



HIGH FIVE NEWS

Hello and welcome to 2012

Time for another newsletter – a new year – a new email address – a new funding bid – there is so much to say.

First some news:-

We are so sorry to have lost one of our well loved tutors. Sue Edgley had to take up new job options because budget cuts meant that she lost other jobs. We all wish you well Sue.

George and I did a Gentle Exercise course with Age UK's 'Fit as a Fiddle'. Following an experienced tutor like Sue has not been easy but we have taken over running a class which otherwise would have closed.

Pauline Craig has taken over from Kath as treasurer. We offer our grateful thanks to Kath and Philip for all the work they have done.

A funding bid has just gone in to 'Fit as a Fiddle' for funding to run another Gentle Exercise class at Mount Tabor. To make our chances of acquiring the grant better we are still collecting evidence that the people of Mount Tabor and surrounding areas are **really excited about getting fitter**. We are hoping to start on the first Tuesday in March.

We now have our very own Kurling set – which means we will have use of 2 sets when necessary. We also have a brand new parachute with a set of soft balls. If you want to find out how we use them come along to one of our activities.

Now for some adverts

1) Our AGM –an unmissable event - is coming up on Saturday March 10th –2-00 til 4-00

That famous celebrity **Beth Maiden** will be our speaker. We are all looking forward to seeing Beth again. Beth worked so hard to set up High Five and I am sure that she will be so relieved that we have managed to get to our 1st Birthday.

We again have entertainment from our High Five Singers. They will be Pellon's answer to the Andrews Sisters. They are going to sing 40s songs and we have brothers as well as sisters. So, when you have hung out your washing on the Siegfried Line come along on the Chattanooga Choo Choo to hear our Nightingales sing in Highgate's Square.

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2) We will be sending out nomination forms to see if any of you would like to become committee members. If you fancy having a go get yourself nominated. You must be a member of High Five and so must your proposers. Our AGM will contain an election.

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3) The time is coming up to renew your membership. The cost is still £6. We promise there will be a much more consistent flow of newsletters this year. Members can have a reduction in fees if they attend more than one class in a year.

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4) We want to include more about you in our newsletters–so let us know if you have a special birthday or anniversary coming up so that we can celebrate with you.

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5) Pauline is hoping to start a craft club at Mount Tabor to run on the same day as the Gentle Exercise class. She is already doing a lot of work with accounts, minutes and funding bids so we would love some offers of help from our members to either demonstrate a craft or to help in the class perhaps once a month. Please let us know if you are an enthusiastic crafter and would love to pass on your passion to others.