

STARgazer

The STARplex Journal

Issue 12 Oct/Nov 2011

COMING EVENTS

Dazzling Stars—5th October
Junior Hip Hop—6th October
Basketball Shooting Skills
6th & 7th October
Gymnastics Clinic—7th October
Swim School Holiday Program
10th—14th October
Junior & Intermediate Basketball
10th—12th October
Gymnastics Clinic—7th October
STARfun Holiday Program
11th & 12th October
Bronze Medallion
12th—14th October
Netball Clinic—12th October
Blue Light Disco
28th October & 18th November
James Morrison—2nd November
'The Old Fella'—11th November
The Rhythms of Ireland
17th November

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We want to hear from you.

Do you have a story about your experience at STARplex that you would like published in The STARgazer. By submitting a story you will go into the monthly draw to win a \$100 STARstore voucher. Stories can be sent to The STARgazer editors via contact details on page two of this edition. All stories will be subject to approval by the STARgazer editors.



Starlight—City to Bay Fundraiser

The brisk morning of Sunday 18th September at 5.45am sharp was the day that 120 STARplex participants arrived at STARplex to depart on two coaches to the City to participate in the 2011 City to Bay Fun Run. Participants proudly donned their purple and white shirts in recognition of Starlight.

An array of couples, families and individuals hit the pavement to walk or run 3km, 6km or a 12km course to raise money for the Starlight Foundation. Many had personal times to beat, whilst some ran for the first time or walked socially with friends.

STARplex participants lined up at the start line amongst almost 35,000 entrants, of (story continued on page 3)



An Athlete is Born

Set the goal, plan properly and believe! These are the words of Louise Skelton after running 42.2 kilometres in the Adelaide Marathon in August 2011.

Twelve months ago Louise wouldn't have dreamt of running 500 metres let alone the long distances she is now covering. Louise's fitness journey started in October last year when she signed up for the 2010 Push Body Transformation Challenge at STARplex Fitness Centre. Her main focus was to shed

the extra kilos that had crept on during and after the birth of her son James. After seeing some photos of herself at her son's 4th birthday party, when she admits being at her biggest, she took action and committed to a weight loss regime that changed her life. Coming Runner Up in the challenge and losing a massive 14 kilograms was just the beginning. Now 28 kilograms lighter post PBT her goals have now shifted to creating more of a healthy (story continued on page 3)

morning STAR from the archives

STARplex was opened in June 2000, and is owned by Trinity College and operated as a not for profit community centre. With over 9,000 visitors every week the complex has something for everyone. Visitors enjoy a huge range of recreational services delivered by experienced, qualified staff.

In 2006-07 STARplex won the South Australian Fitness Centre of the Year Award which recognised STARplex's adoption of the Fitness Industry Code of practice that promotes quality customer care, fair trading, excellence in staff training and community involvement.



Editors

Candice Butler, Dawn Mettyear & Jeff Guess

All enquiries regarding feedback or potential articles to The STARplex Journal to be sent to Dawn Mettyear at mettyeda@starplex.com.au

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Hello Readers

With the weather warming up activity levels are on the increase. Many of us respond to sunny days by

looking outside for things to do like walking, gardening, BBQs and recreational activities often shared with friends and family.

One such activity is the City to Bay Fun run. An early start to a beautiful Sunday morning saw two coach loads of excited participants squeeze in and smile for the traditional team photo and then depart STARplex bound for Adelaide. The

Fun Run provided an opportunity for many STARplex members who trained for the event to realise their goals and gain a wonderful sense of achievement. At the end of the run a colourful mass of purple STARplex shirts sat in the sunshine on the lawns of Ridley Reserve and shared the stories of their Fun Run experience.

The City to Bay is a major fundraising event by the STARplex community for the Starlight Children's Foundation. I am delighted to report that with well over 120 participants, supporters and sponsors we have now passed our 2011 fundraising goal of \$10,000 towards this worthwhile cause.

This month STARplex also heralded the arrival of visitors from some of the remotest regions of Australia who came to participate in the National Aboriginal and Torres Strait Islander Basketball Championships. The finals series was filmed by Foxtel for the Indigenous TV Channel which documented the stories behind each of the teams who made it to the finals playoffs. STARplex staff undertook a cultural awareness seminar prior to the event so we were confident in providing a friendly and helpful welcome to our visitors.

Activity levels were further boosted with the advent of the annual Push Body Transformation challenge which commenced this month. For the 140 people

registered the seven week challenge provides the motivation, expertise and accountability required to discipline one's body and mind for lifestyle changes that will result in the achievement of the goals each participant has set for themselves. I look forward to the celebrations that emerge at the end of the seven weeks as bodies transform, new outlooks on life become prevalent and genuine appreciation is expressed for the support which is provided by friends, family and staff during the challenge.

It is wonderful to have a busy complex, to hear the laughter of children and the positive experiences of those who participate in the many activities on offer. I commend to you the 170 STARplex staff that provide the smooth organisational routines and quality service we have come to experience.

As the end of the year comes quickly I would encourage you to nominate those STARplex staff you deem worthy for the "Who Made You Smile Today Awards". Your nominations count towards their votes in our annual customer service award presented at the staff Christmas Party in December.

Yours in health and fitness

Dale Martin
STARplex General Manager



STARS in my eyes

Someone has said 'If you want to understand today, you have to search yesterday.'

I have asked my friend and College archivist Mary Kerin to write about the importance of retaining and preserving our school history and her passion for the

work in this edition.

As a writer I was invited over twenty years ago to donate all of my papers and poems to the National Library in Canberra where they hold the largest collection of material from contemporary Australian writers for preservation and research. I have kept this donation up on a regular basis and recently had the great pleasure of visiting the library and seeing my own collection preserved magnificently for future generations along with names of course much more famous than mine.

I'm keen for parents, friends and staff to visit the archives in

the Roma Waite library and see what a magnificent job Mary is doing in relation to our history. She would be only too pleased to show you through, so please telephone and make a time.

And of course in my own time here over the last two years it has been an objective of mine to increase the archives collection with 'all things' STARplex. If you have photos in drawers, written material, awards, anecdotes, 'anything', PLEASE get in touch with Mary before they get lost.

I hope to continue a small column in each future STARgazer, highlighting some past event in our own history here.

Someone else has said 'that if you didn't know history, you didn't know anything. You were a leaf that didn't know it was part of a tree.' How true I believe that to be.

Jeff Guess
Writer in Residence
Trinity College



Planning for Long Term Success

With the Push Body Transformation (PBT) kicking off last

Saturday I thought it would be a good idea to discuss the importance of establishing a mindset of achieving results for the long term. Time frame challenges such as the PBT are great motivators and can help kick start people towards achieving their goals. Whether your goal is to lose weight, increase muscle tone, build lean muscle or simply improve your overall fitness having a supportive environment to start off with is essential.

From a nutrition point of view I would

urge everyone involved in the PBT or others keen to make change never to refer or consider changes as starting a 'DIET'. One thing we know about diets is that they are temporary and that when they end we will often revert back to old habits. Setting long term goals and making sustainable changes will help you achieve your goals and maintain results. Good nutritional changes could be changing to low fat dairy products, choosing high fibre breads and cereals and cutting out high sugar containing soft drink. Set yourself a goal of making 2-3 healthy nutrition changes and take advantage of the provided support and motivation (as part of PBT) over the next seven weeks as this will help establish these changes into subconscious habits.

If a required dietary change is too difficult to tackle at present, there are other healthy modifications you can start with. I recommend you start with those you deem achievable. Once you see the success from making change you will feel more empowered to jump to the bigger nutrition issues. Trying to have a complete lifestyle overall all at once can often be too overwhelming and can lead to another failed attempt.

Believe and commit to long term (lifelong) adherence and you will achieve your short term PBT goals but more importantly maintain them well into the future.

Heath Commane
Dietician and Exercise Physiologist

Starlight—City to Bay Fundraiser

(story continued from page 1)

those, approximately 20,000 were female and 15,000 male entrants.

There was some healthy competition amongst some STARplex participants and some amazing times reached. Well done and thank you to everyone who participated and supported Starlight. So far, we have managed to raise a total of \$6,600 reaching our 2011 goal of \$10,000, which is a fantastic effort. Fundraising cuts off on the 30th September and a final count will be posted early in October.

A big thank you to our fundraising champions Mischelle Camillo who managed to raise \$455 through Starlight Jumpstart, Dale Martin who raised \$453 also through Jumpstart and Sally Barnett who has raised over \$700 from traditional cash collection donations.

Thank you also to our major sponsor Reminisce Photography, everyone who fundraised and participated in the event and all STARplex staff who volunteered their time to make this event so successful. A big thank you also to the following businesses who so generously and kindly supported this event: *Abbotsford Country House, Amart All Sports— Elizabeth, Terry White Chemists- Angle Vale, Barossa Carpenters, Best Security— Para Hills, Boston Ford, Café Nova, Cash Converters— Gawler, Cheap as Chips— Evanston Park, Elite Signs, Excavation Down Under—Gawler, Gawler Physiotherapy and Sports Injury clinic, Gawler South Small Animal Hospital, Gianitto Family Hotels, Grand Electrical— Gawler, Greenslade Kitchens— Riverton, Hahn wines, Hasties Services, HI Beam car Wash— Gawler, Landmark Redden— Riverton, Leading Edge Telecoms— Gawler, Links— Melbourne, Ljuna Brothers Concreting— Angle Vale, Mid-North coaches— Riverton, Mountcastle— Queensland, Niceline— Melbourne, Orlando Winery, Pec Deck Café, Quayclean— Melbourne, Rocco Polito— Two Wells, Roger Holmes Thrifty Link— Kapunda, She's Apples— Gawler, Silverfleece— Adelaide and Uleybury Wines.*

Check out some snapshots of the day on pages 4 and 5.

Dawn Mettyear

An Athlete is Born

(story continued from page 1)

lifestyle for herself and her family.

Louise says that Samantha Craig, STARplex Fitness Centre Personal Trainer, inspired her to start running and sign up for a 10 kilometre race. "Because my trainer believed I could, I changed my mindset to I can instead of I can't", says Louise.

Hungry for more, Louise then signed up for the Tanunda half marathon. After completing the Tanunda Fun Run in May, Louise felt lost and had nothing to train for so she signed up for the Adelaide Marathon. Months of training fol-

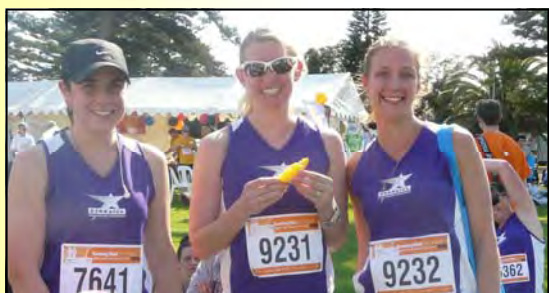
lowed. "The hardest thing was getting up at 6am in the morning on a weekend to fit in the long training runs when it was cold, often raining and dark outside", says Louise. After running 37 kilometres in three hours just prior to the race is when Louise knew she could run a marathon in a good time. Making sure that she had enough rest and her nutrition and hydration was just right prior to the race ensured that she was at peak performance for the big race day. "The last three kilometres I just wanted to stop, but I had come too far. Once I saw Adelaide Oval I sprinted. Samantha and my family were at the finish line which made it all worthwhile", says

Louise. Finishing the marathon in 3 hours 31 minutes and coming 11th female across the line and 4th in her age group is a fantastic effort. Well done Louise!

Louise recently successfully completed the City to Bay 12km fun run and was the 7th woman in her age group to finish and she will compete in the McLaren Vale half marathon in October.

"Losing weight and running a marathon is one of the best things I have ever done and now my goal is more about maintaining and increasing my fitness", says Louise.

Dawn Mettyear



'SOME HIGHLIGHTS OF THE STARPLEX TEAM AT 2011 CITY TO BAY FUN RUN IN SUPPORT OF THE STARLIGHT CHILDREN'S FOUNDATION'



Louise Skelton places as the 7th female to finish in her age group for the 12km course. Pictured after race with STARplex Fitness Centre Personal Trainer Samantha Craig.

Paul and Keeton Pearce complete 3km run without stopping.

Six year old Mia Grigg runs 3km with mum Lindy both pictured after race with friend Sandy on left who ran 6km course.



STARplex Reception staff relax after walking 6km course.

Damien Goode with son Jay both complete 12km course. "I finished up getting 57.17 and finished at around 9.00a.m. The last 400 metres I gave it the best I had and managed to get under an hour", says Jay.

The Redden family all complete the 2011 City to Bay Fun Run. Jenny winning 1st female in her age group for the 12km course..





The Haines Family: Brayden and Elliot Haines ran 6km. "The best part was beating some of the adults especially my Dad" says Brayden. Karin, Cheyanne and Dakota ran 3km - the highlight for little five year old Dakota was stomping on the plastic cups.



General Manager Dale Martin pictured thanking Jenny Redden and Tash Phillips the main co-ordinators of the event.



Beth and Dave MacGillivray running the 12km course together finishing only one second apart at the end.



The lovely STARstore ladies complete 6km walk with never give up motto matching caps available from the STARstore.



Kerry Goode with daughter Hayley running 6km course.



Ailee Craig, 6 years old pictured with mum Samantha and her grandparents completes 3km with mum in 26 minutes.



Sam Irrgang runs 12km course in 53.02 minutes





When Life Throws You Challenges

Life doesn't always go the way you plan it to; but that's life. Things can happen in many different areas of life that are unexpected, unwanted and unappreciated. It may feel as though there is no optimistic way of looking at these things, however,

challenges are given to us for a reason, and that reason is so we can find a way to overcome these challenges and grow from our experiences.

Last year I had a severe knee injury, which resulted in having a full knee reconstruction using the LARS method (which is using synthetic ligaments to replace my own). I was on crutches for six weeks and in a hip to ankle knee brace for three months. This was the most traumatic thing I had physically gone through myself, and I found it quite difficult to adapt to and deal with. Apart from having to go through the physical pain for such a long time, the thing I found the most difficult to deal with was thinking about the future, and I guess more so having the future unknown. I have always enjoyed being active and playing sports, and to think that it would all be taken away from me was something I couldn't quite deal with. Each time I met with my Physiotherapist or Specialist, I would continue to ask them if I would be able to do the things I love doing again. For a

long time the response was 'probably not, but see how you go'. I was always holding on to the 'probably' part of 'probably not', and kept telling myself there is still a chance.

Twelve months down the track and the sports I loved playing are drifting further and further away from reality. I found myself feeling extremely down and disappointed and in a very negative frame of mind due to this change that I had no control over, but realised that a lot of people find themselves in this same situation. What I have recently learnt is that focusing on the positives and what you 'can' do, is so important and has so much impact on your outlook on life. I learnt to set myself new goals, and to accept the change that has occurred, whether I chose it or not. STARplex and the supportive staff and community surrounding it, are who I have to thank for helping me find my positive outlook again.

STARplex has provided not only great facilities, enabling a wide variety of exercise and fitness training to take place, but also the encouraging, supportive and caring individuals within the community, from fellow staff members, Personal Trainers and other members of STARplex, who have genuinely helped me get to where I am now.

Remember there is no such thing as giving up. If you ever find yourself wanting to give up on your fitness, sporting or wellbeing goals, speak up, allow support from others, and remember life is too short don't let small things (that may seem big at the time) get in the way of your happiness.

Candice Butler



From The College Archives

For several years now records of the social history of Trinity College have been collected in the College Archives. These items help us to remember and understand the history of the College and include documents, newsletters, yearbooks, memorabilia, uniforms, trophies, photographs, audio and video/DVD recordings and many other items.

It is important that College history is preserved because it is through our history as an institution that a sense of identity is built, which in turn gives staff and students a sense of ownership of the College. We also need to understand our past history in order to have a vision for our future, and it is only with an understanding of our past mistakes that we can learn to shape our future.

Winston Churchill said "The farther backward you can look, the further forward you are likely to see".

The collection of historical documents and items is a very fine balancing act between preserving those items and allowing stakeholders to have access to them. All items must be preserved according to best archival practice if history is to survive, but if unlimited access is allowed, it is highly likely that documents and other items will be lost or irreparably damaged, in which case history is lost forever. However, if there is no access at all, history lies buried and unknown. Access to archival items is therefore limited and at the discretion of the Archivist. However steps are being taken to ensure that while access to the items themselves is limited, access to our history is as unrestricted as possible, at the same time keeping in mind confidentiality, privacy and copyright issues.

The historical records are collected and preserved in the College Archives, which are housed in a room within the Roma Waite Library, although the collection operates and is managed completely independently of the library.

As STARplex is an integral part of College life, it is important also that the history of STARplex is preserved. At the present time, there are almost no STARplex records held in the College Archives, and I would like to be able to address this shortfall if possible. Accordingly may I make an appeal that documents, photographs and other items of historical significance be donated to the archives where they will be kept as part of our history? You may have photographs, documents or other items of significance which you do not know what to do with sitting around in drawers or on shelves. Please do not discard them. They would be given a very good home in the College archives, and you can be sure they will be well taken care of, and history will be preserved for future generations.

If you would like to have a tour of the Archives, learn more about College history or have questions about donations, please do not hesitate to contact me.

Mary Kerin
College Archivist
Ph: 8523 8130 (External)
Ext: 130 (Internal)
E-mail: kerinma@trinity.sa.edu.au



Peter's Staff Profile

Hi my name is Peter Warland and I am lucky enough to be currently employed in two part time roles

at STARplex. I have been happily employed at STARplex for four and a half years. I was delighted when I won the position as I had been off work for over two years due to a back injury. Initially I was employed as a full time receptionist, which I thoroughly enjoyed. Unfortunately due to my ongoing back problem full time work was difficult, but thankfully due to the caring Management at STARplex I was offered a part time role covering two areas, which meant I could continue to work at STARplex.

My first role in STARplex is in administration, where I am responsible for all the Direct Debit transactions that STARplex clients make. This is an interesting role and brings me in to contact with many clients and staff. There are a couple of different aspects to this role, one of them is being of assistance to any clients who require support with their payment options.

My second role is STARplex Reception, where I work every Tuesday, Wednesday and Thursday morning between 5.30am and 8.00am. I love the interaction with the morning customers and have made lots of great friends from the regular contact when passing through reception on their way to their morning swim or gym workout. I love the fact that most are very cheerful even at such an early hour. I also help

out at other times on reception as the need arises. I have always enjoyed being part of the Reception Team.

I love being part of the STARplex family and community. Being employed by STARplex has given me back my self esteem which had suffered due to my back injury. I enjoy meeting the variety of people who come through STARplex for a vast amount of different reasons. From the little ones who come with their parents and families for swimming lessons, to the 50 plus individuals who attend the Gentle Fitness Classes.

All in all I consider myself to be a very lucky fellow and I look forward to catching up with you all when you visit STARplex.

Peter Warland
Administration and Reception



36ers –v– Cairns Taipans at STARplex

On Saturday, the 10th of September the Adelaide 36ers played their first pre-season game of the year at STARplex in front of a sold out crowd versus last season's grand finalist, the Cairns Taipans.

The 36ers held off a tenacious Taipans outfit for an 87-82 win that kept the fans on the edge of their seats until the final siren sounded.

It's the second season in a row that the 36ers have visited this region and delivered a quality effort whilst coming away with two hard fought victories.

Adding more weight to the victory included the Sixers being

without last season's captain Adam Ballinger and new import John Williamson who both sat out due to injuries.

However, Darren Ng and new import point guard Chris Warren led the way with 23 & 21 points respectively. Whilst small forward and new 36er Stephen Weigh chipped in a solid 19 points for his new club.

The Taipans didn't have their entire squad, but what they didn't have in numbers, they made up for in effort pushing the 36ers to the very end. Former 36ers and fan favourites Dusty Rychart, Jeff Dowdell & Brad Hill led the Taipans with 16 points, 11 points & 11 points respectively.

After the game, the 36ers graciously sat down for a 20-minute autograph session for their fans who all seemed to appreciate and respect their efforts.

It was another great game and turnout for STARplex, the Adelaide 36ers and the Gawler Community and we would like to wish the Adelaide 36ers all the best for this season and look forward to seeing them again next year.

Kevin Brooks

STARplex staff recognized for giving excellent customer service



Trish Stirling
STARplex Crèche



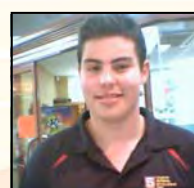
Alli Thompson
STARplex Fitness Centre



Tim Newman
Ballroom Dance Instructor—
Hewitson Theatre STARplex



Lucy Nixon
STARplex



Kristian Wittaker
STARplex Swim Centre



Amanda Cruse
STARstore

Coming Events

All Bookings at STARplex Reception (08) 8522 0622

for further details please refer to our website

www.starplex.com.au

@St Columba Junior Netball Clinic

Date: Wednesday 5th October

Time: 10.00am—12.00noon

Ages: 5-12 years

Price: \$20

Dazzling STARS' Dance Workshop

Date: Wednesday 5th October

Time: 9.00am—12.00noon

Ages: 4-9yrs

Price: \$30 (includes morning tea)

Junior Hip Hop Dance Workshop

Date: Thursday 6th October

Time: 1.00pm—4.30pm

Ages: 5-14yrs

Tickets: \$30 (includes afternoon tea)

Beginner's Basketball Shooting Skills 2 day clinic

Date: Thursday 6th— Friday 7th October

Time: 10.00am—3.00pm

Ages: 6-13 years

Price: \$50

Gymnastics Clinic

Date: Friday 7th October

Time: 1.30pm— 3.00pm

Ages: 5-15 years

Price: \$20

Swim School Holiday Program

Date: Monday 10th—Friday 14th October

Ages: Babies STARswim, Adults

Price: \$55

Junior Basketball

2 day Skills Camp

Date: Mon 10th—Tues 11th October

Time: 9.00am—5.00pm

Ages: 5-13 years

Price: \$70

Intermediate District Basketball Shooting Skills 3 day clinic

Date: Monday 10th—Wednesday 12th October

Time: 10.00am—3.00pm

Ages: 9-16 years

Price: \$75



ZumbAtomic LAUNCH

Date: Monday 10th October

Lil Starz 9.00am—9.30am **Ages:** 4-7yrs

Big Starz 9.30am—10.15am **Ages:** 8-11yrs

Gold Coin Donation to the Starlight Children's Foundation

STARfun Holiday Program

Ages 5-10 years

Tuesday 11th and Wednesday 12th October

Time: 8.45am—4.00pm

Price: \$90 for 2 days

Swimming, Basketball, Bootcamp, Gymnastics, Soccer, STARfit Kids, Dance, Tennis, Craft Activities, Lunch - all day entertainment & fun!

Bronze Medallion Course

Date: Wednesday 12th— Friday 14th October

Time: 9.30a—12 noon daily

Ages: 14 & above

Price: \$125

Junior Netball Clinic

Date: Wednesday 12th October

Time: 10.00am—12.00noon

Ages: 5-12 years

Price: \$20

Blue Light Disco

Date: Friday 28th October

18th November

Time: 7.00pm— 10.00pm (lock-in)

Ages: 8-17yrs

Tickets: \$6

Purchase your tickets at STARplex Reception until 5pm, or at the door.



James Morrison in concert

Date: Wednesday 2nd November

Time: 6.30pm for 7.00pm show

Price: \$20

Comedy Corner - 'The Old Fella'

Date: Friday 11th November

Time: 7.30pm for 8.00pm show

All Tickets: (ON SALE SOON!) \$20 (tables of 10)

Rod Gregory is the funniest Retired Farmer working as a stand up comedian in Australia. Rod is based at Maitland SA although new to the game has performed well over 100 gigs all over Australia this year. He finished in the top 10 of Australia's Got Talent (Ch 10).

The Rhythms of Ireland

Date: Thursday 17th November

Time: 7.30pm for 8.00pm show

Tickets: (ON SALE NOW!) Adults \$64.90, Concession

\$54.90, Family (2A+2C or 1A+3C) \$200

- allocated, reserved seating!

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