

AVOCA BEACH SURF LIFESAVING CLUB Inc.

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Admin Office Hours Monday 9 to 5, Thursday 2 to 5pm, Saturday Mornings.

SEPTEMBER 2008

From The President....

Congratulations to all Members who were elected to positions at the recent AGM.

I would also like to thank those who attended. It would be good to see some younger faces get involved in these activities as it gives you a voice in how your Club runs.

To the exiting Committee Members and Executive I would like to extend our gratitude for the efforts you have made. Matt Penn as Director of Juniors has done an outstanding job and we look forward to his continued involvement with the Club in other areas.

With Spike taking on the Bar Managers role I would like to thank Brian Goffet for his efforts to get the bar functioning in the professional way that he has. It has been a difficult task to organise with the increase of functions with the new facility.

As the life saving season is about to begin it is important that patrol members are aware of their patrols.

Each year we endeavour to roster to meet everyone's needs but it is not always possible.

I would also like to encourage static members and long service members to consider assisting with patrols over the summer period in an effort to lessening the load of patrolling members.

Garry Clarke.

PATROL ROSTERS

Patrol Rosters will be posted out this week. Please ensure you keep them in a safe spot and mark your rostered days on the calendar!

If you have not received a roster and are expecting to be on patrol, please contact the office.

Members are reminded that if they cannot attend on their rostered days, that it is important that you organise a substitute so that your patrol is not left short and undermanned.

Many patrolling members have requested that phone numbers be made available to assist in organizing substitutions, however the Club is bound by a duty of care and cannot publish phone numbers for distribution.

One important change to the rosters is that patrols will now overlap 15 minutes, ensuring that the beach is fully covered at all times. All morning and mid morning patrols have now been extended 15 minutes.

We once again have patrolling duties at The Entrance some patrols have been assigned and some will be manned by Long Service and Reserve Active members.

REGISTRATIONS

Club & Gym registrations for the 2008 - 2009 season are now being taken.

Membership from 2007-2008 season expires on 10 November along with members access privileges to the Clubhouse and its facilities including gym membership .

All patrolling members will also receive a peaked cap which can be worn whilst on patrol. If you did not receive one, please contact the admin office. This cap is in addition to, and does not replace the life saving cap which is to be worn at all times by all patrolling Bronze members

All registrations received by the due date, ie, prior to 10 November, include a chance to win \$1000 in the SLS CC Ducks For Bucks as your reward for registering on time. Those who have registered and did not receive their duck certificate (which is tax deductible) can collect from the Admin Office..

BIOLOCK SECURITY SYSTEM FOR THE CLUBHOUSE

With the season approaching many members are coming back to the Clubhouse and having difficulty with their thumbprints.... Please be assured that if your print gave you access last season, it is still working, as no Members have yet been taken off the system due to non payment of fees.

Please remember to use it correctly..... And bear in mind that there are over 600 prints in the system and it takes time for the computer system to match your prints!!!

Some Points to bear in mind!

- 👉 Remember which finger was scanned.
- 👉 Make sure that finger is dry.. And make sure the scanner is dry.... If there is moisture on it, the scanner is trying to read that!
- 👉 Try to remember which area of your finger got scanned, usually it is the flat ball part of your thumb;
- 👉 Place it on the scanner until the blue light goes off and/or the second beep sounds ... don't just stab it on and off... give the scanner a chance to scan.
- 👉 Wait for the buzzer to open the door at the footwash, pull open the door, don't turn the handle.. This locks the door again.
- 👉 If you had no success, wait for the system to reset before trying again.

UNFILLED POSITIONS AT THE AGM

Sunday Events

This involves the running of the traditional Club handicaps, a great fun way of keeping fit with a little competition. Jeff Smith has run this for two years and due to work commitments is unable to run this this year.

Radio Officer

This job entails the checking of the Club radios, ensuring that they are sand free and clean and in good working order. Stuart Paterson has held this position for a number of years and due to work commitments is not often at Avoca to check over the radios.

Carnival Entries

Thank you to Gordon Jones for taking on this position.

Grievance Officer

We have now filled this position.

Duke of Ed Coortindator

Thank you to George Ruzek for taking on this position, he is to be assisted by Wendy Norman.

SLS CC Positions Available:

- Gear Steward
- Carnival Announcer
- Representative Team Selector

Please contact the Branch office if interested.

SLS CC LIFE SAVING INFORMATION DAY

The Annual Information day for all Trainers, Assessors, Club Captains, Life Saving Committee Members will be held at SLS CC Branch office on Saturday 13 September.

All Trainers and Assessors will need to attend this day to be re-endorsed for the 2008/09 season. Please contact the Admin office for more details.

Endurance Championships, Cronulla 11 October

Anyone wishing to attend the Endurance Championships must register their attendance through the Club so that we can complete the entry forms. Entries close at the Club on 25 September.

Please email the admin office detailing all the events you wish to compete in.

Gordon Jones has now taken on the huge job as Carnvial Entry Coordinator, so please help him, by getting your entries in on time.

Details are available on the Club website and on the competition notice board.

Any late entries will be at the competitors expense.

LEVEL 1 COACHING COURSE

20, 21 SEPTEMBER—SHELLY BEACH SLSC

This is the last chance to enroll in the Level 1 Coaching Course to be held on the Central Coast 20, 21 September

All coaches, whether for Nippers, skis, boards etc should have their Level 1 accreditation.

All boat sweeps must have their level 1 and sweep accreditation, *completed*, if they wish to sweep in the Peters Series and other carnivals.

If you are coaching and want to do the course, please come to the Admin Office, or see the Nipper Committee (for Nipper coaches).

Welcome to our new silver sponsor of the Board Section, Ella Bache in the Platinum Building at Erina Ph: 4367 3552.

Ella Bache have a special this month: have a full body polish and spray tan for \$75 and receive a bonus Ella Bache Spring Skin Tanning Kit valued at \$26 which includes a mini face tan and great Sunkiss Body Moisturiser

LEVEL 1 OFFICIALS COURSE

For each carnival the Club is obligated to supply officials to the ration of 1 official per 7 competitors. If you are interested in doing the officials course, a course will be held at the SLS CC Branch office on 8, 9 September, please let the admin office know as soon as possible.

Your help would be most appreciated.

DIARY DATES

- ☞ Every Saturday morning, registrations for Seniors.
- ☞ 15 Sept - Peters Boat Entries close...
- ☞ 14 Sept, & 21 Sept - **Nipper** registration mornings
- ☞ 14 Sept - 10:30am Ladies Aux AGM
- ☞ 16 Sept - **Beach competitors** meeting, in front of Clubhouse at 5pm. This is for anyone interested in sprint training for the Club, Nippers, Juniors, Opens or Masters.
- ☞ 21 Sept - Sunday 9am **ARC** requals
- ☞ 21 Sept - Sunday 10am, **IRB** requals
- ☞ 23 Sept - Thursday 7:30pm, **ARC** requals
- ☞ 25 Sept - Endurance Entries close at Club
- ☞ **27 Sept - First Day of Patrols**
- ☞ 18 Oct - Welcome to the Club Get Together!

PATROL CLOTHING

SLS now have designated clothing that is approved for wearing whilst on patrol consisting of:

Weatherproof jackets	\$56
Long Sleeve rash vest	\$27.50
Mesh Cap	\$3.85
Cap	\$16.50
Full Patrol Suit	\$245
Short Sleeve Patrol suit	\$200
Spring Suit	\$165
Long sleeve spring suit	\$200
Neptune Short John	\$125

Check out the noticeboard for more details and pictures of items.

OFFICE ADMIN HOURS

There has been a slight change to the hours the Admin Office is open, due to employment of the Function Coordinator - Please note new times and *try* to restrict business to these times

Monday 9am to 5pm (formerly 10 to 4)

Thursday 2pm to 5pm (no change)

Friday afternoon Now Closed

Saturday mornings 8:30am to 12:30 (formerly 9 to 12)

Please note the Admin Office will be closed, Saturday 20 September

NIPPER REGISTRATIONS DATES

Sunday 14th September 2008 9am - 1pm

Sunday 21st September 2008 9am - 1pm

Price for U6 & U7 \$60, U8 - U14 \$85

Nippers are introducing a sibling discount this season when siblings are **registered at the same time on the registration days above.**

First child full price, subsequent children (equal or lesser registration fee) get the discount : \$50 for U6 - U7, \$70 for U8-U14.

REBEL SPORT

Don't forget to use your Rebel Sport Discount Voucher that was with your Annual Report...

Buy 1 item get 10% off

Buy 2 items get 15% off

Buy 3 items get 20% off

This offer expires 30 October, if you want another voucher, please contact the Admin Office, and remember to take in your Discount card at any time to Rebel to receive 5% off all items.

For every purchase, Rebel donate 5% back to the Club... so keep supporting us by shopping at Rebel

COURSES AND TRAINING AT AVOCA BEACH SLSC.

There will be a meeting for all new and those interested in doing their **bronze** course, on Saturday 20 September at 9am. If you know of anyone interested in doing their bronze, please let them know.

Anyone interested in doing their **ARC** should also contact the Admin Office so that your name can be on the list. As soon as we have the numbers we will run a course at the Club.

There is also a complete list of courses available through SLS CC, on the next page. Please book through the office if you wish to attend.

PHUKET LIFEGUARD TRAINING UPDATE

Both John Mitchell and Slim Peebles returned to Phuket earlier in the month, at their own expense, to continue furthering the establishment of life saving in Phuket. (luckily both had departed Phuket before the riots and closure of the airport!)

The mission this time was to get the backing from the mayors from Karon and Kamala Beach. Both mayors were given a letter detailing the aim of building a surf club in their area and advising them that Blue Scope Steel would build the surf club for them, if they could provide the land. The ball now lies in the hands of the both mayors and whoever comes back first with the land, will get the new surf club.

John and Slim also spent time fine tuning and organizing translators for their booklet on their endeavours which is being put together with the assistance of the Australian-Thai Institute.

Whilst in Phuket Slim and John were able to track down the bronze medallions that had been sent to the successful Thai Lifeguards who completed their bronze last year at Avoca, which had gone astray in the post and were found at the head Post Office.

Club Swimmers - Male competitor tri colour swimmers are now in stock.

AS WE HEAD TOWARDS OUR 80TH BIRTHDAY

....A REFLECTION ON PAST YEARS...

Snippets from the 1978-79 Annual Report ...

Fees were \$2 for Active Members, Bryce Norman was President & there was 115 Active Members;

The NSW State Centre introduced, and the Central Coast Branch aimed to enforce that "each Active & Active Reserve Members must re-qualify by completing a proficiency test in the run, swim, run, signals and resuscitation";

The Club announced plans to celebrate its forthcoming 50th year celebrations;

The financial year commenced with \$3300.79 in both general and building fund accounts, and finished the year with \$6120.56 in both accounts. The main sponsors of the Club were the Central Coast Leagues and the Ladies Auxiliary.

Beach raffles were held at Kincumber and Erina Heights Hotels... Housie brought in \$1151.93 and the Annual Door Knock, manned by the Associate Members of the Club raised \$765.86

There was talk of introducing Saturday morning patrols and the possible wearing of patrol uniforms ie Tshirts and shorts.

The March Past Team not only existed but had a dedicated section in the Annual Report, placed 7th at the NSW Championships and won a monetary prize of \$100

Aussies were held at Trigg Island and 43 Members attended.. with the cost of the tour totaling in excess of \$16000 for one boat, one reel, 19 boards & Skis. The team fundraised raised \$12000.

However there was a national truck drivers strike and somehow Air India transported the 19 personal craft by jumbo... as hand luggage!

Women were beginning to get a mention in the Club...4 women got their Resuscitation Awards and their names are recorded with their title is Miss or Mrs and the President's Report started by addressing members as, Gentlemen....

There were 98 Niperettes and the R&R Team of Sharon Paterson (Brierty) Cathy & Jackie Hoban (Thurlow) and Lisa Benson received special mention.

MEMBER NEWS

Welcome to Lucy **Nankervis**, born at 31 weeks to Cathy and Richard.... Lucy is now at home and steadily putting on weight;

Congratulations to **Mick Williams** on the birth of their daughter Matilda in Japan during the month;

Good luck & congratulations to the following expectant parents in the Club:

Mel & Todd Petrie

Leslie and Matt Parker

Jaci & Nigel Tebb...

Slim Peebles has transferred his job to Kempsey and is now living at his former weekender at Red Rock.

FORTHCOMING COURSES

The following courses are held at SLS CC Branch Office at Tuggerah and must be booked in via the Club Admin Office.

Level 1 Coaching Course, Shelly Beach SLSC 20, 21 Sep. Anyone coaching or training, or sweeping must be accredited. Please book now **Spinal Management**: 15 September, 22 October, 17 November, 10 December

Defibrillation: 17 September, 20 October, 19 November, 8 December

Advanced Emergency Care: 10 November

Senior First Aid: 12 September, 29 November, 13 December. An on line component *must be* completed before you can do the course please allow min. one week prior the course date

Basic Beach Management: 9 August, 18 October

Training Officers: 24 August (Terrigal)

Advanced Emergency Care: 11 August

Gold Medallion: 11 October,

GOLD SPONSORS

"CENTRAL COAST MAZDA

"GEORGE BRAND REAL ESTATE

"GOSFORD CITY COUNCIL

"RAINE & HORNE - AVOCA BEACH REAL ESTATE

FUTURE FLOOR SERVICES NSW

"PREMIER FIRE PROTECTION SERVICES

"ROBSON CIVIL PROJECTS

"UD TRUCKS

Silver Sponsors: Airpak Sheetmetal Pty Ltd; Australand, Avoca Beach Architectural & Hardware; Avoca Beach Bowling & Recreation Club; Avoca Beach Hotel; Avoca Beach Palms Resort; ABSLSC Ladies Auxiliary; Central Coast Radio; Coastal Tiles; Dunes; Ella Bache - Erina; Energy Australia; Erina Fair, H&H Catering; Kincumber Signs; Kincumber Village Shopping Centre; Michael Riley & Assoc; National Truss Company; NBN; Seafood Spot; The Palms At Avoca; TJs Country Fresh; Three Points Surf Shop.

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 Beach Welcome Mart, Avoca Beach Laundrette, Dorrell Fabrications, Green Point Village Shopping Centre, Haven Restaurant, Hair on York, Lions Club-Green Point; Midcoast Windows, Mitchell Brothers, Mitre 10 Kincumber, Rebel Sport, Riley's B&B, Ritchies Stores, Rotary Club of Kincumber; Shirro Australia, Singo's Meats, SLS Central Coast, Skins, The Kiosk; Vicky McGuinness, Video To Go, Zoggs.