

Mentone LSC Weekly Update 01 March

General Club News

Mentone LSC Summer Kitchen is Closing for the Season at the end of this Week

With the summer Nippers season ending this Sunday, this Thursday and Friday night meals will be the last nights for the Mentone LSC Summer kitchen for the season. We have a great forecast for Thursday and Friday so grab a few friends, make a booking, and come down and enjoy the club.

Book your meal online at <https://goo.gl/BXZZDu>

Lifesaving Victoria Grey Medallion Open Water safety course (for adults 55+)

Life Saving Victoria is pleased to announce an Open Water Grey Medallion Pilot Program. The program aims to engage members and the public alike who have limited knowledge and understanding of open water environments and water safety.

The program will be matched to the physical abilities and participants will be encouraged to set their own goals at the beginning of the program. The program aims to enhance knowledge, and increase understanding, whilst ensuring the participants are kept safe and comfortable.

Aims of the course:

- Recognition of rips and other hazardous aspects of open water
- An understanding of personal safety when recreating around these waterways
- Understanding of Safety and Lifesaving Equipment usage
- Basic rescue principles and when these are appropriate to utilise
- A Basic Emergency Care Knowledge
- A Basic Resuscitation Qualification

For complete information about dates and times go to

<http://www.lsv.com.au/wp-content/uploads/Circular-167.02.16-Grey-Medallion-Pilot-Program.pdf>

If you would more information about the program contact David Potter david.potter@lsv.com.au

If you would like to sign up for the course sign up by **6 March** through the following link

<https://lifesavingvictoria.wufoo.com/forms/p9i7d901hd9pvs/>

Juniors (Nippers)

Sunday Nippers

This Sunday is Club Championship and the last Nipper Sunday for the season. Club Championship will include several individual water and sand events. The two top boys and girls

girls from each age group will receive their awards on Junior Presentation Night on Saturday April 9.

Junior State Championship Family Dinner at Simon's Restaurant (at Warrnambool SLSC) Sunday 13 March 6pm

Mentone LSC Nippers and families are invited to our annual Junior State Championship dinner on Sunday 13 March at Simon's in the Warrnambool SLSC. The dinner will have options for adults, teens and kids. We will also have live music that will start at 7pm. This is a great location and great way to celebrate the State Finals with friends and family.

Please express your interest in attending (so that the restaurant can cater properly) using the Mentone Kitchen link and **make sure to register for 13 March 2016**

<https://goo.gl/BXZZDu>

Ordering Junior Lifesaving Finals Gear Online

You can now order your Junior State Championship gear online. To order to go to:

<http://www.engineswim.com/retailcatalog/events-merchandise>

Upcoming Nipper Competitions

Warrnambool - State Championships, 12 and 13 March (entries closed)

Training

Advanced Resuscitation Techniques Certificate (ARTC) Hosted by Aspendale Lifesaving Club

Aspendale LSC is hosting an ARTC course in early March. This course provides skills in advanced resuscitation and is open to all valid Bronze Medallion award holders or those who hold Basic emergency care certificate. The course will be held the following dates/times.

Day	Date	Time	Location
Monday	07 March	7pm to 9:30pm	Aspendale LSC
Wed	09 March	7pm to 9:30pm	Aspendale LSC
Sunday	13 March	10am to 4pm	Aspendale LSC

For more information contact Ben Hall hall.ben@hotmail.com or see the attached flyer.

Sponsors

New Partnership with Bank of Melbourne

MLSC and the Mentone Branch of the Bank of Melbourne are proud to present a new partnership. The aim is to raise funds for the club and offer members discounts on a range of the banks products. Please see the attachment for all the details including an offer for new accounts for kids 15 years and younger as well as gift certificate for the Lobster Cave. We look forward to working with all the staff at the branch for the rest of the season and beyond!

Be sure to follow us on:

Web <http://www.mentonelsc.com>

Facebook <https://www.facebook.com/Mentone-Lifesaving-Club-134248189970238/>

Instagram <https://instagram.com/mentonelifesavingclub/>

Twitter https://twitter.com/mentone_lsc