

# SUNSHINE TENNIS CLUB

eNews

16th October 2016 No 24



In this issue,

- Open Day Sunday 23rd October
- Bootcamp Fitness starts at STC
- Quiz Night Summary & Raffle prize winners
- Club Sponsors
- Buy, Sell and Found

If your group has something to say or would like distributed to the larger membership in regards to your group, AYC goings on or wins etc, or a Christmas morning tea, luncheon etc, email me at [sunshinetennis.tasmania@gmail.com](mailto:sunshinetennis.tasmania@gmail.com) and I will include in the next eNews.

I and a few other members of STC are taking part in a Menzies study for the prevention of Coronary Artery Disease and the Menzies Institute are looking for more volunteers. You need to be between 40-70 years of age, have a close family member who has had a heart attack, stent under the age of 60 and not currently taking a statin drug. If you can help out give me a call on 0400 974 056 for details or see the brochure in the clubhouse.

Mike Geard  
President

## OPEN DAY

The club will be having an Open Day this coming Sunday the 23rd Oct. from 11.00am to 2.00pm so if you have family or friends who would like a free game of tennis, tell them the courts are open this Sunday.

Our coaches will be in attendance taking the juniors through their paces so come along and say hello.

## BOOTCAMP



**WEDNESDAYS**  
**6:30 to 7:30PM**

A fun bootcamp experience  
All ages and abilities  
Cardio, core & strength building  
Reach your fitness potential  
Indoor / outdoor & beach program  
60 min sessions / \$15.00  
Personal training also available  
11 Howrah Rd Howrah 7018

*Bring a friend!*

**DICKSON WELLNESS**  
KATHERINE KELLY  
Dip. Fitness | Dip. Massage | MBA  
info@dicksonwellness.com  
www.dicksonwellness.com  
**0412 817 427**

**BOOTCAMP FITNESS**  
@ HOWRAH COMMUNITY CENTRE

Our multi talented coaching staff will have Katherine Kelly offering **Bootcamp Fitness** sessions in the Community Centre commencing this coming Wednesday from 6.30 to 7.30pm while David is on the courts.

The fun sessions are for all ages and offer cardio, core and strength building. Full details provided above including phone number **0412 817 427**.

Get along if you can and support this program.

Check out their website at <http://www.dicksonfitness.com/> They even do birthday parties!!!!



## QUIZ NIGHT

The Quiz is over but the talk about it is not. A great success with over 70 persons attending and approximately \$1,050 raised on the night towards the electric bbq we hope to have installed this summer. Thank you to all those who attended.

Winners of the raffle prizes were 1st David Rose (Gerry and Barb's Caltex S/Stn \$200 towards a car service), 2nd Sean Kelly (tennis racquet), 3rd Harry (KoKo Hair Design Style, Cut and Design), 4th Anne Geard (AM/FM radio from Chris Ikin), 5th Deniise Wells (Wine Tasting Party Kit from John Foale).

A very happy table won in a tight finish and received amongst them wine donated by Greg and Toni Hawkes, chocolates and 6 pack of beer so everyone was happy.

Quite a few went home with a biro donated by Harry Coomer from Petrusma Real Estate and some extra kilos which can be taken off by participating in the Bootcamp Fitness commencing this Wednesday at 6.30 in the Rec Centre. Our new coaches attended and had a great night but didn't take home any prizes and will be better prepared next year.

Yours truly went home with one of the meal vouchers kindly donated by the Bellerive Yacht Club (new chef, new menu, excellent food, fantastic views - visitors welcome) as winner of the sports card and John Gericke won the lucky door prize and took home a heap of goodies including a free yoga session from the Breathing Tree and might be shouted a cheaper massage by Judy for Christmas.

Many of the businesses we had as sponsors offer gift vouchers so keep in mind for Christmas presents and say you were referred by the tennis club so they know their support is worthwhile.

Mark and Jenny Kitchener did a top job conducting the night as quiz masters and went to a lot of trouble in the preparation, many thanks..

Mike Geard

## **Shoreline Doctors Surgery**

From all reports our valued sponsor Shoreline Doctors Surgery had a very successful after work BBQ and tennis for employees at the clubhouse recently.

Hopefully the experience will encourage more members enjoying tennis and the club facilities.

If you know of any business wishing to become a sponsor of the club please phone Mike Geard on 0400 974 056 or any of the committee to discuss. We have lots of fencing space available.

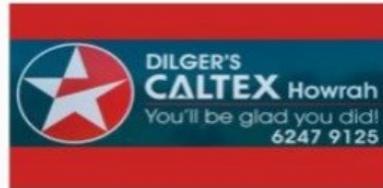
## **Sunshine Tennis Club Sponsors**

Listed below are our major Sponsors.

Please support these Businesses - they support your Tennis Club

TIM PAIN PODIATRY 17a Gordon's Hill Road, ROSNY PARK  
DILGERS CALTEX 11A Howrah Road, HOWRAH

**SHORELINE DOCTORS SURGERY** Shop 16, Shoreline Shopping Centre, HOWRAH  
**HARRY COOMER, PETRUSMA PROPERTY**, 15 Shoreline Drive, HOWRAH  
**HOBART FINANCIAL PLANNING** 11 Scott Street, BELLERIVE  
**NILS**- No Interest Loans Network of Tasmania GPO Box 132, BATTERY POINT  
**CONRAD DESIGN** - Graphic Design & Web Creative Website: [www.conradesign.com.au](http://www.conradesign.com.au)



## Buy, Sell and Found

If you have any tennis items of interest to other members, feel free to email [sunshinetennis.tasmania@gmail.com](mailto:sunshinetennis.tasmania@gmail.com) with short description of the item.

**Found** - Last week. One Day Contact Lens on court 2.

**Used Tennis Balls** (can of FOUR) -good for the dog \$2.00 a can. Ph 0400 974 056 or deposit funds in the Suggestion Box in the Clubroom.

11 Howrah Road, Howrah, Tas 7018

PO Box 377, Rosny Park Tas 7018

Phone Secretary Sean Kelly 03 6247 8599 or 0448 329 771

Email: [sunshinetennis.tasmania@gmail.com](mailto:sunshinetennis.tasmania@gmail.com)

Website: [www.sunshinetennisclub.org.au](http://www.sunshinetennisclub.org.au)