

## Aug/Sept 2019











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



## President's Report with Alan Blackman

### **PATROL SURVEY UPDATE**

With the new season fast approaching, the Board reviewed the results of the Patrol Survey, at its July meeting. Thank you to all those who responded. A summary of the issues raised and our response is provided below:

### 1. Patrol Roster issued early

Response: To minimise clashes between Patrol duties and carnival participation the roster can only be prepared once the carnival schedule has been issued by Branch. The

draft patrol roster was circulated to Patrol Captains on 12th August.

We hope to finalise the roster at the first Patrol Captains meeting scheduled for Sunday 1st September at 3.30pm at the Clubhouse.

### 2. Finding a substitute is difficult when you can't make a Patrol

Response: We will be setting up a Whats App group for Patrol Members to help make it easier to find a sub. Joining the Whats App group will be at the discretion of the individual member.

### 3. Send out SMS reminders for Patrols as early as possible.

Response: SMS messages will be sent each Monday before Patrol together with a weather forecast.

### 4. Giving back to our Patrol Members.

Response: The longstanding tradition of the Club providing two free drinks for the Sunday afternoon patrol will be maintained.

Our Club has a strong record of supporting members in many ways, some examples include:

- Active membership fees have remained unchanged at \$55.00 for the past 10 years. Our membership is the lowest on the Coast. The \$55.00 fee covers the Capitation Charge and Insurance costs our Club has to pay the Branch for each member.
- Most other Clubs charge members a substantial fee to undertake training for the essential Patrol skills such as Bronze Medallion, IRB, ARTC etc. Our Club does not charge for these courses.
- Gym Access is free for our members most other Clubs charge a Gym use fee.
- Our annual Presentation Night is provided at no cost to members and the quality of the clothing and other equipment that is provided is of a very high standard.
- Member pricing is available at the Bar to all members.





Registrations! 5-8pm Friday 20th September

Patrol Season starts Saturday 28 September



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

### President's Report continued

### **PATROL SURVEY UPDATE CONT'**

- 4. Patrol Members need to be on time especially afternoon patrols.
- Response: This is every member's responsibility. This will be discussed at the Patrol Captains meeting. If you are late, you will be called out!
- **5. More engagement, encouragement, training for younger and new members and Rookies while on Patrol.** Response: This will be discussed with Patrol Captains. The more experienced Patrol members should all help share their knowledge and skill with our younger patrol members.
- **6. Patrol Size and Experience is varied we need more experienced members on some patrols.**Response: We will review the Patrol Roster to see if we can balance up the skill sets within each Patrol. All

members can help with this by completing more training, especially IRB driver, IRB crew and ARTC.

7. Patrol Captains need to communicate with Patrol member to set up patrol and assign duties.

Response: Patrol Captains should do this as a matter of standard procedure. This will be discussed at Patrol Captains meeting.

As you can see, your feedback helps us identify and refine procedures at Macs - we appreciate your input. We are looking forward to a great season protecting our members, locals and visitors at MacMasters Beach.

### **ANNUAL GENERAL MEETING**

The Clubs annual General Meeting was held on Sunday 18th August and was well attended by Club Members. The Club's annual report and financial statements were adopted and copies of the Annual Report are available

on our website with hard copies (limited number) available at the Clubhouse.

The Annual Report highlights the complexity of running our Club and the many activities and tasks that our Club members undertake as volunteers to keep our Club operating. While our core business will always be lifesaving the financial, regulatory, compliance and training activities we have to complete mean we operate like a small business. That we do this all on a voluntary basis is a credit to all our members.

Our Club is one of only two Clubs on the Coast who do not employ paid staff and we are the only Club that owns and maintains its Club house. This enormous effort is perhaps best summarised by two key figures in our Financial Statements:

Annual Expenses for 2019 - \$370,564 and Annual Revenue - \$439,056.

Thank you to all our members for the contribution you make to our Club.



### President's Report continued

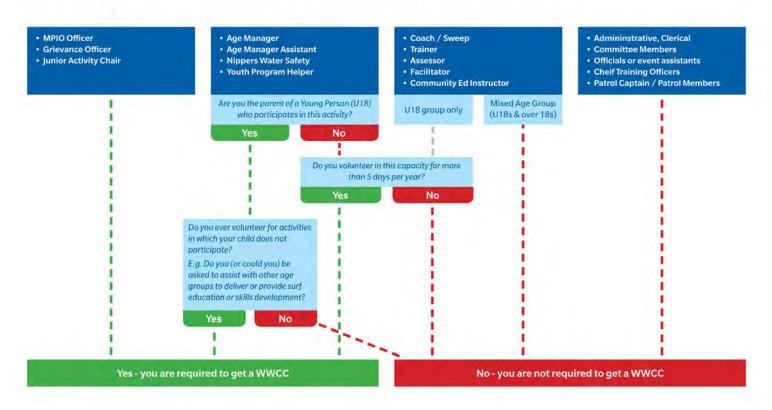
### **2019 NSWSLS WORKING WITH CHILDREN REQUIREMENTS**

Surf Life Saving and MacMasters Beach SLSC is committed to providing a safe environment for all our children and young people. This year the criteria for WWCC has changed. All SLSNSW members who work directly with children under the age of 18 must complete a WWCC, unless their role falls within one of the scheme's defined exemptions - listed here and outlined in this useful flow chart.

Importantly if a person is an Age Manager but their child is in a different age group, they no longer have an exemption. Previously their child just had to be in any Nipper age group for an Age Manager to have an exemption, now their child must be in their age group to get an exemption. Please submit your Working With Children Check when you renew your membership this year - check with our registrar to ensure the WWCC we have on file is current and valid.

More information on the requirements and process can be found here.

## Do you require a WWCC?





### **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 <a href="mailto:alanrblackman@hotmail.com">alanrblackman@hotmail.com</a> or phone me on 0418 331 649.



### THE FLAGS ARE UP

MACMASTERS BEACH PATROL SEASON COMMENCES 28 SEPTEMBER 2019







## Membership Matters with Alison McNeill

### **HERE WE GO AGAIN!**

The new season is upon us with patrols starting on Saturday 28th September and Nippers starting on Sunday 13th October (last Sunday of the school holidays).

### **RENEW YOUR MEMBERSHIP**

Memberships are now due. Current membership is a prerequisite to members having the benefit of the excellent insurance covers for injuries and loss of wages available for members under the 'blanket' policy arranged by SLSA.

We are having a Friday night registration on 20th September 5-8pm and two Sunday registrations on 29th September and 13th October 9-12pm. Uniforms are available for purchase on Sunday 6th and Sunday 13th October.

You can also renew anytime via the website <a href="www.macmastersbeachslsc.com">www.macmastersbeachslsc.com</a> and follow the link to our portal. Membership remains at \$55 each for members 15 years and over. Nipper membership prices remain at \$100 for the first child, \$80 for the second and \$70 for the third and subsequent siblings. Parents are also encouraged to join as we need as many parent helpers as possible for a variety of roles.

#### **ACTIVE KIDS VOUCHERS**

We also accept the Active Kids voucher. If you would like to use your Active Kids Voucher, please email it to me or bring it to the club on a registration day. We also need the child's birth date to redeem the voucher. The first day of nippers this year is Sunday 13th October.

### **NIPPER PROFICIENCY SWIMS - SCHOOL HOLIDAYS**

We are also planning on doing proficiency swims through the school holidays on Sundays for those of you who would like to get this done before the nipper season starts. These will be done at 9:30am and we need water safety people also please.

#### MACS POINTSCORE BOARD AND SWIM

Don't forget Pointscore Board and Swim is held every Sunday when patrols start back at 8:45am. This is led by Steve Kleppen for the 15s and over and by Tracy Przybyla for 10s to 14s. All members are welcome.

### **VOLUNTEER - GET INVOLVED @ MACS**

We always need helpers for various positions around the club, from water safety to bar staff - there is always something that needs to be done. We are a club that runs 100% by volunteers. Please contact me if you would like any information on how you could get involved with the friendliest club on the coast!!

### **JOIN THE PATROL TEAM**

First day for patrols is Saturday 28th September – the first day of the school holidays. If you'd like to join a patrol, please speak to Peter Roden or Graham Johnston (Jono).

If you need anything, please feel free to email me at <a href="memberservices@macmastersbeachslsc.com">memberservices@macmastersbeachslsc.com</a>

That's all for now, Alison McNeill - Director of Member Services

## Time to give back to your Club



## ... how will you be involved?

## We would love you to join/renew your membership with MacMasters Beach Surf Life Saving Club!



If you are renewing your membership, just click on the link and it will take you to your Member Portal. This is the quickest and easiest way to renew. It is also the place to find all your qualifications, certificates, patrols etc.... You are also able to set up family registrations to simplify the process.

https://sls.com.au/join/

If you are joining as a new member, just click this link and it takes to the Surf Life Saving page to join MacMasters Beach SLSC.

https://join.sls.com.au/index.php/frontpage/page1?entityId=218&clientId=&checkFlag=club

Or if you'd rather join in person, come to the club to register –
Friday 20<sup>th</sup> September 5 – 8pm, Sunday 29<sup>th</sup> September 9 – 12pm or
Sunday 13<sup>th</sup> October 9 – 12pm (first day of nippers)

Our prices for this season haven't changed.

U15 years and over are \$55

First nipper (U8 - U14 age groups) is \$100

Second nipper is \$80

Third or more nippers are \$70 each

U6 and U7 nippers are \$50 each

We accept the Active Kids Vouchers

All new members need to bring a birth certificate or drivers licence

## 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

## Education and Training with Graham 'Jono' Johnston

### TIME TO SKILL UP!

It's time to get 'skilled up' for another busy season. Several changes in awards are now compulsory including:

- a proficiency for all Patrol Captains *Basic Beach Management* this is a simple online or hard copy questionnaire.
- Radio operations are now part of the Surf Rescue Certificate with all rookies needing to undertake this course.
- Spinal Management is now part of the Surf Bronze Award.

### IRB DRIVERS AND CREWS NEEDED

The club is in need of IRB Drivers and Crewman with Mick Morrison and his team commencing training from 8am each Sunday morning from the 1st September till December.

### **REQUALS - BOOK IT IN NOW!**

Requals for Surf Bronze and SRC commencing on the 8th & 22nd September with Rod Jordan completing ARTC requals at the club on the 19th September and Saturday 19th October.

Surf Bronze and SRC training will also commence from the 8th September.

Please assist our volunteer training officers by completing all proficiencies as early as possible.

### MacMasters Beach Surf Club Education/Training Program 2019/2020 Season

Course	Training Date/Time	Trainer/Assessor
Surf Rescue Certificate	Sunday: Casual Training during Nipper Rotation	Jono, Lyn
Must be 13 years	Online Training Options Available	Approved Content Experts
Surf Bronze Medallion	Sundays: 10am-11.30am 8 <sup>th</sup> Sept to 8th Dec 2019	Jono, Rod, Lyn
15 years and over	Online Training Available 2 <sup>nd</sup> Feb to 29 <sup>th</sup> March 2020	Approved Content Experts
Requals: Surf Bronze & SRC	General Requals 2019 Online Training Available 10am Sept 8 & 22nd, 12 & 19 Oct, 9 <sup>th</sup> Nov, 8 <sup>th</sup> Dec NOTE: All requals must be completed by 31 <sup>st</sup> December	Jono, Jim, Rod, Lyn Warren, Fergie,
A.R.T.C. (AID) Full Course	October - Tuesdays 7.00pm: 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> (three nights) October - Saturday 12 <sup>th</sup> (full day from 10am)	Rod Jordan 0402 640 092
A.R.T.C. Requals	September - Thursday 7:00pm: 19 <sup>th</sup> October - Saturday 10am: 19 <sup>th</sup>	Rod Jordan 0402 640 092
IRB Drivers & IRB Crewman	Sundays: 8am-10am: September 1st to 2nd Dec 2019	Mick Morrison: 0419 486 384
Course & Requals	February 2 <sup>nd</sup> to 22 <sup>nd</sup> March 2020	Warren, Matt Staples, Fergie
Radio Operators Certificate	Sundays: 10am (two hour course)	Jono: 0411 184 642 Rhonda Hall
Workcover Approved	September 27 <sup>th</sup> 6pm (Friday evening)	Jono: 0411 184 642
Provide First Aid HLTAID003	October 25 <sup>th</sup> 6pm (Friday evening)	111111111111111111111111111111111111111
	Cost \$70 club members   \$90 general public	Lancard Control of the Control of th
Basic Beach Management	21st September at Copacabana SLSC	Contact Jono: Branch Course
	27 <sup>th</sup> October at Central Coast branch	admin@slscc.com.au
Silver Medallion Aquatic	4 <sup>th</sup> and 5 <sup>th</sup> April 2020 @ Avoca Beach SLSC	Contact Jono: Branch Course
Rescue	9 <sup>th</sup> and 10 <sup>th</sup> May 2020 @ Umina Beach SLSC	admin@slscc.com.au
Gold Medallion	14th March 2010 @ Wamberal SLSC	Contact Jono: Branch Course
Advanced Lifesaving		admin@slscc.com.au
Spinal Management	19th October @ The Lakes, 16th November @ Umina	Contact Jono: Branch Course
	2 <sup>nd</sup> May MacMasters Beach SLSC	admin@slscc.com.au







## Our Life Members with Pat Roberts

From it's humble beginnings in 1945, our club has grown from one with a small handful of Life Savers who patrolled on Sundays and Public Holidays with a reel to perform rescues - to a club with a current strength of 12 patrols. Patrols today are equipped with the latest equipment and technology - IRBs, rescue boards, oxy-vivas, defibrulators, ATVs, radios, iPads, mobile phones - patrolling every Saturday, Sunday and Public Holidays from September to May - we certainly have come a long way!

We should always remember our past and the contributions made by those who have made our club what it is today - 'the best little Club on the Coast'. Our Life Members have all helped shape the course of our club.

I have gathered information for these feature articles from trowelling through Annual Reports, hand written notes and talking to people. These bios will be placed on our website for generations to come, so accuracy is very important – if there are errors/omissions now is the time to email me (<u>vinceroberts32@bigpond.com</u>) with your information. We need to vigilant about our record keeping; as todays records will soon become our only link to the past.

### HARRY LEE - LIFE MEMBER 1957

The name Lee is synonymous with MacMasters Beach SLSC!

1945 - The main active member of MacMaters Beach SLSC | 1945-1952 - Club Captain | 1946-1953 - Secretary 1951 — gained his Bronze Medallion at Terrigal Beach with his son Alec and Peter Cooper - they were Macs Beach first 'Bronze' holders! Legend has it that Harry was the only person game enough to swim at Macs! 1955 — 1966 - President

Acknowledged as performing our first rescue – a priest from the local orphanage was swept 200 yards (180m) out and Harry rescued the priest using belt and reel.

Rescued another two young girls - who were pulled from the water unconscious — the resuscitation technique used at the time was 'Eve's Rocker'. Both girls were transported to Gosford Hospital in the back of a ute.

Harry selected our Club colours! Branch gave him a list of colours to choose from - Royal Blue, Gold and Sky Blue; and thanks to a packet of Kraft Cheese on the table that night – what other colour could it be? 'it was a sign' 'Sky Blue and Gold'.

He shaped our first boat oars out of a blue gum tree from his farm.

Harry led a team of local members to build the first club house – timber for the piers, frames and flooring were made by Harry from trees from his farm and milled at a sawmill he set up in the vicinity of Dajani Drive. When completed the club house was one big room with no electricity and a drop toilet – once again we have come a long way!

Harry Lee is a legend. He was a Life Saver, Boat Rower, R&R competitor, coach, builder, he held several club committee positions and his contribution to our club was significant! His legacy lives on with his granddaughter and great grandchildren who are active patrolling members at Macs.

### **REX NORMAN – LIFE MEMBER 1988**

The Norman name is a highly regarded name in Surf Life Saving for their contributions to Surf Boat Rowing and MacMasters Beach is recognised Australia wide in the boating fraternity.

1948 - Rex gained his Bronze Medallion and for the rest of his life had an unbroken involvement with the Surf Life Saving Movement.

1960 - Rex came over from Avoca Beach SLSC to help our boat crews and he was instrumental in developing a first-rate boat culture at MacMasters Beach, a culture that is evident to this day.

1970 - Rex joined MacMasters Beach SLSC | 1970 - 1978 - Boat Captain | 1977 - 1992 - Club President

2010 - Elected to the Australian Surf Rowers League Hall of Fame – a quote from their annual report;

'Rex saved the lives of many young men, not from dragging them from the surf, but from turning their lives around and turning young drifting youths into men with discipline ethics and tools to survive'.

Macmasters Beach is incredibly fortunate that Rex Norman ventured over the headland joined MacMasters Beach and so began our incredible history and success in Surf Boat Rowing, a legacy that continues today through his sons and grandchildren.

MacMasters Beach SLSC | Point Break Newsletter | Aug/Sept 2019 | www.macmastersbeachslsc.com.au





# Maes Nippers Join Int

MacMasters Beach Surf Life Saving Club

### **REGISTRATIONS:**

5pm-8pm FRIDAY 20th September 2019 9am-12pm SUNDAY 29th September 2019 9am-12pm SUNDAY

13th October 2019

Active Kids Vouchers redeemable

New members please bring birth certificate

or drivers licence

### SEASON STARTS:

9:30am SUNDAY 13th October 2019



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





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: Hamish MacPherson

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 2018/19 Patrol Person of the Year, Hamish MacPherson.

How long have you been a member at Macs SLSC?

HMacP: 10 years.

What first attracted you to Macs Beach SLSC?

**HMacP:** We would visit my inlaws Peter and Leonie George and with Peter being president at the time, and Malcolm and Danielle wanting to do

Nippers, Macs was a no brainer.

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

**HMacP:** Mainly patrols, helping at Nippers and carnivals with officialling, water safety and I have had a go at Age Manager.

Strangest place you have swum?

HMacP: I lived in Micronesia for a while and swam in a grotto with some underwater tunnels.

Favourite footy team?

HMacP: Roosters.

**Favourite SLSC competition event?** 

HMacP: Flags.

Favourite menu item on the Barefoot Cafe menu?

**HMacP:** Red or green curry.

Preferred beverage from the Macs Beach Bar?

HMacP: XXXX Gold.

What do you enjoy most about Macs?

**HMacP:** The great friends we have made from being involved with patrol 10 and also nippers and the location when I can make it to have a beer on a Friday afternoon watching the surf is second to none.

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





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

## #Safeguarding - Child Safe Standard Number 7

Education and Training: Members of MacMasters Beach SLSC are equipped with the knowledge, skills and awareness to keep children safe, through continual education and training.

- A) Relevant members of MacMasters Beach SLSC receive training on the nature and indicators of child maltreatment, particularly institutional child sexual abuse.
- B) Members receive training on MacMasters Beach SLSC's child safe practices and child protection.
- C) Relevant members of MacMasters Beach SLSC are supported to develop practical skills in protecting children and responding to disclosures.



## **#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:

### **SEPTEMBER 2019:**

1 Macs Boot Camp 8:15am @ Macs

1 Macs Maniacs 9:00am @ Macs

1 Patrol Captains Meeting 3:30pm @ Macs

**3 & 5 Macs Boot Camp** *6:00pm* @ Macs

4 & 6 Board Training (all boards) 4:15pm @ Macs

8 Macs Boot Camp 8:15am @ Macs

**10 & 12 Macs Boot Camp** 6:00pm @ Macs

11 & 13 Board Training (all boards) 4:15pm @ Macs

15 Macs Boot Camp 8:15am @ Macs

**17 & 19 Macs Boot Camp** *6:00pm* @ Macs

18 & 20 Board Training (all boards) 4:15pm @ Macs

20 Macs Registration Event 5pm-8pm @ Macs

22 Macs Boot Camp 8:15am @ Macs

**24 & 26 Macs Boot Camp** *6:00pm* @ Macs

25 & 27 Board Training (all boards) 4:15pm @ Macs

28 Patrols Season commences 9:00am @ Macs

28 NSW School Holidays commence

29 Macs Boot Camp 8:15am @ Macs

29 Pointscore Board and Swim 8:45am @ Macs

29 Macs Registration Event 9am-12pm @ Macs

### **OCTOBER 2019:**

**1 & 3 Macs Boot Camp** *6:00pm* @ Macs

6 Daylight Saving commences 2:00am

6 Pointscore Board and Swim 8:45am @ Macs

7 Labour Day - NSW Public Holiday

**8 & 10 Macs Boot Camp** *6:00pm* @ Macs

**9 Board Training (U9-U13s)** 4:15pm @ Macs

9 Board Training (U14-Masters) 5:30pm @ Macs

**11 Board Training (U9-U13s)** 4:15pm @ Macs

11 Board Training (U14-Masters) 5:30pm @ Macs

13 Pointscore Board and Swim 8:45am @ Macs

13 Macs Registration Event 9am-12pm @ Macs

13 Nippers commences 9:30am @ Macs

13 Nipper Proficiency Swim 9:30am @ Macs

14 NSW School Term 4 commences

**15 & 17 Macs Boot Camp** 6:00pm @ Macs

**16 Board Training (U9-U13s)** 4:15pm @ Macs

**16 Board Training (U14-Masters)** 5:30pm @ Macs

**18 Board Training (U9-U13s)** 4:15pm @ Macs

**18 Board Training (U14-Masters)** 5:30pm @ Macs

20 Pointscore Board and Swim 8:45am @ Macs

**20 Nippers** *9:30am* @ Macs

**22 & 24 Macs Boot Camp** 6:00pm @ Macs

23 Board Training (U9-U13s) 4:15pm @ Macs

23 Board Training (U14-Masters) 5:30pm @ Macs

**25 Board Training (U9-U13s)** 4:15pm @ Macs

25 Board Training (U14-Masters) 5:30pm @ Macs

27 Pointscore Board and Swim 8:45am @ Macs

**27 Nippers** *9:30am* @ Macs



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 including: news | events | minutes

## Support those who support us!

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





## EXPERT DESIGN to get the most out of our club house

truenortharchitects.com.au



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making our Boat Crews and Masters look even better!

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always supporting our great little club

