

Published early in the months of January, May & September

September - December 2014

Enquiries and correspondence:

The Secretary
PO Box 242
Torquay 3228



* Contributions Welcome*

Send to Secretary at postal address
Or/ email Editor: suentim@hotmail.com
Deadline for next issue: **December 15 2014**

ANNUAL GENERAL MEETING. 2p.m. THURSDAY SEPTEMBER 18, 2014

TORQUAY CHRISTIAN FELLOWSHIP, 25 GROSSMANS ROAD

Guest Speaker will be Ms. Fiona Phipps Community Engagement Officer with Benetas Mebourne. Benetas is one of the leading not for-profit providers of residential care, in-home care, respite care, housing services and retirement living in Victoria. It was established in 1948 by a small group of volunteers.

Join us for afternoon tea after the meeting.

Members are urged to consider nominating for the Committee, all positions to be declared vacant.
Nominations close September 12, form attached to last newsletter or contact a committee member.

HO! HO! HO!

CHRISTMAS LUNCH
THURSDAY 4 DECEMBER
BEACH HOTEL JAN JUC

12:30 - 3pm

\$25 for 2 courses



Due to the increase in club membership, Christmas luncheon is open to financial members only.

To ensure your place, early payment of \$25 for luncheon can now be given to either **Margaret Bufton** ph. 5264 7278 or **Maxine Checinski** ph. 0428 325632.

All payments either cash or cheque to be in a sealed envelope with your name indicated.

* An invitation will be sent out in October to all members

RELAY FOR LIFE!!! SAT.8 - SUN.9 NOVEMBER

The Surf Coast Relay event is on again - the weekend of

November 8 and 9 at Banyul-Warri Fields oval.

The Relay Committee has again been busy with fundraising from morning teas and produce sales, but the main event is what it is all about so please register as a team member and join in the fun, every extra participant in the relay lightens the load for those walking throughout the 24 hours and helps raise funds for cancer research.

Details: relayforlife.org.au



Fun with fundraising morning tea

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CLUB INFORMATION



Life Activities Clubs™

OFFICE BEARERS - 2013/14

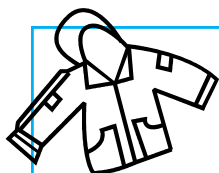
President :	Donna Symes	0428 816 284
Vice President :	Bill Binks	5261 4142
Secretary:	Graeme Perks	5261 2155
Minutes Secretary:	Pam Perks	5261 2155
Treasurer/Membership:	Peter Sweetten	5261 9693 / 0407 619 697
Webmaster:	Ian Champion	5261 5747 (kchamp@iinet.net.au)
Publicity/Newsletter:	Sue Robinson	5264 7462 (suentim@hotmail.com)
Activities Coordinator:	Heather Moore	0419 398 824
General Officers:	Marie Reeves, Margaret Bufton, Laurel Adams, Marjorie McKenzie, Maxine Checinski, Robert Setterfield	

Annual Subscription payable July 1st \$25 . Joining Fee \$5.

Visit us on the Web : torquay.vic.au/life-activities-club-surfcoast

WELCOME TO NEW MEMBERS

Mark Bateup, Jan Sandwich, Bernard Convery, Kim DuBourg, Margaret Forer, Lela & Leo Stella, Cecily Thomas, Pamela & Norm Muir, Judy Webster, Kergor Fleming, Beverley Smith, Terry Roseburgh, Julie & Rod Stevens, ** We hope you enjoy your time with us **



CLUB CLOTHING

Contact **Berna Dickenson** on 5261 9252 for any of the following with embroidered club name:

*Caps - black or white

* Short sleeve polo shirt - white, royal blue or jade

*Polar fleece vest or zippered jacket - navy, royal blue, black, red or bottle green

Please send your photos, stories and jokes to The Editor for our next Newsletter

FUN FOR OVER-50'S ON THE INTERNET

LOL!

Many over-50's now spend time on the Net looking for websites they enjoy and that have been designed to meet their needs.

'Born in the Fifties' and 'Born in the Forties' are two such websites, easy to use and fun to visit , with lots of great information.

They offer topics dealing with life today alongside shared remembrances of life growing up.

Visitors can share hints, tips and memories as well as playing interactive puzzles and lots more.

You will find them at: **www.borninthefifties.com.au**

www.bornintheforties.com.au

(From Peter Sweetten)



Thanks to our Sponsor HAYDEN REAL ESTATE TORQUAY
for printing this issue

A WALKING TOUR OF MELBOURNE WITH DARYL

On May 22 a large group joined Daryl McIlvena for a walking tour of Melbourne, where we heard the background on a number of building projects he has been involved in as Construction Manager.

After starting as apprentice carpenter in 1961, Daryl has more than 51 years' experience in the construction industry, both in Australia and overseas. Major projects overseen by him include his role as Construction Manager for Melbourne Airport International Terminal redevelopment and Qantas Domestic Terminal, as well as key hospital projects at the Alfred, Ballarat Base and Sunshine; also numerous high rise apartment towers in the city and fringe. In 2000, Daryl went to Indonesia for two years as General Manager- Construction with German construction giant Bilfinger Berger. He has also been involved health and safety, quality assurance, and environmental issues.

Our tour started (after a cuppa!) at Southern Cross Station, and took us past such varied places as the old MMBW building, Etihad Stadium, Melbourne Magistrates and Children's Courts, Medina Apartments, Myers, Drewery Lane apartments, the State Library and Melville House. Along the way we heard Daryl's stories of construction and repairs undertaken at these sites and we were all fascinated to hear of the difficulties and complexity of these projects, particularly as they involved working in such confined built-up areas .

The lunch at Parliament House in the Members' dining room arranged by Daryl was enjoyed by all.



** Many thanks to Daryl for all the work he put in to give us such a rewarding day out.

KNIT and NATTER



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.

Upcoming dates: * Sept 3 & 17 * Oct 1 & 15 * Nov 5 & 19 * Dec 3 & 17

All are of course welcome to attend.

Convenor: **Maureen 5261 2883**

THEATRE GROUP

In July & August, groups went to see 'Rent', visited The National Gallery of Victoria, and saw 'The Importance of Being Ernest'.

There is nothing planned for September or October.

In early November we again support our local Torquay Theatre Troupe's play, title yet to be announced .

Then on Thursday November 27 we have a group of 25 going to see 'Anh Do – The Happiest Refugee'. -

- Note that I have one ticket available for this at a cost of \$50.

If you are not already on this emailing list and would like to be, let me know.

Look forward to hearing from you!!

Cheryl Annetts 52612829 0425 797 038 jochannetts@bigpond.com



Salmon Susan

Ingredients

Salmon Fillets (1 per serve)

½ cup Dry White Wine

½ cup Orange Juice

Potatoes



- ◆ Pre-heat oven to warm. 90C
- ◆ Boil potatoes and mash when cooked.
- ◆ Place the Wine and Orange Juice in a frypan and bring to the boil.
- ◆ Poach the Salmon in a frypan until just cooked and then remove and keep warm in the oven. (2-3 mins each side.)
- ◆ Continue to boil the wine and juice and reduce to a thick sauce.
- ◆ Serve Salmon on a bed of mashed potatoes with Orange Sauce over the salmon.
- ◆ Serve with a green salad or vegetables.

DELICIOUS!

(Thanks Tim)

CINEMA CLUB

The Cinema Group meet at **READINGS Waurm Ponds - 2nd Wednesday of the month.**

We usually meet around 11.30 for lunch/cuppa 1 hour before the movie.

Movies commence between 12.30 -1.30

We have managed to see some Award Winning movies this year and have also managed to fit in a couple of extras when two good movies have come at the same time.

Our friendly group go to Bella's for a quick bite before the movie (pizza or soup are favourites) and lately we've been going to Panache for a cuppa after. " A BIG DAY OUT"

DATES TO REMEMBER: Sept--10 Oct-- 8 Nov--12 Dec--10 Jan 2015--Nil (Holidays)

Please contact me if you wish to be placed on the Cinema email List and are not there already (phone-only people will be contacted by me for the movie and times).

Many thanks to all who have supported me; and also the group throughout the year.

Newcomers will be made very welcome , we'd love to see you.

Have a **SAFE, HAPPY AND HEALTHY CHRISTMAS AND NEW YEAR --**

Rosslyne - Cinema Convenor 0403 781 270 / 5222 4321



SOCIAL OUTINGS

Come along and join a lively and friendly group for a meal and chat.

Next Outings for 2014:-

Friday	September 19th	Lunch 12 noon	Bistro on the Green, Torquay Bowls Club
Saturday	October 18th	Dinner 6 pm	Imperial Rhino, Bell Street, Torquay
Friday	November 21	Lunch 12 noon	The Geelong Boathouse, Western Foreshore Road, Western Beach, Geelong
Friday	December 12th	Lunch 12 noon	RACV Club, Great Ocean Road, Torquay

NO SOCIAL OUTINGS FOR JANUARY

All are of course very welcome to attend! **Convenor: Heather Moore on 0419 398 824**



CAR KEYS THE GOLDEN YEARS

Several days ago as I left a meeting at a hotel, I desperately gave myself a personal TSA pat down. I was looking for my keys. They were not in my pockets. A quick search in the meeting room revealed nothing. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot.

My husband has scolded me many times for leaving the keys in the ignition.

My theory is the ignition is the best place not to lose them.

His theory is that the car will be stolen.

As I burst through the door, I came to a terrifying conclusion. His theory was right. The parking lot was empty. I immediately called the police, gave them my location, confessed that I had left my keys in the car, and it was gone. Then I made the most difficult call of all, "Honey," I stammered; (I always call him "honey" in times like these.)

"I left my keys in the car and it's been stolen."

There was a period of silence. I thought the call had been dropped, but then I heard his voice.

"Are you kidding' me", he barked, "I dropped you off" !!!!!!!

Now it was my time to be silent. Embarrassed, I said, "Well, come and get me."

He retorted, "I will, as soon as I convince this cop I didn't steal your car."

Yep it's the golden years.....



Please send your photos, stories and jokes to The Editor for our next Newsletter



TUESDAY WALKING GROUP

Meet **Tuesdays @ 12:30** in school term, Taylor Park Rotunda, Torquay (adj. Bowling Club).

Bring a mug and \$1 for afternoon tea. Carpool to destination, \$4.00 per passenger.

Walks normally take approx. 1.5 hours. **NEW MEMBERS MOST WELCOME!**

Come prepared: hat, comfortable walking shoes, drink, sunscreen and appropriate clothing.

Contact: Ken 5261 7247 Noreen 5261 4338

- Sept. 2 - Eastern / Botanic Gardens.....Off Garden St. Geelong
 Sept. 9 - Coogarah Park Anglesea.....Off River Reserve Rd.
 Sept. 16 - Term 3 breakup: fish & chips - Western Beach Rd. Circuit
 ** Sept. 23 & 30 NO WALK (School Holidays)
 Oct. 7 - Breamlea Beach.....Breamlea Rd.
 Oct. 14 - Barwon Grange Historic House Tour
 Oct. 21 - Jan Juc to Bells Beach.....Bird Rock carpark
 Oct. 28 - **9:00 am start** for 10:00 am. Ferry Queenscliff to Sorrento
 Nov. 4 - Cup Day (tba)
 Nov. 11 - **10:30 am start**, Werribee Park, BYO lunch
 Nov. 18 - St.Leonards Lake.....Beach carpark, St.Leonards
 Nov. 25 - Balyang Park to Queens Park.....Off Shannon Ave. Geelong
 Dec. 2 - Indented Head Beach walk
 Dec. 9 - Christmas breakup (tba)



THURSDAY WALKING GROUP

Meet **Thursdays @ 9:00 am** - The Esplanade, Fisherman's Beach

Contact: **Marg 0437 694 278 Anne Georgiou 0409 162 102**



- September 4** - Local, Coffee @ Imperial Rhino
 Sept. 11 - Local, Coffee @ Torquay Bowls Club
 Sept. 18 - Local, Coffee @ Kobo's
 Sept. 25 - Carpool to Barwon Heads,
 Coffee @ The Jetty
October 2 - Local, Coffee@ Pear Tree Café
 Oct. 9 - Local, Coffee@ Front Beach Cafe
 Oct.16 - Local, Coffee@ Torquay Bowls
 Oct. 23 **Discover Melbourne's Arcades & Laneways**
 Oct. 30 - Local, Coffee@ The Wyndham

- November 6** - Local, Coffee@ Coffee Club
 Nov. 13 - Local, Coffee @ Imperial Rhino
 Nov. 20 - Local, Coffee@ Frontbeach
 Nov. 27 - Local, Coffee@ Pear Tree Cafe
December 4 - Local (Christmas lunch)
 Dec. 11 - Local, Coffee@ Kobo's
 Dec. 18 - Local, Coffee@ The Wyndham

Some thoughts on Marriage....



'Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing.

She goes Tuesdays, I go Fridays.' Red Skelton

**After marriage, husband and wife become two sides of a coin;
 they just can't face each other, but still they stay together. Sasha Guitry**



TENNIS & BADMINTON

The tennis group meet every
Wednesday morning at the
Torquay Tennis Club (next to the Football
Club grounds) Surf Coast Highway.
Starts at **10.00am** and only \$2.00 per session.

Contact

Kerry Daffey 5261 3326

Val Buckle 5261 3760



Want to play Badminton??

Games can be played every

Wednesday from 10.30 –12pm at
Surf Coast Sport and Recreation Cen-
tre at a cost of only \$6.50.

Just turn up if you are interested.

Racquets are available if you don't have
your own equipment.

Contact **the Centre on 5261 4606**

for information.

RESISTANCE TRAINING



RESISTANCE TRAINING:- 1 hour

OUR TRAINING SESSIONS ARE HELD AT THE FOOTBALL CLUB
NEAR THE ROUNDABOUT TORQUAY

(Rooms with a great view)

MONDAYS : 0830 - 0930 & 0930- 1030 with Maurie
(morning tea with 0930 Session)

WEDNESDAYS: 0900 -1000 & 1000- 1100 with Maurie

FRIDAYS: 0900 -1000 & 1000 -1100

PROGRAM

10 minutes Warm Up

15 minutes Group Work

20 minutes Own Program (many different machines to use)

15 minutes Stretches

FEE STRUCTURE

\$5 /session

\$8 / week (up to 3 Sessions)

\$30 / month

\$80/ 3 months

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

Convenor: Maurie Dean on 5263 2809

THE WANDERERS

Our caravan and campers group travel twice yearly to interesting Victorian destinations, staying in caravans or
cabins in caravan parks.

We have 52 confirmed bookings for the next trip which is to Cobram, details as follows:

When: Sunday November 16th through Friday November 21st (some until 23rd)

Where: RACV Resort
Campbell Road, Cobram

Bookings: Contact the Park direct: :

Phone : 5872 2467

email : cobram@racv.com.au

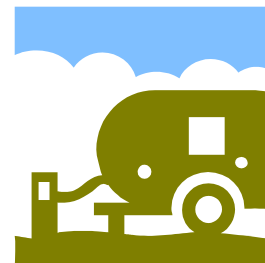
-please notify the convenors when you have booked.

Queries to: Convenors **Annette & Lidio**

Phone : 52612323

email : lidioric@gmail.com

All are very welcome to join the happy group so do come along, you are guaranteed of a fun time.
There are planned activities but you are free to do as little or as much as you like.



Visit us on the Web : torquay.vic.au/life-activities-club-surfcoast

Please send your photos, stories and jokes to The Editor for our next Newsletter

WHAT'S ONSEPT - OCT 2014

Tennis - Wed.10am, Torquay Tennis Club **Badminton** - Wed.10.30-12, Surf Coast Sport & Rec.Centre
Resistance Training - Mon, Wed, Fri Torquay Football Club

Refer to Group Reports for more detail

SEPT	Time	Activity	Where
2	12:30	Tuesday Walkers	Geelong Botanic gardens
3	9:30	Knit & Natter	@Maureen's
4	9:00	Thursday Walkers	Local walk->Imperial Rhino
9	12:30	Tuesday Walkers	Coogarah Park Anglesea
10	11:30app.	Cinema Group	Waurm Ponds
11	9:00	Thursday Walkers	Local walk->Torquay Bowls
16	12:30	Tuesday Walkers	Western Beach
17	9:30	Knit & Natter	@ Maureen's
18	9:00	Thursday Walkers	Local walk->Kobo
18	2pm	Annual General Meeting	Torquay Christian Fellowship
19	12noon	Social Outings	Torquay Bowls
25	9:00	Thursday Walkers	Barwon Heads->The Jetty
OCT			
1	9:30	Knit & Natter	@ Maureen's
2	9:00	Thursday Walkers	Local walk->Pear Tree
7	12:30	Tuesday Walkers	Breamlea Beach
8	11:30app.	Cinema Group	Waurm Ponds
9	9:00	Thursday Walkers	Local walk->Frontbeach
14	12:30	Tuesday Walkers	Barwon Grange House
15	9:30	Knit & Natter	@ Maureen's
16	9:00	Thursday Walkers	Local walk->Torquay Bowls
18	6 pm	Social Outings	Imperial Rhino
21	12:30	Tuesday Walkers	Jan Juc-Bells
23	Tba	Thursday Walkers	Discover Melbourne's Arcades & Laneways
28	9:00	Tuesday Walkers	Queenscliff Ferry
30	9:00	Thursday Walkers	Local walk->The Wyndham

Visit us on the Web : torquay.vic.au/life-activities-club-surfcoast


WHAT'S ONNOV - DEC 2014

Tennis - Wed.10am, Torquay Tennis Club

Badminton - Wed.10.30-12, Surf Coast Sport & Recreation Centre

Resistance Training - Mon, Wed, Fri Torquay Football Club

Refer to Group Reports for more detail

NOV	Time	Activity	Where
4	12:30	Tuesday Walkers	Cup Day (tba)
5	9:30	Knit & Natter	@ Maureen's
6	9:00	Thursday Walkers	Local walk->Coffee Club
8-9	12 noon	RELAY FOR LIFE	Banyul-Warri Fields, Torquay
11	10:30	Tuesday Walkers	Werribee Park
12	11:30app.	Cinema Group	Waurm Ponds
13	9:00	Thursday Walkers	Local walk->Imperial Rhino
16-21		WANDERERS	Cobram
18	12:30	Tuesday Walkers	St.Leonards lake
19	9:30	Knit & Natter	@ Maureen's
20	9:00	Thursday Walkers	Local walk->Frontbeach
21	12noon	Social Outings	Geelong Boathouse
25	12:30	Tuesday Walkers	Balyang-Queens Park
27	9:00	Thursday Walkers	Local walk->Pear Tree
27	8pm	Theatre Group	Anh Do @ GPAC
DEC			
2	12:30	Tuesday Walkers	Indented Heads
3	9:30	Knit & Natter	@ Maureen's
4	9:00	Thursday Walkers	Local walk
4	12:30	Christmas Lunch	Beach Hotel, Jan Juc
9	12:30	Tuesday Walkers	Christmas (tba)
10	11:30app.	Cinema Group	Waurm Ponds
11	9:00	Thursday Walkers	Local walk->Kobo
12	12noon	Social Outings	RACV
17	9:30	Knit & Natter	@ Maureen's
18	9:00	Thursday Walkers	Local walk->Wyndham

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