

Point Break

MacMasters Beach SLSC

October
2017



Click on images and links throughout Point Break for more information, web pages and more!



President's Report with Alan Blackman

PATROLS UNDERWAY

The 2017/18 Patrol Season is underway and I want to thank all our volunteers who have stepped up to once again keep our beach safe. The Patrol Season seems to get longer every year, with the season extending across 8 months from September to April!

That's a huge commitment from all our members.

I want to thank all those who have worked behind the scenes to have everything ready for Patrols. Our Director of Lifesaving Peter Roden does not have an off-season, as his team spends the winter getting rosters ready, gear prepared and inspected, and keeping abreast of the changes that occur from year to year.

The Administration and Membership teams have also been busy arranging registrations, membership promotions, club events and many other things.

We again have 12 Patrols on the beach, which is a great effort for a relatively small club. Many other Clubs on the Coast struggle to match our Patrol strength.

Our appreciation again to [Belle Property](#) for sponsoring us - keeping us on the beach!

AROUND THE CLUB

The Clubhouse is looking fantastic and all ready to host our busy summer period. You will notice that our displays of Club photographs, Life Member Wall, Junior State Results, Wall of Fame and other memorabilia have all been refreshed and updated.

Our new electronic information screens are operating, a new wifi system has been installed, the internal lighting upgraded and in the next few weeks our new bar furniture will arrive. The clubhouse is an asset for all members to enjoy. *I encourage you to pop in, have a look around and enjoy our facilities!*



Macs OPEN DAY: Sunday 15th October 2017

Renew your membership or join @ Macs



To view our current edition of the
Home Grown magazine
CLICK ON THE IMAGE



President's Report continued

WORKING BEE

The annual working bee was held on the 23rd September and a dedicated group of helpers did a great job painting, tidying up, gardening and getting rid of lots of junk.

Thanks to all who helped!



KEEP OFF THE GRASS

We have a never ending battle to try to get grass and vegetation to grow on the bank in front of the glass balustrade and on the steep slope near the outdoor BBQ. If everyone can be very conscious of staying off these areas and encouraging your young family members to keep clear that would be a great help. With the recent very dry weather both these areas are suffering, so if everyone does their bit it will make a difference.

REGISTRATIONS AND REQUALIFICATIONS

Make sure you renew your financial membership and re-qualify. Each member must complete these requirements by 31st December. Please visit our [online portal](#) to register or come along to our open day on 15th October. For requalification please see Jono and our [Education/Training Program](#).

CONTACT THE PRESIDENT

With over 500 members it is a big task for me to get to know every member, and like most of us I have a busy schedule away from the Surf Club.

So if there is something you would like to talk to me about you can always drop me an email on alanrblackman@hotmail.com or phone me on 0418 331 649.

Alan Blackman - Macs Beach SLSC President



MACS CLUB MEMBERSHIP \$55

Senior | Active | Associate | Cadets | Patrolling Members | Helpers

Become a member | Get involved | Join in the fun | Bring the whole family!

NIPPERS FAMILY MEMBERSHIP

Surf Life Saving Vietnam

On the first weekend of the 2017/2018 season, we had a visit from David Field from Cudgeon Surf Club. David is involved in the Surf Life Saving movement in Vietnam, providing equipment and tuition to the Vietnamese.

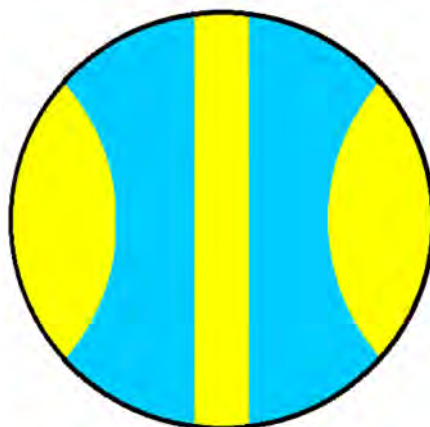
He asked all Central Coast clubs to donate any old or unused rescue and nipper equipment, which they could put to valuable use in the program they deliver in Vietnam.

Macs Surf Club were very happy to donate 3 rescue boards, 2 tubes, 5 nipper boards and 2 racing mals. Jono also found an old mannequin to give them, so they can teach them how to give CPR.

David was extremely grateful for the welcoming and generous vibes he received when he visited Macs Surf Club. It really is such a great cause, in teaching our potential overseas visitors, how to have fun and be safe at the beach.



First patrol of the season and a friendly diamond python needed rescuing and relocating - Phil Boxsell was the lucky life saver of this job!



*Nippers starts
Sunday
15th October*

Membership Matters *with Alison McNeill*

Welcome back to a new summer season!

REGISTRATION EVENTS

We've already had two registration events - a Friday night and Sunday morning. The Friday night worked extremely well and we had a wonderful evening with many families staying and having a drink and/or dinner.

REGISTRATION RENEWALS

There are still many members who need to renew their membership: [please go online via the website into your portal and follow the steps](#). All patrolling and competition members need to be financial which means you need to get this done now.

The next registration day is on our first day of Nippers and our Club Open Day – 15th October from 9am.

CLUB OPEN DAY

We have an action packed Open Day planned – [see the itinerary in this newsletter](#). Everyone is welcome to any event, so come on down and bring some friends!

DUKE OF EDINBURGH

We have a Duke of Edinburgh meeting at noon on the 15th October for anyone who would like more information about the program or any current participants with questions.

Duke of Edinburgh is open to anyone from the age of 14 years and is a wonderful experience for our young members.

Our Gold Duke of Edinburgh group have just completed their 3 night/4 day hike from Somersby to Patonga – a great time was had by all!! There will be an article and photos in next month's Point Break.

FOR 15 YEARS PLUS - YOUTH!

From 1pm on Open Day, we are having a meeting with the Youth (15 years +) of our club to see what we as a club can do to facilitate activities and programs for this age group. Please come along and have your say.

WHAT CAN YOU DO?

We really need to have more of our members trained in water safety, becoming officials, age manager assistants, bar staff, selling raffle tickets, BBQ helpers and many other positions.

We are a club that is run 100% by our volunteers so we need more people to step up and help please!!

Welcome back - it's going to be a great season!

If there's anything I can do to help, please email me at macsmembership@gmail.com

**MACS CLUB
MEMBERSHIP
JUST \$55!
NIPPERS
FROM \$50**

See you on the 15th for a great day in the Club house and on the beach!

Alison McNeill - Director of Membership



Time to give back to your Club - how will you be involved?



MacMasters Beach Surf Life Saving Club

OPEN DAY *Sunday 15th October*

- 8:45am Pointscore Board + Swim
- 9:00am Club house opens + Registrations
- 9:30am Nippers on the beach + BBQ
- 9:30am Rookie session
- 11am* Rip Awareness demonstration [**timing is tide dependent*]
- 12:00pm Duke of Edinburgh session
- 12:00pm Surf Club Bar opens
- 1:00pm Cadet/Youth Life Saver session
- 2:00pm Board Training (*feel free to join in*)
- 2:00pm Boat Training (*feel free to join in*)
- All Day: Club: history, memorabilia + displays
Barefoot Cafe open | BBQ Fundraiser
Surf Education sessions (*feel free to look in*)
CPR/First Aid demonstrations (*feel free to look in*)
Surf Patrols (*feel free to ask Lifeguards questions*)

*Find
out about our
Club, our History
& what we are
all about!*

Enjoy the views, the beach and the people!

See you at Macs!

Raising of the Flags: 23rd September 2017



Six MacMasters Rookies represented our club at the annual Raising of the Flags ceremony, signifying the start of the patrolling season for 2017/18.

This year the ceremony was held at Shelly Beach SLSC.

Thanks to new Rookies - U13s Charlotte, Marley, Jade and Conor, as well as the 'old hands' U14s Oscar and Megan who carried the flag.

They all looked very professional in their uniforms, and here's to a fun and fulfilling year on patrol and a few more rookie events to come.

Val Crowe - Rookie Wrangler

Go Rookies

Macs 'Masters' with Jan Sillato

This season, we are building a great team of Masters in our club. All you need to do to join this dynamic team, is be older than 30 and younger than 130, have gained your Bronze Medallion, spend some time patrolling our beach, and just be enthusiastic to have fun and get fit.

Events you can compete in at carnivals include, beach sprint, beach flags, 2km beach run, swim, board, ironperson, ski race, board relay, board rescue, tube rescue, taplin relay, etc.

CARNIVALS:

We have the following carnivals in mind:

Toowoona Bay: **28th October**

Wamberal: **11th November**

Toowoona Bay Ocean Swim: **25th November**

Killcare: **13 January**

Fingal Bay: **20 January** (*a weekend away to remember!*)

Branch Titles @ Toowoona: **10th February**

State Titles @ Swansea: **7th and 8th March**

Aussie Titles @ Perth: **16th and 17th April**

So, start getting excited . . . join in the fun and think about attending our training sessions to help make it all a little bit easier!!

TRAINING:

Board training with Trent: **Wednesday and Friday afternoons at 5.15pm**

'Macs Masters' training: **Saturday mornings from 8.00am**

If you have any questions, ideas or want to be a Macs Master, please contact [Jan Sillato](#)



Competition Corner

POOL RESCUE CHALLENGE @ Mingara 22nd September 2017

Congratulations to the eight Macs competitors who took part in this year's Pool Rescue Challenge at Mingara. Fourteen of the fifteen clubs on the Coast competed in what is a fun event designed around individual and team races including obstacle races, manikin towing, and a body board relay.

It was an entertaining night which some clubs took more seriously than others, and although there are no prizes for winning it does provide each club with points towards the Club of the Year award.

Having sadly not been able to field a team last year we were determined to do so this year and thanks go to our team members: Chloe Sapsford, Conor Hodgkinson, Oscar Crowe, Emily Hodgkinson, Taylor Crowther, Hannah Cusack, Amy Lawrence and Bill Queripel, who swam like champions and proved that even our U13s can tow a 45kg manikin!

In addition we couldn't have taken part without our officials Amanda Queripel and Suzanne Petrie and work crew Frank Hodgkinson.

You all did a fantastic job and proved that it really is about having fun.

Val Crowe - Team Manager



BEACHLETICS @ Shelly Beach 23rd September 2017

On Saturday the 23rd of September, my dad and I went Shelly Beach to run in the Beachletics Carnival.

I ran in the 90m race and came 1st, I really enjoyed it because I'm a sprinter.

My dad went in the 500m race and came 4th and he also went in the 70m race and came 5th.

It was a really good day getting to hang out with my dad and watch him run too.

Bree Josling - U11s



Gold Sponsor of MacMasters Beach SLSC

The Barefoot Cafe is the ideal choice for members, locals and visitors



BAREFOOT CAFE

MACMASTERS BEACH

delicious menu | casual dining | great service | amazing views

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In the Macs IRB with: Jan Sillato

Each month we will catch up with different Macs SLSC identities to find out why they are involved in our great Club and what makes them tick. This month it is our newly appointed **Deputy President, Jan Sillato**.

Position on the Macs SLSC Board?

JS: *I have recently been elected as Deputy President.*

How long have you been a member at Macs SLSC?

JS: *I became a member in 2000, when my boys joined Nippers.*

What first attracted you to Macs Beach/SLSC?

JS: *My Mum and Dad owned a holiday house in Macs and, from the age of eighteen months to 27 years old, I came up to Macs for all my holidays. Steve and I then built our current house in 1990 and we have lived there ever since. We feel so privileged to be able to live in this paradise, called MacMasters Beach.*

What volunteer role/s have you done at Macs before being on the board?

JS: *Active patrol member, Nipper Age Manager, First Aid Officer, Assistant Board Coach and Board Hire. I have also recently taken on the role of Member Protection Officer.*

Strangest place you have swum?

JS: *In the Old Gosford Dam on the Somersby trail. I was leading a group of Duke of Edinburgh kids about 10 years ago and we decided to cool off during our bush walk. We had to climb through a wire fence to access the dam, and the water was very dirty and cold. We then had to deal with the leeches, which clung to us as we exited the water! Definitely a place where I will never swim again.*

Favourite sporting team?

JS: *My favourite NRL team is St George, and my favourite AFL team is the Sydney Swans. Hence, my favourite colours are Red and White!*

Best patrol memory?

JS: *Probably back to when I had all our 4 children on my patrol in 2010. My boys were still Cadets when the girls became Rookies. Since that time, I have had at least 1 of my kids, and/or Steve, on patrol with me nearly every year. I am forever grateful to Macs Surf Club for this opportunity.*

Favourite SLSC competition event - beach or water?

JS: *When my kids were competing in Nipper carnivals, the event I loved to watch the most, was the board rescue. Now, as a competitor myself, I love the tube rescue event as well as the board rescue.*

Favourite menu item on the Barefoot Cafe menu?

JS: *Cappuccino!! I also love their Thai fish cakes and satay skewers.*

Preferred beverage from the Macs Beach Bar?

JS: *XXXX or Fifty Lashes Beer.*

What do you enjoy most about Macs?

JS: *The community spirit. I have made many amazing friends during my 27 years of living in Macs. I believe the Surf Club is the focal point of Macs and is such a worthwhile club to be involved in. I am so grateful to have the most beautiful beach in Australia only a 5 minute walk from my home.*

Now you know a little bit more about Jan - have a chat next time you see her around!



Marvellous Marlins *celebrating our achievements off the beach*

SYDNEY MARATHON: 17 SEPTEMBER 2017



Whilst most of us have been hibernating throughout the winter months two of our Nipper Age Managers set themselves a challenge to train for the Sydney marathon - **all 42kms of it!**

Congratulations go to U8s Age Manager **Kylie Ellis**, and U14s Age Manager **Angus Crowe** who trained hard on Saturdays and during the week and used Macs Maniacs as a warm down on Sundays!

By the start of the Marathon Kylie had raised the 4th highest sponsorship amount for an individual - an impressive achievement and finished in her goal time.

Angus wanted to keep his run quiet fearing he might not finish, however he was spotted training along the local bush tracks and in the end was very happy to break the 4 hour barrier.

Well done to both of you, an achievement to certainly be proud of.

FUNDRAISING

Kylie was running to raise funds for leukaemia research and can still be sponsored until 15 October under the following link <https://www.sydneyrunningfestival.com.au> go to *Fundraise*, then *View Leaderboard*, choose *Runners*, then '*Running for Casper*': select '*Donate*' it's the 5th highest fundraiser for individuals.



Running for
Casper



MacMasters Beach was featured in the *Throw Back Thursday* series on NSW Central Coast facebook page.

This photo was taken from a plane in 1953.

Silver Sponsor of MacMasters Beach SLSC

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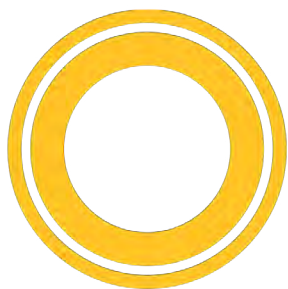
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with the fuel to
keep us going!*

WORKING WITH CHILDREN CHECK
have you got yours? click here for more info!

Blast From the Past *what was happening back in October 2007*

CLUBHOUSE *with Jim Myers (President)*

As reported before, the floor for our multi purpose room is completed and now we need to sand and stain the floor. Also it is time to paint the walls of the gym and tidy up that area as well. If you can help with any of these tasks please contact me. A roster of when the jobs will be done will be drawn up.

A big thanks to Kel Davey who has volunteered to do the required electrical work, which includes lighting for the gym and power points for the new room.

Paul Graham has already moved some of his training gear to the room.

Our plans are still in with Council and a report assessing the fire hazards has been prepared to be presented to them. It is interesting to note Wamberal, Killcare and Copa were successful in gaining State Govt support for the tune of \$100,000 each. Hopefully we can gain such funds next year. Copa also gained an extra \$100,000 from the Federal Govt for their building.

COMPETITION CORNER *with David Flood*

The competition season gets in to full swing this weekend with senior and junior carnivals and the start of the Peters Boat Series. I wish all competitors the very best for the season and hopefully we can avoid injuries. Some competition has been completed already and Macs SLSC have done very well.

Endurance Championships @ Collaroy 2007

Lauren Hall: 1st U17 Swim & Board and 2nd Ironperson

Vince Roberts: 1st Over 50 2km Run

Corey Myers: 2nd Open Swim, 2nd Ironman and 3rd Ski

Pool Challenge @ Mingara 2007

The team of Courtney Jackson, Lauren Hall, Lachlan Staples, Trent Martin, Tim Sillato and Corey Myers finished 2nd of the 15 clubs competing. They won a new light weight rescue board for the club. A great effort and continues the clubs tradition of doing well at this event.

Officials Course

Branch are conducting an officials course over two nights at Tuggerah on the 27th & 28th November.

Junior Carnival @ Wamberal 21/10/07

UNDER 11s

Sian George: 1st Flags and 1st Beach Sprint

Mia Bringolf: 3rd Flags and 4th Beach Sprint

Sian George/Janay Howell/Mia Bringolf/Nikki Sillato: 1st Beach Relay Janay Howell: Finalist in Flags & Sprint

UNDER 12s

Grace Eames/Rebecca Roden/Maddie O'Donoghue: 3rd Board Relay

Grace Eames/Nicole Jackson/Maddie O'Donoghue/Rebecca Roden: 4th Swim Team

UNDER 13s

Jackson Howell: 2nd Flags

Vicki Kidney/Caitlin Queripel: 3rd Board Rescue

Caitlin Queripel: 4th Board, 6th Swim and 6th Flags


UNDER 14s

Alistaire Duell-Ferguson: 4th Iron Person, 4th Flags, 6th Board and 6th Swim

All kids excelled with many making the finals, and achieving their personal bests. Overall the Club finished in 7th position, a great achievement. *Well done to all!*

MEMBERSHIP MATTERS *with Nerida*

We have been getting through our participation requirements and remind you to GET YOUR TIMED POOL SWIMS IN (requirement for proficiency). We are all looking forward to a great season. It will take us a couple of weeks to iron out all the creases but once we are rocking and rolling it will be full steam ahead. I would like to thank all the age managers and water safety and all the people putting in their time to help out. This is what will help make the season successful - so thanks again, all your efforts don't go unnoticed.

Board training is going well Maurie is doing a great job with the older kids and Lauren is doing a fantastic job with the younger kids and those that need help with handling the boards. MARCHPAST training will be held on Friday and then board training so please come along and have a go at marching if you would like to compete in the Marchpast at carnivals. We are getting lots of kids at board training so we may need a hand in the water. 

MacMasters Beach SLSC | Point Break Newsletter | October 2017 | www.macmastersbeachslsc.com.au

Events & Competitions:

OCTOBER 2017:

1 Surf Bronze Medallion 9:30am @ Macs
15 Macs Beach SLSC **OPEN DAY** 9:00am @ Macs
15 Macs Nippers starts 9:30am @ Macs
15 Macs BBQ - U14s @ Macs
18 Macs Board Meeting 6pm @ Macs
21 Board & Ski series Round 1 @ Terrigal
22 Macs Nippers 9:30am @ Macs
22 Macs BBQ - U6 & U13s @ Macs
22 Branch Champs - Patrol Comp @ TBC
27 Rookie Disco 7pm @ North Avoca
28 U12 - Open BEACH only Carnival @ Toowoona Bay
28 Masters Carnival @ Toowoona Bay
28-30 Coffs Harbour Boats @ Woolgoolga SLSC
29 Macs Nippers 9:30am @ Macs
29 Macs BBQ - U7 & U12s @ Macs

NOVEMBER 2017:

3 SLSCC + SeaFM Golf day @ Shelly Beach Golf Club
4 Streets Boats Series Round 1 @ Terrigal
5 Macs Nippers 9:30am @ Macs
5 NP Junior U8-U15 Carnival @ Umina
11 U13-U14 Development Camp @ Broken Bay
11 Nutty Masters @ Wamberal
11 Kracka Ironperson @ Swansea

12 Macs Nippers 9:30am @ Macs
12 Macs BBQ - U11s & U8s @ Macs
12 Board & Ski series Round 2 @ Avoca
15 Macs Board Meeting 6pm @ Macs
18 NP Junior Ironperson - Round 1 @ Wamberal
18 Major Fundraiser for Aussie Competitors @ TBA
19 Macs Nippers 9:30am @ Macs
19 Macs BBQ - U10s @ Macs
19 Streets Boats Series Round 2 @ Swansea Belmont
25-26 Toowoona Bay Ocean Swim @ Toowoona Bay
26 Junior & Senior Club Champs 9:30am @ Macs
26 Macs BBQ - U9s @ Macs

DECEMBER 2017:

3 Macs Nippers 9:30am @ Macs
3 NP Junior U8-U15 Carnival @ Terrigal
9 Streets Boats Series Rnd 3 @ Tea Gardens/Hawks Nest
10 Macs Nippers 9:30am @ Macs
10 Macs BBQ - U14s @ Macs
10 Streets Boats Series Rd 4 @ Tea Gardens/Hawks Nest
16 NP Junior Ironperson - Round 2 @ Soldiers
17 Junior & Senior Club Champs [Back Up Date]
17 Macs Twilight Nippers 3:00pm @ Macs
17 Macs Christmas Carols & Party @ Macs
26 Terrigal Twilight @ Terrigal

check out our online calendar



Cafe: Tue-Sun 8:30am - 4.30pm
Barefoot Cafe - Coffee and Meals



Sun: 9am - 11am
Macs Maniacs



Payments & Donations
For Club Payments and Donations Click Here



MacMasters Beach
SURF LIFE SAVING CLUB

Our Club
Contact

Lifesaving

Activities

Competition

Membership

Club Hall Hire

Check out Macs online:

www.macmastersbeachslsc.com

Access information about all our Macs surf life saving activities and Club including: news | events | minutes