

Life Activities Club Surfcoast Inc

Newsletter Date February 2010

Volume 8 Autumn Edition

Ballarat Balwyn
Bendigo Bentleigh
Booroondara
Brighton/ Bayside
Casey/Cardinia
Cheltenham Croydon
Dandenong Darebin
Frankston Geelong
Heidelberg
Hobsons Bay
Keilor Knox (Boronia)
Long Beach (Chelsea)



Manningham
Moonee Valley
Mornington
Oakleigh
Port Phillip Sandringham
Scots of Victoria
Stonnington (Malvern)
Surf Coast (Torquay)
Waverley
Whitehorse(Nunawading)
Wyndham
Werribee

P.O Box 242. Torquay, Vic

FROM THE PRESIDENT

Hi and welcome to our first newsletter for 2010. I hope you all enjoyed the festive season and look forward to a rewarding year ahead.

Our Christmas Function was a great success with 71 members and guests attending. A big thank you to our hard working social team and the Local Businesses who supported our day with great prizes.

Don't forget our Club BBQ on Sunday Feb 28th 12pm at the Torquay Common.(BYO). Come along and enjoy a get together with members and friends.

All our groups are now back in action after the break, so please support your convenors in attending the various activities. We have a new convenor for the Movie Group in Rosslyne Leary and we wish her well.

I would like to acknowledge the work done by Diane and the late Paul Wise over the many years that they convened the above group.

Our committee meetings are held 1st Thursday of every even month 2pm at Spring Creek Community House , members are most welcome to attend.

Yours in good health.
Graeme Perks.

President:	Graeme Perks	5261 2155
Immediate Past President & Vice President:	Peter Sweetten	5261 9693
Acting Secretary:	Peter Sweetten	5261 9693
Treasurer & Membership Secretary:	Marjorie McKenzie	5264 8577
Assistant Treasurer:	Selma Sweetten	5261 9693
Publicity & Newsletter Editor:	Rowena Crane	5264 1466
Activities Co-ordinator:	Heather Moore	5261 2014
Webmaster:	Ian Champion	5261 5747

General Committee Members: - Laurel Adams, Jo Biscombe (Club Clothing), Helen Canny
Kay Champion, Bill Cutter, Bernie Dickenson, Bob Dickenson (Thursday Walkers),
Margaret Lay, Val Trahair, Pam Perks.

Mailing Address: Life Activities Surfcoast Inc., PO Box 242 Torquay Vic 3228

We're on the WEB
torquay.vic.au/community

ARVO TEA DANCE

Thursday from 2.30—4.30 pm \$4.00 entry fee. Venue is the blue building in Barabool Rd Highton, (Under the Moorabool St, Bridge, opposite the Barwon Caravan Park.)

Everyone is welcome to come along and enjoy a wonderful, relaxing afternoon of dancing to great music. Make new friends....Get fit... Yummy afternoon tea provided...Plus door prizes. Resuming on the 4th February 2010.



Convenor : Val Penford 5251 3529

CYCLING

MONDAY CYCLING GROUP

All rides start at 9:30 AM from the War Memorial at Cosy Corner.

For shorter rides coffee will be at the completion of the ride, longer rides coffee will be halfway.

Please ring or email the night before if you intend riding.

For rides where the convenor is not available, the riders on the day will decide on the route to be taken.

**Convenor: Ian Champion 52615747
0418563435 kchamp@inet.net.au**



WEEK	DATE	RIDE		
3rd	15/02/2010	30 - 40 km road ride from Torquay		
4th	22/02/2010	10 - 15 km Torquay or Geelong bike tracks	Ian n/a	
1st	1/03/2010	30 - 40 km road ride from Torquay		
2nd	8/03/2010	10 - 15 km Torquay bike tracks	Ian n/a	long weekend
3rd	15/03/2010	30 - 40 km road ride from Torquay		
4th	22/03/2010	10 - 15 km Torquay or Geelong bike tracks		
5th	29/03/2010	50+ km road ride from Torquay		
1st	5/04/2010	30 - 40 km road ride from Torquay	Ian n/a	Easter
2nd	12/04/2010	10 - 15 km Torquay bike tracks		
3rd	19/04/2010	30 - 40 km road ride from Torquay	Ian n/a	LAC trip to Echuca
4th	26/04/2010	10 - 15 km Torquay or Geelong bike tracks		
1st	3/05/2010	30 - 40 km road ride from Torquay		
2nd	10/05/2010	10 - 15 km Torquay bike tracks		
3rd	17/05/2010	30 - 40 km road ride from Torquay		
4th	24/05/2010	10 - 15 km Torquay or Geelong bike tracks		
5th	31/05/2010	50+ km road ride from Torquay		

Club BBQ on Sunday Feb 28th 12pm at the Torquay Common.(BYO).

**We're on the WEB
torquay.vic.au/
community**

Committee Meetings are on the first Thursday of every 2nd Month beginning in February, 2010 at 2pm Spring Creek House. All welcome.

Cinema Club

**Our Cinema club is resuming on Wednesdays
At Waurm Ponds.**

New members, our cinema outings are at Readings Waurm Ponds movie complex. Meet in the foyer no later than 15 minutes before start time.

Why not join us for lunch at La Porchetta after the morning movies. Hope to see you there.



Convenor: Rosslyne Leary 52224321

Email- learyrq@vic.chariot.net.au

Chat & Craft

We meet at the home of Maureen Holmes, 24 Island Drive, Torquay on the 1st and 3rd Wednesday of each month from 9.30 to 12 noon.

Convenor: Maureen 5261 2883



Patrick walks into a bar in Dublin, orders three pints of Guinness and sits in the corner of the room, drinking a sip out of each pint in turn. When he had finished all three, he went back to the bar and ordered three more. The barman says, "You know a pint goes flat soon after I pull it... Your pint would taste better if you bought one at a time." Patrick replies, "Well now, I have two brodders, one is in America and de odder in Australia and here I am in Dublin. When we all left home, we promised dat we'd drink dis way to remember de days we all drank togedder". The barman admits that this is a nice custom and says no more. Patrick become a regular customer and always drinks the same way...ordering three and drinking a sip out of each in turn, until they are finished. One day, he comes in and orders just two pints. All the other regulars in the bar notice and fall silent. When he goes back to the bar for the second round, the barman says, "I don't want to intrude on your grief but I wanted to offer my condolences on your great loss". Patrick looks confused for a moment, then the penny drops and he starts to laugh, "Oh no," he says, "Bejesus, everyone is fine! Tis me... I've quit drinking."



Contact the Editor
Email- rowiec@hotmail.com

Resistance Training

Torquay Football Club

Mon am 8.30 to 9.30 or 9.30 to 10.30

Wed am 8.00 to 9.00 or 9.00 to 10.00.

Fri 11.00 to 12.00 am 12.00 to 1pm.

Frequency: 2 or 3 sessions

per week per member.

Surf Club Gym Anglesea

Tues 8.30 am to 9.30 am

Thurs 8.30am to 9.30 am

Frequency: 2 or 3 sessions

per week per member.

Fee Structure

**Cost: \$5 /Session
\$8/week (up to 3 sessions)**

\$30 per month

\$55/ 2 months

\$80/ 3 months



Convenor Maurie Dean

Ph: 52632809

Email: mozzapa@yahoo.com

Think you're having a Bad Day?

Betty came home to find Jerry in the kitchen shaking frantically almost in a dancing frenzy, with some kind of wire running from his waist to the electric kettle. Intending to jolt him away from the deadly current, she whacked him with a handy plank of wood, breaking his arm in two places. Up to that moment he had been happily listening to his iPod.

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Social Outings

Social Outings planned for the next few months are as follows:-

Saturday Feb 20th @ 6.30 pm Dinner at the "Bells Hotel" Jan Juc.

Saturday March 20th @6.30 pm Dinner at the "Jade" restaurant Torquay.

Fri 16th April @12.30pm. Lunch At "The Dunes" Ocean Grove.

Saturday 22nd May@ 6.30.

Dinner at Barwon Edge Boat House.

Convenor:- Heather Moore Phone:
5261 2014 or 0419398824



Tennis

Tennis is every Wednesday morning at the Torquay Tennis Club (next to Football club grounds) Surf Coast Highway.

10am \$2 per per session.

Everyone Welcome

Phone **Janet Bateman 5261 5329**

Convenor Aileen Cairns



BARBECUE 12.00 NOON
AT THE COMMON IN
TORQUAY BYO. EVERYONE WELCOME



Tai chi

Members of LAC are welcome to join Tai Chi

Classes held at the Senior Citizens Club

in Price St Torquay. Tues @ 10am

Phone Elizabeth Wapshot on 5261 4717.

WANTED
WANTED WANTED

Position vacant are you interested in being part of LAC committee.

We are seeking a publicity, newsletter editor and a secretary.

If you are interested in helping us out please ring our President Graeme Perks on 5261 2155

Australian Letter of the Year

This is an actual letter sent to the then DFAT Minister, Alexander Downer and the then Immigration, Minister Amanda Vanstone.

Dear Mr Minister,

I'm in the process of renewing my passport, and still cannot believe this. How is it that K-Mart has my address and telephone number, and knows that I bought a TV set and Golf Clubs from them back in 1997, and yet, the Federal Government is still asking me where I was born and on what date. For Christ sakes, do you guys do this by hand? My birth date you have in my Medicate information, and it is on all the income tax forms I've filed for the past 40 years.

It is on my driver's licence, on the last eight passports I've ever had, on all those stupid customs declaration forms I've had to fill out before being allowed off the planes over the last 30 years, and all those insufferable census forms that I've filled out every 5 years sine 1966.

Also would somebody please take note, once and for all, that my mother's name is Audrey, my father's name is Jack and I'd be absolutely astounded if that ever changed between now and when I drop dead....

S***

Thursday Walking



Assemble and start at 8.30am

Fisherman's Beach Angling Club.

February 4th Beach Walk

11th Deep Creek Walk

18th Beach Walk

25th Anglesea River Walk

***** 28th Feb LAC BBQ 12.00 Torquay Common
BYO*****

March 4th Beach Walk

11th Overseas trip to Sorrento. Walk to
Aboriginal settlement, lunch at
restaurant on beach .

Catch 10.00am ferry from Queenscliff
and return at 3.00pm.

18th Beach walk

25th Breamlea Beach walk

April 1st Beach walk
8th Waurin Ponds river walk
15th Beach walk
22nd Beach walk *Please note many
walkers away in Echuca this day.

** On car pool trips, could those not driving
please
support drivers with a \$2 donation to cover the
cost of petrol.

***** Away walks meet at Fishermans Beach and
Car Pool.**

**Convenor: Bob Dickenson
5261 6939 or Mob:- 0408174917**

Tuesday Walking Group

Tuesday walking group meet weekly (every Tuesday during school terms). We meet at the Rotunda in Taylor Park, Torquay next to the Bowling Club and start at 10.30 and 12.30 during the colder months. We car pool to our destination each week at \$3 per passenger. Walks take approx 1.5 hours, followed by afternoon tea.

We hope to see more walkers out and about. New walkers are very welcome.

Each week is a different venue—beaches, cliffs, forests, hills and rivers.

Come equipped with hat, walking shoes, and a drink. Dress appropriately.

Cost for afternoon is \$1.00

Walks:-

Feb 9th Whites Beach

16th Aireys Inlet Ckop

23rd Eastern View @ Aireys Inlet

March 2nd Ironbark Basin

9th Point Addis Beach

**16th Barwon River (Baliang to
Queens Park)**

**Please contact one of our two convenors:-Ron
5261 3408 or Jo 5221 8108**

From the Bristol Evening Post:

Outside Bristol Zoo is the car park, with spaces for 150 cars and 8 coaches. It has been manned 6 days a week for 23 years by the same charming and very polite car park attendant with the ticket machine. The charges are \$2.00 per car and \$10.00 per coach. On Monday 1 June, he did not turn up for work. Bristol Zoo management phoned Bristol City Council to ask them to send a replacement parking attendant. The Council said, "That car park is your responsibility." The Zoo said, "The attendant was employed by the City Council...wasn't he?" The Council said, "What attendant?" Gone missing from his home is a man who has been taking daily the car park fees amounting to about \$800.00 per day for the last 23 years...!

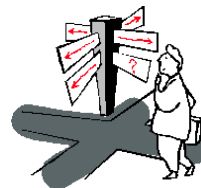
The Planning of our next trip to Echuca is well under way and will be from April 19th to 23rd.

We will be staying at the Top Tourist Echuca Caravan Park, which is located with-in easy walking distance to the port and shops.

We have had an excellent response to date, and for further information re trip or bookings

Contact Graeme Perks 51612155.

We're on the WEB
[torquay.vic.au/
community](http://torquay.vic.au/community)



CALENDAR OF EVENTS

FEBRUARY ANNUAL BBQ GET TOGETHER 28TH @ THE COMMON IN TORQUAY 12.00 BYO

APRIL COMMITTEE MEETING THURSDAY 1ST APRIL AT 2PM SPRING CREEK HOUSE ALL WELCOME.

MAY TALK BACK FISHERMANS CLUB 14TH MAY AT 2.00PM VENUE TO BE CONFIRMED SPEAKER FROM THE UNIVERSITY OF THE THIRD AGE. (U3A)

JUNE NEXT CONVENORS MEETING FRIDAY 18TH JUNE AT 2.00PM AT 26 ST ANNES DRIVE TORQUAY. (PLEASE LET HEATHER MOORE KNOW IF YOU WILL BE ATTENDING ON 5261 2014).

JULY PLANNED VISIT TO OTWAY ESTATE WINERY & BREWERY MORE ON THIS IN THE NEXT EDITION.

IN APPRECIATION

The organising committee for the 2009 Christmas Luncheon express their sincere thanks on behalf of all Club members, to the following Torquay businesses who very generously supported our function with either gifts or vouchers that contributed in making the event such an outstanding success. They are:

The Front Beach Café

Nadz Artz:

Quicksilver:

Saltair Spa:

Woolworths



We hope all members will make an effort to support them where necessary