

Canterbury (NZ) Croquet Association Inc

NEWSLETTER JANUARY 2017



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Editorial

Have you thought about how playing croquet is looking after your well-being? An article sent to me recently by my daughter encouraged me to do some further research.

"If there is any good news at all about dementia and Alzheimer's it is there are several things you can do which will decrease your odds of getting the disease in the first place.

Several studies have reported leisure activities that combine physical, mental and social activity are the most likely to prevent Alzheimer's disease. In one study of 800 men and women aged 75 and older, those who were more physically active, more mentally active or more socially engaged had a lower risk for developing dementia. And those who combined these activities did even better. Sports, cultural activities, emotional support and close personal relationships together are protective against dementia."

So..."**Physical, mental and social activity**" can all be attained by **playing croquet** and being an active member of a club.

In addition, "researchers have found that overall, having a healthy body mass index, engaging in regular physical activity and eating a Mediterranean-style diet (rich in fruits and vegetables, legumes, whole grains and fish, and low in meat and dairy products) were all linked to lower levels of plaques and tangles in the brain."

<http://www.alzinfo.org/articles/prevention/exercise-may-slow-brain-aging-by-10-years/>

<http://unfrazzledcare.com/10-step-program-for-preventing-dementia/>

And from Dr Libby (<https://www.drilibby.com/>) ensure you get enough of the following five nutrients:

Iron - Food sources of iron include beef, lamb, eggs, mussels, dates and green leafy vegetables.

Iodine - Foods that contain iodine include some seafood, seaweeds such as kelp, and some salts.

Selenium - eat two to four Brazil nuts each day

Zinc - Foods that contain zinc include oysters from clean waters, beef, lamb, eggs, pumpkin seeds and sunflower seeds

Vitamin D - The most effective way to increase your vitamin D status is actually relatively easy – focus on safe sun exposure - **Hooray for Croquet!**

CCA Beginners Day at Edgware Croquet Club, Sunday 27 November

This event was cancelled due to lack of entries. *From the editor:* Perhaps a possibility for next season is to have a Beginners' (ie New to Croquet for the season) tournament. Any thoughts?

From CCA Executive

Really positive things are happening in the Christchurch croquet world thanks to the efforts of the CCA Executive. Carol Hayward for A C players got off to a flyer last Tuesday as did the Maud Trainor for G C players on Wednesday, and the Atkins Trophy will be underway on the 18th of this month with 32 team entries. More would have been possible in the Atkins, except for the nightmare of creating a draw and having sufficient lawns available on Saturday mornings. The CCA exists for tournament play and it is heartening to see new players to croquet from the last year or so are now entering the ranks of competition events.

Our association is struggling with a serious lack of umpires and referees when it comes to officiating national or regional competitions. This is the most immediate issue affecting croquet in Canterbury and will hold the region back from being a fully functioning association. On 3 - 5 March, we are responsible for the New Zealand AC Handicap Arthur Ross tournament at United. My appeal is for all ticket holding umpires/referees to contribute half a day or more to being on call for "in play decisions" but not to interpret rules. Players from both codes may also attend to view the practice of umpiring and to buddy with one of the officials on their adjudications. This is a fast track learning of the process of umpiring which the CCA will take

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further with an off-season course for both umpires and referees. I am looking forward to a flood of emails to support this endeavour; to the CCA email address: ccaexec100@gmail.com.

We wish everyone well and benign weather so that you may get plenty of croquet played in the second half of the season. We hope to see you (especially winning teams) at the Close of Season function on the 1 April, venue to be advised.

Owen Evans CCA President

From your Tournament Convenor RESULTS GC

Interclub

Div 1 Hornby G1 1st, United AG1 2nd,
Fendalton BG1 3rd

Div 2 Hornby G2 1st, United BG2 2nd

Div 3 Fendalton G3 1st, Kaiapoi BG3 2nd

CCA GC HC DOUBLES

Winners: Alan and Judith Belcher from Hornby

Runner-up: Tom Devlin and Mike Woodlock from Fendalton

The final playoff game was a closely contested one going to the thirteenth hoop. Well done to all who took part. Thank you to Lorraine McClurg as manager and Fendalton for hosting the tournament.

CCA GC HC SINGLES

Winner: John Borner from St Martins

Runner-up: Eric Ogier from Hornby.

This tournament was run over a Saturday morning in wonderful weather and Sunday afternoon in appalling weather - it rained all afternoon.



John Borner with Vilna Gough-Jones and Robyn Dawson



Vilna would like to pay tribute to the 10

contestants who

graciously braved the wet weather and continued playing. It was a very tight finish for the winner and runner-up. Well done to all who took part.

Thank you to Robyn Dawson for being the referee and to Elmwood for hosting the tournament.



The lawn we couldn't use



Wet weather gear and puddles on the lawns

RESULTS AC

Interclub to be played Feb 13 between St James M and United T. Rangiora M and Holmes Park T were close behind these teams.

Johnson Memorial Handicap doubles

1st United represented by Geraldine Murphy and Pam Hurst.

2nd Rangiora represented by Neville and Lyn Turner.

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I must congratulate all teams that competed and especially the revitalised Rangiora Club and mainly Carol Kidd who has been at the head of all parts of it this season. Also, Hornby Club is improving all the time to keep us all on our toes.

The AC HC Singles Carol Hayward and GC HC Singles Maud Trainor are underway and have good numbers performing this year. Thank you to St James Barrington and United for hosting these special events.

The Atkins Trophy HC doubles starts on Saturday 18th February and all our GC players will no doubt be wanting fast dry lawns so can Clubs please keep them as dry as possible for some great croquet.

Posters have been circulated to Canterbury Club Captains advertising the following events:

GC Grades at St Martins,
GC GOLD AND SILVER STARS,
AC ARTHUR ROSS,
AC AGNES DICK HC doubles,
AC SI VETERANS,
GC SI VETERANS,
GC SILVER BADGES and
AC SILVER BADGES.

Please look at these and enter as soon as possible so draws can be made.

The Arthur Ross NZ PLAYOFFS are to be held at United from 3rd March to 5th March so that should prove interesting to watch and learn.

The SI Teams AC event will again be held at Ashburton; this year on 8th and 9th April. Anyone interested in playing in this please contact Philippa Porter : [nandpporter@xtra .co .nz](mailto:nandpporter@xtra.co.nz)

PS It is always great to see ex Canterbury players performing at the National and International level. Josh Freeth our Under 21 World Champion came 1st in this season's U21 CNZ GC. Also a new to Canterbury player Hemi Mc Claren was a semi finalist.

In the 92nd CNZ AC Open Aiken Hakes was runner up to Paul Skinley of Wellington.

The Canterbury Open AC was won by Peter Parkinson returning to competitive croquet after about 15 years. Well done Peter. Ian Campbell was runner up.

Peter has also been instrumental in laying lawns for the Rangiora club.

The CNZ AC SI Championships were played at United in sometimes atrocious weather. Winners

of the doubles were Greg Bryant and Anita Fowler from

Westport. Winner of the 4+ was Leo van Oostende of Holmes Park. Winner of the Plate was William Rush of Nelson and winner of the SI Open was Greg Bryant and runner up Dennis Bulloch of Nelson.

Good luck for the rest of the season.
Philippa Porter



Clubs' News

Not a lot of input from clubs... please ensure you send in something from your club for the March/April newsletter ☺

Fendalton Park Croquet Club

Our club is in good shape with current membership of 70 active members. Fortunately not everyone comes every club day, but we are finding our lawns being used to the maximum - which can only be a good thing for croquet!

On 6 November we held our annual Fendalton Doubles tournament. What a great day! The weather was perfect, we had 40 players and there was some great croquet and social interaction.



The winning team from St Martins, Kay and Jill with Andrew from Travel 2 U who were our sponsors for the prizes

Our grounds manager Brian Perwick with wife Pauline are doing a great job with our lawns and ensured that the lawns were in peak condition for the tournament. We are grateful for the support of players from Canterbury, Ashburton and Nelson. Lorraine McClurg, our club captain did an excellent job with the running of the tournament and the Fendalton ladies led by Marjory Clements and Pauline Perwick who work so tirelessly in the

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background ensured that there was a delicious spread for morning and afternoon tea, as well as “happy hour” at the end. Their efforts were gratefully appreciated. It was pleasing that the winners came from different clubs.

1st Kay Blair and Jill Williamson - St Martins

2nd Val French and Eric Ogier – Hornby on count back

3rd Bev Blair and Janice Murta – Waireka Ashburton on count back

4th Nini and Wayne Wooff – Riwaka Nelson



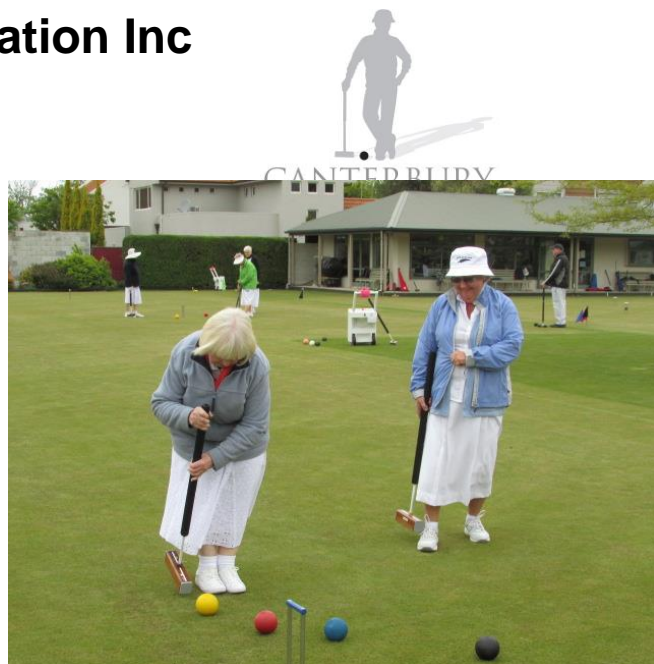
Players from St Martins (blue) and from Ashburton (red)

On 12 November we celebrated our 65th Anniversary with a fun afternoon and spit roast dinner. The committee and some of the members dressed up in the fashion of the 1950s, and croquet had to be played from the side. What fun we had.



Some 1950s outfits!

It was also special to have the CNZ president Annie Henry and husband Mike Milstein join us for the afternoon. Those who forgot to use the side swing had to pay a “fine” of \$2, and there was \$22 in the “naughty box”. Habits die hard.



Playing in long skirts not so easy!

We congratulate our Division 3 team who won their Interclub playoff.

Our trip to Australia in April is well under way with 12 players going to New South Wales and playing at 8 croquet clubs. Arrangements by the host clubs look fun and we are grateful for their willingness to host us. It was special to get an email of support re the recent earthquakes from a club at Mount Barker near Adelaide that we met in our trip last April.

Since we started up again this January we have had good support for club days and some twilight croquet with a social BBQ to follow and our internal tournaments are being well supported. Vilna Gough-Jones (Secretary FPCC)

Hornby Croquet Club

The Hornby Croquet Club started 2017 with 28 members some of which had played croquet in other areas of the South Island during the Christmas/New Year break.

In 2016 Hornby entered 4 teams in the Interclub Competition. Our two teams in the 3rd Division enjoyed playing and learned a lot in doing so.

Our 1st Division and 2nd Division team both won their Division. It was a very close competition but our Hornby players managed to win.

Hornby has entered 4 teams in the Atkins Competition that starts in February.

One of our teams won the Atkins Competition last year and this team is defending their title again this year.

We are busy playing to find a representative for the Gold and Silver Star competition and our Club

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Championship competitions are soon to be played in February.

While the good weather is continuing we are enjoying the fun and fellowship of playing Golf Croquet at Hornby Croquet Club.

Annette Wilson



Rangiora Croquet Club

After lots of fundraising, we are pleased to report we have enough funds to complete the fit out of our clubhouse. The photo shows the men laying concrete for the shelter sheds.



On the playing front, we continue to attract new members and all show great enthusiasm.

Our fun day is Wed. 15th. March and we still have some spaces, so come and have a day in the country and try our new lawns.

Happy playing to all. Carol Kidd

Matters and Dates to Note

1. The next delegates meeting still to be confirmed
2. CCA website is croquetcanterbury.com
3. Please send any material for the next newsletter to Vilna at vgoughjones@gmail.com by 30 March for publishing in April. Newsletters are published end August end October end January then March/April
4. The calendar for February and March is given below.

Ensure that entries for all tournaments are received in time for the manager to organise the draw

2017 February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01 Maud Trainor	02	03	04	05
06	07 Carol Hayward	08 Maud Trainor CCA Exec	09 Fendalton Social Twilight 4-7.30 GC Doubles	10	11 CCA GC Grades at St Martins	12 CCA GC Grades at St Martins CCA Arthur Ross Holmes Park
13	14	15 Edgeware Probis and Friends GC and AC	16	17	18 Atkins H/Cap Doubles	19 CCA Gold and Silver Stars at Holmes Park
20	21 Carol Hayward	22 Maud Trainor	23	24	25 Atkins H/Cap Doubles	26
27 CCA Agnes Dick H/Cap Doubles at Elmwood	28 CCA Agnes Dick H/Cap Doubles at Elmwood	01	02	03	04	05
06	07	Notes:				

2017 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	01 Katapoi Fun Day	02	03 CNZ Arthur Ross Final at United	04 CNZ Arthur Ross Final	05 CNZ Arthur Ross Final
06 AC VETS at St Martins	07 AC Vets at St Martins	08 GC Vets at United	09 GC Vets at United	10 GC Vets at United	11 Atkins H/cap doubles	12 St Martins carded GC H/Cap Doubles
13	14 Carol Hayward	15 Rangiora Fun Day	16	17	18 Atkins H/cap doubles	19 GC Silver Badges at United
20	21 Carol Hayward	22 Holmes Park Fun Day	23	24	25 Atkins Playoffs at St Martins.	26 AC Silver Badges at Holmes Park
27	28	29	30	31	01	02
03	04	Notes:				