

# Life Activities Club Surfcoast Inc

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May - July 2011

Enquiries & correspondence to  
The Secretary  
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Torquay 3228

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Contributions from convenors and members can be sent to postal address or by email to [spsweetten@westnet.com.au](mailto:spsweetten@westnet.com.au)

## OFFICE BEARERS - 2010/11

<b>President :</b>	Graeme Perks	5261 2155	<b>General Committee:</b>
<b>Vice President</b>	Peter Sweetten	5261 9693	Jo Biscombe, Laurel Adams,
<b>Secretary:</b>	Peter Sweetten	5261 9693	Bob & Bernadette Dickenson,
<b>Treasurer:</b>	Majorie McKenzie	5264 8577	Pam Perks, Val Trahair, Bill Cutter,
<b>Asst. Treasurer:</b>	Maxine Checinski	0428 325632	Marie Reeves, Maxine Checinski,
<b>Membership:</b>	Majorie McKenzie	5261 8577	Kay & Ian Champion
<b>Webmaster:</b>	Ian Champion	5261 5747	( <a href="mailto:kchamp@iinet.net.au">kchamp@iinet.net.au</a> )
<b>Publicity &amp; Newsletter:</b>	Selma Sweetten	5261 9693	( <a href="mailto:spsweetten@westnet.com.au">spsweetten@westnet.com.au</a> )
<b>Convenor Co-ordinator:</b>	Heather Moore	5261 2014	
<b>Club Clothing:</b>	Kay Champion	5261 5747	

## from the President's Desk.....



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

Hi and welcome to our newsletter,

I hope you all had a very happy Easter with your family and friends. We are almost half way through the year ...how time seems to fly!

To everybody travelling north for the winter and those lucky people going overseas, I wish you a safe and pleasant holiday.

Our AGM will take place on 29th September 2011 at 2pm (venue to be advised). All committee positions will be declared vacant and all members are encouraged to consider nominating for a position. Without a committee, we don't have a club.

Remember the enjoyment and friendships that have been made through the LAC. The nomination forms are attached and to vote at the AGM, you must be a financial member of the club.

Yours in good health,

*Graeme Perks*

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Have you explored the web site [www.life.org.au](http://www.life.org.au)?

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

**Hearing Aid.....**

**Moe:** This hearing aid I bought is the most expensive one on the market.  
It cost \$2,500.  
**Joe:** What kind is it?  
**Moe:** Half past four.

ha..ha..ha

**Marriage.....**

**Husband:** Why do you want me to walk with you to put out the garbage?

**Wife:** So I can tell my friends that we go out once in awhile.

\* \* \* \*

Girls tend to marry men like their fathers, say psychologists. I guess that is why mothers cry at weddings.

**Social Outings**



Social Outings planned are :

**Saturday 21st May @ 6pm**

Dinner - New Hong Kong Chinese Rest. High Street Belmont

**Friday 17th June @ 12pm (noon)**

Lunch - The Beach House  
Eastern Beach Reserve, Geelong

**Sunday 17th July @ 10am**

Brunch - Front Beach Cafe  
Esplanade, Torquay

**Friday 19th August @ 12pm (noon)**

Lunch - Sandstone Café  
Surfcoast Highway, Waurin Ponds  
Convenor:- Heather Moore on  
5261 2014 or  
0419398824

**Attention Convenors**

Next Meeting for all convenors will be held:

**When :** Friday, 23rd Sept.

**Where :** 26 St Annes Drive

**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

Interested in clothing with our club logo? If so, **please place orders with Kay and pay her when placing order.** You can contact her on 5261 5747 or email her on [kchamp@iinet.net.au](mailto: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.**

**Club Clothing**

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

May 5th	Spring Creek
May 12th	Breamlea*
May 19th	Beach Walk
May 26th	Pt Addis O/trail*
June 2nd	Beach Walk
June 9th	Airey's Inlet*
June 16th	Beach Walk

June 23rd	Barwon Heads*
June 30th	Bells Beach *
July 7th	Anglesea Coogura Park*
July 14th	Spring Creek
July 21st	Barwon River*
July 28th	Beach Walk

August 4th	Mystery walk*
August 11th	Bells Beach
*Denotes carpool for these walks	
New members most welcome	
<b>Convenor:</b>	
<b>Robert Diehm on</b>	
<b>5261 7175</b>	



# 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  
(LAC Geelong)

# Welcome new members

- \* Elizabeth Barkla
- \* Georgie Gasser
- \* Sue Lynch
- \* Norma Veale



# 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 new convenors are Bill Binks and Marie Reeves on 5261 4142.**

**They are planning our next outing which is likely to be in November of this year.**

**Venue and timing to be confirmed.....**

**Thank you to Graeme Perks for all the wonderful caravanning memories**



# 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**

May	-	Wednesday, 11th
June	-	Wednesday, 8th
July	-	<b>Nil</b> due to school holidays
August	-	Wednesday, 10th

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**

**Arrangements for our 2011 Christmas luncheon is underway. Mostly likely at end of November on a Wednesday. Venue and times will be confirmed in next newsletter.**



Anything interesting?? Contact the Editor on [spsweetten@westnet.com.au](mailto: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:

<b>May</b>	<b>4th &amp; 18th</b>
<b>June</b>	<b>1st &amp; 15th</b>
<b>July</b>	<b>6th &amp; 20th</b>
<b>August</b>	<b>3rd &amp; 17th</b>

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 10.00 to 11.00 or 11.00 to 12pm

### 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

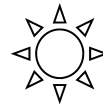
**Cost:** \$5 /Session

\$8/week -(3 session)

\$30 per month

\$55/ 2 months

\$80/ 3 months



Heard any of these.....

- \* I'm getting so absentminded that sometimes in the middle of a sentence I.....
- \* Confidence is what you have before you understand the problem.
- \* Middle age is that period when you are just as young as ever, but it takes a lot more effort.
- \* Love is a sweet dream and marriage is the alarm clock.
- \* Want to stop an argument between a man and his wife? Take sides.
- \* The best way to find a missing relative is to become rich.
- \* Virus is a Latin word used by doctors to mean 'your guess is as good as mine'

## Test your brain power.....

### **Birthday Girl.....**

The age at which a citizen becomes eligible to vote is 18. Kim was asked on one day during 1991 whether she was eligible to vote. She replied that two days previously she was only 15 but that she would be able to vote next year.

- (a) What is the date of her birthday and
- (b) On what date was she asked the question?

-----

### **Two Steps forward. One step back.....**

A snail starts at the bottom of a 12 metre deep hole and climbs two metres each day but slips back one metre each night. How long does it take the snail to climb out of the hole?.

Answers on page 5



## 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 1st term.

\* 12.30pm start during 2nd term

\* No walks on Total Fire Ban days

April 26th - Torquay to Jan Juc  
 May 3rd - Geelong Botanical Garden  
 May 10th - Wauron Ponds Creek-east  
 May 17th - Queenscliff to Lonsdale  
 May 24th - Point Lonsdale  
 May 31st - SLC Ocean Grove to Barwon Heads  
 June 7th - Drysdale Lakes  
 June 14th - Bancoora  
 June 21st - Day trip to Colac (10.30)  
 June 28th - Portarlington Pub (11.30)

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

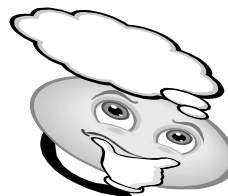
### IMPORTANT DATE

*AGM will take place on 29th September 2011 at 2p.m and will be held at the Senior Citizens Hall in Price St, Torquay. ( next to Spring Creek House)*

*Guest Speaker to be advised*

*Thought for the day.....*

*Bad habits are like a comfortable bed - easy to get into, but hard to get out of.*



#### Answers:

*Birthday Girl* - 31 December. She became 16 on 31 December 1990 and was asked the question on 1 January 1991.

*Two steps forward, one step back* - 11 days. The snail will not slip back on the 11th day because it will have reached the top.

# 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 2pm on Thursday , 29th September 2011 at the Senior Citizens Hall in Price St, Torquay.**

All positions on the Committee will be declared vacant, and are for a period of 12 months from the date of the AGM.

## Nominations will be called for;

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

**The Nominee, Proposer and Seconder must be financial members of the Life Activities Club 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 22nd August 2011.**