



Knights News



2011 Weekly Newsletter

Issue No 12

Presidents Report

Hi Crew, my turn this week as acting Presidents scribe for this weeks Knights News. Several Committee members have now had a go at writing this weekly update & its fair to say we are all looking forward to Lewis' return next week.

As we head into the finals phase of our season, the following key themes come to mind this week;

1. Zero tolerance on umpire abuse

Last week, Vice President & Club Secretary told of his experience last year as an umpire escort (which co-incidentally involved his sons game as an MSJFL umpire) & where Marc's son Dan experienced experienced of unacceptable behavior towards umpires.

It's important to remember that firstly, our umpires are young & still learning. Secondly, the MSJFL has a real shortage of umpires & poor crowd behaviour doesn't entice new recruits. Lastly, this is junior football where we are not playing for sheep stations so a reality check at times is needed.



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Lucas Reserve, Moira St, East Malvern

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w | www.eastmalvernknights.com.au

e | info@eastmalvernknights.com.au

2. Eliminating negative supporter passion

Similar to the above points, eliminating negative supporter passion is absolutely crucial to our club as we endeavor to maintain our outstanding reputation throughout the MSJFL.

From my own experience, I observed a team this year as Team Manager of the U11 Reds. Without naming the Club (who were equally as bad last year), their negative supporter ranting was utterly disgraceful & while they won the match through their disgraceful behaviour, my team held its head high in the knowledge we didn't drop to their unacceptable standard.

3. Has your child considered becoming an Umpire

An increasing number of our young people, male and female, are choosing to be part of our great game as field, boundary or goal umpire. Umpiring is exciting, fun, great for fitness, and offers the best seat in the house!

Whether you are seeking a career in umpiring, or just looking to keep fit, umpiring develops life skills such as:

- Leadership
- Critical and clear thinking
- Decision making
- Effective communication
- Management of people

MSJFL pay ranges from \$27 for Under 9 matches through to \$60 for Under 17. (If you boundary umpire in a Senior League you can earn up to \$67 per game)

If you are interested in becoming an umpire please contact:

David Coates
Umpire Advisor
Mobile: 0409 940 035
Email: msjfldavid@gmail.com
www.msjfl.com.au



U11 East Malvern
Knights defeated
U11 Mosman Swans



I had the absolute pleasure of co-ordinating our annual inter league football match against the U11's Mosman Swans who's turn it was to fly down to Melbourne & play our mighty U11's.

For those who aren't aware, this wonderful initiative was founded by Brett Davidson & John Gilbert of the EMJFC & Dan Miltenheim, past President of the Mosman Swans. Their idea was to hold an interstate game of footy once a year for juniors so that they could experience the adventure of playing Football against another Club in another State.

Incoming President Chris Ralph has been instrumental in keeping this tradition alive & I've been privileged to have been involved in 3 games now (2 as Team Manager) with my sons Thomas & Jamie who both acknowledge it as a key highlight in their time thus far at the Knights.

This year, Tina Saunders, Peter Papas & Peter Campbell from the Mosman Swans did a great job co-ordinating things from their end while special mention must go to U11 Whites super coach Hugh Condon who did a super job guiding the mighty Knights to a close victory.

Sam Crowe | East Malvern Knights
Superstar

Story of the year would have to go to U11 White Superstar Sam Crowe who served up the come back line of the decade. At the recent AFL press conference last week to announce

Toyota re-signing, Sam Crowe decided to plug East Malvern JFC rather than an AFL Club (see attached). It raised some eyebrows from within AFL ranks but as Sam told Luke Ball when asked ("I barrack for Richmond but we (EM U 11 Whites) win more than they do"....

Now that's Club loyalty.....well done Sammy.

Enjoy your matches this weekend crew & look forward to seeing you all at the forthcoming Team Photos which is schedule for Sunday 24 July (U9 only) & Sunday 31 July at Dunlop Pavilion. Details are in the Knights News & Website.

Go Knights

Greg Miller, Knights Communications



Acute Ankle Sprains | Malvern Sports Physiotherapy Centre

In this segment we will focus on acute ankle sprain injuries as opposed to chronic or overuse injuries. Ankle sprains are one of the most common lower limb injuries seen in athletic sports. Most commonly the lateral ligaments (outside area of the ankle) are the most commonly torn. Ankle sprains are graded depending on the degree of injury.

Grade 1: A stretching +/- partial disruption of the ligaments, where no laxity is presented on testing.

Grade 2: A large degree of stretching and partial disruption of the fibers, with laxity present on testing.

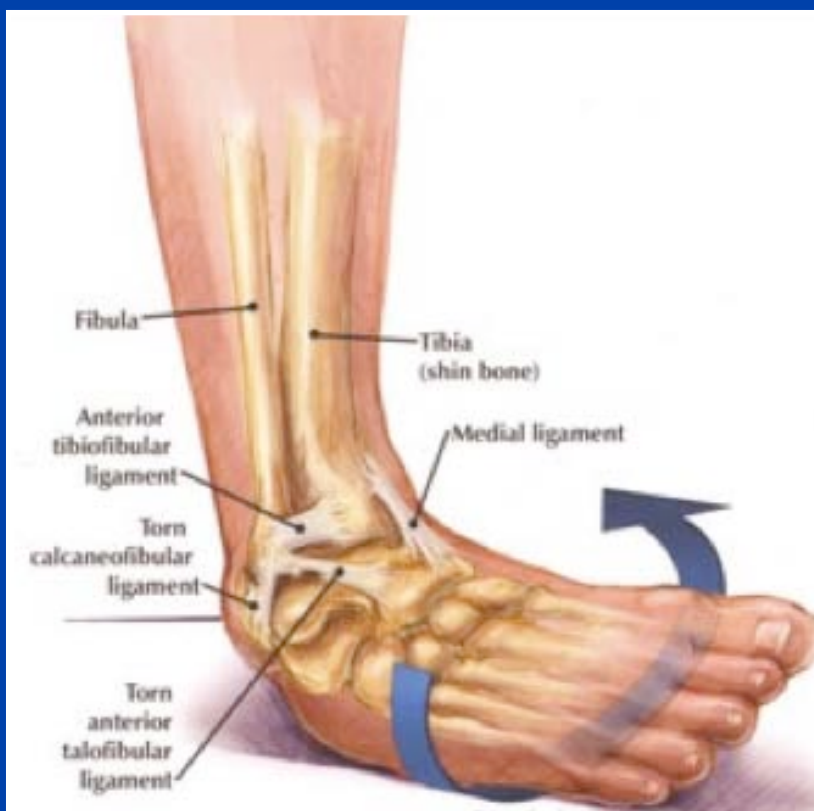
Grade 3: A full tear of the ligaments.

The grade of injury will determine the length of rehabilitation. Grade 1 ankle sprains often only require up to 2 weeks of rest, grade 2 up to 6 weeks, and grade 3 up to 12 weeks. Individual variances will alter the true length rehabilitation time.

Treatment and rehabilitation does not differ between ankle sprains. Initial treatment involves the RICE principles and a short period of immobilization to avoid further injury and has been shown to decrease swelling. Immobilization can be achieved by ankle braces, elastic tape (rigid can be used if minimal swelling), or cam boots (moon boots) for severe ankle sprains. Weight bearing should begin as soon as pain allows, with a normal heel toe gait pattern. Often a period of non weight bearing to partial weight bearing with crutches is required due to pain.

Restoration of range should be achieved as soon as possible. This can begin from day 1 while non weight bearing by flexing the ankle up and down. A towel can be used to help achieve extra range, and if pain allows one can do weight bearing stretches into the ankle.

Due to ligament disruption the ankle will no longer be as stable as it previously was. For this reason it is important to rehabilitate the ankle muscles to help stabilize the ankle. This focuses on balance and strength exercises. To begin with balancing on one leg can be progressed to closing eyes, standing on pillows/mattresses, handballing balls, to hopping and sticking the landing.



Acute Ankle Sprains | Malvern Sports Physiotherapy Centre

Strength exercises can involve heel raises, and theraband exercises.

Return to sport can occur when one can hop, and shadow run (follow someone running in front) pain free, and has participated in training sessions pain free. On return to sport the ankle should be taped, or a brace should be worn to prevent further injury.

Things to look out for

One should be careful to discount fractures initially after the injury, as this will require a longer period of immobilization. If one is unable to weight bear, or has pain on touch of the bones, one should consult a medical practitioner for an x-ray. If pain is centrally located just above the ankle joint a syndymosis injury may have occurred in which case a longer period of immobilization is also suggested.

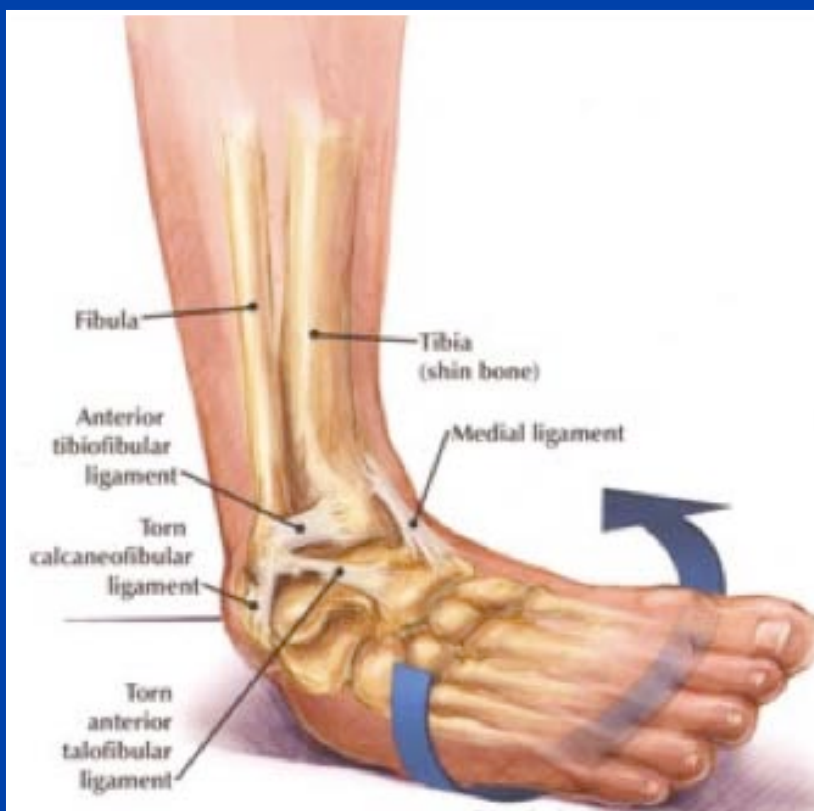
A large proportion of ankle sprains only require the rehabilitation outlined above, but if pain persists one should consult a medical practitioner for further advice.

Kevin Craigie, Physiotherapist

Malvern Sports Physiotherapy Centre

91 Wattletree Road, Armadale Ph 9509 8844

Call to book in for a screening or consultation



Club News | UPCOMING EVENTS

Some important dates to diarise:

- Team Photos (U9 only) 24 July 2011
- Team Photos (balance of teams) 31 July 2011
- Pie Night 22 July 2011
- Presidents Dinner 27 July 2011
- Club Night 21 August 2011



Club News | TEAM PHOTOS

Date	Game Time	Venue	Team	Photo Time
24/07/11	8:45	CENTENARY PARK - Oval 1 (Under 9 Green 2011)	U9 Green	7:30
24/07/11	8:45	WALTER GALT RESERVE - Oval 2 (Under 9 Gold 2011)	U9 Brown	7:40
24/07/11	8:45	E.E. GUNN RESERVE - Oval 2 (Under 9 North 2011)	U9 Blue	7:50
24/07/11	8:45	STANLEY GROSE RESERVE (Under 9 South 2011)	U9 Black	8:00
24/07/11	10:00	STANLEY GROSE RESERVE (Under 9 East 2011)	U9 Red	8:10
24/07/11	11:15	HURLINGHAM PARK - OVAL 2 (Under 9 West 2011)	U9 White	8:20
NO GAME				
31/07/11	8:45	TOORAK PARK (Under 10 East 2011)	U10 Blue	7:50
31/07/11	8:45	STANLEY GROSE RESERVE (Under 10 South 2011)	U10 Red	8:00
31/07/11	9:00	DW LUCAS OVAL - DUNLOP RESERVE (Under 11 West 2011)	U11 White	8:10
31/07/11	NO GAME		Youth Girls	8:20
31/07/11	10:00	STANLEY GROSE RESERVE (Under 10 West 2011)	U10 White	8:30
31/07/11	10:30	DW LUCAS OVAL - DUNLOP RESERVE (Under 14 Div 4 2011)	U14 Blue	8:40
31/07/11	11:15	STANLEY GROSE RESERVE (Under 11 Colts 2011)	U11 Blue	8:50
31/07/11	11:30	ALBERT PARK - Oval 11 (Under 12 East 2011)	U12 Blue	9:00
31/07/11	12:00	COLUMBIA RESERVE (Under 15 Div 3 2011)	U15 Blue	9:10
31/07/11	12:00	E.E. GUNN RESERVE - Oval 1 (Under 15 Div 1 2011)	U15 Gold	9:20
31/07/11	12:30	DW LUCAS OVAL - DUNLOP RESERVE (Under 14 Div 1 2011)	U14 Gold	9:30
31/07/11	12:30	W.A. SCAMMELL RESERVE (Under 12 East 2011)	U12 White	9:40
31/07/11	12:45	TOORAK PARK (Under 13 South 2011)	U13 Blue	9:50
31/07/11	12:45	STANLEY GROSE RESERVE (Under 11 South 2011)	U11 Red	10:00

Club News | TEAM PHOTOS

31/07/11	13:00	ALBERT PARK - OVAL 9 (Under 12 South 2011)	U12 Red	10:10
31/07/11	13:00	BOSS JAMES RESERVE (Under 16 Div 1 2011)	U16 Knights / M'beena	10:20
31/07/11	15:00	DONALD MCDONALD RESERVE (Under 13 East 2011)	U13 Gold	10:30

Team photos are scheduled for Sunday 24 July (U9 only) & Sunday 31 July (rest of the teams).

Please ensure you are on time as there are 23 teams to photograph with early teams needing to leave promptly for match day games.

Please ensure boots & uniforms are clean.

Team Managers & Coaches are to wear Club Jackets & or Club Jumpers.



Club News | Upcoming Events

Presidents Annual Dinner | Wednesday 27 July 2011

Please contact Club Social Secretary Kate Gilbert to confirm your attendance.

Email Kate at social@eastmalvernknights.com.au.

For all Carlton supporters & footy fans alike, lock in Wednesday 27 July which is our Club's Annual Presidents Dinner. In his final year as President, Lewis Bearman has called on the big guns with his old friend & AFL legend, David Parkin confirmed as guest speaker.

Venue: Giorgios Restaurant, Corner High Street & Glenferrie Rd, Malvern (opposite Malvern Town Hall)

Starters

Freshly baked Garlic, Herb & Cheese Foccacia

Entrée

Platters of

Salt & pepper squid, vegetarian Thai rolls, lamb mezza, prawn gyoza, cevapi sausage, dipping sauces & pita bread

Main Course Choice of Fish of the Day

Ask your waiter for today's catch

Souvlaki Mezza

Lamb pieces marinated with Mediterranean herbs, garlic, spring onion,
served on fetta, diced tomato, black olives & cos lettuce with pita bread

Hokkien Noodle Stir Fry

Hokkien noodles, stir fried Asian vegetables, tofu, ginger, garlic & chilli

topped with fried egg, crispy shallots & bean

Penne Forestiere

Penne pasta, organic chicken, tossed with mushrooms, & avocado, in a light white wine & cream

Dessert

Tiramisu

Layers of coffee liqueur soaked savorati biscuits with mascarpone cheese

& mocha cream

Tea & Coffee

Drinks

Brancott NZ Sauvignon Blanc & Terraces NZ Pinot Noir
Soft Drink & Orange Juice, Haan Cabernet Franc SA, Boags Premium & Light



Cost: \$65 per head

Club News | FIRST AID MANAGEMENT

Bryan (First Aid)



Malvern Knights Trainer,

Bryan Hua Khoon Ngui

On game day, Brian can be contacted on the Knights Mobile: 0421 747 783



We all like to enjoy our football, whether it's that terrific goal or bump. A good game would ultimately be played in good spirit with no injuries. Obviously, the best ways to avoid injuries are by preventing them from happening and playing safe. However, accidents do occur and below are just some things to keep in mind, especially first aid assistance, while enjoying your football at the East Malvern Junior Football Club.

1. First and foremost, keeping calm would help any situation immensely.
2. An on duty club trainer, Bryan, will be available at DW Lucas, Basil and Stanley Grose grounds and can be contacted on **0421 747 783**.
3. Basic first aid assessment can be performed with **DRABCD** - Look out for **D**anger, **R**esponse from victim, obstruction of **A**irway, **B**reathing, **C**PR and **D**efibrillation procedures.
4. Witness or an account of an incident would be helpful to a player's management if not known to the treating trainer/first aider/medical or allied health persons.
5. Protection for soft tissue injuries can be followed using **PRICE** - **P**rotection of injured area (stop activity), **R**est, intermittent **I**cing (no more than 20 mins), **C**ompression and **E**levation. The idea is to reduce swelling of the area.
6. An ice pack and firm pressure is often a good starting point for bleeding injuries.

Club News | FIRST AID MANAGEMENT

7. Dislocation of joints must not be forced back into place or risk the damage of a nerve or blood vessel.
8. Ambulances can be called on 000.
9. Suspected neck or back injuries should be attended with utmost care to prevent any or further injury to the spinal cord. Players should not be moved and the game would have to be stopped to allow for appropriate assessment/ambulance arrival.
10. Severe head injuries (e.g. concussions) are to be dealt with carefully and similarly to neck or back injuries. Attached below are AFL guidelines on Management of Concussion in Community Football
11. Location of stretchers;
 - DW Lucas - In the "Home" change rooms of Dunlop Pavilion
 - Basil & Stanley Grose Reserve - In Sheridan Pavilion
 - Gardiner - In the Store Room of the Change Rooms.
12. Location of keys to barriers that allow vehicle access to grounds (TBC)
13. In the event a medical facility is needed on the Sunday, the closest hospitals would be Cabrini Hospital (183 Wattletree Rd, Malvern VIC 3144) or Monash Medical Centre (1/246 Clayton Rd, Clayton VIC 3168).
 - Please note that if an ambulance attends for a player that has suffered a head injury it is probable that the player will be transported to the Royal Children's as this is Melbourne's only paediatric receiving centre for moderate or severe head trauma".
14. The permission of resuming play after an incident or injury would appropriately and best be given by a certified trainer/first aider/medical or allied health persons.
15. Children suffering seizures on the football field may not always do so as a consequence of head trauma or pre existing epilepsy. The onset of cardiac arrest is frequently characterised by seizure activity and all children who have seized should be assessed adequately to ensure that they are not pulseless. Breathing will be present in the patient early in cardiac arrest and the presence of breathing should not be used to exclude this condition".

Last but not least, enjoy the game, play safely and fairly!



Marc Gauci, Vice President & Club Secretary

U11 Mosman Swans Vs U11 Knights



U11 Mosman Swans Vs U11 Knights



U11 Mosman Swans Vs U11 Knights



U11 Mosman Swans Vs U11 Knights



U11 Mosman Swans Vs U11 Knights



U11 Mosman Swans Vs U11 Knights



Online Knights Merchandise

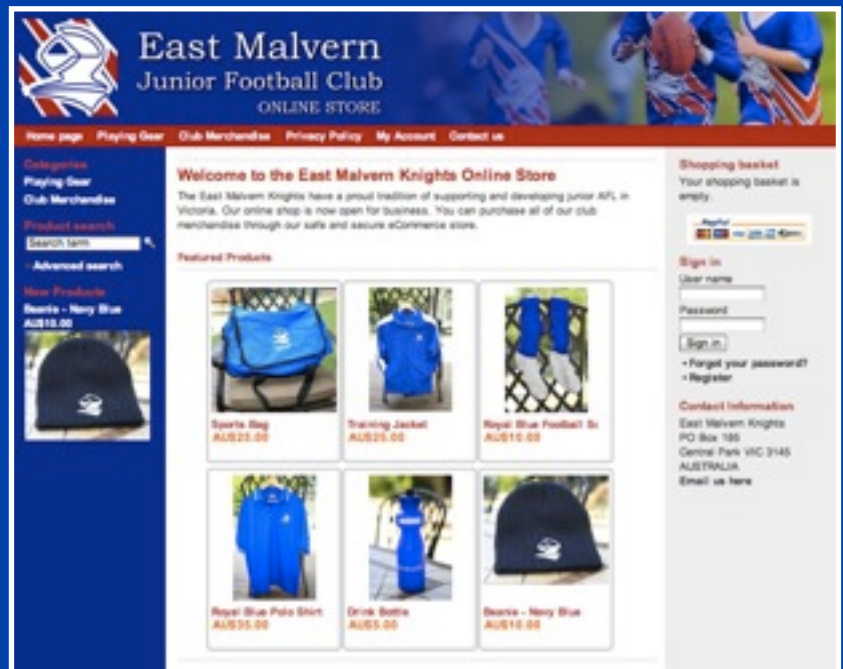


Knights Online Merchandise Shop NOW OPEN

Did you know our new Online Merchandise Shop has new Club Apparel including trackpants, beanies and scarves, not to mention socks, jackets, sports bags & drink bottles.

To access the Online Merchandise site, visit our our Club website & click on the Online Shop tab in the navigation bar (refer below) or click on the following link.

<http://shop.eastmalvernknights.com.au/>







EAST MALVERN Junior Football Club | Lucas Reserve | Moira St, East Malvern (Melways 60 A11)

Click here to access the online Merchandise Shop

C L U B S P O N S O R S

TEAM	PARENT	SPONSOR	WEBSITE
U9 Black	Ralph Battista www.battista.com.au	Battista Accountants	
U9 Blue	Paul Olynyk www.royalsaxon.com	Royal Saxon Hotel	
U9 Brown	SPONSOR NEEDED		
U9 Green	Mike Fetter www.fglawyers.com	Fetter Gdanski	
U9 Red	Scott Trevethan www.scottpartners.com.au	Scott Partners	
U9 White	SPONSOR NEEDED		
U10 Red	SPONSOR NEEDED		
U10 Blue	Phil Rosier www.rosiercommercialfurniture.com.au	Rosier Commercial Furniture	

U10 White	Andrew Pepicelli www.sporthodontists.com.au	SP Orthodontists	 The logo for SP Orthodontists features a blue rounded square with the letters 'SP' in white. Below the square, the text 'SABLE AND PEPICELLI ORTHODONTISTS CHADSTONE' is written in blue.
U11 Blue	Ian Shannon www.dunlopflooring.com.au	Dunlop Flooring	 The Dunlop Flooring logo consists of a blue stylized 'D' icon followed by the text 'DUNLOP flooring' in blue, with 'COMFORT THAT LASTS' in smaller blue text below.
U11 Red	Spiro Vournazos www.redcat.com.au	Redcat	 The Redcat logo features the word 'redcat' in white lowercase letters on a red rectangular background with a white swoosh underneath.
U11 White	SPONSOR NEEDED		
U12 Blue	SPONSOR NEEDED		
U12 Red	Dale Smith www.gws.com.au	Garry Warren Smith	 The GWS Group logo includes the text 'GWS Group' in large letters, with 'Garry and Warren Smith' and 'gws.com.au' in smaller text below. It also lists 'HOLDEN - HONDA - MAZDA - SUZUKI - RENAULT - USED CARS' and 'Contact Dale Smith on 0412 561 120'.
U12 White	Julian Battistella www.battistellafs.com.au	Battistella Financial Services	 The Battistella Financial Services logo features a blue stylized triangle icon above the text 'BATTISTELLA financial services'.

<p>U13 Gold</p>	<p>Andrew Hayne www.marshallwhite.com.au List your house with Marshall White and Marshall White will donate \$500 to the club.</p>	<p>Marshall White</p>	
<p>U13 Blue</p>	<p>SPONSOR NEEDED</p>		
<p>U14 Gold</p>	<p>Tony Victor www.cdkstone.com.au</p>	<p>CDK Stone</p>	
<p>U14 Blue</p>	<p>Lewis Bearman www.perennial.net.au</p>	<p>Perennial Investment</p>	
<p>U15 Gold</p>	<p>Jonathon Lomonaco www.viafratelli.com</p>	<p>Via Fratelli</p>	
<p>U15 Blue</p>	<p>SPONSOR NEEDED</p>		
<p>U16 Gold</p>	<p>Peter Wolff www.bendigobank.com.au/public/east_malvern</p>	<p>Bendigo Bank East Malvern</p>	
<p>Youth Girls</p>	<p>Paul Clancy www.clancysbakehouse.com.au</p>	<p>Clancy's Bakehouse</p>	

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www.yellowpages.com.au/vic/.../rugs-bazaar-13327757-listing.html

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Intencity
www.intencity.com.au



MSPC
www.mspc.net.au



Stockland
www.stocklandtooronga.com.au



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Next Round | Round 12

8:45	BANKSIA RESERVE (Under 9 Green 2011)	Beaumaris Black Tails	Vs	East Malvern Green
8:45	STANLEY GROSE RESERVE (Under 9 South 2011)	East Malvern Black	Vs	Bentleigh Red
8:45	DONALD MCDONALD RESERVE (Under 10 East 2011)	Beaumaris Sharks	Vs	East Malvern Blue
8:45	GARDINER PARK (Under 9 Gold 2011)	East Malvern Brown	Vs	Hampton
8:45	WIDDOP CRESCENT RESERVE (Under 9 North 2011)	East Sandringham 2	Vs	East Malvern Blue
9:00	DW LUCAS OVAL - DUNLOP RESERVE (Under 14 Div 4 2011)	East Malvern Blue	Vs	Hampton
10:00	STANLEY GROSE RESERVE (Under 10 West 2011)	East Malvern White	Vs	East Sandringham 2
10:00	GARDINER PARK (Under 9 West 2011)	East Malvern White	Vs	Mordialloc Braeside Red
10:15	HURLINGHAM PARK - OVAL 1 (Under 13 South 2011)	East Brighton Vampires JFC 13 South	Vs	East Malvern Blue
11:00	DW LUCAS OVAL - DUNLOP RESERVE (Under 14 Div 1 2011)	East Malvern Gold	Vs	East Brighton Vampires JFC 14 - 1
11:15	MURRUMBEENA PARK - OVAL 2 (Under 11 West 2011)	Murrumbeena U11 Gold	Vs	East Malvern White
11:15	TOORAK PARK (Under 10 South 2011)	Prahran Black	Vs	East Malvern Red
11:15	ELSTERNWICK PARK - OVAL 2 (Under 11 Colts 2011)	East Brighton Vampires JFC 11 Colts - 1	Vs	East Malvern Blue
11:15	STANLEY GROSE RESERVE (Under 11 South 2011)	East Malvern Red	Vs	Mordialloc Braeside Red
11:15	WALTER GALT RESERVE - Oval 2 (Under 9 East 2011)	Mordialloc Braeside	Vs	East Malvern Red
12:30	DARLING PARK - BASIL RESERVE (Under 12 South 2011)	East Malvern Red	Vs	Mt Waverley

This weeks Games cont'd.....



13:00	DW LUCAS OVAL - DUNLOP RESERVE (Under 15 Div 1 2011)	East Malvern Gold	Vs	St KildaCity U15
14:00	DARLING PARK - BASIL RESERVE (Under 12 East 2011)	East Malvern White	Vs	South Melb White
14:15	PRINCES PARK - Oval 4 (Under 13 East 2011)	Ajax Jets	Vs	East Malvern Gold
15:00	HIGHETT RESERVE - Oval 2 (Under 15 Div 3 2011)	Highett	Vs	East Malvern Blue
15:00	GLEN HUNTLY PARK (Under 16 Div 1 2011)	Ajax	Vs	East Malvern / Murrumbeena
15:30	DARLING PARK - BASIL RESERVE (Under 12 East 2011)	East Malvern Blue	Vs	Beaumaris Sharks

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Don't waste your precious time trying to make something out of your league - let alone the frustration & the result!

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MILESTONE GAME BANNERS

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3m wide x 1.8m high Banner



4m wide X 2.3m high Banner

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Images



Guernsey Featuring
Your Number



Club Logos

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"Making Milestone's Memorable!"



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Contact Greg Miller

e knightsnews@eastmalvernknights.com.au

Don't forget to forward me your photos or any pieces you'd like to share with your club.

