



TORQUAY SLSC SURF, SUN 'N' SAND

December 2020

President's Update



"Tis' the season" - Patrols have started, the boats have raced, the nippers are on the beach and the club is allowed to open more and more. Yes it feels a lot like summer. We know it all looks different from previous years but as least we are back together.

This season will be like no other as we continue to navigate back to the COVID normal as it is referred. The change rooms and gym are now open albeit with restrictions. We continue to ask members to follow the protocols in place. Breaches will mean we are forced to shut the areas back down and that is the last thing anyone wants. The consequences of breaches are the health and safety of our valued members along with substantial monetary fines. If we can all just do our part the season can continue and we can all enjoy our great club.

The bar is open every Friday night and it is great to see a cross section of members coming together outside in the garden.

Upcoming bronze is fully subscribed with COVID restrictions on numbers but the youth coming through is a promising sign the club is going from strength to strength in the core area of life saving.

It is also important to acknowledge a special thanks to each and every volunteer. This great club is built on people giving up time for our community. Without the contribution everyone makes we could not do all that we achieve year after year. Volunteers are just that, people giving up their time with the intent of helping others. The true spirit of giving.

Wishing you and your families a very safe and Merry Christmas and we look forward to seeing you on the beach.

Tiffany Quinlan, Club President



Third Wave Kiosk

Club News.....

Wishing all members a safe and happy holiday, we deserve it after the year we've all had. I'd like to thank our Patrol Captains for this year for volunteering your time to offer leadership and guidance for our patrolling members and young life savers. It's such an important role in our club and we are very lucky to have such great leaders among us.

Cam Mercer, Club Captain

Building Update

Our old building is definitely showing its age with continuous need for expensive maintenance. We are still experiencing issues with our failing swipe card system, which provides security for our club, protects our expensive club and members assets, and provides access to facilities. A new system is circa \$65k, so is still out of reach for the time being. We continue to seek technical advice, and apply for grants where we can.

We apologise for the inconvenience.

TSLSC Committee



**Do you have your
TSLSC bumper
sticker?**

Contact membership.tslsc@gmail.com to organise.

For the Calendar

- DEC 18 - U14/15 COVID Classic
- DEC 18 - Club Bar Open
- DEC 19 - Nipper Friendly Carnival
- DEC 19 - Award re-qual
- DEC 19 - Boat Carnival Ocean Grove
- DEC 20 - Last Nippers
- FEB 13 - Save the Date 75th celebration



LIFE SAVING

Hello everyone, the patrolling season is now underway, we started patrols on the 28th November for another year of protecting the beaches.

The patrol roster is on the TSLSC website and the list of patrols, the Captains and patrolling members are on there as well. Always use the website to check as it is updated very often, particularly the members on patrol.

This season COVID19 has made a mess of planning, particularly because the times and dates of events like carnivals have come with late notice and may even change as we go forward. Please keep going to the website and check regularly.

My sincerest thanks to those people who have agreed to do the big job of patrol captain for the season, they are:

Boat 1	Remony Reid
Boat 2	Josh Whitty
Boat 3	William Popovic
Boat 4	Scott Hastie
Comp 1	Cam Mercer
Comp 2	Jaime Patterson
Comp 3	Ben Harris
Comp 4	Jayden Schram
Nipper 1	Vaughan Furniss
Saver 1	Hugo Bibby
Saver 2	Miles Ranogajec

Remember that the Patrol Captain is the person in charge of the patrol, the beach and what happens in lifesaving for that time. If you want to volunteer or come down and need to do anything that impacts the beach and patrol you need to always check with the captain and ask their permission before volunteering or doing anything with a patrol.

Almost certainly we will need to revamp the patrol roster in early January to manage updated event calendars and other things impacting our patrols.



A reminder also to everyone, that despite some wonderful COVID19 results in the State, this virus has not gone away. The cleaning, social distancing and other actions we need to take may seem a hassle now, but please make the effort. If we get another outbreak, you can see this State will not hesitate to lock us all down again. Cleaning hands and using masks beats being shutdown in Victoria like we have previously been subjected to.

On the patrol room wall I have pinned up the standard operating procedures for patrols around COVID19, please when you first patrol, take 5-10 minutes maximum and read it, it's worthwhile and covers what we are expected to do for this season.

Thanks everyone, see you at the beach very soon, Happy Christmas and safe 2021.

William Fleming, Lifesaving Director

Keep checking the website.

[LINK TO PATROL TEAMS & ROSTER](#)

MEET YOUR PATROL CAPTAIN *Miles Ranogajec*

When did you join TSLSC?
2015

What is your favourite thing about club life?
The community and our beautiful beach.

What is something people don't know about you?
I'm not scared of sharks but I'm pretty scared of Jellyfish.

What is your current career?

*I work as a
Physiotherapist for
Australian Unity.*

Best patrol tip?
*Spend as much time
in the water as
possible.*





Lifesaving TRAINING SQUAD

It's a hit!

Two weeks into the Squad and things are going strong - we have had over 30 kids participating, an even number of both boys and girls, new and returning members - such a fantastic turnout.

There has been a great level of enthusiasm and willingness to participate in whatever Cam has had planned - and as you can see in the pictures the conditions have been kind to us - so a great way to start a Sunday.

Thank you all for being patient with us while we navigate our way through the additional considerations of COVID, QR codes, qualifications etc. We still have a few things to iron out but we are getting there.

Just a few housekeeping reminders:

To participate in Lifesaving Squad you must:

- Have turned 13 by September 30, 2020, (if you are not 13 by 30 September - that's ok - it just means you need to join the Under 13s in the regular Nipper sessions and then participate in LTS next year.)
- Be enrolled or planning to undertake your SRC (I appreciate that has been a challenge for some - but let's work together to get it happening.)
- Be enrolled to re-qualify for your SRC if you obtained it last year

Any questions regarding SRC should be directed to training.tspsc@gmail.com - the more interest we get the greater chance of getting another course happening.

There are some great things planned for the season so keep smiling and see you on Sunday.

Marsha & Cam



MEMBERSHIP

The Torquay Surf Life Saving Club is committed to the health safety and wellbeing of all its members and is dedicated to providing a safe environment for those participating in all aspects of surf lifesaving activities, sport and club life.

Your club has an appointed Member Protection Officer (MPO) who has been trained in all member protection matters and procedures responsible for supporting member protection and wellbeing. Your MPO can be contacted via email at

memberprotection.tspsc@gmail.com.

All discussions with your MPO remain confidential.

As an affiliation of Life Saving Victoria, all club members have access to an Employee Assistance Program using the services of independent provider Benestar. Benestar is a leading provider of health and wellbeing services to support organisations/clubs and their employees/members. Any information you share with Benestar remains confidential. No identifying information about you is ever provided back to your club. If there is a need to share your information at any time Benestar will require your written consent to do so.

You can contact Benestar by phone on 1300 360 364, you can call them at any time, day or night, on the weekend or on public holidays for immediate support and advice. This service is provided at no cost to members.

We encourage members to continue to support club mates through ongoing connections and conversations. **ALEC – Ask, Listen, Encourage action and Check-in – is a great way to start a supportive conversation.**



Check in with a Club Mate

MEMBER PROTECTION OFFICER
email : memberprotection.tspsc@gmail.com



HAYDEN nippers

Hi everyone, at the time of writing we are 4 sessions into our training session and have been blessed with good conditions for most sessions. It's been fantastic to see our Nippers back out on the beach, with lots of new faces, young and old, amongst the regulars with a great feeling around each session.

I know everyone is pleased to be out of lockdown, out of masks, free of the ring of steel and back into something close to normality, and I thank everyone for their patience with our adjusted times and group sizes. We are excited about running the Summer Holiday Program and hopefully even getting a few carnivals under our belts in the new year.

Our new Age Manager shirts thanks to our generous sponsors Barwon Valley Small Goods (order your Christmas meats now!) and Torquay Animal House (who take excellent care of my dog Rusty!) look fantastic! The best thing about this update is we are not cancelling something due to COVID!

I hope to see you on the beach in the lead up to and over the holiday period.

Matt Henderson

Director of Junior Development



Saturday Dec.26 2020

Welcome Event 4pm

Sunday Dec.27 2020

Session 1 8.30-10.30am

Monday Dec.28 2020

Session 2 8.30-10.30am

Tuesday Dec.29 2020

Session 3 8.30-10.30am

Wednesday Dec. 30 2020

Session 4 8.30-10.30am

Thursday Dec.31 2020

Session 5 8.30-10.30am

Friday Jan. 01 2021

REST DAY

Saturday Jan 02 2021

Session 6 8.30-10.30am

Saturday Jan. 02 2021

NIPPER DISCO (TBC)

Sunday Jan. 03 2021

Session 7 8.30-10.30am

Sunday Jan. 03 2021

PRESENTATION
11.30-1PM (TBC)





Peter Quinlan
Director of Competition



URBAN
ELEMENTS
LANDSCAPES

competition

The Senior Open Competition team just recently competed in the COVID Classic at Fairhaven against several clubs including Ocean Grove, Mentone, Half Moon Bay and Lorne.

Greeted by only a small swell and a long swim course and one of our swimmers pulling out due to illness, we competed very strongly with several athletes jumping in and filling the swim spots.

Torquay were victors winning the overall points tally.

Some notable performances came from our new members especially Campbell Bohan on Ski and Jemima and Seb Asher in Board and Swim. Our regulars in Archie and Jayden were also dominant in everything they raced in.

The Youth COVID Classic is Friday 18th December at Bancoora Beach.

Plans for the Jim Wall are in motion for Saturday January 16th providing our permits and COVID plans are approved.



boat crews

Yes folks, we are back, albeit in a COVID guided semblance. But, we are back. Recently we had our first comeback event and what a great location Port Campbell was for it to be. Short course racing against a host of crews including clubs such as Lorne, Port Fairy, 13th Beach and Port Campbell, saw a great afternoon of hard racing mixed with some great camaraderie.

A massive shout of thanks to our support team in Rod, Boothy, Frenchy, Tony & Jan King, Soup & Karen, Nicky, Richard & Francis, Max & Danielle, Julian & Heidi, Fioran, Fanbelt & Helen and a big hug to Sylvie and Scarlett who, even though were not racing, came down to support our team.

At days end, we had seen each of our crews win and not win and all happy to finally be able to race. Great work guys and girls.

Rod Costa
Boat Captain
(0409023452)





MEMBER TRAINING & EDUCATION

Presenting our biggest group of new SRC graduates in years (maybe in history?) as they earn their patrol gear and embark on their lifesaving journey!

After a 4-day intensive, expertly guided by Abbey Harman and aided by Hugo Bibby and Susan Noonan, these guys handled the challenging surf conditions with courage and did an amazing job, we couldn't be prouder of them!

Well done TSLSC, and thank you to our wonderful training team, the amazing water safety helpers and to Torquay Animal House for supporting the education of youth at our club.



TORQUAY ANIMAL HOUSE
VETERINARY CLINIC & HOSPITAL

If you are interested in any member education opportunities this season, please email the Training Team to start a conversation on training.tspsc@gmail.com

Last Re-qual Date December 19

NEW GEAR STEWARD!

We welcome our new Club Gear Steward on board, thank you Jason Leffanue for taking on this role. Lots to do this season, we know you will make a big difference! See the People of TSLSC page to meet Jason.

COVIDSafe update

During November we saw significant easing of COVID restrictions across the state, resulting in updated guidance from LSV, which in turn, has made many of the operational aspects of the Club more workable – as well as enabling our Melbourne based members to re-join activities underway at the Club – including the club bar which continues to be open each Friday evening.

Training for Seniors has continued and we have also seen the Lifesaving Training Squad (formerly Youth squad), Boats and Nippers commence their training programs in accordance with LSV guidance and DHHS requirements. Although participants remain subject to contact tracing, health, hygiene and social distancing conditions, the larger numbers now permitted for outdoor training groups has made a real difference in how these sessions are conducted and organized.

The change rooms and gym have recently reopened with new rules in place to reduce the risk of COVID transmission, including social distancing, caps on numbers and additional cleaning obligations.

Volunteer life saving patrols have also commenced over the past couple of weekends. Patrols also look different this year with the key impacts of COVID being:

- reduced patrol sizes
- social distancing requirements for patrollers
- additional sanitising/decontamination requirements
- enhanced personal protective equipment usage.

The most recent set of government announcements on 6 December have provided a clearer picture of how our COVID Safe Summer will look. While we wait for further advice from LSV on the implementation of some aspects of the changes, it is clear that social distancing and record keeping will remain important tools. With this in mind, we ask members to stay safe and continue to follow COVID Safe practices, including scanning the QR Code when entering the Clubhouse or attending training.

Kate McCardel
COVID Officer



sponsorship

NEWS



OUR NEW ATV HAS ARRIVED!

Thank you to the help from the Jack Harris Trust we are 'patrol season ready' with a bright shiny new All Terrain Vehicle! The Trust is an incredible support to our life saving service, providing much needed equipment and supplies. TSLSC is ready for the beach season to begin! #TSLSCThanksYou



Sarah O'Dwyer – Director of Marketing



STARFISH NIPPERS IS BACK THIS SUMMER!

We are very excited to have Starfish Nippers back again for the Summer Holiday Program, thank you to our sponsorship partners Urban Elements Landscapes and Torquay Animal House, we couldn't make these programs possible without you! It's one of our favourite education programs and we can't wait to get back on the beach with Curt and his team! #TSLSCThanksYou



CLUB MERCH

MEMBERS RUSH ON MERCH!

After months of lock down, TSLSC members have rushed for the royal blue and gold, and pretty much cleaned out our stock! It's a good thing.

Items on re-order, hoping for delivery pre Christmas, include:

- Engine backpacks
- Hooded towels
- Adult & kids' hoodies

Items on re-order, for January delivery include:

- Kids' trackies

New stuff coming - Straw hats, adult grey trackies.

Next pop-up shop, Sunday December 20, 9 - 11am.

BEACH KIOSK



Get your cold drinks, coffee and light snacks from the Beach Kiosk this summer. We're open when the sun is shining!





from the ARCHIVES

One of our Torquay Legends.

Rex Albert Gilbert, known to the world as 'China'.
China Plate, everyone's mate.

Initially riding his push bike from home in Middle Park to Torquay during the summer post world war 2. Joining from Albert Park club. TSLSC Membership accepted 7/12/1947. Passed the Bronze examination 29/02/1948.

- Gear Steward 1948 to 1950.
- Board/ski
- Captain 55/56.
- Club captain 56/57.
- Vic. Long Board champion 1947/48. Many trips to Sydney to compete. Built a great rapport with Manly and North Bondi clubs which were our sister clubs in NSW.
- For outstanding service for over 3 decades he received Life Membership in 1973.

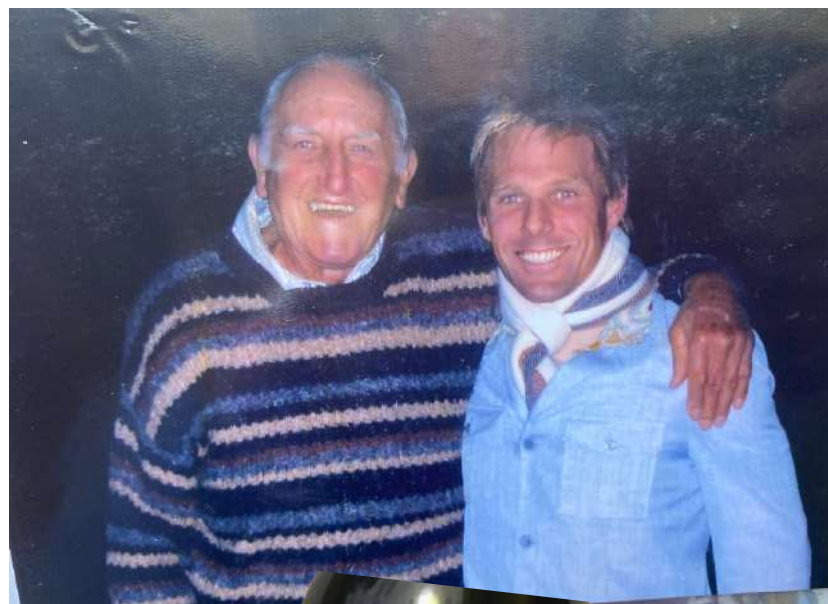
China spent 2 decades as our full time live in caretaker. Brownlow Medalist Neil Roberts, member at Lorne interviewed him during Channel 7 Footy show during winter seasons. He spoke weekly on Leon Weigard's radio Sports Program.

At an AFL grand final, standing in the crowd Bob Hawke walked past behind him, tapped him on the shoulder & said "Good day China". Not the other way around. He was so well known in the Surfing and Surf Life Saving organisations that Qantas Airways wrote a full page article with photo in their monthly Traveller magazine. Placed in the pocket of every Qantas plane travelling around the world.

Rex 'China' Gilbert left us 28/9/2010 aged 86.

This article is only a précis of what this great man & scallywag did in his life time.

Tony Fraser
Club Historian





75th Anniversary Club Fundraiser

Win an instant wine cellar
15 dozen bottles of wine
delivered to your door!

To buy tickets:

rafflelink.com.au/tslscwine2020

\$10

1 ticket

\$25

3 tickets

\$50

7 tickets

\$100

20 tickets



JASON LEFFANUE

Being a member of one of Australia's premier surf clubs has been a big part of my life over the past 36 years. From gaining my bronze medallion as an 18 year old (with hair) in 1984 to the present day and still enjoying being an active member.

Alan Dell, stalwart of the club and a great mentor to many members is a family friend and was my introduction into Torquay surf club. While staying in Torquay as a teenager I saw one of the clubs boat crews training off Torquay point one morning and decided that I wanted to join in with the bunch of lunatics rowing in footy jumpers and laughing as they sat aft in the boat hoping and praying that the sweep wouldn't broach or end up on the button (rocks). Some say that boat crews were the start of the cruising industry (FairStar and the FunShip) but in truth, most understand that 'boaties' marine knowledge was just that, it was better to stay in the boat rather than out of the boat.

I've had the privilege to row with many different crews over these years and have luckily been in the same boat as people such as Gary and Ross Pettigrove, Ian Turner and Tony King, sharing in the fun at local carnivals, State and Australian titles. These carnivals and early morning training days have given us many hours spent together making us lifelong friends with unbreakable connections.

Accommodation in Torquay was and still is camping. At first in a tent at Torquay Foreshore Caravan Park, across from the golf course beside the creek, and then later with a van. It was part of my summer getaways with family, as it was with many members of the surf club. It has become our annual family pilgrimage as I continue this tradition with my wife Sharon and our daughters Cooper & Frehza and family members and don't see that ever ceasing.

It's a big part of who I have become.





STIFF FROM SITTING? TIME TO LIMBER UP...

with Grand Slam Physio



With the borders opening up around Australia and imminent car travel, you may pull up stiff and sore after that long drive. Or you may have a sore back from working from home in a makeshift desk set up. Below are a selection of stretches designed to increase mobility and flexibility in your back. When performing stretches they should not hurt-perform to strain not pain.

How long should I hold?

- Prior to exercise/ activity, dynamic stretches are appropriate to warm up body, whereas following workouts or exercise static stretches are more appropriate
- Dynamic warm up: Hold each exercise for 10-15 sec, repeat 5 -10 times, increasing range of stretch as able
- Static holds: after exercise/ or a long car ride hold stretches statically for 30-60 seconds, repeat 2-3 times



Hip flexor

- Kneel with one leg in front & leg to stretch beneath you
- Align pelvis so it is level
- Tuck tailbone under to feel stretch in back leg- push gently into stretch, hold then release



Lumbar flexion

- Lie on back, bring knees to chest
- Pull for gentle stretch in lower back
- Lower and repeat
- If too aggressive can do one leg at a time



Bow and arrow/ arm circles

- Lying on side with knees bent to 90 degrees and arms outstretched to shoulder height
- Reach forward with top arm to feel a stretch in back of shoulder blade
- Draw arm back along bottom arm bending elbow as if 'drawing an arrow' and keeping length through neck rotate through trunk to stretch upper back bringing elbow as close to floor as able



Lumbar/trunk rotation

- Outstretch arms to shoulder height lying on back
- Bend knees towards chest then rotate to one side, repeat to other side, within pain limits
- Stretch should be felt in back
- Repeat performing with bottom leg straight on ground, bending other knee across body towards opposite shoulder, repeat either side



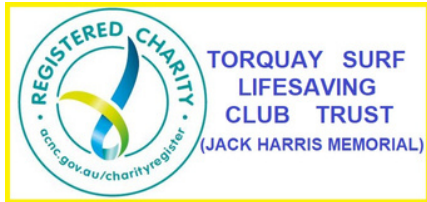
Lumbar flexion/ child's pose stretch

- Kneeling outstretch hands in front and bring bottom to sit down on heels to feel stretch in back/ arms, this should not cause any pain, therefore take care
- Bring arms further forward to increase stretch, bring arms to one side to feel in side

If you have any queries or would like further information please contact us at Grand Slam Physiotherapy on 52772151/ info@grandslamphysio.com.au or book an appointment online at www.grandslamphysio.com.au



PLATINUM PARTNERS



Surf Coast Times TORQUAY HOTEL • MOTEL

GOLD PARTNERS



SILVER PARTNERS



BRONZE PARTNERS



GRAND SLAM
PHYSIOTHERAPY
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FRIENDS OF TORQUAY

