

# NORTH AVOCA NEWS

07/08/2024



## **PRESIDENT'S REPORT**

Our AGM was held on the 4th of August. Here we thanked outgoing committee members Kane, Bay & Penny for their service last season. The club has certainly benefited from their committed volunteerism in their respective roles.

I would like to congratulate the incoming committee for the 2024/25 season. I'd also like to personally thank the membership for trusting me with the privilege and responsibility of NASLSC president again this year.

Your management committee for the season is as follows:

President:	Kim Findlay
VP:	Kieren Paull
VP:	John Avis
DOL:	Josh Duggan
DOF:	Scott Green
JAC:	Dan Luongo
DOE:	Kat Dwyer
DOS:	Narelle Duggan
DOMS:	Cara Portese
DOY:	Elise Avis
GEN:	Duncan Bennett

So, what's happening behind the scenes in the offseason?

Our club calendar is being drafted.

Planning for a SGM later in the year for the audited financial statements to be presented alongside the proposed new club constitution.

The 24/25 season budget is being finalized.

New Life Saving Agreements are being negotiated at branch and state levels.

Our patrol teams and rosters are being drafted.

Our education programs are being fine-tuned.

Training programs are being drafted.

Club and community events planning, and calendars are well underway.

**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  
Hollydene Estate Wines**

### **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, SLSNSW, SLSA  
NSW and Federal Governments**

Orientation of new management committee members.

Social media platforms quality improvement

Club maintenance and repairs projects

Essentially there are some wonderful people working hard behind the scenes in preparation for an enjoyable, successful and safe season ahead.

Our annual working bee is coming up on the 18th of August from 9am. Any assistance would be much appreciated. Please reach out to Dan Luongo who is championing this again this year.

Season Launch event on the 28<sup>th</sup> September. After a HUGE success at last year's season launch, we have decided to up the ante this year and partner with Gotcha4life to help fundraise for a great course. See below and keep an eye on the socials for more information, join the team and have a great weekend.

If you're on the beach while our flags are still down remember that we have additional safety measures in place for the community with our newest addition to the beach. SLSCC Rescue tubes are now located at various locations around the central coast including North Avoca South at Lake Street. Please familiarize yourself with the located in case of emergency.



If anyone is interested in joining the Masters Training program, please reach out. You must hold a proficient bronze medallion.

Stay safe

Kim Findlay  
President

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

## Member Services

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

Gotcha4life is a not-for-profit foundation dedicated to building a mentally fit future. They develop and deliver preventative Mental fitness campaigns, workshops, programs and resources in schools, sports clubs, workplaces and communities Australia wide. Their vision is to inspire and enable people to take action to build their mental fitness. Let's not only be part of their vision North Avoca, lets help make it happen.

This year, 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 is greatly appreciated. And if you are not in position to participate you can also donate to the North Avoca Gotcha4life relay team.

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



Let's separate a fact from fiction: -

**FICTION** – Sharing your worries is a sign of weakness

**FACT** – Sharing what's worrying you is courageous and strong – especially if you don't find it easy to do so.

**What can you do to help –**

SAVE THE DATE: - 5pm Friday 27 September – 5pm Saturday 28 December (row times will be released for scheduling closer to the event)

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

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

Grab your friends, family, teammates, neighbors 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 and during the event. A huge thank you to those of you who have already registered.

We have more exciting news.....

*Triple MMM Central Coast is proud to be partnering with the North Avoca Surf Life Saving Club to support their Gotcha4life Row for Mental Fitness. We're excited to support such an important cause and look forward to making a difference together.*



## **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 Wines will be returning with their exquisite wines for you to try and purchase. We thank Hollydene wines for their ongoing support of the club.

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)

## **Lifesaving**

Flags will go up for the new patrol season on Saturday 28th September. I am currently looking at the patrol make-up and the patrol roster for the 2024/25 season. Please let me or your patrol captain know your plans for this coming season.

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

## **Education**

We are currently in the preparing our education calendar for the season and look forward to sharing dates with you soon.

### **Bronze/SRC/SRC to BM upgrade Courses – Dates TBC**

Please forward any questions or express interest by contacting [education@naslsc.com.au](mailto:education@naslsc.com.au)

SLSCC are also finalising their Education Calendar and we will share with you once released.

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

## **Nippers**

Following our AGM held last Sunday, I have taken on the position of Director of Junior Activities (JAC), with Peta Quinn as Assistant JAC. We are both very excited and look forward to another successful season for North Avoca.

We are starting to prepare for our 2024/25 season. Some key dates for our Age Managers:

Saturday 17<sup>th</sup> August @ 3pm meeting with Narelle Duggan (Director of Surf Sports)  
JAC Meeting Monday 2<sup>nd</sup> September @ 7pm, NASLSC

For our Nipper parents A few *draft* calendar dates to remember for the coming season.

Registrations day 15<sup>th</sup> September 9am – 12noon @ NASLSC  
Proficiency swims 22/9/24, times TBC  
Training will commence the week of the 24/9/24  
First day of nippers we are planning 13/10/24 which is the last weekend of the school holidays.  
Carnival 1 - 3/11/24  
Carnival 2 - 8/12/24  
Carnival 3 - 12/1/25

Anyone that is interested in assisting in any aspect of nippers this season please email [nippers@naslsc.com.au](mailto:nippers@naslsc.com.au)  
We are all volunteers and we can always do with help from age managers, coaches, water safety, officials either on the beach or in the water.

We look forward to seeing you all again in the not-too-distant future.

Dan Luongo  
Director of Junior Activities (JAC)  
[nippers@naslsc.com.au](mailto:nippers@naslsc.com.au)

Peta Quinn  
Assistant JAC  
[nippers2@naslsc.com.au](mailto:nippers2@naslsc.com.au)

## Surf Sports – IRB Racing

June/July was a very big month for our IRB team. Our U23 female team completed the NSW Premiership rounds with 2 medals. Narrowly missing out on a 3<sup>rd</sup> medal on count back.

3<sup>rd</sup> U23 Female tube  
3<sup>rd</sup> U23 Female Mass Rescue

State Championships were held at Cape Hawke with the team experiencing some very big and heavy conditions over the 3 days of competition. Our U23 female team again came up with the goods, winning Gold in the U23 Female Teams event. Our other teams making State finals were:

U23 Male Teams – Pull and Perform  
U23 Female Mass – Coming in Hot  
U23 Male Rescue – Peak Performers  
Open Female Team – 2 Hot  
Open Female Rescue – 2 Stroke Wonder  
Open Male Team – Hit the Pootata

Australian Championships were held Miami Beach, QLD and some relatively small conditions seeing some very fast and well drilled racing. All our teams did extremely well, amongst some tough competition from all over Australia. For most of the team, this was their first IRB Aussies. The best of our results over 4 days of competition was the U23 female team making 2 finals.

The NASLSC IRB team will again be heading North early September for the World Championships at Kurrawa Beach QLD. We wish our IRB team the best of luck.

## 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#](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.**

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 12<sup>th</sup> August 2024 commencing 7.30pm. Minutes can be in 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)

## Vale Former Members

Lynne Davis  
Lynne was the daughter of one of our Founding members, Don Davies. She was a member of the club back in the 1960's and 1970's before ladies were permitted to do Patrols. She was a great member and competitor when allowed. She married Max Davis and lived several doors south of the surf club.

Steve Callachor  
Monday 15<sup>th</sup> July, another past member, Steve Callachor passed away. Steve was also a member in the early 1960's to mid to late 1970's. Steve was the brother-in-law of Lynne Davis. Steve and his wife, Sue, Lynnes's sister, also still lived in North Avoca.

Paul Johnston  
Life Member



## Member Story – Jeremy Veness



Many of you will recognise the face of member Jeremy Veness. Jeremy joined North Avoca as an U6 nipper. During his time as a nipper and youth, Jeremy earned many surf sport accolades. He is today a patrolling member with over 20 years patrol service, he helps us with water safety and training of our nippers, with his 3 sons Ed, Louie and George all part of our nipper program. What you might not know is that Jeremy is also a member of the Westpac Rescue Helicopter critical care medical team.

Below is part of article recently published about Jeremy:

There are few paramedics who know the extent of training required to secure a place on the Westpac Rescue Helicopter's critical care medical team better than Jeremy Veness.

Jeremy joined [NSW Ambulance](#) in 2004 and worked predominantly in North Sydney before completing his Intensive Care Paramedic course. From there he transferred to the Central Coast where he completed his Special Operations training. In 2014 he joined Aeromedical and began working with the Rescue Helicopter.

Jeremy's professionalism, experience and knowledge as an aeromedical Critical Care Paramedic was soon recognised by NSW Ambulance and he became a Paramedic Educator.

"I'm a relief Paramedic Educator in aeromedical, which means I spend half to three quarters of the year as a 'line CCP' predominantly at the Belmont base and the other half to quarter working in the Aeromedical Training Department based out of the ACE Training Centre at Bankstown."

"Hopefully it's the right balance of staying current as an operational CCP that can still keep me handy and relevant in the training realm," Jeremy said.

The diversity of training includes Ab-Initio for CCPs – clinical, access, rescue crewmen and down the wire training, induction training for new doctor registrars and cyclic training. Cyclic training is the bulk of the work for the Training Department, with 4 cycle blocks in a year. All Critical Care Paramedics will go to Bankstown for a week at a time, 4 times a year, to conduct training to remain current in clinical, aviation and access skills as well as be introduced to new skills, equipment, and procedures.

"Each cycle block usually has a theme. For example, cycle block one had a paediatric clinical theme, along with a review of certain pharmacologies; aviation training involved water winching and vessel transfers and the access component was vertical mobility and rescue skills."

"I really enjoy the role; it keeps me on my toes and fresh. Things are always moving and changing, and this role ensures I stay on top of all the different operational, clinical and access skills the CCP position involves. I also get to work with and help facilitate training to a very smart and motivated group of paramedics, doctors, and aircrew."

When he's not at ACE delivering training, Jeremy enjoys the opportunity to work locally, providing training to local NSW Ambulance and NSW Health staff, as well as other emergency service providers.

"I assist with the training from Belmont, with ab-initio doctor flight training, water, and vessel recency training for the paramedics out of Lake Macquarie. I also have the opportunity to work with other response agencies like Marine Rescue, NSW Water Police and Newcastle and Lake Macquarie Lifeguards."

Click on the link to read the full article.

<https://rescuehelicopter.partica.online/northernnsw/01874-1-rescue-edition-2-2024-1r/flipbook/6/?bbeml=tp-i3BAm4bWE0aKpHvG13bYbQ.joCWwpsrKaU2kyGPvgzO97g.rR97eSaQFOUela5WHFV1QdQ.lxlDoOykjUU-Kr02z0h8Glg>



# WHALES

## INFORMATION NIGHT

*with*

**Andrew "Skipper" Jones**

*and*

**Ronny Ling**

*followed by Q & A*

**THURSDAY AUGUST 22ND**

**6.30PM**

NORTH AVOCA SLSC

46-50 NORTH AVOCA PARADE, NORTH AVOCA, NSW

**FREE ENTRY**

[www.friendsofcurrawyba.com](http://www.friendsofcurrawyba.com)

# 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

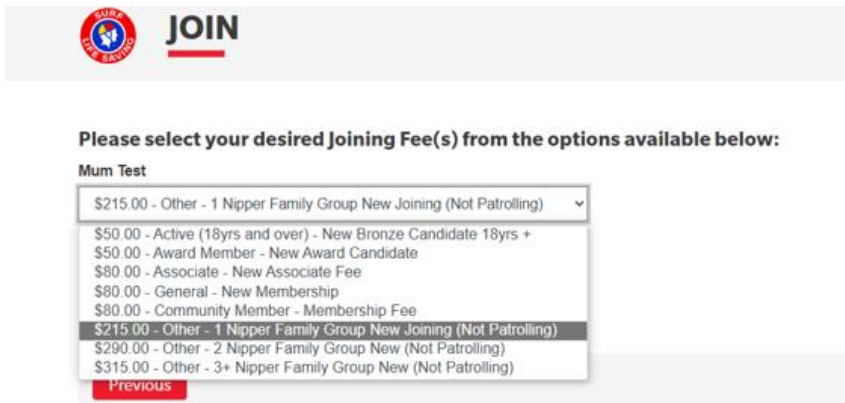
Give your family group a name

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



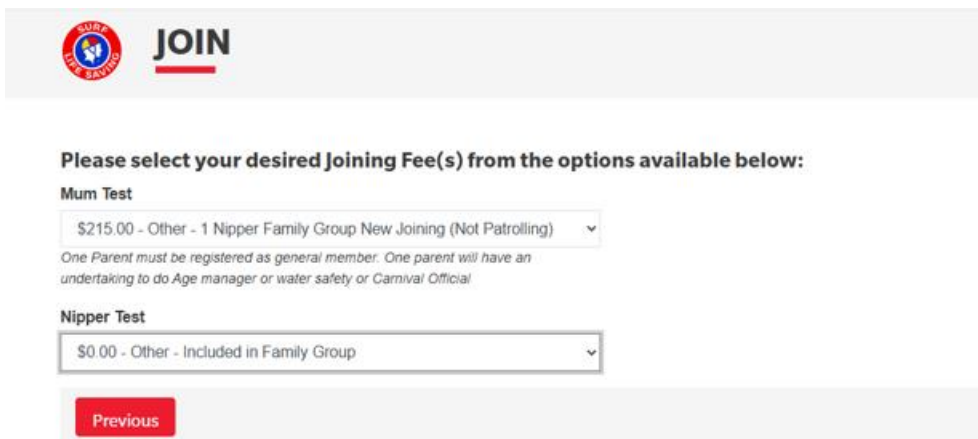
- Payment for a Nipper family group

- 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 text 'Please select your desired Joining Fee(s) from the options available below:'. Under the heading 'Mum Test', a dropdown menu is open, displaying several fee options. The option '\$215.00 - Other - 1 Nipper Family Group New Joining (Not Patrolling)' is selected and highlighted. Other visible options include '\$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', '\$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 located at the bottom left of the dropdown menu.

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



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

- 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)