

## COORDINATOR'S REPORT

Dear Members, Volunteers and Supporters,

Welcome back and Happy New Year to you all!

I am looking forward to another exciting year with New Horizons Club.

A big thank you goes out to Kerry and Carol Finch for once again hosting us at their house for our Christmas Picnic. The day was fantastic we are very grateful to all the sponsors of the day.

There are lots of great opportunities and activities for our members that will be available in 2012.

Our planning meeting early in the year was well attended and very successful. It certainly generated some great ideas. Thank you to everyone that attended. Keep an eye on the Newsletter for new initiatives.

We also held a working bee with few attending but we achieved a great deal, thank you.

New Horizons Awards Night is coming up. It will be a great night and we look forward to seeing who the coaches have awarded their Champions. I hope to see you all there.

I am very excited to announce that New Horizons Club will be hosting a Futsal competition in June here in Launceston with teams from NSW and other states attending. If you want to be involved make sure you attend soccer practice.

Yours in sport and recreation,



Belinda Kitto  
Manager – Co-ordinator

### *Inside this issue:*

Coordinator's Report

*Sports Schedule & Points tally*

Special O. & NHC Events

*Club News – People – Places*

Calendar

### *Save the Date*

#### **NHC Board Meeting:**

Monday 6<sup>th</sup> Feb – 5.30pm

#### **SPORTS HUB – Uni & Hawks:**

Thursday 9<sup>th</sup> Feb : 1-2pm

#### **AWARDS NIGHT:**

Friday 24<sup>th</sup> Feb – 7pm Archers Manor

#### **CAROL TANNER SWIM CARNIVAL:**

Saturday 17<sup>th</sup> March

#### **CYCLE CHALLENGE:**

Sunday 25<sup>th</sup> March

#### **Futsal Comp:**

June 22-24<sup>th</sup> – L'ton

#### **NHC MEMBERS BALL:**

Saturday October 20th

### **NHC OFFICE HOURS**

**Weekdays,**

**Mon – Fri: 10am – 3pm**

**Please contact Belinda if you wish to  
make appointment times outside these  
hours.**

### **XMAS STOCKING RAFFLE**

NHC xmas raffle was won by

Christine Boutcher.

Congratulations ☺

### **Meetings & Venues**

All meetings held at New Horizons Club  
292-294 Invermay Road, Mowbray

#### ***New Horizons Club Board Meeting:***

6<sup>th</sup> Feb Monday – 5.30pm

#### **North-East Program**

Scottsdale Sports Centre

## SPORTS SCHEDULE

*New Horizons supports participation in sport and recreation as a way of encouraging a healthy lifestyle.*

Athlete Development	Mon Wed	4 to 5.30 pm	Launceston College Gym	\$
Athletics	Thur	4.00-5.00	St Leonards Track	\$2.00
Basketball	Sat	9.30-11.30	Queechy High School Gym	\$2.00
Bocce	Tue	4.30-5.30pm	Italian Club	\$2.00
Boccia	Thur	1.30 to 3.00 pm	Max Fry Hall, Trevallyn	\$4.00
Craft	Tues	10.30 to 12 noon	New Horizons Club	\$3.00
Fitness Class	Mon	11.00 to 12 noon	Orbit Gym	\$4.00
Golf	Mon	Afternoon	Launceston Country Club	\$6.00
Gymnastics	Fri	4.30 to 6.00 pm	PCYC Newstead	Term fee
Indoor Carpet Bowls	Thurs	7.00 – 8.30pm	New Horizons Club	\$2.00
Snooker/Eight-ball	Thur	3.00-5.00pm	Launceston Workman's Club	\$4.00
Soccer	TBA	4.00–5.00 pm	Newstead College Gym	\$1.00
Social Bowls	Wed	10.30 to 12 noon	New Horizons Club	\$2.00
Song and Dance	Tue	1.15 to 2.15pm	New Horizons Club	\$2.00
Junior S & Dance	Tue	4.00-4.30pm	New Horizons Club	\$1.00
Swimming	Mon	5.30 to 7.30	Launceston Aquatic Centre	\$5.00
Tennis	Wed	4.00 – 5.00	Hart St	\$2.00
Tenpin	Sat	8.45 to 10 am	L'ton Lanes Kings Meadows	\$6.50

### *START DATES FOR ACTIVITIES*

Athlete Dev		Social bowls	15 <sup>th</sup> Feb
Athletics	16 <sup>th</sup> Feb	Song and Dance	21 <sup>st</sup> Feb
Basketball	18 <sup>th</sup> Feb. 9.30 & 10.30am	Swimming	13 <sup>th</sup> Feb
Bocce	14 <sup>th</sup> Feb. 4.30pm	Tennis	
Boccia	16 <sup>th</sup> Feb. 1.30pm	Tenpin	4 <sup>th</sup> Feb
Craft	14 <sup>th</sup> Feb		
Golf	6 <sup>th</sup> Feb		
Gymnastics			

**Boccia : State Round Robin: 18<sup>th</sup> Feb. Campbell Town**

Soccer: Anyone interested in participating in Soccer please contact Belinda as we are considering a day change to either Monday or Wednesday and would like to know your availability.

### **NEW.....JUNIOR SONG & DANCE**

A new program is starting this term for children 5-14yrs .

Come along and join in our musical fun

**Tuesday at 4pm at NHC Starts Monday 13<sup>th</sup> Feb**

### HOUSE POINTS TALLY 2011

	ESK	BASS	TAMAR	BOOBYALLA
<b>TOTAL POINTS</b>	<b>2</b>	<b>5</b>	<b>1</b>	

**Coaches: Please make sure that your attendance is coming into the office as regularly as possible so we can keep our points as accurately as we can. Emails are fine.**



Providing sport & recreation opportunities

for people with disabilities.

Phone (03) 6326 3344

Fax (03) 6326 3544

Email [info@newhorizonsclub.org.au](mailto:info@newhorizonsclub.org.au)

[www.newhorizonsclub.org.au](http://www.newhorizonsclub.org.au)

Address Address Address

Address Address Address

## CLUB NEWS ...PEOPLE ...PLACES

### JANUARY BIRTHDAYS

3 <sup>rd</sup>	Barry Skinner
4 <sup>th</sup>	Julie Binns
7 <sup>th</sup>	Kristen Scott
8 <sup>th</sup>	Jaquie Spencer
9 <sup>th</sup>	Roger Walker, Nic Carter, Alex Daniels
12 <sup>th</sup>	Peter Binns, Stephen Harding
13 <sup>th</sup>	Ray Porter, Kaye Drinkwater
15 <sup>th</sup>	Joanne Wallace
18 <sup>th</sup>	Denise Young
21 <sup>st</sup>	Paula Dadson, Angela Duerden
23 <sup>rd</sup>	Robert Davies
25 <sup>th</sup>	Adrian King, Luke Woodberry
26 <sup>th</sup>	Jenny Rowbottom
30 <sup>th</sup>	Julianne Peck



### FEBRUARY BIRTHDAYS

1 <sup>st</sup>	Maggie Bailey-Walford
2 <sup>nd</sup>	Jasmine fish, Ashley Seddon
4 <sup>th</sup>	Vicki Forsyth
5 <sup>th</sup>	Matty Bowen
9 <sup>th</sup>	Matthew Walker
10 <sup>th</sup>	Kylie Clarke, Anna Cromarty
12 <sup>th</sup>	Chris Westwood, Michael Lamprey, Kevin Bell
14 <sup>th</sup>	Cath Imlach, Graeme Page
15 <sup>th</sup>	Monique Frichot
17 <sup>th</sup>	Emily Singline, Tom Mackay
19 <sup>th</sup>	Ben Ewington, Paul Cooper, Joshua Goss
21 <sup>st</sup>	Stuart Smith, John Harper
23 <sup>rd</sup>	Ian Cables, Matthew Binns Francesca Page
24 <sup>th</sup>	Glenn Thomson
25 <sup>th</sup>	Philip De Jong, Emma Malouf
27 <sup>th</sup>	Margaret Oakley, Melanie Harper
28 <sup>th</sup>	Holly Grayston



When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

**Helen Keller**

# NHC AWARDS NIGHT

Our annual Awards night will be held on Friday 24<sup>th</sup> February.

Where: St Albies Hall

When: 7pm start

Cost: \$2 pay on door or at office

Please bring a plate of supper to share and BYO drinks



.....**READY...STEADY...COOK**.....

## 2 MINUTE NOODLE SALAD.

¼ Cup white vinegar  
1 Cup boiling water  
2 spring onions, sliced

2 TBLS brown sugar  
2x 85g pkts 2min noodles  
3 stalks celery, sliced.

½ cup oil  
¼ cabbage, shredded

- In large bowl mix water and sugar together until dissolved
- Crush uncooked noodles while in the packets, then add to the sugar/water. Reserve the flavor sachets
- Add oil and vinegar and mix through well with the noodles....set aside
- Add vegetables and flavor sachets to noodles and mix well.

Nb. Don't overdo vinegar as will ruin salad taste.

# CONGRATULATIONS

## **ARAN MILLER**

Congratulations go to Aran Miller. He has been selected to represent Australia at the WORLD DOWN SYNDROME GAMES in November 2012 in Italy.

Our best wishes go out to Aran and we are very proud of your achievements.

New Horizons will hold a fundraising event during the year to help support Aran's trip. We hope you will all support that. Details will be in next newsletter.

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☺ **GOOD LUCK** to everyone participating in the Australian Tennis Classic in Melbourne this week ☺

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## Xmas picnic 2011

A big THANK YOU to Kerry & Carol Finch for hosting our picnic at their house and Di Bucknell in helping to organize the day.



Thanks to our sponsors for the day, BOAGS & IGA SUPERMARKET, TRC, A&G PAGE, IVAN DEAN, VMB DISTRIBUTORS, AUSTRALIAN ITALIAN CLUB. Thanks to Chris Symons and Lilydale School for setting up and use of the shade covers. Also thanks to Rocky Campbell and Colin Smee for joining us. ☺



**New Horizons Club Merchandise now available to order at the office!**

Hoodies, Hoodies with zip front, sweater, zip up jacket, T-Shirts, Singlets, Summer hoodies.

Polo's to come also.

Please come into the office and order your gear.



**Our Soccer Coaches in their singlets**

***CATERING COMMITTEE***

Anyone interested in being involved in the up and coming New Horizons Catering Committee, please contact Belinda at the office.

**HAWTHORN FOOTBALL CLUB & UNI SPORTS ABILITY HUB**

**Work out with some Hawks players**

Athletes interested in participating in the sports ability hub with the Hawks at the uni on

9<sup>th</sup> February , 1-2pm

Must register with the office before 3<sup>rd</sup> Feb. Limited spaces .....so that means "HURRY"

# Gala Dinner

**We are now starting preparation for our annual Gala dinner. If you would like to help in any way please contact Belinda. We are also looking for items to Auction and any Sponsorship is most welcome and needed. 1st item collected is a fantastic looking COLLINGWOOD Guernsey signed by the most talented and good looking Collingwood legend and potential premiership Coach..... NATHAN BUCKLEY. (anyone top that???)**

**CLUB WORKING BEE**

Thank you to all our busy workers that helped with the working bee: Robyn Hanson, Reg, Joy & Karen Terry, Ruth & Chris Symons, Campbell Fraser, Bella Wyllie, Ness & Belinda

## FEBRUARY 2012

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
30	31	1	2	3	4 Tenpin <b>Starts</b>	5
<b>6</b> Gym/Fitness - 11am Golf <b>Starts</b>  <b>BOARD MEETING</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Tenpin	<b>12</b>
<b>13</b> Gym/Fitness - 11am Golf Swimming <b>Starts</b> N/E program <b>starts</b>	<b>14</b> Craft <b>Starts</b> Bocce <b>Starts</b> Junior S & Dance	<b>15</b> Social Bowls <b>Starts</b>	<b>16</b> Boccia <b>Starts</b> Athletics <b>Starts</b>	<b>17</b>	<b>18</b> Basketball <b>starts</b> Tenpin <b>Boccia</b> <b>State round</b> <b>robin</b>	<b>19</b>
<b>20</b> Gym/Fitness - 11am Golf Swimming N/E program	<b>21</b> Craft Song & Dance <b>starts</b> Bocce Junior S & Dance	<b>22</b> Social Bowls	<b>23</b> Boccia Athletics	<b>24</b> <b>AWARDS</b> <b>NIGHT</b>	<b>25</b> Basketball Tenpin	<b>26</b>
<b>27</b> Gym/Fitness - 11am Golf Swimming  N/E program	<b>28</b> Craft Song & Dance Bocce Junior S & Dance	<b>29</b> Social Bowls	1	2	3	4