

## AVOCA BEACH SURF LIFESAVING CLUB Inc.

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# DECEMBER 2006



### *From The President... Garry Clarke*

We take this opportunity to wish everyone a happy and safe Christmas and New Year period. We would like to thank those who have supported the club this year as we set about the framework for the new facility.

We are organising a New Year Eve celebration at the club and there will be a nominal charge of \$10 per family or \$5 per head to cover security and cleaning. We hope to see many members there celebrating our first New Years Eve in the Club. There is a limit of 300 so purchasing of tickets will be required. These will be available from 17<sup>th</sup> December.

A reminder to members that requals need to be completed by December 31<sup>st</sup> and patrol hours required for competition must also be completed by this date. Please don't leave it to the last minute or you may be ineligible to compete. Remember our books were audited last year and will be up for review this year. Members need to ensure that they complete their obligations appropriately as any irregularities in patrol logs etc may affect ability to compete.

Members wishing to compete at Branch State and Nationals also need to ensure that they have informed their sectional captains of the areas they wish to compete so that we don't need to pay late entries. If you have failed to inform us or check your entry you will be responsible for the late fees.

### **PATROLLING HOURS:**

Just a reminder that from 23 December patrols commence at 8am in the morning and go through to 7pm. As we are one of the busiest beaches on the Coast many of the patrols last season, started earlier or finished later due to the numbers on the beach in the holiday season.

Patrols will be in the three shifts to cover the extra hours.

Please note: Avoca only have extended hours so sign on and sign off with Surfcom can only be done in Surfcom hours, ie 9 to 5.

Patrolling members must wear their DHL sponsored patrol shirts at all times,.

### **ANNUAL DOOR KNOCK**

The Club's Annual Door Knock will be held on the first weekend in January.

All Sections and Patrol Teams will be allocated shopping centres and collection points, and some key streets in Avoca.

We ask that ALL Club Members get involved in this valuable fundraising event, that brings income back to each section of the Club, whether competition or patrolling.

### **CLUB SWIMMERS**

Club swimmers are back in stock and available from the Admin Office:

Male (green nylon) swimmers - \$25

Female swimmers, 1 or 2 piece - \$45

### **HUNTERS OCEAN SWIM—17 DECEMBER**

Our annual Ocean Swim, sponsored by Raine & Horne Avoca Beach is on Sunday 17 Dec. Registrations on the day from 8:30am with the swim starting at 10am.

Age categories this year will be

- 15-20 years
- Opens,
- 35-50
- 51-60
- 61+

The presentation will be immediately after the event with lucky door prizes, cash prizes.

On the day there will be an added new event – **Dash for Cash**, a shorter swim from and back to the beach.

Register online at [www.oceanswim.com.or](http://www.oceanswim.com.or) or download from [www.avocabeachslsc.asn.au](http://www.avocabeachslsc.asn.au)

This is one of the Club's biggest fundraisers and we ask all our Members support this event, either by participating, or giving up their time to assist with:

- Set up in the morning;
- Registrations;
- Water safety;
- IRB Drivers;
- Pack up at the end of the day.

All help would be gratefully appreciated.

The Club thanks Michael Hunter for his continued support of the Club and this event.

The Nippers Ocean Swim has been postponed until later in the season



**AB SLSC GOLF DAY –  
THURSDAY, 28 DECEMBER**

Another of our annual events is drawing near, our Annual Social Golf Day, at Gosford Golf Club. The event will be a two person Ambrose with a 7am roll up for a 7:30am shotgun start. Ladies and Mixed Teams are welcome!

Cost for the day is \$70, which includes lunch and complimentary drinks on the course.

The day is sponsored by Avoca Beach Cellars and the Club is very grateful of their support. However hole sponsors are still being sought - \$360 (plus GST) per hole which includes entry for a team of four, hole naming rights, and buffet lunch.

Inquiries and/or bookings for the day can be made to Tony Bennett on 4381 0441 or email [aceben@bigpond.com](mailto:aceben@bigpond.com)

**AB SLSC COMMEMORATIVE WINES**

Looking for a Christmas gift idea?? What about...

- ◆ Tyrrell's AB SLSC Chardonnay
- ◆ Tyrrell's AB SLSC Port
- ◆ Tyrrell's AB SLSC Shiraz



With labels showcasing the stages of the development of the new Surf Club

\$15 per bottle or \$140 per case

Contact: Slim Peebles. Ph: 0428 434 223 Email: [slimbo@bigpond.net.au](mailto:slimbo@bigpond.net.au)

**PATROL HOURS COMPLETED**

Patrol hours are updated monthly (fortnightly in December) for the competition year and are on display in the Captains Office. The sheets also show your proficiency date and all those inducted to drive the ATV.

If planning to compete at Branch, State or Aussies, please be aware of the patrol hour requirements and your hours, as no shortfall in hours will be accepted. Even though the Club was audited last year for patrol hours, random checks are still being done on competitors through Surfguard, the national database system.

**THE LEGENDS OF OL'55.....**

**DINNER DANCE: 13 JANUARY 2007**



The Club is organising a great night of dance and fun on Saturday 13 January when some of the original members of OL'55 are coming along to entertain and kick up a storm!

Tickets are available from the Club Admin Office, or phone Craig Kelly on 0419 202 609. Tickets are \$55 including dinner and the bar will be open.

**REQUALS**

All members should be requalified in their Bronze Medallion / Cert II and SRC by 31 December. Before all requals, members will have the opportunity to go through the new resuscitation methods, which will be examined in the requal.

The main changes include:

- 30:2 rates for one and two person operations in all patients
- Two initial breaths instead of five
- The two initial breaths and the two breaths in the 30:2 cycle will be known as "rescue breathing"
- Removal of pulse checks and removal of EAR (1 breath every 4 seconds) from the resuscitation algorithm
- Changing compression operators every 2 minutes

**ARC & DEFIB REQUAL: 19 DEC.**

A special ARC & Defib Requal will be held on Tuesday, 19 December in the Clubhouse hall from 7pm to 9pm.

All ARC and Defib award holders are asked to notify Bob Mellis at [robert.mellis@dcs.nsw.gov.au](mailto:robert.mellis@dcs.nsw.gov.au), or Karen Douglas on [karenjd@tpg.com.au](mailto:karenjd@tpg.com.au) if attending, as Branch Assessors will need to be organised, so we need to know the numbers attending.

**YAGALATES AT AB SLSC CLUBHOUSE**

Monday, Wednesday 6pm, Friday 9am

Contact: Anne Love 0411 049 969

**PILATES AT THE AB SLSC CLUBHOUSE**

Wednesday 9am, Thursday 6pm

Contact Michelle:



**AUSSIES – PERTH 2007**

The Club is trying to organise transportation to Perth WA, and we need to know:

1. Who is interested in driving a gear trailer to Perth;
  2. Names of those planning to go to Perth
  3. Who has gear that needs transportation;
- There is still some accommodation at the backpackers in bunk style rooms, anyone interested in taking up the remaining rooms, should contact Anita at the admin office.

**WEB CAM**

The Webcam will be up and running this week, go to

[www.avocabeachslsc.asn.au](http://www.avocabeachslsc.asn.au)

And follow the links for your view of our beach!

## NSW MASTERS, OPEN AND AGE CHAMPIONSHIPS

Entry forms and details are now available and can be found on the Competition Notice Board. This years Championships will again be at Cronulla:

Age: 23-25 February 2007

Masters: 1 March

Seniors: 2, 3, 4 March 2007.

In order to compete at the State (and Branch & Aussies) Championships:

- All Active members must have completed 25 hours of patrol in 2006;
- New members or rejoining members must have completed 16 hours of patrol since September 2006;
- All Reserve Active Members must have completed 12 hours of patrol;
- Requalified in the Bronze/Cert II or SRC by 31 December, and
- Must be financial members of the Club and have paid the Competition Levy.

We will be in need of Officials for the carnival and possibly 3 IRB Drivers, for the State Open Championships.

- Entries close with the Club on 20 January, so all those planning to attend must let their Sectional Heads know.



## ATVS

Just a reminder to all Club members that you must be 17 years of age and holders of a Provisional or Open License. L platers and under age drivers are strictly prohibited from driving the ATV.

Members must annually be inducted by the Lifesaving Committee, Assessors, Trainers or Patrol Captains and drivers license sighted before driving the ATV.

Please note: these are not just Club rules, they are State, SLSA and GCC rules. Remember the ATV is on loan to the Club on the weekends, and use of this vehicle could be withdrawn if we disregard these rules.

## BOATIE NEWS

Boaties are planning a major **Trivia Night/ Fundraiser** on Friday, 19 January at the surfclub. Tickets are \$10 each and tables of ten.

Please contact Todd Petrie or Tony Ide if you are interested in attending or can donate a prize.

## Ocean Thunder Professional Boat Series Update:

The Z Crew (or Skilled Avoca Beach for this series) now has a strangle hold on the overall 2006 Ocean Thunder title after two wins and one second placing to be on 74 points, a lead of seven ahead of Pacific Palms (67) and Austinmer (67) with defending champions, Currumbin (65) in fourth placing with the series final to be contested on December 15

Good luck to our boys and also the Zenith Girls Crew, who could also be a chance in placing in the top 3 female crews!

Congratulations to the Z Crew who have been also been selected for the Interstate Team

## BOARDRIDING – BRANCH CHAMPIONSHIPS

- U13-U17 Branch Boardriding Championships will be held at Macs on Friday 5 January.
- U19, Opens & Masters Branch Boardriding will be held at Macs on Saturday, 6 January.

Events start on both days at 7am.

Entries close at the Club on 30 December – please let Anita know if you are attending.

Entires on the day are only available if patrol logbooks verifying hours, copy of proficiency test and letter of compliance from the Club, are provided at the time of registration, so please avoid this and let us know if you are attending.

Entry conditions for all Branch events are the same as those for State Championships.

Two new carnivals have been released:

**Steel City Jnr Carnival** for U15, U17& U19 at Newcastle Beach, on 6, 7 January,

**Intercities Championships** at Wanda on 13 January.

All details for both carnivals can be found on the Competition Notice Board.

## SIPPERS

Sippers is on every Sunday night in the Clubhouse from 5pm. The Bar is open and once again the Ladies Aux are cooking up a treat in the kitchen! The Club thanks the Ladies Aux for their continued support.

Also a huge round of thanks to Goffo for volunteering his Sunday evenings to look after us in the bar. It would be appreciated though, if Club members could assist by returning their empty glasses to the bar and putting their rubbish in the bin.

## MASTERS NEWS!

Three carnivals contested already this season with outstanding results and several new masters have enjoyed themselves and got good results.

Standout performances: Jimmy Mac at Toowoong Bay; Mandy Matuschka, Craig McCloghry and Gordon Jones at Nutty Masters.

On Saturday 2 December 12 Avoca Masters made the annual pilgrimage to Pacific Palms in great anticipation of reclaiming the trophy won last year – the famed Toilet Seat! . The Avoca Masters blitzed the Pointscore and had a great day. Thanks to all those who attended. Important news for those intending to compete in WA in the Australian Titles:

Jeff Smith needs the following information immediately.

1. Definite confirmation of attendance;
2. If attending, what craft you will be taking or require (we need this to determine if we can ship the craft with the boats, etc);
3. Sizes for Shirt and Shorts - Please email info to Jeff.

## SLS NSW UPDATES:

SLS NSW have requested that all lifesavers be reminded that:

1. They are to carry rescue tubes when patrolling by the edge of the water, as situations can rapidly worsen and a rescue tube as a minimum should always be used in a rescue response.
2. All requests for ambulances must be made via Surfcom, and that Surfcom be kept informed of all details until patient hand over. Ambulance Hand Over Forms should be completed to assist and inform the ambulance crew and the Incident Report Log is to be filled out.

**75TH ANNIVERSARY BALL DVDS** are available for sale at The Kiosk for \$20.

## AB SLSC ADMIN OFFICE

The Administration Office is opened on  
Monday 10am to 4pm  
Thursday: 2pm to 5pm  
Saturday mornings.

## CLUBHOUSE DONORS

MITCHELL BROS. - Builders  
SHANE FREEMAN  
AVOCA ELECTRICAL SERVICES – Greg Weeks  
AVOCA BEACH ARCHITECTURAL & HARDWARE  
ALARMIST – Nick Tomlin  
CRAIG KELLY PAINTING & DECORATING

JAN'S INTERIOR DESIGNS  
MAD BARRY'S  
ZUMOTOBEL LIGHTING  
SCHIAVELLOS  
SIGNWAVE



## GOLD SPONSORS

- ◆ AUSTRALAND
- ◆ BEECHWOOD HOMES
- ◆ FRED ROSE BATHROOMS
- ◆ GEORGE BRAND REAL ESTATE
- ◆ GOSFORD CITY COUNCIL
- ◆ RAINE & HORNE - AVOCA BEACH REAL ESTATE

- ◆ H&H CATERING
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- ◆ LYNNAIR INTERNATIONAL FREIGHTING
- ◆ PREMIER FIRE PROTECTION SERVICES
- ◆ ROBSON CIVIL PROJECTS
- ◆ TYRRELL'S WINES

**Silver Sponsors:** Avoca Beach Architectural & Hardware; Avoca Beach Bowling & Recreation Club; Avoca Beach Hotel; Avoca Beach Palms Resort; Central Coast Radio; Coastal Tiles; Davistown RSL; Dunes; Eagles Plumbing; Erina Fair, GW Hydraulics; Kincumber Hotel, Kincumber Nautical Village; Kincumber Village Shopping Centre; McDonalds Kincumber; Michael Riley & Assoc; National Truss Company; NBN; Seafood Spot; Signwave; Salmat; TJs Country Fresh; Wizard Home Loans.

**Bronze Sponsors:** Anishas, Avoca Beach Community Association, Avoca Beach Medical Centre, Avoca Beach Cake Shop, Avoca Beach Pharmacy, Avoca Air Mechanical Services, Avoca Beach Kiosk, Avoca Beach Welcome Mart, Bunnings Building Supplies, Billy Todd, Blue Bar & Restaurant, Byrnes Swan & Assoc, Beauty by the Sea, Chris Pickup, Dorrell Fabrications, Enviroclean, Energy Australia, Green Point Village Shopping Centre, Hole in One Donuts, Kahvah, Kincumber Driving Range, Kincumber Signs, Margaret Davey, Maurice Apartments, Michael Wright; Mitchell Brothers, Party Hire, Rebel Sports, Riley's B&B, Sea Change, Shirro Australia, Singo's Meats, SLS Central Coast, Steve Robinson, Three Point Surf, Tarragal Glen Village, Tony Ide, Vicky McGuinness, Video To Go, Weddings to Remember, Westpac Banking Services, Zumtobel, Zoggs.