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Newsletter

28th September 2020

PRESIDENT'S MESSAGE

Just a reminder for everyone it is time to renew for current members and register if you are just joining our Club for the new Track & Field season. That way, athletes are eligible to compete when the new club season begins i.e. 1/10/2020.

If in doubt about registering especially for the first time, information is at the clubhouse on training nights – and also become familiar with the QA calendar of events for the 2020-21 season on the QLD Athletics website at www.qldathletics.org.au

It will be a pleasure and a highlight for our Club members competing at the ANQ Championships this weekend in Mackay. I am sure a plentiful haul of medals will return to Ipswich and I wish them all the best, more importantly have fun.

Vic

LOOKING AHEAD!

I do know there are PB's being made at some of the track meets and I believe they will have an excellent chance for further improvement who are training hard from our Club.

There are plenty of important events in the near future. The list is as follows;

2 nd – 4 th October	ANQ Championships, Mackay
17 th – 18 th October 2020	QLD All School T & F Championships for boys, QSAC 12-19yrs.
24 th -25 th October 2020	QLD All School T & F Championships for girls, QSAC 12-19yrs.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 27th October 2020** at 7pm. All welcome.

Just a Thought'

I've learned that....

Give yourself time to grieve. Only then can you move forward.

Happy September Birthdays

Arija Schiavone Izabella Fritz Hemi Rakuita Maddie Newham
Kayla Moore Kali Taylor Liam Stolberg Peter Grant Mikaela Doneley
Ashlee Stieler Stewart Carrick Irene Dobbie (Life Member)

Track & Field

All Track and Field events are now scheduled on the Queensland Athletics website

Registration for the new 2020-2021 season is **OPEN** from the 1st October 2020. Members may now renew their registration.

The season runs from 1st October 2020 to 30th September 2021.

All current QA memberships will expire on Wednesday 30th September 2020, so renew now to ensure that your membership remains current.

If you need any assistance with your membership renewal, please contact Queensland Athletics on 07 3343 0900 or email info@qldathletics.org.au

www.qldathletics.org.au

QAL have no events events scheduled on their website www.qal.org.au

Club Training Nights

Training nights on Monday and Wednesday nights 6.30pm to 8.30pm.

A water bottle, towel and **appropriate warm clothing** are required for all sessions.



Club Uniform

The Club uniform **must** be worn at all interclub meets, e.g. All comers at St. Lucia and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

Points are allocated for each Club meet performance for all Club athletes. These points are then tallied for award presentations of the 2020/21 season.

The cost of the uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$30-00
Boys Singlet's	\$37-00
Boys Shorts	\$30-00

Old Stock is on sale at \$5-00 apiece. These can be used for training etc.

Answer to the Question

The winner of the **August** question was *Hemi Rakuita.*

The correct answer was: **"Computer Viruses."**

A new question is as follows:

*You can see me in water, but I never get wet.
What am I?*

Think carefully!!!

The **first** club member to reply by email with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com

Brothers Kindred Club

The committee wants to make all club members and parents be aware that our Club is part of the Brothers Kindred Club. This association encourages juniors in their chosen sports to be acknowledged for their commitment and dedication to their respective sports for a Junior Sports Star award.

The association also likes to encourage juniors for doing their best, helping around the Club and assisting others who may need that little bit of assistance in techniques etc., please advise Vic Pascoe (Club delegate and publicity officer), of any junior you may think needs to be entered for an Junior Sport Star Encouragement award. **Please phone Vic on 0409 754 884.**



Featuring 400m hurdler Andrew Brooker - pictured at the beautiful Scarborough Beach.

The 2021 Australian Masters Games will be an experience like no other in Perth, Western Australia.

And with today marking with less than **400 days to go**, the countdown is on to "**Play Time in Perth**"... on the sporting arena, the dance floor and in nature's playground.

The sports program will be epic - 50+ sports on offer, with all the old favourites and some exciting new additions. Our list of participating sports is starting to take shape. Watch this space as further sports are finalised and added!



The Australian Masters Games is renowned for its social program, almost as much as the sports. The 2021 social program will feature parties to light up Perth, but will also have a

unique West Australian twist. So if a beach BBQ, wine tasting at a vineyard or a selfie with a quokka is more your style, then we've got you covered.

So with 400 days to go, get set for play time in Perth next October.



Australia's sunniest capital city Perth effortlessly blends urban cool with raw natural beauty. Its heart is bustling with bars, restaurants, hotels, shopping and cultural spaces, and is also home to one of the world's most beautiful inner city parks. Just a short drive away are superb wineries and a string of stunning beaches where you can watch amazing sunsets and even swim with wild dolphins.

Here's our top five picks of what to see and do around Perth:

- **Visit [Kings Park & Botanic Garden](#)** - the views overlooking the Swan River and city skyline are extraordinary.
- **Experience an Indian Ocean sunset** - with so many [pristine beaches](#) within easy reach of the city, there's plenty of choice.
- **Sample the delights of the [Swan Valley](#)** - indulge the senses in WA's oldest wine growing region.
- **Explore [Rottnest Island](#)** - famous for its tranquil waters, secluded bays and friendly quokkas, Rottnest Island is a perfect day out.
- **Walk around the 'new' Perth** - experience the revitalised city and its hidden gems on a [guided walking tour](#).

[Contact All Sports Travel to start planning your Perth adventure](#)

NEW WEBSITE HAS LANDED!



Check out the brand new 2021 Australian Masters Games website!

This is the main hub for all Games information, and will continue to be updated as planning progresses. Be sure to bookmark the site and visit regularly: www.AustralianMastersGames.com



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IPSWICH | SPRINGFIELD

Health Tips for everyone

Deep Clean Your Burnt Oven With This Natural Trick

Here's a challenge for you:

Find a flashlight... got it? Good.

Now, go into the kitchen, open the oven, and shine the flashlight inside...

GASP! Is it caked with age-old burnt grease, and crusted drippings from Christmas dinner 2014?

(I totally understand if it is)

After all, the inside of the oven is a bit of a **no-go zone for cleaning...**

Even for the most devoted neat freaks tend to avoid this area, when it's **so easy to shut the door** and simply ignore it!

However, when you know this natural trick for cleaning your oven, you won't need to hide this unsightly mess any longer.

It requires no toxic cleaners, no long hours of scrubbing or scraping...

And your oven will be **sparkling clean in just 20 minutes!** (while you let the natural cleaner do the work for you)

The best thing is, you most likely **already have** this natural cleaner in your kitchen cabinet... and it **costs less than a dollar!** You'll be surprised just how easy this is:

Homemade Non-Toxic Cleaner For Burnt Ovens

Ingredients

- 1 cup baking soda
- 3 Tbsp water
- Spray bottle
- White vinegar

Instructions

1. Start by vacuuming or wiping any loose burnt pieces out of the oven.
2. Place the baking soda in a bowl. Add the water a little bit at a time and mix carefully, until a thick paste is formed. Add more or less water as needed.
3. Cover surfaces with a thick paste of baking soda and water, and let sit for 20 minutes.

4. Wipe off with a rag using a circular motion.
5. Baking soda can leave a bit of grit in your oven, so spray the oven with white vinegar after wiping out all of the baking soda cleaner. The vinegar will react with any leftover baking soda so you can easily wipe out the bubbling remains.
6. Finish by buffing the oven surface with a damp microfiber rag.

That's it! Trust me, this works **better than any expensive commercial cleaners** that I've used in the past...

You see, the old me would have reached for heavy-duty cleaning sprays that cut through all the grease and dirt with **industrial strength chemicals**.

But the old me also had poor sleep, headaches, allergies and skewed hormones...

So now I know better, **and I've figured out the most effective natural cleaning hacks!**

Take my word for it: you can get a **sparkling clean home WITHOUT the need to toxify your body** and organs with dangerous substances that endanger your health.

These tips and tricks have been some of the most popular posts I have seen...

Get a sparkling clean kitchen now:

ANQ Championships, Mackay 2nd to 4th October 2020

Having a great team of 17 athletes at these games will only enhance our ability to compete with the best anywhere in Australia if not at some international events in the future.

Go Ipswich athletics team, everyone is supporting and cheering you on to be the best you can.

