

A quick note.

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You may have noticed the white box on the wall just inside our main door with the above sign on it.

As the sign says, the box contains an Automated External Defibrillator. There are 4 of these throughout the valley and they were purchased with the help of Meridian. It doesn't belong to the club but as we are part of the community it is available for our use.

There is a combination padlock on the box. The combination is GOLD.

If you ever need to use this device and have forgotten the combination, call Wellington Free Ambulance on 111, they have been advised of it. Apart from that, if someone needs the AED they will also need an ambulance!

The device is in a small carry bag and has easy to follow instructions. Once switched on, the device will tell you what to do

Click on the link below for a demonstration video of the AED along with a video on how to perform CPR after you have attached someone to it.

<http://www.aednz.co.nz/videos-media/>

Once the re-piling work is completed on the Ohariu Valley Hall there is a plan to hold some training on how to use an AED. We should be told when this will be.

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On a much more positive note, the Club Championships are not far away. The Men's Stroke Play championship is over 2 rounds to be played on 15 & 22 August. Women's Stroke Play championship is on 2 August. The results of those determine the seeding for the match play championships.

Because of the work involved in deciding where the divisional splits are etc, for Men entries close on 9 August. An entry sheet is posted in the Men's locker room. If you want to enter make sure your name is on the list. Don't rely on someone else to do it for you.

This is our major championship of the year and as far as entries go, the more the merrier. Don't be put off by thinking you cannot compete – anything can happen, especially in Match play

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