

# NORTH AVOCA NEWS

27/08/2024



## **PRESIDENT'S REPORT**

On the 24th of August I was lucky enough to join our nominees, branch president Matt Slattery and local member Adam Crouch, at the 2024 NSW Awards of Excellence event in Sydney.

The Surf Life Saving NSW Awards of Excellence celebrates the incredible people in our organisation and the impact they have on their clubs, fellow members, and in their local communities.

With 21 awards on offer at this year's celebrations, finalists from across the state were recognised for their commitment, passion, and hard work.

Our club had four entrants nominated to receive awards after winning their respective categories at the recent branch awards of excellence.

Patrol Captain of the Year: Jackie Sproll  
Administration of the Year: Scott Green  
Services Team of the Year: Member Services Team  
Youth Volunteer of the Year: Bailey Green

I am incredibly proud to announce that Jackie Sproll took out the prestigious category "Patrol Captain of the Year."

Jackie has been a member of North Avoca SLSC since joining as a nipper in the 1980's. She has 24 years of recognised active patrolling service. With 100% attendance each and every season. Over her many years of service to NASLSC Jackie has held many roles within the club and on the management committee, including Director of Administration (2016-2020) and Director of Member Services (2021-22), IRB racing team, Subject Matter Expert (SME) assisting with training the BM Courses, she is a current Age Manager, Surf Sports and March Past coach, Patrol Captain and our first female Life Member of NASLSC, being recognised in 2021 for her many years and countless hours of service to our Club.

I am incredibly proud to have Jackie on team North Avoca and we are a better club because of her continued dedication.

## **North Avoca SLSC is proudly Supported by:**

### **FONA'S**

**Kim Jackson/Scott Farquhar & Family  
The Estate of Juleen High  
The Carusi Family  
The Clitheroe Foundation  
The Freedman Foundation  
The Petre Foundation  
The Webb Family**

### **GOLD SPONSORS**

**365 Assist  
Central Coast Orthodontics  
Sprout ELC**

### **SILVER SPONSORS**

**Highgrove Bathrooms  
Denair Australia  
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### **BRONZE SPONSORS**

**Accom Property  
Baily Constructions  
Beachview Bookkeeping  
Central Coast Luxury Homes  
Coast Realty Terrigal  
Enliven Housing  
5 Star Swim School  
Hotel Gosford  
North Avoca General Store  
Pesteco  
Platinum Physiotherapy  
Smith Construction  
The Agency**

### **MAJOR SUPPORTERS**

**Central Coast Council  
SLSCC, SLNSW, SLSA  
NSW and Federal Governments**



Thank you for your dedication and commitment to our surf lifesaving club, as well as your tenacity in carrying out your respective roles.

Our club is fostering greatness, and we are so proud of our achievements.

I look forward to great things to come this upcoming season.

Stay safe

Kim Findlay  
President  
[president@naslsc.com.au](mailto:president@naslsc.com.au)

## Member Services

### LET'S BUILD A MENTALLY FIT FUTURE TOGETHER!

Mental Health is something that has affected us all at some point, either personally, through our loved ones, friends or work and sporting colleagues.

The North Avoca SLSC is passionate about not just the wellbeing of our members, but the wellbeing of our community as a whole.

This year, the North Avoca SLSC has committed to taking part in the Gotcha4life – 24 Hour row. No, you don't have to row for 24 consecutive hours. It's where we as a team, club and community join together to make sure our rowers are occupied for 24 hours. You can take part and row for 5 minutes or an hour whatever you can do, it is greatly appreciated. And if you are not in position to participate you can also make a donation to the North Avoca Gotcha4life relay team.

100% of the funds and donations raised will go to Gotcha4life.

The North Avoca SLSC are beyond excited to be welcoming the founder of Gotcha4life Gus and Vicki Worland to the event along with MMM Central Coast who have very generously come on board.

Please join us in supporting each other and working towards a mentally fit future.

#### What can you do to check in on your loves ones:-

**ASK** – If they are OK?

**LISTEN** – Give them space to talk and really listen to how they're feeling

**OFFER SUPPORT** – Someone who is struggling can benefit from emotional and practical support

**ENCOURAGE ACTION** – Asking, listening and offering support create an opportunity to encourage someone to take action to feel better or seek help if needed

**CHECK-IN** – Genuine care from someone who stays in touch can make a real difference to a person who is struggling.

Gotcha4life – Mental Fitness Gym.

#### JOIN OUR TEAM or MAKE A DONATION: -

<http://24hourrow.com.au/team-na->

Grab your friends, family, teammates, neighbours and work colleagues and register now!

Once registered please join <http://www.facebook.com/events/s/north-avoca-slsc-gotcha4life-2/2862327570591081/> where we will be sharing our Gotcha4life journey in the lead up to & during the event.

**A HUGE THANKYOU TO THOSE WHO HAVE  
ALREADY REGISTERED**

**TRIPLE M  
107.7**



**Season Launch - Saturday 28 September 2024**

Let's celebrate the start of the life Saving Season at the North Avoca Surf Life Saving Club!

The bar will be open, so bring everyone. We are beyond excited to have local talent and Voice finalist Ethan Beckton returning to the club, along with welcoming Mad Macks grill to take all your worries out of dinner.

In addition to this, our long-time sponsor Hollydene Estate Wines will be returning with their exquisite wines for you to try and purchase. We thank Hollydene Estate wines for their ongoing support of the club.



**North Avoca SLSC - Your next event venue.**

The North Avoca Surf Life Saving Club is the perfect location for your special event. Situated at the very private location of North Avoca Beach with a relaxing beachscape backdrop. It's the perfect location for your special occasions whether it be formals, charity events, corporate bookings birthdays, cocktails parties and more.

The room is located on the 1<sup>st</sup> floor of the North Avoca Surf Club providing picturesque 180-degree views of North Avoca and Avoca Beach stretch and the Pacific Ocean. The room can accommodate small or large groups for either sit down or cocktail style functions utilising both the inside and expansive balcony areas Due to the secluded location of the club, parking is readily accessible, and you don't have to worry about crowds or other venues affecting the ambience of your special occasion.



Should you have any questions or wish to get involved and support any of the upcoming events or the member services team, please don't hesitate to reach out.

Cara Portese  
Director of Member Services  
[memberservices@naslsc.com.au](mailto:memberservices@naslsc.com.au)



## Education

I'll start with a shout out to the amazing education team! At the recent branch education meeting we looked at some data and noticed the North Avoca team are punching well above their weight, with a huge amount of award completions given the relatively small size of the team.

Exact dates are still to be determined, but the team are planning to run Bronze/SRC/SRC to BM upgrade courses early this season, so keep an eye out. If you are even a little bit interested in any of these courses, please flick me an email at [education@naslsc.com.au](mailto:education@naslsc.com.au) and I will be sure to send you the details once we have locked them in.

The SLSCC branch education calendar has been released. Some courses available you might be interested in include:

- SMAR Refresher training. Sat 7th September - The Entrance SLSC
- Branch run ART. Sun 8th September - Tuggerah Branch Office
- Silver Medallion Patrol Captain. Sat 21st - Sun 22nd September. Venue TBC
- Provide First Aid. Sat 26th October OR Sat 16th Nov OR Sun 1st March - Tuggerah branch Office
- Gold medallion. Sat 7th December - Wamberal SLSC
- SMAR. Sat 12th - Sun 13th April - North Avoca SLSC

For more information about any of these courses, including any prerequisites, please contact me using the education email address.

Kat Dwyer  
Director of Education  
[education@naslsc.com.au](mailto:education@naslsc.com.au)

## Surf Sports – IRB Racing

Wishing our NASLSC IRB team the best of luck as they head North next week for the World Championships at Kurrawa Beach QLD. Our team will be competing from Wednesday 4<sup>th</sup> to Saturday 7<sup>th</sup> September. We know they will wear the black and gold with pride and do their very best. We look forward to sharing the teams results, keep an eye on socials.

Narelle Duggan  
Director of Surf Sports  
[surfsports@naslsc.com.au](mailto:surfsports@naslsc.com.au)

## Lifesaving

Just a reminder that the Patrol season will commence on Saturday 28<sup>th</sup> September. Please let your patrol captain know if your plans for this season have changed.

The new Life Saving agreement has been signed which impacts the number of hours that we are required to patrol the beach. The new LSA indicated that for the first and last months of the season (Sep/Oct & Mar/Apr) we are only required to cover the patrolling of the beach from 10am to 5pm.

The patrol Captains meeting will be held this Saturday 31<sup>st</sup> August at 4pm. The plan is to present this season's patrol roster at the meeting for feedback, with the roster being distributed to all members late next week. There will be some patrol composition changes, so if you have any questions, please contact me.

North Avoca has a Call out team list that is utilised in case of the need for an emergency response to any situation. This team consists of IRB Drivers & Crew, SMAR operators and support people who could be available in the case of an emergency. If you are interested in being on this list, please let me now.

SLSCC is running a UAV course for anyone interested in learning how to operate the Drones. This course is available for anyone over the age of 16 and will be held at Umina on the 19/20<sup>th</sup> October. Please see the below QR code if you are interested in attending



This year's skills maintenance is currently available on your eLearning portal. It is also recommended that all patrolling members also complete the sexual harassment and child safety modules.

If you have any questions relating to lifesaving, please contact me at [lifesaving@naslsc.com.au](mailto:lifesaving@naslsc.com.au)

Can't wait to see you all on the beach

Josh Duggan  
Director of Lifesaving  
[lifesaving@naslsc.com.au](mailto:lifesaving@naslsc.com.au)

## Nippers

The weather is starting to warm up, winter sports are starting to wind down, and we're all surprised at how quickly the Nipper season has crept up!

The Junior Activities Team has been working away in the background to prepare for the upcoming season, and we're looking forward to seeing everyone back on the beach and in the water.

### Important Dates.

**Sunday 15th September** – NASLSC Registration Day, 9:00am – 12:00pm.

New nipper families are encouraged to come along to the registration day at the club and meet some of the club committee members and age managers, ask questions and learn about the nipper program.

**Sunday 22nd September** – Proficiency Swims

- 9:30 am – 10:30 am, U9 – U14, The Haven.
- 11:30 am – 12:30 pm, U6 – U8, 5 Star Swim Centre, Kerta Road Kincumber.

**Sunday 22nd September** – Board Hire, 1:30 pm – 2:30 pm, NASLSC.

Plus, carnival / training sign up.

**Tuesday 24th September** – board training commences, 4:15pm @ The Haven.

**Sunday 13th October** – Sunday Nippers program commences.

### Uniform Shop

Open times;

Sunday 15th Sept, 9:00am – 12:00pm, in conjunction with registration day.

Sunday 22nd September, 1:30pm – 2:30pm, in conjunction with board hire.

Most Nipper Sundays.

### Carnival Calendar

Saturday 19th October, U12-Opens Carnival, location TBA.

Saturday 26th October, U9-U11, Welcome to Surf Sports Carnival, Toowoona Bay.

Sunday 3rd November, Traditional Nipper Carnival, location TBA

Saturday 30th November – Sunday 1st December, Interbranch Champs, Cape Hawk.

Sunday 15th December, Traditional Carnival, Terrigal.

Sunday 12th January, Teams Carnival, Kilcare.

Saturday 15th February – Sunday 16th February, Branch Champs, Avoca.

Thursday 6th March – Sunday 9th March, SLSNSW State Champs, Northern Beaches.

*Dates and locations are subject to change.*

Looking forward to a great season ahead!

Dan Luongo

Director of Junior Activities (JAC)

[nippers@naslsc.com.au](mailto:nippers@naslsc.com.au)

## Youth

I am excited to be Youth Director for the upcoming season and I am looking forward to continuing our clubs focus and work on keeping our youth engaged and enjoying surf lifesaving.

As the start of the season gets closer, I would like to connect with the youth to determine their goals, ideas and expectations for the season.

I am hoping this will allow for the planning of a variety of fun, social and educational events to occur throughout the season including camps and social events.

We will be continuing with afternoon and Sunday training sessions for our youth, and I am hoping to have a strong attendance at these sessions.

I have created a What's App group for NASLSC Youth and their parents to provide information on upcoming events and the season. Please feel free to join using the link below. All U18 members must have their parents' permission to join which can be forwarded to myself via email [youthdevelopment.coordinator@naslsc.com.au](mailto:youthdevelopment.coordinator@naslsc.com.au)

<https://chat.whatsapp.com/EYZNZ8gnHmVKFBgaDuZrGT>

I would also like to encourage our U17 - U19s to apply for the Newcastle Permanent 24/25 Youth Leadership Program. The program will consist of various workshops, presentations and physical activities and challenges throughout the season. Further information and an online application will be provided via the NASLSC Youth 24 WhatsApp soon.

My goal is to provide training and fun social opportunities to our North Avoca youth to keep them engaged and to continue developing friendships and being capable young lifesavers.

Elise Avis

Youth Development Coordinator

[youthdevelopment.coordinator@naslsc.com.au](mailto:youthdevelopment.coordinator@naslsc.com.au)

## Office Closure

The NASLSC office will be closed from Monday 2<sup>nd</sup> to Monday 9<sup>th</sup> September 2024. If your matter is urgent during this time, please contact

Kim Findlay for Urgent Club enquiries - [president@naslsc.com.au](mailto:president@naslsc.com.au)

Scott Green for any Finance enquiries - [finance@naslsc.com.au](mailto:finance@naslsc.com.au)

Megan Miller for any Administrative enquiries - [admin@naslsc.com.au](mailto:admin@naslsc.com.au)

Or the relevant Director as listed in this newsletter.

## Renewal of Registrations are now due

We are asking all our existing members to renew their membership online via their Members Portal.

<https://members.sls.com.au/SLSA Online/modules/login/index.php#>

Renewing your membership involves two steps;

1. Renewal of Membership (or family membership)
2. Making Payment

**Please ensure that you do both steps as your renewal will not successfully submit without payment.**

You will find some helpful instructions at the bottom of this newsletter.

If you need assistance with renewing your membership, please email [office@naslsc.com.au](mailto:office@naslsc.com.au)

## New Member Registration Day

The Club will be holding a Registration Day for new members

**Sunday 15<sup>th</sup> September 2024 @ 9am – 12pm NASLSC**

Pass the word around to family and friends who will be joining us in 2024/25. Instructions on joining for the first time are at the bottom of this newsletter.

## Next Management Committee Meeting

Will be held at the club Monday 16<sup>th</sup> September 2024 commencing 7.30pm. Minutes can be found in club document library accessed via your member's portal.

Megan Miller  
Director of Administration / [admin@naslsc.com.au](mailto:admin@naslsc.com.au)

## Return and Earn

North Avoca SLSC is now registered as a Charity with Return and Earn. Making it even easier to donate your cans and bottles to help our Club's fundraising efforts.



It is simple. Click on the link below to download the app. <https://returnandearn-app.com/login>

Then when at the depot

1. Open your Return and Earn app AND search for North Avoca under the "CHARITIES" menu
2. Press on its tile, scroll down and select 'Set as payout'
3. Scan your app at your local Return and Earn machine or automated depot (using Tag and Drop)
4. Return your containers and press "TRANSFER" on the machine screen or follow the steps on the Tag and Drop screen at an automated depot.

100% of the refund will be donated to our Club. Can't get to the depot, no problems - Contact Sharon at [office@naslsc.com.au](mailto:office@naslsc.com.au) to organise drop off at the Club. Every little bit counts.

## Westpac Helicopter – 24hr Chopper Golf Challenge

The Westpac Lifesaver Rescue Helicopter Service commenced in Sydney in 1973. In Northern NSW, the Westpac Rescue Helicopter Service was established two years later in 1975 and has since played a critical role providing emergency aeromedical services 24-7, including search, rescue and inter-hospital transfers.

Each mission flown is only made possible because of the generosity from the community.

In September there is a 24hour golf challenge, like the 24hr Gotta4life rowing event, but each golf player / team does the whole 24hours! There are 13 participants, each hoping to raise vital funds for the helicopter service. One of these players, Darren is not only a long-serving volunteer at NASLSC but also volunteers with the Westpac Rescue Helicopter. Good luck Darren! Please, click on the link below to donate to this vital service.

<https://events.rescuehelicopter.com.au/event/24hourgolfchallenge/donate>

# REGISTRATION PROCESS

## Renewing Members



### Existing Members

Existing members can renew online via the [SLSA Members Portal](#)

- Log on to your Members Portal <https://members.sls.com.au/SLSA Online/modules/login/index.php>
- If you are renewing as an individual, then select ‘Renew membership for North Avoca’
- If you are renewing your family membership select “Renew membership for a Family Group”. See below for example. **Ensure you are logged into the parent’s portal, not the child’s.**



- In most cases family groups have already been created. Family groups can be created, added to or changed, refer to below user guide for assistance or email [office@nalsc.com.au](mailto:office@nalsc.com.au)
- From your Family Group Details table, under Action, select – ‘Renew Memberships’. See Below example

### My Family

#### FAMILY GROUP DETAILS

Create Family Group

Family Group Name	Number of Members	Organisation	Primary Contact	Status	Action
Rutherford	4	South Maroubra	Yvette Rutherford	Approved	View/Edit Renew Memberships Make Payment

- Tick the box next to the name of each member you wish to renew. See below example.

Season: 2024/2025

	Member ID	First Name	Last Name	DOB	Membership Status	Membership Category	Season
<input type="checkbox"/>	4095227	Trent	Rutherford	12/03/1999	Active	Active (18yrs and over)	2023
<input type="checkbox"/>	3660048	Yvette	Rutherford	06/05/1966	Active	Active (18yrs and over)	2023
<input checked="" type="checkbox"/>	5992006	Tim	Tam	01/01/2016	Active	Probationary	2023
<input type="checkbox"/>	5678614	Sammy	Burgess	05/05/1983	Active	Active (18yrs and over)	2023
<input type="checkbox"/>	5628610	Purple	blue	01/01/1999	Active	Active (18yrs and over)	2023
<input type="checkbox"/>	5545386	Adam	Baum	06/06/2004	Active	Active (15-18 yrs)	2023
<input type="checkbox"/>	6010962	Etrainu	Testing	25/12/1990	Active	Active (18yrs and over)	2023
<input type="checkbox"/>	5734454	Feedaa	Alterna	25/09/2011	Active	Junior Activity Member (5-13 years)	2024

Submit Cancel

- Payment for a family group
  - The Primary member is to select from the drop-down box the relevant Family Group Fee. Below is an example and will vary to the options you see. If you are unsure of your family group fee, contact the office.

Please select your desired Joining Fee(s) from the options available below:

Mum Test

\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling) ▾

\$50.00 - Active (18yrs and over) - New Bronze Candidate 18yrs +

\$50.00 - Award Member - New Award Candidate

\$80.00 - Associate - New Associate Fee

\$80.00 - General - New Membership

\$80.00 - Community Member - Membership Fee

\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling)

\$290.00 - Other - 2 Nipper Family Group New (Not Patrolling)

\$315.00 - Other - 3+ Nipper Family Group New (Not Patrolling)

[Previous](#)

- For the remaining family members select \$0.00 – Other – Included in Family Group. For example,

Please select your desired Joining Fee(s) from the options available below:

Mum Test

\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling) ▾

One Parent must be registered as general member. One parent will have an undertaking to do Age manager or water safety or Carnival Official

Nipper Test

\$0.00 - Other - Included in Family Group ▾

[Previous](#)

- Unfortunately, due to government changes Active kids' vouchers CANNOT be used when submitting your registration online
- For an individual, select the relevant individual fee from your drop-down box.
- **Ensure you complete the payment section – Membership is NOT complete without payment**

Follow the link to the Renewal guide:

<https://www.manula.com/manuals/slsa/members-area/1/en/topic/memberships>

Email [office@naslsc.com.au](mailto:office@naslsc.com.au) if you require assistance



# REGISTRATION PROCESS

## New Members



Please refer to below procedures and useful links to assist you with your registration.

New Member Registration Day – **Sunday 15<sup>th</sup> September @ North Avoca Surf Club, 9 – 12pm**

For new members to register online,

- NEW members can join here: <https://sls.com.au/join/>
- Join Surf Life Saving Club – Select North Avoca SLSC
- **For Nippers a Parent is required to join** and their registration must be entered first, you join as a **FAMILY**
- Give your family group a name and follow the prompts through to completion

### Which service would you like to join?

I would like to join

- Surf Life Saving Club
- Other SLSA Organisation

The club I want to join is

North Avoca SLSC ▼

I want to join

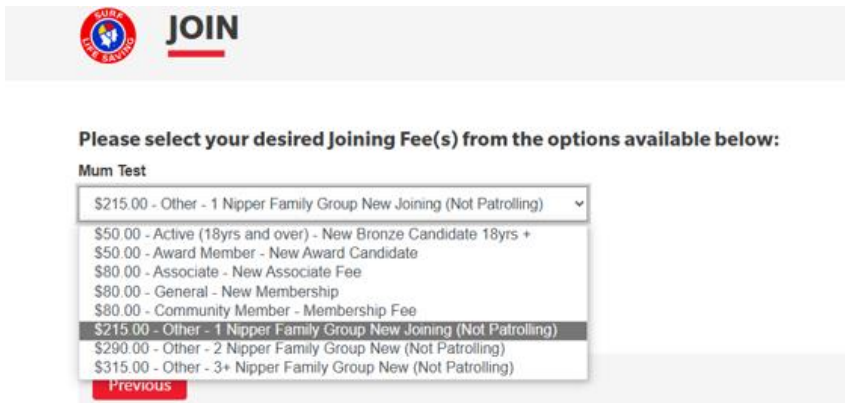
- An individual
- My family

Give your family group a name

- **YOU MUST DO BOTH REGISTER and PAY** for your membership to be successfully submitted

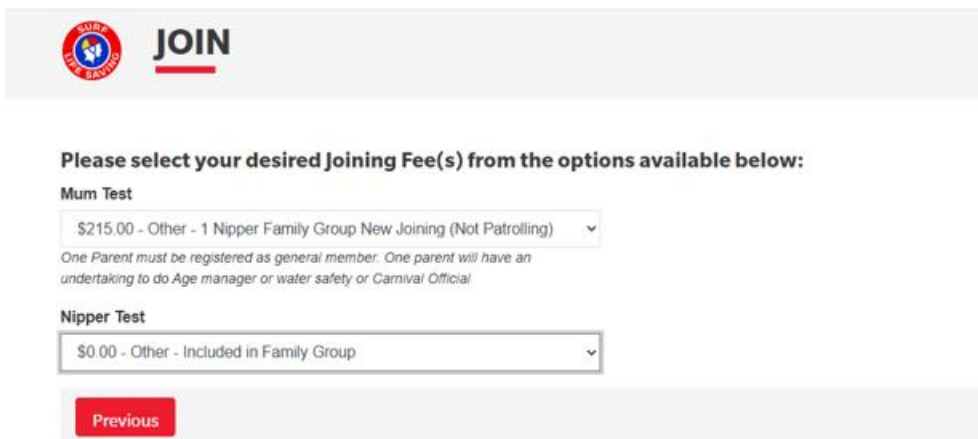
- Payment for a Nipper family group

- The Primary member is to select the relevant Nipper Family Group Fee. For example



The screenshot shows the 'JOIN' section of the registration form. It features the Nipper logo and the word 'JOIN' in large letters. Below this, a heading reads 'Please select your desired Joining Fee(s) from the options available below:'. Underneath, there is a section labeled 'Mum Test' with a dropdown menu. The dropdown menu is open, showing several options: '\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling)', '\$50.00 - Active (18yrs and over) - New Bronze Candidate 18yrs +', '\$50.00 - Award Member - New Award Candidate', '\$80.00 - Associate - New Associate Fee', '\$80.00 - General - New Membership', '\$80.00 - Community Member - Membership Fee', '\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling)' (which is highlighted), '\$290.00 - Other - 2 Nipper Family Group New (Not Patrolling)', and '\$315.00 - Other - 3+ Nipper Family Group New (Not Patrolling)'. A red 'Previous' button is visible at the bottom left of the form area.

- For the remaining family members select \$0.00 – Other – Included in Family Group. For example,



This screenshot shows the 'JOIN' section of the registration form. It features the Nipper logo and the word 'JOIN' in large letters. Below this, a heading reads 'Please select your desired Joining Fee(s) from the options available below:'. Underneath, there is a section labeled 'Mum Test' with a dropdown menu showing '\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling)'. Below this, there is a note: 'One Parent must be registered as general member. One parent will have an undertaking to do Age manager or water safety or Carnival Official'. Underneath that, there is a section labeled 'Nipper Test' with a dropdown menu showing '\$0.00 - Other - Included in Family Group'. A red 'Previous' button is visible at the bottom left of the form area.

- Unfortunately, due to government changes Active kids' vouchers CANNOT be used when submitting your registration online
- New members please email [office@northavocaslsc.com.au](mailto:office@northavocaslsc.com.au) a copy of your ID (eg. Birth certificate, driver's license or passport) – **Your Nipper will not be able to commence until their age is verified.**
- Follow the link to the user guide – Joining for the First Time  
<https://www.manula.com/manuals/slsa/join/1/en/topic/accessing-join>

Please like our FB pages for further information regarding our season, North Avoca Surf Club and North Avoca SLSC Nippers, or visit our website

[www.northavoca.com.au](http://www.northavoca.com.au)

**GO**TCHA4LIFE  
**24 HOUR ROW**  
FOR MENTAL FITNESS



# LET'S ROW THE DISTANCE FOR MENTAL FITNESS

5:00pm Friday 27th September to,  
5:00pm Saturday 28th September, 2024.  
At North Avoca Surf Life Saving Club.

Sign up to make a meaningful impact, connect  
with your community, and raise funds for  
life-changing mental fitness programs.

*All proceeds raised are donated  
directly to Gotcha4life.*

**SCAN TO JOIN OUR  
TEAM OR DONATE**

<https://24hourrow.com.au/t/team-na->

Whether you're able to row 1 minute,  
5 minutes, 30 minutes, or an hour,  
we would love to have you join our team!



Proudly Supported By

 LJ Hooker Terrigal

**365** Assist  
Roadside  
PROVIDING 24 HOUR ASSISTANCE

Westpac Rescue Helicopter Service



8AM 29 SEPTEMBER – 8AM 30 SEPTEMBER 2024  
**ERINA CREEK GOLF COURSE**

**CLICK ON THE LINK TO DONATE**

<https://events.rescuehelicopter.com.au/event/24hourgolfchallenge/donate>