

Life Activities Club Surf Coast

Spring 2020

President's Report

Hello Everyone

It's officially Spring and we are starting to have some lovely sunny days that are slowly getting longer. I am sure we are all looking forward to more warmth and sunshine.

As we continue with restrictions in and out of lockdown it may be useful to reflect on the positives that have come out of this challenging time. Many of us have tried new things such as soap-making, baking Sourdough bread, logging onto Zoom meetings, joining WhatsApp chat groups, doing online Yoga and fitness classes, sewing face masks, knitting a blanket as well as trying out new recipes, reading more widely and exploring what's on Netflix.

We all miss our regular interaction with each other, but we have been able to meet in smaller groups with others when possible, in compliance with restrictions. Many thanks to our convenors who have kept us informed of their activities. We are also very lucky to live here on the beautiful Surf Coast and in our community here in Torquay.

This is my last report before our Annual General Meeting on Thursday 10 September. Unfortunately, we will not be able to have our guest speaker, nor will we be able to enjoy the scrumptious afternoon tea we had planned, as this meeting will be conducted online via Zoom.

Many thanks to Liz and Alan Fowler who have conducted trial Zoom sessions allowing you to familiarize yourselves with this technology in preparation for this meeting. We hope that many of you will be able to join us. More information about this on the last page of the newsletter.

Our Isolation Blanket Project, which is knitting a blanket for charity, is still in progress. We have 12 ladies who are participating with great skill and enthusiasm and they are all looking forward to seeing the finished product.

We welcome Terry Roseburgh as our new convenor of the Tasting Group and we thank June Marks, the previous convenor, for her leadership and for starting up this group.

We also welcome our new members Alan Fowler, Jan and Russell Eden, Joanne Dow, Ken and Sue Fox, and Cathy Mathieson. Let's hope we can meet you face to face soon.

My thoughts and wishes for a speedy recovery go to those of you who are unwell and recovering from illness or injury, and to those of you who are caring for loved ones who are unwell at this time.

Please stay safe, well and happy during this continued isolation.

Kind Regards,

Cheryl

Main events

New: Online Trivia 2 Sep
AGM Thurs, 10 September
via Zoom, 1.50pm for 2pm

Resistance training

Scrabble

Monday

Local Walk

Taylor Park Walking

Tuesday

Resistance Training

Tennis

Morning Chat

Cinema

Scrabble

Wednesday

Walking

Out and Abouters

Thursday

Resistance Training

Dine Out

Tasting

Friday

Walking

Saturday

The Wanderers

Sunday



Cinema Rosslyne Leary learyrg@gmail.com 0403 781 270	<p>The group all agree that they really miss their Cinema and Lunch Day at Readings each month.</p> <p>Some members have met-up in small, spaced out groups to walk along the Esplanade, had coffee at a safe distance, or shared a friendly phone call during the week to catch-up.</p> <p>Best Wishes sent to all as the group looks forward to meeting up again for a day of Escapism (in the not too distant future). Email Rosslyne if you would like to be included in the contact list.</p>
Dine Out Heather Moore 0419 398 824 moggyemmajane@gmail.com	<p>Heather coordinates the Dine-Outs and will be in touch with those in this group as soon as a new program can be worked out to comply with COVID-19 restrictions.</p> <p>All lunches are on a Friday at noon.</p>
Resistance Training Paul 0439 044 006 paulandali41@gmail.com Bernie: 0468 314 452 converyb@gmail.com	<p>Due to the continuing COVID-19 restrictions, the time when we can resume Resistance Training sessions is unknown.</p> <p>However we are looking into changing to a larger venue, possibly the new Surf Coast Sports & Recreation Centre due to be completed in January 2021. The cost and availability of this venue are still unknown but we are continuing discussions with the manager.</p> <p>We hope you are keeping fit and well and we look forward to the day when we can get together again.</p>
Saturday Walking Julie 0438 735 302 rgjdsteven@gmail.com	<p>Saturdays in Torquay are becoming increasingly busy, making any social distancing impossible.</p> <p>As a consequence the walk, before this current lockdown, began and finished at The Sands. Members walked in smaller groups of under 10 people with the first group leaving at 8.50 am and the last at 9 am. Saturday Walking hopes</p> <p>The Sands will open again for coffee when restrictions ease. If so, this will be their new normal walk.</p> <p>Julie will email the group before any walk resumes. If you wish to be added to the list please email her.</p>
Scrabble Monday Laurel Wieland laurelandian@gmail.com 0419531611 Wednesday Julie Torney torneyfamily6@bigpond.com 0408 391 219	<p>Monday Scrabble is still in abeyance as the Library is closed for group functions and COVID restrictions prevent get-togethers at this time.</p> <p>When Stage 2 restrictions are in place, and the weather improves, Laurel is planning on setting up "Scrabble In the Park". All Monday players will be emailed when this will commence.</p> <p>Wednesday Scrabble</p> <p>Julie will be in touch just as soon as arrangements can be secured to continue playing Scrabble every fortnight on Wednesdays.</p>
Tasting Terry Roseburgh roseburghht@gmail.com	<p>At the second anniversary of the group, June handed the leadership over to Terry for the next two years of Tasting.</p> <p>The group went to Clyde Park Winery for lunch and a tasting on 17 June. It was decided to have the first overnight outing at Summerfield Winery at Moonambel in the Grampians. However, lunch at Clyde Park turned out to be the last gathering before new Covid-19 restrictions went into effect. Our meetings since June have been Zoomed for birthday celebrations.</p> <p>It was decided to try specific food tastings this Spring and to reschedule our Summerfield trip.</p> <p>We enjoy our get-togethers and encourage others to form a similar group. Contact Terry or June (newsletter editor) for details.</p>

<p>Tennis</p> <p>Daryl Mcilvena 0409 886 255</p>	<p>Well what a year it has been for everyone with this pandemic! Tennis, like other activities, has been stop/start. The last LACSC memo on COVID-19 restrictions advised the group that it could have its last hit of tennis on Wednesday 5 August 20. Would you believe it? The event was a complete “wash out” because of rain that day! However, Daryl (because of other circumstances) has found out some very interesting history on the group’s tennis activity that he shares with you all here.</p> <ol style="list-style-type: none"> The first hit of LACSC tennis commenced on 6 April 2005 and was convened by Aileen Cairns. In May 2006 the Convenor role changed hands to Janet Bateman. In 2014 the Convenors became Kerry Daffey and Val Buckle. In 2016 the Convenor’s role was inherited by your current leader, Daryl Mcilvena. <p>Daryl hopes this snippet of information from the archives allows you all to sleep a bit better at night (!).</p> <p>On another matter that is constantly with the group, always remember that, for insurance purposes, to play on a Wednesday morning, you must be either a paid up member of LACSC, or the Surf Coast Tennis Club. No membership means no play.</p>
<p>The Out and Abouters</p> <p>Anne Georgiou annie.g1@bigpond.com</p>	<p>Anne sends a big Hello to all Out & Abouters!</p> <p>She can't wait until the group meets again to actually get out and about!</p> <p>Meanwhile, stay well and enjoy this beautiful town and beaches.</p>
<p>The Wanderers</p> <p>Bernie Convery converyb@gmail.com 0468 314 452</p>	<p>The Wanderers are planning a trip to Yarrawong/Mulwala in October. As this trip is limited to 40 people please contact Bernie Convery to book a spot.</p>
<p>Thursday Walking</p> <p>Shelley Bateup: shelleypateup@hotmail.com Annelies Gerritsen: agerritsen47@icloud.com Greg Dever: gregory.dever52@gmail.com</p>	<p>The group is hopeful of resuming activities by mid-September (fingers crossed).</p> <p>For the information of new members, the group leaves at 9 am each Thursday from Fisherman’s Beach.</p> <p>There is no formal morning coffee session but walkers may wish to avail themselves of a takeaway coffee from Bomboras which provides effective and appropriate protocols.</p>
<p>Tuesday Morning Walking</p> <p>Les Croft 0438 083 903 glcnpatsy@gmail.com Peter McMahon 0411 112047</p>	<p>Recommencement date was on Tuesday, 19 May at 9am.</p> <p>Meet up with this enthusiastic, local walking group at Point Danger, near the flagpoles.</p>
<p>Tuesday Taylor Park Walkers</p> <p>Kim Du Bourg kimdubourg1@gmail.com Dorothy Anderson dorothyjanderson@hotmail.com</p>	<p>Taylor Park Walkers last met on 28 July and Kim will be in touch with the date of the next walk once restrictions have eased.</p> <p>The group has all missed the walk, the chat and coffee.</p>
<p>— NEW —</p> <p>Online Trivia Deb office@life.org.au</p>	<p>LACVI recently trialled an online trivia competition via Zoom.</p> <p>Our Club was represented by Fiona and John Coyne. Fiona reports that it was great fun, with 16 LAC members from all over Victoria taking part to answer questions ranging from Australiana to sports. Highly recommend as a spirit lifting activity!</p> <p>Following the successful trial LACVI are running fortnightly sessions (details on the LACVI website). To book a spot email Deb at office@life.org.au</p> <p>Here is the website link https://www.life.org.au/online-events/online-trivia/</p>

The Isolation Blanket Project

In mid-July, I had a conversation with Julie Stevens about the possibility of LACSC making a knitted blanket. The aim was to have a project to involve members, something they could do at home but still have a connection with others. Unfortunately, due to the increased restrictions of Lockdown 2.0 plans for the group to meet together was put on hold but it is hoped that one day this will happen. Julie came up with the plan to make a 1.3m x 1.7m blanket made up of 48 squares of 22 x 22cm, needing a minimum of 8 and a maximum of 12 knitters. An email went out and we achieved the perfect number of 12 knitters.

It has been lovely for me to meet these talented members of our club as they came to pick up their wool and instructions and drop off their finished work. We are now addressing the task, with Julie's help, of sewing the squares together. We intend to donate the blanket to a local charity which will be decided by the knitters.

The enthusiasm for the project has been evident so perhaps this will lead to a new LAC activity group or more projects like this to keep us active and connected. Many thanks to all our knitters and Julie.

Cheryl



Lesley



Annelies

Membership Fees

Membership fees are now overdue. If you have not paid, and wish to continue your membership with LAC please pay the renewal no later than Wednesday 30 September 2020, or your membership will automatically be cancelled.

You can pay on line, by internet banking or over the counter at the NAB in Torquay

BSB: 083-929 Account No: 54-107-7449 Acc Name: Life Activities Club Surf Coast Inc.
Please provide your surname, initial and code "MEM" in the reference box.

If you have any queries, please contact Joan Steele or email: membership@lifesurfcoast.org.au

Annual General Meeting

The AGM will take place on Thursday, 10 September, using Zoom. You can join the meeting from 1.50 pm ready for our 2 pm start. The link to join the meeting is given below and will also be sent out by email the day before the meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/84867634990?pwd=NmZqdNkxVDF6alNtT2ZyWIB1UENPd309>

Meeting ID: 848 6763 4990
Passcode: 132780

You have already received notification that two proposals will be put to members at the AGM. These are that:

- o existing financial members pay no annual subscription for the Financial Year starting 1 July 2021, and
- o new member joining fee will be increased to \$15 from 1 July 2021.

Life Activities Club Surf Coast Inc. Committee

Cheryl Annetts
Annelies Gerritsen
Elizabeth Fowler
Joan Steele

Ana Ryan

President (0425 797038)
Vice President
Secretary
Treasurer/Membership Secretary
joan.steele@bigpond.com
Immediate Past President

Shelley Bateup
Sandra Gillson
Michelle Jones
Graeme Perks, LACVI Representative
Paul Shultz
Laurel Wieland



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Enquiries, correspondence to:
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With thanks to

HAYDEN

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for printing our Newsletter