

NORTH AVOCA NEWS

26/05/2020

Presentation night

Although we can't gather to celebrate our normal presentation night, we are in the process of reciting some presentations of club awards and will be releasing them within the coming weeks. Keep your eye out on Facebook and our website for the links. Each week on Sunday afternoon 4pm a new award winner video will be released.

We still plan to have a social event at the club to celebrate with everyone and have a long overdue catch up. However, we will be waiting until restrictions have lifted and we are able to do so.

New Vice President

I'd like to welcome Duncan Bennet to the management committee in our Vice President role. Duncan will be working with Admin, Member Services, Youth Development and Finance. Focus will be on the development of the clubs functions and future planning for our operations.

Kieren remains our second Vice President focusing on operations with Lifesaving, Surf Sports, Education and Junior Activities. I know Duncan is extremely motivated to help take our club forward, and based on his work he has been doing in the supporters and sponsors area we are grateful for his involvement.

Covid 19

Currently we are still closed due to the restrictions, with the exception of emergency lifesaving functions.

The committee is constantly reviewing our operations as the restrictions change week to week. Duncan Bennet is heading the group who have created a plan for us to get back to normal operations once restrictions lift. SLSNSW and our Branch are also working closely with clubs on guidelines, supplies and plans which we will follow.



**North Avoca SLSC is
proudly supported by:**

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SLSCC, SLSNSW, SLSCA
NSW and Federal Governments.**

General information

Due to COVID all of our usual activities were suspended, we haven't cancelled any of our events or activities. The committee are working on plans to hold these events/activities towards the end of the year, even if with a few modifications. So stay engaged with us, social media's, website and keep in contact, we look forward to seeing you all soon.

There are slight changes to the office area, to protect all our members and guests we have put in place spaced out waiting area in the foyer. The office remains restricted for Shaz, you can arrange to drop in, call ahead (Ph:4384 3607) and arrange a time. Please don't just walk into the office, this direction is for all members and guests.

Management committee

At this point in the year, the management committee are working on finalising our budgets for the next season 2020/21. It may seem a long way off but it will be here before we know it. As part of this financial planning we are taking advice from relevant sources and making some changes to our expectations both in our income and expenses. We are conscious of the financial impact COVID is and will continue to have on the economy and ultimately our finances. The management committee are committed to keeping the club in a strong financial position and balance that with what we can offer to members and the community. Lifesaving remains our core business and important focus but we endeavour to operate as close to normal in other areas as we can.

Education

While all face to face training has been put on hold, online training is still available via your member's portal. Now may be a good time to refresh your knowledge or complete the theory components of new courses such as coaching, officials, age management and other lifesaving courses. If you need assistance with your member's portal, please email Sharon office@northavovaslsc.com.au

Lifesaving

Even though patrols finished early this season, we still managed to clock up a total of 5,856 volunteer hours patrolling our beach and keeping the approximately 58,330 beach goers safe during the 2019/20 season.

Our volunteer life savers performed 12 rescues, 23 first aid procedures, 820 preventative actions and assisted in 3 searches with our neighbouring clubs, demonstrating that our teams are always ready to jump into action when needed.

Thank you to all our members for all the time they have given to our club to ensure the safety of our local community and visitors.

Door Knock Appeal

It was disappointing to not be able to conduct our annual fund raising doorknock over the Easter weekend. We have however added a donate button to our website www.northavovca.com.au for any of our community that would like to make their annual donation to our Club. Remember all donations over 42 are tax deductible.

Congratulations “Junior Life Saver of the Year” Winners

The Junior Lifesaver of the year (JLOTY) program is run through SLSNSW and SLSCC and is aimed at the U14 Rookies. It consists of 3 sections with theory, practical and interview sections. Each Central Coast club selects its representatives with the winners of the SLSCC JLOTY then representing the Central Coast Branch in the State JLOTY. This year's State selection was restricted to an interview process due to the COVID lockdown. Both our entries put in a lot of time, work and studied hard and thank you to everyone who assisted them in this process.

Kale Puata – State and Central Coast JOLTY Winner



Brooke Gillett – Central Coast JOLTY Winner



This is an outstanding achievement with Kale winning both the State JOLTY Program and both Kale and Brooke winning the Central Coast Branch program. This is the first year that a club has won both the Male and Female JOLTY within the branch.



Kale and Brooke have prepared a short video sharing their JLOTY experience and their North Avoca SLSC nippers' journey. These videos can be viewed on our FB page or webpage

<https://www.northavoca.com.au/latest-news>

Supporters

A warm welcome to another new Supporter of North Avoca. Platinum Appliances have joined us as a Silver board sponsor for 2020/21 Season.

Platinum Appliances are proudly Australian owned and have operated for more than 20 years in Australia, and specifically on the Central Coast. Platinum is local designed and locally supported.

Feeling like your cooking appliances or your sink could benefit from an update? Visit them online on <https://www.platinumappliances.com.au/>, or pop in and see them at their nearest Nover & Co showrooms in Tuggerah or Cardiff to view the beautiful ranges of Platinum appliances.

Supporting the Rescue Helicopter

With physical fundraising events currently postponed or cancelled, the Rescue Helicopter Service has welcomed a new virtual event, the Utra 139 for Everyone. The event includes options for individuals to complete a walk, cycle, run or swim challenge during the month of June. Experienced athletes are challenged to take on a virtual triathlon. For further information or to register please click on the link below;

https://hevents.com.au/events/aw139ufe//?fbclid=IwAR0Sh31MvFOOesgyCgn9HmhDJm4CKjY19dBAk1AScZ_f6u-PRdhKmPEmZnw

With ongoing restrictions on training and training facilities, participating in this event is a great way to not only keep active but to support a service that also looks after our beach and local community.

5 LANDS WALK 2020

Over the past 14 years, the 5 Lands Walk has attracted over 250,000 participants to enjoy the scenic beauty, arts, diverse cultures and people, native and recent, of the NSW Central Coast. Connecting People to People and People to Place and timed to correspond with the Winter Solstice and peak northerly whale migration season, the 5 Lands Walk is a collaboration between Community Members, including over 700 volunteers and sponsors, to provide a uniquely special, free experience for local residents and visitors alike.

Whilst sadly this year's event is a victim of the COVID-19 restrictions, a highlight of the 5 Lands Walk, the Opening Ceremony will go ahead as planned if only in a slightly amended format.

Avoca based musical maestro Yantra De Vilder has again created and orchestrated a Musical Celebration of the People and Places of the 5 Lands, this year entitled "Home -A Place of Belonging", featuring Internationally acclaimed flautist Jane Rutter, Indigenous performer Gavi Duncan, International Cultural Performers, Indigenous Dancers and the Ephemera Choir and Ensemble, a taste of which can be viewed on <https://youtu.be/JT8HafQCUiO>

The complete performance will be available for viewing from 8pm June 19, 2020 on <https://youtu.be/sLWMt8UMqa0>

On the premise of COVID-19 restrictions having been lifted, the 10km 5 Lands Walk from MacMasters Beach to Terrigal, via Copacabana, Avoca and North Avoca Beaches will return in 2021.

For some the 5 Lands Walk is a physical pursuit, for others a time for family, friends and reflection. Whatever the 5 Lands Walk means to you, we look forward to welcoming your participation in 2021 and in the meantime hope you enjoy this year's celebration in music, June 19.

Con Ryan, President 5 Lands Walk Inc.

