

## AVOCA BEACH SURF LIFESAVING CLUB Inc.

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**Admin Office Hours Monday 10 to 4, Thursday 2 to 5pm, Saturday Mornings.**

# OCTOBER 2007

**The Avoca Beach SLSC Admin Office will be CLOSED Saturday 13 October and will reopen 23 October. Apologies for any inconvenience**

### A New Patrol Season...

The patrol season for 2007/08 got under way last weekend and with the great weather, the beach has been busy all week.

We have new flags, a new patrol tent, thanks to the Avoca Westfield Rookies who won it last year at the Rookie Challenge....

Now we just need the new patrol shirts, which have been ordered for our new Bronze holders and we hope to replace many of the older patrol shirts. There has been a delay in getting these and we do apologise to many of last years & this years new bronze holders who have yet to get their shirts, but SLS CC advise they should be available next week.

### NATIONAL BOARDIES DAY 19 October 2007

Here is a chance to wear your Boardies to work and raise money for the Club... National Boardies Day, is a new national fundraising idea from SLSA

The aim of Boardies Day is for schools, businesses etc to wear Boardies or Surf gear to work and pay a gold coin donation for the privilege.

To find out more and to register go to [www.boardiesday.com.au](http://www.boardiesday.com.au) and nominate Avoca Beach Surf Life Saving Club as the Club you wish to receive their donations.

### REGISTRATIONS

Registrations for the 2007/08 season are now being taken during the Admin Office hours: Mondays, Thursday afternoons, Saturday mornings.

A reminder that gym membership is now due as this runs concurrently with the Membership season.

**All 2006/07 membership expire on 5 November at which time access privileges to the toilets, showers and gym will be cancelled.**

All Members need to be current financial members of the Club and have paid their Competition Levy, prior to being entered into any Carnival.

### SIPPERS

Sippers is on again, starting 14 October, and each Sunday night until the end of April.

The bar will be open from 5:30pm

Light meals will also be available, thank you to the Ladies Auxilliary for once again taking this on.

This is a great way to wind down the weekend and gear up for the week ahead, but we ask Members to remember that this evening is run by volunteers for volunteers, so your assistance with returning your glasses to the bar, disposing of your rubbish would be greatly appreciated.

### The Entrance SLSC

As Members may be aware, the Entrance SLSC is struggling for members, and at this stage are unable to fulfill their patrol duties.

All Central Coast Clubs are being asked to assist The Entrance by doing volunteer patrols. It is hoped that each Club could assist by taking on a full day patrol.

If we have any Members who are interested in assisting, please contact the Admin Office. Patrol Hours will count towards your competition hours.

Terrigal SLSC have signed on for 6 days, and other Clubs also have committed, so it would be great if Members from Avoca could also help out their fellow CC Club.

### 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
Boat	\$120
Boat Junior	\$60

### WEEKEND JOB OPPORTUNITY WITH AB SLSC

The Club is looking to employ a **Weekend Function Assistant** who would be available on Saturday afternoons and Sunday mornings .

The assistant would not need to be on premises during this time, or, attend the functions, but would be available to come to the Club at various times to give access to the hirers and their subcontractors. and assist in ensuring the Clubhouse is ready for their event and assist with the Sunday packup if possible

Occasionally Saturday mornings may also be required when the Function Centre has double bookings on the weekend.

Please contact the Murray Tancred for more information

### Honour Boards & Memorabilia

The Club is currently finalising the new Honour Boards for the Life Members, Committees, Club Champions and Aussie & State medalists.

If there are any Members who have photos of any medal presentation at Aussies or State since 2000, it would be appreciated if the Club could have a loan of them, so that they can be scanned and our history can be complete.

Photos can be in jpeg format, or hard copy. Please ensure that all photos are named and details are included. Hard copy photos can be brought to the Admin Office and will be scanned immediately and then returned.

### North Entrance Opens/Master Carnival 20 October

If you are planning to attend, please fill out the Attendance Sheet on the Competition Notice Board or email the office. Only written nominations will be accepted.

See the new Competition Entry System developed by the Surf Sports Panel

### Premiership Series

The first round will be held at Warilla Barrack Point on 27 October. Details available on the Club or SLS NSW website, but anyone planning to attend, should notify the office by 10 October.

### NSW Endurance BOATS

Details have just been released on this 12km boat paddle on Saturday 13 October in Georges River National Park, finishing at Tarren Point.

**Coffs Harbour Craft Carnival**, 24,25 November  
Details now available on the website or Club notice board.

### Aussies

Team manager required to coordinate travel and accommodation for the event as well as Age Group/Area Managers.

### AB SLSC ADMIN OFFICE

**The Admin Office will be closed on Saturday 13 October and will reopen on Tuesday, 23 October.**

### EMAIL ADDRESS

If you have an email address and are not currently receiving your monthly newsletter by email and would like to be, please email your address to  
office@avocabeachslsc.asn.au

Newsletters are not mailed out to Members unless specifically requested.

### CLUB CLOTHING

**Swimmers** : Male \$25, Female 1 and 2 piece \$45  
Caps: Reversible competition & patrol caps \$5

The Club now has for sale long shorts and polo shirts with Avoca Beach, Australia for sale from the admin office.

### Congratulations to our Newest Bronze Holders:

Jessica Davis,	Marissa Moore
Josh Polglase	Jessica Redden
Juliette Cassidy	Scott Champion
Neil Lenehan	Brookelan Morgan
Kely Yule	

We wish you many hours of incident free patrolling!

### UP COMING Courses

Names are now being taken for forthcoming **Bronze** and **IRB Drivers and Crewman** if you, or you know of anyone wanting to do these courses, please contact Anita asap

Please note that if you are wishing to compete in the IRB racing series next season, drivers need to have attained their awards by November 2007 in order to qualify.

### Surf Coach Level 1

An additional course will be held at the Hunter Branch Office on Friday 23, Saturday 24 November. Please book with the office asap if you wish to attend.

### SENIOR FIRST AID

The next Senior First Aid course will be held on Saturday, 13 October. Participants will have needed to complete the on line component prior to the actual course. Please book at the Admin Office if you are interested in attending.

Forthcoming courses (Book through Anita):

**Defibrillation** 24 October, 21 Nov;

**Spinal Management** , 15 October, 19 November

**Trainers** 11 November; **Assessors** 9 December

### AN INVITATION FROM THE LADIES AUX:

Girls Only Night  
Friday 2 November  
Open to Members and Friends  
\$10 entry includes welcome drink & finger food,  
Tickets at the door, bar open  
7pm start  
Lucky door prize  
Theme: Favourite Finger Food (Sweet or savory)  
BUT... you also need to make the dish & bring the  
recipe (20 copies if possible)

### LADIES AUX NEWS:

Next meetings are scheduled for

- 28 October
- 25 November

Congratulations to the following wonderful ladies who were voted in at the Ladies Aux AGM as Life Members:

Jan Gee  
Margaret Wilson

Anyone who has been around the Club realize the huge amount of work and input these two ladies have had over the years. Congratulations, and thank you for all your work!

### SIPPERS

Once again, the Ladies Aux have put their hands up to provide meals at Sippers for the forthcoming season. Thank you ladies.

### MEMBER NEWS

Sandy & **John Mitchell's** 12th grandchild has arrived to Callie & John

#### Results:

Endurance Championships

- 1st **David O'Grady**, Masters Board
- 1st **Don Boland**, Masters Swim

Anaconda Series

- **George Ruzek** and **Stuart Harvey**, 1st in the Pairs in this grueling, two day event.

Congratulations to the Pool Challenge Team (Jade Condon, Nick Reekie, Tami Hunt, Kim Mara, Liam Jackson, Chris Parker & Don Boland) last Friday who placed third, winning the Club a new icom radio.

Thank you to **Murray Tancred** for organizing The Welcome to the Season Night, from all accounts the Band was excellent and the food from mr catering was great, but it was such a shame more people were not there to enjoy the night.

Thank you to **mr catering** (Rob Body, Michell Davison, **Jo Davison**) who catered for the evening as a Club donation.

### COMPETITION ENTRY SYSTEM

All members are personally responsible for ensuring that they are "financial" members i.e. they have completed the applicable annual membership form(s) and paid annual Club membership fees. Completion of forms and payment of fees provides members and the Club with personal injury and public liability insurance cover whilst members are involved in surf lifesaving "activities". Such activities include training and competition.

Members will not be permitted to train with Club coaches or compete for the Club unless "financial".

All members wishing to compete are further responsible for ensuring that they have paid the Competition Levy. The Competition Levy must be paid in full prior to any member being entered in any competition events.

For the 2007-08 season an old (but maybe new for some) Competition Entry System will be implemented. An entry form will be posted on the Club notice board (in the corridor to the toilets/showers) prior to all events. All members wishing to compete are responsible to ensure that they have written their name and requested details on the entry form by the declared due date prior to any member being entered in any competition events.

Should a Member be unable to visit the Club to physically lodge an entry then an email, stating the competitors name and requested details, must be sent to the Club Admin Assistant (office@avocabeachslsc.asn.au) by the due date.

Members who fail to lodge a written entry by the due date but who still wish to compete will be liable for any late entry fees.

Members who enter on the day of any event and incur late entry fees that are retrospectively invoiced to and received by the Club will be invoiced for the full cost of entry.

*Whatever you can conceive, you can achieve, if you believe!*

### U15, U17, OPENS & MASTERS TRAINING,

Please see attached schedule, the website and the Competition Noticeboard for all the news and detailed training sessions

### MASTERS TRAINING

Initial training during September will be on Sunday at 11.00am. We now have 4 racing mals of varying sizes, so all are welcome. For those interested a few of the guys have been meeting on a Saturday for a ski or board paddle.

**Member Development / Club Weekend** is being planned for the 11 November to coincide with the Pacific Palms Boat Carnivals.

More details to follow

**An Extract from SURF LIFE -  
The Official SLS NSW Magazine,  
Issue 11, Winter 2007**

The Boxing Day 2004 tsunami which claimed 300,000 lives in south-east Asia is still fresh in the minds of every one within the region. Many tourists tragically lost their lives in the catastrophic event, including a young Sydney woman named Kathy Glinsky who was claimed by the disaster while holidaying in Thailand. At the time, Kathy had been organising with her employer– Australand – to donate a set of oars to Avoca Beach Surf

Life Saving Club, however following the tragedy Australand substantially increased the donation to include a surf boat, trailer and oars.

The sweep of the ‘Kathy Glinsky’ surf boat, John Mitchell, Life Member and keen supporter of surf lifesaving in the Avoca Beach community, is constantly reminded of the tragic circumstances that arose from the Boxing Day Tsunami when he takes his crews out for training and competition on the water. The loss of life that occurred on that fateful day and the ongoing drownings that continue to take lives in Thailand inspired John and the Club to start a program to introduce surf awareness and the culture of surf lifesaving to the communities of Phuket and Phi Phi.

Alistair ‘Slim’ Peebles, Life Member of Avoca Beach Surf Club investigated the feasibility of taking the concept of surf lifesaving and surf awareness to Thailand and through his tireless efforts secured a grant from the Australia-Thai Institute to assist members of the club to introduce, up skill and train the Thai people in first aid, surf awareness and water safety.

In July the fruits of John and Slim’s hard work came to fruition when twelve club members from Avoca Beach visited the south-east Asian nation to work with members of the Thai marine police, lifeguards, school children, tour operators and the Thai people to introduce the concept of surf life saving to their community.

While impressed with lifeguard operations at some resorts, it was clear that lifesaving standards in Phuket are far inferior to those which are enjoyed by the Australian beach going community. In essence, this made the trip even more special, with the Avoca Beach club members having a marked impact on lifesaving authorities in the region who have vowed to keep learning and keep improving thanks to the advice and expertise bestowed upon them by the team from Avoca.

The commitment to improving lifesaving in this region will continue into the future, with programs already in place to raise the standard. Six lifeguards employed by the Phuke tProvincial Administration Organisation will travel to Avoca during the 2007/08 season to not only improve their skills, but also be trained in the equivalent SLSA Awards. They will also be trained as instructors so they can continue teaching their colleagues in Thailand, while Avoca is planning a demonstration surf carnival on Patong Beach in April 2008.

## **GOLD SPONSORS**

- ◆ AUSTRALAND
- ◆ GEORGE BRAND REAL ESTATE
- ◆ GOSFORD CITY COUNCIL
- ◆ RAINE & HORNE - AVOCA BEACH REAL ESTATE
- ◆ H&H CATERING
- ◆ L.J. HOOKER AVOCA BEACH
- ◆ LYNAIR INTERNATIONAL FREIGHTING
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- ◆ ROBSON CIVIL PROJECTS
- ◆ TYRRELL’S WINES

**Silver Sponsors:** 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, Airpak, Angelena Andanopoulos, 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 Hair Affair, Avoca Beach Laundrette, Beauty By the Sea, Blue Bar & Restaurant, Bunnings Building Supplies, Billy Todd, Chris Pickup, Central Coast Stairs, D&D Hardaker Painting, 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, Tarragal Glen Village, Vicky McGuinness, Video To Go, Zumtobel, Zoggs.