

Mentone LSC Club Members,

This is the first week of our new look email. As part of this new approach we will be sending out a weekly update every Wednesday that will announce upcoming events by each interest area of the club.

Juniors (Nippers)

Winter Nipper Training for remainder of season

Saturday, 5 September 3pm to 5pm

Saturday, 12 September 3pm to 5pm

Saturday, 3 October 3pm to 5pm

Saturday, 10 October 3pm to 5pm

Winter Nipper End of Season Event: Beau-Tone 5k Sunday, 18 October 10am to 11:30am

Special end of season race for all Winter Nippers (details to follow soon)

Lifesaving Junior Pool Competition State Finals

State Finals for Lifesaving Pool Competition will be held at The Watermarc, Greensborough, Sunday 13 Sept 10am to 2pm. The event is open to all U8 through U11 (last season age groups) who have competed in a preliminary Indoor carnival. Deadline for signup is this Sunday 6 September. Contact Gavin Roberts littlemartarts@bigpond.com.

Junior Carnival Schedule is available for the upcoming season.

See the carnival schedule at

[Junior Schedule](#)

Seniors

Senior Carnival Schedule is available for the upcoming season.

see the carnival schedule at

[Senior Schedule](#)

Senior Training (last season U14 and above)

Every Saturday from 3pm to 4:30pm. Bring runners and wet gear.

Latest Senior News

To get the latest news about Seniors activities connect with the Mentone LSC Senior Competition Page

Training and Awards

Bronze Medallion/SRC

Mentone needs Bronze Medallion for Patrol and Water Safety at Carnivals. All U14 competitors and above need to get their SRC to compete at Senior Carnivals. Seniors 16 and above must have their Bronze Medallion.

Mentone will be hosting Bronze Medallion and SRC courses. The courses will be separated into two groups:

- U18 Bronze and SRC
- Adult Bronze

For requirements and details about the course see [Courses and Requals](#)

To register for the course please email Andy Waters at andy_waters@bigpond.com by 1 October.

Award Re-qualification (Bronze, ART and Spinal Management)

Mentone will be hosting two re-qualification days for Bronze , ART and Spinal Management

- Saturday 21 November, 10am Mentone Beach
- Friday 11 December, 5pm Mentone Beach

Club Events

Club Working Bee, Saturday 5 September

General cleanup and preparation of the club for the new season. All are encouraged to help out. The club is looking for more fake grass. If anyone has any contacts of new or used (in good condition) large sections please contact Brian Van Den Broek at vdbuilder@ozmail.com.au

Mentone Trivia Night, Friday 11 September

Club wide trivia competition. Doors open at 7pm for a 7:30pm start. \$10 per person
To Register click [here](#).

Mentone LSC Open House, Sunday 18 October (9am - 12noon)

The Open House is for bringing in new members. Please invite your friends who may be interested in joining Mentone LSC. If you are interested in volunteering to help on the day contact Conor Hayes at conorhayes@inet.net.au
See the [Mentone LSC Open House](#)

Part Time Staff Needed

The club will be launching a brand new format and menu for the family Friday night dinners and Thursday snacks for this season.

Part time kitchen and bar staff positions will be available. You must be 15+(18+ for Bar staff and will have to do your RSA), be able to work from 4pm to 8-30pm on the above nights and willing to learn.

For further details contact the club venue manager Clarke Martin on 0412 259 631 or email clarkemartin@bigpond.com

Other Club News

New Committee Members

Newly elected committee members can be located [here](#).

Mentone LSC Annual Report

Annual Report for Mentone is available for download [here](#).

Sandringham Hospital Fundraiser

Congratulations to our very own Steve Aulich who was one of the 40 riders and support team who rode for 24 hours fundraising for Sandringham Hospital making a whopping \$125,000.

Despite rain, wind and an extremely cold winter Saturday the riders held up over night, and on the Sunday it eventually fined up to finish in sunshine at 12 noon. The re were hundreds of people greeting them which Steve said "was a little overwhelming but the beer tasted good".

Steve hopes to do this again in two years and if you are inspired and want to add to his tally please donate [here](#).

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[web](#)

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Mentone LSC Publications and Promotions