



## Newsletter

### Who we are

- We are a Social Group that meets to play social table tennis in a relaxed and friendly environment.
- Our members hail from a variety of cultures, backgrounds, abilities and ages.
- We are all inclusive, welcome new members, help beginners get started & learn the game.
- We provide a safe and caring environment with First Aid Trained Personnel at hand.
- We hold several social events throughout each year, either free or of minimal cost to our members.

### 2018 Committee

**President:** Peter Haltis

**Secretary:** Kevin Solly

**Treasurer:** Peter Gill

**BTTC Rep:** Dean Wood

**Members:** Suzie Crome

Lyndal Ellis

Alan Francis

Nick Katsikidis

Steve Lepadatu

Helen Oliver

Austin Nevis

### When we play:

**Tuesdays:** 10.00 am - 5.00 pm

**Friday:** 11.00 am - 5.00 pm

### Fees:

**BTTC Members:** \$2 per day

**Non Members:** \$4 per day

NB: Regardless of membership status, all players have equal access to free tea, coffee, biscuits, donated cakes and social events.

### SENSATIONAL ..... - by Kevin Solly

"Sensational" was Vlad's response when you asked him how he was. To his peers he was always cheerful and pleasant. Even the stroke he suffered, approximately two years ago, did not affect his personality and his positive outlook to life. He attended our table tennis sessions religiously, played cards or chess, enjoyed the occasional table tennis game but mostly he practiced with the robot in order to improve his coordination skills. Most importantly he was one of the few people who willingly offered his services during our social functions, including the recent Easter Lunch. Indeed, Vlad was instrumental in the successful completion of all the recent club innovations which include the roof vents, the floor tiling, the kitchen renovations, the TV installation etc. BTTC has lost one of its greatest supporters; we all have lost a very good mate. Rest In Peace Polako

### CARDIOPULMONARY RESUSCITATION/EMERGENCY LIFE SUPPORT - by Helen Oliver

If cardiac arrest is noted quickly, an ambulance is called, CPR is started and that person is able to receive a shock from a defibrillator, their chance of survival is much greater. The BTTC has provided a defibrillator which is readily available, should the need arise.

30 minute courses are conducted throughout South Australia by SA Ambulance and St John's for FREE. These courses provide the skills to recognise and then manage the casualty who is unconscious and not breathing. CPR is a life saving technique which can sustain life until an ambulance arrives.

Already some of our club members have completed the course which is informative and fun. There is always the chance that you could be required to perform CPR on a friend, family member or even a stranger. More people die in Australia than the US because of lack of intervention; this can easily change.

Please advise a committee member should you wish to attend one of these courses. Hopefully you won't be the one who needs help, but if you do I'm sure that you would appreciate having trained people in attendance.

### PORT ELLIOT VISIT Wednesday, 16<sup>th</sup> of May, from 10 am to 3.00 pm

Add your name to the list on our noticeboard

Organise your own transport.

Upon entry, at Port Elliot, record your name in their book and pay their nominal Entry Fee.

### THANK YOU - BTTC (Dennis Walsh)

Great to see the helpers from your social group assisting to make the club look a lot better than before with the new barrier improvements and painting. Peter Gill and Arul were there again this week taking apart some more chairs for powder coating. They did the same for the first batch and put those back together too. The chairs look really great, almost brand new! So please say a big thank you from everyone at the club and our club committee to all of your helpers, they have given a great deal to the club.

**BTTC Telephone: 8296 0882**

### Member Contributions - Creative Ideas

We welcome contributions and suggestions for this Newsletter and interesting Tit-Bits



Email: [socialttnewsletter@bigpond.com](mailto:socialttnewsletter@bigpond.com)

**Please note change of email address**