

The GunnShot #66

Mid May edition



11 May 2023

From: David Stogdale – President of Gunnamatta SLSC

This week's GunnShot has:

1. Club clean-up day Sunday 21st May.
2. Congratulation to our Club runners
3. LSV Under 15 Development Camp report
4. AGM date has had to be changed – now 1st July.
5. Member Recognition - Nominate your fellow Club Members for Club awards
6. LSV Awards of Excellence - Nominations open
7. Winter Training courses -go to MT from Anywhere
8. Public Safety Aquatic Rescue (PSAR 35) - Review your rescue text book

End of season clean up / working bee – Sunday 21st May.

We have planned a one day after season tidy up day with tasks to complete in order to get the Clubhouse ready for the Winter. If you are available, please come along from 9am with a view to an early afternoon finish.

Congratulations to all of our Mornington Peninsula runners

On Sunday 30th April our Gunnamatta Run Team ran in the Mornington Running Festival. We had people participating in the 5km, 10km & 21.1km run, with many PB's going around!

It was an awesome morning, clear skies and a spectacular view of the beach along the track. Finishing with a post run BBQ of eggs, bacon, hash-browns and endorphins!

Thank you to everyone that came, ran, cheered, cooked and showed up to represent Gunn and each other!

To see your race time from the event, click the link below:

<https://tomatotiming.racetecresults.com/>

And photos from the event can be viewed at:

<https://geosnapshot.com/e/mornington-running-festival-20220>

If you ordered a Team Gunnamatta T-shirt but weren't there on Sunday to pick it up, they'll be at the club in the uniform cupboard.

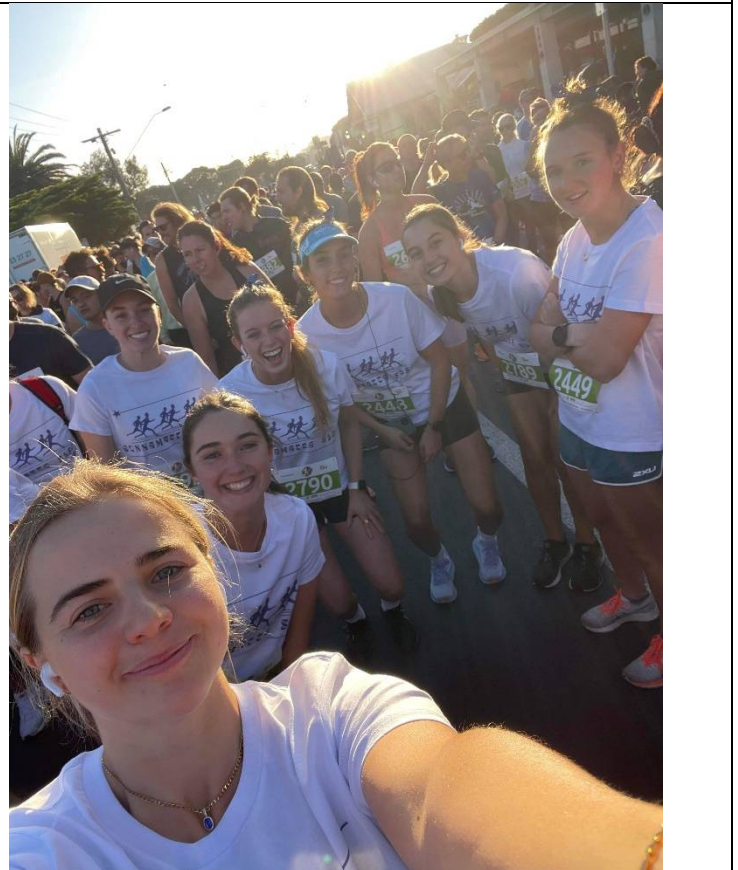
Looking forward to doing it all again next year!

Gemma Cox & Zoe Kantanis

Photos on the next page.... >>>>>>

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LSV Under 15 Development Camp report

The LSV MLD team wrapped up the 2023 U15 Development Camp last weekend, held at YMCA Anglesea Recreation Camp on 5th to 7th of May.

Gunnamatta SLSC had **Nicholas Apostolopoulos** and **Billy Henderson** attend.

Overall, it was a fantastic camp with 56 amazing youth members attending from across 29 clubs. The participants were split across five groups which were led by 12 LSV volunteer leaders, who all gave up their weekend to assist to develop our youth members.

The U15 Camp is an opportunity for youth members to develop their interpersonal skills, broaden their understanding of lifesaving and support participants as they progress through their lifesaving journey.

Camp Objectives

- Develop participants self-awareness, leadership and understanding of team dynamics
- Enhance participants knowledge of lifesaving pathways and opportunities, and how they can contribute to their club
- Facilitate an environment to develop a network of friends across the state
- Broaden participants' lifesaving skills
- Supporting participants to understand their own leadership style, and how their actions impact others

Activities

Participants were involved in numerous activities across the weekend, these included: Personality and Leadership styles session, the Vertical Challenge, Team Building, First Aid Scenarios, Giant Swing, the YMCA Adventure Race plus more. All activities are designed for the participants to learn from in a fun, safe and inclusive environment.



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AGM & Presentation night date has been altered to 1st July 2023

Having canvassed a number of members about our proposed AGM and Presentation night we have identified an event affecting many members that will clash with the previously proposed date. As a result, the Committee has adjusted the date to the 1st of July. This is outside the date prescribed by the Constitution. Thus, notice to the members is provided to members of this minor alteration.

The AGM and Presentation night will this year be at the RYE HOTEL. The AGM will commence at 5.30pm and we expect to have that end by 6.30pm in order to allow members to gather from 6.30pm for our Presentation night for the Season 2022/23.

We will provide an update with the arrangements once finalised with the venue and the Treasurer.

Gunnamatta SLSC - Member recognition

Why not nominate one of your fellow members for a Club award

This is your opportunity to nominate a fellow member for a Club award.

The Club Committee has endorsed a member recognition process to allow all members to nominate others for awards within the Club. To allow you to nominate Members who you consider to be deserving of an award, please use the forms we have constructed for this purpose. We have prepared forms for the following awards:

Patrol member award: <https://forms.gle/tzijWpQSLoHQcM6dA>

Best Non active Member: <https://forms.gle/xoS2Y75NxZB1j3zp7>

Red Pepper improver: <https://forms.gle/GAMPSOm4u8XAENGK7>

Best Junior patroller: <https://forms.gle/Me3tACqMDGn5HYTq8>

Best Senior Patroller: <https://forms.gle/FeMHMYZxQbJmNfWAA>

Best Junior Club Member: <https://forms.gle/Wi1VNLTGv7wsV4LP6>

Best Senior Club Member: <https://forms.gle/Ckj6kArjPhXwu4vq7>

There are other awards within the club, perhaps the most important of these is the President's award. This is issued at the discretion of the President for recognition of a member, or not, for service or actions that are not otherwise to be considered in the awards that we already have. It may be that you consider a person should be recognised for an outstanding effort or some other basis.

Please feel free to send me a note with the nomination you would like to make. My email is president@gunnamattaslc.com.au

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LSV Awards of Excellence – Nominations open

The LSV Awards of Excellence are also open. The LSV Honours & Awards Committee (HaAC) manages the nomination and selection process for major awards each year. I am on the HaAC and take pride in the preparation of the awards event in August each year.

There are many awards up for grabs. To see what is available and make a nomination for someone in our Club please go to the Member recognition manual and have a look.

Go to: <https://lsv.com.au/wp-content/uploads/Circular-300.03.23-AOE-Nominations-Open.pdf>

This is a great way to recognise the service and achievements of our members.

The Awards of Excellence evening on 12th August at the Sofitel will be a grand affair with about 500 in attendance from LSV Clubs and affiliate organisations.

New Training courses at LSV and other Clubs.

Each week we will continue to highlight the many courses that are on the agenda from LSV (at State Centre – Port Melbourne) and at other Clubs. All of these courses are on the Member Training from Anywhere portal

Our Club goal is to have over 50% of our patrollers holding current First Aid and Advanced Resus qualifications before the start of next season.

Date	Location	Course
03 June 2023	LSV State Centre	ART & First Aid - ARTFA
17 & 18 June 2023	Frankston LSC	Training Officers Certificate
17 June 2023	LSV State Centre	ART & First Aid - ARTFA
26-27 June 2023 (Monday and Tuesday)	Fairhaven SLSC	Training Officers Certificate

All of these courses are open now. If you wish to attend one of the Training Officer courses please give me a call and we can discuss. The Club will run SSV courses at the end of the season for those that need to upskill to the new qualification. SRC's are eligible to attend ART/FA courses. NON patrolling Members (Nipper parents) may also attend these courses.

In order to check your qualifications, go to your individual member account inside the SLSA Members portal and search your qualifications. It will show you your current qualifications and your last proficiency date.

While you are there, check that your Skills Maintenance has been updated. Your proficiency and expiry for Bronze Medallion should be there. If it looks as though it has not been updated, please let us know via email:

training@gunnamattaslsc.com.au

We will update the schedule of courses as they are added to the LSV listing.

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PSAR 35 – available on line

The Surf Lifesaving Text book, the Public Safety Aquatic Rescue handbook (PSAR) is now largely available for you to view at your convenience.

Click on the links and have a read.

Chapter 3 – Radio Operations

https://drive.google.com/file/d/1_H6hXQATBldTgujxEBarT4Mgb182UIW1/view?usp=sharing

Chapter 10 – Patrol Operations

<https://drive.google.com/file/d/10bem5sUESR3sP6HwfdnUIIsHATK-Wa7j/view?usp=sharing>

Chapter 2 – Safety & Wellbeing

https://drive.google.com/file/d/1MjTKOcYg3txcavLDyij_zbt_n4c-CoPQ/view?usp=share_link

Chapter 9 – Spinal Management

https://drive.google.com/file/d/19sL-RTe1-D5Vk06PvhnR8pzxMleknXe6/view?usp=share_link

Chapter 7 - Emergency Care

https://drive.google.com/file/d/1sDdu2KuF4BAghCxWwwqi_EaaU3kXdWNI/view?usp=share_link

Chapter 6 – Resuscitation

https://drive.google.com/file/d/1A1FpTEzVKE1SipAnvwT8DEBK5wors51P/view?usp=share_link

Chapter 5 - Rescue

https://drive.google.com/file/d/1i_meoKnTwLRCvfJD82ErNN0fA0SjA6uY/view?usp=sharing

Chapter 4 - Surf Awareness

https://drive.google.com/file/d/1j04ec1zE2V806V_6XiSmJ-o9twULoSiz/view?usp=share_link

These chapters are provided so that patrollers can remind themselves of the key features of the technical aspects that are tested when the LSV assessors attend for a patrol check.

See you soon,

David Stogdale

President

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