

AVOCA BEACH SURF LIFESAVING CLUB Inc.

PO Box 22, Avoca Beach 2251 www.avocabeachslsc.asn.au © Murray Tancred (Dir of Admin): 0408 023 102 - administration@avocabeachslsc.asn.au
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Admin Office Hours Monday 10 to 4, Thursday 2 to 5pm, Saturday Mornings.

DECEMBER 2007

CLUB Championships This Sunday 9 December

11 am registration

11:30am start

The Club Championships will comprise
U/15, U/17,
U/19, Opens,
30-39, 40- 49,
50-59 and 60+

Followed by the Competition Christmas Party, for all competitors officials and coaches..

AB SLSC Annual Golf Day Thursday 27 December -

2 person Ambrose

7:00am for 7:30 start

Gosford Golf Club,

Mixed and ladies teams welcome

With lunch, drinks and presentation at AB SLSC

Phone Tony Bennett 4381 0441

Email: aceben@bigpond.com

HUNTERS OCEAN SWIM - 16 DECEMBER

Our annual Ocean Swim, sponsored by Raine & Horne Avoca Beach is on Sunday 16 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.

Register online at www.oceanswim.com.au or download from www.avocabeachslsc.asn.au. Preday entry fee \$30, on the day \$40.

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.

INTER-STATE

Richard Brierty at the InterState Challenge last week in Bondi, showed Australia again what a tremendous coach and sweep he is.

The **Z Crew** placed first in their 3 races, placing them first in Australia and the **Zenith Crew** placed first and two seconds, placing them second in Australia.

Annie Stalley, on the come back trail after a season off, again showed she is a force to contend with coming 2nd in the U19 Sprint and 5 in the U19Flags

What a fantastic achievement for our Members!

Thanks also to **Sharon Brierty** for being our flag bearer in the Parade of Flags which concluded the Year of the Life Saver activities (photo on website)

PATROL HOURS COMPLETED

Patrol hours are updated monthly (fortnightly in December) for the competition year and are on display in the Captains Office.

If planning to compete at Branch, State or Aussies, please be aware of the patrol hour requirements (25 hours for existing Members and 16 hours for new and rejoining members) and check your hours, as no shortfall in hours will be accepted. Please also ensure you are proficient by 31 December 2007.

Random checks are conducted by SLS CC, SLS NSW and SLSA on competitors through Surfguard, the national database system

Please remember it is the Competitors responsibility to ensure they have their hours and are proficient.

PATROL NEWS

The Entrance 2 Dec, A huge thank you to the following patrol members for giving their time to help patrol The Entrance all day Sunday 2 December:-

Rod Butler	Lee Dean
Goeff Morrison	Chris Blakeway
Karen Douglas	Wendy Norman
Brett Beswick	Matt Hall
Mick Tsolakakis	Brook Moregan

Christmas Day: We are still in need of patrol members for Christmas Day. It would be greatly appreciated if anyone could help out for a few hours or so.

1-3pm Rod Butler, Peter Saint, Lee Dean, Bruce Thurlow, Kate Thurlow, Johnny Mitchell

3-5/6pm Sharon Brierty, Wendy Norman, Lee dean, Scott Delaney, Peter Merrick

Patrol Christmas drinks:

All patrolling members are invited to a patrol get together at Sippers on Sunday 16 December at 5pm. Could each patrol ensure that the Captains Office and First Aid room are swept prior to the end of their patrol and limit personal belongings to a minimum.

Broad brimmed patrol hats are now available from the Admin Office,

Patrol Uniforms are available for collection from Friday, 2 November. All patrol members should now be wearing patrol shirts with UD Trucks signage (or our previous sponsor Wizard) on the side sleeves.

BOARDS & SKI USAGE

We encourage members to close the garage door to the Board & Ski shed. Personal and Club craft are stored here and leaving the door opened at all times, leaves this Craft unsecured.

An unfortunate incident occurred in recent times when someone 'borrowed' a board that was stored in the Craft storage, and did considerable damage (several hundred dollars) to this board. As this was stored in a cover, so it was clearly not a Club Board.

Please do not use personal craft that belongs to anyone else unless you have their permission.

It has also been noted that personal competition skis have been used by other people.

Please if you see someone using equipment that is not theirs, ask them to return it.

HISTORY OF THE CUB

In recent months some of the items which were left on the Memorabilia night have been returned.

It would be appreciated if you could please check amongst your items in case some CD's were included.

Or, if you inadvertently collected some CDs from the office containing old time photos, could you please return to the office as soon as possible.

The **Honour Boards** are currently being made and should be hung in the next few weeks.

PATROL UPDATE

(Subtracts from Dir of SLS CC Memo dated 26.11.07)

Patrol Uniforms:

Full patrol uniform is required by all patrol members once signed on. That is a

- ☞ DHL Patrol Shirt
- ☞ DHL Patrol red shorts (not surfbrand shorts etc)
- ☞ Red & yellow quartered cap that is secured under your chin.

If patrol members are not wearing this, they are then in patrol default.

ATV

Only members who are qualified are allowed to operate the ATV. They are not a taxi service and drivers should be aware of the environmental impact when driving on the beach and attempt to use the same tracks.

Please see all Club Notice Boards for copies of this important memo in full.

Club Parking

GCC has now painted and sign-posted designated parking bays in the Club car park. Parking during the week is restricted to Council lifeguards and on **weekends to Patrolling Members only**, not Members in general. The ranger will be patrolling the area and fining those parking there without the necessary identification.

Car parking is not permitted in the area behind the Cub between the Clubhouse and park, this is a boat turning area and Nipper area and during the week Sita needs access for rubbish removal.

Saturday 15 Decmeber - Masters Open Carnvial, Umina Beach.

Full program on website and notice board. Competitors are requested to enter their names on the noticeboard if planning to compete. Entries close on Thursday 13 December.

2007/08 Board and Ski Series

This year the events will be held on a Saturday afternoon instead of Friday evenings.

Cost to enter is \$15 per event (\$20 for board and ski) or \$40 (\$60) for the series.

Dates & Venues December 22 - Redhead
January 12th - Terrigal
February 23rd - Swansea Bel.
March 15th - North Avoca

Categories: U15 male & female board; U17 male board; Open male & female board; Masters (over 40) board; Open male & female ski; Masters (over 40) ski.

This is payable by the individual, entry forms and information available on the Competiton Notice Board and Club website.

CARNIVAL ENTRIES

Just a reminder to all members It is the Competitors responsibility to ensure that they have informed their Sectional Captain or Anita, if they are planning to attend a carnival and that they have paid their competition levy, have their hours, and have requalified.

Carnival entry forms need to be completed prior to the event, and carnival entry fees paid.

You cannot simply turn up on the day.

Many carnivals such as Coffs Harbour Craft, Premiership, Northern Beaches carnivals have cut off dates two weeks prior to the carnival and any additional entries incur late penalty fees.

Any late entry fees are payable by the Competitor.

Also please note, that when attending carnivals, where events are nominated, that to do additional events incurs a late penalty fee for the Club.

Competitors need to be aware of the entry requirements for all carnivals by reading the information on the Competitor Notice Board or on the website and in newsletters.

State and Aussie entry forms should be available shortly.

GYM UPDATE

The gym has been opened for 12 months now and it is great that so many Club Members care for their health and have patronized the facility.

Thanks to those user Members who endeavour to keep the place clean and tidy. To those few who after constant signage reminders any by word of mouth that still leave heavy weights on bars and not returning them to their correct locations, and cart sand in by not wiping their shoes on the mats provided you make it hard on everyone else—thanks.

If we keep the simple house keeping rules of wiping shoes to remove sand before entry, replacing weights, wiping down machinery after use and not keeping the door open for non-gym members to enter the place, would be even more comfortable to work in.

All Club Members who are Bronze Holders, Associates are welcome and encouraged to come and join the gym and use this health facility it is for you, the Club Member, not the general public.

Many thanks on behalf of the Club to

George Spencer,

Bryan Low and

Trevor Tame

who volunteered on a rotational daily basis to keep the gym in a clean and tidy state. If you see them around the Club, give them a pat on the back for their tireless efforts and say thanks.

Andy Hoban
Gym Coordinator

AVOCA BEACH SLSC ANNUAL DOOR KNOCK 4, 5, 6 January 2008.

Another date to note in everyone's diaries is the Club Annual Door Knock.

As in past years, most of the collections will take place in shopping centres with each section, including patrols, being allocated areas and times.

This is not only a chance to raise money for each section (as all money collected by each section is retained by that section for future purchases) but also a chance to showcase our Club.

Our thanks goes to Fred Spindler who has taken on the job of coordinating this major event.

IN BRIEF:

Coffs Harbour Craft Carnival:

Congratulations to:

- **Tami Hunt** - 1st U17 ski
- **Lachlan Tame**, continuing his form of last year, 1st, U19 ski

Congratulations to our Sponsor, **TJ's Country Fresh** winners of the Sydney Markets, 'Fruit Shop of the Year-Greater Sydney' - We're extremely proud of you!

Craft Scrutineering Reminder:

Just a reminder to competitors that all NEW craft and all Craft with a BLUE STICKER must be scrutinized.

Scrutineering is available on the following days only.

- Saturday 15 December at 7am, Umina SLSC
- Sunday 20 January at 7am, Toowoomba Bay SLSC.

Branch Championships - Ocean Beach

SLS CC First Aid Championships—Sunday, 16 December

SLS CC Champion Lifesaver—Sunday, 13 January 2008

SLS CC Patrol Championships—Saturday 2 February 2008

Anyone wishing to compete, please let the office know asap.

Wednesday Wipe Outs

The Wednesday 6am swim session is going from strength to strength with numbers increasing each week. Their intensive training each week is impressive and well done to all those attending.

Melbourne Cup

Thank you to Sonya Walters for a great day which was enjoyed by all. Sonya did a great job in taking this on, and the Club thanks her for her time and effort.

Masters Carnival, Pacific Palms

The Masters are once again the proud holders of the "Toilet Seat". Well done Masters!

Ladies Aux, Sewing Ladies

A big thank you to these hard working women who have now made us a new Club flag... *thanks ladies.*

New Year's Eve Pub To Pub Paddle

The traditional New Year Eve Pub to Pub Paddle is on again roll up time 9:30am—organise your own ski & paddle!

Aussie Bob Update

A welcome back to competition to Aussie Bob who makes his comeback on 26 Dec.

PHUKET LIFEGUARDS

For those Avoca residents who have seen some rather suntanned people walking between the beach and Rileys B&B we would like to let you know they are the Thai Lifegaurds who are here for two weeks, after arriving on 22 Nov and under the supervision of Q Riley, Craig Anderson, Mick Kendal, Andy Hoban, Lyn Bacicaulupo. Stuart Paterson, Craig Healy, Darren Clark and John Mitchell, their training to date has been very successful and rewarding, they have done lots of things apart from lifesaving and hopefully are enjoying their stay in Australia and have adapted to the colder water temperatures to what they are used to. Each morning they have commenced training at 7am as they undertake an extensive program to get their Bronze Medallions.

At present Slim and Stuart Harvey are in Thailand making arrangements for a demonstration surf lifesaving carnival in April 2008 to which all are invited—see the website for full details.

Another Thai lifeguard is arriving on Thursday and will be greeted by NSW fire brigade personnel and will attend the firies graduation. The NSW Fire Brigade earlier generously donated 10 oxy vivas.

We are looking forward to the Thai Life Guards taking part in our Club Championships on Sunday and giving participating Members a chance to meet them before they fly home on Monday 10 Decmeber

Thanks to the tireless efforts of Slim, Stuart Harvey, Kincumber Rotary & Michael Hunter, Greg Bennett, MacMasters Beach Surf Club and GCC they will be taking home with them 8 rescue boards and one rubber duck back with them

Our thanks to Rileys B&B where they are guests and Woolworths who have donated \$600 towards their food costs.

Specials thanks also to Slim Peebles, John Mitchell, Steve Jelfs, Stuart Harvey, Craig Anderson who have been driving forces behind this project.

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 be annually inducted by the Lifesaving Committee, Assessors, Trainers or Patrol Captains and drivers license details provided 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.

FEES 2007/08

Active Member	\$45
Junior Active, Cadet Member	\$45
Long Service, Reserve Active	\$45
Award Member	\$45
Associate Member	\$80
Levies:	
Gym Levy	\$50
Competition Levy	\$55

GOLD SPONSORS

- ◆ GEORGE BRAND REAL ESTATE
- ◆ GOSFORD CITY COUNCIL
- ◆ RAINE & HORNE - AVOCA BEACH REAL ESTATE
- ◆ H&H CATERING
- ◆ L.J. HOOKER AVOCA BEACH
- ◆ FUTURE FLOOR SERVICES NSW
- ◆ PREMIER FIRE PROTECTION SERVICES
- ◆ ROBSON CIVIL PROJECTS
- ◆ UD TRUCKS

Silver Sponsors: Airpak Sheetmetal Pty Ltd; Avoca Beach Architectural & Hardware; Avoca Beach Bowling & Recreation Club; Avoca Beach Hotel; Avoca Beach Palms Resort; ABSLSC Ladies Auxiliary; Central Coast Radio; Coastal Tiles; Davistown RSL; Dunes; Eagles Plumbing; Energy Australia; Erina Fair, Fred Rose Bathrooms; G&W Hydraulics; Kincumber Hotel, Kincumber Signs; Kincumber Village Shopping Centre; Michael Riley & Assoc; National Truss Company; NBN; Seafood Spot; Signwave; Star Electrical; TJs Country Fresh; Three Points Surf Shop; Wizard Home Loans.

Bronze Sponsors: Allcoast Concrete & Pump Hire, Avoca Beach Community Association, Avoca Beach Cellars, Avoca Beach Cake Shop, Avoca Beach Medical Centre, Avoca Beach Pharmacy, Avoca Air Mechanical Services, Avoca Beach Kiosk, Avoca Beach Welcome Mart, Avoca Beach Laundrette, Blue Bar & Restaurant, Bunnings Building Supplies, Central Coast Stairs, Dorrell Fabrications, Eagles Plumbing, Gosford Golf Club, Green Point Village Shopping Centre, Haven Restaurant, Hair on York, Kahvah, Marese Apartments, Midcoast Windows, Mitchell Brothers, Mitre 10 Kincumber, Riley's B&B, Rotary Club of Kincumber; Sea Change, Shirro Australia, Singo's Meats, SLS Central Coast, Skins, Vicky McGuiness, Video To Go, Zoggs.