

Hills District PCYC

OPEN HOURS

Mon-Thur 7.30am–9.00pm
Friday 7.30am–7.30pm
Saturday 8.30am–12noon

POSTAL ADDRESS

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Manager's Message

Welcome to the August Edition of the Hills District PCYC Newsletter. The club is progressing well although it has been an interesting 6 weeks. The Club has been successful in obtaining grant funding from Moreton Bay Regional Council to convert the store room on the far side of the court to a spin cycle room. Construction started one week ago and is due to be completed early September. The club has also been lucky enough to receive grant funding from Sport and Rec Queensland to continue running the Basketball After Dark Program. This funding will enable the Hills PCYC to continue the program for another year. This a great free event for kids to play sport and hang out with friends at no cost. Giving them the opportunity to participate in a supervised activity run by qualified coaches in a controlled environment.

Recently I had a very positive meeting with Mr Peter Dutton, Federal member for Dickson to discuss our expansion plans and funding opportunities. We look forward to a positive working relationship in the future.

Don't forget our AGM on Monday the 6th September has moved to the Arana Leagues Club and all Hills PCYC members are eligible to vote. Look forward to seeing you then.

Keep fit and Stay Safe, Lyndon.

Rejuvenation Qigong

How important is it to have strong legs at an older age?

VERY, it gives us stability. When we stand strong we feel strong, not only the body, the mind also. We feel confident, able to work in the garden, carry groceries, walk up stairs, and walk on uneven terrain, without fear of injury or falling.

It is important to evenly distribute our vitality, blood and fluids throughout our body. Because we live in such a busy stress-filled society, we spend most of our time in our head, & we habitually carry a lot of tension in the upper body - tight shoulders, grit our teeth, suffer headaches, high blood pressure etc. While in the rest of our body our muscles are weak and flaccid, our digestion is sluggish etc. In summary we are full of tension above the waist and empty of energy below the waist, which makes us very top heavy and more prone to fall over. Think of a pot plant on your patio - if it has a poor root system and you have allowed the soil to dry out and yet there is a lot of foliage, often straggly, then all you need is a brisk wind and it will be blown over.....as with us, all we need is that extra bit of stress or an unexpected event and we will also fall over - physically or emotionally.

So let's fix it by redistributing our vitality and blood. Open the joints, get the spine flexible, release the restrictions around the waist (the gate between above & below), stop the head chatter, draw our breathing down to the belly and work the leg muscles.

What is Qigong?

Literally translated, it is energy work. It originates from China, as does Tai Chi. When you practise Qigong, you will develop a strong stable standing posture, you will learn to breathe in a relaxed and effective way, chronic muscle tension will begin to ease, and your mind will become clear and focused.

Classes are held at the Arana Hills PCYC on Tuesday mornings at 8:00 am and on Thursday mornings at 11:30 am (Classes do not run during school holidays)

Our instructor Patsy Wilcox of the Ashi Acupuncture & Qigong Centre is a Master of Qigong and has been teaching since 1990. If you would like to ask any questions, feel free to ring Patsy on 3351-6408.

What's On ??

Bunnings Stafford

Friday 3rd September, 9am start
Friday 15th October, 9am start

Hills District PCYC AGM

Monday 6th September 7.00pm

Arana Sports Raffles

Sept 9th & 15th 5.45pm–6.30pm.
Please let us know if you are able to assist with ticket sales. Ph: 3855 1980.

Futsal Sign on

Friday 10th Sept 5pm–7pm
Sunday 12th Sept 8am–11am

Basketball Trophy Day

Sunday, 12th September

Jujitsu Competition

Sunday, 19th September
Commencing 10am

State Of Origin Boxing Tournament

PCYC QLD v PCYC NSW
Saturday 9th October, Nerang
PCYC

Stake Holders Meeting

Meeting for all coaches, staff & Stakeholders on Saturday 16th October 2010 at 9am

QPCYWA Gala Dinner

Saturday 6th November Brisbane
Exhibition and Convention Centre.

To remove your name from our mailing list, please [click here](#) to advise



HILLS DISTRICT PCYC

THANK YOU!!!!!! To our BBQ Volunteers

A big thank you to all of the volunteers who helped out with our Bunnings Stafford Sausage Sizzle earlier this month. The day raise in excess of \$1000 for the club. In addition our PCYC has been selected to trial Friday BBQ's with Bunnings Stafford, the first of these being on the 3rd of September. We are privileged to be given the opportunity to host these days and would like to give another big thank you to the Staff of Bunnings Stafford for their ongoing support. If you are able to assist for any of the 1—2 hour shifts please contact Lyndon on 3855 1980 or by emailing lyndon.martinz@pcyc.org.au.



(lunch shift pictured)

FUTSAL STARTING IN OCTOBER



ARANA UNITED
FUTSAL CLUB

HILLS DISTRICT PCYC
OLEARIA STREET, EVERTON HILLS



Futsal (5-a-side indoor soccer) Summer Competition is due to start on 1st October 2010 & conclude 28th February 2011, competitions are on both Sunday mornings (U10) & Friday afternoons (U12), with a call for expressions of interest for an adult competition. Further information can be found on their website <http://aranaunitedfutsal.sportzvault.com> or by contacting Barry McErlean on 0428 325 870 or btaj@bigpond.com.



Arana Hills Ju-Jitsu Invitational Competition 2010

The Arana Hills PCYC Ju-Jitsu Club is holding it's annual Ju-Jitsu competition on Sunday September the 19th. This event showcases the Ju-Jitsu skills of four clubs in two exiting formats.

The first event is the goshin-jutsu or self-defence. Students are grouped by age and grade and paired up to show a one to two minute demonstration of self-defence and judged on their performance by a panel of experienced black-belts.



The second competition format is kumite or sparring. Students are grouped by age and weight and in a round-robin format of one to three minute bouts are scored by striking and grappling techniques.

There are loads of divisions and first, second and third place medals up for grabs in every division. Every child aged 11 and under will receive a participation medal regardless of their placing. The aim is to put on a enjoyable and affordable day for all our members, with safety being the highest consideration.

As anyone who has been to the past competitions will attest, this is a wonderful day of top-quality martial arts competition. If you have not seen a traditional Ju-Jitsu competition, you are in for a treat. Bow-on is at 10am. Juniors will commence at roughly 10:15 and will be finished at about midday. The senior competition will begin as soon as the juniors are finished and should wind up at about 4pm.

Any parents and students who would like to help out on the day are welcome. We will be laying mats from about 8:30am and will need marshallers and timekeepers.

For any further information, please contact Sensei Peter Hills or Tammy Debono on 0400 119 340 or 38862647. The website is www.aikikenpojujutsu.com and we have a number of videos on youtube if you would like to see what our style of Ju-Jitsu is like (search for 'cyclonedojo')

HILLS DISTRICT PCYC

FOUR TIPS, FOUR WEEKS TO A BETTER BODY

Spring is springing and it's time to think beach, fun and board shorts. One problem, winter has left you with a layer that just can't be shed. Or can't it??? How many winter coats have you been piling on over the years? What sort of example are you setting your kids?

I DO NOT believe in quick fixes, but I *do* believe in upping the ante occasionally to give yourself a little "spring clean"... an oil change if you must... a firm and fold.

Grab a pen and your diary to set aside **four** weeks to undergo your own "flab to abs" with **four** simple lifestyle changes.



TIP ONE: *BOOK IN SLEEP*

That sounds like heaven doesn't it? For four weeks your priority will be to sleep 8-10 hours a night. The best hours are between 10pm and 6am. This will actually speed up your metabolism and reduce the "I'm too tired to train" diarrhoea that will flow from your mouth. Be warned - you may need to prioritise your health over your social calendar.

TIP TWO: *BOOK IN ONE OR TWO MORE INTENSIVE EXERCISE SESSIONS A WEEK*

No, not a 45 minute Les Mills class. I'm talking about the sort of class that makes you realise that you are alive, but kinda wish you were dead all at the same time. The sort that leaves you drenched in sweat, heaving for air, and not giving a hoot if someone hears you dry reach. Yeah... you know the one. Now... here's the thing...

Schedule one to two more of these classes a week. If you renew your PCYC membership you get a FREE Sweat Depot class. SO YOU'VE GOT NO EXCUSE NOT TO SWEAT!

AND

Make sure that you line them up. That is, schedule one in the evening, one the next morning, and maybe one that night.

AND

Make sure you have at least two rest days.

AND

Make one or two of these sessions an outdoor session. Vitamin D is necessary for heightening metabolic rate and releasing feel good hormones. Take advantage of Sweat Depot's "bring a friend FOR FREE 9.30am sessions".

AND

You are not TRAINING HARD ENOUGH if your body can train more than five times a week.

TIP THREE: *STOP DRINKING SUGAR*

- No soft drink
- No caramel lattes or frappes
- No fruit juices
- No flavoured milks
- No insulin spiking
- No empty calories
- No straight to your hips

NO worries....



TIP FOUR: *GO GRAIN FREE*

No - not carb free... if you have ever tried to have a conversation with a person who is "carb" free you will understand that carbs are actually vital in rational thought processes.

Grains play havoc with digestion and their proteins actually cause intolerances in one in four people. But be warned... their addictive so you may have cravings for a few days....

Try this to get some nutrient dense grub into ya...

substitute breads and cereals with:

- omelettes
- hard boiled eggs
- homemade peanut butter and vege sticks
- fish and seafood
- grilled tofu
- nuts, lentils and beans in patties and salads



For more healthy tips, programs & recipes visit www.sweatdepot.com.au.

HILLS DISTRICT PCYC

Hills District PCYC—AGM—Venue Change

This year's Annual General Meeting will be held in the Panther Den, Level 1, Arana Leagues Club, Dawson Parade, Keperra Qld 4054 at 7.00 pm on Monday 6th September 2010. All Committee Nominations have now closed and are on display in reception. If you are a PCYC Member you are eligible to vote, please R.S.V.P. to the below email for catering purposes. This is a great opportunity to help your PCYC move forward strongly and grow in 2011. Email: natasha.walters@pcyc.org.au

School Vacation Care

The September School Holidays run from Saturday 18th September to Sunday 3rd October 2010. If you would like information on Vacation Care Program please contact our Child Care Coordinator on may.jabbour@pcyc.org.au

Sudoku

				2	4			9
4	2				3	7		
			8					
	7			5		9	6	
	5			7				8
9					1	4	5	
	8			6		3		1

Club Committees, Strathpine

Date: Thursday 2 September 2010

Time: 6.00pm – 9.00pm

Venue: Wantima Country Club
530 South Pine Road, Brendale

This workshop is part of a series of Queensland Government initiatives to discuss current issues facing the sport and recreation industry. This workshop is a great learning opportunity for coaches, administrators, instructors & volunteers operating at the grassroots level.

Presented by CPR Group

Topics Covered

- What is Governance?
- Introduction to Incorporation - What is incorporation?, Advantages of incorporation, Recent changes to incorporation legislation
- Constitutions
- Committees - Roles and Responsibilities, Subcommittees
- Meetings - Meeting Roles, Conflict During Meetings, Agendas, Sample Agenda, Quorum
- Meeting Procedures – Motions, Dealing with Difficult People, Minutes

Resources to be provided at the Club Committees workshop include a comprehensive take home workbook, incorporation and constitution resources, meeting agenda template, "How to Run Meetings" flowchart and meeting minute keeping template

To register contact the Department of Communities, Sport and Recreation Services on (07) 5458 7100 or email north.coast@communities.qld.gov.au

**There is no charge to attend this Workshop
Light refreshments will be provided**

WANTED—Vacation Care Workers

Do you love kids? Studying? Looking for something to do over the holiday period? We are looking for both volunteers and staff to work over the school holidays. Opportunities exist for both qualified and non-qualified staff during the vacation care periods.

If you would like a copy of the position descriptions please email natasha.walters@pcyc.org.au

Need something more from life?

VOLUNTEER at your PCYC !!!

Don't forget to keep your email details up to date so we can keep you up to date with your Volunteering Opportunities!

YES!!! I can volunteer, please let me know what I can do.

My Name: _____ My Phone No. _____

My Email: _____

I can help with: Working Bee's/ Raffles / BBO's / Coaching / Fundraising Ideas Or email hillsdistrict@pcyc.org.au

