



They're off -- 1km Beach Run – SLSC World Masters Italy

## Off Duty Action at Avoca Beach.

It was late evening near the shark tower, on an unpatrolled section of Avoca Beach. A holidaying family were picnicking on the beach, relaxing, and enjoying the serenity. About 7.30 pm, 3 young members of the family entered the sea and were almost immediately swept away from the shoreline by a strong rip. The surf in this area can be deceptive and challenging.

It so just happened that four Avoca SLSC members were nearby and heard their cries for help. With no rescue equipment on hand, they proceeded to swim out to the kids in trouble, in rough seas and failing light, and managed to provide flotation support. One member was able to bring a swimmer back to shore. At the same time the Surf Club emergency response call went out and within 15 minutes the inflatable rescue boat (IRB) and All-Terrain Vehicle (ATV) were on site. The IRB arrived at the scene in time to pick up the 2 remaining youngsters, one who was in significant respiratory distress and get them to shore. The ATV then transported them to the surf club where oxygen and first aid was administered. Once stabilised the two patients were taken to Gosford Hospital in two ambulances. It is estimated the swimmers had been in the water about 15 minutes, 10 of those minutes aided by surf lifesavers. A great off duty surf club response, and not the only one this season.



The rips in front of the shark tower are well known to locals and a scene of many rescues over the years. The rip alongside the rock pool has also been the scene of multiple rescues, many of those also after patrol hours by 'off-duty' lifesavers. When you go to an ocean beach like Avoca, you are often only one step away from witnessing, or being part of a disaster. It is a credit to Avoca Beach Surf Club and its dedicated, well trained volunteer members that they provide such amazing service to our community.

Steve Fortey

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Riccione Beach, Italy



A big day for Fiona  
- individual Board, Ski & Swim

This is our first chance to recognise the eight surf lifesaving competitors representing Avoca Beach Surf Club, and their supporter team of three, who travelled to Italy for a memorable Masters Lifesaving World Championship at the end of 2022. After a two-year delay due to Covid, it was a buzz for the Avoca team to be amongst over 3,100 competitors representing over 30 countries.

The Masters competition is based on the skills and events from surf lifesaving clubs from around the world, competing in individual and team-based surf and beach events. Day 1 was individual surf events, Day 2 was team surf events, and Day 3 was individual and team beach events.

The Avoca Beach Club team finished with a total of 28 medals including 1 Gold, 6 Silver and 6 Bronze shared amongst the 8 competitors. The team achieved top 10 status in every event. An indication of the effort put in was the four torn hamstrings notably Nige, Jeff, Nick, and Dave O'G!

Well done to Fiona and David Broadbent, Nigel and Graham Ball, Mark Felton, David O'Grady, Jeff Smith and Nick Welch. Special mention to Megan O'Grady, Anne Smith, and Kris Felton for supporting and cheering the team on.

The pictures say it all



Smithy looking good after the 1st lap



Dave, Mark, and Nick – team Swim



Jeff, Nige, and Graham – team Taplin



Dave B, Dave O'G and Mark – Board Relay



Dave Broadbent's medal haul



The team L>R Nick, Dave B, Dave O'G, Megan, Graham, Mark, Kris, Anne, Jeff, Fiona & Nigel



# President's Report

It's been an amazing summer with great weather and big crowds of people keen to enjoy our beautiful beach. Hats off to the lifeguards and lifesavers who, on and off duty, have carried out a substantial number of rescues, as the front-page article attests. Despite the warnings, people still get themselves stuck in the rips. Things could be a lot different if our local 'clubbies' weren't on hand. In this issue we pay tribute to the surf club.

Many thanks to the tireless work of the committee members of the Avoca Beach Community Association (ABCA) who are working with Council and state government on issues including road safety in Avoca, water quality in the lake, DA submissions, and the development of a Coastal Management Plan for the Central Coast which will have implications for our lagoon and beach.

Over a year ago the ABCA responded to the bush fire crisis, the result being over 30 holiday homeowners at Avoca, Copacabana and McMasters beaches offered their homes for a week's respite to bush fire victims. This year it's floods. Many people are still in the recovery stage from major flooding. It's a stressful time and rebuilding or relocating, battling with insurance companies and government red tape is an enormous post tragedy load for many. So, we've approached Michelle Harvey at George Brand Real Estate to come to the rescue once again.

The ABCA has been involved in the provision of Defibrillator machines in publicly accessible places. The locations are on the fence outside the Primary School, in the village outside the Pizza Shop and outside the Avoca Beach Picture Theatre. Please make yourself familiar with these sites so you can be ready to act if need be. If an emergency occurs, they are easy to use : punch in the 4-digit code on the cover, open the door and take the defib. When you open it up a voice recording will take you through the procedure step by step.



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Any suggestions for the AB Community Association? Our email is [avocabeachca@gmail.com](mailto:avocabeachca@gmail.com)

Steve Fortey

# History ferry tours of broken bay and the lower hawkesbury.

Two Central Coast family businesses, Area History Tours and Central Coast Ferries would be pleased to welcome you aboard the Sorrento for three and a quarter hour tour of the Lower Hawkesbury River and Broken Bay.

We will first travel down river and into the Bay named after James Cook sighted broken land which seemed to form a bay. Then only a few weeks after establishing the new colony at Sydney Cove, Gov. Arthur Phillip came in 'long boat and cutter' to Broken Bay. He explored the Bay's South Arm today know as Pittwater then proceeded into North Arm and the extensive complex of bays, inlets and Broadwaters, known to-day as Brisbane Water. Our tour concentrates on more recent history, the sailing and steamboats taking cargos to Sydney. In 1889 the river was crossed by one of the longest bridges in the world, which 'linked' the Nations east coast Capitol Cities by rail. We will get right up close to the cracks in the still standing piers of that first bridge and understand why this engineering marvel of the age failed.

During the turbulent years of WWII numerous defences were built to protect this vital strategic transport link, including West Head Fort, its 150 m long inclined railway making it unique in all Australia. Then came the five Japanese submarines just off our coast, with sightings in the Bay. We also look at the wrecks and stories of two of the most historic ships in Australian naval history the warships Parramatta and Swan.

The tour will be conducted by Peter Rea. Peter's historical work, research and presentations have been recognised with numerous Awards and mentions in the Parliament. Countless people have said virtually the same thing, "I've lived on the Central Coast for so many years and didn't know about any of what I was told today".

For bookings and more info: Peter Rea, Tour Presenter, 0438417739 or go to <http://www.areahistorytours.com.au>



Sorrento on tour at West Head

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

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

## The story of Ross Park Council and community come together.

Located behind the Avoca Beach Surf Club, Ross Park has been a much visited and loved recreational spot for young and old alike for more than 64 years. Established in 1959 as a children's playground, the park was advocated for by the then Avoca Beach and District Progress Association (the Association) which applied to Gosford Shire Council in 1954 to provide a children's playground at Avoca. This means the current Avoca Beach Community Association has a long and proud tradition to live up to!



### A road test for the revamped Ross Park gets the seal of approval.

In May 1954, the Association wrote to Gosford Shire Council asking for the provision of a suitably equipped children's playground with the cost to be covered by local subscription and government grant. A suitable site had to be identified. Twelve months later, the Association again wrote to Council advising they had the money to equip a playground but sought advice as to where the playground would be situated.

In April 1956, Council approved "an area of not more than one chain square from the southern end of the Reserve immediately behind the Avoca Beach Surf Clubhouse be put aside as a children's playground". Then, after 5 years of Council delays a fledgling Ross Park was built. A credit to the perseverance of the Association! It seems the bureaucratic wheels of state and local government were moving at a snail's pace as early as the 1950s.

Following this In May 1962, a state government grant, matched by Council, saw further funds now available for additional equipment. So, after 8 years and with the additional equipment installed, the local and visiting children could now enjoy the swings, two slippery dips, a seesaw, monkey bars and a whirly go round. Many now older residents will recall their youthful summers when the dreaded bindii ruled the park and having to run the gauntlet of painful thorns from one piece of equipment to the other. Much has changed since those early years however, with the various upgrades offering more and safer options for new generations – and no bindis.

### So how did Ross Park get its name?

The park was named after prominent locals Ken and Elsie Ross in recognition of their exceptional contributions to the Avoca Beach community and their tireless campaign and fund raising for a children's playground at Avoca Beach. Fund raising was a little different in those days, Ken and Elsie, for example, donated a sum of 30 pounds at one stage towards the Association's campaign for the park through a series of card parties they hosted at their beachside home.

In 1949 Ken and Elsie moved to Avoca Beach from their property 'Ferndale' at nearby Green Point with their daughters Joan and Helen. Ken was an orchardist with citrus orchards at 'Ferndale' and another at Mangrove Mountain. Having decided to retire from farming life, Ken built a beach front home at 111 Avoca Drive only a short distance down the road from the park that would be named after them. The family had been regular visitors to Avoca Beach for many years prior, making the short journey along Avoca Drive from Green Point on weekends. They camped firstly at the former South End camping ground (next to where Ross Park is located) and then the former Moana camping ground, which was located on the beachfront right next door to where their home was built.

Having settled in Avoca Beach, the Ross family would become popular and well-respected residents who were prominent contributors to the fledgling seaside community through their service to the village's various community organisations. Ken was for a time, a committee member of the Avoca Beach and District Progress Association and also a Vice President of the Avoca Beach Surf Life Saving Club and was involved in organising the Club's annual ball. In 1948, Ken was honoured with Life Membership of the Surf Club, the fourth member to be awarded this honour. Ken was a member of the Avoca Beach Rural Fire Brigade and was the Brigade's Captain from 1960-61. Elsie was also very active in the community, particularly the Avoca Beach Branch of the Country Women's Association (CWA) and was its first Life Member being awarded this honour in 1957. She was the Branch Treasurer for 27 consecutive years (1950-1977) and was instrumental in securing holiday homes and arranging accommodation for 32 women and children from the Grafton area who were victims of the north coast floods in July 1950. She was also a member of the Avoca Beach Lantern Club and was a keen card player and won many of the local 500 and euchre competitions. Elsie was also the cashier and sold tickets for the Avoca Beach Picture Theatre for many years.

### Ken Ross – Australian champion on the world stage



As a 17-year-old, Ken began a competitive cycling career that would see him become one of the most popular and respected cyclists of his era and arguably Australia's best all round rider during the halcyon days of track and road cycling during the 1920s and 30s. He raced during what is considered the golden era of Australian sport where cycling was prominent, attracting large and passionate crowds. One of his strongest rivals throughout these years was the great Sir Hubert Opperman. 'Oppy' considered Ken one of his idols in the early years of his own career.

Aged 20 and having established himself as perhaps the best all round rider in the country, Ken headed to Europe to race on the velodromes and roads against the best riders in France, Germany, Belgium, and Italy for two years. Ken was the first English speaking sportsman to visit Germany following World War I and acquitted himself admirably finishing fourth in the gruelling 1922 Berlin Six Days Race. After 12 months of tough competition, a match race was arranged in Paris in May 1922 with the Swiss world champion pursuit rider Oscar Egg for

the title of world pursuit champion. Ken rode a great race and although unable to defeat Egg, he won many fans.



Ken (R on bike) with German partner Ardolf Huske at the finish of the Berlin 6 day race in March 1922

Returning to Australia in 1922, Ken continued both track and road racing winning six-day races, road races, sprint races, motor paced races and match races, including various NSW and Australian championships. In 1923 he was crowned Australian motor paced champion and he won the Sydney Six Days race on three occasions in 1922, 1926 and 1927. He won the prestigious Goulburn to Sydney road race in 1928 from scratch, recording the fastest time. (the Goulburn to Sydney was a handicap race) He recorded the fastest time on three occasions in this event known as "The Classic".

During his outstanding career, Ken gained great experience in fitness and training techniques and towards the end of his career, started coaching

other riders of the Gosford Cycling Club. Ken also coached Avoca Beach Surf Club's Trevor Gallard who became the Club's first Australian champion when he won the Australian Single Surf Ski championship in 1951. Trevor credited much of his success to Ken's cutting-edge approach to fitness, nutrition and training techniques.

Four generations of proud Ross family descendants still live in Avoca Beach and nearby. Ken and Elsie's daughter Helen lives near the beach, a stone's throw from where she grew up and is a Life Member of the Avoca Beach Surf Life Saving Club Ladies' Auxiliary. Granddaughter Sonya also resides at Avoca Beach and taking a leaf out of her grandparents' book, in 2007 was instrumental in lobbying and fundraising for the re-development of Ross Park. Costing \$190,000, this was the first major upgrade of the park since it was established. The second upgrade in 2022 has been a resounding success, thanks to good work from CC Council in collaboration with the community.

Several of Ken's descendants have benefited from his champion sporting genes. Grandson Mark Walters was a handy beach sprinter and has world, Australian and NSW championships placings in surf lifesaving competition. Great granddaughter Christine Walters represented Australia in women's football playing for the Young Matildas and the Matildas in 2008 and her cousin Darci Berry has won Australian and NSW championships and placings in various surf lifesaving events, mainly surfboard riding. Many great grandchildren have already achieved high honours, Ken and Elsie would be proud.



Steve Fortey -- with thanks to Mark Walters, the Ross family, and Mr Geoff Potter (Local History Librarian, Central Coast Libraries

◀ Helen with her children, grandchildren and great granddaughter at Ross Park in 2019.



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

# Avoca Beach Surf Lifesaving Club



On 6 January 1929, 7 days after a tragic double drowning at Avoca Beach, the community got together and the foundation club for Avoca Beach Surf Life Saving was formed. Four months later the club had just 12 Foundation Bronze Holders to manage the beach and respond to beach and surf rescue emergency events. Since then the Avoca club has built a tradition of community service through a long and proud record of patrolling to protect the community. It's an institution that relies on community participation and dedicated locals put in a huge number of hours so it can function successfully. Times have changed and over the years the Surf Club has adapted to cater for the host of holiday makers and large summer crowds.

This issue of Avoca Beach News pays tribute to our lifesavers, who continue to keep us safe. With over 250 active lifesavers from a membership of over 1,000 people, there are 14 patrol teams who continue this long and proud tradition of voluntary community service to protect Avoca's beachgoers. This season alone, over 75,000 people have visited the beach since patrolling commenced on 24 September 2022. By mid-January, the club had undertaken 72 rescues without loss of life, documented over 1,492 preventions – where lifesavers have prevented a potential rescue, and dealt with over 153 First Aid events. Our front-page article details just one of many potentially life and death situations.



Club stalwarts about to start yet another 5-hour shift. This one on Boxing Day.



Boxing Day Crowd. One of many busy days.

Many in the club compete with distinction at surf carnivals to keep fit and hone their skills, beginning with the Nippers all the way through to the 'Masters' level. The club has an impressive history at branch, state, and Australian surf carnivals. The Avoca Beach Club competition colours are blue, green and gold, and along with the familiar surf rescue colours of red and yellow, continue to be worn with pride.

## Change at the Avoca Beach Surf Lifesaving Club

In late August last year, the Avoca Beach Surf Lifesaving Club underwent a significant change in the leadership of the club. President of over 20 years Gary Clarke handed over the reins to the newly elected President Stu Harvey and his leadership team comprising John Mitchell, Mike Shervington, Liz Shervington, Nick Welch, Andrew Collins, Katy Allen, Michelle Farr-Eagles and Belinda Clark. In acknowledging the efforts of Gary Clarke and his service to the Club, Stu Harvey made a commitment to build on Gary's legacy and seek to enhance the role the club plays in the community, supporting youth development and most importantly building on our beach and water safety management plans at Avoca Beach, whilst acknowledging the importance of Club competition.



Much has been done in the past 4 months with the creation of a strategic plan focused on saving lives, developing and supporting our people, contributing to growing and sustaining the surf lifesaving movement, engaging with our community and

focusing on enabling strategies which strengthen ties to the Surf lifesaving community, engaging with our members on things to keep doing, stop doing, and improving, as well as maintaining good club governance and achieving financial sustainability and viability. The new Board is focusing on enhancing governance, improving financial record management, controls and accountability. Work continues on the management and future direction plan for Sunsets, The Lifesaving program is being enhanced and over \$600,000 of grant applications have been submitted.

Applying for grants is not an easy task and the behind-the-scenes work done by club members requires not just competency, but many long, volunteer hours. A Capital Works program and Maintenance Plan are in place and meetings with Council to discuss future management of the building are underway. Work will shortly commence on enhancing the Club's approach to Sponsorship and Community engagement. The Board acknowledges communication as critical to future success and work has commenced on refining the communications model, to include Club website, membership management and social media engagement.

Nick Welch



A successful Grant Application - \$200,000 from the state government.

## Nick and Belinda

A fascinating part of living in Avoca Beach is the number and huge variety of interesting people. Nick Welch and Belinda Clark are a remarkable couple who made Avoca home in 2018 and have quickly immersed themselves in community activities.

Belinda has links to our beautiful beach that go back to regular school holidays in the early 1970s, where she tells me she learnt to swim in the rock pool – a difficult feat nowadays! Belinda's grandad died on Avoca Beach from a heart attack doing something he loved – fishing. Local surf lifesaving legends Bill and Jim Mitchell attempted to revive him, but to no avail. Poppy Clark was fawelled with champion lifesaver Murray Braund taking his ashes out to sea.

Nick's link to Avoca was through Belinda. She first brought him from Canberra to meet her parents in 2009. Nick reflects on his first day in Avoca when he informed Belinda – 'we can retire here! I can join the surf club and swim every morning with that mob of people near the Point Café' - unknown to him at the time as the Lizards. They made the move in 2018.

Nick was born in Malaysia with parents who lived and worked in South-East Asia. He was schooled in Perth and became a lifesaver with Cottesloe North Surf Club until he left Perth in 1977 for the East Coast. His 40-year career in Australia never allowed time to indulge his love of beach and surf, but he is more than making up for it since moving to Avoca Beach. The Bronze Medallion, patrol captain, competitor at carnivals, and recently appointed Director Lifesaving at the surf club.

Nick spent 24 years in the Australian Army and retired with the rank of Colonel. He served overseas in just a few places - the United Kingdom, Norway, Germany, United States of America, Malaysia, Thailand, Singapore, Indonesia, PNG, The Philippines, Canada, and the Middle East. This culminated with his command of the 3rd Battalion Parachute Battalion Group where he led 1500 people in an initial lodgement into a very tense situation at Dili, East Timor in September 1999, for which he was awarded the Distinguished Service Cross for command and leadership in action. Nick finished off in a Colonel role as Director of Officer Career Management until his departure from Army in 2001.



Nick in command

Nick's next career move was a challenge – how to stay in Canberra, have nothing to do with the military and not be a public servant. Eventually the solution was Australia's Air Traffic Management organisation – Airservices Australia, where he took on a variety of senior roles. 16 years later he retired in July 2016 and moved to Sydney with Belinda. He took his gap year in reverse and back packed the world for 18 months.

Back to Belinda! Belinda also travelled the world extensively, working in leadership roles in UK and USA. As with most Avocans, every beach she ever went to was always compared to Avoca Beach. Sure, there are beautiful places elsewhere, but nothing compares to our beach, she says. When she was Base Ops Director at Pine Gap near Alice Springs, beach cam was essential to check out the local tide at Avoca Beach when she was yearning for a saltwater change from desert conditions some 2,501km away.

Belinda finished her Executive MBA in December 2022 and has an exciting job working with Licella in what she terms the next industrial revolution – returning plastics and biomass into crude oil for reuse. An operation with potentially huge benefits for both the economy and the environment.

Belinda does not sit still. She joined the Surf Club Board late last year to help with strategy and has contributed 250hrs+ in grant writing. Fingers crossed we get some good news soon on new funding streams for the Club. She is finishing her bronze medallion, thanks to the help of her 'Bronzie' and Club mates, learning all the skills it takes to be a Lifesaver on patrol. Once the 400m is conquered you'll see her on the beach in the iconic yellow and red kit. And Nick, by the way, puts in a major contribution towards our very successful ANZAC Day Dawn Ceremony.



Belinda and Nick rightly believe they live in Paradise here at Avoca, have made great friends, and love contributing back to community. I think I can speak for the community when I say we're very happy to have them.

Steve Fortey

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# Shifting Sands – Ways to Cope

## Opinion

Avocans, being regular beachgoers in one way or another, experience that our sandy beach is constantly being shaped and reshaped by waves, wind and sea levels. Under severe or extreme conditions, the degree of reshaping and tonnages of sand moved are huge.

For well understood reasons, Australia has invested enormously in developing our coastline – including premium, private residential assets along the immediate foreshore. The location and design of these assets have assumed that climate conditions remain constant over time. Sure, there are substantial yearly, weekly, and daily changes in tide levels, ocean storm surge etc producing short-term variability – but on average things seem to stay more or less the same.

However, the fingerprint of climate change is becoming apparent already and will become more strongly evident into the future. Higher sea levels and more intensive storm surges will impact our sandy beaches increasingly. This will cause our back beach dunes to recede.

So, built coastal assets will be exposed to greater erosion and inundation. Central Coast Council previously has adopted policies and development conditions to make new developments more resilient to sea impacts; and future evolution of these is very likely.

### Building Restrictions

The Gosford Council Development Control Plan, Section 6.2, deals specifically with coastal frontage properties – and is still operative. Council maps show coastal hazard areas – which extend the length of the Avoca and North Avoca foreshore – and specify a Coastal Building Line. All new residential development must be constructed landward of this Line and must be designed to withstand coastal hazards.

Recently, an interesting case was decided in the Land and Environment Court granting consent for construction of a beachside swimming pool at North Avoca, built on deep piles, seaward of the Coastal Building Line. This was on the basis that the pool was classed as an ancillary structure and would not pose risk of greater erosion or to safety. Nor would this decision create a precedent – each Development Application must be decided on its own merit, Council tells us.

### Coastal Protection Measures

Wamberal is one beach where coastal erosion is already a serious risk for beachfront homes – houses have been destroyed or severely threatened during past ocean storms. How best to deal with this situation has been highly contentious in the Wamberal community.



Storm Damage Wamberal July 2020

Council recently adopted a policy and engineering framework that paves the way for possible construction of a major seawall at Wamberal. It is worth highlighting some of the key elements.

Some may wonder why this would be relevant for Avocans – after all it is Wamberal that today is a hotspot – not Avoca Beach. Against this, it is worth noting that Council's current Coastal Zone Management Plan identifies for the future construction of a seawall along the Avoca and North Avoca Beach. So, decisions made for the Wamberal case may down the track serve as precedents applying to Avoca.

The policy for Wamberal includes:

- Responsibility for the design, construction, maintenance and funding of a seawall lies with beachfront landowners.
- The location of a seawall must be as far landward as possible; and on private property (not on the public beach), wherever possible.
- As climate conditions change, a seawall over time will cause erosion of sand from the public beach. Council specifies that private property owners will be required to contribute to the cost of beach sand nourishment – instead of the whole cost burden being borne by the wider community ratepayers. Council has not yet defined where suitable sand could be sourced from.



Sand Erosion at new Collaroy seawall January 2022

There are other options to increase foreshore resilience. One is increased vegetation cover on the frontal dune.

Another option is planned retreat in future of hard physical assets. But, at present, there is little practical experience on how this might be done. (Communities suffering severe riverine flooding are grappling with similar challenges – rebuild or relocate.)

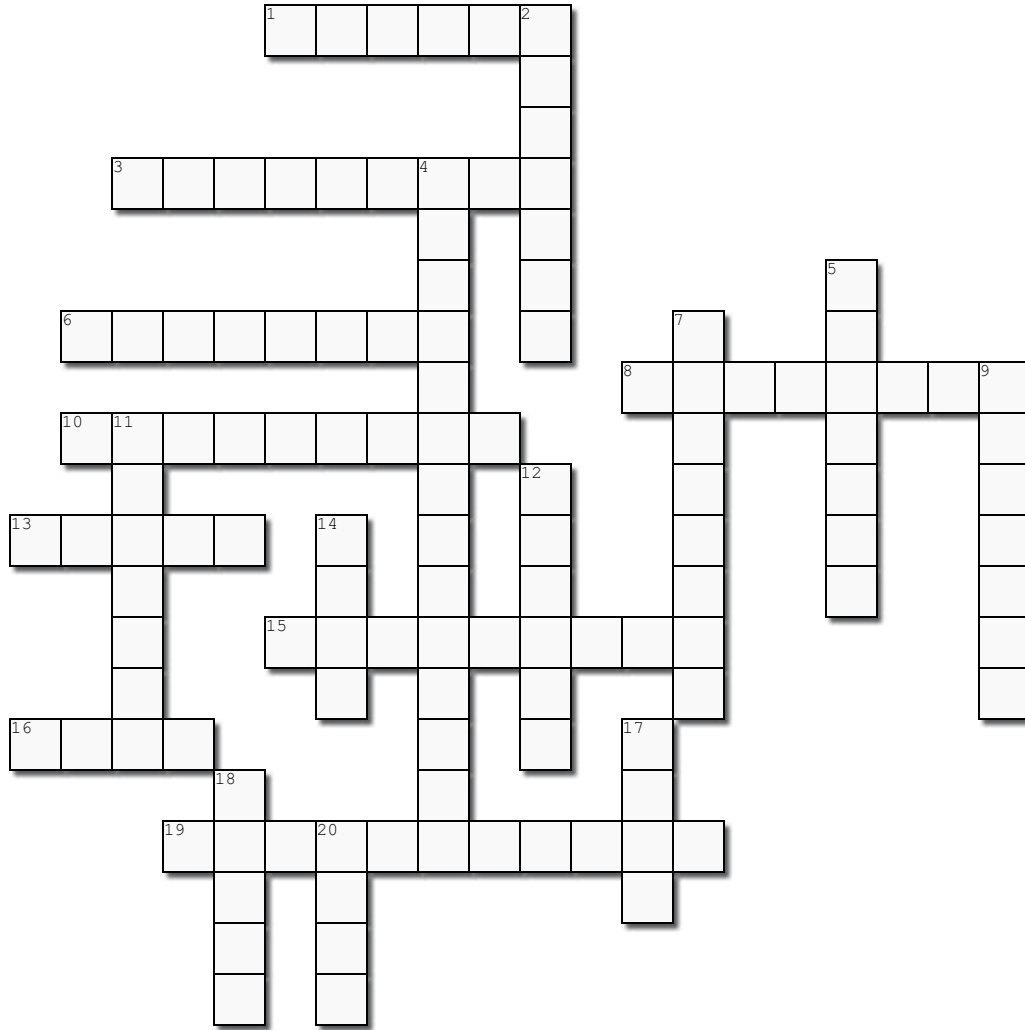
One thing is clear – the Avoca Beach community would be well served by thinking ahead to understand what policy framework for managing future increased coastal hazards would best serve our interests. During 2023, Council will be drafting a new generation Coastal Management Program (to replace the Gosford Coastal Zone Management Plan) – this will be an important opportunity for Avocans to have their say on its content. The ABCA will certainly be having an input.

Ian Carruthers



# Know Avoca Beach?

How well do you know it?



## Across

1. Avoca Beach Rugby (6)
3. A bunch of busy builders (9)
6. A street off Endeavour (8)
8. A place of disappearing sands (8)
10. It's on the lagoon (9)
13. 1st name 2023 Avoca Rugby coach (5)
15. The creek (9)
16. A street or an orange.... (4)
19. Avoca Lagoon's indigenous name (11)

## Down

2. Dinner and a view (7)
4. New to the beach (10)
5. The beach on Sundays (7)
7. Kids playground (8)
9. They swim every day (7)
11. This shop is old (7)
12. New surf club president 1st name (6)
14. The physio upstairs (4)
17. Number of coffee shops in Avoca (4)
18. This jump is a rite of passage (5)
20. It's in the lagoon (4)

Answers on page 10



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## Avoca Beach Rugby Club

The Sharks have been a proud part of the Avoca Community since 1975. Our team in the inaugural season won the Central Coast competition and since then we have been a fixture at Heazlett Park on a winter Saturday.

2022 was another outstanding year both on and off the field. We were again crowned junior club champions with strong participation rates. All our senior teams improved, progressing deep into the semi-finals and our women's and Presidents Cup teams were crowned premiers. The club received the Club of the Year award from Central Coast Rugby Union.

The 2022 year finished with our Annual General Meeting where two club stalwarts Justin Staben and Terry Sturgess were bestowed life membership. The contribution to the club of both is immeasurable and the honour richly deserved.

On the playing front female rugby participation continues to grow with a number of junior girls' teams playing. Our senior women again promise to be a strong force defending their title.

As a club we are extremely proud of our juniors, placing an emphasis on "having fun". We have an amazing leadership team, and you will see lots of our grade players and coaches taking time out to coach junior teams, ensuring the building of the amazing club culture that our kids just immerse themselves in.

Season 2023 promises to be another exciting year. A new coaching team has been appointed with Jake McPhie and Mitch Jacob taking the 1st grade reins. Both have been involved with the club for several years as outstanding players and have now taken the step into the coaching space.



The club is always looking for new players, and if you think you might be interested see below contacts

- **Senior Mens** Jake Mcphie 0426 258 404  
Mitch Jacob 0411 750 890
- **Senior Womens** Justin Staben 0439 139 430
- **Juniors** Julia Ninness 0400 548646

We value the support of our sponsors, many of whom are local businesses, please jump on to our socials and see who they are and support them. If you think you might be interested in sponsoring the club, please contact Brendan Slape on 0400 009296.

The club prides itself as being a part of the community and we invite you each winter Saturday to our home ground where either our junior or senior teams are playing.

Cheers Boys & Girls

Brendan Slape.

## Avoca Kayak Club

After the excitement of our seniors racing at the World Championships in Canada last year, our junior paddlers joined the party at the NSW state titles. A strong junior team headed down to the Penrith International Regatta centre to compete. We continue to punch well above our weight and in the club championship the Avoca Kayak Club finished 2nd in the State, beaten only by one of the big Sydney clubs. Club coaches Scott Cunningham, Angelica Manser and Paul Hutchinson were all very pleased with the excellent results achieved by their paddlers.

Particular mention should go to Huxley Lungtungan and Davara Marshall in the U18's and to Julian Glew U16's who were all selected into the NSW State Sprint team to contest at the National titles. Some of the team will be in Penrith again later in the year on the wild water course for the National titles and the club as a whole will be travelling to Perth in March for the National Sprint Titles. The Nationals coincide with the Aussies Surf titles and so some of our members will be busy competing at both events.

Anyone wishing to join the club can see us on the lake Monday, Wednesday and Friday in the evenings from 4.15. You can follow us on Facebook at Avoca Kayak Club or check out our soon to be rejuvenated website.

We continue with our fundraising for a new Junior K4 which is going well. It is a great opportunity for any business or private person to engage with the club and help us to involve the youngsters of the Central Coast in this great sport, all contributions are now tax deductible !! Please contact Paul Hutchinson on 0414630012 if you would like to help us on our way. Hopefully we will have some good results both on and off the water to report in the next newsletter. Pommie



The AKC team at NSW Junior Championships.

**Down**

1. Avoca Beach Rugby (6) (sharks)
2. Dinner and a view (7) (sunssets)
3. A bunch of busy builders (9) (mitchells)
4. New to the beach (10) (lifeguardtower)
5. The beach on Sundays (7) (nippers)
6. A street off Endeavour (8) (carnegie)
7. Kids playground (8) (rosspark)
8. A place of disappearing sands (8) (rockpool)
9. They swim every day (7) (lizzards)
10. It's on the lagoon (9) (keyakclub)
11. This shop is old (7) (antique)
12. New surf club president (1st name) (6) (stuart)
13. 1st name 2023 Avoca Rugby coach (5) (mitch)
14. The creek (9) (saltwater)
15. The creek (9) (saltwater)
16. A street or an orange..... (4) (peel)
17. Avoca Lagoon's indigenous name (11) (bulbarahing)

**Crossword Answers:**



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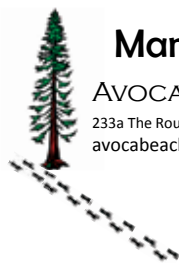
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