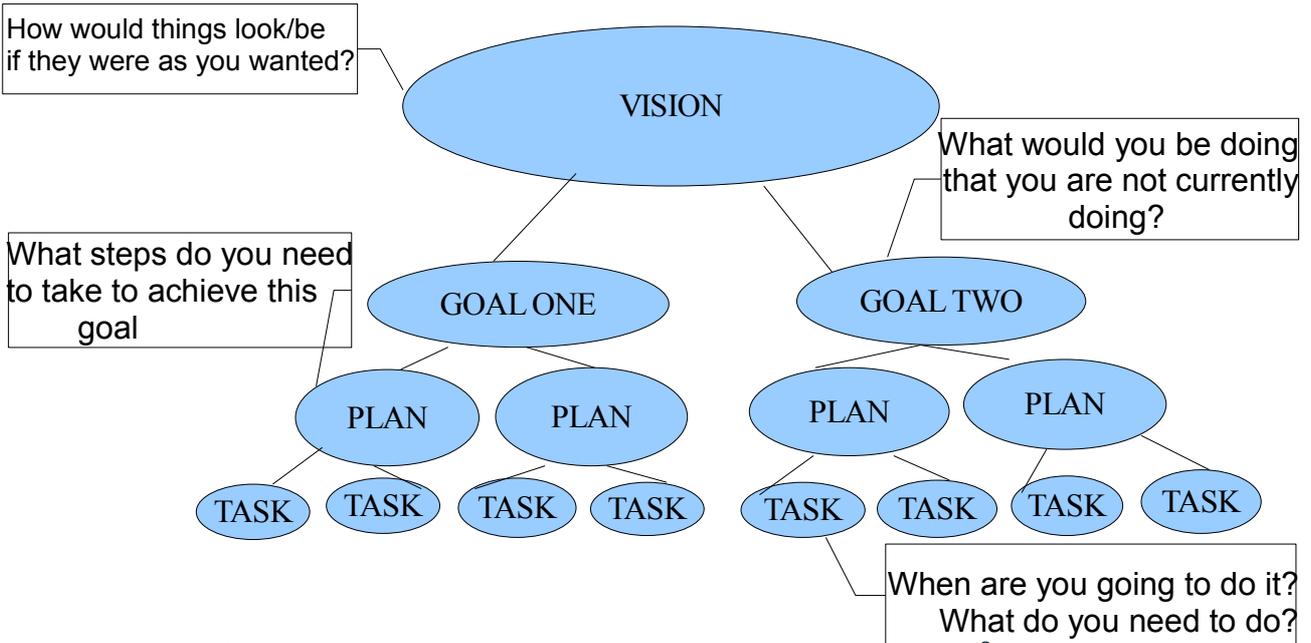
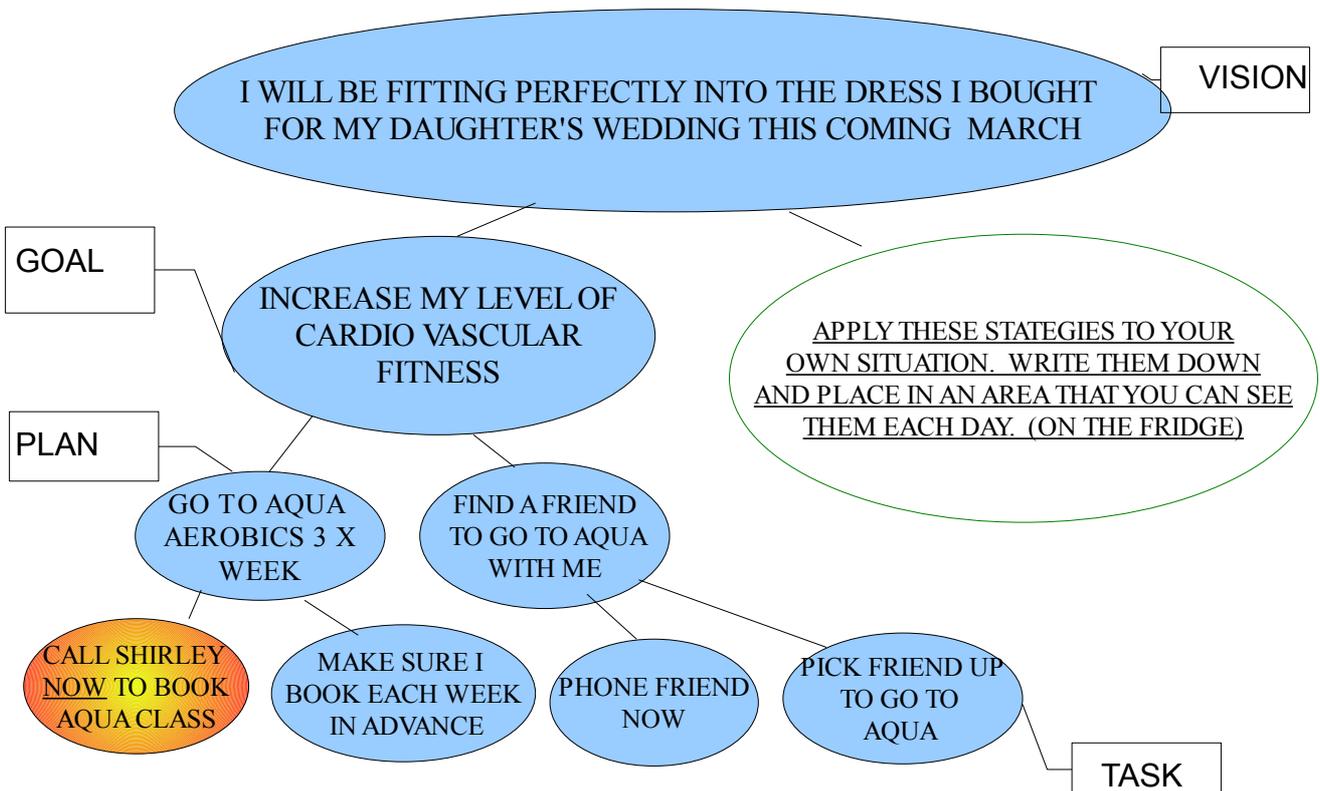


HAPPY NEW YEAR EVERYONE !!!!!

Welcome to the first month of the second decade of the new millennium. I remember where I was at the beginning of the year 2000, 10 years ago. I have gone full circle, after moving house 3 times, I am now living right next door to where I was 10 years ago! Think back and reflect on the last 10 years....did you set goals back in the year 2000? Have you achieved those goals.....or not? If you have set, and achieved your goals, well done. Keep doing what you are doing if it's working for you. For others, what is it that stops you from reaching your targets? Do you keep shifting the goal post? Do you aim too high too quickly? Is what you want *believable*? Let's have a look at some strategies that can help you.



Let's take the following scenario and apply these strategies.



AUSTRALIA DAY HOLIDAY

This year Australia Day falls on Tuesday. As it is a public holiday, there will be no class that night.

SUN SAFETY

It has been a very hot start to our summer this year, and I'm sure you will be slip, slop, slapping to protect yourselves from the sun's harmful rays. The use of sunscreen, UV protective clothing, hat, sunnies and shade are well known as risk reduction tools in controlling the hazard of skin cancer in the workplace, home and play areas.

What is not well known, is that if you expose sunscreens to excessive heat, the protective qualities of the sunscreen diminish rapidly.

Sunscreens should not be left on your dashboards or in glove boxes of your car or truck where heat will destroy the protective properties. Sunscreen will best work when stored in a cool, dry place, such as your lunch box, a shaded area of your vehicle or first aid kit away from radiant heat.

If you have any doubt about the quality of your sunscreen, replace it immediately.

BIRTHDAY CALLS

Happy Birthday to those who celebrate their special day in January & February

Nikki Vaughan	1/1	Kim Skett	6/1	Theresa Newton	6/1
Margaret Lim	6/1	Julie Pennington	9/1	Gail Brandon	10/1
Verna Forbes	10/1	Gwen Hoath	10/1	Ted Rayfields	15/1
Julia Bottcher	18/1	Deb Saville	20/1	Mary McEachen	27/1
Ann Davies	1/2	Sheval Colyer	2/2	Joy Smith	5/2
Sharelle Scutella	5/2	Liz Waddell	7/2	Sue Eldridge	8/2
Liz Forbes	11/2	Paula Rochford	11/2	Linda Gofford	12/2
Emma Wathall	14/2	Rochelle Dedrick	15/2	Hazel Jordan	16/2
Tanya Robinson	17/2	Bernadette Biggar	18/2	Denise Croeser	18/2
Emily Wood	19/2	Dawn Barrett	22/2	Karen Gilmore	25/2
Eva Slavin	28/2				

What a lot of celebrations for these two months!

HYDRO BALANCE CLASSES

I have put in a proposal to the owners of The Swim School about running HYDRO BALANCE classes. At this stage, a tentative start date will be at the beginning of February. I am looking at running 2 classes a week –

Monday evenings at 6.30 and Tuesdays at midday.

For those of you who are not sure what HYDRO BALANCE is about, read further:

HYDRO BALANCE is a combination of Tai Chi, Yoga & Pilates, done in the comfort of warm water. **This is a very gentle, slow moving class.** Included in these classes are stretching & mobility, relaxation & floating. The focus on this class is core stability, strength & balance, as well as releasing stress & tension. This class requires warm air temperatures, which makes it suitable for the summer months. Classes will run for 45 minutes and the cost is \$10 casual, or you can use your 10 visit pass.

While I am waiting for the go-ahead for these classes, please give me any expressions of interest. If you have any questions about whether it is suitable for you, please give me a call or talk to me before/after class.

JEWELLERY

It is a good idea to remove jewellery before classes. It is possible that the chemicals in the water can deteriorate the settings – even gold. Most of you know that if you wear any silver jewellery in chlorinated water, it turns black, however, this can be cleaned off.

LAST NOTE FROM THE EDITOR'S DESK

Our Christmas party at the end of November was great. It was lovely to sit down and be social with those of you who attended. I would like to thank you all for your Christmas/New Years wishes and gifts. I thoroughly enjoyed my R&R. I will be looking at running some more promotions starting about ¼ of the way through the year, so be on the look out for them. Please remember to book in for your classes. Over the summer period numbers do increase and OHS requires that I set a maximum of 25 patrons in the pool. So, don't be disappointed.....BOOK! I'm looking forward to seeing a lot of old faces back in the water for the summer. Until then.....

Shirl

