

President's Report March 2022



Isn't it incredible how time seems to fly?

Summer has already come to an end and Autumn decided to show its face with some nice fresh rain.

It was wonderful to hear how most of you enjoyed a lovely time of celebrations with family and friends without too many restrictions. And isn't it great to be able to travel once again?

After a well-deserved Christmas break our Club has resumed its activities and we're happy to see many people participating and enjoying themselves.

COVID-19 update

Although many restrictions are lifted, we believe we still need to be on guard as many of our members are a little older and vulnerable.

Several members unfortunately caught the virus. Luckily, they all recovered and are back safely.

We do no longer need to check in with the QR code but kindly ask everyone to stay alert and maintain the requested social distance and sanitary precautions.

New Members

I am very happy to be able to publish our Club is thriving and still growing.

Since Christmas more people joined, and we now have 356 members.

A warm Welcome to our new members: Lynette and John Belovitch, Howard Cooper, Rodney Cottrill, Murray Cox, Jean Finn, Denise Fletcher, Chris Gibbins, Jenene Nelson, Narelle and Kevin Lanigan, John Prosser, Heather Richards, Stan Rogers, Coralie Taranto, Gregory Touzel, Trevor Westacott, Joy Wise and Gael and John Wright.

LAC Surf Coast wishes you a lot of joy and fulfilment in participating in the variety of activities we have on offer and hope you may find new friends.

Activities

Christmas time was a beautiful time with most activities celebrating the festive season in the shape of a scrumptious lunch, picnic in the park or afternoon tea.

Thank you to our convenors for doing a wonderful job.

After a short break all activities have resumed without any restrictions or limitations.

It is wonderful to see so many people, being active and keeping busy.

Resistance training

The Resistance training is a most popular event with usually around 30 - 40 people attending.

We appreciate having three different coaches, who offer a variety of exercises each on their own day. It isn't easy to think of a program, that suits a group of people of varying ages and levels of condition, but they all emphasize on using common sense in doing whatever you can achieve and take things easy if you feel it is getting a bit too much.

After all, at this age it is important to keep moving, staying fit, healthy and happy and there is no longer the need to fool ourselves in trying to reach an Olympic level.

We are grateful Paul, Ali and Berny are doing a terrific job in willing to spend a lot of time keeping everything well organized.

To reduce the ever-growing cash flow a beautiful Christmas lunch at Torquay Hotel was offered to all regularly attending participants. And they recently surprised all attendants with installing freebees on two different occasions, which was very much appreciated.

Tennis

The tennis group is a steady group of people, who attend on a once weekly basis and are enjoying themselves. They usually finish with a social coffee and chat.

On a recent visit it amazed me how well they played and seem to possess an amazing condition.

Thanks to Daryl for keeping the tennis going.

Walking groups

All groups are active, and it is clearly visible people seem to enjoy their walk and coffee and chat. It is amazing to see how much time can be spend on socializing. I sincerely enjoyed many very interesting talks and stories I've been told.

The Tuesday morning walk is well attended. The group offers the opportunity for people to do a walk on their own level and ability. They all assemble afterwards for the sociable coffee and chat.

Tuesday Taylor Park Walkers.

The group meets in Taylor Park and travels to a different location each week. They offer a variety of most interesting and beautiful walks and hikes in the area suitable for people of all ages on their own pace.

They always finish with their own outdoor morning or afternoon tea, where everyone brings a mug and makes her/his tea or coffee and has a biscuit. Volunteers are asked to bring the filled thermoses.

Thursday Walk

The Thursday walking group offers a walk of about 7 – 8 km from Fisho's Beach to Jan Juc Surf Club and back. This walk is especially suitable for people, who are in a reasonably fit condition as they like to move in a brisk pace, usually along the beach and clifftops.

The Saturday Walkers

The Saturday morning walk meets at The Sands and moves towards Fisherman's beach. It offers an opportunity for walkers of different levels as the group usually splits in two separate groups, who walk different lengths either on the beach or along the footpath on the Esplanade. After their walk, they all come together for a most sociable coffee and chat in The Sands Tearoom.

Scrabble

Both our Scrabble groups were able to resume their games after restrictions were lifted.

The Monday Scrabble group meet in Torquay Library every Monday afternoon and **The Wednesday Scrabble group** plays every Wednesday night at the RACV Resort.

Both Groups are doing well but are open to welcome new players.

The Cinema Group

After a long wait, due to COVID restrictions and a lack of suitable movies the Cinema group will have its first get together at Waurm Ponds cinema this week.

They had two picnics in Taylor Park, which unfortunately turned out to be wet and/or cold and windy. However it was good to meet the other members and have a chat and a picnic. I hope, they will have a most enjoyable first event and a lovely lunch with many to follow.

Knit Whits

The Knit Whits held their monthly meetings at The United Church Hall.

The group is growing, and the result of their efforts is incredible. Many different articles are being produced from home and look impeccable. It is great to see an enormous variety in articles, patterns and hear about many original ideas and suggestions.

All proceeds go to charity.

The group consists of several very friendly and sociable women, who have a lovely afternoon with a cuppa, a bickie and of course their inseparable knitting needles !

Table Tennis

A new activity has recently started in Wurdi Baier Stadium recently and already seems successful.

We are happy to have found Robert Roseburgh willing to become the convenor of the Table Tennis group, who meet every Friday from 10.00 a.m till noon.

Unfortunately, they already had to endure their first mishap. We wish our new member Howard Cooper a speedy recovery and hope to see him back safe and well soon.

Wine Tasting

The Wine Tasting Group is a small group of members, who enjoy some lovely wine-tasting and lunches at different wineries in the area or meet at a private address. Due to the character of the activity the decision was made to keep numbers limited and they ask anyone, willing to join to start a second group of around 10 people.

Dine Out

The Dine Out group comes together for a nice lunch once a month on a Friday at various places. They recently enjoyed a lovely lunch at Bomboras. The next one will be on Friday 18th March.

For details, please check our website or ring Heather.

Out and Abouters

After a long time, in which we struggled with restrictions and the sheer fact of the uncertainty and the difficulty to organise a day out, it is with pleasure I can announce the Out and Abouters are back again.

We thank Anne Georgiou for organising the traditional daytrip to Sorrento. Around 20 people signed in and enjoyed a lovely day.

And I feel excited to announce Anne has plans for some more interesting events to come. It's great to have her back. Thank you, Anne.

The Wanderers

After a cancellation due to COVID, our Wanderers are getting excited for their next trip.

All going well they will leave for Portland on Sunday, 10th April, where they hope to enjoy a lovely week filled with excursions, activities, get-togethers and undoubtedly some beautiful food and drinks.

We wish them a lot of pleasure and hope they have a safe and happy trip.

Thank you, Berny for all the organising. I'm sure it will be a wonderful event.

Happy Hour

The Happy Hour, which we talked about and were trying to organise has unfortunately been on hold due to several attempts, which all failed because of COVID Restrictions.

We do hope to start a regular Happy Hour event on a monthly basis within the next few months. Details will follow. To be continued

In these uncertain times, our thoughts especially are with those forced to put up with the struggle of hardship in life.

I'm thinking of the floods in Queensland and NSW, people who suffer with ill health or loss of loved ones. But foremost the poor people of the Ukraine and other areas, who must endure the madness of war.

Let's hope they find the courage and strength to overcome these difficult times and may their life soon change for the better.

For us here in The Surf Coast it becomes clearly visible how lucky we are to live in such a wonderful community. Something to be grateful for.

Stay well

Annelies Gerritsen

President LAC Surf Coast

*Life is like riding a bicycle.
To keep your balance,
You must keep moving
(Albert Einstein)*

