

# Point Break

MacMasters Beach SLSC

November  
2022



Click on images and links throughout Point Break for extra information, weblinks and more!



## President's Report with Alison McNeill

**November already!**

The club is open, patrols are keeping us safe and our nippers are having fun at the beach. Hopefully the weather is kind to us this summer season also.

### CAFE AND BAR OPEN FRIDAYS AND SUNDAYS

Macs Beach Café is now open for dinner Fridays and Sundays as is our Clubhouse bar.

### COOLROOM UPGRADE

Thanks to the Surf Club Facility Program 2021/22, we used the funding to upgrade of the clubhouse refrigeration system which meant that during the two week period, we gutted the space, raised the concrete floor and added a ramp, fixed drainage issues, installed the new coolroom and refrigeration system, and added two new backdoors to replace the old roller door. It is now complete and open for the summer season. We will have an official opening in the near future.

Thank you to everyone involved in this project:

- Rachel D and Kylie D for the grant application
- Steve and the boys from *Andale*
- Joel & Ryan and the boys from *O'Hara Electrical*
- Danny from *Clearcut Concrete Cutting*
- Matt from *M Mitchell Concreting*
- Greg L, Peter S, Peter McN for door carpentry
- Brad N, Di B, Michael B for planning
- Justin and the boys from *Refrigeration Plus*
- Darren and the boys from *Freewater Plumbing*
- Pete and Ted from *Compex Constructions*
- Peter from *Floorgard Epoxy Flooring*
- Travis from *Archer Painting*
- *Central Coast Locksmiths*
- Denise and Sam H for accounts/finance

Also to everyone who helped with moving everything in and out for the renovations!

### MEMBERSHIP FEES

Everyone needs to have their fees paid prior to participating in club activities otherwise insurance coverage will not apply.

Please pay using the button on our website or preferably through your [members.sls.com.au](https://members.sls.com.au) portal → →



*Enjoy the sunshine! Alison McNeill - President*



**All membership fees due - pay online!**

**20/11 Masters Carnival @ Macs - Nippers @ 3pm**

# Mac's Member Services *with Elaine Hodgkinson*

## NIPPERS BBQ

Thank you to all those who have helped run our Sunday morning BBQs so far this season. As this is the only nippers fundraiser we want it to be as successful as possible. A roster was emailed to all parents, please make a note of when you are scheduled on. You will also receive a text reminder a few days before you are due to help. If you can not make the scheduled date please advise Elaine on 0423 291 825 so other arrangements can be made.

## CHRISTMAS AT MACS

Our Macs Christmas celebrations are planned for Sunday 18th December 2022. Kicking off at 3pm with Twilight Nippers and then a our spectacular visit from Santa, Christmas Carols, volunteer drinks, raffles and more - time to party! Watch this space for more details.

## BBQ THANK YOU

Thank you to Lisa and Natascha who have offered to help Elaine with some of the work in the background setting up the bbq. Big shout out to Ray and Sally for the onions they so courageously chop up every Saturday evening and to Adam and his kids for the eggs they provide.

→ Please support the BBQ and make this year a great fundraiser!



# Mac's Nippers *with Julia Skinner*

What a great start to the Nippers season, seeing so many familiar faces and welcoming new families. It's been a mixed bag of conditions but in usual Macs style we still have loads of fun!

## NIPPERS IN ACTION

The carnival season starts this month but Nippers will still go ahead for those not competing. Thank you to those parents who are already volunteering, but there is still lots you can do to get involved with nippers!

→ Just come and see me if you would like to help out or want to know more about surf life saving skills.



## TWILIGHT NIPPERS

On Sunday 20/11 we are hosting the Masters Carnival so we will have a Twilight Nippers starting at 3pm.

## MACS HOODED TOWELS

Amanda is now taking orders for Macs blue hooded/change towels - see image for sizing guide  
Small \$68 | Medium \$73 | Large \$78

TO ORDER please email Amanda at [aqueripe@bigpond.net.au](mailto:aqueripe@bigpond.net.au) by Sunday 20/11/22



CHANGE TOWEL SIZING		
SMALL	80cm width x 80cm length from shoulder	Suitable for ages 5 to 8 years
MEDIUM	70cm width x 100cm length from shoulder	Suitable for taller 8 years to small adult
LARGE	90cm width x 120cm length from shoulder	Suitable for teen to large adult



# Education and Training with Lyn Drummond, Director of Education

## REQUALIFICATIONS

It's been a great start to the season with lots of enthusiasm to get requals done. Many thanks to our trainers Rod and Jono for providing lots of requal sessions for our 40+ Advanced Resuscitation award members.



We've had a slower start with the Bronze Medallion requals.

→ **Let's make November the month to get requals done. You can requal on your patrol, join in with another patrol who are doing requals or come along when Patrol 1 is on.**

Make sure your record of requal is ticked off on the blue cards. **CONGRATULATIONS** to **Patrol 8** for being the first Patrol to get all Bronze requals done (with one overseas exemption).

Bronze Medallion and Surf Rescue Certificate training has started with over 20 members signing up. We are always happy to welcome and encourage any other members to join our training.



↑ Patrol 8 undertaking their signal requals

↑ Patrol 10 undertaking their resuscitation requals

## RADIO OPERATORS ON PATROL

Many thanks to Deidre Rodwell, our radio endorsed delegate for helping out with the two radio operators courses we've had this year. → Please contact us if you are interested in joining a patrol as a radio operator.

## MY E-LEARNING

Where can I find a record of what e learning I've done?

1. Go to the [SLS Members Portal](#) and log on
2. Go to **eLearning**
3. Go to **My Training**
4. Scroll down to **Completed Courses**

→ Completed Courses

- Home
- Training Library
- Training Event
- My Training**

**ART Online Theory Assessment**

Type: Course Bundle  
Accessible Since: October 06, 2022  
Status: COMPLETE  
Author: Surf Life Saving

Certifications **VIEW**

**ART Online Theory Assessment**

Type: Course Bundle  
Accessible Since: October 11, 2022  
Status: COMPLETE  
Author: Surf Life Saving

Certifications **VIEW**

**Skills Maintenance 2020/21 Bronze Medallion Theory**

Type: Course Bundle  
Accessible Since: August 19, 2020  
Status: COMPLETE  
Author: Surf Life Saving

Certifications **VIEW**

**Skills Maintenance 2021/22 Radio Operations (RO) (Online)**

Type: Course Bundle  
Accessible Since: September 03, 2021  
Status: COMPLETE  
Author: Surf Life Saving

Certifications **VIEW**

# Education and Training cont'

## NIPPERS LEARN THE BASICS

On the first day of Nippers, different age groups visited our education room and met Jono. They will all learn basic first aid and resuscitation skills as part of our Nipper program at Macs.



→ For more information about courses and education please contact: Lyn Drummond, Director of Education on 0408 243 306 or via [education@macmastersbeachslsc.com](mailto:education@macmastersbeachslsc.com)



## Four Heart Defibs in Macs now accessible 24/7

Macs Friends Helping Neighbours, the Surf Club, RFS and Progress Association have partnered with The Defib Project Charity to install new life saving defibrillators in the Macmasters Beach village.

You will find them at:

- the drive into the rural fire station
- the deck of the Progress Hall
- on the grassy patch at the northern end of the Surf Club building,

The fourth unit will be installed next week and will be located at:

- the car park at LooLoo's coffee shack

The units are accessible 24/7 and are in weather-proof cabinets. The access code (our postcode 2251) is on the cabinet.

The door is alarmed to deter inappropriate fiddling, but otherwise, access is easy and the alarm stops when the cabinet is closed.

The council Life Guards and our Surf Club patrols have defibrillator units with them when they are on duty. The defib unit in the Macs Beach Café has been removed.

Thanks to these community groups, to individual donors and to two landowners who approved location of the units on their land but in easy reach of the public.

Watch this space for dates when the Surf Club will run training sessions on CPR & using defibrillators.



# MACS BAR OPEN!

MacMasters Beach SLSC

Fridays from 5pm  
and Sundays from 4pm



# DOLPHIN SURF CRAFT

Wamberal SLSC & Dolphin Surf Craft are excited to announce the inaugural **DOLPHIN JUNIOR IRON PERSON**

Ages U9 - U17, Wamberal Beach, NSW  
Save the date Sunday 8th January 2023

More details to come.

Loads of prizes to be won

incl two fibreglass Dolphin nipper boards & two fibreglass Dolphin mals



belle  
PROPERTY

belle  
PROPERTY

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PROPERTY

# MACS PATROLS



MacMasters Beach SURF LIFE SAVING CLUB				MacMasters Beach SURF LIFE SAVING CLUB			
DATE	8:00am-1:00pm PATROL NO.	Patrol Officer	11:30am-5:00pm PATROL NO.	Patrol Officer	DATE	8:00am-1:00pm PATROL NO.	Patrol Officer
10/01/2022	1	...	1	...	10/01/2022	1	...
10/02/2022	1	...	1	...	10/02/2022	1	...
10/03/2022	1	...	1	...	10/03/2022	1	...
10/04/2022	1	...	1	...	10/04/2022	1	...
10/05/2022	1	...	1	...	10/05/2022	1	...
10/06/2022	1	...	1	...	10/06/2022	1	...
10/07/2022	1	...	1	...	10/07/2022	1	...
10/08/2022	1	...	1	...	10/08/2022	1	...
10/09/2022	1	...	1	...	10/09/2022	1	...
10/10/2022	1	...	1	...	10/10/2022	1	...
10/11/2022	1	...	1	...	10/11/2022	1	...
10/12/2022	1	...	1	...	10/12/2022	1	...
10/13/2022	1	...	1	...	10/13/2022	1	...
10/14/2022	1	...	1	...	10/14/2022	1	...
10/15/2022	1	...	1	...	10/15/2022	1	...
10/16/2022	1	...	1	...	10/16/2022	1	...
10/17/2022	1	...	1	...	10/17/2022	1	...
10/18/2022	1	...	1	...	10/18/2022	1	...
10/19/2022	1	...	1	...	10/19/2022	1	...
10/20/2022	1	...	1	...	10/20/2022	1	...
10/21/2022	1	...	1	...	10/21/2022	1	...
10/22/2022	1	...	1	...	10/22/2022	1	...
10/23/2022	1	...	1	...	10/23/2022	1	...
10/24/2022	1	...	1	...	10/24/2022	1	...
10/25/2022	1	...	1	...	10/25/2022	1	...
10/26/2022	1	...	1	...	10/26/2022	1	...
10/27/2022	1	...	1	...	10/27/2022	1	...
10/28/2022	1	...	1	...	10/28/2022	1	...
10/29/2022	1	...	1	...	10/29/2022	1	...
10/30/2022	1	...	1	...	10/30/2022	1	...
10/31/2022	1	...	1	...	10/31/2022	1	...



# MacMasters Beach SLSC - Senior Honour Board

After countless hours of trowelling through past Annual Reports and records, we have compiled [a list of our Senior Medallists](#).

This information will be used to create the new Honour Board for the Clubhouse but first we need to vet the information for errors, omissions and spelling of names etc.

→ We are asking members to view this information and send any feedback, comments and amendments to [vinceroberts32@bigpond.com](mailto:vinceroberts32@bigpond.com) or [admin@macmastersbeachslsc.com](mailto:admin@macmastersbeachslsc.com)

Year/Medal	Event	Name
1945 - 1957	1999/2000	2009/2010
1957/1958	State Gold	Australian Silver
1958/1959	State Gold	State Bronze
Australian Gold	Australian Bronze	U19 2km Beach Run
1959/1960	1978/1979	U23 Surf Boat
1960/1961	Australian Bronze	State Silver
1960/1961	State Gold	30-34yrs Ironman
1961/1962	1979/1980	State Bronze
1962/1963	State Gold	30-34yrs Board
1963/1964	1980/1981	Australian Gold
Australian Silver	1981/1982	Australian Silver
1964/1965	1982/1983	Australian Bronze
Australian Silver	1983/1984	Australian Bronze
	State Silver	World Bronze
	1984/1985	2010/2011
	1985/1986	State Gold
	1986/1987	State Gold
	1987/1988	State Gold
	1988/1989	State Gold
	Australian Silver	U23 Surf Boat
	Reserve Boat	Open Reserve Surf Boat
		U15 Beach Flags
		Mick Norman, White, Jim Myers, Craig Healy
		Kevin Wil
		Kevin Wil
		Mel Cogh
		Norman, B
		Wade Broc
		Steele, Mar
		Sian George

## In the Macs IRB with: Nadine Norman

Each month we 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 we chat to Nadine Norman, long term member and our new Director of Competition

**How long have you been a member at Macs SLSC?**

**NN:** Since I was in Nippers so around 27 years!

**What first attracted you to Macs Beach SLSC?**

**NN:** My family have all been involved in Macs, both mum and dad's sides have patrolled with the club before I was born and many on dad's side are still involved, Macs has always been a part of my life which is really nice.

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

**NN:** Patrols, fundraisers and now as Director of Competition.

**Strangest place you have swum?**

**NN:** Very lucky to have had a trip to Turkey with the surf club.

Kelly Graham, Bridgid Ryan and I swam 4.5km across the Dardanelles in their annual swim. All the crew from Macs also were able to row into ANZAC cove and swim in the water there - which is the photo hung in the club. Pretty amazing experience!

**Favourite footy team?**

**NN:** Newcastle Knights

**Favourite SLSC competition event?**

**NN:** Rowing for sure, however I do have a soft spot for the R&R and March Past from my Nipper days. Honestly, I love watching most of the events, particularly in the surf.

**Preferred beverage from the Macs Beach Bar?**

**NN:** Champagne or vodka lime soda.

**What do you enjoy most about Macs?**

**NN:** It feels like home and there are a lot of great people and things to be involved in. I've grown up with a lot of people around the club, some good memories, some you'd probably prefer to forget! But that's what makes it such a great space - you can be who you are!

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



# Duke of Edinburgh - Silver/Gold Camp

**DUKE OF ED SILVER/GOLD CAMP** | 1-4 October 2022 @ Spencer

**Leaders:** Andrew 'Duckie' Duck

**Helper:** Kerryn Dominguez

**Participants:** Emily, Dean, Spencer, Paddy and Carys

**Location:** Ten Mile Hollow, Ironbark Creek, Gentleman's Holt, Canoe-lands Ridge and Spencer

**Conditions:** Wind, rain, storms, sunshine and clouds

**Start location:** Spencer

**Finishing location:** Spencer

**High point:** Breakfast and talk with the Monks

**Low point:** No sleeping bag for Duckie on the first night!

**Best meal:** Butter chicken!

**Worst meal/fail:** Coconut rice/risotto

**Handiest item packed:** hiking chairs (thanks Duckie!)

**Equipment fail:** leaking kayak - everything wet!

**I wish I had brought:** crocs - holes to drain water

**Wildlife:** goannas, swans, peacocks, donkey, dogs, horses, cows, black cockatoos, crabs, possums

**Funniest line:** 'Just around the next bend'

**Biggest challenge:** 8.5km track hike to Ten Mile Hollow



Proud to deliver



[Click here](#) for more information on the [Duke of Edinburgh program at Macs](#) or email [memberservices@macmastersbeachslsc.com](mailto:memberservices@macmastersbeachslsc.com)

# Events & Competitions:

All dates/events are subject to current COVID restrictions

## NOVEMBER 2022:

- 11 Macs Bar Open 5pm @ Macs
- 12 Macs Patrols AM: Patrol 3 | PM: Patrol 12
- 12 CC/Hunter Boats R1 @ Ocean Beach
- 13 Macs Patrols AM: Patrol 9 | PM: Patrol 4
- 13 Nippers 9:30am @ Macs
- 19 Macs Patrols AM: Patrol 7 | PM: Patrol 5
- 19 U14-Opens 'BISS' Carnival @ North Entrance
- 20 Macs Patrols AM: Patrol 8 | PM: Patrol 10
- 20 Twilight Nippers 3:00pm @ Macs
- 20 Masters Carnival @ MacMasters Beach
- 26 Macs Patrols AM: Patrol 12 | PM: Patrol 1
- 26 Course - First Aid\* 9am-3pm @ Macs
- 27 Macs Patrols AM: Patrol 11 | PM: Patrol 2
- 27 Nippers 9:30am @ Macs
- 27 SLSCC U8-15 Nipper Carnival - Teams @ Umina

## DECEMBER 2022:

- 3 Macs Patrols AM: Patrol 7 | PM: Patrol 3
- 3 CC/Hunter Boats R2 @ Scotts Head
- 3-4 NSW Interbranch Champs @ Shelly Beach

- 4 Macs Patrols AM: Patrol 4 | PM: Patrol 5
  - 4 Nippers 9:30am @ Macs
  - 4 CC/Hunter Boats R3 @ Scotts Head
  - 10 Macs Patrols AM: Patrol 6 | PM: Patrol 1
  - 10 SLSCC Surf Slam U14 to Opens @ Avoca
  - 11 Macs Patrols AM: Patrol 10 | PM: Patrol 8
  - 11 Nippers 9:30am @ Macs
  - 17 Macs Patrols AM: Patrol 2 | PM: Patrol 11
  - 17 SLSNSW Sand + SLSCC Beach All Age @ The Entrance
  - 18 Macs Patrols AM: Patrol 12 | PM: Patrol 9
  - 18 Macs Christmas Twilight Nippers 3pm @ Macs
  - 18 Volunteer Patrol @ The Entrance
  - \*Extended Patrol hours: 8:45am-6:00pm
  - 24 Macs Patrols AM: Patrol 6 | PM: Patrol 4
  - 25 Merry Christmas!
  - 25 Christmas Day Patrols Voluntary x3 shifts
  - 26 Macs Patrols AM: Patrol 1 | PM: Patrol 5
  - 27 Macs Patrols AM: Patrol 3 | PM: Patrol 8
  - 31 Macs Patrols AM: Patrol 10 | PM: Patrol 9
  - 31 Happy New Year!
- ## JANUARY 2023:
- 1 Macs Patrols AM: Patrol 2 | PM: Patrol 11



MacMasters Beach  
SURF LIFE SAVING CLUB

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Join MacMasters Beach SLSC

facebook Instagram



MacMasters Beach SLSC

@macmastersbeachsurfclub - Community organisation



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Supporting Macs by keeping  
our IRB motors  
running smoothly

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