

Life Activities Club Surfcoast Inc

ISSUE NO: 2

JANUARY - APRIL 2011

Enquiries & correspondence to
The Secretary
P O Box 242
Torquay 3228

Published early in months of
September, January, May

Annual Subscription \$25.00
Joining Fee \$ 5.00

Copy Deadline for next issue is:

15th April 2011

Contributions from convenors and members can be send to postal address or by email to spsweetten@westnet.com.au

OFFICE BEARERS - 2010/11

President : Graeme Perks 5261 2155
Vice President Peter Sweetten 5261 9693
Secretary: Peter Sweetten 5261 9693
Treasurer: Majorie McKenzie 5264 8577
Asst. Treasurer: Maxine Checinski 0428 325632
Membership: Majorie McKenzie 5261 8577

General Committee:

Jo Biscombe, Laurel Adams,
Bob & Bernadette Dickenson,
Pam Perks, Val Trahair, Bill Cutter,
Marie Reeves, Maxine Checinski,
Kay & Ian Champion

Webmaster: Ian Champion 5261 5747 (kchamp@iinet.net.au)
Publicity & Newsletter: Selma Sweetten 5261 9693 (spsweetten@westnet.com.au)
Convenor Co-ordinator: Heather Moore 5261 2014
Club Clothing: Kay Champion 5261 5747

from the President's Desk.....



We're on the WEB
torquay.vic.au

Hi and a Happy New Year to all,

I hope you all had a very festive Christmas with your family and friends, and enjoy health and happiness in 2011.

Our Christmas Luncheon was an outstanding success with 100 members and guests attending. It was great to see all groups represented at the lunch and enjoying each other's company.

A special thanks to Selma, Pam, Bernie, Maxine and Marjorie for the time and effort in organising the day. It was appreciated by all present.

Don't forget our Family Day BYO Picnic on Sunday, 27th February @ 12pm to be held at the Torquay Common (opposite Caravan Park). Come along and enjoy a get together with members and friends

Please support your Convenors for the different activities they arrange during the coming year as a lot of thought and hard work go into the various events.

Yours in good health,

Graeme Perks

Inside this issue:

Club Information	Pg.1
Arvo Tea Dance, Cycling Wanderers, Cinema Club	Pg.2
Chat & Craft	Pg.3
Resistance Training	
Social Outings, Tennis	Pg.4
Thursday Beach Walk	
Tuesday Walking	Pg.5
Next Meeting	

Have you explored the web site www.life.org.au?

This is the web site for LACVI where you might find advance notice of free movies

ARVO TEA DANCE



Every Thursday between 2.30 and 4.30pm

In the "blue building" under the Moorabool St, Bridge opposite the Barwon Caravan Park. For only \$4.00, you get an afternoon of great music, dancing, a low calorie afternoon tea and even door prizes!!

Convenor : Val Penfold on 5251 3529

Welcome new members

* Rhonda Maguire

*"the secret of staying
young is to live
honestly...eat slowly
and lie about your
age"*



CYCLING

Rides are held every Monday & starts at 9.30am from the War Memorial, Point Danger.

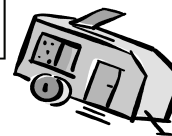
The 1st & 3rd weeks will be road rides of up to 50km from Torquay.

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.

Convenor: Ian Champion on 5261 5747 (mob) 0418 563 435 or email kchamp@iinet.net.au

THE WANDERERS



You don't need a caravan to join this friendly and adventurous group as we cater for those who like the comforts of a cabin in a caravan park.

Our next adventure will be at the Big4 Caravan Park Newhaven Phillip Island from the 28th March to 1st April.

Confirmation of booking and deposits to be made by 10th February 2011.

For further info on trip, please contact Graeme Perks on 5261 2155



CINEMA CLUB

Outings are at Readings Waurin Ponds Complex

We now meet at 12.00 for lunch at Bella's for a movie commencing between 1.15 - 1.30pm. This has increased our selection as we miss "Dummy Spit" sessions.

Please be aware of the parking restrictions of 3 hours only in front of Cinema. All day parking is over by Pioneer Road or at rear of Cinema. Fines can make an expensive day!! Please note price is \$9.00 per person

Dates for 2011

January	-	Nil due to school holidays
February	-	Wednesday, 9th
March	-	Wednesday, 9th
April	-	Nil due to school holidays

If you want the details of the film emailed or phoned, please forward you email address or telephone number to me.

Convenor: Rosslyne Leary on 5222 4321 or email

learyrg@vic.chariot.net.au

From the Cinema Club: Many thanks to those who have supported us over the year. Hope to see you in 2011. Have a happy and safe New Year.

Anything interesting?? Contact the Editor on spsweetten@westnet.com.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.

Dates for the next 5 months are:

January	5th & 19th
February	2nd & 16th
March	2nd & 16th
April	6th & 20th
May	4th & 18th

New crafters are welcome to join us.

Convenor: Maureen on 5261 2883

Resistance Training



Torquay Football Club (am)

Mon 8.30 to 9.30 or 9.30 to 10.30

Wed 8.00 to 9.00 or 9.00 to 10.00.

Fri 11.00 to 12.00 or 12.00 to 1pm

Anglesea Surf Club Gym

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

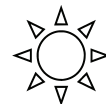
Cost: \$5 /Session

\$8/week -(3 session)

\$30 per month

\$55/ 2 months

\$80/ 3 months



Meat Loaf with BBQ Sauce

1 kilogram steak mince

1 cup breadcrumbs

2 med onions

2 teaspoons curry powder

Salt & pepper to taste

1 tablespoon chopped parsley

1 egg

1/2 cup milk

1/2 cup water

Combine mince, breadcrumbs, finely chopped onions, curry powder, salt & pepper, parsley and lightly beaten egg in a bowl. Add milk and water & combine well. Shape in a loaf and place in greased baking dish. Bake in moderate oven for 30 minutes. Remove from oven, pour off excess fat, pour sauce over meatloaf, return to oven and bake a further 45minutes, basting frequently with sauce. Serve hot (with mash potato) or cold.

Sauce: 1/2 cup water. 1/2 cup tomato sauce, 1/4 cup Worcestershire sauce, 2 tablespoons vinegar, 1/4 cup brown sugar, 1 teaspoon instant coffee powder, 30g butter, 2 tablespoons lemon juice.

Don't laugh...it is all true. Perks of reaching 50 or being over 60 and heading towards 70!

- * Kidnapers are not very interested in you.
- * In a hostage situation you are likely to be released first.
- * No one expects you to run- - anywhere
- * People call at 9pm and ask, did I wake you?
- * People no longer view you as a hypochondriac.
- * There is nothing left to learn the hard way.
- * Things you buy now won't wear out.
- * You can eat supper at 4pm.
- * You can live without sex but not your glasses.
- * You get into heated arguments about pension plans.
- * You no longer think of speed limits as a challenge.
- * You quit trying to hold your stomach in no matter who walks into the room.
- * Your investment in health insurance is finally beginning to pay off.
- * Your joints are more accurate meteorologists than the national weather service.
- * Your secrets are safe with your friends because they can't remember them either.
- * You can't remember who sent you this list!



A big muscly bushie from back of Bourke appeared at the Pearly Gates. "Did you ever do anything good during your life.? St Peter asked him. "Yes, as a matter of fact, I did!"replied the bushie. "What did you do?" St Peter asked. "I went into town and I took on a mob of bikies who were stirring up trouble.: said the bushie. "What happened?" "Well,"the bushie said, casually, "I picked the biggest bloke with the most tattoos and knocked him about a bit, then I threatened him:"If you don't smarten up, and get out of town with your yobbo mates, you'll be history."When did this happen?" asked St Peter. "About 2 minutes ago,"



Social Outings



Social Outings planned are :

Saturday 22nd Jan 6.30 pm

Dinner - Cats Restaurant at Geelong Football Club

Saturday 19th February 6.30pm

Dinner - Bomboras Surf Coast Highway Torquay

March - NIL

Sunday 24th April 10.00am

Brunch - Pear tree Café Gilbert Street Torquay

Saturday 21st May 6.30pm

Dinner - The Beach House Promenade Restaurant Eastern Beach Reserve Geelong

Convenor:- Heather Moore on 5261 2014 or 0419398824

Tai Chi

Members of LAC are welcome to join Tai Chi Classes held at the Senior Citizens Club in Price St Torquay. Tues at 10am

Elizabeth Wapshot

on 5261 -4717.

Attention Convenors

Next Meeting for all convenors will be held:

When : 4th February 2011

Where : 26 St Annes Drive Torquay

Want to play Badminton??

Games can be played on a Wednesday from 10.30 -12pm at the Surf World at a cost of \$5.50 .

Just turn up if you are interested.

Rackets are available to use

Tennis

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

Starts at 10.am

\$2.00 per session.

Everyone welcome

Convenor: Aileen Cairns on 52612502

Assistant Convenor:

Janet Bateman on 5261 5329

Club Clothing

Interested in clothing with our club logo? If so, **please place orders and pay Kay by Thursday, 3rd February.** You can contact her on 5261 5747 or email her on kchamp@iinet.net.au. Available are:



Caps (black or white) \$10.00 ea

Short Sleeve Polo Shirt (in white, royal blue, jade) \$22.00ea

Polar Fleece Vest (in navy, royal , black, red, bottle green) \$25.50ea

Polar Fleece Zip Jacket (in navy, royal , black, red, bottle green) \$31.50ea

Sizes are available from child to XXXL, and are a loose fit.

All prices may be subject to a small increase.

Thursday Beach Walk - Assemble and start at 8.30am sharp Fisherman's Angling Club

Jan 20th	Spring Creek
Jan 27th	Breamlea*
Feb 3rd	Beach Walk
Feb 10th	Pt Addis O/trail*
Feb 17th	Beach Walk
Feb 24th	Airey's Inlet*
Mar 3rd	Beach Walk

March 10th	Barwon Heads*
March 17th	The Sands
March 24th	Anglesea Back Beach*
March 31st	No official walk
April 7th	Barwon River*
April 14th	Beach Walk

April 21st	Mystery walk*
April 28th	The Sands
*Please note away walks carpool at Fisherman's Beach	
Convenor:	
Robert Diehm on 5261 7175	





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 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

Please contact our convenor

Jo on 52218108

Note:

*10.30am start during first term.

* No walks on Total Fire Ban days



NEXT

GENERAL MEETING

Where: Spring Creek House
Pride Street

When: Thursday February
3rd at 2.00pm



The Club is looking for eager members to start any of the following activities. If you would like to give an activity a go, please contact Graeme Perks (our President) to discuss your interest.

*Mahjong

*Golf

*Sunrise walks on Saturdays

*Cards

*Fishing

*Garden Group

*Scrabble

*Shopping Group

*Gallery Visits

*Lunch in the Country or any other ideas you may have as an activity

IMPORTANT DATES

Thursday, 3rd February - General Meeting @ Spring Creek House

Sunday, 27th February - Club Family Picnic @ Torquay Common

Thursday, 10th February - Deposits for trip to Phillip Island to be paid

Thought for the day.....

Compliments are free to give.

"Compliments get easier when you do them regularly. So make a habit of giving them away. They cost nothing. They make you feel good. Everyone accepts them. And a good one can last for weeks."

I always prefer to believe the best of everybody. It saves so much trouble.

By Rudyard Kipling

"Hard work spotlights the character of people: Some turn up their sleeves, some turn up their noses, and some don't turn up at all."

