

November 2018











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

President's Report with Alan Blackman

WELCOME BACK!

Welcome to season 2018/19 for all our members. Patrols have been on the beach since the end of September and Nippers has been underway for a few weeks.

It has been a busy period on the beach and around the club house with training, requalifications, registrations and general gearing up for the summer season.

The new office, store room, gym access and cafe alcove are being well used and appear to be a hit with all members. On the technology side the new big screen was a great success for the football finals and the laptops and iPads have been a big help for our registrations.

THANK YOU!

Thanks to all Patrol members for getting back on the beach and a big thank you to all the people who have helped with the many, many tasks behind the scenes to make everything happen! What a team!!

COUNCIL'S ANNUAL PRESENTATION

During October I attended Central Coast Council's Annual Presentation which supports all 15 Clubs on the Coast. This year Council provided approximately \$201,000 across the 25 SLS Clubs and Branch on the Central Coast.

Macs received \$8,500 and a new rescue board. This funding comes from the Water Safety Levy that we all pay as part of our rates. This support is very much appreciated and we thank the Council for helping keep us on the beach.

MAYOR JANE SMITH MACS NEW 'BUDDY'

Each Central Coast surf club has adopted a Councillor as their Buddy, and MacMasters is lucky to have Jane Smith, our Mayor as our Buddy!





Macs Junior & Senior Club Champs - Sun 18/11

Get Involved: Water Safety, Officials, Training!

President's Report continued

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



Boats with Mick Norman

Street Boat Series Round 1 | 20th October 2018 @ Umina

The results from round one:

Reserve Boats (Fat Dads) - 3rd place

Under 23 Mens (Skins) - 3rd place

Under 19 Mens (UFCs) - 2nd place

Under 19 Womens (Mai-tais) - 2nd place

Open Womens - our Under 19 Womens team (Divas) rowed in

the Open Women division with a fill in from the Mai Tais - 4th place!











Giving everyone a place to call home, as we call our club home!

Membership Matters with Alison McNeill - Dir. of Member Services

Welcome back for the 2018/2019 summer season! We have had a great start to the season with Nippers turning out in force, even when the weather has not been kind to us. The smiling faces of the kids proves that Nippers is a great sport.

HELP!

Parents, just a reminder that you need to help with your Nipper age group. We are all volunteers and need you to be involved - particularly in the Under 6 & Under 7 age groups where the kids are not 'beach proof' yet. Assistant Age Managers are needed so we can meet our compliance numbers, so please come forward to your Age Managers, Elaine, Lorna or myself.

OFFICIALS & WATER SAFETY

We also need parents for Water Safety and to become Officials for carnivals. If your children compete at carnivals, you really need to step up and help as our current officials have Nipper kids in the older age groups and won't be at junior carnivals much longer. *Thank you in anticipation!*

BOAT CREWS

Our boat crews have been competing already and doing really well. You may have seen them training at the beach on Sunday or Friday afternoons. Once you have your Bronze Medallion (15 years and older) you might like to join in!

DUKE OF EDINBURGH

When you turn 14 years of age (13 and 9 months), you are eligible to join the Duke of Edinburgh Award. This is a great program where you go on camps, use your volunteer patrol hours, learn new skills and count any of your physical training towards your award. There are 3 levels - Bronze, Silver and Gold. Geoff Dominguez is our Club Co-ordinator so see him if you would like to join.



YOUTH DEVELOPMENT CAMP

We also have 6 Macs Rookies attending the 13-14s Youth Development Camp on the weekend of the 10th-11th November. We hope they have a great time!

THE MACS CHRISTMAS PARTY

Our big celebration - the Macs Christmas Party - is one to put on your calendar for the 16th of December.

The festivities start at about 3pm with our fun twilight Nippers (no morning nippers) where Santa makes a surprise visit. We have our Brass Band and Christmas Band playing Christmas carols. Our local social clubs run a BBQ and the bar is open also. It is a fantastic night where the whole community comes together.



Competition Corner with Craig Lee - Dir. of Competition

MASTERS CARNIVAL | 27 October 2018 @ North Avoca

A fantastic turnout for Macs glorious Masters at our first carnival of the season, at North Avoca, in what was obviously a reasonable day's surf. With 11 team members, congratulations goes to our 'newbies' Sam Boesen, Jason Vella, Matt Staples and Chris Josling. Well done too to our old hands - Frank, Bill, Val, Amanda, Greg, Adam and Ian.



Thanks to our officials Paula and Amanda and to Kylie for taking photos and all our supporters! A great effort from everyone, with plenty of medals all round and points for MacMasters:

130 YRS MIN. FEMALE

Samantha/Val/Amanda: 3rd Surf Board Relay Samantha/Val/Amanda: 3rd Surf Team

130 YRS MIN. MALE

Frank/Bill/Matthew: 2nd Surf Board Relay Ian/Jason/Adam: 3rd Surf Board Relay Bill/Matthew/Adam: 1st Surf Team

150 YRS MIN. MALE

Greg/Frank/Jason: 3rd Surf Team

170 YRS MIN. MALE

Bill/Jason/Chris/Matt: 1st Beach Relay

30-39 YRS FEMALE

Samantha Boesen: 1st Beach Flags, 1st Beach Sprint,

2nd Surf Board and 2nd Surf Race

30-39 YRS MALE

Matthew Staples: 1st Beach Flags, 1st Beach Sprint

and 4th Surf Board



40-49 YRS MALE

Chris Josling: 1st Beach Flags and 4th Beach Sprint Jason Vella: 2nd Beach Flags, 3rd Beach Sprint and 4th Surf Race

50-59 YRS FEMALE

Amanda Queripel: 1st Beach Flags and 3rd Beach

Sprint

Val Crowe: 3rd Beach Flags, 1st Beach Sprint, 2nd Surf

Board and 2nd Surf Race

50-59 YRS MALE

Frank Hodgkinson: 3rd Surf Board and 6th Surf Race

Greg Ferguson: 5th Surf Race

60-69YR MALE

Bill Queripel: 3rd Beach Flags, 4th Beach Sprint, 4th

Surf Board and 4th Surf Race



Education and Training with Graham 'Jono' Johnston

Training for the season is well underway!

SLS MY PORTAL: New members and current patrolling members, **PLEASE** log onto the SLS My Portal, as this has all important training and lifesaving details that you need!

SURF BRONZE AND SRC TRAINING: Finally water based surf bronze and SRC requals have commenced, more to follow at 10am on Sunday mornings. Plenty of resuscitation sessions have been taught and completed. Patrol members must note that water skills and resuscitation must be completed.

SIGNAL AND RADIO REQUALIFICATIONS: Patrol captains are responsible for your signals and radio requals.

SPINAL MANAGEMENT COURSE: Nine patrolling members have completed and upgraded to Spinal Management - *well done to those!*

ADVANCED RESUSCITATION TECHNIQUES CERTIFICATE: Rod Jordan has the second session of the ARTC course booked for Tuesday 13th November.

PATROL CAPTAINS: Basic Beach Management (Patrol Captains) course is booked for 24th of November. This course is being conducted by Branch, go to your portal for a booking. There is an "online" workbook to complete beforehand. Macs needs more patrol captains! Please support this course - times are 9am to 1.30pm.

IRB Drivers and Crew course: IRB Drivers and Crew course and requals each Sunday morning from 8am.

REMOTE AREA FIRST AID: Our Remote Area First Aid course has been booked for Macs on the 17th and 18th of December. This is a 'specialist' course being conducted by NSW Surf - book via Jono.

For bookings and more information on the courses and training opportunities contact Jono on 0411 184 642.



Macmasters Beach Surf Club Education/Training Program

All the education courses and training activities provided by MacMasters Beach SLSC on our website.

CHECK OUT:

Questions: chat to Jono for more information

Course	Training Date/Time	Trainer/Assessor	
Surf Rescue Certificate	Sunday: Casual Training during Nipper Rotation	Jono, Rod, Lyn	
Must be 13 years	Online Training Options Available	Content Experts Utilised	
Surf Bronze Medallion	Sundays: 9.30am - 11.30: 16th Sept to 9th Dec 2018	Jono, Rod, Lyn	
15 years and over	Online Training Options 3th Feb to 24th March 2019	Content Experts Utilized	
Requal's: Surf Bronze & SRC	9.30am : General Requal's 2018 Online Training Option 23rd & 30th Sept, 14th & 28th Oct, 18th Nov, 9th Dec Note: All requals must be completed by 31th December	Jono, Jim, Rod, Lyn Warren, Fergle,	
A.R.T.C. (AID)	Tuesday 7.00pm : 6 th & 13 th November 2018 5 th & 12 th March 2019	Rod Jordan 0402640092	
A.R.T.C. Requal's	7 pm Tuesday 25th September, 11th & 22th October	Rod Jordan 0402640092	
IRB Drivers & IRB Crewman Course & Regual's	Sunday: 8am - 10am : 16 th Sept to 2nd Dec 2018 10 th February to 10 th March 2019	Mick Morrison: 0419486384 Warren , Matt Staples, Fergie	
Radio Operators Certificate	Sundays: 10am (two hour course)	June: 0411184642 Rhonda Hall	
Warkcover Approved Provide First Aid HLTAID003	Saturday 9am Sept 27th, 10th Nov. 12th Jan, 23th Feb. Cost \$70 club members, \$90 general public	Graham Johnston: 0411184642	
Basic Beach Management	15" Sept (Umina) & 20" October (TBA) 2018.	Contact Jono: Branch Course admin@slscc.com.au	
Silver Medallion Aquatic Rescue	13 th & 14 th April 2019 additional dates available	Contact Jono: Branch Course admin@slscc.com.au	
Gold Medallion	11 th November (Wamberal)	Contact Jono: Branch Course admin@slscc.com.au	
Spinal Management	13 th October	Contact Jono: Branch Course admin@slscc.com.au	



THE FLAGS ARE UP

MACMASTERS PATROL SEASON
29 SEPTEMBER 2018 TO 28 APRIL 2019

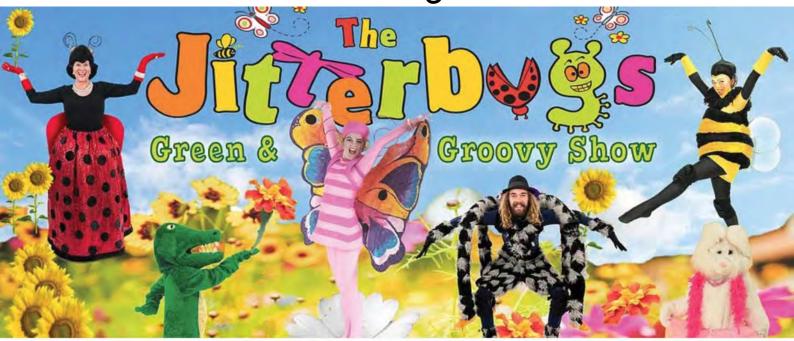
SURF LIFE SAVING MACMASTERS BEACH





NEW YEAR'S EVE @ MACMASTERS

something for everyone!



6PM-8PM NEW YEARS EVE 2018 KIDS OF ALL AGES! ALL WELCOME MACMASTERS BEACH SLS CLUB



Duke of Edinburgh Camp with Val Crowe

DUKE OF EDINBURGH SILVER CAMP | September 2018 @ Hawkesbury River and Glenworth Valley

During September five of our Silver Duke of Edinburgh participants, Anya, Jamie, Kieran, Oscar and Campbell, completed their first 2-night/3-day expedition. We began with a modified paddle, as wind conditions were against putting-in at Mooney Mooney, so we kayaked from Spencer across the Hawkesbury River to Gentleman's Halt campsite for our first night. Our novice kayakers coped well with their first taste of paddling, but were happy to hike once on dry land, completing a 10km return walk along the picturesque Canoelands

Ridge track in Marramarra National Park.

After a campfire and 'delicious' dehydrated dinner we headed to bed early in preparation for a longer paddle to Glenworth Valley the next day. Paddling upstream with the tide we arrived just before lunch at our own private campsite.

The kids put up their tents and took a dip in some pretty chilly water before we walked into Glenworth Valley to meet our abseiling instructors.



Two hours were spent learning the ropes and how to reverse backwards down a cliff, with no fear at all. Back at camp the rope swing over the creek got some use, and this was followed by lighting yet another cracking campfire – thanks to Duckie for the wood!

Having packed up for the last time on day 3 we began the paddle for home, back along Popran Creek and the Hawkesbury River to Spencer. The kids' kayak skills had certainly improved and their balance too, perhaps due to the fact that we had burnt 2 nights of ironbark on the campfire, which had been stowed in their kayaks from the start!

With the promise of a burger for lunch at the Spencer store everyone's speed against the tide was pretty impressive. Thanks to Duckie for all the logistical stuff (and for arranging perfect weather), there really is a lot involved getting this type of camp organised and it certainly makes being camp mum very easy!





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

In the Macs IRB with: Elaine Hodgkinson

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 Nipper Coordinators, Elaine Hodgkinson.

How long have you been a member at Macs SLSC?

EH: We joined in 2005 after moving to Australia in 2004.

What first attracted you to Macs Beach SLSC?

EH: We were encouraged to sign our eldest son up with his friend - best thing we ever did!

What volunteer role/s have you been involved in at Macs before coming our Nipper Coordinator?

EH: I have been a rookie coordinator, bar volunteer, worked in the uniform shop and of course the Nippers BBQ.

Strangest place you have swum?

EH: I don't swim ... I can swim but 'bad' things happen to me! Within 2 weeks of arriving in Australia I thought I was drowning on Manly beach, in about 1 foot of water. While swimming in Mackeral Beach in Pittwater I was viciously attacked by a stingray - Okay I stood on it, I deserved to be stung!

I have been attacked by some very aggressive seaweed and unceremoniously dumped by rogue waves when it has been completely flat water.

Prior to that I have snorkelled with whales off the Canary Islands and swam through caves in Mexico.

Favourite SLSC competition event?

EH: I enjoy watching the boards and skis.

Favourite menu item on the Barefoot Cafe menu?

EH: Chicken and cashews

Preferred beverage from the Macs Beach Bar?

EH: Six strings pale ale

What do you enjoy most about Macs?

EH: The community feel. It's like being back in my home seaside village in Northern Ireland.

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







Marvellous Marlins

celebrating our achievements off the beach

JO FINNELLEY - NSW PUBLIC SCHOOL PARENT OF THE YEAR!

Kincumber Public School nominated Jo Finnelley for the 2018 NSW Secretary's Awards of Excellence in recognition of her volunteer contribution to the primary school and the P&C.

Jo was honoured to received the 2018 Secretary's School Parent of the Year Award!

Jo is also a wonderful volunteer at MacMasters Beach SLSC and is currently our Nipper Carnival Coordinator.

We thank and recognise Jo's contribution as a volunteer - that's what makes communities!

Congratuations Jo!





Resuscitation and CPR is part of preparing all our Nippers for life saving skills - not just for the beach!







MacMasters Beach SLSC | Point Break Newsletter | November 2018 | www.macmastersbeachslsc.com.au



CHECK OUT:

All Nipper events, carnivals and activities on the MacMasters SLSC website.

Questions: chat to Elaine or Lorna for more information

			Sun 30**		MINISTRAM SEPTEMBER 1	
gtember 2018 121" Segt SCC Pool Challenge — Ingara U11-Masters	Fri 28" Macs Nippers Rego 5- Koin	Raising of the flags and Patrols U13-14 Rookies Forster Carnival U10-	Ocens	policy (April 2000) and the control of the control		
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in 14" :	191 2B - Oct -	U12 to Open Beach Only - North Avoca*	Mippers R2 U12 - Open Carnival - Terrigal *	Sunday morning 88CL - on important fundaments for the blog at some All families will have at least one parent allocated to help on the blog at some point over the season, Group reminders will be sent out, if you cannot help during your allotted time please get someone to cover you.		
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un 4 - 600 Group s 18 - U15 Carnival - Umina Nippers - Combined		Nippers R3	Senior Club Champs	U9 - U15 - 18C*		
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December 2018 - Sunda	Sun 2nd + 890 Group 7	Sun 9" - BBQ Group 8	Sun 16 Twilight Nippers - 1 Morn	Streets Board and	learning or Croig Lee. Those to	and and through the thin
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Streets Board & Ski Rd 1	Ages	NP Junior Iron Person -	5.00pm			
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rende	- marriage LISS - LISS owner in	clubhouse at 9.25am for no	Sun 13th - BBQ Group 9	540.197		
lantiery 2019 - Sunday	Sun 6"	510 12*	Nippers RZ	MP JUDICE IFOR PERSON	- U15s - Toowoon Bay Noppers - Combined	Rookies @ The Entranc
Sat 5" Gardner ironperson	Board and Ski TBC U14 - Masters - Umina*	Rookie Challenge U13- 14s - Terrigal	Catho Hill Challenge*	U9 - U15s TBC*		
Wamberal U9 - U154*	- Monte and a	The second				CLUB VOLUNTEERS.
		or word in club limite at 9.2	Sum for eleper updates and	3 Sun 17" - 88Q Group 1	4 Sun 24" - 88Q Group 1	
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March 2019 - Sunday	March 2019 - Sunday morning U6 - U13 Neet III		Last Nippers - Funday	12 Sun 24th Junior Presentation 2p	pm Aussies - Gold Coast	YOU CAN HAVE THAT A THEORY
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State Nippers U9 - 13 Swansea Belmont	S Appens Comment					



Emerald Press

Digital Printing • Offset Printing • Packaging

Keeping 'Point Break' in print and available to all members and our community

Events & Competitions:

NOVEMBER 2018:

9 SLSCC Charity Golf Day @ Shelly Beach

9 Board Training 4:15pm | 5:15pm @ Macs Beach

10 Nutty Masters @ Wamberal

11 Handicap Swim and Board 8:45am @ Macs

11 Nippers 9:20am @ Macs [BBQ Group 4]

14 Board Training [Wed] 4:15|5:15pm @ Lagoon|Bch

16 Board Training 4:15pm | 5:15pm @ Macs Beach

17 Macs Masters training 8:00am @ Macs Beach

18 Jun/Sen Club Champs 9:20am @ Macs [BBQ Gp 5]

21 Board Training [Wed] 4:15|5:15pm @ Lagoon|Bch

23 Board Training 4:15pm | 5:15pm @ Macs Beach

24 Macs Masters training 8:00am @ Macs Beach

24 NP Junior Iron Person Rnd 1 @ Wamberal

24 Ocean Swim @ Toowoon

25 Nippers 9:20am @ Macs [BBQ Group 6]

28 Board Training [Wed] 4:15|5:15pm @ Lagoon|Bch

30 Board Training 4:15pm | 5:15pm @ Macs Beach

DECEMBER 2018:

1 Macs Masters training 8:00am @ Macs Beach

1 Streets Board and Ski (U14-Masters) R1 @ Terrigal

2 U8-U15 Nippers Carnival @ Terrigal

2 Nippers Combined Age 9:20am @ Macs [BBQ Gp 7]

8-9 InterBranch Championships @ Blackhead

8 Street Boat Series Rnd 3 @ Macksville/Scotts Hd

9 Street Boat Series Rnd 4 @ Macksville/Scotts Hd

9 Nippers 9:20am @ Macs [BBQ Group 8]

15 NP Junior Iron Person Rnd 2 @ Soldiers Beach

16 Twilight Nippers 3:30pm @ Macs

16 Macs Christmas Celebrations 3:30pm @ Macs

22 Streets Board and Ski (U14-Masters) R2 @ Umina

25 Christmas Day

26 Terrigal Twilight @ Terrigal

31 Jitterbugs Disco 6:00pm-8:00pm @ Macs

31 Retro Beach Party 8:00pm @ Macs

JANUARY 2019:

5 Gardner Ironperson @ Wamberal

6 Macs Annual Doorknock @ Macs

6 Street Boat Series Rnd 5 @ Umina

7 SLS Trans-Tasman Series @ Central Coast

12 Masters Carnival @ Shelly Beach

12 Rookie U13-U14 Challenge @ Terrigal

13 Nippers 9:20am @ Macs [BBQ Group 9]

19 NP Junior Iron Person Rnd 3 @ Copacabana

19/20 Masters Carnival @ Fingal Bay

20 Nippers Combined 9:20am @ Macs [BBQ Gp 10]

20 U8-U15 Nippers Carnival @ Toowoon Bay

20 Street Boat Series Rnd 6 @ Stockton

26 Australia Day

26 Duck for Bucks @ The Entrance

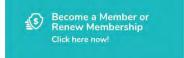
27 Nippers Fun & Games @ Lagoon [BBQ Gp 11]



Cafe: 7 days 8:30am - 4.30pm Barefoot Cafe - Coffee and









Our Club

Lifesaving

Education

Activities

Competition

Join MacMasters Beach SLSC

Become a member Today

Membership

Club Hire



Support those who support us!

Click on our sponsor's logos for more information and to connect with them





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