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Sawtell Croquet

January 26/February 26



From the President's Desk

Hello Everyone,

Australia Day was another success. Very hot! As we head into February it is still going to be very hot, don't forget to keep hydrated.

The community college is running a First Aid and CPR course. It is free for pensioners. They also run a Food Handlers course. If you are interested in either of these courses please let me know.

In my last email I mentioned that owners of mallets kept at the club need to put them back on the rack before the General meeting. Some members are away or not well at the moment so we have decided to extend the time until the end of February.

We have Division 1 Golf Croquet Pennants on Sunday 1st, 8th, 15th Feb. If you can spare some time to come and help or just watch some great games, come along. In March we start our division 2 & 3 Pennants.

As always, Jamie

Coming up....

social event

**Pancake Tuesday
17th February**



\$9 includes green fees

Coming up....

General meeting

11.30am

Monday 9th February

Coming up....

social event

St Patrick's Day



Tuesday 17th March

Cost - \$14

(includes green fees)

**Lunch: Shepherd's pie with mushy peas
and all things green.**

**Optional: green mufti dress code.
Prize for best dressed leprechaun.**



Coutts Crossing CNSW Regional Hub is continuing

Association Croquet Workshop

Sat 7th Feb 12.00pm - 2.00pm

at Sawtell Croquet Club

email: garry5751@gmail.com

Registration essential

Mark your calendar for future dates:

Saturday 7th March

Saturday 2nd May

Saturday 6th June

Coming up....

Pennants Rules Day

Sunday 15th February, 12 noon

Paying Your Green Fees

Green fees can be paid with cash or with Pre Paid tickets.

A booklet of ten Pre Paid tickets can be purchased with cash or by direct debit. One book containing 10 tickets cost \$70.

Each booklet of pre paid tickets comes with a money back guarantee if you become sick or for whatever reason you can no longer use the tickets. This is a convenient method for both you and whoever is balancing the daily banking.

Cash payment is still an option and it is advisable to come with the correct notes/coins. Change is not always available.

Shirts

Club shirts can be purchased from two outlets - **Cabas** in West High St or **Wear It** 1/21 Isles Drive.

Shirts in club colours can be purchased from other outlets if desired.

The club's dress code is any combination of red and white.

Cabas' and **Wear It's** retail prices vary (up to \$35) with no pocket. **Wear It** can add a pocket at an additional charge. **Cabas'** shirts are made with polyester fabric and have mesh back and side panels for cooler comfort.

Order direct with **Cabas** or **Wear It**. The club will no longer order club shirts or jackets.



Cabas

Red with white trim only.



Wear It

Red with white trim.
White with red trim.

Encouraging New Members

'News Of The Area' will soon feature a series of advertisements focusing on membership drives for sporting groups. The committee has decided to take advantage of the affordable offer and run two advertisements, culminating in a **"Come and Try Day" on Saturday 14th February.**

If you



croquet

help advertise the club
and tell friends and family.

**Birthday wishes to our members
celebrating birthdays in February.**



Beryl Zanoni
Frank Hulbert
Bill Lidster
Michael Nealand
Terry Regan
Wendy Forbes
Keith Williams

What a great job!
A spectacular result!

Thank you, Cliff.



Sponsorship

Our Sponsorship Committee is busy seeking sponsors for carnivals and club championships held during the year. Members are invited to contribute by making a donation which will be allocated to these expenses. Any amount would be appreciated. Please put your sponsorship donation in an envelope marked "Sponsorship" and place in the box at the clubhouse. Alternately, you can make a direct deposit into the club's bank account and notate it as "Sponsorship".

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5kg potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you will find that you can hold this position for a little longer.

After a couple of weeks, move up to 10kg potato bags. Then try 50kg potato bags and eventually try to get to where you can lift a 100kg potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each bag.

Coming up....

Fundraising event for
Special Olympics athletes.

These local athletes will be competing in Melbourne later in the year and personally have to meet the costs of travel, uniforms etc.

Details of our fundraising event to follow.

Reminders

Remember to wash your hands after handling croquet balls.

Mobile phones not to be used whilst playing, except if you are expecting an important phone call, eg doctor.

Coming up....

Division 1 Golf Croquet Pennants

Sundays - 1st, 8th and 15th February 9.30am

Coutts Crossing, Port Macquarie and Sawtell will be playing all their home and away games at Sawtell.

Our Sawtell club will be represented by Derek Burrows, Greg Kenny, Gaylene Humphries, Kay Elliott, Peter Waters and Cath Waters.



You are encouraged and welcome to come along to support our team.



Mark your Calendar



Sundays 1st, 8th and 15th February 9.30am
Div 1 Pennants

Association Croquet Workshop
Saturday 7th February 12 noon

Monday 9th February 11.30am
General meeting

Saturday 14th February 2pm
Come & Try Day

Saturday 14th February 10 am
Pennants Rules Day

Tuesday 17th February
Pancake Tuesday

Tuesday 17th March
St Patrick's Day

Monday 6th April
Hot Cross Buns

First Aid & CPR and Food Handlers Courses
Contact Jamie