

PM SLSC Club News – 5th January 2010

To contribute to Club News contact captain@portmacquariesurfclub.com.au

NOTE that **patrol hours are now extended** 9am to 6pm with change over at 1:30pm

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This weekend's patrols...

Saturday 9th January 9:00am - Green Team, Anne Walsh
1:30pm - Patrol 3, Kim Rayner

Sunday 10th January 8:30am - Patrol 4, Martin Brown
1:30pm - Patrol 5, Steve Filetti

Advanced Resuscitation course THIS week

A reminder that the **ARTC course begins** at the Mid North Coast Branch Office Unit 19, 10 Bellbowrie Park estate, Bellbowrie Street, Port Macquarie **Tuesday 5th Jan at 6.00pm**. This course will be held over ***three nights – Tues 5th, Thursday 7th and Monday 11th***.

You need to **attend all three nights** if

- you don't have ARC or Defib awards
- or wish to do the whole course as a refresher

You need to **attend 2nd and 3rd nights only** if you have the ARC & Defib awards

If you have not already advised me that you are attending this course, please see the attached flyer and notify me asap so there are enough resources provided.

Thanks - Kim Rayner, Director of Education, MNC Branch

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Club Championships and Patrol Competition

The **Club Championships** will be held on Sunday 31st January. 15yrs, 17yrs, 19yrs, Opens and Masters all begin at 11am.

On the same day will be the **2nd Annual Patrol Competition** sponsored by Newcastle Permanent. This competition is a relay-style orienteering event involving swimming, running, board paddling, knowledge of signals and similar patrol-related activities. Each patrol needs to have a minimum of six competitors and maximum of nine. Start time is 30 minutes after completion of last event in Club Championships.

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Substitutes – important notice

All patrol logs for 2009 have been entered into the national data base – Surfguard. Whilst doing this I have found that some members have arranged substitutes but not checked to see if their substitute is a financial member of the Club. If the substitute is not financial, I haven't been able to record the hours. That means the original patrol member is now in default. I will contact those persons affected by this.

Now that the season's proficiencies are complete, it is vital that when arranging a substitute you check that the person taking your place is BOTH financial AND proficient. If either of these conditions is not met, the substitute's hours will not be recorded and you will be in default.

Volunteers needed for 1st Aid at Wakeboard Challenge

WWA Australian PRO AM of Wakeboarding at Stoney Park (Hacks Ferry Rd, Telegraph Point) on the 29-31st Jan 2010. It is an Aussie championship PRO AM so there will be a lot of activity on and off the water including Freestyle Moto X displays and live bands.

We need up to 10 volunteers on Sat 30th and Sun 31st Jan 2010 to help with first aid. This means you need to have **one or more** of the following awards – Advanced Resuscitation, Senior First Aid, Defibrillation, Spinal Management.

The more volunteers we get, the less time each needs to contribute. First Aid is required to be on standby from 8am – 4.30pm each day.

In exchange, the organisers are allowing us to walk through the crowd with fund raising buckets to gain donations for the Club. This could be a valuable opportunity for us so please seriously consider putting your hand up. And yes, if you volunteer you can bring the rest of your family along. Entry to the event is free.

Uniform supplies

I now have patrol shorts available in all sizes. Extra small and small are in the new style. All other sizes in shorts are in the old style. I also have some new 2XL shirts – all other shirts sizes and red/yellow patrol caps are on order. The supplier will not be shipping any items at least until next week.

2009/10 Blood Challenge

The Port Macquarie Surf Lifesaving Club will be competing this season in the first Summer Blood Challenge against the rest of the Branch to see which one can get the highest number of members to donate blood to the Australian Red Cross Blood Service in Port Macquarie and Kempsey **between December 7 and March 7**. To register for the challenge, just record your name against your club on the tally sheet held at the Kempsey or Port Macquarie Blood Donor Centres when you donate blood between December 7 and March 7.

To make an appointment to donate, call 13 14 95. The Donor Centres are open:

Port Macquarie Donor Centre, Cnr Clarence & Munster Streets

Monday, Tuesday & Thursday	1:00pm – 7:00 pm
Wednesday & Friday	8:00am – 2:00pm
1st Saturday of the month	8:00am – 12noon

Kempsey Donor Centre, Kempsey District Hospital, 119 River Street - Thursday - 12:00pm – 6:00pm