

# *LIFE ACTIVITIES CLUB SURFCOAST Inc – NEWSLETTER , MAY 2010*

*Mailing address: PO Box 242, Torquay, VIC 3228*

*Information can also be obtained from the Web at [torquay.vic.au/community](http://torquay.vic.au/community)*

## **MESSAGE FROM THE PRESIDENT**

Hello to all & I hope that everyone had a very happy Easter. To those members who are following the sun & the lucky ones that are travelling overseas, we wish you a safe & enjoyable holiday.

The LAC was represented at the Anzac Dawn Service at Torquay's Point Danger with a wreath laid on behalf of the club. Thanks to Selma and Peter for their involvement.

The Thursday Beach Walking Group will again host a fundraising for "Australia's Biggest Morning Tea" that is co-ordinated by the Cancer Council. It will be held on Thursday May 27<sup>th</sup> at 10.30am at the home of Pam and Graeme Perks, 23 Norfolk Boulevard. The cost is \$5 per person however any additional donations will be greatly appreciated.

This year, the AGM is to be held at the Lions Village Centre on August 5<sup>th</sup> commencing at 2.15pm. All committee positions will be declared vacant & I encourage all members to nominate for committee. Nominations can only be made using the form attached to this newsletter & must be submitted to the Secretary by July 22<sup>nd</sup>. If required, additional forms can be obtained from the Secretary. Only financial members can nominate, be nominated & have voting rights.

Selma Sweetten has agreed to be the guest speaker at the AGM with the topic – "Living in South Africa with Apartheid".

The AGM will be preceded by a General meeting commencing at 1.00pm. Members (& visitors) are most welcome to attend both meetings.

Based on limited input of articles for publication, your committee has decided to issue the newsletter only 3 times per year (instead of 4). Whilst this will require some additional forward planning by the convenors, it will give members a little more notice of impending Club events.

Yours in good health,

Graeme Perks

### **Special future events are as follows:**

1. Thursday June 3<sup>rd</sup> – Committee meeting at Spring Creek Community House – all are welcome to attend.
2. Friday June 18<sup>th</sup> – Convenors meetings at 26 St. Annes Drive, Torquay. Please contact Heather on 5261 2014.
3. July (date to be confirmed). Have a day out & forget the winter blues for a visit to The Otway Estate Winery & Brewery for lunch & a tour around the Estate. If enough people are interested, we could possibly arrange to travel by bus. Contact Heather on 5261 2014 by June 30<sup>th</sup> to confirm numbers if you are interested.
4. **The 2010 AGM will be held on Thursday August 5<sup>th</sup> at the Lions Village Centre commencing at 2.15pm. Selma Sweetten is our guest speaker with her topic being; "Living in South Africa with Apartheid".**

Your Committee consists of:

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:	Rowena Crane	5264 1466
Activities Co-ordinator:	Heather Moore	5261 2014
Webmaster:	Ian Champion	5261 5747

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

For all general enquiries, contact the President, Graeme Perks on 5261 2155.

**ARVO TEA DANCE:-** Every Thursday between 2.30 & 4.30pm in the “blue building” under the Moorabool St, Bridge opposite the Barwon Caravan Park. For only \$4, you get an afternoon of great music, dancing, a low calorie afternoon tea & even door prizes.

**Convenor:** Val Penfold on 5251 3529

**CYCLING:-** Rides are held every Monday & start at 9.30am from the War Memorial, Point Danger. The 1st & 3rd weeks will be road rides of up to 50km from Torquay whilst the 2nd & 4th weeks will be shorter rides of up to 15km around Torquay or Geelong with possibly some gravel. For any month with 5 weeks, an even longer ride will be undertaken.

**Please contact Ian by phone or email at least the night before the ride to indicate your intentions.**

Please note that Ian will not be available on August 30th & September 9th, therefore riders present should decide on the route to be taken.

**Convenor:** Ian Champion on 5261 5747 / 0418 563 435 / [kchamp@inet.net.au](mailto:kchamp@inet.net.au)

**CINEMA:-** Outings are held on the second Wednesday of the month at Reading's Cinema complex, Waurin Ponds. Meet in the foyer 15 minutes before the screening & if you have the time, stay on for a chat over lunch at La Porchetta after the movie. Future dates are; June 9th, July 14th, August 11th & September 8th.

**Convenor:** Rosslyne Leary on 5222 4321 / [learyrg@vic.chariot.net.au](mailto:learyrg@vic.chariot.net.au)

**MORNING CHATTERS & CRAFT:-** We get together at 24 Island Drive, Torquay on the 1st & 3rd Wednesday of each month from 9.30am to noon. Come along for a chat, meet new friends & show us either what you have made or what you are making.

**Convenor:** Maureen Holmes on 5261 2883

***Don't forget – your annual membership fee of \$25 is due by June 30th. A membership renewal form is enclosed with this newsletter.***

***- ::WANTED:: - we desperately need someone to take over the role of Publicity Officer & Newsletter Editor as Rowena has occupied both positions for several years & is very, very keen “to have a break”.***

***Please contact Graeme on 5261 2155 if you are interested.***

**RESISTANCE TRAINING:-** You have the choice of getting fit at two venues.

- 1) Torquay Football Clubrooms on –
  - Monday from 8.30 to 9.30am or 9.30 to 10.30am.
  - Wednesday from 8 to 9am or 9 to 10am.
  - Friday from 11 to 12am or 12 to 1pm.
- 2) Anglesea Surf Clubhouse on -
  - Tuesday from 8.30 to 9.30am.
  - Thursday from 8.30 to 9.30am.

Costs are as follows:

\$5 per session, \$8 per week, \$30 per month, \$55 for 2 months or \$80 for 3 months.

**Note. Members are entitled to attend a maximum of 3 sessions per week.**

**Convenor:** Maurie Dean on 5263 2809 / [mozzapa@yahoo.com](mailto:mozzapa@yahoo.com)

*It would be terrific to have some new faces & new ideas on committee. It is not an onerous task as we only have 6 meetings per year! Why not give it a go! A nomination form is included with this newsletter.*

### **THE WANDERERS:-**



Our group had a great trip to Echuca. 30 members attended & enjoyed various outings & activities. Two of main highlights were a guided tour of the Port of Echuca that also included a river cruise & the Pentanque Tournament. Thanks to Peter (Sweetten) for making the Wanderers Cup Perpetual Trophy. The competition was intense & eventually won by a team that consisted mainly of retired farm hands!

Leslina, (who is obviously of extremely diverse parentage), was a surprise visitor at the last “happy hour” for the trip. “She” was made most welcome however when the word got around that “she” was hot stuff in the kitchen! This was evidenced by the freshly baked pavalova that “she” tabled & freely distributed to all present. Bob (Dicko) was extremely fortunate that he wasn’t wearing his glasses on this occasion as he was caught on his blindside by Leslina who gave him something to remind him of “her” visit!

The next outing will be to Port Fairy in November from 8<sup>th</sup> to 12<sup>th</sup>, staying again at the Big 4 Holiday Park. For further information or to confirm your interest, contact Graeme.

**Convenor:** Graeme Perks; 5261 2155.

**Hot news!!** Our roving reporter has just advised that Spring Creek Community House & the Senior Citizens Club will be closing at the end of June & for several months whilst both buildings undergo major renovations. During this period, Community House will primarily operate from the “old cop shop” (which is currently being “restored” after having been abused by squatters in recent times!) however, due to space limitations, they will also utilize other facilities around Torquay.

**TENNIS:-** Held every Wednesday at 10am at the Torquay Tennis Club which is adjacent to the Torquay football oval. The cost to cover court hire is \$2 per session.

***Convenor:*** Aileen Cairns.

***Assistant Convenor:*** Janet Bateman; 5261 5329

**THURSDAY BEACH WALKERS:-** All walks either start from or depart for an out-of-town destination from Fisherman's Beach at 8.30am sharp every Thursday.

On car pool trips, passengers are requested to contribute \$2 each towards the cost of fuel.

Future walks are as follows:

<i>May</i> 27 <sup>th</sup>	Short beach walk then to the Perks' house, 23 Norfolk Boulevard for the Cancer Council fundraising "Australia's Biggest Morning Tea" at 10.30am. \$5.00 donation		
<i>June</i> 3 <sup>rd</sup>	Aireys Inlet light house	<i>July</i> 1 <sup>st</sup>	Koorie track, Pt. Addis
10 <sup>th</sup>	Beach walk	8 <sup>th</sup>	Beach walk
17 <sup>th</sup>	Barwon Heads	15 <sup>th</sup>	Bells Beach - South Side
24 <sup>th</sup>	The Sands	22 <sup>nd</sup>	Beach walk
		29 <sup>th</sup>	Pt. Lonsdale
<i>Aug</i> 5 <sup>th</sup>	Beach Walk		
12 <sup>th</sup>	Geelong Bollards track		
19 <sup>th</sup>	Deep Creek		
26 <sup>th</sup>	Anglesea River		

***Convenor:*** Bob Dickenson; 5261 6939 / 0408 174 917

**TUESDAY WALKING GROUP:-** We meet every Tuesday **during school terms only**, at the rotunda in Taylor Park, near the Torquay Bowling Club & depart at 10.30am (or at 12.30pm during the colder months). Walks are from a different location every week & cars are pooled at a cost of \$3 per person.

The outing cost is only \$1 & this guarantees you to a sumptuous afternoon tea!!

Future walks are as follows:

- June 1<sup>st</sup> - Waurm Ponds Creek,
- June 8<sup>th</sup> - Urquharts Bluff,
- June 15<sup>th</sup> - Barwon River; Moorabool St, to Breakwater,
- June 22<sup>nd</sup> - BBQ at Anglesea River,
- June 29<sup>th</sup> - school holidays & no walk,
- July 6<sup>th</sup> - school holidays & no walk,
- July 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> - TBA

***Convenors are:*** Jo on 5221 8108 & Ron on 5261 3408

**SOCIAL OUTINGS:-** Planned outings for the next few months are as follows:

- Saturday June 26<sup>th</sup> – dinner at Buckleys at 6.30pm,
- Saturday July 17<sup>th</sup> – dinner at the Beach Hotel, Jan Juc at 6.30pm.
- July 28<sup>th</sup> – a day trip to The Otway Estate Winery & Brewery. Refer to the "Special Events" notice on page 1 for details.
- Saturday August 21<sup>st</sup> – dinner at the Davidson Restaurant, Fenwick St, Geelong at 6.30pm. This is an excellent opportunity to support final year apprentice chefs.
- Saturday September 18<sup>th</sup> – the Thai Restaurant, Bell St, Torquay at 6.30pm.

***Convenor:*** Heather Moore; 5261 2014 / 0419 398 824

**TAI - CHI:-** Club members are welcome to join the Tai-Chi classes held at the Senior Citizens Club, Price St, Torquay every Tuesday at 10am. Contact Elizabeth Wapshot on 5261 4717 if you are interested.

# Nomination of Club Officers and Ordinary

## Committee Members

for the **LIFE ACTIVITIES CLUB SURFCOAST Inc.**

The Annual General Meeting of the Life Activities Club Surfcoast Inc, will be held at 2.15pm on Thursday August 5<sup>th</sup> 2010 at the Lions Village Centre, Torquay. All positions on the Committee will be declared vacant, and nominations will be called for;

- President, Vice President, Secretary, Treasurer/Membership Secretary, Activities Coordinator, Publicity Officer/Newsletter Editor, Webmaster and Ordinary Committee Members.

All positions are for a period of 12 months from the date of the AGM.

**NOTE: The Nominee, Proposer and Seconder must be financial members of the LAC Surfcoast Inc., otherwise the nomination will be considered to be invalid.**

### **NOMINEE:-**

I, ....., being a financial member of the club, consent to my  
(Print full name)

nomination for the position of .....(Print name of position)

Signed: ..... Phone: ..... Date: .....

**PROPOSER:-** ....., declare that I am a financial member of the Club.  
(Print full name)

Signed: ..... Phone: ..... Date: .....

**SECONDER:-** ....., declare that I am a financial member of the Club.  
(Print full name)

Signed: ..... Phone: ..... Date: .....

**To be a valid nomination, the completed form must either be mailed to**

**The Secretary, LAC Surfcoast Inc,**

**PO Box 242, Torquay Vic. 3228**

**or be handed directly to the Secretary, by no later July 22<sup>th</sup> 2010.**

Two British businessmen were sitting down for a break in their soon-to-be new store. There were no shelves set up & no stock on the floor. One partner said to other, "I'll bet any minute that some idiot tourist will walk by, stick their face through the door & ask what we are selling". He had just uttered the words when sure enough, a Japanese tourist asked "what are you serring"? The other partner responded sarcastically, "why, we're serring ass-holes"! Without any hesitation, the tourist responded, "you doing velly well – you onry have two reft!"

*A man feared that his wife's hearing was deteriorating & that she might need a hearing aid. As he was not sure how to approach the subject with her, he consulted their family doctor. The doctor told him of a simple informal test that he could perform at home to get an idea how good her hearing really was. Here's what you do said the doctor; start by standing about 40 feet from her & in a normal conversational tone, ask a question to see if she can hear you. If not, repeat the same question at approximately 30 feet then to 20 feet, 15 feet and so-on until you get a response.*

*That evening, when his wife was in the kitchen cooking dinner & he was at the other end of the house, he decided to conduct the test. He asked in a normal voice "Honey, what is for dinner?" No response. He moved closer & repeated the question with still no response. He moved closer into the dining room & repeated the question still with no response. He moved to the kitchen door & repeated the question with still no response. Becoming very concerned, he then moved so that he was directly behind her & repeated the question. She finally responded & said, "RALF – FOR THE 5<sup>TH</sup> BLOODY TIME, WE ARE HAVING CHICKEN!!!"*

If you received this newsletter by mail, it means that we do not have your email address. If in future you would prefer to receive the newsletter & other Club correspondence via email, please send your email address to either marjorie.mckenzie@bigpond.com or kchamp@iinet.net.au

## Membership Application or Renewal

***New member:*** *Joining fee of \$5 plus the annual fee of \$25 effective from July 1<sup>st</sup> or joining fee of \$5 plus a 1/2 yearly fee of \$12.50 effective from January 1<sup>st</sup>.*

***Existing member:*** *The annual fee of \$25 is due by June 30<sup>th</sup>.*

*Mr/Mrs/Ms/Miss: Given name:.....Surname:.....*

*Address:.....Post code:.....*

*Email address:.....*

*Activities of interest:.....*

*Amount paid: \$..... by cheque / money order / cash*

*Signed: ..... Date: .....*

*Mail the completed form together with a cheque or money order for the appropriate fee to:*

*The Treasurer/Membership Secretary, Life Activities Club Surfcoast Inc., PO Box 242, Torquay, Vic, 3228.*

*Please note that a cash payment can only be made directly to a committee member or activity co-ordinator – **please do not send cash via mail.***

***Office use only:*** Received cheque/money order/cash for \$.....  
 Receipt no..... Date.....