

Beyond the break

WINTER 2012



Surf Rescue 30, with a head of steam up, off Mahon Pool, Maroubra (check out the grin on young Nick K driving!)

View from the Skippers' Seat

There are only two seasons - winter and surf lifesaving ...

How are we all feeling? Has it been cold enough for you? What a wild winter! Temperatures barely getting over 15°C, Sydney battered by 110km/h winds and 8 metre swells, rain squalls. Sydney's Warragamba Dam at 96% capacity. Who would have thought 3 years ago we had water restrictions. Bring on summer we say!

AGM

Our AGM held at the CBH board room was a great opportunity for crews to catch up. Well done to all our honorary office holders: Gary Pracy, Captain; Tresne Chesher, Vice Captain; Richard Lissenden, Chair; Karl Solomonson Secretary; George Shales, Treasurer; Steve Chesher as Training Officer; and Peter Fuller, Equipment Officer. The weather was perfect and we had a great brekkie following the meeting. Minutes have been prepared and forwarded to all members.

Preso Night

We held our preso night at the Coogee

Bay Hotel's Seabreeze Room. It was a great evening and the CBH put on a great spread for the crews. Thanks guys.

Well done to young Jerome who took out the "Crew of the year award". This was a big effort and well deserved after a tough first season on patrol and you did both us and Coogee Surf Club proud.

Boat show blues

Surf Rescue 30 did not end up making it to the Sydney International Boat show owing to some last minute space issues which Kevlacat couldn't resolve. C'est la vie. The silver lining was the boat is looking like it just came out of the factory - big thanks to Craig and his team; we were able to complete the road test with new Holden Colorado dual cab 4x4; and we've managed to get the boat resurveyed by NSW Maritime - so "all in all" not a bad outcome - quod erat demonstrandum. Thanks to all our crews who pitched in to prepare the boat for the boat show!

FLIR

Oh yeah, and we should mention Surf Rescue 30 is currently offline while we fit a FLIR thermal imaging camera and 12 inch monitor. The thermal imaging camera is

the perfect tool for navigating on the darkest of nights, needing no light whatsoever to produce a crisp image. The low light camera can be used when at least some light like moonlight is present. And it's all controlled remotely from the safety of the skipper's seat.

This little beauty will provide enhanced navigational abilities during twilight hours. If you can see a little or nothing at all, the FLIR camera will help you to see more. It will provide enhanced search and rescue capabilities for our craft - particularly when we are tasked to missing patients and offshore searches. So back to Splits we go to get a new console fitted in front of the skipper so the new unit will be totally integrated into our craft. We'll be repositioning the radios as well. More on the FLIR below.

George Shales honoured

And finally, well done to young George Shales who has been honoured with a Life Membership of Sydney Branch SLS. George has been a part of our family for over 20+ years (we stop counting at 20) and is the current Support Operation Manager for Sydney Branch ... and who said it was only the old "dudes" who got life membership at the Branch!

Rescue of the Year

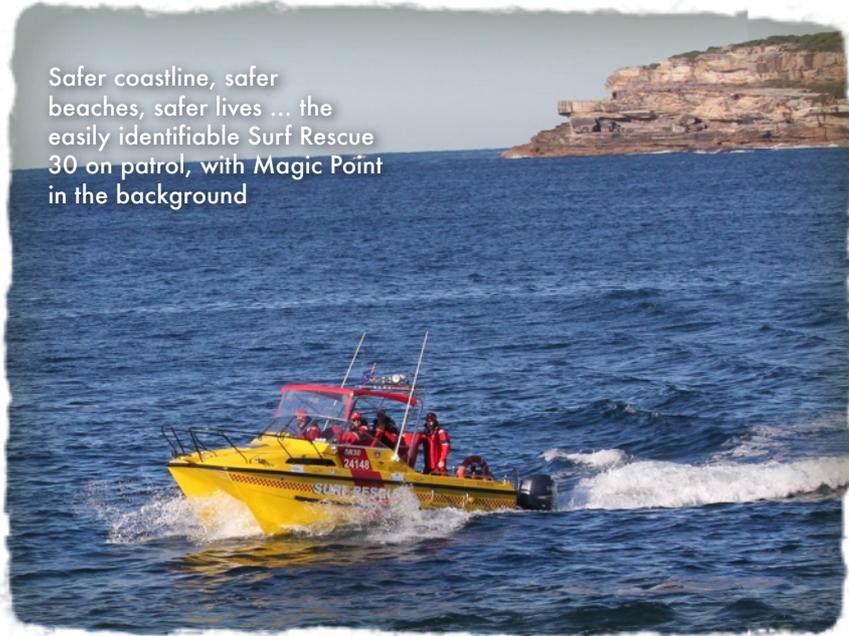
High Commendation



2011/12

We attended Surf Lifesaving Sydney Branch's night of nights recently with 350 attendees. Although we believed we had not been nominated for any awards it was a pleasant surprise to finish the night with a high commendation in the "Rescue of the Year" category. To cap it off Captain Prace won the Support Operations Group Member of the Year. Also worthy of note Tamara Murray was awarded under 21 Lifesaver of the Year (and new crewie James Caterson was a High Commendation) and fellow new crewie Matt Harper was the recipient of the under 19 Lifesaver of the Year. Congratulations to all!

Safer coastline, safer beaches, safer lives ... the easily identifiable Surf Rescue 30 on patrol, with Magic Point in the background



Surf Rescue 30 Presentation Night

We held our annual presentation evening down at the Coogee Bay Hotel's Seabreeze Room on a chilly Sydney Winter's evening. Great food, a few quiet sherbets and quite a few tales amongst friends.

Well done to Jerome who was awarded the Crew of the Year award. Although, it was Jerome's first year as a crew (so receiving this award is perhaps unusual in itself) he performed to a high standard and received special mention in despatches for his involvement in a rescue at Cape Banks at the entrance to Sydney's Botany Bay where he assisted an unconscious patient on the cliff who had to be evacuated by air ambulance.

And a special thanks to our crews who were awarded with Canterbury Rugby Jerseys as a service award resplendent in in the Randwick District colours (the jerseys incorporate the club colours of each of the four Randwick surf clubs Clovelly, Coogee, Maroubra and South Maroubra). All are embroidered with the new Surf Rescue 30 logo. We can all wear these with pride.

As for the other awards. Well, we don't want to embarrass anyone. But if you weren't there - keep an eye out for those Aussie Boys budgie smugglers when you're on patrol this summer!

Repairs

The craft has been down to Splits for a bit of R & R, So here's the lowdown of work carried out

Firstly, we have rectified the engine tilts as the setting on the engines had not been properly governed/limited and as a result, if people raised them completely, they hit the stern of the craft. Result, we damaged/dinged the cowlings. We have now rectified this and Splits has repaired the damaged Starboard cowling.

The starboard bow has had some minor repair works carried out following an intimate moment with the front of the trailer. The bow protectors on the trailer supports have been replaced with rollers because they were proving not up to the task. We'll see how this goes and

if they need a different solution we'll re-work this. And finally the rear trailer guidance rail has been re-welded and repaired. A couple of takeaways from this last repair. Firstly, make sure the guidance rail is in the water when retrieving the craft. Secondly, a gentle reminder to crews not to avoid using this rail to enter the boat from the stern - it is simply not meant for this.

Forward Looking Infrared FLIR camera



Thermal imagers are very effective when navigating in total darkness and are especially useful for search and rescue operations. The benefits of being able to see in the dark are twofold: first it brings about

confidence and safety for our volunteer lifesaver crews - particularly important from a *Work Health and Safety Act* perspective. Secondly, it will assist crews to quickly find a person that is floating in the water before hypothermia sets in and when those vital minutes count. When choosing the FLIR we looked at several units and went with a FLIR unit from FLIR Systems. Why? Well, the unit we chose is the unit used by Norwegian Search and Rescue, and, seeing as these guys operate in darkness for 6 months of the year, we figured they would know a thing or two about FLIR systems for SAR. This unit will be mounted on the targa bar and is on a floating gimbal (see image of the unit above) stabilised and fully suited for maritime ops. Thanks to South Sydney Juniors and Maroubra Seals Club for assisting in this purchase of this vital piece of lifesaving equipment; and the Coogee Bay Hotel for helping us install the FLIR. Want to know about the FLIR we chose - click on the link attached which will give you a feel. We've gone with the "FLIR Navigator" model referred to in this video.

livepage.apple.com



Prace's corner

I hope you all have had a good break over Winter. The season's a month or so away and we're in pretty good shape on the final approach. A few things to be aware of.

- The first combined **skippers and executive** meeting is scheduled for **7pm Wednesday 12 September at Maroubra SLSC**. Submit any agenda items to the Secretary.
- All the doors on the shed now have new synchronised padlocks and keys. These are restricted and now logged to the person they are issued to. Skippers will receive their key at the meeting on the 12th Sept.
- Tresne has been working to improve our roster which will now be hosted on our website. This should be up and running in the next week or so.
- We'll be holding a working bee just after the season starts with a few jobs to be done around the base as we need to paint the roll-a-doors and give the place a good clean out. We'll put on a BBQ and some drinks after the working bee.
- According to the "experts" the long range forecast is for a long hot summer. If we can all help out by adding your name to the roster it would be much appreciated.
- Reminder on proficiencies - We will be conducting **ORB proficiencies** on:
 - ▶ Sunday 28 October 2010 at 10am;
 - ▶ Sunday 11 November at 10 am;
 - ▶ Saturday 24 November at 10 am and
 - ▶ Sunday 16 December 2012 at 10am.

All proficiencies will be held at Malabar and be conducted by ORB Assessors and include knots, rock access and entering the boat. All other awards other than ORB should be undertaken at your club.

I look forward to working with you all over the up coming season. See you on Patrol.

Prace

What is FLIR Thermal Imaging?

Contrary to popular belief - a FLIR image is very different to night vision or night goggles. Night goggles rely on low light - be it the moon, stars or other sources and amplify that light. FLIR, on the other hand, relies on the heat being radiated and needs no light at all. Virtually everything around us has heat signatures - even ice cubes. Warmer objects will appear as white on the monitor, cooler objects black. Some objects may not even show on radar. The photo inset shows a person in cold water and, relevantly, the power of FLIR for us as Surf Lifesavers.

Postcard from the "Top End"



Some of us seem to struggle with launching and retrieving on 1-2 metre tides. So imagine what it would be like having to deal with 5-8 metre tides on patrol. Well this is exactly what Surf Lifesaving's Northern Territory Offshore Rescue Boat Service has to deal with (callsign Westpac Rescue 1). For this reason launching and retrieving simply isn't an option and the vessel is permanently in the water.

We attach some pics of their vessel in action as well as a pic taken during a rescue

where they assisted a large floating block of flats (2 storey houseboat)

blown into the middle of Beagle Gulf last April.



This tasking turned out to be a marathon tow job in order to get the vessel back to Darwin against strong Offshore winds. No doubt the owners of the of the houseboat were grateful.

Well done on a great effort! Although our younger members are asking about whether you guys have to deal with the crocs as well as the sharks!

www.offshore3.com.au

We have done a bit of back office work on the website and the patrol rosters are now hosted by us under the members page. You should not notice any immediate differences but this arrangement should allow us to make immediate changes to patrol times and allow for message boarding. Thanks again to Sydney Branch for allowing and assisting us to host our patrol roster last season.



Training Manual

The offshore rescue and powercraft manual is currently under review through a National SLS sub-committee. Thanks to John Restuccia who is the offshore representative. Over the last few months we have done a bit of a "deep-dive" into the training processes on the craft and how these should be presented and communicated to trainee crews in the form of a manual. This will form the platform of our training going forward for crews.

Gear Inspection

It's approaching that time of year again when our lifesaving gear comes up for inspection. We're pretty much there although we might seek some assistance from crews with the actual gear inspection. First aid kits have been serviced for the craft and 4WD support vehicle; and our oxy vivas (boat and 4WD) will be serviced in the coming weeks.

The craft and its emergency equipment (flares, beacons, EPIRB, life jackets, horn, GPS, bilges etc) have been checked and inspected by NSW Maritime as part of its annual 2C Survey audit by a NSW Maritime Surveyor. Crews might notice a new and slightly larger fire extinguisher on the craft. This extinguisher is a US brand used by the US Coastguard with supposedly better componentry than the one it replaces, so hopefully it's vital parts will resist succumbing to the salt air with rust which forced us to retire our former one from service. Jury's still out. We'll see if she lives up to all that the glossy brochures promises.

Thanks to Pete Fuller for doing the legwork here as our gear steward and helping prepare the boat (including helping get the craft to Splits). Thanks also to Chesh for lending a hand and John Restuccia for sitting through the survey inspection with the NSW Maritime inspector.

Finally, crews will notice changes to all our UHF radios (fixed/base and portables) which have had to be re-programmed to comply with new NSW SLS standards/protocols. Unfortunately our base radio was beyond help and a new base radio has been ordered.

4WD

Our Toyota Landcruiser is due for renewal this season. We often forget how important this piece of equipment is - without a reliable tow vehicle, let's face it, we're not going to be leaving the base! We have recently road tested the new Holden Colorado dual cab 4X4 turbo diesel (the dealer actually rigged one up so we could actually tow the boat with the demo model which was great customer service). It has a braked towing capacity of just over 3.5 tonnes. Long and short of it: it came up trumps and we're looking at a dual cab with rear canopy, roof racks and winch and new SLS livery. We'll keep crews posted.

Surf Rescue 30

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Captain

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Chair

Tresne Cheshier
Vice Captain

Karl Solomonson
Secretary

George Shales
Treasurer

Peter Fuller
Gear and Equipment Steward

Steve Cheshier
Training Officer

Around the Traps

Mark your dance cards

This season we will go to monthly meetings alternating between a monthly meeting exclusively for the Skippers and Executive which will be followed in the next month by a full crew meeting. All meetings will be held at Maroubra Surf Club with a "kick off" time of 7pm. The full season meeting schedule is shown below.

Skippers and Executive Meetings (for skippers and members of the executive only)

* Wednesday 12 September 2012;

* Wednesday 14 November 2012;

* Wednesday 9 January 2013; and

* Wednesday 13 March 2013.

Full Crew meetings (all crews including trainees are invited to attend)

* Wednesday 10 October 2012;

* Wednesday 12 December 2012;

* Wednesday 13 February 2013; and

* Wednesday 10 April 2013.

If Crews have specific agenda items they'd like to discuss, feel free to send those items to the Secretary. The aim is to keep the meeting short and punchy and provide you with updates on issues. The skippers and executive meeting will focus on management and high level governance issues; the crew meetings will have a mixture of operational and general information updates.

Fridge money this season

This season we'll again be collecting money from crews so we can keep the base fridge stocked with soft drinks and waters which crews can access when they are on

patrol. The advantage of this arrangement is that you make a single payment up front and don't have to fumble around for change to pay for your drinks. The amount we're asking for is \$30.00 and we'll have a sheet on the fridge with everyone's name on it and just put the money in the fridge (top shelf in the change container) and sign yourself off once you've deposited your moola.

As we usually do, if following patrol you want to sink some suds, we'll keep the fridge stocked with some weird and wacky beers and ciders. All we ask for is a \$2.00 gold coin in the fridge to help us continue to provide this.



Training

As we noted above, the powercraft training manual is currently being updated. Coinciding with this we have over the earlier winter months being undertaking some driver training with trainee drivers. Thanks to all those skippers who have helped out.

Once the FLIR is fitted, we will be organising training with FLIR systems for all our skippers.

Crew training will commence soon after start of the season and we will be working with the Sydney Branch SLS education co-ordinator on this front.

Stop Press: Our Congratulations to Tresne and Steve on the birth of their baby daughter Kirra - another future crewie!



30 seconds with

Nick
Kypreos



Young Nick is a crew and trainee driver (Maroubra SLSC) and has been with us for a couple of seasons. He has affectionately come to be known as "Mr Happy" - rarely does he ever not have a smile on his dial.

What do you enjoy most about surf lifesaving Nick?

The camaraderie; you're always learning and every situation/incident is different; putting back into the community; and it keeps me out of mischief, off the streets and out of the pub.

If you could have dinner with anyone, who would it be and what would you ask them?

When he was fit and health : Mohammed Ali and ask for a few personal accounts of his greatest fights; if he was alive Aristotle Onassis for a few business tips

Tell us your favourite food?

Red Meat and Greek Sweets

Favourite movie?

The Good, The Bad and The Ugly (good old Clint Eastwood!)

If I won \$1 million I'd ...

pay off the house, buy a new car and take the family on a holiday and give some to carefully selected relatives.

