

INTRODUCTION

Welcome Lifesaving Foundation members and friends, to our September, 2020 newsletter.

Continuing, as we are, with the extreme restrictions imposed throughout the world it has been a difficult year for all of us. Covid-19 has eclipsed all of The Foundation activities for this year causing the cancellation of our annual Water Safety Research Conference, and our "Post Traumatic Stress Disorder" seminar. Our annual general meeting will be taking place on "Zoom" in October. Further details will be forwarded to members soon.

Hopefully, next year will bring a more vibrant level of activity for The Foundation and we hope to continue with a programme of events that will be of importance to all those who participate in water-based activities. Our Ireland Medal recipient for this year has been announced and we will be holding a presentation ceremony next year.

I would like to thank my fellow board members, Foundation members, friends and sponsors/contributors for their help and support this year. We can all look forward to a new year where we will be able to meet again, in person, without the danger of spreading the Coronavirus.

Finally, I am sure many of you will have heard that our Secretary, John Connolly, is taking leave from his position to undergo surgery in November. On behalf of all our members, I would like to extend our best wishes for a speedy recovery to John. We look forward to his return in the new year. John's untiring dedication has been our driving force since the beginning and we hope that this will continue far into the future.

Best wishes to all our members and friends, stay safe!

Vincent Flynn,

Chair, The Lifesaving Foundation.



IRELAND MEDAL 2020 RECIPIENT



The Lifesaving Foundation is pleased to announce that the 2020 Ireland Medal has been awarded to medical doctor Paddy Morgan. Paddy is a consultant anaesthetist, at North Bristol NHS Trust, where he is the Trauma Team Leader. He is also a Critical Care Doctor with Great Western Air Ambulance; Secretary of International Lifesaving Society's Medical Advisory Panel; UK Search & Rescue Medical Sub-committee member; International Drowning Research Alliance member; medical officer to the Extreme Environments Laboratory, University of Portsmouth; and an instructor in Expedition & Wilderness Medicine. In his youth Paddy worked as a surf lifeguard and lifeguard instructor. He is Honorary Medical Advisor to Surf Life Saving GB. He was a rope and water rescue technician with Avon and Somerset Search and Rescue and has undertaken expeditions to Arctic Greenland, Africa (north, west, and east) and medical support expeditions in Europe and South America.

Paddy's maternal grandfather was one of 8 brothers who initially worked the family farm in County Sligo in the early 1900's. Due to a combination of brothers emigrating to America and his great-grandfather's ill health, the farm struggled to make a profit. To earn a little extra his grandfather brewed poitín (moonshine) in the local hills. That was until the Garda caught up with him and suggested he leave the country or go to jail - so he moved to England! He met Paddy's grandmother in Manchester where she was working as cook to a doctor's family. She was originally from County Cavan and had moved to England for work reasons. Paddy says, "Despite growing up in Blackpool, it was very definitely a matriarchal Irish household!"

IRELAND MEDAL HISTORY PAPERS

Dr Paddy Morgan is the 19th recipient of the Ireland Medal. The Life Saving Awards Research Society (LSARS) is publishing three consecutive papers on the Foundation's Ireland Awards: two on the Ireland Medal and a third on Recognition Award recipients. The papers are authored by Foundation Secretary John Connolly. The first paper titled THE IRELAND MEDAL-THE FIRST TEN YEARS 2003 – 2013 has been published in journal number 98 (August 2020) and is available to download at www.lifesavingfoundation.ie. The second paper is titled THE NEW IRELAND MEDAL-THE EVOLUTION OF A MEDAL (2014-2019) and is due for publication in the December journal issue. The third paper titled THE IRELAND AWARDS-RECOGNITION AWARD is due for publication in 2021.

If you are interested in the background to lifesaving awards in general you can access the LSARS website at www.lasrs.org.uk. Recent issues of the journal are available only to its members but LSARS have given us permission to make the full August 2020 issue available to you through the charity's website. LSARS website has full free access to 92 issues of the journal from 1987 to 2018. The website also contains a most useful journal index for issues 1 – 92. This journal is a gold mine of researched information on historical drowning events.



WATER SAFETY ADVICE

The Foundation produced several water safety and water rescue documents in 2020. Some of these were published and others prepared as background for radio interviews. The documents can be accessed on our website at <http://lifesavingfoundation.ie/cat/ws.html>

2020 EVENTS

COVID-19 & PTSD SEMINAR

The Foundation Board has cancelled or postponed all 'in person' Lifesaving Foundation activities for the remainder of 2020. This includes an international seminar on Post Traumatic Stress Disorder and First Responders planned for September. The seminar will now take place early in 2021 subject to a return to normal international travel and available hotel accommodation in Ireland without a need to quarantine afterwards.

LIFESAVING FOUNDATION MEMBERSHIP

The Foundation Board urges members who have not renewed their membership yet due to the virus or other matters to do so immediately. In light of the current world situation it has been decided to change the membership period from 2st January annually to a rolling membership period (12 months from renewal) until 31st December 2021 when it will be reviewed. <http://www.lifesavingfoundation.ie/cat/pay.html>

MINOR CHANGE TO OUR CONSTITUTION

Following direction from Ireland's Charities Regulatory Authority the Foundation is contacting members for approval to replace the name 'Revenue Commissioners' in our Memorandum of Association and Articles of Association with 'Charities Regulatory Authority'. This is regularising the role of the authority as Ireland's charity regulator in place of the tax authorities. Members will receive voting documents with the AGM documents and are asked to respond quickly.

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2019 ACCOUNTS AUDIT

The charity's annual accounts audit for the 2019 financial year is complete and once signed will be e-mailed to members with the AGM documents.

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PAYPAL ONLY CREDIT CARD PAYMENTS

As a cost saving measure the Foundation Board has ended our direct on-line credit card payment option. Our hosting this option involved our paying a monthly standing charge. Payments and donations to the Foundation can still be made using PayPal which has a per item only charge thereby saving the charity some needed money.

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WIT VISITING PROFESSOR SCHEME

The Foundation has a drowning research partnership with Waterford Institute of Technology's School of Health Sciences. This includes inviting certain Ireland Award recipients to deliver a lecture at WIT as part of its Visiting Professor Scheme. Professor Michael Tipton delivered the first such lecture in February last. It was most successful. Mike's lecture was filmed and is viewable at this link <https://wit-ie.libguides.com/c.php?g=665155&p=4834817>

We have provisional agreement with WIT about repeating this with Dr Paddy Morgan, whose back story, makes him attractive to young students involved in outdoor activities. We can do this through Zoom if necessary with members able to participate from their homes.

GOLDEN RESEARCH BURSARY

The Surgeon Admiral Frank Golden Student Research Fund was set up to provide attendance support grants to students presenting at internationally recognised conferences. Because of the virus no grants were awarded in 2020. The Foundation's Research Committee has decided that for now the conference attendance grant will become a student research bursary. It has also been agreed that for 2021 the bursary will be confined to students in Waterford Institute of Technology as part of developing the university level colleges drowning research capability.



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DOHERTY POLICE DROWNING FUND

The Garda Commissioner Eamonn Doherty Police Fund was established to promote research into police involvement in drowning prevention and rescue. It is financially supporting the PTSD and First Responders Seminar. It has been decided that if circumstances make it impossible to safely host an in-person event we will organise an electronic seminar. A decision on what type of event will be organised will be made early in 2021.



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2021 PROGRAMME OF EVENTS

The Foundation has two scheduled events in 2021 the PTSD Seminar and the Ireland Medal Award Ceremony. The seminar is scheduled for early 2021 and the medal event for late in 2021. A third event may be organised in conjunction with the launch of the "Why Swimmers Drown" survival book.

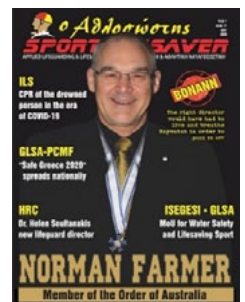
WATERFORD CRYSTAL DISCOUNT

The Foundation has obtained a 25% discount from Waterford Crystal for items purchased from its on-line catalogue. This does not include postage and insurance as described in the catalogue. This is extended to members who can view the catalogue, select one or more items, and send me details. I will then contact Waterford Crystal and determine a total cost for the purchase. A decision can then be made to proceed or cancel.
john@lifesavingfoundation.ie



SPORTS LIFESAVER MAGAZINE

We would like to draw the attention of members not already aware of it to Dr Stathis Avramidis publication Sports Lifesaving which can be viewed at this link http://sportlifesaving.blogspot.com/p/blog-page_26.html The site contains free access to 77 issues of the magazine back to 2014. We recommend it to lifesavers interested in competitive lifesaving. It also contains articles on general drowning prevention topics such as CPR OF DROWNED PERSONS IN THE ERA OF COVID-19. The Foundation sends its congratulations to Australian lifesaver Norm Farmer on his recent national honour.



2020 FOUNDATION ANNUAL GENERAL MEETING

The 17th Annual General Meeting of The Lifesaving Foundation CLG will take place online, using Zoom, on Thursday, 15th October starting at 7.15pm Irish Time. Your local time in relation to Irish time can be established at this website https://www.worldtimeserver.com/convert_time_in_IE.aspx Notice will be sent to members only beforehand. Members interested in participating in the meeting should register interest at john@lifesavingfoundation.ie. They will then receive an invitation from the Company Secretary.



THE 'I AM NOT DROWNING' PROJECT

John Connolly has been promoting this swimmer survival project for several years. A successful special international project seminar was held in Waterford Institute of Technology in June 2019 as part of Dr Robert Stallman's Recognition Award Ceremony. Dr Stallman PhD had long been associated with swimmer survival. John is working on a new book, titled Why Swimmers Drown, with several experienced drowning prevention researchers. The book publication is planned for the first half of 2021. Once the publication date is fixed the Foundation may host a seminar on the topic of swimmer personal survival in conjunction with it.

NEW SECURE WEBSITE

If you accessed the Foundation's website recently you may have received a warning message telling you that the site was 'not secure'. After negotiation with the website hosting organisation we have now secured the site with a subsequent change to the website's URL. The new URL is <https://lifesavingfoundation.ie> The change is the addition of an 's' in <https://>.



PHOTOGRAPHS OF 2020 EVENTS

RIGHT

Presentation of diving books to WIT's Lifesaving Foundation Collection by Hearne family members

BELOW

Speakers at the Why Do Swimmers Drown Seminar



ABOVE

Ireland Medal recipient Professor Michael Tipton at WIT's Luke Wadding Library

LEFT

Visit to Waterford Local Radio studios for the Visiting Professor interview