

May 2019











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

President's Report with Alan Blackman

END OF THE SEASON 2018/19

The Patrol Season has come to an end for 2018/19 and it has been another outstanding achievement by all our patrolling members. The statistics for the year are still being compiled but we were kept busy right throughout the patrol period with lots of beach goers, plenty of preventative actions and several significant rescues and first aid incidents.

All our patrolling members are to be congratulated for their dedication and commitment, but I also wanted the thank all of our members who work away from the beach to ensure our Club has all the resources that are required to keep our patrols equipped, trained and ready to ensure the safety of our community. We are conducting a Patrol Member Survey for all patrol members to complete - click here.

With the end of patrols, the Club management now enters that busy time of year where we are getting ready for season 2019/20 and completing the many compliance and reporting tasks that are essential part of running the business that is the surf club. These tasks are never ending and we are very lucky to have a group of hard working Board members and managers that assist with these essential tasks. We can always use help in these activities, so if you are able to help our club 'off the beach' please contact me.

ANZAC DAY

The Club's ANZAC Day sunset service was a wonderful commemoration of those who have served our nation in times of need. Thank you to everyone who helped organise the ceremony and especially to Vince Roberts for an outstanding job. See a full report on page 5 of the edition of Point Break.



DIARY DATES TO REMEMBER:

Annual Election Meeting - Sunday 19th May from 4pm @ Macs. As per our Constitution half the Board members are up for election for a two year term. Members are asked to come along and vote for the following appointments: Dir. of Finance, Dir. of Admin, Dir. of Education, Dir. of Member Services and Deputy President.

Senior Presentation - Saturday 1st June from 6pm @ Macs. A night of celebration and recognition of a great season at MacMasters Beach SLSC and in local, regional, state and national competition.

Branch Awards of Excellence - Saturday 8th June.

Five Lands Walk - Saturday 22nd June starting @ Macs.



Annual Election Meeting - 4pm - Sun 19th May

Senior Presentation - 6pm - Saturday 1st June



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

President's Report continued

AUSSIE TITLES 2019

Our Club was well represented at the Aussie Titles held on the Gold Coast at the beginning of April, with competitors across several surf sports. Catch up on all the action and results at Senior Presentation, 1 June.

OUR CLUB

I attend numerous Branch meeting and other community gatherings where I receive many great comments about our wonderful surf club. It is so pleasing to receive comments such as:

The clubhouse is so welcoming

Your boat crews are awesome

All your Nippers have lots of fun

You newsletter is fantastic

The Macs Masters are doing so well

The quality of your training is great

You have a very happy club

Great patrols!

You seem to be doing everything right down there at Macs! Comments like these are such a credit to all our members!!

2020 - OUR 75TH ANNIVERSARY YEAR

2020 will be the 75th anniversary of the founding of our Club. The Board has formed a sub-committee to start planning for the event. Keep an eye on Point Break for information on what is being planned.

THANK YOU TO DEPUTY PRESIDENT, JAN SILLATO

I want to thank Jan Sillato for the great job she has done as our Club's Deputy President. Jan is stepping down after two years in the role to give more time to all the other things she does for our surf club!!!

Some of the highlights of Jan's time in the role include; arranging improvements in the accessibility of our clubhouse, highlighting and promoting our member protection and child safety responsibilities,





huge success in grant applications and promoting participation in our Masters Team. *Thank You Jan!!*

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



Join us in a weekend

of celebration across the 5 Lands of the Central Coast

> Easily hop on and off the FREE shuttle buses

> > See back page for timetable

MAINEL SATURDAY

MACMASTERS BEACH Infusing Aboriginal and Scottish cultures

COPACABANA Girrakool Blues Festival Band competition

AVOCA BEACH Latino style and art exhibitions

THE OPEZIZ NORTH AVOCA Celebrate life with Australia's First Nation peoples

TERRIGAL Local songwriters and performing artists

SATURDAY

Hunter Park, Avoca Beach • 5.30pm

JUNE '19

Kincumba Mountain • 6am

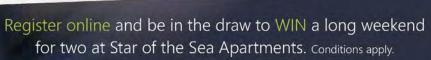
Gather around the fire at first light of the Morning Star and bless the 5 Lands Walk.

Just as a candle cannot burn without fire, man cannot live without a spiritual life

-Budhha

The **OPENING** Ceremony will showcase the magnificent landscape and musical talent of our region as it heralds in the arrival of The Guardian of the Message Stick. Featuring:

- 60 piece choir
- 10 piece music ensemble
- 5 multi-cultural communities and dancers



www.5landswalk.com.au

Membership Matters with Alison McNeill - Director of Member Services

SENIOR PRESENTATION

Senior Presentation is on Saturday 1st June from 6pm at Macs Clubhouse. Everyone is invited so please come along and celebrate the end of another successful season.

MACS MANIACS

Macs Maniacs starts on Mothers' Day and ends on Fathers' Day - led by the wonderful Jim Myers. Every Sunday morning members get together to walk/run and swim throughout winter - you just have to get your head wet to have points count towards the end of season tally. Join in if you are brave enough!

MacNasters Beach | Awards | Champions | Bar Open

NIPPER PROGRAM FEEDBACK

If you have any thoughts & ideas to further improve on our nipper program, please contact me on my new email address memberservices@macmastersbeachslsc.com

NIPPERS 2019/2020

We really need assistant age managers, water safety and officials, so please contact me if you are interested.

All training provided and you get to have fun with your kids!

EDUCATION AND TRAINING

First Aid, Bronze Medallion - many courses are available through our surf club. Please email or speak to Jono at the club.

BAR STAFF NEEDED

The Club also needs bar staff to go on the roster. If you haven't seen our new 'surfboat bar' please come and have a drink on any Friday or Sunday night and check it out.

DUKE OF EDINBURGH AWARD

The Duke of Edinburgh Award is available through MacMasters Beach Surf Club. It is a program targeting 14-25 year olds to challenge them and keep them engaged during the teenage years.

The participants go on bushwalks and camps, learn new skills, volunteer in the community and do physical activity. They need to keep a log book of all these activities. With their involvement in Surf Lifesaving, most of the sections are easily completed.

Please contact us also if you would like your child to join or see Geoff Dominguez at the club.

Current Duke of Edinburgh Participants: keep logging your hours. We are working on finding a date for a get together to work on log books and to sort out dates for camps for the year. Geoff needs you all for the 5 Lands Walk on Saturday 22nd June, to set up early at the surf club.

He'll post in the Facebook group too.

See you at Senior Presentation on Saturday 1st June at 6pm!

Alison McNeill - Director of Member Services



Education and Training with Graham 'Jono' Johnston

Congratulations to the following Macs members who have undertaken and achieved varying education programs and courses this season. These individuals will be recognised at Senior Presentation on 1 June 2019.

ARTC:

Danny Drummond Cory Myers Andrew White Hannah Cusack Simon Cusack Thomas Judd

Tim Morris Susan Westgrath

SRC:

Lily Castles Claire Hogger Marlee Przybyla

Zoe Vella

Ashia Kerrison-Watkins

Oshien Brown
Emma Finnelley
Chloe Sapsford
Bryn Cousins
Patrick Hingerty
Jessica Hourn
George Perkins
Imogen Ryan
Patrick Sheppard
Calum Walters
Jade Day

Conor Hodgkinson

Charlotte Morris

Cindy Trigg

BASIC BEACH MANAGEMENT

Tim Morris Frank Hodgkinson Matt Hingerty Andrew Duck Matt Douglas

SURF BRONZE MEDALLION:

Campbell Gillies
Sam Boesoen
Olivia Edwards
Riley Evans
Brayden l'Ansen
Damien McCary
Jason Franckiewicz
Bayleigh Little
James Crowther

SPINAL MANAGEMENT:

Frank Hodgkinson Bill Queripel Pat Roberts Vince Roberts Jan Sillato Andrew Duck Rod Jordan Amanda Queripel Alex MacMartin

REMOTE AREA FIRST AID:

Alex Macmartin
Greg Ferguson
Bill Queripel
Paul Macklin
Graeme Jones
Andrew Duck
Valerie Crowe
Geoff Dominguez
Jan Sillato

NATIONAL PATROL MEDAL:

To be announced at Presentation

IRB DRIVERS:

Angus Dominguez Jayden Duck Alex MacMartin

IRB CREW:

Graham Russel

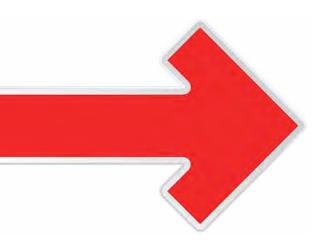


TAE TRAINING AND ASSESSING UPGRADE

Rod Jordan Graham Johnston Lyn Drummond

PATROL SERVICE AWARD:

To be announced at Presentation





ANZAC Day Service: 25th April 2019 with Vince Roberts

Our 13th ANZAC Service was another great success with record numbers in attendance.

Special thanks goes to:

Tim Ford AO for delivering the ANZAC address.

Captain Samuel Rynne, Royal Regiment of Australian Artillery for delivering The Ode - many thanks again for Captain Rynne for making the journey from Adelaide to be part of our Service.

Alex McMartin who took the salute and Raising of the Flag.

Brisbane Water Brass Band who were again an integral part of the service - special thanks to **Brian Finlay** for his playing of the Last Post and Reveille - hair raising.

Coast Opera Australia - Vivienne McLaren for singing our Australian Anthem and Flanders Fields.

David White for reading of the prayer.

Danny Drummond for providing his PA system and services.

Tim Morris for his assistance with the PA system and set-up.

To *all club members* who assisted on the day with setting up, packing away and cleaning the club forecourt including Angus, Jayden, Harrison and the youth of our club for assisting with setting up and moving furniture.

Last but not least to my biggest helper *Pat Roberts* who does so much behind the scences to make our ANZAC Service so special from compiling and printing the Program, setting up, sourcing and borrowing portable stage blocks, sourcing and cutting the Rosemary, inviting dignitaries and much more.

This year she also spent hours crocheting Poppies to make a tribute sign - an ongoing project.

Wreaths were laid by;

Lucy Wicks - MP Robertson

Adam Crouch - State Member Terrigal

Anne Charlton - Labor candidate Robertson

Jane Smith - Mayor Central Coast Council

Zoe Vella and Connor Hodgkinson - MacMasters Beach SLSC **Josie Wood and Denise Lawrence** - McMasters Beach Ladies Club

Hollie Whormsley - Vice School Captain, Kincumber Public School

Barbara Wills - MacMasters Beach Progress Association **Tess McCullough** - Captain, MacMasters Beach Rural Fire Brigade

Trevor Halls - MacMasters Beach Garden Club

Thank you to all who attended this special commemoration at MacmAsters Beach SLSC.

Lest We Forget

















Competition Corner with Craig Lee - Director of Competition





STATE MASTERS CHAMPIONSHIPS | 6-7 March 2019 @ Swansea-Belmont

After their success at the Branch Masters Carnival, nine of our Macs Masters headed to Swansea for 1 or 2 days (depending on their work commitments) to compete at State Masters.

Jan, Val, Sam and Amanda, as well as Bill, Trent, Frank, Matt and Kevin flew the flag for Macs and having watched the weather forecast all week, were pleasantly surprised to arrive with relatively safe surf conditions.

In sweltering 37 degrees on the first day and freezing 23 the next everyone was keen to contribute to 'points for the club', especially as a few more team events were possible given our numbers. Congratulations to all nine who achieved 20th overall out of 75 competing clubs!

Our medal winners included:

Frank who won silver in the 2km beach run

Bill who swam hard for a bronze in the surf swim, and

Trent took out the gold in the ironman, and silver medals in
the board race, ski paddle and beach sprint as well as bronze
in the surf swim!

Everyone else achieved a top 6 place in at least one event!

Well done Macs Masters - making us proud again!!

JUNIOR CLUB CHAMPIONS 2018/19:

CORRECTION: There is a correction for the results from the U10s and U13s Boys Junior Club Championships as announced at the Junior Presentation in March and included in the April edition of Point Break - results are:

UNDER 10 BOYS:

1st - Asher A

Equal 2nd - Will J and Kyah E 3rd - Riley C

We apologise for any inconvenience caused.

UNDER 13 BOYS:

1st - Calum W

2nd - George P

Equal 3rd - Marcus A and Patrick S



Competition Corner continued

STREETS SURF BOAT SERIES - ROUND 7 | 16 March 2019 @ Soldiers Beach

The last round for the series saw some fantastic results for MacMasters Beach SLSC Boat crews:

RESERVE MEN Fat Dads - 4th place

Good results for the Fat Dads after missing three carnivals and with one of the crew still injured, they still managed to pull off 4th overall. The Fat Dads were also selected to represent our Interbranch team - looking for a strong season in 2019/2020!

U23 MEN Skins - 2nd place

The *Skins* should have been in the U/19 based on age but were competing up in the U23s division and had a great result finishing 2nd overall!

U19 MEN UFCs - 1st place

Another great result for the UFCs coming in 1st overall. This team was also selected to represent on the Interbranch team and will now move up to the U23 in 2019/20.

U19 MEN Mirage - 6th place

The first year together for this team saw some good results come a long way. Throw in another year or two in the U19s and we look forward to some great results from this team!

U19 WOMEN Mai Tais - 2nd place

With a controversial 2nd place for the girls, they had a great year and were also selected to represent the Interbranch team!

U19 WOMEN Divas - 3rd place

Welcoming a new crew member in the team and the Divas finished off the year of strong with a 3rd overall.

AUSTRALIAN BOATS TITLES | 3-7 April 2019 @ Broadbeach/North Burleigh QLD

Excellent results from the Aussie Titles with the **U19 Men** *UFCs* reaching the semi-finals and the **U19 Women** *Divas* bowing out in the quarter final. Congratulations to both teams for performing so well on the national stage!







In the Macs IRB with: Tim Morris

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.

Let's chat with our Website Coordinator and Patrol Member, Tim Morris.

How long have you been a member at Macs SLSC?

TM: Since our oldest daughter joined as a nipper nine years ago.

What first attracted you to Macs Beach SLSC?

TM: I was introduced to the beach by a friend and really liked the atmosphere and location. I love that surf life saving provides a fun safe environment for the kids, teaches them new skills and how to be safe on the beach and in the surf, but also how to make a positive impact by learning how to save lives.



Most of all I love the opportunity for me to get actively involved in the movement has meant I am also learning new skills and getting an opportunity to do my bit for the community. First year that Charlie did nippers, I got my bronze. It was the best decision I could have made. I get to swim and surf with the kids (often to their great amusement when I'm on the board!). My children love patrols and we have developed a fantastic bond with the club, the members and the beach goers as a result.

If I could recommend anything to the parents of children in Nippers it is to get involved!

What volunteer role/s have you been involved in at Macs before becoming an age manager?

TM: There are so many things you can do to get involved at Macs. Most take next to no time or effort, but have a big impact combined with others. Personally I am a part of the best patrol at the club (Vince's Patrol 7!). I have helped age managers and do water safety. I project managed the design and implementation of the new MacMasters Beach SLSC website and am now learning how to operate the audio visual systems at the club.

Strangest place you have swum?

TM: I'd have to say a river near Rotorua in NZ - there was a bend in the river where we were warned not to swim at as the water was at boiling point right in the corner and would burn you. This was in the middle of winter and in a very cold river. Bizarre!

Favourite footy team?

TM: North Melbourne Australian Rules Football Club. They are celebrating 150 years this season!

Favourite SLSC competition event?

TM: The Masters and particularly water events. I did my first carnival last year and wished I had been involved earlier given how much fun I had. Anybody who wants to have a go they cater for 35-70+ yr olds - heaps of fun.

Favourite menu item on the Barefoot Cafe menu?

TM: Our kids would say hot chips - a must as a treat on Patrol!

Preferred beverage from the Macs Beach Bar?

TM: That's easy, best beer from the coast, on the coast and on tap at Mac's is the Six Strings Pale Ale!

What do you enjoy most about Macs?

TM: The community! We started to get the kids fit, learn about the beach and how we can be safe while having fun, but we have got so much more. Macs is an outstanding club, with a friendly community spirit that makes for one of the best environments on the coast. What makes it so special is all the people involved and all the varying areas of interest they bring to the club - everyone coming together and sharing ideas and interests are what makes Mac's so special.

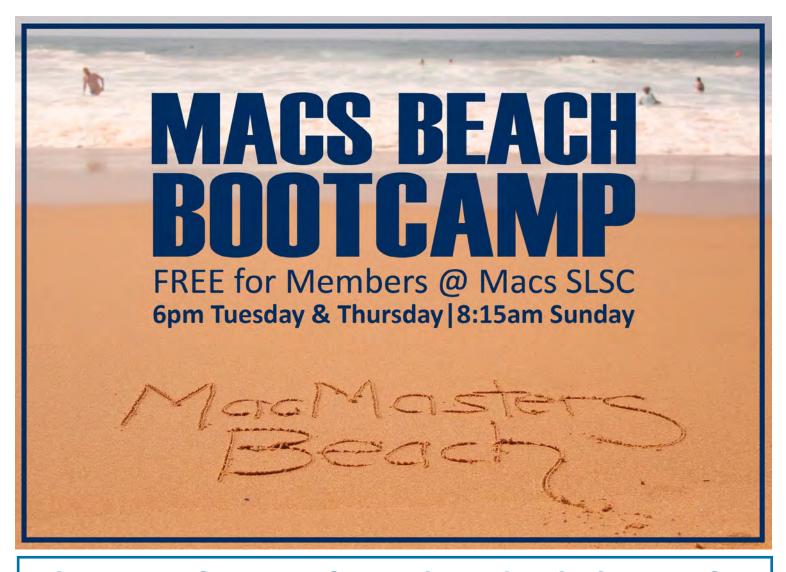
Now you know a little bit more about Tim - have a chat next time you see him around!







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



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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#Safeguarding - Child Safe Standard Number 5

Human Resources - People working with children are suitable and supported.

- A) Recruitment, including advertising and screening, emphasises child safety.
- B) Relevant staff and volunteers have Working With Children Checks.
- C) All staff and volunteers receive an appropriate induction and are aware of their child safety responsibilities, including reporting obligations.
- D) Supervision and people management have a child safety focus.



#Safeguarding Online Training

As we continue to raise awareness of #Safeguarding our young members at MacMasters Beach SLSC, we are encouraging everyone in the club, particularly the executive, coaches, age managers, junior activities managers and trainers, to participate in a free online training course, to remind them of their responsibilities in looking out for our young members.

#Safeguarding has been a key topic since launched at the SLSNSW State Conference in July 2018. Our club has received information on safeguarding – focusing on making a commitment and following the Codes of Conduct. The next step in our implementation is a focus on raising awareness and educating members.

The more people who are aware of the signs of abuse and what to do if they notice them, the more able our organisation is to provide an environment which protects children and young people. Surf Life Saving has two key resources to assist with this:

- 1. <u>The Online Safeguarding Training course</u>: This **free** online course takes around 20 minutes to complete and provides practical examples and scenario-based training. It aims to increase members' awareness of child abuse and child protection, and to improve their confidence to be able to take appropriate action when they become concerned for the safety of a child.
- 2. <u>The Safeguarding Guidelines</u> have been developed to complement this training by providing written information about abuse, indicators of abuse and how to report. These guidelines also include information from the SLS Codes of Conduct as promoted in Step 2 of the Safeguarding Children & Young People roll-out.

Thanks in advance for your interest and participation.

Access the course here and follow links provided

Events & Competitions:

MAY 2019:

12 Macs Boot Camp 8:15am @ Macs

12 Macs Maniacs 9:00am @ Macs

14 & 16 Macs Boot Camp 6:00pm @ Macs

19 Macs Boot Camp 8:15am @ Macs

19 Macs Maniacs 9:00am @ Macs

19 Biggest Morning Tea 9:00am @ Macs

19 Board Election Meeting 4:00pm @ Macs

21 & 23 Macs Boot Camp 6:00pm @ Macs

26 Macs Boot Camp 8:15am @ Macs

26 Macs Maniacs 9:00am @ Macs

28 & 30 Macs Boot Camp *6:00pm* @ Macs

JUNE 2019:

1 Macs Senior Presentation @ Macs

2 Macs Boot Camp 8:15am @ Macs

2 Macs Maniacs 9:00am @ Macs

4 & 6 Macs Boot Camp 6:00pm @ Macs

8 Branch Awards of Excellence @ Central Coast

9 Macs Maniacs 9:00am @ Macs

10 Queen's Birthday - Long weekend / Public Holiday

11 & 13 Macs Boot Camp 6:00pm @ Macs

16 Macs Maniacs 9:00am @ Macs

18 & 20 Macs Boot Camp 6:00pm @ Macs

21 Macs Boot Camp 6:00pm @ Macs

22 Five Lands Walk starting @ Macs

23 Macs Maniacs 9:00am @ Macs

23 Macs Boot Camp 6:00pm @ Macs

25 & 27 Macs Boot Camp 6:00pm @ Macs



macmastersbeachslsc.com











Our Club

Lifesaving

Education

Activities

Competition

Membership

Club Hire



www.macmastersbeachslsc.com

Check out Macs online: Access information about all our Macs surf life saving activities and Club inlcuding: news | events | minutes

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EXPERT DESIGN to get the most out of our club house

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our fuel providers for all occasions



LooLoo's **Coffee Shack** & Warehouse

making our Boat Crews and Masters look even better!

MacMasters & Kincumber

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Central

always supporting our great little club

