



# LIFESAVERS

*Raise your hand*



# 2021 Awards of Excellence

**61 Years of SLSSNB**

**41 Years of Women in SLS**

**The Best of the Best**

**from our 21 Clubs**

**speedo** 

**ICMS** 

**Cameraderie, Resilience, Community**

# 2020/21 Awards of Excellence

Brought to you by ICMS and Speedo

## **Acknowledgement of our Sponsors**

ICMS, Speedo, Dee Why RSL Club, Brookvale Nissan, URM,  
Westfield Warringah Mall, Northern Beaches Hospital

## **Thank you to our Partners for your continued support**

Surf Lifesaving Australia, Surf Life Saving New South Wales

Northern Beaches Council Mayor - Michael Regan

Northern Beaches Council Deputy Mayor - Candy Bingham

Northern Beaches Council CEO - Ray Brownlee

Member for Manly - James Griffin MP

Member for Wakehurst & NSW Minister for Health and Medical Research  
The Hon. Brad Hazzard MP

Member for Pittwater & NSW Minister for Planning and Public Spaces  
The Hon. Rob Stokes MP

Federal Member for Mackellar - Mr Jason Falinski MP

Federal Member for Warringah - Zali Stegall OAM, MP

## **On the Menu Tonight**

Entree

Ocean King Prawn Cocktail "Modern Style"

Char-Grilled Quail Breast (GF)

Main

Grilled Ocean Trout - baby pea & asparagus risotto, lemon herb butter (GF)

Eye Fillet - mushroom ragout, cauliflower puree, buttered spinach,  
blistered cherry tomatoes, Pinot Noir jus (GF)

Dessert

Selection of Peters Ice-Creams



## Opening

Your MC's for the evening  
Bailey Dwyer & Josh Louder

## Acknowledgement of Country

Vivek Sirkari & Emillie Morris  
SNB Junior Lifesavers of the Year

## Welcome

SNB President - Tracey Hare-Boyd

## SLSA

Lifesaving Chair - Chris Jacobson

## SLSNSW

President - George Shales OAM

## Northern Beaches Council

Mayor - Michael Regan

## Perpetual Surf Sports Awards

**presented by**  
**Michael Wasley & James Griffin MP**  
SNB Championship Handicap P/score  
SNB Championship P/Score  
SNB Boat Premiership

## Bennett Board Competition for the Carnival Handicap Pointscore

**presented by Greg Bennett**

## Speedo Surf Sports Awards

**presented by Michael Wasley,  
Howard Louis & Anne Martinez**

Speedo - Competition Official  
Speedo - Coach  
Speedo - Team  
Speedo - Young Athlete  
Speedo - Athlete  
Speedo - Masters Athlete

## ICMS Education Awards

**presented by Adrienne Lowe & Rowan  
Courtney-O'Connor**

ICMS - Training Officer  
ICMS - Assessor  
ICMS - Facilitator

## Golden Cupcake Award Lucky Door Prizes

## Branch Honour Awards

**presented by Tracey Hare-Boyd,  
The Hon. Rob Stokes & The Hon Brad Hazzard**  
Distinguished Service Awards  
Life Membership Awards

## Administration Awards

**presented by Tony Hilliger & Candy Bingham**  
Northern Beaches Council - Administrator  
Harry Ragan Outstanding Service Award  
Raymond Matthew Brown Radio Operator Award

## Brookvale Nissan Member Services Awards

**presented by Geoff Raper & Chris Brown**  
Brookvale Nissan Services Team  
Brookvale Nissan Innovation

## NB Hospital Member Services Awards

**presented by Geoff Raper & Jason Falinski MP**  
Northern Beaches Hospital Young Volunteer  
Northern Beaches Hospital Volunteer

## ICMS Community Education Award

Community Education Program

## Dee Why RSL Lifesaving Awards

**presented by Adrian Hill & Graeme Liddell**  
DYRSL Support Operations Member  
DYRSL Patrol Captain  
DYRSL Rescue of the Year

## Westfield Warringah Mall Lifesaving Awards

**presented by Adrian Hill & Andrew Wolffe**  
Westfield Warringah Mall Nipper of the Year  
Westfield Warringah Mall Young Lifesaver  
Westfield Warringah Mall Lifesaver

## Final Awards

**presented by Tracey Hare-Boyd &  
The Hon. Zali Steggall OAM**

President's Award  
URM Patrol Assessment Competition  
Club of the Year

# 2021 Nominees

## Surf Sports

### Official

Matt Molina	Dee Why
Rhonda Lycett	Mona Vale
Darren Warrener	Newport
Steve Haggett	North Narrabeen
Barry Antiella	Queenscliff

### Coach

Peter Hatfield	Dee Why
Luke Morrison	Newport
Peter Yeates	South Curl Curl

### Surf Sports Team

6 Person R&R Team	Freshwater
Long Reef Sharlies	Long Reef
U19 Female Ski Relay Team	Manly
Lifesaver Relay Team	Newport
U14 Female Swim Team	North Curl Curl
Bumps & Humps	South Curl Curl
Beach Relay Team	Warriewood

### Youth Athlete

Mitch Morris	Newport
Dominique Melbourn	North Curl Curl
Logan Howes	South Curl Curl

### Athlete

Jemma Smith	Newport
Naomi Scott	Manly
Charli Brown	North Curl Curl

### Masters Athlete

Kerry Armstrong	Collaroy
Peter Sharkey	Dee Why
Nick Carroll	Newport
Shannon Job	North Steyne

## Education

### Trainer

Rowan Jacob	Bilgola
Emily Buckle	Dee Why
Jessica Menzies	Newport
Olivia Hibbitt	Queenscliff
Angela Shanahan	Warriewood

### Assessor

Peter Fenley	Bilgola
Matt Molina	Dee Why
Brendan Menzies	Newport
Barry Antiella	Queenscliff

### Facilitator

Peter Fenley	Bilgola
Kieran Menzies	Newport

## Administration

### Administrator

Amber Clark	Bungan Beach
Elissa Auzins	Dee Why
Victoria Sweetman-O'Halloran	Manly
Lisa Settree	South Curl Curl
Dom Lynch	Warriewood

## Member Services

### Services Team

Craft Beer Patrol	Bungan Beach
Surf Sports Officials team	Dee Why
Narrabeen Old Boys	Narrabeen Beach
Nippers Dolphins & Marlines	Newport

### Youth Volunteer

Chlæ Carr	Bungan Beach
Massimo-Vezzola	Dee Why
Sam Capell	Newport

### Volunteer

Tom Waters	Avalon Beach
Nick Fewtrell	Bungan Beach
Justine Head	Dee Why
Kevin Lee	Narrabeen Beach
Græme Jephcote	North Narrabeen
Greg Hall	Warriewood
Jeremy Paul	Newport

### Innovation

24 Hour Row/Nathan & Melissa Wellings	Avalon Beach
Matt Woodman	Bungan Beach
Temporary Clubhouse	Long Reef
Nipper Mentor Program	Newport

### Community Education Program

Bungan Beach Barker College Program
Dee Why Rural Surf Life Saving Program
Newport Kinghorn Sustainability Program
Queenscliff Community Resuscitation

## Lifesaving

### Support Operations Member

Breno Pinto	Dee Why
Tony Fitzgibbon	Narrabeen Beach
Peter Probert	Newport

### Patrol Captain

Nick Fewtrell	Bungan Beach
Matt Molina	Dee Why
Luke Jarman	Freshwater
Liam Bailey	Mona Vale
Luke Barlow	Queenscliff
Ellis James	Newport



# Past Winners

## **Bennett Overall Handicap Carnival**

### **Point Score**

16/17 Newport SLSC  
17/18 Newport SLSC  
18/19 Mona Vale SLSC

## **Branch Championship Handicap Point Score**

### **Lionel McDonald OAM Shield**

16/17 Manly LSC  
17/18 Mona Vale SLSC  
18/19 North Curl Curl SLSC

## **Branch Championship Point Score**

### **Alan Fitzgerald MBE Shield**

16/17 Manly LSC  
17/18 Newport SLSC  
18/19 Manly LSC

## **Competition Official of the Year**

16/17 Matt Molinia, Dee Why  
17/18 Kaz Marks, Bilgola  
18/19 Louis Tassone, North Curl Curl  
19/20 Mark MacKenzie, Dee Why

## **Coach of the Year**

16/17 Sharon Johnson, Freshwater  
17/18 Damien Daley, Queenscliff  
18/19 Shaun Stacey, Dee Why  
19/20 Michael Clues, North Curl Curl

## **Team of the Year**

16/17 Open First Aid Team, Freshwater  
17/18 Open Female R&R Team, Freshwater  
18/19 U23 Female Boat Crew, Newport  
19/20 U15 Male Water Team

## **Youth Athlete of the Year**

16/17 Tahlia Dearden, Freshwater  
17/18 Zach Morris, Newport  
18/19 Naomi Scott, Manly  
19/20 Jake Morris, Newport

## **Athlete of the Year**

16/17 Jake Lynch, Newport  
17/18 Kendrick Louis, Manly  
18/19 Jackson Borg, Newport  
19/20 Kendrick Louis, Manly

## **Masters Athlete of the Year**

16/17 Adam Gee, Warriewood  
17/18 John de Mestre, Freshwater  
18/19 Kris Monnock, Mona Vale  
19/20 Kris Monnock, Mona Vale

## **Training Officer of the Year**

16/17 Mike Le Geyt, South Curl Curl  
17/18 Tim Cuthbert, Manly  
18/19 Ross James, Mona Vale  
19/20 Andrew Hjorth, Mona Vale

## **Assessor of the Year**

16/17 Gordy Coburn, North Narrabeen  
17/18 Frank Traugott, North Steyne  
18/19 Mike LeGeyt, South Curl Curl  
19/20 Joe Mastrangelo, North Steyne

## **Facilitator of the Year**

16/17 Adrian Hill, Newport  
17/18 Mike Le Geyt, South Curl Curl  
18/19 Kieran Menzies, Newport  
19/20 Clare Hagon, North Curl Curl

## **Administrator of the Year**

16/17 Tony Falzarano, North Steyne  
17/18 Christine Gibbs-Stewart, North Steyne  
18/19 Paula Tocquer, Mona Vale  
19/20 Wayne Freakley, Freshwater

## **Services Team of the Year**

16/17 After Hours Services  
17/18 TIPS Team  
18/19 RWC Training Team,  
North Palm Beach, Newport,  
Freshwater, Manly  
19/20 Emergency Call Out Team, Avalon

## **Innovation of the Year**

16/17 Special Needs Carnival, Mona Vale  
17/18 Patrol Support with NPB, Palm Beach  
18/19 Nippers Program, Bungan Beach  
19/20 Soldier On, Newport

## **Young Volunteer of the Year**

17/18 Sophie Rothery, Whale Beach  
18/19 Vicki Cuthbert, Manly  
19/20 Trae Hare-Boyd, North Steyne



### Volunteer of the Year

16/17 David Cowell, North Steyne  
17/18 David Cowell, North Steyne  
18/19 Martin Hayward, South Narrabeen  
19/20 Cameron Powell, Warriewood

### Community Education Program

16/17 Wet 'N Wild, North Steyne  
17/18 Youth Networking Program  
North Steyne, Avalon Beach,  
Narrabeen Beach  
18/19 Bush to Beach, South Narrabeen  
19/20 Gaza Life Saving Project

### Patrol Captain

17/18 Tracey Hare-Boyd, North Steyne  
18/19 John Collins, Dee Why  
19/20 Doug Lucas, Palm Beach

### Young Lifesaver of the Year

16/17 Sam Hurrell, Freshwater  
17/18 Trae Hare-Boyd, North Steyne  
18/19 Zali Beauzeville, Mona Vale  
19/20 Tyson Dulieu, Bungan Beach

### Lifesaver of the Year

16/17 Lara Boyle, Whale Beach  
17/18 David Price, Freshwater  
18/19 Michael Wasley, Mona Vale  
19/20 James Crittenden, Freshwater

### Junior Lifesaver of the Year

17/18 Douglas Carroll - South Curl Curl  
Caoimhe Daly - Freshwater  
18/19 Leon Pearson - Dee Why  
Mila McGettigan - Freshwater  
19/20 Christian Selvaratnam  
- South Narrabeen  
Chloe Carr - Bungan Beach  
20/21 Vivek Sirkari - Warriewood  
Emilie Morris - North Steyne

### Rescue of the Year

16/17 Whale Beach SLSC  
17/18 Whale Beach SLSC  
18/19 Mat Savage, North Curl Curl  
19/20 Collaroy SLSC  
Archie Viesis, Brock Dose

### Patrol Assessment

16/17 Newport SLSC  
17/18 Queenscliff SLSC  
18/19 Newport  
19/20 100% - South Narrabeen,  
Freshwater, North Steyne, Manly

### President's Award

16/17 Geoff Raper, North Palm Beach  
17/18 Matt Molinia, Dee Why  
18/19 Dad's Army, North Steyne, Manly,  
Queenscliff, Freshwater,  
North Curl Curl, Collaroy  
19/20 Hanna Clare, North Steyne

### Raymond Matthew Brown

#### Radio Operator Award

17/18 Adrian Hill, Newport  
18/19 Mellanie Richardson  
19/20 Sacha Dawson, Bungan Beach

### Harry Ragan

#### Outstanding Service Award

17/18 Geoff Raper, North Palm Beach &  
Steve Hagggett, North Narrabeen  
18/19 Tim Cuthbert, Manly  
19/20 Peter Finch, Newport

### Club of the Year

#### (formerly Most Outstanding Club)

16/17 North Palm Beach SLSC  
17/18 Freshwater SLSC  
18/19 Mona Vale SLSC

# Honour Roll

## Life Members

1949-1959

\* Jack Cameron  
\* Arthur Casileman MBE  
\* His Honour Sir Adrian Curlewis CVO CBE  
\* Jim Dempster  
\* William (Bill) Foerster  
\* George Johnson  
\* Alf Lolon  
\* George Lindsay  
\* Tom Moran  
\* Roger Moroney  
\* Lionel McDonald OAM  
\* Arthur Olsen  
\* Lal Turner  
\* Ken Watson MBE  
\* George Williams  
\* Vince Williams MBE  
\* Gordon Wilson

1962

\* Cedric Walton

1963

\* Carl Wills

1967

\* Alan Fitzgerald MBE  
\* Hector McDonald OAM

1968

\* Harry Ragan

1973

\* Alan Slevin

1974

Lindsay Paton OAM

1975

\* William (Bill) Ingram  
\* John Mills OAM

1976

\* Raymond Brown OAM  
\* Neil Purcell OAM

1977

\* Owen Ramsay

1978

\* Gordon McNaughton OAM  
\* Michael Byrnes OAM

1979

\* Neil Montgomery OAM

1980

\* Bert King OAM  
\* Jack Smiles

1981

\* Roper (Buster) Brown  
\* Gordon Harper  
\* Michael Bartlett

1982

\* Fred Bertram MBE  
\* Barry Burke

1984

\* Paul Day

1985

\* Ernie Davis OAM

1987

\* Ian (Rick) Wright OAM

1988

\* David Piper OAM

1989

\* William (Bill) Goodman OAM  
\* Graham Carlisle OAM  
\* Robert Parkhill  
\* Jeff Andrew

\* David Roberts OAM

1991

\* Col White  
\* Peter Liddle

1992

\* Ross Mathews OAM

1993

\* Barrie Pitt

1994

\* William (Bill) Worth OAM

1996

\* Terence Boardman OAM  
\* Graham Howard

1997

\* Peter O'Dwyer

1998

\* Colin Rae

1999

\* Brian Joyce  
\* Ken Priest  
\* David Lawler OAM

2000

\* Maureen Worth  
\* Ken Leonard  
\* Richard Lytham OAM

2001

\* Stanley Buckman  
\* Peter Daley

2002

\* Brian Geddes  
\* Raymond Brennan  
\* Edward Whittaker

2003

\* Richard Twight OAM  
\* Jeffrey Hewitt

2004

\* Anthony Haven AM  
\* Peter Clarke  
\* Charles O'Reilly  
\* Robert (Bob) Langbein  
\* John Saxby  
\* Simon Moriarty

2005

\* Jennifer Drury  
\* Richard (Richie) Burke  
\* Brian Kinsey  
\* Gary Cook  
\* Andrew May

2006

\* Barry Antella OAM  
\* Anthony (Tony) Burns  
\* Lorelle Kinsey  
\* Geoffrey Lyall  
\* John (Jack) Mackay  
\* Ross Tester

2007

\* Michael Bate  
\* Ken Brown  
\* Jonathon Farrell  
\* Gordon Hedger  
\* Patricia Newlon OAM  
\* Kay Priday  
\* Chris Roberts  
\* Geoff Upton

2008

\* Richard (Mick) Griffin OAM  
\* Glenn Langley  
\* Arthur McCarroll  
\* George McRobert  
\* Ray Petersen  
\* Anthony (Tony) Tier

2009

\* Robert (Bob) Cox  
\* Robert Berry  
\* Richard Stewart OAM  
\* Derek (Rick) Millar  
\* Warren Young OAM  
\* Gary Beauchamp  
\* Robert Buckingham

2010

\* John Cassidy  
\* Peter Gard  
\* Warren Howard  
\* John Swan  
\* Marianne Troop

2011

\* Robyn Holt  
\* Maurice Kerrigan  
\* June King  
\* Kevin Martin OAM  
\* Garry O'Sullivan  
\* Jim Routh  
\* Peter Rowlands

2012

\* Richard Andjelkovic  
\* Steve Faddy  
\* Janine Fahey  
\* Peter Selosse  
\* Stephen Price

2013

\* Judy Tier  
\* Wayne Schwebel  
\* Steve Haggell  
\* Ray Isaacs

2014

\* Lindsay Davis  
\* Robert (Bob) Asser  
\* Brian Ward  
\* Michael King  
\* Peter Finch  
\* Graham Cook  
\* Keith Abraham





2015  
Rhonda Lycett  
Suzanne Rossi  
Kevin Mollall  
David Torevell  
Thecla Haven  
Craig Susans  
Alan Butler  
Ron Pomeroy  
Nigel Penn

2016  
Martin Lynch  
Michael Wasley  
Wayne Freakley

2017  
Adrian Hill  
Stuart Wye  
Ross Parry  
Dennis O'Toole  
Robert Williams

2018  
Bill Sheridan  
Geoff Raper  
Doug Menzies

2019  
Graeme Knox  
David Sams  
Michael Fitzhardinge

#### **Distinguished Service**

Hon. Tony Abbott MP  
Keith Abraham  
Albert (Bert) Adams OAM  
Bill Anderson  
Richard Andjelkovic  
Barry Antella OAM  
Robert Assor  
Lance Barnes  
Michael Bate  
Gary Beauchamp  
Robert Berry  
Janine Black  
Paul Booth  
Bronwyn Bishop  
Chris Brown  
Anthony (Tony) Burns  
Bernie Burrows  
Bernard Carr  
Graeme Causon  
James Chant  
Robert Chidgey  
Andrew Chubb  
Peter Clarke

David Cochrane  
Gary Cook  
Graham Cook  
Robert Cox  
Keith Crampston  
Doug Crane  
Phillip Cullis  
Ken Davidson  
Lindsay Davis  
Paul De Kort  
Jennifer Drury  
Charles (Bob) Duff  
Steve Faddy  
John Fahey  
Jonathan Farrell  
Peter Finch  
Graham Foran  
Matt Fordham  
Garry Fox  
Robert Fullon  
Donald Gain  
Dawn Geddes  
Patricia Giles  
Richard Graham  
Colin J. Gray  
Richard (Mick) Griffin  
OAM  
Steve Haggett  
Clare Hagon  
Rick Harris  
Anthony Haven AM  
Thecla Haven  
David Hay MBE  
Jean Hay AM  
Larry Hannossey  
Jeffery Hewitt  
Adrian Hill  
Tony Hilliger  
Robyn Hall  
Graham Howard  
Paul Hull  
Don Imison  
Raymond Isaacs  
Kirk Jansson  
Shannon Job  
Darren Jones  
Ross Jorgensen  
Sean Kenny  
Jack King  
June King  
Michael King  
Brian Kinsey  
Tracey Lake  
Ross Lambert  
Gordon Lang

Bob Langbein  
Glenn Langley  
David Lawler OAM  
Ken Leonard  
Doug Lucas  
Zane Ludlow  
David Lyall  
Geoff Lyall  
Kay Lyall  
Rhonda Lycett  
Martin Lynch  
Richard Lytham OAM  
Maureen McKellar  
Don McManus  
David Macintosh AM  
Gregory MacMahon  
Kevin Martin OAM  
Ray Martin  
Paul Mathew  
Andrew May  
Derek (Rick) Millar  
Chris Montgomery  
Simon Moriarty  
Colin Newman  
Patricia Newton OAM  
David Olsen  
Charles O'Reilly  
Damian O'Shannassy  
Garry O'Sullivan  
Dennis O'Toole  
Ross Parry  
Nigel Penn  
Brett Picknell  
Stephen Price  
Gregory Punch  
Michelle Rae  
Geoff Raper  
Max Riddington  
Chris Roberts  
Suzanne Rossi  
Peter Rowlands  
John Saxby  
Paul Schott  
Wayne Schwebel  
Peter Selosse  
Bill Sheridan  
Len Simpson  
Barbara Smith  
Keith Smith  
Craig Susans  
Julie Sulton  
Ross Tester  
Judy Tier  
David Torevell  
Kenneth Trembath

Marianne Troop  
Sue Troy  
Brian Ward  
Max Watt  
Patricia White  
Edward Whillaker  
Ray Williams  
Robert Williams  
Maureen Worth  
Stuart Wye  
Ross Young  
Warren Young OAM

#### **Outstanding Service**

Steve Aikins  
Stephen Bennett  
Steve Broughton-Rouse  
Chris Dooley  
Clem Klausen  
Luke Fillock  
Garry Fox  
Howard Fitzgibbon  
Tracey Hare-Boyd  
Adrian Hill  
Christine Hopton OAM  
Jeannette Isaacs  
Shannon Job  
Michael Kirbby  
Glenn Langley  
Kathy Langthorne  
Louise Lindop  
Adrienne Lowe  
Robert Macfar  
Peter MacMahon  
Karen (Kazi) Marks  
Cathy Meaney  
Ian Miller  
Matt Molinia  
Chris Roberts  
Suzanne Rossi  
Jim Shearer  
Frank Traugott  
Brian Ward  
Janice Wordley

#### **Prominent Service**

Bill Bamell  
Charlie Brady  
Ken Brown  
Kevin Green  
Jack Howie  
Peter Madden  
Wai McGrigor  
Max Rose  
Pam Rowlands

Deceased

# Rescues of the Month

## **May 2020 - Newport SLSC**

Awarded to Rebecca Capell for her outstanding response to a primary school yard accident when a student fell, hitting his head hard, and then stopped breathing. Rebecca's response to begin CPR & continuing while a colleague applied the defib, was almost automatic. Two shocks were administered before the child slowly began breathing by himself, just as the ambulance arrived. It took a long time for the paramedics to stabilise the child and he was intubated prior to being airlifted to hospital. He was released a month later having fully recovered, following many tests and heart surgery.

## **June 2020 – Freshwater SLSC**

Upon landing in Sydney's domestic airport one Friday evening, Jonathan Farrell noticed Qantas ground staff attempting to talk to a passenger from his flight. The woman was sitting in a seat and appeared unresponsive. Jonathan offered his assistance and together they determined she was not breathing. They started compression-only CPR and other Qantas staff nearby brought a defibrillator and oxygen which was only capable of therapy. A resuscitation mask was located and mouth to mask resuscitation commenced. Numerous cycles of CPR were conducted, including patient rolls to clear the airway. 2 shocks of the defib occurred. About 10 minutes later, Airport Fire & Rescue personnel arrived with an oxy-viva and CPR continued with the addition of bag-valve-mask CPR and an OP airway. The defib continued to analyse every 2 minutes, however no further shocks were advised. After a further 15 minutes, a paramedic team arrived with an Ambulance Incident Manager. CPR continued while Jonathan briefed the paramedics. A second paramedic team arrived and intravenous medications were given while CPR continued for a further 20-30 minutes. Unfortunately, despite all efforts, the patient could not be revived.

## **October 2020 – Queenscliff SLSC**

It was an afternoon in mid-October and the surf was messy with big, surging waves, and a rip running at the south end of the flags to about 150m out. The Club's trainers had a group of Bronze candidates practicing board skills in the pool. While they were there, they watched a local, frequent swimmer, get caught in the rip and taken about 250m out to sea. Mark Creighton paddled out to the exhausted swimmer and then conducted a "textbook" rescue, taking him safely to shore. The swimmer was observed for a while and – while embarrassed – was thankful for the assistance and didn't require further care. The Bronze group was able to witness a great demonstration of a conscious patient rescue.

## **November 2020 – Avalon Beach SLSC**

Max Arnold and his father, Lachie, were holidaying at Boomerang Beach and were enjoying the sunshine, when a young man ran up to them yelling "my girlfriend has been pulled out in a rip, can you help?". She was 150m offshore in rough surf and others had not been able to help. Lachie swam out in the surf while Max sprinted a couple of hundred metres to the house to grab a foam surfboard. Max & his father reached the girl together, just before she would have gone under. They got the girl onto the board and swam alongside her to shore. She was completely exhausted and could barely talk so ambulance was called. She was able to tell them she inhaled water. Max and his father continued to monitor her until she was passed onto the paramedics.

## **December 2020 – Manly LSC**

There were more than 1,500 people on the beach, with 100's of swimmers and surfers, and 2 sets of flagged areas. 2 swimmers had started out between the flags but drifted south, when a large set of waves swept them off the sandbank. They started swimming backstroke towards the beach when they



were hit by a large set of dumping waves about 1/3 of the way in. Once they surfaced, they started waving for help and one was very clearly in trouble.

Declan Guildea took the rescue board and paddled out through a large set of waves to reach the distressed swimmers, where one young lady was "climbing the ladder". Declan managed to position the lady on the board correctly and then navigated the tricky surf, keeping the patient on the board until they reached the beach. The second swimmer refused assistance and swam in with the Lifeguard paddling beside him. Fortunately, both swimmers were fine. Lifeguards dropped the 2nd set of flags a few minutes later due to the dangerous conditions.

### **January 2021 – Whale Beach**

It was Australia Day and the normally quite Whale Beach was busy with thousands of beachgoers. The 3-4 ft swell, lovely weather and inviting water meant the strong rips lining the beach were at their most dangerous. The patrol was constantly adjusting the flags and moving swimmers back to the flagged area. Aaron Hendrikson was off duty and enjoying the beach with his family, when he spotted 3 swimmers struggling to stay above water in a rip far from the flagged area. One was getting pulled under and was surrounded by submerged rocks. The patrol had also spotted the swimmers but they were 500m away, so they got in the SSV. Aaron grabbed a rescue board that had been placed nearby and paddled out, grabbing each swimmer one at a time. The others arrived in the SSV in time to assist with the last swimmer whose head was submerging and periodically resurfacing. Had Aaron not acted as quickly, they would have likely drowned.

### **February 2021 – Palm Beach**

Jonathan Cowper was patrolling near the pool when he observed a female swimmer caught in the rip. It was too strong for her so Jonathan grabbed the rescue board and jumped in off the side to get to her quickly. She clung to the board in an awkward way and was very combative. Jonathan soon realised she had special needs and was not able to take instruction on what to do. By this stage they were quite a far way out and paddling her in on the board would have been unmanageable. Jonathan managed to signal the IRB and Andrew & Jessie launched quickly. Jonathan was able to advise them of the patient's situation and they managed to get the patient into the IRB slowly and calmly, safely returning her to her father on the beach.

### **March 2021 – North Steyne**

Ross Downey & Pieter Marais were swimming to the north of the ASRL competition area at Mollymook when they found the surf break and rip too compromising so they cut their swim short. As they were leaving the beach area, they noticed a man drowning about 40m from the shore in deep water. The rip was treacherous, but both were strong swimmers and got to the man who was still conscious but pale and very weak. They stayed with him in the surf until an RWC from the competition area came to assist and returned the swimmer safely to shore. Without Ross & Pieter's actions, it could have been a very different outcome for the swimmer.

### **April 2021 – Avalon Beach**

Daryl Johnson was surfing with a friend at North Haven Beach when they noticed a man in his 30's and his son of about 8 years, caught in a rip to the south of them, being dragged out to sea and calling for help. Daryl paddled to the son first, got him onto his board and then went to the father who was by now under water. He reached down and pulled the man onto his board as well, who was exhausted by this time. Daryl's friend arrived to assist and took the son back to shore, then returned to help Daryl get the father to shore where they both received a lesson on surf awareness and rips.



# Jewels in the SNB Crown

Life Members, Distinguished Service,  
Outstanding Service and Prominent Service



**2000**  
**MAUREEN WORTH**  
North Narrabeen



**2005**  
**JENNY DRURY**  
South Curl Curl



**2006**  
**LORELLE KINSEY**  
Warriewood



**2007**  
**PATRICIA NEWTON OAM**  
Dee Why



**2007**  
**KAY PRIDAY\***  
Freshwater



**2010**  
**MARIANNE TROOP**  
Collaroy



**2011**  
**ROBYN HOLT**  
Queenscliff



**2011**  
**JUNE KING**  
Newport



**2012**  
**JANINE FAHEY**  
Collaroy



**2013**  
**JUDY TIER**  
Manly



**2014**  
**LINDSAY DAVIS**  
Freshwater



**2015**  
**RHONDA LYCETT**  
Mona Vale



**2015**  
**SUZANNE ROSSI**  
Collaroy



**2015**  
**THECLA HAVEN**  
South Narrabeen

### Distinguished Service

Bronwyn Bishop  
Dawn Geddes  
Patricia Giles  
Clare Hagon  
Jean Hay AM  
Kay Lyall  
Maureen McKellar  
Michelle Rae  
Barbara Smith  
Julie Sulton  
Sue Troy  
Patricia White

### Outstanding Service

Tracey Hare-Boyd  
Christine Hopton OAM  
Joannette Isaacs  
Kathy Langthorne  
Louise Lindop  
Adrienne Lowe  
Karen (Kaz) Marks  
Cathy Meaney  
Janice Wordley

### Prominent Service

Pam Rowlands

\*Honorary