

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

85 YEARS

FREE

## 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."



# Mollymook Mag

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A portent of 'the CATASTROPHE' TO COME, as our beautiful South Coast starts to burn in late December. The annual tourist season already in tatters as holiday makers flee home, and the New Year will produce devastation, loss and heartbreak on a scale never before witnessed on our coastline.

**EDITORIAL....** Christmas/New Year 2020, our traditional 'busy period' always remembered for our crowded beaches, our busy patrols, as we strive to provide all our welcome visitors with a level of safety, so they can enjoy their families and the holiday break they look forward to all year. BUT things were different this time, the JOY we spoke about in our last issue was replaced by danger, death, destruction and fear. A calamity of a size we have not experienced before.

Many members and friends suffered and are still suffering the loss of family homes and possessions and our thoughts go out to them. Many have fearful memories of fleeing for their survival with the fire just behind them. Our visitors too, forced to flee home, their holidays cut very short. To all, the members of our Mollymook Surf Club pass on to you, our hope that you can move on from the disturbing events and in time recover. You have our love and support.



To all our club members (too many to name here) who have helped out volunteering in a number of ways to alleviate the multitude of problems associated with the horrendous fires, we also say thanks. Some who helped the 'furies' in fighting the flames; other members who were involved in the collection and distribution of food, water, clothing; the provision of accommodation; also looking after the animals, domestic as well as wild forced to flee also....and the list goes on. Our fellow volunteers in surf clubs up and down our coast all have exhibited what the spirit of surf lifesaving and volunteering is all about. Also our friends in all the other volunteer groups who have pulled together to help everyone to 'weather the storm'.

**THANK YOU TO ALL CONCERNED.. 'THE SPIRIT LIVES ON !!'**

**The Editor.**

**Our President's Report..** *Members, I would like to take this opportunity to once again thank all members for their fantastic effort in carrying out extended patrols to North Mollymook and Narrawallee once again, but this time under horrendous conditions. Because of the bushfires which devastated our holiday period there were few swimmers and surfers on our beaches, but beach patrols still had to be maintained and you did this.*

The ASRL surf boat championships with 380 crews from all States, plus New Zealand, was always going to be an impressive event at Mollymook. Coming on top of the horrendous bushfires, the local club pulled out all stops to make it happen. The presence of big seas and tonnes of seaweed made it difficult and then the decision to transfer the event on the Saturday to Long Beach 40 minutes down the coast and back to Mollymook, even more so. It was 1998 all over again when the NSW State Titles had to be shifted overnight from Mollymook to Bendalong.

*Likewise in mid-February you were again asked to help with the ASRL Australian Surf Boat Championships conducted over three full days of competition. Again this was conducted under trying circumstances as a result of a cyclone centred off our coast which whipped up big seas. Many thanks to all those that assisted in some way to make it a very successful event. A special mention to Senior Vice-President and our Special Events Coordinator Rex Russell and his Work Force and Equipment Coordinator Les O'Sullivan for the magnificent effort both put in to ensure this success. Thanks also to the team who manned BBQ vans, made up work parties, set-up and pulled-down the arena and then helped to move it all down to Long Beach on Saturday and back to Mollymook for the final day on Sunday...sterling stuff and thanks.*

*In the next few weeks the Branch, NSW State and the Australian National Titles start. Along with our Open and Junior (Nipper) competitors we have a large team of Master's competitors representing our club. To all our boat crews, our beach teams, board and swim team members, we wish you good luck, and enjoy the competition and fellowship that these events bring.*

*If you have a few hours to spare we are also looking for assistance to man the gates at the upcoming Milton Show on Friday 6<sup>th</sup> March and Saturday 7<sup>th</sup> March. Not only is this a fundraiser for us, but proceeds also are collected for the local Cancer Appeal committee. So please give it your support it would be much appreciated. **Rod Austin.. OAM.***



Congratulations & thanks again to Ken Banks and his wonderful camera work. Plenty more to see on Facebook.

## SMART BEACHES: WHY DO WE NEED SMART BEACHES?

This summer Manly and three other beaches will have "an extra set of eyes" patrolling the crowds and looking for danger to prevent drownings. Manly, and Shelly Beach to its south, plus Lake Macquarie's Redhead and Blacksmiths beaches, are the first to participate in a pilot program called "Smart Beaches". Running until the middle of 2020, the pilot uses sensors and closed-circuit TV cameras, powered by artificial intelligence, to count crowds in the water and on the sands, and inside and outside the flags. An offshore buoy will be used to predict wave conditions that may add risk.

Anything that improves public safety and amenity on our beaches is a good thing and technology is now at a point where it can help provide these benefits.

Smart Beaches will provide immediate, constant condition reports specific to each beach covered by the project, filling in gaps left by existing surfing and weather apps, and websites.

Sensors and other technology will collect and interpret data on local surf conditions and crowd numbers, helping determine what resources are required to keep our beaches safe and user-friendly.

It's all about providing information to those on the sand so they can do their job. Smart Beaches will provide immediate, constant condition reports specific to each beach covered by the project, filling in gaps left by existing surfing and weather apps, and websites.

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Currently, there is inconsistency in the nature of beach data collection along Australia's coast, with different councils collecting different information relating to crowd numbers, activity and localised conditions.

Collection and recording of beach usage information is a time-consuming and imprecise task for professional lifeguards. Smart Beaches will provide reliable, uniform, objective information, allowing them to focus more on their primary role of protecting public safety.

## HOW WILL IT WORK?

Sensors and a mix of other smart infrastructure will monitor wave and swell movement to provide earlier detection of dangerous conditions. Others will monitor visitor activity to gauge which beaches and amenities are busiest at any given time.

The data these sensors collect will be transmitted in real-time to lifeguards, surf lifesavers, local councils and the community via a user-friendly interface.

Information about beach usage will help ensure amenities such as toilets, showers and rubbish bins are adequately maintained.

In the light of massive crowds being reported using beaches all around the world, more and better information was now required to keep swimmers safe.



## WHAT CHANGES IN TECHNOLOGY MIGHT WE SEE?

New software, tailored specifically for Smart Beaches, will enable 'machine learning', where computer modelling and analysis of data improves over time to enable more accurate prediction of conditions.

In addition to the cameras, nearly everything that moves - including lifeguards who are wearing watches with heart monitors - has been tagged with GPS trackers called Yabbies. This includes flags, beach buggies, rescue boards, surf skis and new warning signs that flash next to a dangerous rip.

**Lessons from abroad...** **In Singapore**, when a 63-year-old man fell to the bottom of a swimming pool after a heart attack, it was hard to see him in the crowded pool. But because lifeguards were testing a new computer vision drowning detection system (CVDDS) they received an alert within 15 seconds. The man is still swimming today. Delphine Fong, director of Sports Singapore, told drowning prevention experts that the detection system was 98 % accurate. Ms Fong said they conducted 1400 tests in different conditions, including overcast and sunny days. The total cost is estimated to be \$130 million, and the government was installing systems in all pools( In Singapore), she said.

**In Japan**, researchers are pioneering the use of artificial intelligence that can detect rips with an accuracy of as much as 96.5 per cent. In tests on beaches, it can cut rescue time by half, said Dr.Toshinori Ishikawa, director of drowning prevention with Japan Lifesaving Association. It had the same accuracy as a lifeguard and could operate on unpatrolled beaches, he said.

**In Australia**, Surf Life saving will test the use of drones powered by artificial intelligence to accurately count the number of people doing beach and ocean swims. If the drone counts 200 people in the water, we will know if two disappear. At other beaches, Surf Life Saving Australia plans to trial "smart" drones that count crowds, and identify rips and alert lifeguards if swimmers enter dangerous areas.

([This information was condensed from a Sun-Herald article of 28<sup>th</sup> December 2019, written by Julie Power who had attended the World Conference on Drowning Prevention in Durban, South Africa.)



"The beach was closed overnight and there had been warnings about the conditions due to the storms over the past couple of days.." (In this case common sense regardless of new technology, was needed.)

If our Bronze Medallion could talk it might pose the question; "What more can we do to make sure people understand the simple rules of surf bathing to prevent drowning?" The headlines in the Illawarra Mercury of a short time ago (12<sup>th</sup> February 2020). **Body discovered on beach.** (Ashleigh Tullis). POLICE believe a young Illawarra man has drowned after drinking with friends and going for a swim in extremely hazardous surf conditions at North Beach in the early hours of Tuesday morning. These hazardous surf warnings have been in place along the NSW coast including the Illawarra for that last few days. Early morning walkers discovered the man's body about 6.15 am. The surf conditions were described by Police as "very, very, hazardous" last night. "This incident was (another) tragic reminder of the dangers with swimming at night." (and especially after a drinking session. Combined with alcohol it is a recipe for disaster.)

## **‘On – the – Spot’ ..‘How will YOU perform when you are the one ‘ON THE SPOT?’**

A trainee Sydney call taker for NSW Ambulance Danni Costa was the one on the spot when an emergency call came through from a frantic mother and son that a Blackbutt grandfather had collapsed with a heart attack. Danni Costa then had to calmly instruct the frantic son on effective CPR until paramedics arrived within 6 minutes of the trainer caller taking the call. The 60-year-old would ultimately receive 60 minutes of CPR – including paramedic’s efforts – and his heart would be shocked into rhythm with a defibrillator a dozen times. “People don’t usually survive that,” said a NSW intensive care paramedic.

When he was released from hospital this week he was able to thank members of that life-saving team- as well as meet Sydney call taker Danni Costa, who’s still a trainee. He reacted to this emergency and undoubtedly played a major role in the survival; when he was placed-on-the-spot.

Likewise when the Grandfather’s son Ash and wife Cindy were also placed ‘on-the-spot’ they did all the right things despite the distress they were under, watching their loved husband and father turn blue and gasp for breath; and then being talked through the CPR procedures by the call taker.

Once again the success was due to what we are all taught. Success in cases like this depend so much on the Chain of Survival.

**EARLY ACCESS----EARLY CPR----EARLY DEFIBRILLATION----EARLY ADVANCED LIFE SUPPORT.**

When these things all come together the chances of survival are so much greater as the above example shows.

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**RESCUE....RESCUE....RESCUE !!!!** In the recent bushfires the surf lifesaving clubs of the Far South Coast were at the forefront in providing assistance, helping out in a number of ways keeping the spirit of volunteering alive, and as mentioned earlier on in this ‘mag’, deserve thanks for the job that they have done. Likewise it was the same spirit of cooperation between three of these clubs which saw them receive the RESCUE OF THE MONTH MARCH 2018 for the following rescue.

The clubs involved were Broulee Surfers SLSC, Moruya SLSC, & Batemans Bay SLSC and the Surf Lifesavers involved were; Michael Weyman, Shaun Pike, Andrew Edmunds, Anthony Bellette, Ken Bellette, Mick Bellette, & Ben Ralston. On Saturday 24 March surf lifesavers from across the Far South Coast were called to respond to a major incident after reports of a vessel capsized while trying to negotiate the notorious bar at Moruya Headland. The incident happened shortly before 7am and occurred during a strong outgoing tide and with a swell of between 2 – 2.5 metres. The Far South Coast Support Operations team and Moruya SLSC were the closest surf lifesaving assets to the incident and unsure of what they would face, they raced

to the scene after hearing radio traffic suggesting that there were multiple people in the water. Commercial fishing boats in the area had witnessed the incident and had already pulled two children from the water by the time the lifesavers arrived. A third person was later assisted onto the fishing boat while the IRB rescued two additional survivors. One of those rescued identified himself to the lifesavers as the father of another teenager who was missing. There were immediate concerns for her welfare as it was thought she could have been trapped under the hull. The lifesavers made an attempt to right the vessel but were unable to do so. Focus then switched to triaging the injured patients with priority given to a 13-year-old girl who had suffered leg injuries. She was transported to shore by jet ski manned by Andrew Edmunds, while Shaun Pike and Michael Weyman waited with the overturned boat and continued to search for the missing girl. A further three people were conveyed to shore where they were treated for suspected hypothermia. The Moruya based IRB brought a fourth person to the safety of the beach before heading back out with lifesavers Ken and Mick Bellette, and Ben Ralston. A short time later the missing girl was located by the lifesavers and pulled from the water. CPR treatment was administered while the IRB raced to shore where paramedics were waiting. Unfortunately, despite the best efforts of everyone involved in the rescue, the young girl was unable to be revived. The lifesavers involved showed great strength and courage in the face of this very sad incident, displaying an admirable sense of duty and compassion. If not for the brave actions of the team, the result may have been an even greater tragedy.

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### **Beach Pavilion Tribute to Hero.**

In a previous issue of our 'mag' (Volume 31/Issue 4/March-April 2015) there was an article concerning a young Gallipoli veteran who returned to his Palm Beach home and subsequently, drowned in heavy surf 100 years ago, while trying to rescue a swimmer.

Douglas Marks, 24, was picnicking with his fiancé at Palm Beach on January 25<sup>th</sup> 1920 when the swimmer got caught in a rip and Marks bravely went to the rescue. The opening of Lieutenant Colonel Douglas Marks DSO, MC Pavilion is planned to coincide with a commemoration this month marking the centenary of his death.

Northern beaches Mayor Michael Regan said Mark's death was a leading factor behind the formation of the Palm Beach Surf Life Saving Club the following year.

A council proposal to rename the Pavilion was put out for community consultation in December and received overwhelming support. Marks was the youngest soldier to ever be made a Lt.Colonel and a legend in the 13<sup>th</sup> Battalion. A brave hero.

## ANOTHER 'BLAST FROM THE PAST'...

From a previous issue of 'our mag' we mentioned the recent swimming requirements for the annual proficiency test along with the complaints and changes etc over the years.

Back in the early years of surf lifesaving (1907 etc), the earliest swimming requirements were those of the Royal Life Saving Society to gain the Proficiency Certificate : a hundred yards breaststroke, and fifty yards on the back with the arms folded. Strangely enough, this award was a compulsory requirement for admission to a surf club for many years.

There was no rigid requirement that aspirants must first pass a stiff swimming test before being admitted to Probationary Membership. These requirements went but a short time uncriticised. Bondi SBLC was not three months old before there was a clamour for the institution of an 880 yards stiff test swim within a time-limit to be decided by expert rough-water men. It was pointed out, however, that such a requirement, at that stage of the club's struggle for establishment, would strangle it out of existence.

Not only Bondi men were far-sighted in requiring a solid measure of a man's ability. At this stage after probationary membership and a test swim, a candidate for club membership must further gain, within a stipulated period (or otherwise resignation from the club), the new requirement of gaining the Bronze Medallion award of the S.L.S.A.A.

For some this too was not enough and men like Harold Baker, then captain of Coogee Surf Brigade pointed out "that the right type should be encouraged by limitation of membership privileges to those able to gain the award in heavy seas. As it is" he continued," there are some who contrive to gain admission to these (surf) clubs who would be hard put to it to save themselves, let alone others, in any difficult situation".

Baker was also concerned that examiners, in some cases, were far too lax and that quite mediocre swimmers contrived to gain this award. The first Bronze squad was put through at North Steyne on 2<sup>nd</sup> April 1910, but the gaining of the Bronze Medallion remained purely optional until about the mid-twenties. The Proficiency Certificate of the Royal Society remained the compulsory requirement for admission to a surf club for many years.

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AND talking about swimming...A REMINDER...

*SUNDAY MAY 3<sup>rd</sup> 2020 THE ANNUAL MOLLYMOOK OCEAN SWIM..*

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EXPENSIVE WASTE... More than \$10.1 billion worth of food bought by Australians ended up in the bin last year---an increase from \$8.9 billion the previous year according to Rabobank's *Food Waste Report*. It found the average Australian household wasted \$1026 of food a year, while less than three out of 10 understood the environmental impact. The main reasons for food waste included not knowing what to do with leftovers, buying too much and changing plans.



\*\*\*\*\* **“ Did you know that** Scientists and Manufacturers are urging people to re-wear T-shirts, instead of washing them after one use, in an effort to reduce the number of micro-plastics polluting our waterways. (recent) Research has found that more than 700,000 micro-plastics enter waterways from just one load of washing.”

\*\*\*\*\* **Another quote**...“I can’t stop but I think of the human toll (of the recent bushfires), or of the news that over 1 billion mammals, birds and reptiles (plus innumerable numbers of insects) have been directly or indirectly killed by the Australian bushfires.”

\*\*\*\*\* **Another quote** handy in these dreadful times of great loss... “I had heard about **debriefings**, but never really understood what they were. James defined a debriefing as ‘a **psychological, educational and cognitive process that is designed NOT to make you forget disturbing events, but to place them somewhere so that you can move on**’.

Our team was told that we would all have a ‘ redeployment debriefing’ with James before we left the mission in order to prepare us to adjust to our normal lives. “ [p.247 *The Bone Woman*..Clea Koff.

\*\*\*\*\* **Recycling ‘bonanza’.....** As was mentioned in a previous issue of our ‘mag’ there is money to be made in recycling bottles and cans. There is little doubt that the government scheme is a great success and last year our club raised over \$5000. So far this year \$1325 has been raised. This goes somewhat to making up for the cancellation of our annual door-knock appeal. As you are aware the dreadful conditions of the New Year made it impossible to conduct the appeal. As you can see from the President’s message YOU can help by putting your hand up to help man the gates at the up-coming Milton Show. By the way thanks again to Kevin P, Garth and Lyn B, Phil Hogan and various other helpers who front up to put the cans and bottles through the recycle centre.

\*\*\*\*\* **Beach ‘clean-up’ — a success.....** The first day of Autumn last Sunday was a beautiful day on the beach and 16 members fronted up for the annual clean-up. This extended from North Mollymook around to Collers Beach. A reasonable amount of the usual litter was picked up. However what was noticeably absent were bottles and cans. There is little doubt that the recycling mentioned above has had a positive result as most people now recycle these items. Grandparents in particular see it as good pocket-money for their grandchildren. Thanks to Ken Banks and Monica Mudge for organising and also to Mollymook Golf Club for providing coffee and scones at the finish.

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**An early reminder... Coming up in May our next IRB driver’s and crew person’s course will be starting. Names to Emma or John, we need you!!!!**



The Milton/Ulladulla triple 000 Ball is on again this year. Let's support all of our local services by getting a table or two together from the Mollymook SLSC.

Please let Samantha Crockett know if you are wishing to attend.

0410552116- eight to a table.

"It was a terrific event last year".

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\*\*\*\*\* **A 'BIG THANK YOU' to @harriesbondi .**



We would like to give @harriesbondi from Bondi Rescue a massive thank you for coming down and having a chat to our new Bronze and SRC squad yesterday on their first day of training. Also for the many tips on Board Training to our junior members.

You were very insightful and we are very appreciative that you offered your time.

As they say, 'once a clubbie, always a clubbie!'

"As you can see Harry we took your words to heart and a couple of weeks later here we all are, having passed our BM and SRC exam with flying colours." The successful squad.

And we will let Monica Mudge have the last words... *"to harries Bondi Rescue and Em; you have been a real sparkle in the dust for our community the past few weeks. We love you XXXXX!"*

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## **COMPETITION...The 'Black & White Caps at the Front !!!'**

Members of our competition team have already shown they will be a force to be reckoned with at the NSW State Titles and then at the Australian National Titles later on.

The first Major event of the calendar was the 2020 Surf Life Saving's Interstate Championships held in Queensland where over 140 elite athletes battled it out for the prestige of winning this 'state of origin' carnival. Mollymook SLSC members Jack Bridges (Youth NSW), Sam Zustovich (Open NSW), and Brock Scrivener (NSW Country Open) all

Next issue will have a full run-down of the major titles with a large team competing, including in the Master's categories. as some of our greatest 'beachies' are out to relive the glories of the past. Hopefully the 'hammies' are up to the strain of running on the sand. All the best.

were instrumental in helping their teams to success with the Open NSW team making it three Interstate Championships in a row, narrowly beating Queensland. In the Youth Pathway Cup the NSW Youth team also retained their winning streak.

Soon after it was the NSW Country Championships and the small Mollymook team made the long journey north to Kingscliff Beach. Karla Jones showed she has the speed to burn and produced two eye catching results, getting the golden double in the U 15's sprint and flags. Olivia Greenhalgh also sprinted to gold in the U14's sprint and a narrow second in the flags. Todd Muller in the open men's beach flags was also narrowly beaten into the silver medal. A number of other competitors did well and enjoyed the competition. A number of Mollymook Nippers also performed well making finals and semi-finals in the tough competition.

It was then the turn of the local boat crews to take to the water in the 3 day ASRL carnival at Mollymook Beach. This is the biggest stand-alone surfboat racing event in Australia with 328 clubs represented with over 3000 competitors. Mollymook had six teams competing with 4 men's and 2 women's crews, The A reserve men's had a strong result reaching the semi-finals. Under the conditions all crews performed above expectations.

A week later Mollymook enjoyed a very successful (seniors) South Coast Branch Surf Championship held on Saturday at Gerringong. Unofficial results to hand included: Tony Ireland; 1st in the board & iron-man events, 2nd in the ski and surf race Karla Jones; 1st in both the U/15 sprint and flags. Kellie Sandstrom; 3rd in the swim, 2nd in the board and unplaced in the flags. Dave Tudor-Jones; 3rd in the iron-man, 2nd in the board and 1st in the ski. Ed Macartney; 4th in the board and 5th in the surf race. Nat Johnson competed in the 40+ age category and claimed 1st in the sprint and flags and 3<sup>rd</sup> in the board race. Robbie Scott was 1st in the 50+ board race, iron-man and ski races Simone Scott was 1st in the 40+ female board race, 2nd in the sprint and 3rd in the flags. The Masters team of Tony Ireland, Dave Tudor-Jones and Paul Burton came home 4th overall in the Taplin and 1st in the masters category.

Great day for our nippers at branch carnival! Plenty of medals going home and even more smiles!! You all should be very proud of yourselves. Your club is proud of you for your fantastic effort and sportmanship! GREAT DAY!!



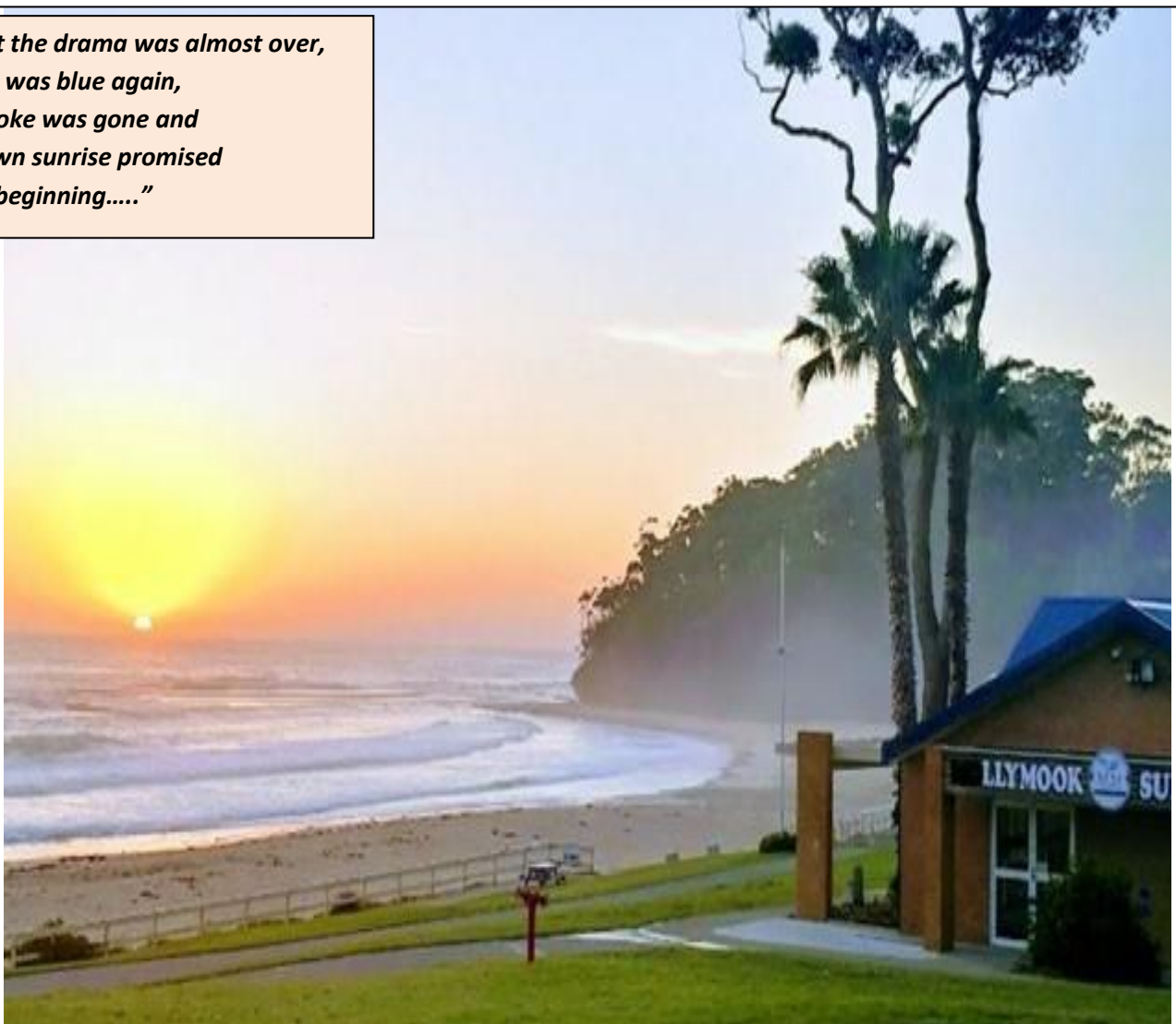


## THE LAST PAGE.....

This issue of our 'mag' marks a period of time the like of which we haven't seen in our lifetimes. It has been a time we won't forget and for many of our fellow residents on our beautiful South Coast, it will be a complete re-building of lives shattered by the bushfires. If you have problems coping with what has happened over the last months our President wishes to remind you that

*" we have in our Club a number of Member Protection Officers among which we have a qualified Mental Health First Aid Officer. Annette Chapman, who is our Deputy Director of Lifesaving and a wonderful Training and Education Officer, is available to assist members who may need help in this important mental health area. So please if you have trouble coping with the aftermath of the fires, don't feel well and need to talk to someone for assistance, Annette is available at any time to assist."*

***"At last the drama was almost over,  
the sky was blue again,  
the smoke was gone and  
the dawn sunrise promised  
a new beginning....."***



..."As you pack away the detritus of the last months, ask a neighbour, fellow surf club members, or even strangers to join you for a drink on the deck, or call a friend you haven't spoken to for awhile. Be interested in how they are and be honest when they ask how you are. **Then watch the magic happen!**

*[Dr.Alex Haines..Regional Manager of the Illawarra/Shoalhaven Suicide Prevention Collaborative.*

**"That's all for this issue, see you on the beach! The Editor....."**