



Port Melbourne Life Saving Club's Monthly Newsletter

THE PORT POST



WE'RE IN THE 'RUNNING' FOR CLUB OF THE YEAR

This year Port Melbourne Life Saving Club is honoured in becoming a finalist for Marsh's Club of the Year! After being assessed on criteria over the 2019-2020 season, the heads at Port Melbourne LSC were interviewed remotely by 3 LSV judges. The assessment of the club's eligibility for Club of the Year included incident records, membership and patrolling performance, community support and the alliance with Surf Life Saving Australia's Vision for 2020. The season Port Melbourne had was in alliance with all of these things, checking of the criteria needed to progress in our road, to club of the year.

"The most rewarding thing about being nominated as a finalist for Club of the Year, is that everybody that attended our beach went home safely and we trained a number of young people to continue that tradition into the future." - Peter Bellion, Club Captain and Club Representative for Club of the Year.

Port Melbourne LSC is hopeful for the future and we are very thankful for the community support over the season. Club of the Year will be announced on August the 1st so stay tuned. Let's be real, not every beach has had Santa and his little helper rolling in on an ATV!





UPDATE: THE YOUTH INNOVATION CHALLENGE TEAM

If you have been keeping up with PMLSC on social media you would know that the Youth Innovation Team have been working hard on our new innovation 'Operation Nippers.' Operation Nippers is a leadership program to assist U12 and U13 Nippers with their transition into their SRCs, building interpersonal skills and club connections throughout the program. The Youth Innovation Challenge is being run by Life Saving Victoria remotely due to the current situation, to help the youth members actively contribute .

Our team, made up of Charlotte Bree, Imogen Brodej, Siena Mapley and Zoe Dale have had countless meetings and brainstorm sessions in preparation for our pitch. We were honoured to make it into the finals and pitched our innovation to Life Saving Victoria board members on Saturday the 18th of July. Competing against four other teams from clubs around Victoria, Team Port Melbourne earned a spot in the final two!

No matter the outcome, The Port Melbourne Life Saving Club Committee have endorsed this program and the junior team will be rolling it out, starting next season. Operation Nippers is an efficient program, that will ensure the nippers have a clear, transitional period to build their leadership, communication skills, connections and passion for the life saving service. We are so excited to share this project with the community and even more excited to empower the next young leaders of the club through a series of fun workshops. More information will be posted on Port Melbourne's approach to Operation Nippers towards the start of the season. But for now, please keep an eye out on our social media platforms for our innovation pitch to the members. Because from here onwards, you have the power to vote for the winning innovation! Operation Nippers is ready to connect, inspire and empower the next young leaders of the club and hopefully of Life Saving Victoria. #voteplsc



CONNECT INSPIRE EMPOWER



Keep up to date with us on social media!



@portmelbournelsc



Port Melbourne Life Saving Club



<http://www.portmelblsc.com.au>

Download and connect with PMLSC on SportsBag for more information and updates

TRIVIA QUESTION

What is the name of PMLSC's Training dummy?

- a. Belinda Gee
- b. Nat Lee
- c. Ruth Lee

Answer on our Instagram story on Sunday the 2nd of August - STAY TUNED!



MEMBER PROFILE: STEPHEN BROOKS (BROOKSY) CLUB PRESIDENT AND VALUED VOLUNTEER

Get to know a new member each month by reading member profiles! This month Club President Stephen Brooks shares his experience in Life Saving.

How long have you been at PMLSC?

I joined when my daughter Soph was an U6 Nipper so that would have been 2012.

Why do you volunteer?

I have a strong belief in the importance of being part of a community, volunteering allows me to give back and connect with our community.

Can you give a brief outline of your achievements?

Progressing from Age Manager to Patrolling 200 hours last season and as President being part of the growth that our club has achieved in our members, nippers, patrollers, improved facilities, increase in preventative actions, the growth of our younger members and new junior committee.

How has Life Saving helped you grow as a person?

Being very actively involved in something I love, giving back, be a better parent, friendships, connection, problem solving, being part of a team, leadership, community engagement and experiencing the respect that our uniform gives us.

What does PMLSC mean to you?

Connection, contribution and community.



1913: 2020 PORT MELBOURNE LIFE SAVING CLUB

Former Port Melbourne Life Saving Club



Current Port Melbourne Life Saving Club





INTRODUCING PORT MELBOURNE LIFE SAVING CLUB'S JUNIOR COMMITTEE!



Zoe Dale
BM

Siena Mapley
SRC

Imogen Brodej
SRC

Charlotte Bree
BM

Michael Malliaros
SRC

Earlier this year, applicants from ages 13-17 who are current volunteers at the club were selected to make up PMLSC's Junior Committee. This was the club's next step into giving the future leaders of Life Saving a voice and a chance to represent the junior members of the community. With meetings every month, our team of 5 created new developments from day one. We worked together to create multiple projects and are proud to be the spokespersons of the youth of our club. Some of our current and developing projects include:

- The Port Post - what you are reading now!
- Engagement of members remotely
- Helping to structure co-ordinate the Virtual Club Awards night
- Strava Challenge - See details on our Instagram and Facebook

We are really excited to kick even more projects off as the pre-season approaches and would love to have more juniors on board. If you are a volunteer between the ages of 13-17 and with a passion and commitment to leading in life saving, please contact teapasson@gmail.com for an outline of what your application should look like. The next generation of Port Melbourne leaders are the youths of our club so please send in your expressions of interest!

If the Junior Committee isn't your thing, feel free to approach any one of our junior committee members with queries or suggestions. We are always up for a chat!

"The Junior Committee has given me the opportunity to further involve myself with a service I love. It's a chance to represent the people with some of the brightest and innovative ideas and it is also a really enthusiastic team to work with. There have already been so many innovative projects that have come out of just a few months of this committee forming, so I can't wait to see what a whole new season will bring!" - Charlotte Bree

"The Committee has helped me stay an active member of the club through these disconnected times. Working with my amazing group, it was a great chance to give input within the club." - Imogen Brodej

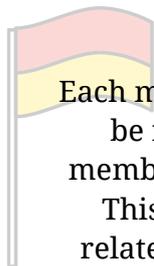
"This committee helps me to get to know other members in the club better and connect with new people. I love being able to voice my opinions and bring new and innovative ideas to our amazing club!" - Zoe Dale

"I absolutely love being a part of the Junior Committee at Port Melbourne Life Saving Club! I love working with all the fantastic people that our club has, learning lots of new things and I really appreciate having a voice and the commitment everyone has to really make lifesaving the best it can be! I also, love working with the all the nippers and seeing their faces light up with smiles when they participate in lifesaving and learn something new! It truly makes me happy!" - Siena Mapley

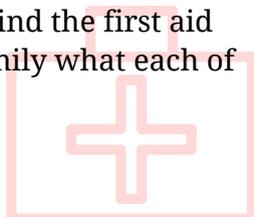
"I chose to be a committee member because I want to see a new generation of involvement in the club and to see changes made to help establish the future of the club. I enjoy being in the committee because it is great fun and it is really inspiring to make a difference at this age." Michael Malliaros



FOR THE NIPPERS!



Each month, at the end of the newsletter there will be fun activity for the Nippers, other junior members of the community... or any young souls. This month, try your best to find the first aid related words and tell your family what each of them mean!



FIRST AID WORD SEARCH!

- DANGER
- RESPONSE
- SEND FOR HELP
- AIRWAYS
- BREATHING
- CPR
- DEFIBRILLATION
- HYGIENE
- SAFETY
- BANDAID

M X F F B T Y I L E W G N S V M Q Y U V
 Z Y Q A S X P H J T T H X E S E J S C L
 C K K D L Z E Z U Q Z W I N I J D A F D
 R J M I E K R S N B Y B R D S C W F H B
 T F B T B F U N Y A J T L F U S Y E W O
 L O R R Z K I Y F N A I B O F W I T L X
 D Y H E O Q A B W D E M F R J E F Y R B
 J I S S O Y B B R A X M D H G O A D F R
 Y F P P R R T U L I Z N O E L N L E O E
 G Z J O I M G F C D L W E L N N V O X A
 C E X N W C Q P P T K L G P X P S B K T
 R E R S M U W A R O L I A P V S C Z T H
 D C T E D T O Y U F O M N T Z S R N K I
 G A H D R T Q R N K A A Z N I H S B Q N
 Y Z N A T W J X Q D Y I A H J O U H D G
 D J R G F V D G T U Z R Z Y Z M N Y K A
 D K Z G E I P L Q R A W H S Q I V N D H
 G K U R T R A N Z Y W A D A X T Z X Q P
 J S B A F G G D M A H Y G I E N E S J E
 S N F S S T U X I X U S B S M L E W U Y



Thanks for reading the first ever edition of Port Melbourne Post - a newsletter to keep you up to date with everything Port Melbourne Life Saving Club. Make sure to stay safe, positive and connected during these uncertain times so we can see you back on the beach next Summer. Catch you all on the next wave!