

Our member profile this fortnight is Jacinta Paquay. Jacinta has been a member of South Narrabeen SLSC for 4 years and holds a myriad of Surf Life Saving awards including the Bronze Medallion, Advanced Resuscitation Techniques, Basic Beach Management, IRB Crew and Spinal Management. In addition to this she is one of our Bronze Medallion and SRC Trainers.

Her employment as a school teacher had her relocate to Canberra with her partner, Sean, but she continues her active lifesaving duties at South Narrabeen patrolling our beach.

Jacinta and Sean have recently announced that two will become three! A very exciting step and we wish them big congratulations! We look forward to your new addition becoming a Nipper in the years to come!

*Jacinta is pictured
'in action' reading her
Training Manual*



When did you join South Narrabeen SLSC and why?

I joined during the 2012/2013 season because of Sean Coutts. He was looking for something to do and asked a friend to search for the closest surf club to where we lived. The friend got it very wrong but it led him to South Narra. He signed up for bronze and spent a good 3 weeks convincing me that it would be something I'd enjoy. I'm glad I listened to him!

What are the key lessons that you've learnt from your time in South Narrabeen SLSC?

I've learnt to understand and appreciate the surf. As someone who grew up nowhere near the ocean there was still much I did not know and was very wary of. SLS has filled in the gaps and made me comfortable in the water and even more comfortable in identifying the conditions I can't handle.

What's it like being on patrol and what do you enjoy about it?

The people. The conversation. The calm of the ocean. The fact that I can be doing something for the community and it not feel like work.

You've been a member at South Narrabeen SLSC for almost 5 years, how have things changed?

Moving to Canberra meant a big change in how I could participate in the club. When I was in Collaroy I could be at the beach most weekends (and definitely tried to do that) but now that's made a tad difficult so I appreciate my time on patrol so much more.

How are preparations for the 2016-2017 season going?

I'll let you know when I start, ha ha

What are your goals within Surf Life Saving, in particular South Narrabeen SLSC?

Being part of club life. The welcoming environment is what originally made me want to be part of this club and I want to be able to create that environment for others.

What has been your best memory as a surf lifesaver?

Going out in the IRB as crew. It's exhilarating to be going out the furthest you've ever been. To be told to jump out in the dark water to practice patient pickups, and to be thrown out of the boat when not holding on tight enough during a turn (thank you Sean). These sound crazy but it's some of the most fun (and most laughs) I've ever had.

Who is someone you admire in the Surf Life Saving movement and why?

I admire each and every trainer, whether it be for Nippers, Bronze or IRB. Having spent time as a trainer I know the commitment and work that is put into training others. I appreciate the investment they are making into the life of the club and the lives of its members.