

Point Break

MacMasters Beach SLSC

August
2018



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



President's Report with Alan Blackman

REGISTRATION & START OF PATROLS

The 2018/19 season starts at the end of September!!

It's not far away so it's time to find your uniform and get in some swim practice before patrols begin.

It is important for everyone to renew their financial membership by the start of the season. There is information on registration dates and on-line registration in this newsletter.

2018 MEMBERSHIP FEES

The [Board has decided to retain membership fees](#) at the same level as last year, \$55.00 for all senior membership categories. Our membership fees have been unchanged for approximately 15 years although our cost have certainly risen over that period. It is likely that fees will need to rise in 2019/20.

RENOVATIONS

As we go to print with this edition the clubhouse renovations are almost finished. The improvements to the clubhouse will greatly enhance the usability of the building and deliver better facilities for members.

I want to thank our Board and the members of the building committee who have all helped to make the renovations a reality. A special thank you to Angus Crowe who has provided many hours of advice and guidance through both the design and construction phases.

I hope all members enjoyed the rest of the 'off season' and I look forward to seeing you use our new and improved space as the season starts.

ANNUAL GENERAL MEETING

Our [Annual General Meeting](#) will be held at the clubhouse at 4.00pm on Sunday the 19th of August.

To vote at the meeting you must be a current member having paid your membership for the 2018/2019 year which can be done via our website.



Macs Annual General Meeting: Sun 19 August

Patrol Registration: 5-8pm Friday 21 September

MACMASTERS BEACH SURF LIFE SAVING CLUB INCORPORATED

(Affiliated with the Central Coast Branch SLSC of Australia)

NOTICE of the ANNUAL GENERAL MEETING

The seventy-third Annual General Meeting of the Club will be held on Sunday 19th August 2018 at 4.00pm at the Clubhouse

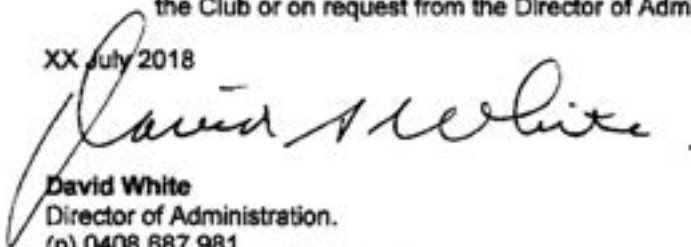
a. AGENDA

1. Confirmation of the minutes of the 72nd Annual General Meeting.
2. To note the minutes of the Election meeting on Sunday 27th May 2018 at the Clubhouse at 4.00pm and the election of:
 - Alan Blackman as President;
 - Craig Lee as Director of Competition;
 - Peter Roden as director of Life Saving; and
 - Michael Norman as Life Member Director
3. Receive the President's report.
4. Receive the Board of Directors reports upon the activities of the Club in the last year.
5. Receive the audited Financial Statement of the Club for the year ended 30 April 2018.
6. To consider motions of which 14 days' notice has been given.

GENERAL INFORMATION

1. Membership for the current season is a prerequisite to attendance at the meeting.
2. Patrolling members must complete requalification before 31 December 2018.
3. Members wishing to compete must have completed the required patrol hours.
4. New members wishing to compete must complete their awards by 31 December 2018.
5. Copies of the Annual Report including the Financial Statement are on the club web site, available from the Club or on request from the Director of Administration.

XX July 2018



David White
Director of Administration.
(p) 0408 687 981
(e) macmastersslsc@gmail.com

THE FLAGS ARE UP
MACMASTERS PATROL SEASON
29 SEPTEMBER 2018 TO 28 APRIL 2019

SURF LIFE SAVING
MACMASTERS BEACH





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



President's Report continued

BOARD DECISION ON MEMBERSHIP FEES

At the July meeting of the Board of Directors it was resolved that the following new clause will replace Clause 12 of Part 2 of the By-Laws as recommended by SLSNSW. This will bring our essential governing provisions into line with modern requirements and those of SLSA.

Membership renewals are now due for the current year in accordance with the resolution below. Renewal is required to be able to attend and vote at the upcoming AGM on Sunday 19th August at the club at 4.00pm.

Membership renewal can be paid via our online portal - [click on the Donation or Payment tab on our website](#).

1. SUBSCRIPTIONS [as adopted by the board of Directors on 18 July 2018]

(a) The annual membership subscription is (until determined otherwise by the Board):

(i) All categories of Membership excluding Nippers and Associates \$55.00

(ii) Nippers: (A) U6 & U7 - \$50.00 per child

(B) U8 to U14 (Note: these fees DO NOT include the State Carnival)

(C) 1st Child \$100 / 2nd Child \$80 / 3rd Child \$70

(iii) Associates \$55.00.

Notes:

1. U8-U14 Nippers also need to purchase the club skull cap and pink vest. These are necessary for safety on our beach. For competing nippers, the club swimming costume must be purchased also. U6 & U7 Nippers must purchase the pink vest.

2. Parental membership is encouraged to enable parental involvement with age groups. Parents are encouraged to join (Associate or Patrolling membership). This means that the parent is covered by the Club's insurance.

(b) The Club Membership Year is the 12 months from 1st of May of a year, to 30th of April of the next year.

(c) Membership renewal is due from 1st of May each year and should be paid prior to the commencement of patrols in that year.

continued on the next page ..

President's Report continued

BOARD DECISION ON MEMBERSHIP FEES continued

(d) Members who are not financial or qualified are not to participate in any club activities including training, competition, patrols.

(e) No member shall be entitled to be elected to office or permitted to vote until fees for the ensuing season, together with any arrears due, have been paid.

(f) Any member failing to pay their subscription by 31 December in any year shall not be entitled to any privileges of the club so long as the subscription shall remain in arrears and at the discretion of the Board. If the arrears are not paid by that date, membership may be terminated.

(g) No person financially indebted to any other affiliated club of the Surf Life Saving Association of Australia shall knowingly be admitted to membership.

Please contact our [Director of Administration, David White](#) if you have any questions.

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 alanblackman@hotmail.com or phone me on 0418 331 649.



CONTACT THE PRESIDENT!



BOARD TRAINING
is back @ Macs!

Every Friday
IN AUGUST
at beach
4:15pm all boards

*bring your pink vest and wetsuit!

MACMASTERS BEACH SURF LIFE SAVING CLUB INCORPORATED

(Affiliated with the Central Coast Branch SLSA of Australia)

NOTICE of BUSINESS for the ANNUAL GENERAL MEETING

To be held on Sunday 19th August 2018 at 4.00pm at the Clubhouse

BUSINESS:

To consider the election of Peter Roden the Director of Life Saving a Life Member of the club.

(A) Clause 22 (i) of the Club By-Laws states as follows:

"Process

- (i) *Nominations shall be submitted on the prescribed nomination form to the Director of Administration at least sixty days (60) before the Annual General Meeting.*
- (ii) *The Director of Administration forwards the nomination(s) to the President who, along with the Life Member Representative forms a Life Member Committee to consider the nomination(s).*
If the President is a nominee then the Life Member Representative is to be the Chairperson of the Life Member Committee.
The Life Membership Committee to consist of the President as Chairperson, Life Member Representative and two other Life Members.
- (iii) *If the application is approved by the Life Member Committee, then the Board of Directors will be advised.*
- (iv) *The nomination is then voted on at the Annual General Meeting and must be approved by at least two thirds majority.*

Criteria:

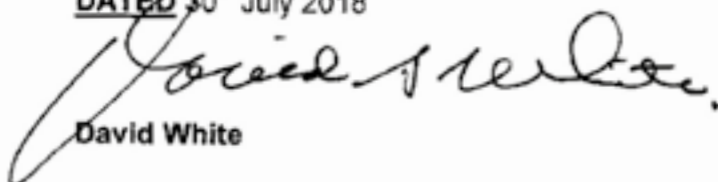
- (v) *The nominee must fulfil one of the following criteria to be considered for Life Membership.*
20 years Patrol Service (with a minimum of 20 hours per year) or
15 years 100% patrol service, or
15 years' service as a Director and/or a Manager position held within the Club
AND the nominee should clearly have demonstrated a commitment to the growth and development of the Club, i.e. major achievement, special contributions, SLS Awards, leadership within the Club, competition and supporting documentation must be provided.

(B) The Life Member Committee having considered that Peter Roden qualifies under By-Law 22 (i) to be a Life Member of the Club has approved Peter Roden as Life Member as has so advised the board of directors of the Club.

MOTION: "That Peter Roden is hereby made a Life Member of the Club."

NOTE: A majority of two thirds of those present is required to carry the motion.

DATED 30th July 2018



David White

Director of Administration.

(p) 0408 687 981 (e) macmastersslsc@gmail.com

Membership Matters *with Alison McNeill*

Here we go again...! The start of the season is upon us and there are a few announcements - please check the [calendar](#) for important dates and upcoming events.

MACS MANIACS

The Macs Maniacs have been meeting every Sunday throughout winter and will end their time with a **'Macs Maniacs - Welcome to Summer Ball'**. It is really just an open invitation to everyone to come and celebrate the end of winter/start of summer with a night of fun and dancing - **6pm, Saturday 8th of September**.

PATROL MEMBERSHIP = TWO FREE DRINKS!

We are putting the challenge out there to all patrol members to come and **renew their membership** on Friday 21st of September and **receive 2 free drinks for renewing on that night**. Better still if you sign up your whole patrol crew on the night, you'll get bonus points for Patrol of the Year! That's **Friday 21st of September, 5-8pm** at Macs. Please bring your drivers licence for any new registrations.

NIPPER MEMBERSHIP

Our Nippers and families are welcome to renew their membership or register for Nippers on:

- **Friday 28th of September between 5-8pm** at Macs, or
- **Sunday 14th of October (Macs Fun Day) from 9:00am**.

Please bring birth certificates or drivers licences for any new registrations. We are also registered providers for the [NSW Active Kids program](#) so you can use any vouchers you may have too.

MACS FUN DAY: SUNDAY 14TH OCTOBER 2018

Sunday 14th of October is also our **Macs Fun Day** for the club and we'd love to see all our nippers, rookies, cadets and other members come and help out, participate in proficiency swims, have fun swimming out to the mat, join in some beach sports - we may even get a tug-of-war happening!

Mac's Nippers jump on in!

MacMasters Beach Surf Life Saving Club

REGISTRATIONS:

5-8pm FRIDAY
28th September 2018

9-12pm SUNDAY
14th October 2018

Mac's Fun Day!

New members please bring birth certificate or drivers licence

SEASON STARTS:

9:30am Sunday
21st October 2018



MACS OPEN DAY: Loads of fun activities **Sunday 14th October 2018** Full details: macmastersbeachslsc.com

Under 6-7s focus on building confidence and water safety through fun activities on the sand and in the rock pool.

Under 8-12s focus on wading, surf swimming, board paddling, surf education, first aid and resuscitation.

13-14 years are welcome in our Rookie program - surf life saving skills, patrols and Duke of Edinburgh program.

MacMasters Beach Surf Life Saving Club - more than just a club! More info: macsmembership@gmail.com

Membership Matters continued

CHRISTMAS CELEBRATIONS

If you missed our Christmas in July party make sure you keep **Sunday 16th of December** free for our **Mac's Christmas Celebrations!** We will kick off at 3:00pm.

THE 'OFF SEASON'

We haven't stopped during the 'off season' with decision making, renovations, new plans and ideas to implement and reorganising things around the club.

Special thanks to Julies and team for our wonderful ['Christmas in July'](#) fundraiser.

NSW SLS CONFERENCE

Peter Roden, Rod Jordan and I went to the NSW SLS Conference in Sydney last weekend with 380 others from clubs all over NSW. It was an amazing conference and we have come back armed and ready to implement new ideas for our wonderful surf club. Stay tuned for more.....

In attending this conference, we realised that we really do have a special community club and we are very proud to be able to continue and grow it further.

We have many ways you can help with all that running a surf club entails, please come and see me or email if you would like to get involved in any way. Many hands make the workload less....or something like that!!!

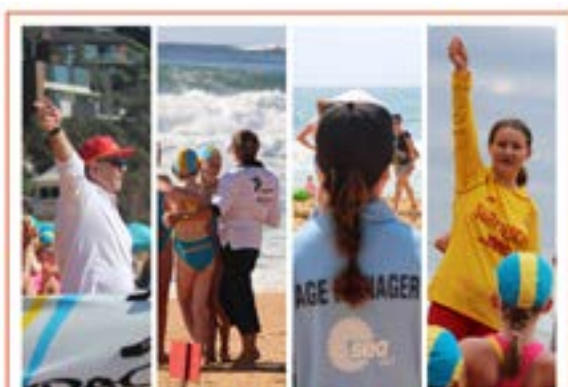
*See you at one of our Registration events! Alison McNeill
Director of Membership*

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



Time to give back to your Club



How will you be involved?



supporting our
boat crews

SLS Pool Challenge 2018 with Marlee Przybyla (U13s)

On the 15th of July Nipper participants Marlee Przybyla, Zoe Vella, Claire Hogger, Chloe Sapsford, Jade Day, Dean Hogger and Spencer Morris represented Macs at the NSW SLS Pool Rescue Challenge.

Held at the Peninsular Leisure Centre (Woy Woy) our little club did fantastic among the major clubs, Terrigal, Umina, Avoca, Elouera, Newport and many more. We came home with some incredible results - winning points for MacMasters Beach SLSC. Not only is pool rescue a chance to represent our club it is also heaps of fun!

Macs participated in many events including the; 100m obstacle course, 200m obstacle course relay, 50m brick carry, 100m brick carry relay, 100m patient tow, 200m medley relay, 50m underwater fins and the line throw.

The **100m Obstacle Course** is an individual race where competitors swim 100m but have to swim under two obstacles. The obstacle is a bar with a net attached to it and competitors need to dive under the nets pushing off the bottom or dolphin kicking underneath.

U13s Girls Results: Chloe 21st | Claire 19th | Marlee 29th | Zoe 20th

U11s Boys Results: Dean 26th

The **200m Obstacle Course Relay** is a team event and consists of four people. Competitors do the same thing as the individual race but only swim 50m and going underneath the two obstacles each.

U13s Girls Results: Marlee, Claire, Chloe and Zoe 4th

The **50m Brick Carry** is an individual race. Competitors must swim 25m then dive down and retrieve a 3.5kg brick which is located in the middle of the pool. After retrieving the brick they must swim with one arm holding the brick on their back, stomach or by their side for the remaining 25m.

U13s Girls Results: Chloe 20th | Claire 10th | Marlee 26th | Zoe 27th

U11s Boys Results: Dean 28th

The **100m Brick Carry Relay** is a team event consisting of four people where the first person is located at the start of the pool with the brick waiting to push off the wall. The third person is at the other end and second and fourth are in the middle of the pool. Each competitor swims 25m passing the brick to the next person.

U13s Girls Results: Marlee, Claire, Zoe and Chloe 7th

The **100m Patient Tow** is a team event and consists of two competitors. The first person dives in wearing flippers and has a tube on their back, the second person is at the other end of the pool holding the edge. The first person swims 50m finishes and clips the second person into the tube and they swim back together with the first person dragging the second on their back kicking.

U13s Girls Results: Marlee and Chloe 4th | Zoe and Claire 15th

The **200m Medley Relay** is a team event and consisting of four competitors. The first and second swim 50m each one using fins, one not. The third person swims 50m with a tube on their back then the third person gives the sash to the fourth. The fourth person drags the third person while they kick.

U13s Girls Results: Marlee, Chloe, Zoe and Claire 10th

The **50m Underwater** event is an individual race where the competitor wears flippers and dives in the pool going underwater as far as they can. Once they come up they swim the rest of the way.

U13s Girls Results: Chloe 10th | Claire 19th | Marlee 23rd | Zoe 21st

U11s Boys Results: Dean 24th

The **Line Throw** is a team event, consisting of two people. The swimmer swims out to a barrier holding on with one hand. Waiting for the whistle, the thrower then coils the rope up and attempts to throw it to the swimmer who is 10m away. If it doesn't reach them they recoil it and try again. If it does reach the swimmer, they then hold onto the rope and kicks while the thrower reels them in. There is a two minute time limit in this event!

U13s Girls Results: Chloe and Jade 8th | Marlee and Zoe 9th

U11s Boys Results: Dean and Spencer DNF



We had a great day and we encourage all kids to have a go next season and participate in this fun event!

Duke Of Edinburgh Program with Val Crowe



BRONZE DUKE OF EDINBURGH CAMP REPORT - JULY 2018

Thanks to Andrew Duck for organising a winter Duke of Ed camp in July. I was lucky enough to go as 'camp mum' on my first duke trip with an enthusiastic and at times entertaining group of 'bronzies': Alec, Oscar, Jamie, Anya, Saba and Erin for two days walking in Dharug National Park.

On day 1 we walked 17kms, stopping off briefly to check out the old cemetery at Dubbo Gully, then along Donny's track and the Old Great North Road to camp at Ten Mile Hollow. Fortunately, the campsite has a substantial firepit, which kept most people warm until they climbed into their tents. For some it wasn't such a cosy night camping in 2 degrees, but by the time we'd rekindled the fire in the morning and shared Alec's hot chocolate, everyone was ready for the walk out.

After a visit to the nearby Buddhist retreat, followed by a surprise second breakfast and some washing up, we headed for home at a fast pace, completing the 15km along Simpson's track in record time.

The quote of the trip came from Duckie on day 1 as he took us off track bush-bashing for 2 hours through frequently thick scrub ... *'I really didn't think it would be this thick'*. There was no turning back, it was character building stuff and a great experience!



freewater
PLUMBING PTY LTD
Lic No. 161568C
Plumbers - Drainers
Gasfitters - Rainwater Tank Installation
M: 0410 654 643
E: info@freewaterplumbing.com.au
www.freewaterplumbing.com.au

SEACOAST
FISHING
CENTRAL COAST

Christmas in July with Julie Ahern

Earlier in the year at the Macs bar on a Friday night, Associate Members Jules and Dan Ahern were talking to other members about the idea of having a Christmas in July event at the club. After a few wines, Jules volunteered to coordinate a lunch on Saturday 14 July to raise funds for the club but equally, to host a mid-winter event that gets members together to socialise and have fun during the quiet season at Macs.

After a flurry of last minute ticket sales, 60 paying guests arrived at the club around midday to get the party started. A fun day was had by all, and Jules and Dan had plenty of help with beef and pork spit roasts (special thanks to the McNeills), plus several Webers to roast potatoes (thanks to Mark and Amanda Earley and Peter Roden), plus several kitchens nearby to prep 24 litres of Pumpkin Soup, the cauli-cheese, gravy and side veggies!

A roster of helpers manned the buffet to serve piping hot food to our hungry diners. Warm apple pie and ice cream completed the three course lunch. Thanks to Jim Myers for commentating and a big shout out to Steve, Carole and Darryl for 'manning' a very busy bar.

The afternoon was pleasantly interrupted by a haul of raffle prize winners and a coin toss competition for a 1L Baileys prize! To finish the day, live music by *The Charlies* got everybody up and dancing to some Christmas tunes and loads of crowd-pleaser rock hits.

Thanks to everyone who attended and helped raise funds for our great little club. ***Merry Christmas in July!***



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



BAREFOOT CAFE

MACMASTERS BEACH

delicious menu | casual dining | great service | amazing views



In the Macs IRB with: Vince Roberts

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, let's chat with one of our **Life Members, Vince Roberts.**

How long have you been a member at Macs SLSC?

VR: From memory I think I joined 27 years ago!

What first attracted you to Macs Beach SLSC?

VR: Started holidaying at Macs with a friend in 1972 whose parents owned a holiday house in Beachview Esplanade and immediately fell in love with Macs and in 1974 purchased a block of land. The rest is history!

What volunteer role/s have you been involved in at Macs?

VR: Active patrol member, Patrol Captain, Club Captain, Nippers Age Manager, Club Uniform Officer, ran Footy Tipping Competition, Masters Competitive Coordinator, Board President and organising the ANZAC Service.

Strangest place you have swum?

VR: Aegean Sea, near Gallipoli.

Favourite footy team?

VR: Western Suburbs Magpies who are now the West's Tigers, but now I'm also a keen Sydney Swans fan!

Favourite SLSC competition event?

VR: Taplin - I will never forget the year that our small club reached the final of the Aussie Titles, what a fantastic achievement for our small club!!

Favourite menu item on the Barefoot Cafe menu?

VR: Any curry - I just love a curry.

Preferred beverage from the Macs Beach Bar?

VR: Beer, VB

What do you enjoy most about Macs?

VR: The entire Macs community, what a fantastic welcoming inclusive family club! The club is what it is because of the willingness of members to give of their time and expertise for the betterment of our club.

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



Lighthouse 2 Skillion Walk *with Jan Sillato*

A handful of our 'Macs Masters' turned up to the Entrance Surf Club early on Sunday 22nd July, in sub 5 degrees, to offer assistance with first aid and directions for the walkers who were passing through on the day. Fortunately, there were no incidents!

Thanks to Douglas and Janet Beckers, Tony and Rhonda Hall and Jan Sillato for sparing a few hours, and giving up their Macs Maniacs on the day!



Macs Maniacs *with Jim Myers*

Maniacs has been going again this year for the 19th time! The legend is that over all this time we have had only a couple of bad Sunday mornings ... most are just beautiful. Each week we generally have a theme, so far this year we have had the following days: pink, white, super hero, favourite footy team, big breakfast, ice bergs, inflatables, circus and more still to come. This Sunday, 5th of August, the theme is 'Pancake Week' where all are invited to bring their favourite pancake dish to share.

Maniacs who have completed 8 swims earn a piece of Maniacs clothing to be presented at the Maniacs Ball on the 8th of September at the Clubhouse.

Each we have a 'Maniac of the Week', awarded to someone who has done something extra ordinary. The 'Bird' is presented to the weekly winner.

Maniacs is open for everyone, any age, any gender, just for some winter fun! So we will see you there this Sunday morning at 9am and the weather will be beautiful!!!!

BootCamp!

MacMasters Beach SLSC offers members access to a fitness group doing boxing exercises and other fitness activities every Tuesday and Thursday evenings at 6:30. There is a mini-session before Macs Maniacs on a Sunday morning at 8:15am. Boxing equipment is available to use so come along get fit and join the fun.

The best thing is that it is FREE to members.



St Vincent de Paul Society
good works

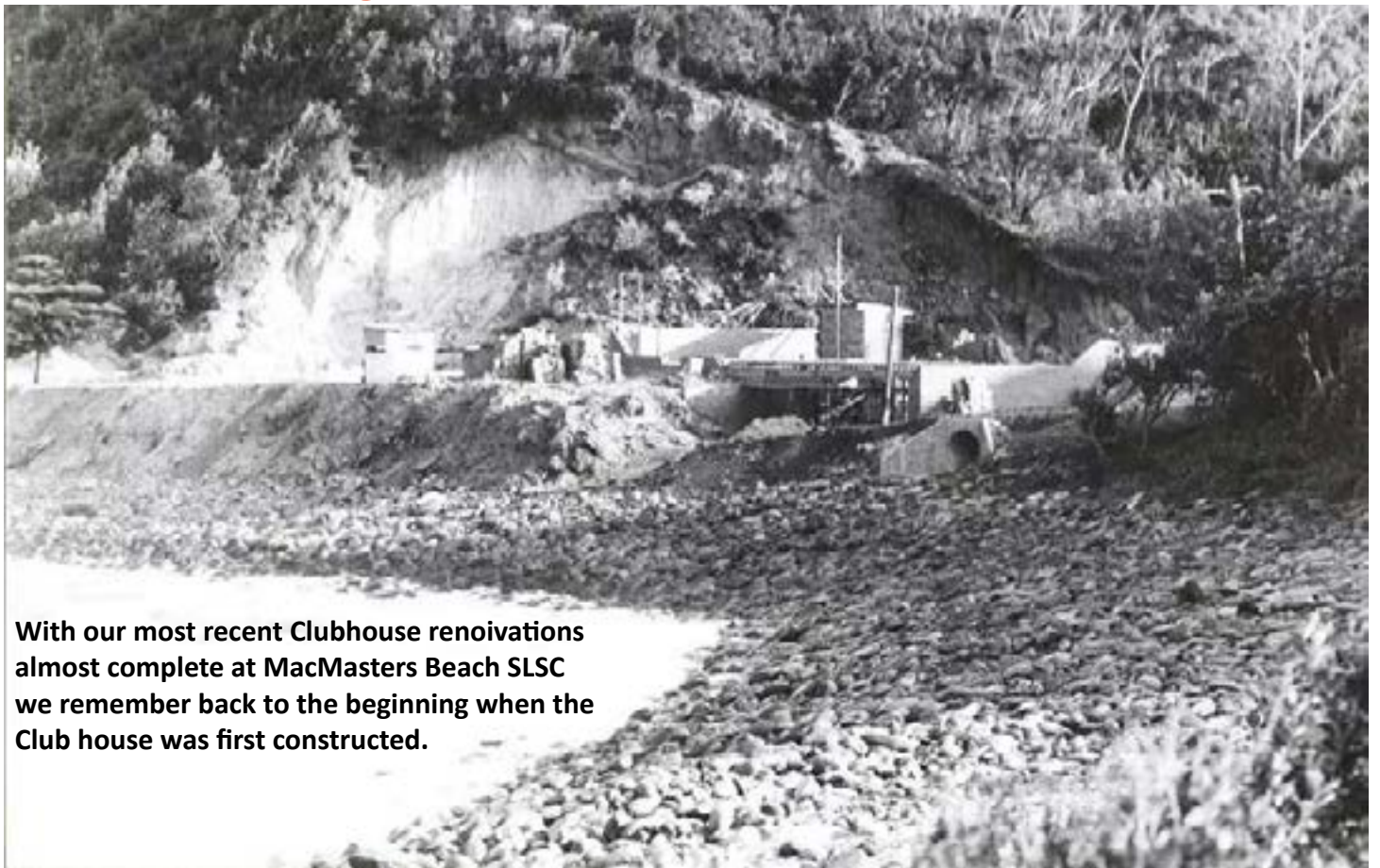
MacMasters an ideal venue



Stunning beachfront location | Ocean views | Catering available
All Functions: Weddings | Engagements | Corporate | Family | Celebrations

greenstonepartners

Remembering back...



With our most recent Clubhouse renovations almost complete at MacMasters Beach SLSC we remember back to the beginning when the Club house was first constructed.

Events & Competitions:

AUGUST 2018:

- 3 Board Training 4:15pm @ Macs Beach
- 5 Macs Maniacs 9:00am @ Macs
- 10 Board Training 4:15pm @ Macs Beach
- 12 Macs Maniacs 9:00am @ Macs
- 17 Board Training 4:15pm @ Macs Beach
- 19 Macs Maniacs 9:00am @ Macs
- 19 **Macs Annual General Meeting** 4pm @ Macs
- 24 Board Training 4:15pm @ Macs Beach
- 26 Macs Maniacs 9:00am @ Macs
- 31 Board Training 4:15pm @ Macs Beach

SEPTEMBER 2018:

- 5 Board Training 4:15pm @ Macs Beach
- 7 Board Training 4:15pm @ Macs Beach
- 8 Macs Maniacs 'Welcome to Summer' 6pm @ Macs
- 12 Board Training 4:15pm @ Macs Beach
- 14 Board Training 4:15pm @ Macs Beach
- 19 Board Training 4:15pm @ Macs Beach
- 21 Board Training 4:15pm @ Macs Beach
- 21 **Macs Registration night #1** 5-8pm @ Macs

- 26 Board Training 4:15pm @ Macs Beach
- 28 Board Training 4:15pm @ Macs Beach
- 28 **Macs Registration night #2** 5-8pm @ Macs
- 29 **2018-19 Life Saving Patrol Season commences**
- 29 School Holidays start

OCTOBER 2018:

- 1 Labour Day Public Holiday
- 3 Board Training 4:15pm @ Macs Beach
- 5 Board Training 4:15pm @ Macs Beach
- 10 Board Training 4:15pm | 5:15pm @ Macs Beach
- 12 Board Training 4:15pm | 5:15pm @ Macs Beach
- 14 **Macs Fun Day and Registration** 9-12pm @ Macs
- 14 School Holidays finish
- 17 Board Training [Wed] 4:15pm @ Lagoon
- 17 Board Training 4:15pm | 5:15pm @ Macs Beach
- 19 Board Training 4:15pm | 5:15pm @ Macs Beach
- 21 **Macs Nippers starts** 9:30am @ Macs
- 24 Board Training [Wed] 4:15pm @ Lagoon
- 24 Board Training 4:15pm | 5:15pm @ Macs Beach
- 26 Board Training 4:15pm | 5:15pm @ Macs Beach
- 31 Board Training [Wed] 4:15pm @ Lagoon

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



Become a Member Now!
MacMasters Beach SLSC.

Check out Macs online:
www.macmastersbeachslsc.com
Access information about all our Macs surf life saving activities and Club including: news | events | minutes

MacMasters: the place to be!