



Talia Tebb – Ranked No 1 in the country see Page 8

The Lifeguard Tower is here

It's an eyesore, a blight on our beautiful beach, it's not needed, a waste of rate payer's money. Why weren't we told?

The new lifeguard tower on the beachfront has certainly attracted some attention. The Avoca Beach Community Association owns up at this point. We had a hand in it. In November last year we were invited to an information session and asked to give our opinion.

So, having been informed the tower was going ahead we got involved. Three committee members of the ABCA did a tour of the existing lifeguard towers on the Central Coast. We visited Wamberal, Shelly Beach, MacMasters Beach and North Entrance lifeguard towers with tape measures and cameras. We spoke to the lifeguards at each beach, all felt the towers were integral to their core job of saving lives. Compared to Avoca, the Wamberal tower has poor access to the beach in an emergency, Shelly had a larger footprint (20 sq m) and North Entrance sat virtually on the ground floor.

Avoca's lifeguard tower has a 13.2 sq m footprint, it is almost 2 m off the ground and designed for maximum vision by lifeguards and beachgoers. Originally the tower was planned for the two car spaces in the car park behind where it sits now. It also took up footpath space. Putting it on the sand was not an option. We enlisted the help of surf club life member Mike Tamblyn who drew up his own set of plans and presented them to a meeting of stakeholders. The plan to cantilever it over the rocks was Mike's idea and it has turned out brilliantly, leading to minimal disruption to users of the footpath. It could have been much worse.

Rate payers' money? Council rates did not contribute, funding came from a state government grant.

Why is the observation room at the top of the surf club not being used by lifeguards? In the summer period there are two full time lifeguards on duty. If one of them were stationed at the top of the surf club it's true the view would be excellent, but in an emergency he or she would have to leave this station, run down four flights of stairs, emerge at the side of the club having lost vision of the emergency for a vital period.

Finally, a nod to project officer Scott Wall who did an excellent job and head lifeguard Craig Healy, who kept us in the loop all along.

Steve Fortey



Mike Tamblyn – the cantilever was his idea.

Another great community resource in Avoca Beach?

Avoca Beach has many wonderful community resources – a surf club, an oval, a kayak club, a tennis club, a scout hall, but one thing that’s missing is a community garden. Or so say a group of locals who are working together to establish one. For the uninitiated, community gardens are shared places where local people can come together to grow fresh veggies, fruit and herbs and to learn about gardening and where our food comes from. People come along to get exercise, relax and make new friends. The gardens can be the source of food for those in need, and provide a vital space where people can feel connected to the community, and to the environment. They also make great educational playgrounds for young people, giving them an appreciation of where our food comes from, how it is grown and the importance of sustainability. During the pandemic we learned the importance of community, and how essential it is to create spaces, both physical and emotional, where people can come together. A community garden in Avoca Beach can be just that.

Avoca Beach resident Lisa Wieczorski is one of the team leading the effort to establish the garden. With a bit of local networking, she found Mel Morgan, Like Minds Café owner, and set up a Facebook group that has now grown to over 450 members. “We have found such an enthusiastic group of people committed to getting the project underway. It’s great that there’s so much interest from people in Avoca Beach and beyond,” said Lisa. “A community garden can only be a success with strong community participation, and it’s very encouraging that a number of local people have come forward to join the effort. Our local members, Adam Crouch and Gordon Reid have been supportive of the idea. Central Coast Council is being very helpful and are working constructively with us to find a way to make this happen. We are currently working with them to identify a suitable spot for the garden. There are lots of factors to consider – the amount of shade, availability of a water supply, proximity to roads, and so on, but we’re sure there are a number of places in Avoca Beach that would make fantastic community gardens. “

The Community Garden committee will hold a Community Consultation meeting to explain their hopes for the garden, and listen to people’s ideas and suggestions. Everyone is welcome to come along. Details of the date and location will be available soon on the **Avoca Beach Community Garden Facebook group** and on noticeboards around the town.

Meantime, if you are interested in learning more or if you would like to get involved in establishing the garden, please join the **Avoca Beach Community Garden Facebook group** or email Lisa on abcgardengroup@gmail.com

Janet Aitchison



Imagine something like this at Avoca.



Editorial credits: Steve Fortey: Editor | Michael Scobie: Advertising

If you would like to receive a digital version of this newsletter, please send us your email address and we’ll put you on the list. Send to avocabeachca@gmail.com

Also if you’d like to contribute to the newsletter, get in touch.

Avoca Beach Community Association Inc.

Membership Application

1. First Name: Surname:

2. First Name: Surname:

Address Postcode..... Phone:

Email address:

Support your community through membership of the Association.

Send the completed form to our email address (above) or mail PO Box 105, Avoca Beach 2251.

Annual fee is \$10 per member. Payment to the ABCA bank account BSB 032545 | Account No. 128465; or by mail.

(Donations also welcome.) Providing your email enables us to send you local information.

President's Report

There's a lot to celebrate right now if you happen to be a member of the Avoca Beach community. First, and in no particular order, the giant killing efforts of the little Avoca Beach Kayak Club. In previous issues we have celebrated their fantastic successes at the national championships, now we can congratulate them on their efforts against the European powerhouses at the World Kayak championships. See page 9 for details.

Talking about outstanding performers, 12-year-old Talia Tebb has pitched her skills against the very best young surfers in the country in a series of competitions to culminate in her achieving the number one ranking in the nation. It's a great effort in a very competitive sport. See page 8.

We have reached the business end of the footy season and the Avoca Sharks rugby team has put itself in a very strong position for the finals. The boys played with the big hearts expected of Avoca teams and our talented girls team continues to fly the flag. Good luck to the girls and 3rd Grade, who will show Avoca's colours on Grand Final day. Congratulations to Mitch Jacob for his selection the NSW country team, the Cockatoos, and to Hannah Stewart for her upcoming representative stint with the NSW Country team, the Corellas.

There has been plenty of action from Council. The lifeguard tower is completed and looking good, Ross Park is nearing the end of its long overdue makeover and continued progress is being made with the drainage works around South End Park. Council officers are still carrying out studies on the water quality of the lagoon and we await the results. A recent meeting with Council's lagoon management officials has reassured us that we are

heading towards a better, cleaner waterway. Sure, there's plenty more to be done, but the Central Coast is a big place with lots of demands.

It's spring and the summer sports are about to begin new seasons. We are spoilt for choice. Join the surf club, get the kids in Nippers or the Boardriders' club, there's Avoca Kincumber cricket, tennis and of course the kayak club. Oz tag, Little Athletics and Avoca Sea Scouts. All will welcome newcomers and have enthusiastic, competent, and responsible volunteer adults. There is no better way to become part of the community.

The AGM of Avoca Beach Surf Club recently saw the retirement of President Garry Clark, who held the position for a remarkable 20 years. We wish the incoming committee all the best for the coming season, especially new President, Stuart Harvey.



Stuart Harvey

What's up with the bees?

The recent detection of the varroa mite in Newcastle has sent shockwaves through the NSW bee keeping community in the past weeks with hundreds of hives being forced into lockdown and a number being progressively destroyed in designated red zones. The 2022 Varroa mite is the most serious pest of honeybees worldwide and potentially threatens the viability of agricultural crops. Several red zones either side of Newcastle have been defined and one is in close proximity to Avoca Beach.

The total number of infected premises reached 73 since the Varroa mite was first identified during routine surveillance at the Port of Newcastle on June 22.

The mites are tiny reddish brown external parasites of honeybees. Many hives have already been destroyed to contain the pest.

The containment zone for the beehives being inspected by the Department of Primary Industries (DPI) and beekeepers have been doing regular inspections of hives and keeping in regular contact with DPI.

As hives in Avoca Beach are within the surveillance zone, we are unable to move the hives and are under strict instructions from DPI to follow certain protocols.

Thankfully, the DPI now considers the varroa mite has been contained and is being eradicated, however strict controls and surveillance will be the norm going forward.

Local beekeepers luckily, have escaped the worst of it.

Colin Tipney



Award winning beekeeper and local, Colin Tipney

Con Ryan OAM



If you are a regular down at the beachfront, or involved in community work, chances are you will know Con Ryan. A big bear of a man, he's a larger-than-life character who looks like the ex-rugby league footballer he is, so he's hard to miss.

The recent Queen's Birthday awards saw Con bestowed with the honour of an Order of Australia Medal. They don't give these out lightly, so there must be much more to the man than a morning swim with the Lizards, that haphazard bunch of crazies that jump off the rocks and swim up the beach and back each day.

So, what is Con's story?

Con started his working life as a Fitter and Turner with the NSW Railways. As a young man he was keen on his footy and played for Rozelle CYO and then in the first-grade comp down at Wollongong. He followed this up by playing 1st and 2nd grade for Newtown.

A measure of the man was an early decision to make a difference by coaching young football players. Con coached Schoolboys Rugby League teams for 23 years. Many players in those teams were quick to give glowing accounts of the lasting and positive impact Con had on them as young men, not just footballers.

Con met his future wife Marj, at the Coogee Bay Hotel and as a result spent a lot more time in the area. Con and Marj were married in 1968 and started their long and happy union together at a flat in Bondi. They then bought their first house in Dundas.

Together Con and Marj have three children. Darren, Sean and Joanne, and each of them has three children, gifting them nine grandchildren.

Meanwhile, Con's hard work ethic and undoubted people skills saw him begin a successful career with Pax Australia, a manufacturing company specialising in packaging for many well-known multinational companies.

He soon became a driving force in this organisation, on his way completing a Harvard Business Course and developing his managerial skills. Pax Australia now has its factory at Ingleburn, on seventeen and a half acres, all under one roof.

Con's drive to succeed in the business world led to a new direction for Pax Australia. He had realised the promising opportunities of close collaboration with our Asian neighbours and became a founding member of One Asia, in partnership with the prominent Japanese company Diazo. Largely due to Con's negotiating skills One Asia Network (OAN) is now operating eight factories with manufacturing concerns in Japan, China, Thailand, India and Australia. It was this very successful partnership that led to Con becoming Chair of Pax Australia.



10th Anniversary celebrations for the One Asia Network

Nobuyuki Minami from the DAIZO Corporation makes this tribute to Con:

"I can think of no more worthy recipient of this medal, and I think it's a natural result of what you've done for the community. This award brings honor not only to your good self, but to the entire One Asia Network members of which you are such an illustrious founder.

OAN that started from your visit to Japan and continues to grow even in these difficult times, which is also one of the big things you have achieved.

We are all very grateful to you and on behalf of all DAIZO people please accept warmest congratulations from your friends in Japan."

In 2000 Con and Marj moved permanently to their holiday home at Avoca Beach and typically Con soon made his presence felt, joining the Surf Lifesaving Club, heading up the Sponsorship and Entertainment programs of the club for six years.



5 Lands Walk

In 2006 Con became the founding President of 5 Lands Walk, remaining president for 14 years. Since its fairly humble beginnings, Con has had a huge impact on this event, although he would be first to recognise the efforts many others who have made significant contributions over the years.

At the first 5 Lands Walk, 500 curious people turned up and did the walk. An enthusiastic committee under Con's leadership worked hard to capitalise on this meagre start and by 2018 over 23,000 happily participated in this iconic walk, contributing over \$2million to the local economy. The reputation is growing, with 5,750 'tourists' coming from out of region. Recovering from Covid and an enforced cancellation for 2 years, the event this year had 18,000 register for the walk.

Connecting people to people and people to place, is the mantra of the 5 Lands walk, a place where nobody is excluded. Con is very proud that nobody is charged to participate, 5 Lands is not a commercial project. It's funded by local business to the tune of \$120,000 and involves around 700 volunteers.

Since its inception there has been a vital Aboriginal input to the event, something Con is keen to express. Each year 5 Lands Walk starts with an overnight camp two weeks beforehand at the sacred Mt Yango site where the emu constellation in the sky presides over yarns and stories precious to our indigenous community. At Kincumba Mountain week before the event there is an 'awakening ceremony' at dawn to make the 5 lands walk spiritual and safe. On the day itself the Aboriginal action group North Avoca has activities for all, as walkers pass by North Avoca. Talking to Con, you feel the passion he has for the connection with our First Nations people.



Con has the blessing of Darkinjung elders

Good friend Ken West has the final say:

"To know Con Ryan is one of life's privileges. He has been an inspiration to me and many others. This enthusiasm for life has set a great example for many of all ages, especially for the younger generation, in guiding them to follow their dreams.

The 5 Lands Walk is an example of his ability to bring people of all walks of life together to work as one. Although he has resigned as president of the 5 Lands Walk, he will be there for support and encouragement.

Congratulations to Con on his OAM, which is well deserved for his contribution to many organisations and businesses which have benefited from his knowledge, organisational skills and generosity of spirit".

Steve Fortey

AVOCA BEACH



RUGBY

Avoca Beach Rugby Club playing the game they play in Heaven since 1975

Come along and join in the fun. Every Saturday we field teams from Under 6's to Senior grade throughout the season at the Sharkpool (Heazlett Park). Both male & female players are welcome

New players can contact Club Coach Mick Burgess on mob 0438 323 024 or Junior VP Julia Niness Mob 0400 548 646

The Club appreciates the continued support of all our local businesses, sponsors & supporters

See our web page <https://www.avocabeachrugby.club> or check out our Facebook page Avoca Beach Rugby Club -The Sharks

More info by email at avocasharks@gmail.com





GREG
MITCHELL
BUILDING

gregmitchellbuilding.com.au

Our passion for design and construction resonates across everything we do, and we believe each project is as unique as the people we work with.

LOCAL | KNOWLEDGEABLE | PROFESSIONAL | FAMILY OWNED

Council Capers

Avoca Lagoon – Water Quality

Recent issues of our newsletter have carried a series of articles highlighting the chronic degraded water quality in our precious Lagoon; and the steps commenced by Council, working with our community to address the problem.

Monitoring of water quality will continue until about January when it is expected that enough data and analysis will have been assembled to inform decisions on what the priority actions should be to redress the problem. Council and State Environment Department staff made a presentation in September to community representatives on progress so far. This is identifying that the large hole in the main basin, resulting from historic sand dredging, is a major reservoir of nutrients and their release into the water causing turbidity from growth of algae.



Sediment turbidity after recent rain - all not well in the catchment

It is immediately evident that another major factor affecting water quality is failings in the Avoca Beach sewer system. Representatives met in July with Council senior managers, who reported on commencement of inspections of the sewer mains – 10.4km inspected by June, with 2.0km found to be degraded and has been relined. It is good news that Council has allocated \$2.5 million over 4 years to complete this work across Avoca Beach. Expect the Interflow truck in your street at some point; and we do have to be a bit patient when crew operations impede traffic flow!



Progress on assessing condition of sewer pipes. Bright colours show lengths investigated so far and ranking of their condition. Red and purple sections will be relined by mid-2023. Grey sections form part of current phase but still to be inspected.

In July, community representatives met with local State MP, Adam Crouch. He has a good appreciation of the poor state of water quality in the Lagoon. We impressed on him that solutions would require considerable funding over a sustained period, which would likely be beyond Council's capacity to fund. Crouch committed to make representations within the State Government for funding once specific initiatives had been identified.

Lagoon – Habitat

The Green and Golden Bell Frog has faced rapid population declines, due to waterborne diseases and invasive predators. Avoca Lagoon is one of only a few habitats that is home to this rare frog. Council, with the University of Newcastle, has been working to study and conserve these frogs. On a welcome note, in August the Federal Environment Minister, Tanya Plibersek, visited Avoca Lagoon and announced a grant of \$300,000 to Council for rehabilitation and restoration of the frogs' habitat.



chopstix
avoca beach

TAKE-AWAY
HOME DELIVERY
GLUTEN FREE CHOICES
P 02 43 823 939

modern chinese fusion



**DAVID O'GRADY
PLUMBING**
COMPLETE MAINTENANCE
Lic No. 7047

David: 0414 435 419
Daniel: 0421 708 422

Avoca Beach
daniel.ogrady.plumbing@gmail.com



**AVOCA
Thai**

**HOME
DELIVERY** 5.30pm – 9.00pm
Minimum order \$30.00
Limited Area
Delivery Charge \$3.00

Dine in or take away
4382 3737 or 4382 3712
www.avocathai.com.au



We need to care for these endangered little fellas, they are indicators of the health of our habitat.

Drainage Works – South End Park

The Avoca Bowl Upgrade project has progressed to installation of large box culverts from the eastern carpark through to the creek in the south end reserve. By about end September, the current phase should be completed with installation of a large Gross Pollutant Trap and lowering of the sewer main. We anticipate the South End Car Park will be made usable for the summer period (once again a temporary arrangement). Unfortunately, funding arrangements mean that Council cannot start and finish this project in one go. The next stage of works is due to commence about March – after the peak beach season – extending the drainage box culverts through South End Park.

Ross Park – Playground

Judging by the number of young ‘uns flocking to the new playground it looks like it’s a great success.

It’s good to see the increased shade and plenty of adult seating. It is a small area and sensibly the park caters mainly for preschoolers, which is a boon to young mums, dads and grandparents.

Planning Policy

The consolidated Central Coast Local Environment Plan and Development Control Plan came into legal effect from 1 August – bringing together the former Gosford and Wyong equivalent instruments – and applies to DAs lodged from that date. Fortunately, there was not weakening of key elements affecting Avoca Beach (such as threatened reduction in minimum allowable residential lot sizes); but concerns remain about planning loopholes leading to overdevelopment.

Saltwater Estate

We get many questions about this development. Our latest correspondence from Council indicated that the dwellings under construction are approved in the DA (Consent 676/98) as tourist units only, for temporary accommodation, as is permitted in an E4 zoning. A request by the developers to modify the DA to include permanent residency is being considered. We have opposed this modification, mainly because we feel an E4 zoning should be respected. An E4 zone allows low key development consistent with a rural location. We don’t think this is happening. Our major concern is that developers with similar parcels of land zoned E4 in nearby locations will follow this example. The idea of environmentally sensitive rural land that surrounds us becoming developments like Saltwater is of concern.

We feel it is important to protect our green belt and have sent our objections to Council on more than one occasion.

Ian Carruthers and Steve Fortey



Council continues to work on the drainage problem.

Open until 8pm 7 Days a Week

02 4381 0600

BYO WELCOME
(no charge)

A holistic counselling service for women.

CENTRAL COAST
WOMEN'S
COUNSELLING

NORTH AVOCA
P 0452 606 023
E julie@centralcoastwomenscounselling.com.au
W www.centralcoastwomenscounselling.com.au

**PLEASE
SUPPORT OUR
ADVERTISERS**

Talia Tebb



On almost any given morning around sunrise the Tebb family can be found in the surf at Avoca, taking on whatever the surf has to offer, honing their skills while many of us are still in bed. One of them is Talia Tebb, a 6th class student at Avoca Public School. Talia has recently set the Grommet's world alight with dominant performances in junior surfing. What's a grommet, many of you might ask? In the highly competitive world of organised surfing, run by Surfing NSW, this is the young surfers' category (in divisions up to 12 years of age).

After a standout performance Talia was crowned champion in the under 12's NSW Grommet State Titles recently at Maroubra Beach. Arguably bigger than Talia's state title win was her win in the Billabong Occy's Grom Comp at Duranbah only a few weeks earlier. This prestigious event, named after Australian surfing great Mark Occhilupo, attracts national and international competitors.



Talia loves a challenge

After a successful first full year of state level competition in 2021, Talia finished being ranked equal 1st in the NSW Woolworths Surfer Grom Comp Series, 2nd overall in NSW and 3rd overall in Australia. Talia is currently ranked 1st in Australia in the U12 girls' division and is looking forward to more fun surfing events this year and beyond.

Further to being the current NSW U12 girls surfing champion, Talia also enjoys Nippers with her friends at Avoca Beach SLSC is the current NSW U11 girls (nipper) board race champion, a title she's won three years in a row. She also enjoys playing soccer with her friends for Avoca FC.



Talia with big sister Kiah at Avoca.

Success such as this rarely comes without support. Talia and Nigel, her dad, are quick to acknowledge Avoca Boardriders Club (ABC) for providing a great breeding ground not just for her but for a host of surfers for many decades. Special mention to Dan Santangelo for awarding Talia her first new surfboard a couple of years ago at the ABC annual presentation, and Glenn Micro Hall for providing fun coaching sessions with the many other keen local grom girls. Talia also has brother Will and sister Kiah, both excellent surfers, to share the waves with each morning.

Talia is just one of many talented youngsters in Avoca Beach. She is still young, and her surfing future awaits her. Whatever happens, she is off to a great start and is enjoying it along the way, and we in Avoca can all join in to celebrate her success to date.

Steve Fortey



Surfing to victory at Maroubra Beach

Avoca Beach Takes on The World

Four members of Avoca Kayak club recently travelled to Halifax, Nova Scotia in Canada to represent Australia at the 2022 Senior World Kayak Championships. These members were Ella Beere, Dylan Littlehales, Fletcher Armstrong and Georgia Sinclair. All had raced earlier at world cup events in the Czech Republic and Poland, so they were in top form as the fantastic results prove.

Ella had a magnificent meet. She stroked the Australian women's K4 500m crew, and in an exciting race in the A final, came away with a superb silver medal against the very best in the world! She backed this up just 50 minutes later with very creditable 5th in the K2 200m A final.

Fletcher Armstrong had a great race with his K4 crew in the 500m B final charging home in 3rd place. Georgia Sinclair raced for Australia in the K1 200m doing very well to make the B final and finishing strongly in 2nd place. Ella, Fletcher and Georgia have been training up in Queensland with the AIS and all the hard work is obviously paying off.



Medallists Ella and Dylan



Harry and Natalia celebrate

Dylan Littlehales meanwhile has been clocking up the miles around our very own lake in Avoca. After the heartbreak of a photo finish 4th at the Tokyo Olympics he was determined to get on the podium in Canada, and he did this with a brilliant bronze medal in the KL3 200m, again with a photo finish!! His dad doesn't think he can cope with too many more of those.

Great experience has been gained by them all, especially with the Paris Olympics not too far away. Past Olympians and Avoca Kayak Club members Lachlan Tame and Riley Fitsimmons have provided plenty of incentive.

It doesn't end there. Three more members from Avoca Kayak Club represented Australia in Szeged, Hungary at the U 23 and Junior World Championships. Bailey Connolly and Jemma Smith both acquitted themselves well against strong competition and gained valuable international experience, especially in the gruelling K1 5,000 m and K1 1,000m events, Jemma finishing in 5th place for both races.



Training partners and world championship medallists, Ella and Natalia

The standout was Natalia Drobot, a year 12 student at Kincumber High. Natalia won two bronze medals against the best in the world, in the individual K1 200m sprint and the other in partnership with Harry Taurens in the K2 500m mixed double. Natalia just missed out on a third medal in the K2 500m. An amazing effort from the 17-year-old in her first big international competition and just reward for hard work. The Avoca Beach Community Association is proud to play a small part with sponsorship for Natalia.

Well done to all Avoca Kayak Club members who competed with distinction against the strong European countries like Hungary, Slovakia, Serbia, Ukraine and Italy, where kayaking is a major sport. Avoca can be proud.

NSW Country Representatives

Avoca Beach Rugby Club's Mitch Jacob this year won selection in the NSW Cockatoos Squad to compete in the forthcoming Australian Rugby Championships to be held in Adelaide from 28th September to 4th October 2022

Mitch gained selection after strong performances in the recent NSW Country Championship where he was a standout playing inside centre for the Central Coast when they won the 2022 Caldwell Cup

Mitch has played 108 First Grade games for the Sharks and scored over 390 points for the club. He also had the honour of being club captain for several seasons.



Hannah Stewart

Hannah is a standout player for the Avoca Sharks in the Central Coast 10 a side competition. She also played in the Jack Scott Cup for Hunter Wildfires this year in 15 a side comp. A highly respected player for her no-nonsense attitude to the game, she played for Central Coast Rugby in the Country Championships. Hannah's strong form has seen her selected to represent NSW Country Corellas at the Australian Rugby Shield Championships in Adelaide in October.



International Walking Football Tournament. We have an Aussie Rep!



Cliff Parker and the team in Zurich

Perhaps a little less strenuous than rugby but still very skilful is the growing sport of walking football. If you're a female over 40 or a male over 50 years of age this may be the sport for you. At Avoca we have an Australian representative, Cliff Parker.

Recently Cliff and teammates Steve James, Chris and Noelene Cassettari from the newly formed Central Coast Ancient Mariners Walking Football Squad, were invited to play for the Australian Exiles at the prestigious International Super Masters World Cup Football Tournament at FIFA Headquarters, Zurich, Switzerland. There were two age-group competitions: Over-60's and Over-65's.

Although Australia didn't win any 1st place trophies, the 60+ team finished 7th and the 65+ team finished 5th, with Cliff finishing as top scorer for the Exiles with 7 goals! More importantly, it appears that Australia won the hearts of the many other countries who participated in the tournament. At the official pre-game debrief, the tournament organisers gave a special mention to the Australian Contingent for their 46 attendees: comprising players, managers, 'medical' staff and supporters – a great effort!

Also, the Australian 65+ team were awarded the Tournament Fair Play Award – this is given to the team that represents and upholds the ethos of fair play and respect for all players and officials – a great Award to win, because that's what Walking Football is really all about!

The Central Coast Ancient Mariners (CCAM) are affiliated with and receive great support from the Central Coast Mariners A-League Football Club.

Find this intriguing? Interested in playing Walking Football? Cliff reckons there must be plenty of 'football tragics' who still want to kick a football around! Its on every Sunday every at the Rose Football Academy, 22 Adelaide St. Tumbi Umbi (10.30am – 12.30pm) \$5.00pp – just turn up! If you want more details, please contact Cliff on: 0416 153 630. All welcome!

Cliff reckons Walking Football is a great way for mature people to get out of the house, meet like-minded people and get some exercise. It's probably good for our mental health too!



www.avocabeachhotel.com.au

02 4382 2322

Complete Carpet Service

Peter King

- ✓ Carpets Steam Cleaned
- ✓ Carpet Laying & Repairs
- ✓ Carpet Supplied

Mob: 0412 162 927

Ph: 02 4381 0299

PO Box 86, Avoca Beach 2251

**PRECIOUS PETS
DOG & CAT GROOMING SALON**



0438160693

1/197 The Round Drive, Avoca Beach



**Supporting Local Arts and
Crafts people since 1972**
Open 7 Days
184A Avoca Dr Avoca Beach
0490 796 279



You care about
local, we do too.

Garth Hunter - DiJones Avoca Beach
0414 339 118 | ghunter@dijones.com.au

DiJONES

ALLMALAY
Malaysian Cuisine

DINE-IN, TAKE-AWAY & BYO

4381 2885

Specialising in
Authentic Malaysian
Cuisine

14/172 Avoca Dr
Avoca Beach



AVOCA BEACH
**ARCHITECTURAL
HARDWARE &
LOCKSMITHS**
35 YEARS EXPERIENCE

All your hardware
supplies...

- Locksmithing
- Car Locks Repaired

Phone (02) 4382 1286
Fax (02) 4382 1010
MOBILE 0412 437 327 (all hours)
177 Avoca Dr, Avoca Beach NSW 2251
www.avocaarchitectural.com

CENTRAL COAST
FLOORmaster
Kincumber

• CARPET • TIMBER • LAMINATE • RUGS

Home of Quality Flooring

Scott Norkett

0419 499 024

SHOWROOM

Shop 5/22 Willesee Cres. Kincumber 2251

Avoca Beach Pizza & Pasta Café

172 Avoca Drive, Avoca Beach **Ph 4382 3506**

Open 5pm weeknights Monday – Friday

12 noon Saturday, Sunday and Holidays

• FAMILY FRIENDLY • ALFRESCO DINING • EXCELLENT COFFEE AND CAKES

Also available: gluten free pizza, pasta, crepes & desserts, plus vegan & lactose free pizza.



Avoca Beach DENTAL

Shop 7/188 Avoca Drive, Avoca Beach NSW 2251

P 02 43 811 888 **F** 02 43811887 **W** avocabeachdental.com.au

E reception@avocabeachdental.com.au

- No Gap payment for check-ups, cleans and general xrays for all eligible health fund members

- Bulk Billing for eligible children with CDBS

- Single visit crowns and bridges using CEREC technology

- Teeth whitening using Phillips Zoom!

- Denture fabrication and repairs

- Finance options available



Your mini-supermarket with ultra convenience
Save the trip, no parking hassles
Friendly, local service
Great range with no min. EFTPOS and ATM

PH: 4382 1884
176 Avoca Drive, Avoca Beach



Maria Murray

Registered Podiatrist

AVOCA BEACH PODIATRY

233a The Round Drive, Avoca Beach. NSW. 2251
avocabeachpodiatry@gmail.com

Ph: (02) 4381 2662
Fax: (02) 4382 3590



Shops 1 & 2, 170 Avoca Drive
Avoca Beach NSW 2251



Avoca Beach Surf



[avocabeachsurf](https://www.instagram.com/avocabeachsurf)

Avoca's number 1 Agent for Sales, Service, Rentals and Holiday Lettings

Put us to the test... We're confident of passing the toughest examination!

George Brand Real Estate Avoca Beach - 4382 1311 avoca@georgebrand.com.au

georgebrand.com.au 9 offices covering the coast

georgebrand
more exposure. more buyers.