2O.

Too late, you're 'kaput!!!'

KEEP COVERED.. Your patrol uniform, cap, and hat are all designed to not only make you more conspicuous, but to also protect your skin. Practise sun-safety and also apply the sunscreen provided.

KEEP REVISING.. So that you can recognise the signs and symptoms, and the treatments for heat exhaustion and for heat stroke.

KEEP YOUR PROVIDED 'BUM BAGS' ON YOUR BUM.. They are an essential part of your personal, patrol equipment. Make sure you wear them on patrol around your waist, not left in a heap in the patrol shelter.

KEEP CHECKING YOUR PATROL ROSTERS.. More important than ever in the period coming up. The ability of our club to provide extended coverage over our beaches depends on all members turning up when rostered. This is particularly for IRB Drivers and Crew. If you are having trouble making it, contact your PC ASAP.

AND a reminder to **ROVING PATROL** members that you are expected to do a full complement of patrols like rostered members, of which a minimum of 12 hours must be in the peak season coming up. **ACTIVE RESERVE MEMBERS** are obliged to do three patrols per season which can be at the discretion of the MC.

REMEMBER... PATROL WORK IS OUR REASON FOR BEING A MEMBER OF MOLLYMOOK SLSC. THIS IS BASICALLY WHAT YOU JOINED FOR, AND YOUR RELIABILITY IS SO IMPORTANT FOR OUR SUCCESSFUL FUNCTIONING.....

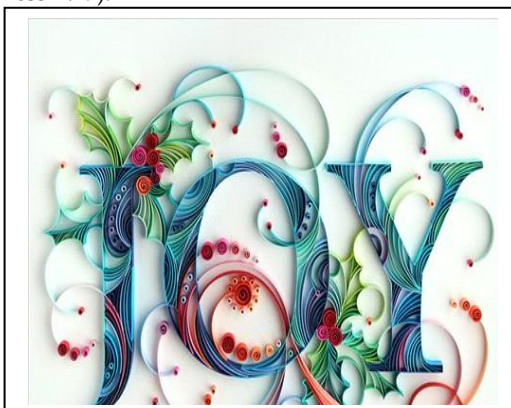
The LAST PAGE... Already a year almost gone, lots of sadness as we again farewelled some wonderful members etched now on our memories. We also continue to bask in the limelight of our competitive teams, the 'beachies' (what a season start for them already), the swim/board/ski team all hard at it and hungry for success; the resurgent boat crews with eyes towards a second attempt at the George Bass Marathon; and also looking forward into the early New Year when the Surf Rower's League will be holding the Australian Championships, over three days, here at Mollymook. Lastly but certainly not least, are our Nippers. As mentioned on the cover page, full of enthusiasm and in competition and training full of that exuberance and JOY.

Also a further reminder about the up-coming Dates to Remember...Santa Photos, The Cutting of the Ham (and let's see all members there for a great party, including all the shy, new members); and the Fund-raiser at Cupitt's Winery ; the Annual Door Knock, if we can get 100 members to attend we can easily raise over \$10,000; All we need is 2 hours of your time. Keep your eyes on local publication. Website, Facebook etc to keep in touch.

And to finish this Xmas issue...

....."The beach is a place of total freedom and community. It is where anyone, whether they are a multi-millionaire or a tradie, regardless of religion or race, can enjoy all that it has to offer equally."

"And, with more than 11,761 beaches in Australia [including over 35 of the best ones in our Shoalhaven area] to choose from, we are really spoiled for choice." (Siobham Duck, House of Wellness P.29).



Have a Safe and
Happy Xmas...and a
Happy New Year
and New Decade....

The Editor.

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