

AUGUST 2023 NEWSLETTER



From our CEO

Hi all,

The sun is pouring through my office window as I type- a great reminder that there's only one more month of winter! That doesn't mean that winter sport is petering out though :) It's peak footy time here, with our State inclusion team selection happening at the moment. The Carnival takes place 8-14 October in Brisbane, and we'll be sharing updates day-by-day on facebook. We're sending our very best to all players and volunteers. It's going to be a special week!

AFL was one of our sports that drew crowds at our fantastic NW Multisport Weekend that took place in Devonport in mid-July. As well as football, members got active with Judo and Basketball. We were also really lucky to have Physio Tas Movement come along for a Health Workshop, which received really great feedback.

Congratulations to our Boccia players Nick and Minna who recently participated in Brisbane successfully. We're not just playing sport, but we've been talking sport too, with Rick and Jayne from Make It Tasmania films. We've had member, volunteers and staff interviewed last week, as part of the process of making a short documentary about our club. We can't wait to share the end result! We're also really looking forward to introducing you to some new NHT staff members soon too - stay tuned. Read all about Kim our new Executive Officer at the end of this newsletter

On a final note, I'd like to send our Ballrooms dancers our very best wishes as they cha-cha their way to compete in the Tasmanian Dancesport Championship August 12th at the Silverdome - tickets on sale at the Ticketek. It looks so fun, we're more than a bit jealous.

See you soon! Belinda

August Birthdays



2nd - Louisa Jones

3rd - Laura Sindrey

4th - Tommy Colgrave

5th - Paige Holland, Alexander Bartninkaitis,

6th - Selby Krushka, Mark Gale

7th - Tim Goss

9th - Dean Foreman

10th - Mel Phillips

14th - Robyn Ockerby

15th - Koen Wright, Dalton Williams-
Jeffrey, Dana Devine, Rupert Grayston

20th - Rohan Eastley

22nd - Emily Gates, Kim Krushka, Samantha Dyer

23rd - Zane Cornelius (30!),
Deb Thompson

25th - Brodie Leslie,

26th - Jayden George

30th - Tim Breward

31st - Jason Cooper

Apologies to Bryce Rogers, Jordan Irwin and Miller Johnson whose birthdays were missed in the July list - we hope you all had a wonderful celebration!

Term Fees

Season 2 invoices have been sent to members last week, many thanks for the payments made already. If you have any queries about your invoice please call the office and chat to Ruth.

NORTH- EAST Updates

The North East group are enjoying a break from activities and resume programming on the week starting Monday, July 31st 😊

NORTH Updates

Hip Hop Dance Program

Our new program Hip Hop Dance has begun, Thursday's, 2:00pm -2:45pm at Dance Academy 34 (290 Wellington Street, South Launceston). Come and try this new style of dance at the low cost of \$7 per session, spots still available. Please contact Tomas McIntee tom@newhorizonstas.org.au or call the office on 6326 3344 to register.

Futsal Program

There are spots still available in our futsal, indoor soccer program. Join us Tuesday afternoons 4:00pm – 5:00pm at the Uni Gym, Newnham. Join us for skill drills, games and most importantly plenty of fun, at the low cost of \$7 per session. Please contact Tomas McIntee tom@newhorizonstas.org.au or call the office on 6326 3344 to register.

Golf Program

There are spots still available in our golf program. Join us Tuesday afternoons 2:00pm – 3:00pm at the new interactive WillFit Golf, Invermay. Join us for interactive games or take on a course from around the world and learn new skills from specialised coaches. Plenty of fun, at the cost of \$20 per session. Please contact Tomas McIntee tom@newhorizonstas.org.au or call the office on 6326 3344 to register.

Conversations - Expressions of interest

We are currently seeking expressions of interest for Conversations! Hosted by the lovely Maryann & Angie at the relaxed Grain of the Silos Café, Monday afternoons for conversations. Feel free to buy a drink when at the session to enjoy while having your conversations. This program will restart once we get more EOI. Aims of the program are to introduce specific topics to the group, maintain & extend topics of discussion and to of course enjoy each other's company while learning new conversational skills. Contact Tomas McIntee tom@newhorizonstas.org.au with your EOI or any questions you may have.

Smarty Arts - Expressions of interest

We are currently seeking expressions of interest for Smarty Arts! Facilitated by local Art Therapist Sarah Poulton held at New Horizons. Designed to build emotional intelligence, this program will restart once we get more EOI. Contact Tomas McIntee tom@newhorizonstas.org.au with your EOI or any questions you may have.

NORTH Season 3 Calendar

Activity	Day	Time	Location	Cost	Return dates:
Gym/Fitness	Mon	11:15am -12:15pm	MyGym, Launceston	\$7	Continues through
Boccia	Mon	12:15pm – 2:15pm	Max Fry Hall, Trevallyn	\$7	July 24 th
Contact Tom – tom@newhorizonstas.org.au about all North Programs!					
Rebound Therapy	Mon	5:15pm – 6:15pm	PCYC	\$14	July 24 th
Craft	Tues	10:00am – 11:30am	New Horizons	\$7	July 25 th
Model Making	Tues	10:15am – 11:30am	New Horizons	\$7	July 25 th
Ballroom	Tues	12:45pm – 1:30pm	Door of Hope (Palmer's Dance Studio)	FREE	Continues through
Song & Dance	Tues	2:00pm – 3:00pm	M.Wimmer's Dance Studio, Youngtown	\$7	July 25 th
Golf	Tues	2:00pm – 3:00pm	WillFit Golf, 81 Gleadow St, Invermay	\$20	July 25 th
Junior Song & Dance/Choir	Tues	3:30pm – 4:30pm	St Michaels	\$7	August 1 st
Futsal	Tues	4:00pm – 5:00pm	Uni Gym	\$7	July 25 th
Taekwondo	Tues	6:00pm – 6:45pm	Newstead College	\$7	July 25 th
Swimming Lanes Program Pool	Wed	5:30pm – 6:30pm 6:30pm – 7:30pm	Launceston Aquatic Centre	\$7	Lanes: August 2 nd Program Pool: TBA
AFL	Wed	6:00pm – 7:00pm	Windsor Park	\$7	Continues through
Painting	Thurs	10:00am – 11:30am	New Horizons	\$7	July 27 th
Hip Hop Dance	Thurs	2:00pm – 2:45pm	Dance Academy 34	\$7	July 27 th
Tenpin	Fri	1:30pm – 2:30pm	Launceston Lanes	\$10	July 28 th

Congratulations!

Member and talented athlete **Nick Heames** has recently won the PWII tennis Men's Singles Division 2 title in New South Wales.

Congratulations also to **Sarah & Maggie Squires** for competing and coaching in the VIC SO State Games. Well done all, your NHT family is proud of you!

Congratulations to **Nick Milner** on winning Silver in the Boccia Battle in Queensland, and to **Minna Blaney** for competing in the same Boccia tournament.

Congratulations to **Kent Abey** (son of Brian Abey – our trusty bus driving volunteer in the north) on being inducted in The Tasmanian Football Hall of Fame. Kent won premierships in Ulverstone and North Hobart. He played with the Tassie Mariners and Tasmanian Devils. Then he played for the Morningside Panthers in the QAFL. He played in four QAFL premierships, and he is the Panthers Games Record holder with 305 and the QAFL all-time leading goal scorer with 787 goals.

NORTH-WEST Calendar

Activity	Day	Time	Location	Cost
Basketball	Monday	2:15 – 3:00pm	Devonport Recreation Youth Centre, Forbes St, Devonport	\$5
Judo	Monday Monday/Thursday	5:00 – 5:45 (Beginners/Juniors) 5:45 – 6:30 (Juniors) 6:30 – 7:30 (Seniors)	Devonport Judo Club Charles St, Devonport	\$8
Gym Fitness	Tuesday (Commencing 25 th July)	2:15 – 3:00pm	Athlete 42 2 Flora St, West Ulverstone	\$8
Creativity for Change	Wednesday August 2 nd : Guided Painting August 9 th : Guided Painting August 16 th : Performing Arts August 23 rd : Music September 6 th : Music September 13 th : Performing Arts	3:30 – 4:30pm 4:00 – 5:30pm	Penguin Community Learning Centre 105 Ironcliff Rd, Penguin (Old Primary School Campus, enter off top carpark)	\$15

SOCIAL EVENTS

NW Dinner Club

Wednesday 26th July
Beach Hotel, Burnie
5:30pm



NORTH-WEST Updates

Welcome to August! As we embark on a brand new month, we are thrilled to share with you the incredible achievements, inspiring stories, and upcoming events within the world of New Horizons North West.

We kicked off our month celebrating our 14 Champions at our Graduation at UTAS Stadium in Launceston. Congratulations to each of you on your success and achievements. We saw incredible growth in each member over the 8 weeks along with evidence of our members demonstrating their leadership skills in our sporting sessions.

We look forward to another big month and term coming up on the North West Coast.

NW Multisport Day

Our NW Multisport Day was held in Devonport on Saturday July 15th. We had 19 participants from around our state join us for an enjoyable day. To begin the day we stepped outside our comfort zones and for many tried Judo for the very first time. Whilst feeling nervous many engaged in the program, learnt lots of new skills and thoroughly enjoyed themselves. From here we moved outside to enjoy an AFL skills session delivered by Coach Cam. With a biting wind straight off Mt Roland he got us moving very quickly with a warm up then moved into handballing and finished off with some kicking accuracy.

We built up an appetite from our morning sessions so it was straight into lunch and a break to sit in the sun and chat with friends. Ben Brockman from Physio Tas joined us after lunch and shared his knowledge of the importance of Movement for Health along with leading us through warm up stretches and some body weight exercises. We finished our day with basketball. Members enjoyed some warm up competitive teamwork based games to warm up and some shooting practise before embarking on a game.

I'd like to thank the Devonport Recreation Centre for hosting us, Nourish Me, Valentinos Devonport and Little Tazzie Coffee Van for fueling us, AFL TAS, Physio Tas and the Devonport Judo Club for your coaching, knowledge and support of our day. A BIG thankyou to the whole New Horizons Tasmania team, volunteers, families, support workers and members for your help and support to make our first NW Multisport Day a huge success.



NORTH-WEST Updates

Ongoing Programs for Term 3 - Basketball

Basketball will continue in Devonport during Term 3 on Mondays, 2:15 – 3:00pm at the Youth Centre Devonport. Remember to bring a drink and wear comfortable clothing.

Gymnastics

Thankyou to the staff and students of Miandetta Primary School and Our Lady of Lourdes Catholic Primary School for your engagement with and support of our gymnastics program during Term 2. We welcome Spreyton Primary School to the New Horizons family for Term 3.

New Programs for Term 3 - Gym Fitness

Welcome Jason Ling, Athlete 42, to New Horizons Tasmania. Jason will be providing us with a weekly gym circuit program tailored to the needs of each participant, in a safe and respectful environment.

- Tuesday, 2:15 – 3:00pm
- Athlete 42 gym, 2 Flora St, West Ulverstone
- Bring drink bottle & wear comfortable clothing
- \$8/session (invoiced at the end of each term)



Creativity for Change

It's time for us to get our creative juices flowing. Our NW Creative Arts Program is back on for 2023. We have on offer a variety of activities, guided painting, performing arts and singing delivered by qualified professionals in their field.

- Wednesday, 3:30 – 5:30pm (time varies depending on activity)
- Penguin Community Learning Centre, 105 Ironcliff Rd, Penguin
- Wear comfortable clothing
- \$15/session (invoiced at the end of the term)

Dinner Club NORTH

**Join us for dinner on Thursday 24th August at Tramms Family Bistro (Park Hotel)
43 Invermay Road @ 6.00 pm**

Please book your seat at the table by calling the office on 6326 3344. Tramms Family Bistro has a wide menu for all tastes, come and join us on a winters evening.

Welcome Kim!



Hi, my name is Kim Butterworth. I commenced in the role of Executive Officer at NHT on 8 June 2023. I have lived in Launceston since 1988, my family and I moved here from South Australia.

Prior to coming to NHT to work, I was the Executive Officer at the Motor Accidents Insurance Board (MAIB) for about 16 years. It was time for a change, so I applied for the role at NHT and much to my delight I was successful. I am really loving working at NHT, no two days are the same and everyone I have met so far are lovely.

When I am not working, I am looking after my two children, who are 11 and 8. My husband, Colin is a photographer in his spare time, so you may see him behind the camera at some NHT events (he was at the Champions Graduation taking photos). I love paper crafting, most scrapbooking and card making and have a whole room dedicated to my craft! We are lovers of cats and currently have six, three boys and three girls. We also have two fish.

I love rhinos and have had the absolute joy of getting up close and personal with a white rhino called CJ at Australia Zoo in May this year. An experience I will never forget. I look forward to meeting all of you at some point in the future.

