

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

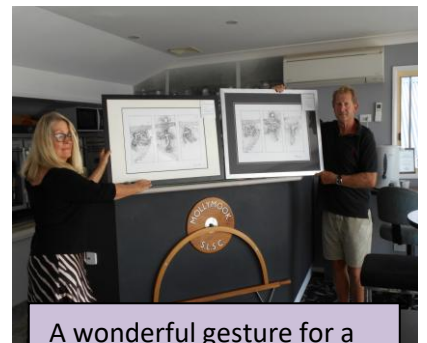
85 YEARS

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."

After 36 years of publication our 'Mollymook Mag' has reached its final edition. It has been a fulfilling journey for the Editor and thanks for all the support. Past copies are archived on our website..mollymook surf.com.au for people interested reading many of the back copies.



A wonderful gesture for a helping hand..more inside.

# Mollymook Mag

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

Volume 36- ISSUE NO: 5.....June/July 2020.

After the covid19 epidemic is over, what then for our Mollymook SLSC? What are some of the changes likely to be encountered by the members and the management committee? Are we prepared to move with the changes that will manifest themselves? Will the Club just let things meander along and hope that people will just be there to help the club along? The old attitude that 'somebody' will put their hands up to take control; will this be sufficient to get the club up-and-running to meet the changes.



*"It has been a dreadful start to this year and one we won't forget, but we do need to focus on the future and I hope all members will take this on board."*

President's Report...Dear Members,

It is with deep regret that this Issue of the 'Mollymook Mag' shall be our final Edition. This 'mag' has been a huge part of our club for the past 36 years, reporting on all aspects of Club activity, surf lifesaving news and forth-coming events, among many, many, interesting topics and events, plus surfing history. Our Editor, after all this time, has decided to retire and therefore I sincerely thank him for this wonderful newsletter/magazine over such a long period of its production.

I also wish to offer my condolences to Rosemary and family, of our Life Member and Long time member Dave Burke. Dave passed away recently and this wonderful fellow will be sadly missed. He had filled the role as our Club's chief radio officer and carried out active patrol duties as a radio operator until his passing. When restrictions are eased we will be conducting a ceremony to recognise his contribution to Mollymook Surf Club and Surf Lifesaving in general.

I am not going to say much with regard to the COVID-19 restrictions and effects that this is having on our Club, other than to say that we have suffered immensely as regards our fund-raising. At the same time I also wish to sincerely thank Surf Lifesaving NSW for their very generous support (see the previous article), that they have given to all NSW clubs. Might I mention too that we are still suffering from 'bush-fire' financial hardship with our local sponsors not being able to support us in their usual generous manner, so that the help from SLSNSW is very timely.

I would also like to thank member Annette Chapman who took on the role of Covid-19 Safety officer for her wonderful effort in devising and putting into operation a very successful plan. As a result our Club is slowly becoming operational with strict covid-19 plans in place. A sign-in register is at the main entrance to the Club and main hall with hand sanitiser, paper towels etc available and numbers of members allowed in the gymnasium, showers, toilets, upstairs members area and the main auditorium displayed.

At this stage, hopefully, the 2020/21 surfing season should commence around the end of September as normal. Our AGM which is normally held early August shall probably be shifted to a later date towards the end of August.

You shall be advised of date and time changes accordingly as restrictions are eased, or even put into place again if required; all is uncertain in these times.

Shoalhaven City Council have in planning, and will be installing, additional cycle storage and public beach showers in front of our clubhouse. These are well overdue and I'm sure much appreciated by all beachgoers. So thanks for their support in this matter.

Finally another area we are looking to improve and update is our gymnasium. It has been a wonderful asset over the years to our club members, but the time has come to rejuvenate, update and improve the safety for our members. This will be carried out in stages, depending on finances of course.

Hoping for your support in the coming 'new decade' of Surf Lifesaving.

Keep Safe....

Rod Austin OAM...President.

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**EDITORIAL...** At the 2006 South Coast and Far South Coast Club Conference held on 16<sup>th</sup>/17<sup>th</sup> September at Bateman's Bay 2006, the new NSW SLSA President, Mr. Brett Harrod, related his vision about where he wanted to see Surf Lifesaving in the year 2020. He stated then "that our driving force is **"Saving Lives in the Water"**. But, we needed to improve as people were still drowning... not between the flags, but elsewhere, so we were faced with these challenges;

\*\*\* we can stay between the flags and change our mission. But we will see our role shrink as competition ( from the lifeguards) increases;

\*\*\* or we can grow and stretch our capabilities...move beyond the flags and fulfil our mission to save lives.

\*\*\* However there were many challenges."

Over the past two decades here at Mollymook we have grown and stretched our capabilities (our Support Services group, our three-beach patrol policy) due mainly to YOU our special members, but we still face challenges in the years ahead from 2020 onwards.

The attitude that 'I just want to do my patrols' and not partake in other activities, will not help our surf lifesaving movement and our club along into the uncertain future, post covid 19! The Editor has stressed a number of times over the past decade that we must revitalise each and every aspect of our club. We must take a long, hard look at it all; if we

don't, the impressive legacy we have built up over many past seasons, will not be sufficient to stop the downward spiral. We need fresh and innovative ideas, we need fresh members on the management committee to take over from the old committee, some are jaded and worn-out from shouldering the burden for too long. The start of the new decade 2020/21 and hopefully the end of the dreadful pandemic, we should use as an impetus to reinvigorate this wonderful club. The alternative is not worth contemplating.

**Need motivating...** these words from SLSNSW published on 30<sup>th</sup> May could help...

**"It was certainly a season of unprecedented circumstances. Some of us broke records, some did our first rescue, completed our first award and some took on club positions. Some of us stood up during the most testing of times to support our communities.**

---- Together we are **STRONGER**;

---- And will continue to **THRIVE**.

---- We are **FRIENDS & COLLEAGUES**;

---- We are **FAMILY** and our Clubs are **HOME**."

THANK YOU TO ALL 76,000 MEMBERS.

MORE THAN EVER YOUR CONTINUED SUPPORT WILL  
BE NEEDED IN SEASON 2020/21.

As this issue is the last one and we close the 'Mollymook Mag' down after 36 years of publication, may I indulge you all with a series of recollections from past issues of the 'Mag' and other club activities. *The Editor.*

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**Rescue....rescue....rescue!!** This segment has featured many of the heroic deeds that our past and present surf lifesavers have performed in over 110 years. Some have been researched and written about by the late Chris Conrick, a past member of Redhead SLSC and a Life Member SLSA, others from various other publications; some from rescues in other countries. It is hard to judge which stand out above the rest. In our club I think that one rescue does stand out as being outstanding and I feature it again; it involves the 24 hour call-out team and the IRB in a rescue in total darkness, and the most dangerous circumstances. If you have ever seen the 'upside-down bridge' over the Clyde River in full flood you would marvel at this rescue.

In April 1989 Police received a report that a camper (suffering from hypothermia and shock) was marooned on the banks of the Clyde River. He had lost his car and caravan in savage floodwaters and was in a bad way. The Mollymook SLSC IRB was called upon by the Police to affect the rescue. In total darkness and in an unfamiliar area, the crew of Michael Pontefract and Tom Law crossed the raging, flooded river guided (in part) by car headlights and a police light, to rescue the man in what were dangerous circumstances.

Michael Pontefract's (edited) statement relates the incident. "We got the call from the Police at about 7.00 pm on a Friday night, it was a cold and wet night—it had been raining for several days. The only advice we had was that the rescue was at the upside-down bridge."

"When we got there Peter Rean , (Milton police) was already on site in a Police paddy wagon which had a search light that only illuminated the centre of the river which was about 75m out from the flooded roadway. (We were in the cutting that leads down to the bridge which was entirely submerged.) The first thing that I remember seeing was a large log careering down the river."

"We launched with the aid of a Dolphin torch, not being able to see the other side of the river and without having any real idea where the stranded camper actually was. Tom did a magnificent job of leading the IRB into the roaring river—the velocity was such that without entering the flow at the right angle we would have flipped. We had to negotiate the main flow so as not to get pushed downstream without any chance of getting to where the camper was on the other side and (then) back to our vehicle. Tom landed us right on the roadway on the other side in pitch (black) darkness much

to the surprise of the stranded camper who was very glad to see us. His car and caravan were totally submerged and wrapped around a tree. The camper was very cold and wet having nothing but the shorts and shirt he was wearing.”

“We then proceeded to get back to the Police van and our vehicle on the other side of the river, this time with the extra weight on board and needing to make sure that we did not get washed downstream.”

“Tom’s expertise on that night was simply outstanding.”

If you have ever seen the Clyde River in full flood raging over the top of the ‘upside-down’ bridge and with all sorts of large debris being transported down, it is a fearful sight. To cross, over and back, in an IRB under these conditions and in the inky blackness, with the knowledge that any mishap would be almost certainly the end for the crew and the patient, required courage and expertise of the highest order.

[For some reason this rescue was never recognised by surf lifesaving for what it was... a rescue of the highest order.]

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If our Bronze Medallion could talk....it would tell of many of the epic rescues carried out by our fellow surf lifesavers over many years. We have featured many of these in our ‘mag’ over the past 37 years. The question often asked is which one is the greatest? What a question and how would it be judged...almost impossible, so that the one our Bronze Medallion has decided on; of the many hazardous and difficult rescues, is the one the ‘Mag’ featured in the December 2002 Xmas issue. This rescue took place on Deewhy Beach on Sunday, February 22<sup>nd</sup>, 1914.

*AN EPIC SWIM...ONE OF THE GREATEST IN OUR HISTORY... AND IT WAS AN MAGNIFICENT, BUT HEROIC FAILURE.....AND IT WAS AWARDED THE FIRST MERITORIOUS AWARD IN OUR HISTORY FOR A RESCUE IN THE SURF.*

On a tranquil day, hot and sunny, about 200 people were bathing in the surf. The waves were small, breaking about 50 yards from the beach and running to the shore in even, foam crested breakers. The usual patrol was on duty and further along the beach the club’s R & R team were receiving instruction from the club’s chief instructor, J.J.K (Jack) Taylor. There was no indication of impending disaster.

Suddenly the whole aspect was transformed. An unexpected, large wave, riding over a lesser wave, caused a sudden undertow, and in a few minutes about a dozen bathers were dragged into deep water, fighting to keep afloat in a swirling surf. The patrol went into action immediately, and they were assisted by other members who happened to be on the beach, and by members of the R & R team.

Anderson and Swinbourne, two club members slipped into belts and made rescue swims. In the meantime, other members had swum out without belts to support distressed surfers. Another beltman, W.Knight, swam out with two lines joined. When he reached his objective, he was amazed to find that it was his own brother, Oliver.

In a comparatively short time everyone was rescued except for two boys, Ronald Starkey and William Overton, aged 14 and 16 respectively. Somehow they had been missed by the rescuers and were soon well out to sea.

A club member, A.Darley, went to their assistance without a line. He reached the lads and supported them until a man with a line came to their aid. While being pulled back to the beach, a wave, breaking short, separated rescuer and rescued and the two boys were again carried out to sea. In a matter of minutes they were more than 300 yards from the beach and being carried further out towards Long Reef.

**Then came one of the greatest swims in the history of Australian surf clubs...a epic that has few equals.**

H.Lingard, a club member, set out with a line about 200 yards further north along the beach in the hope that, from this point, he would be able to swim outside the cross-rips that had formed. When Lingard began his swim, Starkey and Overton were nearly 600 yards out to sea, gradually becoming separated, but fighting valiantly to stay afloat in a swell that occasionally lifted them high enough to be seen from the shore.

Swimming strongly and courageously, Lingard soon used up the 400 yards of line attached to the reel. Another line was quickly attached to the first one. Frequently the buoyancy of the huge corks in the belt around his chest caused him to be borne back towards the beach or carried sideways from his objective.

Then seaweed began to collect on the hemp line as it trailed along the floor of the ocean. A few club members followed the line out, holding it above their shoulders when they trod water, and tore seaweed from the line. Some pieces of seaweed were as large as a man's body and nearly as heavy—a terrific handicap for a swimmer to tow.

Before long, Lingard, had used up the second line. He now had to pull 800 yards of line through the water. A third line was added and Lingard kept on swimming. However the effort was beginning to tell....and he was still a long way from the two boys.

His swimming stroke became slower. He would rest for a few moments, then begin again, but watchers on the beach could see that the effort was proving too much for him. The long, long, trailing line, the heavy belt, the seaweed and the rough water were gaining victory over stamina and courage.

Eventually he was forced to signal that he was abandoning the rescue and wanted to be pulled back to the beach. He had been battling through the waves for nearly an hour. Human endurance could not sustain him any longer.

**Lingard's effort was a magnificent, heroic failure. Back on the beach he was so exhausted he collapsed.**

The position of Starkey and Overton now seemed hopeless. Then Jack Taylor, the club's instructor, conceived the idea of launching a boat in a last, desperate effort to save the lads. Information was forthcoming that a row boat was available at a house a hundred yards away. It was brought to the beach. A 12 ft craft looked the least likely thing to go through the surf. Then it was discovered no oars were available. Fortunately a car was parked near the beach—an uncommon sight back in 1914. It was requisitioned and a search for oars was successful. H.Duckworth, a member of Maroubra Surf Club volunteered to accompany Taylor and act as bailer in what looked like a hopeless attempt to rescue. Miraculously, the boat negotiated the breakers, although many times it appeared to be swamped as it was lost to view in the trough of the waves.

Starkey was the first lad sighted. As the boat neared him, he called, "Hurry up. I'm getting tired,"

A little later Overton was picked up, floating on his back semi-conscious. Gently he was eased into the boat.

Back they turned, with Duckworth working strenuously with the bailing can. The extra weight on board had reduced the freeboard to a slender minimum. As they approached the breakers once again, the two men gritted their teeth for the ordeal that was to come.

Starkey was blue with cold and shaking with nervous reaction and exhaustion. "Before we were separated," he said, "we shook hands. We never thought we would see each other again." Overton hadn't moved since he was laid on the floor of the boat, but the rescuers were sure he was still breathing.

Taylor negotiated the first two waves by 'riding on their backs'. As the wave approached he back-pedalled towards it, then paddled forward as soon as it passed under. Disaster came with the third wave. The boat gave a crazy lurch and shudder, and over it went. All four were thrown into the sea.



However, club members, anticipating something like this might happen, were ready to complete the rescue. The time was 2 o'clock...the boys had been in the water for more than two hours!

Though it was the men in the boat who made the rescue, glory must go to Lingard for his magnificent swim. His attempt to reach the boys showed them that they were not forgotten, that efforts were being made to rescue them; and this undoubtably added to their will to live.

Later, a public meeting was called to recognise the bravery of the rescuers. On April 14<sup>th</sup> 1914, at the Empire Hall, Brookvale, Taylor, Duckworth and Lingard were presented with gold medals.

Medals were also presented to Anderson, Darley, Swinbourne and Knight.

***This was the first occasion that meritorious awards were made publicly to surf lifesavers for rescues in the surf.***

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**'On the Spot'!!!** In early January 1987 'Treacherous Seas Kept (Mollymook) Surf Lifesavers Busy', according to the Times newspaper. On Sunday 4<sup>th</sup> January the Mollymook surf patrols were **'on the spot'** when large crowds were on the beach in what were some of the most treacherous conditions seen at Mollymook for many seasons. Patrols at both ends of the beach were kept busy keeping swimmers under surveillance as the changing tide produced severe rips. The big waves at the southern end of the beach were responsible for sweeping a small girl into the storm water drain under Golf Road. Prompt attention from **'on the spot'** lifesavers and some bystanders, prevented a tragedy when they managed to find and drag the terrified girl out of the drain. Apart from scratches and a terrible experience the girl came to no harm.

Later on in the day a number of serious situations developed, but luckily patrolling lifesavers were **'on the spot'** to guide and assist swimmers back to safety on the shore. Cloudy conditions then sent everyone home, but as so often happens, a return of the sun around 4.30pm saw the return of the swimmers.

However, the seas had become even more dangerous and as the patrol were deciding to close the beach, four male swimmers entered the surf and were quickly swept out to sea. The patrol **'on the spot'** quickly reacted and sent three members with rescue tubes out to the panic-stricken swimmers. Two lifesavers reached the furthest swimmer and returned him to shore. Another swimmer was dragged out in an exhausted condition by other lifesavers and was immediately given oxygen. He was also treated for shock before recovering enough to be taken away by his mates. The remaining two who were being washed towards the shore were also retrieved by the patrol and both also treated for shock.

The IRB which had been launched into the rough conditions after some difficulty, surveyed the area before returning to shore. Meanwhile, the north end patrol were also very busy as a rip also swept people off their feet, and the **'on the spot'** surf lifesavers assisted many people back to shore. One elderly man however was swept out further and needed rescuing and treatment when he was returned to shore, full of water and in a very exhausted condition.

In all, Sunday was the worst day experienced for many seasons and stressed something that Australian swimmers have known for decades...that is, the value of the Surf Lifesaver **'on the spot'**.

Boxing Day 1994 the a.m. patrol of Len Bolin's and the p.m. patrol of Andrew Hogan's all fronted for duty when they too would be placed **'on the spot'**. The oft repeated complaint *"that nothing ever happens on patrol"* was going to be well and truly put to rest.

When Len's patrol fronted for duty they found at Mollymook, moderate seas, a fine summer's day with a steady SE wind, and the first of the large crowd of holiday-makers eager to enjoy their time at the beach. What gave the day an ominous air were the dangerous rips along the beach and especially at the southern end.

It proved to be an explosive situation !! Between 9.00am and 1.00pm Len's patrol were 'on the spot', and had rescued 38 persons. Seven rescues were carried out with no gear, 11 with rescue tubes, 17 with rescue boards and 3 with the IRB.

There was little respite for the p.m. patrol of Andrew Hogans' with 20 more rescues being logged with mainly the IRB between 1.00 pm and 5.00 pm.

The Narrawallee patrols were also placed 'on the spot' with 10 more rescues being logged in the more placid waters there.

**In all, 68 rescues for the one day—a record for Mollymook Beach. Of course many preventative actions were also logged; over 70, but members did lose count.**

Over 31 club members were logged on patrol that day and for them '*something did happen*' and they were 'placed on the spot' by the dangerous conditions They did a tremendous job and their vigilance avoided any loss of life.

The 'mag' has repeatedly asked the question "What will you do when YOU are placed 'on the spot'."

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\*\*\*\* "Hey Juniors...." None of you were around in 1969, so here is a little game of "REMEMBER WHEN..." which you can play with your parents...see if they can remember when...

..... Sunday night was one word DISNEYLAND !!

..... You played; Cops and Robbers, Cowboys and Indians, Zorro.

..... Spinning around, getting dizzy and falling down was funny.

..... There were two types of sneakers for girls and boys and the only time you wore them at school was for PE

..... When nobody owned a purebred dog.

..... When twenty cents was decent pocket money, and another twenty cents was a miracle.

..... Milk went up one cent in price and everybody talked about it for weeks.

..... When nearly everyone's mum was at home when the kids got there after school.

..... It was a great privilege to be taken out for dinner at a real restaurant with your parents.

..... When any parent could discipline any kid, or use them to carry groceries, and nobody thought a thing about it.

..... Teachers could threaten to keep kids back a class if they failed.....and they did !!

..... When being sent to the Principal's office was nothing, compared to the fate that awaited a misbehaving student at home, when dad found out.

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MEMBERS... As this issue of the "Mag" goes to the printers the tentative date for our next

**Annual General Meeting** has been set for the **13<sup>th</sup> September 2020**. If

there are any changes to this it will be publicised on our Facebook page/ Times newspaper and 'word of mouth'. If covid restrictions are still in place certain protocols concerning numbers and spacing will also be publicised. Please attend this very IMPORTANT meeting.

(From the 'mag' of May/June 2009...) OK, OK, OK, I shouldn't have asked the question in the last issue about patrols. It was only a rhetorical one and we didn't expect answers. A number of you did tell me what you would rather be doing than carrying out a surf patrol and we were overwhelmed. Answers ranged from "sleeping in on a Sunday morning"; to "spending time with the family"; "going for a nice leisurely drive down the coast"; "bushwalking in the beautiful Budawang"; "fishing in Narrawallee Inlet with the kids"; "resting in the shade in a hammock, reading a good book"....etc, etc, etc,.....  
**BUT EVEN SO** most of you still maintain that providing a Community Service is also **SPECIAL** and that you were glad to be able to find time to fit it into your busy life.....

.....**AND OF COURSE, YOUR COMMUNITY THANKS YOU FOR IT !!!!! BE PROUD OF YOUR EFFORTS AND COMMITMENT.**

## A Blast From the Past...

This is a Tobacco Smoke Enema Kit from the 1750s. It was used to put tobacco smoke into a patient's rectum to resuscitate drowning victims. Doubts about its credibility led to the popular phrase "blowing smoke up your

This tool is still used by governments.



A popular segment in our 'mag', Volume 23 (2006-07), featured many of the methods used to try and resuscitate drowned victims, leading up to of course, the more efficient and modern use of expired air resuscitation.

It is hard to believe that stimulation of the drowned victim by means of rectal fumigation with tobacco smoke would have been successful, but there is anecdotal evidence to suggest that it was used successfully by North American Indians, and American colonists and then introduced into England in 1767.

(However the practice was abandoned in 1811 after research by Benjamin Bradie, when he demonstrated that four ounces of tobacco would kill a dog and one ounce would kill a cat.)

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In the last issue of our 'mag' there was an article ['Finances depleted'](#). This mentioned that our club would have to live through a period of "belt tightening" over the immediate future until conditions return to normal and we can continue on with our fund raising.

Since then financial analysis by Social Ventures Australia and the Centre for Social Impact at the University of NSW, show that Australia's charity sector (which includes surf lifesaving), is teetering on the edge of a cliff. It further mentions that about one in five charities may close....and that nearly 90 per cent of charities could record an operating loss.

"When fundraising gets cancelled, or a door-knock can't go ahead, non-profits (like our surf club) are faced with the difficult decision of cutting services or cutting jobs." With this in mind a funding package has been put together by Surf Life Saving NSW and is designed to support clubs as they open their doors and re-engage with their members in the lead-up to the new summer patrol season.

"The funding package is one of the biggest single injections of funding to clubs ever made to Surf Life Saving Clubs, who along with business and the community in general, have felt the effects of the COVID-19 pandemic acutely. Many surf clubs have lost significant income from the loss of revenue streams such as functions and venue hire and loss of sponsorship support due to the economic downturn," said President George Shales.

**"To enable this, the SLSNSW Board has approved a financial support package totalling almost \$1.2 million," Mr Shales said.**



CEO Steve Pearce said that in developing the unprecedented support package, many factors affecting clubs were taken into account - including the loss of trade to generate revenue, the closure of club facilities and the inability of members to train to remain proficient and physically and mentally fit and engaged.

"We identified many impacts and significant threats to both the safety of our volunteers and the ability of clubs to resume operations and meet their patrol obligations for the upcoming season," said Steve Pearce.

The package is based on reimbursements to clubs from fees paid during the 2019/20 financial year from a variety of sources, including affiliation fees, state sport event entry fees and insurances. Each club will get a different amount, depending on their size and outlay in these areas.

The intent of the package is for clubs to use the funds to re-engage existing and recruit potential new members, to ensure the club has adequate patrolling members for the new season.

“This is a major Surf Life Saving recruitment and retention campaign and we want this to be the reintroduction, re-invigoration and re-vitalisation of our membership, both current and future,” said George Shales.

“Essentially, we are celebrating who we are, what we do and welcoming all our current and future members home to Surf Life Saving,” Shales concluded.

This is welcome news and we must play our part in helping things to return to 'as near normal' as possible.

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**\*\*\* WINTER OCEAN SWIMMING**.....yes....**BRRRRRRRRRRRRRRRRRRRRRRR!!!!** most of us say, and the mere thought of it turns us off it. However the stalwarts in our and other clubs along the coastline relish this form of torture. As one committed swimmer recently said....."*When you first get into cold water, it is such a shock and everything wills you to get straight out again. So I have a little rule to cope with this. As soon as my feet touch the water, I need to keep going until I am completely submerged. I am not allowed to stop. I go steadily but not slowly or it just draws out the agony.*"

The physical and mental benefits of winter swimming are much discussed among swimmers although there is little scientific evidence thus far as to its advantages. Cold water certainly stimulates the stress response and repeated immersions reduce that reaction.

It is thought that this reduced stress response carries over into life's many other stresses. Cold water is also known to reduce inflammation, which may have physical health benefits.

But, cold water swimming can be extremely dangerous. Each person reacts differently, depending on acclimatisation and body-fat ratio. Sydney's sea temperature drops to an average low of 17 degrees C in winter. Any temperature below 21 degrees C is considered potentially dangerous for swimmers.

A two degree drop in body temperature leads to hypothermia, so winter swimming is not something to leap into without preparation.

*"The connection with others is one of the most important things. You have something in common, you are doing something hard together and there is a shared sense of achievement."*

*(This was part of an article written by Seana Smith and which appeared in the Sun-Herald of 28<sup>th</sup> June 2020)*

(AND of course, besides the cold water and the danger of hypothermia, there is always the unexpected chance that you could be sharing the water with the 'man in the grey flannel suit'. Jan Humphries had this experience very recently when she looked down to see swimming along below her, a sizeable shark, just cruising along.)

Recently as most readers would be aware, there have been a number of fatal shark attacks with three North Coast of NSW fatalities. Once again there are those that support the slaughter of these animals from our oceans. But we need to keep it in perspective....for every one shark-related human fatality, we kill 10 million of them—roughly 11,000 sharks every hour. [As Jean-Michael Cousteau in 2005 wrote..](#) *[“Our goal is to dispel the myths and correct the inaccuracies that](#)*

*make the sharks the object of human hatred. Our message is clear. Unless we curb the killing, we will forever destroy one of the planet's most magnificent species."*

AND just to conclude this above small segment on sharks. On a 'lighter note' congratulations to Sgt Sean Phillips on his retirement from the NSW Police Force after a long and distinguished career. His passing out parade was held just recently. Back in 2006 our 'mag' wrote a par advising members not to buy any used second-hand speedos from member Sean Phillips, after he was forced to shelter under a ledge near Bannister Point. Sean was scuba diving when a large shark menaced him and his diving partner.

Some good advice from 2010.... Thou shall not torment sharks beyond the line of breakers, lest thy fellow (surf club) members have to dob in for a wreath..

## **WOMEN CELEBRATE 40 YEARS AS SURF LIFESAVERS.....**

**Wednesday 1 July 2020 marked 40 years since women were given the opportunity by Surf Life Saving Australia to achieve their Bronze Medallions, don the iconic red and yellow patrol uniform and actively patrol Australian beaches as surf lifesavers.**

Prior to July 1980, women's roles in Surf Life Saving Clubs were restricted to support and back-office functions. With the exception of a number of women who were allowed to patrol beaches as surf lifesavers during World War II, women were prevented from participating in active patrol duties on the beach. The prevailing attitudes of many people at the time were that women weren't physically capable of carrying out an aquatic rescue in the surf.

However, Surf Life Saving Australia's National Council passed a motion in early 1980 that recommended from 1 July that year, surf clubs across Australia allow women to become active patrolling members, after successfully obtaining their Bronze Medallions.

[It is interesting to note that the North Wollongong SLSC made surfing history in the early days of surf lifesaving, when a squad of women trained by the club captain, Constable W.F.Harmer, presented itself for the bronze medallion examination of the Surf Association. Four candidates were successful, the only women who held that precious award for almost four decades.

Modern critics would have been delighted with Harmer's squad; members wore belted, braided, square-necked tunics well below their knees, nob caps, long, black stockings and surf shoes. Only the unpainted flesh of their faces could be seen.]

IN our Mollymook Club, Leanne Sak became the first female to gain her bronze medallion, N41884, on 15/12/1982; and the first all-female bronze squad gained their bronze medallions on 27/2/1983. This squad was instructed by Geoff Starkey assisted by Noel Turnbull and passed with 'honours'. The females were Cathy Marshall, Rhonda Kennedy, Karen Tetley and Joanna Kendall and they had put a lot of hard work in, and this was shown in their examination when the Examiners stated that "their water work and drill was 'first class'."

In Volume 17...January 2001 to celebrate the 20<sup>th</sup> Anniversary the 'mag' conducted a survey asking some of the present female members what they thought about being part of Surf Lifesaving. Here is a selection to honour the 40<sup>th</sup> anniversary....

---I like being able to do something for the community in which I live.-----

---My greatest joy is being able to set a good example of community spirit through being a volunteer to my son and daughter.-----

---I like the people in our surf club. They are mainly friendly and interested in a healthy lifestyle. Surf lifesaving is also an outlet from work for me. I find that we are appreciated by most of the males, although occasionally it can still be a little 'blokey', with some of the 'old world' attitudes applied in a subtle way.-----

---I joined because of the advice.. "if you can't beat them, join them". But I love the feeling of community service involved in our work, the good atmosphere and the common purpose which unites us all.-----

----Surf lifesaving is a great cause. We are helping our community by making the beaches safe. It is also good to represent Mollymook. However I do feel strongly that because of the volunteer work that we do, we should not have to pay membership fees. -----  
----- Since joining the club I like being able to meet new people. So far, I like the competition, rowing is fun. I like being able to get fit and I don't mind the patrols. However there is not enough social events for the young girls. -----  
----- Even though I now live elsewhere, I love the environment of Mollymook, so I keep coming back to do my patrols.

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### **Local Sunshine Coast clubs say Aussies will be bigger and better in 2021**

With the 2020 Australian Surf Life Saving Championships cancelled due to COVID-19, local Sunshine Coast clubs say they're ready to host the "Aussies reunion" in 2021.

Each year the Aussies attracts over 7,000 competitors and 20,000 spectators from around Australia who will converge on local Sunshine Coast shores in April next year for the nine-day event.

**CONGRATULATIONS...** To THE following members of our club who gained Branch awards for their efforts in the past season. Although the Annual Branch Presentation Night was cancelled due to covid 19, the awards were still handed out 'online' instead.

Leading the way were Payton Williams and Sam Zustovich, who were named open female and under 19s male competitors of the year respectively.

Other 'Mollymookians' to receive awards were Karla Jones (under 14/15 female); Jack Bridges (under 17 male) and Tony Ireland (masters male) all competitors of the year.

Patrol One from Mollymook claimed the honour of winning the Lifesaving Patrol Team of the Year, and well-deserved. Congratulations to Leslie Gagan and her terrific team.

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\*\*\*\* AND on the 29<sup>th</sup> August at 6.30 the Virtual awards of Excellence for SLSNSW will be 'live streamed' on the SLSNSW Facebook page.

And our club will be interested in the 'Athlete of the Year' where Payton Williams has made it into the finalists..."Well done Payton and we will all be behind you."

Also Michael Pontefract who has made it into the final group for selection as the NSW Facilitator of the Year. Although Michael will be representing Evans Head-Casino; he is 'one of ours'... Best of luck Mike you deserve to win it!!

\*\*\*\* *“They whom you see in distress, recognise in them a fellow person.”*..A toast made by R.Sullivan, the Secretary of South Brighton..circa early 1930’s...at the Entrance SLSC 4<sup>th</sup> Annual Smoko and Dinner.

*Club members help out an ex-Anglesea surf lifesaver...*(headline in our “Mag’ Jan/Feb; 2008.)

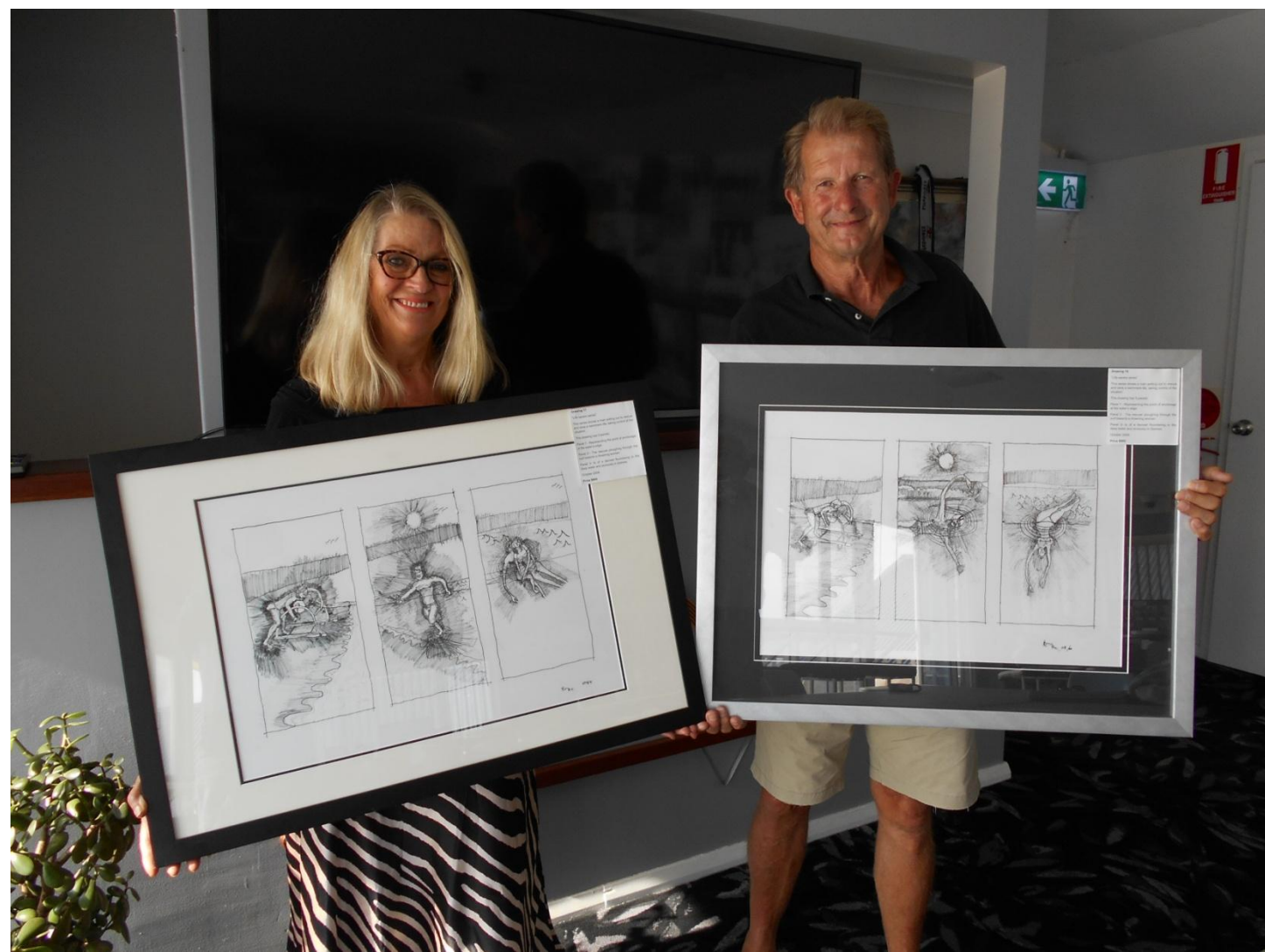
‘It is great to report that as well as carrying out their regular patrol duties, some of our fellow members recently helped out Tony Rowe and his wife Georgie from Victoria, here on holidays. Tony, an ex-surf lifesaver from Anglesea (Victoria) is affected with Parkinson’s disease and has poor balance among other problems. However he still loves to get into the surf, but needs assistance. PC Ivan Johnson arranged the beach wheelchair for Tony, which has been of great assistance, and also help and assistance from Dale Farmilo, Lee Young, George Kolek, David Allchin and Rafe Garnon on a number of occasions.’

Many thanks to these members, both from Tony and his wife as well as our Club.’

Tony who was an architect, passed away last year, but he produced two large pen and ink drawings before he passed away, to be given to our club, possibly to be raffled to provide funds. Early this year his wife Georgia made the journey north to Mollymook to present these to Club President Rod. Tony had never forgotten the kindness shown to him by our club members and this gesture was to say ‘thanks’.

And we say thanks to Tony RIP, and to also Georgia.

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Georgia made the long journey from Victoria to deliver these art works to our President Rod.



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## **The Last Page... of the Last Issue..**

**VALE...** The death of Allan Ashworth just recently saw a link with the 60's and early 70's severed, when "Ashie" passed away. Allan received his Bronze medallion No: 10676 on 5/5/63 along with Cecil Woods, Garth Brook and Russell Evans. These four then formed into a Junior Boat Crew which had immediate success winning the Illawarra Branch Championship at the end of the season. They stayed together for the 1964/65 season also enjoying great success culminating in the trip across the Nullabor to Perth for the Australian Titles. This great adventure saw them winning a bronze medal in the final.

The crew had already won silver at the NSW State titles followed by a silver medal at the International Carnival held at Whale beach; having already won a successive Illawarra Branch title. "Ashie" and the others in this crew laid the foundation for an outstanding run of success in the Junior Boat race at Illawarra Branch titles over the decade for Mollymook Junior crews, winning the Branch 6 times, coming second twice with one third placing, an amazing record.

Allan made the headlines in 1965/66 when along with the (late) Paul Turnbull, they were called out to go to the aid of a swimmer in serious difficulties off Racecourse beach Ulladulla. The male swimmer had been dragged half a mile out to sea and the two club members borrowed a surf board and a surf-o-plane from onlookers to carry out a fine rescue.

In 1967/68 he took on the role of Chief Instructor from Noel Turnbull and held this position for four more seasons. 1968/69, 1969/70, 1970/71, 1971/72. He was a popular and very able instructor and guided members through the first of the major changes about to engulf surf lifesaving; that of the changeover to mouth-to-mouth resuscitation. He was also elected as the Club Captain for 1971/72 as well. At the end of this season "Ashie" was basically worn-out. The changes, plus waning enthusiasm amongst members, and battling with trying to motivate the club as the old clubhouse fell further into a dilapidated state, were too much and he finished up his time after 10 years. *Club members of this earlier era always had fond memories of Allan "Ashie" Ashworth, a committed surf lifesaver, and offer condolences to his family.*

**VALE...** Dave Burke It is with great sadness to advise our members of the passing of Life Member David Burke .

Dave was a much loved and valued member of our Club who ran our radio room for many years incredibly effectively, and always with a welcoming smile.

Dave joined our Club in 1988 and took on the role of Club Secretary for the next three seasons 1988/89, 89/90, 90/91 until ill health forced him to relinquish this. However he did continue his active patrol work as a radio operator, patrolling each season until the end of this 2019/20 season, even completing 79 hours last season. Dave also took on the role of Chief Radio Officer guiding the club through the changes from CB to UHF and also preparing the radio operations for the digital era. His care of equipment was always paramount to him.

Dave helped out each year at the Annual Door-Knock. He and wife Rosemary were 'money-sorters' each year playing an important role in this financial activity.

Over the past seasons Dave had not enjoyed the best of health and although he found it hard to negotiate the steps up to the radio room he remained active right to the end. His commitment to surf lifesaving and his long patrol service to Mollymook club was rewarded when he was honoured with



Life Membership a couple of years ago. It was one of his last wishes to be sent out dressed in his Life member's blazer.

Dave will be sorely missed by his Surf Club family, and a memorial service will be held at a future date. *Our thoughts and prayers are with his wife Rosemary and daughters Lara and Kellie and their extended family at this time.*

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'So much of the world is in unspeakable pain right now. As individuals we have no way of easing most of it. But it feels important to say that despite all of this we're allowed, when it doesn't hurt others, to protect and nurture that which helps each of us to live fully. We have the right to joy. It's sunset now. The Garden's pruned and fed and mulched, the pavers swept, new seedlings are in the ground. All that's needed from here is everything we already have: some sunshine, some rain, and time to let it grow.' (Sun Herald)



Photo 2015 courtesy of Samantha.

Last words from the Editor..Who would have thought that the 'Mollymook Mag' would have a life of 36 years. It has been a long, but fulfilling journey which I have enjoyed. Thanks to those who have assisted with the printing of the 'mag' especially the staff of Ulladulla Printing, and our website guru Greg Cogar; and also to the Mollymook committee who have allowed me 'full control' over its production.

*The Editor.*