

Point Break

MacMasters Beach SLSC

July/Aug
2023



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



President's Report with Alison McNeill

2022/23 SENIOR PRESENTATION

Thank you to everyone for coming along to our Senior Presentation night! It is wonderful to have so many achievements to celebrate in our small club. An enormous thank you to Elaine for organising the night, as I personally know how much work goes into it all.

Thank you to all who helped on the night especially our Club Person of the Year, Jim Myers, who was our fabulous MC yet again! It was a great night with details from page 7.

STRATEGIC PLANNING

We have also had our Strategic Planning meeting with all the Directors and invited guests. We have come up with a plan for our future for the club for the next 4 years. This will be available for comment in the near future. Thanks to our Deputy President, Matt Hingerty for organising this and to Jim again for leading us in the process.

BOARD TRANSITION

The Board has been working very hard behind the scenes and also in this transition period as we welcome the new incoming directors who take over after the AGM in August. The work doesn't stop for us in the winter months, and we are also busy compiling the Annual Report for the club.

MACS MANIACS

Our winter swimming group meets on Sunday mornings at 9am. It is free to participate, but you need to be a member of the club. More details on page 4.

HEAD DOWN TO MACS

The bar is still operating as usual on Friday and Sunday evenings, so come down and meet up and have a drink. The café is open for dinner on both nights also.

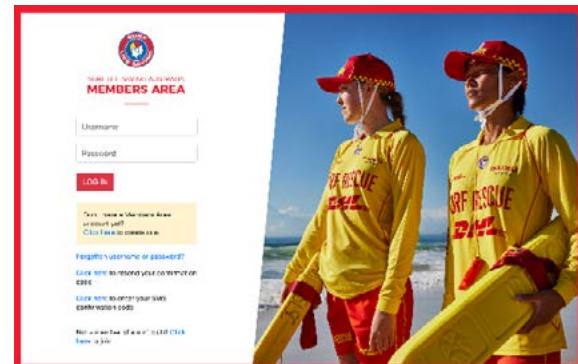
2023/24 REGISTRATIONS - NOW OPEN

Registrations are now due for the new season and the easiest way to renew is online through your [Member Portal - members.sls.com.au](https://members.sls.com.au)

There are also many jobs that need filling, so keep an eye out in our socials or contact us if you would like to get involved.

The more the merrier, and the easier it is all round.

Thanks everyone for being a part of the best club on the coast!!



Macs Annual General Meeting 3pm 13/8/23

Going Dry in July? Macs has just what you need!

Member Matters with Elaine Hodgkinson, Director of Member Services

Thank you to everyone who attended the Senior Presentation evening and congratulations to all recipients of award and honours.

VOLUNTEERS!

As we enjoy this quieter time, I would ask all nipper parents to consider helping or even taking on a role, no matter how big or small next season. We always need helpers in the water or on the beach, fronting the BBQ or at the bar, or quietly working away in the background. **We are run 100% by volunteers and the club needs you.** Please email memberservices@macmasterbeachslsc.com for more information. Registrations for the 2023/24 season are now open so look out for more details via email and via our social media platforms.

BAR AND CAFE - PERFECT SPOT ON A WINTER AFTERNOON

During these winter months don't forget to continue enjoying the delights of the Macs Beach Cafe as well as Friday and Sundays sips at Macs Bar.

Catch you at Macs!



Annual General Meeting

MACMASTERS BEACH SURF LIFE SAVING CLUB INCORPORATED

Affiliated with the Central Coast Branch SLSA of Australia

TAKE NOTICE that the seventy seventh Annual General Meeting of the Club will be held on **Sunday August 13, 2023 at 3.00pm at the Clubhouse.**

AGENDA

1. To receive, consider and if thought fit, adopt the Financial Statement for the year ended 30 April, 2023.
2. To receive the President's Address.
3. To receive the Annual Report, including the reports of the President, Deputy President, Director of Administration, Director of Competition, Director of Finance, Director of Life Saving, Director of Member Services, and Director of Education.
4. To adopt the Minutes of the 2021/2022 Annual General Meeting.
5. To note that the Election Meeting held on May 7, 2023 the following members were elected;
 - Craig White as Deputy President,
 - Roger Mullan as Director of Administration,
 - Robert Williams as Director of Finance,
 - Andrew White as Director of Education, and
 - Elaine Hodgkinson as Director of Member Services
6. To resolve to affiliate with the Central Coast Branch of Surf Life Saving New South Wales and Surf Life Saving NSW.
7. To receive and consider motions of which due notice has been given.

GENERAL INFORMATION ON MEMBERSHIP

- All members must be financial for the new season to vote at the AGM. Fees can be paid at the meeting.
- All patrolling members must complete their requalification by December 31, 2023.
- Any member wishing to compete must be financial by September 30, 2023 requalified and completed the required patrol hours. Awards for new members can be gained at any stage of the season.
- New members wishing to compete must complete their awards by December 31, 2023.
- Compliance with these requirements is necessary to ensure members are covered by insurance.

Patricia Roberts – Director of Administration

Across the Bar with Diana Brown, Bar Manager

Winter at the bar has seen lots of fun, AFL, Rugby League, State of Origin and whales! It's a perfect time of year to enjoy our fabulous club.

DRY JULY! You can even do Dry July with range of alcohol free beer and Six String premium soft drinks available.

SENIOR PRESENTATION Our presentation night was a great chance to thank all our volunteers especially Mel and Hannah Cusack for outstanding Duty Manager/Team, and Rhys and Caitlin Tucker for outstanding newbies.

YOU CAN VOLUNTEER TOO Running the bar is an opportunity to be able to support our fantastic life savers and a great place to volunteer your services.

MACS BAR OPEN!

MacMasters Beach SLSC

Fridays from 5pm
and Sundays from 4pm



Australia's Biggest Morning Tea



Biggest Morning Tea @ Macs

At the end of May Macs Maniacs hosted the Biggest Morning Tea. The sun was shining, the BBQ was sizzling, the waves were rolling in and so were donations with the event raising over \$2000 for the Cancer Council!

A huge thank you to Kylie Dickinson for organising, Jim, Jason and Matt for BBQing and to everyone who donated money, eggs, bacon, bread, cakes and treats. What a feast and what a great cause to get behind as a community!



Five Lands Walk MacMasters | Copacabana | Avoca Beach | North Avoca | Terrigal

A big thank you to our local photographers @vdshelley and @roslyndonhoephoto for the stunning images!



Strategic Plan Review with Matthew Hingerty, Deputy President

With the COVID period behind us, the Board of Directors decided to review our Strategic Plan, which was last developed in 2019. Four years is a standard period for these types of plans. Looking back at the targets that the Board set then, we were pretty good at achieving most of them, notwithstanding the impact of the pandemic.

We hope the concentration on the much-needed capital works and club infrastructure will stand the Club in good stead as we move into the next decade.

As ever we would like to thank the many generous sponsors and donors who saw us through the storm of COVID. From the large State Government grants, through to our major sponsor, **Belle Property**, to those individuals who gave what they could (and gave regularly), *thank you for your continued assistance.*

The Strategic Goals covered in the Plan are: Saving Lives, Strong Club, Our Stakeholders, Financial Security, Club Governance and Surf Sports.

The Board conducted a review of its strategic plan in June and Club members will have the opportunity to comment in the near future.



Macs Maniacs - Sundays 9am

Every Sunday morning during the winter 'off season', you will find a cross section of active and not so active members gather at the club house at 9am.

They begin with a run, jog or a walk to Copacabana followed by a dip in the water, depending on the surf conditions, off the point, around the buoys or in the pool. This is followed by a warm coffee and/or scrumptious breakfast at Macs Beach Cafe. The only essential components are that you are a member of Macs and that you get your head wet!

The best way to start a winter Sunday morning, you may be honoured with the title 'Maniac of the Week' for the most notable performance - the prize ... the 'bird' becomes yours for the coming week.

All welcome - join us this Sunday at 9am!



← LET'S GET PHYSICAL!

Last month, our 'maniacs' were delighted to find themselves sharing the beach, with the girls from the Coastal Physical Culture Club, who were conducting a photo shoot with a glorious Macs backdrop.

We're proud when our Beach is used for any form of healthy physical activity by the community. If you are interested in 'Physie', visit <https://www.coastalphysie.com.au>

belle

PROPERTY

Competition Corner with Nadine Norman, Director of Competition

GOTCHA4LIFE 24 HOUR ROW - COME AND ROW FOR MENTAL HEALTH!

Macs have signed up to be involved with the [Gotcha4Life 24 Hour Row](#) for the second year! Last year we had an incredible response from our club and community with each hour covered and over 60 individuals involved. Macs SLSC community raised over \$14,000 in funds for the Gotcha4Life foundation, which was above any expectations - what an incredible achievement.

The funding from the row goes back into local communities to build their mental fitness. The 2022 24 Hour row raised \$290,000 which funds 7000 workshops! Workshops have been delivered in QLD, NSW, VIC and even down to South Australia. Gotcha4Life had incredible support for the row from a wide range of teams - from high schools to surf clubs, gyms and workplaces - and they delivered a wide mix of programs that build emotional agility, social connection and help-seeking behaviours.

MacMasters Beach SLSC will be hosting a Gotcha4Life workshop in August and will keep everyone updated through socials and email with the date and content as it becomes available.

For anyone keen to be involved in this year's 24 Hour Row on 9-10 September, please contact Nadine via email at competition@macmastersbeachslsc.com



Duke of Ed - Bronze Camp with Andrew Duck, Duke of Edinburgh Leader

DUKE OF EDINBURGH - BRONZE CAMP | 24-25 June 2023 @ Staples Lookout to Pindar Cave to Wondabyne

Our first camp for new Bronze participants; Elysha, Sinead, Sam, Henry and Rory was a great success and a great effort for first timers hiking with packs! Aptly accompanied by our more experienced Silver crew; Spencer M, Max J, Carys, Maya B and Emily R we hiked 10.5km from Staples Lookout to Pindar Cave - thoroughly enjoyed by all.

We set up camp in Pindar Cave, enjoying a warm fire and the following morning we hiked 6km to Wondabyne Station where we caught a train to Woy Woy for fish and hot chips - well deserved!

Huge thank you to our leader Andrew Duck and helpers Anya Paszkowski and Lyn Drummond.



Central Coast SLS Awards of Excellence

At last month's *Central Coast SLS Awards of Excellence 2023*, **Lyn Drummond** our Director of Education, won the prestigious **Trainer of the Year Award**!

MacMasters Beach also took out the **Comm Education Program of the Year Award** for our *Community Defib Program*. **Lyn** and **Graham 'Jono' Johnston** were both instrumental in the creation and delivery of this program.

Congratulations MacMasters Beach SLSC! #TeamMACS



Education and Training with Lyn Drummond, Director of Education

CONGRATULATIONS!

Congratulations to all who received awards at our Senior Presentation. It was great to be able to acknowledge and celebrate all those who have achieved this year's 80 awards. You have done so well - *getting back on a rescue board after being dumped, ducking under a breaking wave, clipping on a rescue tube, pumping on a manikin, attaching defib pads, calling on a radio, getting the right arm up for signals, inhaling the IRB motor fumes, splinting a snake bite and getting online!*

Thank you also to all your partners and family for their support in sharing their loved ones with us.

THANK YOU TO OUR TRAINERS AND ASSESSORS

Recognition also needs to go to our trainers and assessors, Jono and Rod. We also now have the expertise of Jim, Kylie and Jan who have signed up to be trainers.

A big shout out to Jono for his great support and encouragement which goes right back to when I first did my Bronze Medallion in 2000. He has patiently mentored me in my role as trainer, answering my questions, encouraging me to go outside my comfort zone and training me in all aspects of the long, end to end process of awards and re-qualifications.



Macs Beach Senior Club Presentation

Our Senior Club Presentation in mid-June was packed with life savers, competitors, life members, supporters, members and friends. It was an evening to recognise the achievements and efforts of all our members across the 2022/23 season, to congratulate our major award recipients and to thank our major sponsors who are dedicated to our success.

Here are some of the highlights from our presentation event - a full list of award winners will be included in the 2022/23 Annual Report.

→ A HUGE THANK YOU TO OUR MAJOR SPONSORS AND SUPPORTERS:



greenstonepartners

Don Hamilton & Family



2023 Life Member:
Patricia Roberts



Recognition of contribution: Many people are constantly working away in the background contributing to the activities and functions of the Club.



Officiating Service Certificates: Mick N 15 years, Paula V 10 yrs, Amanda Q 15 yrs and Val C 10 yrs



Bronze Medallion recipients



Provide First Aid recipients



Provide Advanced Resuscitation Certificates

Mac's Beach Senior Club Presentation cont'



Silver Medallion recipients



IRB Crew awardees



Radio Operator awardees



Training Officer Certificate awardees



Mental Health Certificate awardees

Mac's Beach SLSC
retrained + requalified
267 individuals in
2022/23
across a wide range
of **essential skills**
for surf life saving!



Duke of Edinburgh recipients:
Alex W (Silver) and Chloe S (Silver)



Surf Boats - Boaties Boatie:
Jimmy L



New Surf Boat Launch:
Mick N



Bar Award - Duty Managers: Mel and Hannah Cusack
Bar - Outstanding Newbies: Caitlyn and Rhys Tucker



Bar Fly Award
Noel W

Mac's Beach Senior Club Presentation cont'



Most Improved Lifesaver:
Hannah C (and Louise I)



Patrol Person of the Year:
Greg F



Club Captains Award & Patrol of the Year: *Patrol 3*



Mac's Senior and Masters Club Champions!

Mac's Senior Club Champions:

U15 Female: *Isabel Hood*

U19 Female: *Gabrielle Ajala*

U19 Male: *Conor Hodgkinson*

Open Female: *Sammy Boesen*

Open Male: *Corey Myers*

Mac's Masters Club Champions:

30-39 Female: *Nadine Norman*

30-39 Male: *Wade Brooks*

40-49 Female:

1st Kylie Dickinson

2nd Sarah Waller

40-49 Male:

1st Mark White, 2nd Craig White

50-59 Female:

1st Louise Irvine, 2nd Val Crowe,

3rd Jan Sillato, 4th Wendy Graham

50-59 Male:

1st Greg Ferguson

2nd Todd McKernan

60-69 Female:

1st Lyn Drummond

2nd Amanda Queripel

60-69 Male:

1st Bill Queripel, 2nd Pete Roden



Point Score - Swim: *Val C*
Point Score - Board: *Pete R*



Youth of the Year:
Spencer M



Team of the Year: *Surf Boat Crew - Fat Dads*
Wade B, Jimmy L, Craig W, Mark W and Brad N



Encouragement Award
Steve G and Emily R

Mac's Beach Senior Club Presentation cont'



Special Recognition Award:
Steve S



Workers of the Year Award:
Pete McN and Greg L



Club Person of the Year:
Jim M

→ Some of our life savers who achieved **100% Patrol attendance** this season →

↓ **The full list of 100% Patrol life savers:**

- | | |
|-----------------------|-------------------|
| Garth Armstrong | Michael Bambridge |
| Alan Blackman | Samantha Boesen |
| Phillip Boxell | Wade Brooks |
| Garron Buttress-Grove | |
| Brent Collins | Angus Crowe |
| Valerie Crowe | Hannah Cusack |
| Melissa Cusack | Simon Cusack |
| Adam Debenham | Kristy Debenham |
| Joel Denney | Kylie Dickinson |
| Geoffrey Dominguez | Lyn Drummond |
| Andrew Duck | Gregory Ferguson |
| Wendy Graham | Anthony Hall |
| Daniel Hawkins | Thomas Herd |
| Matthew Hingerty | Daniel Ho |
| Frank Hodgkinson | Clare Hogger |
| Dean Hogger | Brayden I'Anson |
| Louise Irvine | Graham Johnston |
| Rod Jordan | Matthew Judd |
| Max Judd | Stephen Kleppen |
| Alexandra Loveridge | Andrew Loveridge |
| Finlay MacDonald | |
| Hamish MacPherson | Brynn Malings |
| Trent Martin | Scott McCook |
| Todd McKernan | Peter McNeill |
| Spencer Morris | Tim Morris |
| Corey Myers | James Myers |
| Lucy Owen | Paul Paszkowski |
| Shane Pooley | Nerida Powell |
| Simon Przybyla | Amanda Queripel |
| Caitlyn Queripel | William Queripel |
| Patricia Roberts | Vince Roberts |
| Peter Roden | Deidre Rodwell |
| Graham Russell | Bridgid Ryan |
| Matthew Ryan | Ben Sapsford |
| John Scott | Kylie-Ann Scott |
| Ken Scriven | Jan Sillato |



- Adam Smith
Bruce Staples
Matthew Staples
Rhys Tucker
Jason Vella
Joel Vella
Kieran Vella
Zoe Vella

- Angela Veschetti
Sarah Waller
Leigh Walters
Warren Watkins
Adam White
Andrew White



Events & Competitions:

JULY 2023:

- 7 Macs Bar Open 5pm @ Macs
- 9 Macs Maniacs 9am @ Macs
- 9 Macs Bar Open 4pm @ Macs
- 14 Macs Bar Open 5pm @ Macs
- 16 Macs Maniacs 9am @ Macs
- 16 Pool Rescue Development Clinic @ Mingara
- 16 Macs Bar Open 4pm @ Macs
- 21 Macs Bar Open 5pm @ Macs
- 23 Macs Maniacs 9am @ Macs
- 23 SLSCC Branch Pool Rescue Champs @ Mingara
- 23 Macs Bar Open 4pm @ Macs
- 28 Macs Bar Open 5pm @ Macs
- 30 Macs Maniacs 9am @ Macs
- 30 Macs Bar Open 4pm @ Macs

AUGUST 2023:

- 4 Macs Bar Open 5pm @ Macs
- 6 Macs Maniacs 9am @ Macs
- 6 Macs Bar Open 4pm @ Macs
- 11 Macs Bar Open 5pm @ Macs
- 13 Macs Maniacs 9am @ Macs
- 13 Macs Annual General Meeting 3pm @ Macs
- 13 Macs Bar Open 4pm @ Macs
- 18 Macs Bar Open 5pm @ Macs
- 20 Macs Maniacs 9am @ Macs
- 20 Macs Bar Open 4pm @ Macs
- 25 Macs Bar Open 5pm @ Macs
- 27 Macs Maniacs 9am @ Macs
- 27 Macs Bar Open 4pm @ Macs

SEPTEMBER 2023:

- 1 Macs Bar Open 5pm @ Macs



MacMasters Beach
SURF LIFE SAVING CLUB

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MacMasters Beach SLSC

@macmastersbeachsurfclub - Community organisation

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Supporting Macs by keeping
our IRB motors
running smoothly

**JD'S
FAMILY
AUTOMOTIVE**



TRUE NORTH
ARCHITECTS

EXPERT DESIGN
to get the most out of our club house

truenortharchitects.com.au



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