

RACVClub

APRIL
2024

HIGHLIGHTS

HEAD FOR THE HILLS

Elevate your Yarra Valley experiences, with nature walks,
cooking classes and fun family activities

Keeping **members** connected
racv.com.au/club

River Street, Healesville.
Image: Matt Harvey

SPOIL YOUR MUM

Celebrate Mother's Day on Sunday, 12 May at the City Club or Country Club. Choose from four venues.

MEMBERS DINING ROOM, CITY CLUB

● Enjoy a four-course set menu, with a pick of three mains and two desserts. Includes live entertainment and a gift for Mum.

Noon-3pm, \$170 adult (18+), \$140 teen (13-17yrs), \$65 child (5-12yrs).

BISTRO, CITY CLUB

● Enjoy a special entrée and main, plus a spectacular dessert buffet by Le Petit Gateau. Price includes arrival drink, live entertainment, and a gift for Mum.

Noon-3pm, \$120 adult (18+), \$110 teen (13-17 yrs), \$55 child (5-12 yrs).

LEVEL 17, CITY CLUB

● Enjoy a seafood buffet, with live music. Includes arrival cocktail/mocktail, three-hour beverage package, live entertainment, and gift for Mum.

Noon-3pm, \$180 adult (18+), \$130 teen (13-17yrs), \$65 child (5-12yrs).

BANYALLA, HEALESVILLE

● Enjoy an exquisite seafood buffet lunch. Includes glass of sparkling wine on arrival and gift for Mum.

Noon-2pm, \$160 adult, \$150 teen (13-17yrs), \$65 child (5-12yrs).

Book for these events at racv.com.au/club-whats-on or scan the QR code.



Children are spoilt for choice with school holiday activities at the Club's city and country properties. See the What's On page for details.

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ROB EVERETT RACV Club General Manager

As I reflect on the whirlwind that was March, I can't help but feel immensely proud of our Club and its vibrant community.

Our annual Healesville Picnic Races were a resounding success, with members enjoying the warm weather, fine food and entertainment. The Sanguine Harvest Day was equally joyful, with members picking and crushing grapes for an RACV vintage down the track. It's delightful to see our Club come together to celebrate such occasions, and we'll have photos from these events in the May edition of *Highlights*.

The President's Cup golf tournament provided its fair share of challenges, particularly with the tough pin placements. Nonetheless, it was an entertaining occasion filled with friendly competition and camaraderie.

I'm thrilled to hear the positive feedback regarding the RACV Club Suite at the MCG, and we have photos of footy fans enjoying Rounds 1 and 2 on page 12. For those interested in learning more, visit the [What's On](#) page.

The success of our Club Mentoring Program is another source of pride, with the first intake for the year fully booked. It's great to witness members forging meaningful connections and supporting one another.

With Easter upon us, I hope this time of the year brings you and your family moments of happiness and reflection. The Easter Sunday buffets at Bistro and Banyalla also mark the start of the school holidays, and I'm looking forward to seeing lots of families enjoying the children's workshops at both our properties (page 19).

Looking ahead, we have an exciting line-up of events, including Four Chef Showdown in April (page 9), Mother's Day celebrations in May (page 2), and Gabriel Gate's annual event in August (page 9). Lastly, a friendly reminder that the last So Good Saturday at Sojourn is on 13 April. It will return with the warmer weather in spring.

Thank you to all Club members for your continued support and participation in making our Club the vibrant community that it is. I hope to see you soon at the Club.

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HIGHLIGHTS
APRIL 2024



HOW TO BE AN OPTIMIST

Find out why optimism is the key to Australia's future, and how you can turn challenges into opportunities and become a role model for younger generations

From his infectious smile to his disarming greeting, Victor Pertou is the embodiment of optimism. Rather than the usual, "Hello, how are you?" he asks, "What's been the best thing in your day?"

"Fifty per cent of people will give you a little story that will brighten your day," he says. "Then there will 20 per cent of people who will be having a rotten day, and if they share that with you, that's a great thing because a problem shared is a problem halved."

Victor is the Founder and Chief Optimism Officer at The Centre for Optimism, a think-tank that among other things runs workshops for corporate boards, public servants, universities, and community groups on how optimism can improve individual wellbeing, foster innovation, and empower leaders.

So how did Victor become a radical optimist? "The short story is that after I left politics in 2006, I became the trade and investment commissioner in North and South America, and everywhere I went my work was made easier by being an Australian and the American stereotype of us as relentless optimists," he says.

"Then I came back to Melbourne, and I was astonished by the negativity. But rather than complain about the complaint, I set up a project called the Australian Leadership Project. We interviewed people from Bill George, the executive fellow at Harvard Business School, to leaders at the global tech company NCR and people on the factory floor. At the end of 2500 interviews, the conclusion was that

Australian leadership was egalitarian and pretty good, but we were still bewildered as to why Australian language had become so negative."

Victor's Eureka moment came at the Global Integrity Summit in late 2017. "After three days of hearing that everything good in the world was ending, I changed my speech to the case for optimism and it electrified the conference. Helen Clark, who was then the head of the UNDP (United Nations Development Programme), said, 'Victor if you turn that into a book, I will endorse it'.

What followed was *Optimism: The How and the Why*, speaking tours and the creation of the Centre for Optimism. Victor says his talk at RACV Club in May will delve into the vital connection between optimism, wellbeing, leadership, and innovation.

"I had the honour of an audience with the Dalai Lama two years ago, and he said the most important thing we can do for teenagers is foster their optimism. But you can't tell them to be optimistic, right? You have to model it," Victor says. "And so, if I can help the grandparents and the parents in the room model optimism, then that's going to help make a big difference to them and those around them."

● **What Makes You Optimistic?**
With Victor Pertou, Mon 29 Apr,
10am-11:30am, Level 17, City Club, \$15pp.
Book via [this link](#) or scan the QR code.



DON'T
MISS



LOOKING GOOD FOR MOTHER'S DAY

Looking for a way to make Mother's Day special? Along with the Mother's Day lunches at City Club and Healesville, there are other events in May that will make your mother feel loved and appreciated.

Treat your mum to a fun makeup tutorial, where she'll learn simple tips and tricks for applying makeup in a way that suits the shape of her face. This workshop is great for anyone who wants to freshen their beauty routine, update their techniques, or just feel good about how they look.

● **Makeup Made Simple with Idiris Cosmetics, Thu 2 May, 6pm–9pm, Tarrant Room, City Club, \$150pp.**
Book via [this link](#) or scan QR code.



GREAT WAY TO MAKE MUM SMILE

Gift your mum an entertaining afternoon creating a beautiful bouquet with fresh flowers, that can become the centrepiece at home on her special day.

Sam from Flo & Co shares her passion and love for locally grown, seasonal flowers. Participants get guidance but have the freedom to add their own flair. It's a great bonding session for mothers and daughters, and a chance to have fun with other Club Members.

● **Mother's Day Bubbles and Bouquets, Sat 11 May, 2pm–4pm, Club Pavilion, City Club, \$100pp.**
Book via [this link](#) or scan the QR code.



See all the latest Club events and activities at racv.com.au/club-whats-on or scan the QR code.



CLIMB ABOARD FOR A SUBLIME TIME

Find out how you can witness the best of New Zealand's breathtaking scenery. RACV Travel & Experiences is hosting a travel talk with Grand Pacific Tours. The New Zealand Coach Holiday Specialists will showcase their luxurious Ultimate small group tours, which boast a business class level of comfort for a maximum of 20 guests, while their Signature mid-size group tours, catering for a maximum of 32 guests, suit those looking for premium economy comfort.

Grand Pacific Tours, Thu 18 April, 11.30am, Level 2, City Club.
Free for Club members and guests. Tea/coffee and canapes available at the event. Book via [this link](#) or scan the QR code.



SO GOOD, IT'S A SHAME TO MISS OUT

Soak up the last of the warmer weather with So Good Saturdays at Sojourn. This unique Melbourne laneway experience is on offer until 13 April. It's a great way to catch up with friends, and share stories and laughs over cocktails, with a bold, feasting style menu that's a talking point.

● **So Good Saturdays at Sojourn. Every Saturday until 13 April. Two Sessions: noon–2pm or 3pm–5pm. From \$99pp. Terms and conditions apply.*** Book via [this link](#) or scan the QR code.

*So Good Saturdays is not applicable to RACV Club Membership discounts.



A scenic view of a paved road lined with trees in autumn. The road is flanked by a white fence in the foreground. The trees have vibrant green and orange leaves. A person is walking in the distance on the road. The overall atmosphere is peaceful and scenic.

HEAD FOR THE HILLS

Elevate your Yarra Valley experiences, with nature walks, adult cooking classes and a rejuvenating spa treatment

Healesville beckons with its blend of gastronomic delights, wellbeing offerings, cultural experiences, and natural beauty. Here are 10 compelling reasons why Healesville Country Club & Resort deserves a visit sometime soon.

1 FOUR CHEF SHOWDOWN

Food enthusiasts rejoice as Healesville hosts the second Four Chef Showdown. Witness top chefs showcasing their skills and creating mouthwatering dishes to tantalise your taste buds. You get to vote for the winner. "We are really looking forward to hosting our members for the Four Chef Showdown," Club Operations Manager Deb Bullock says. "It's one of many great events we've got on at Healesville this year." Bookings for Friday, 12 April via [this link](#).



2 ADULT COOKING CLASSES

Channel your inner chef and immerse yourself in the art of cooking with adult cooking classes at Healesville. From mastering pasta dough to learning the secrets of curry sauce, these classes cater to all skill levels. Return home with newfound culinary prowess to impress your family. More details on page 8.

3 HEALESVILLE CHESS GROUP

For those seeking mental stimulation and social interaction, the Healesville Chess Group offers a welcoming community of chess enthusiasts. Engage in friendly matches and sharpen your strategic skills. Retreat to the Members Lounge after for a tea or coffee, or have lunch at Riddell's Green. Commences Monday, 8 April, 10.30am-noon, Banyalla Lounge. For details, email: clubevents@racv.com.au

4 SPA RETREAT

Escape the hustle and bustle of everyday life with a rejuvenating spa retreat at Healesville. Unwind amid serene surroundings as you pamper yourself with luxurious treatments designed to relax and revitalize the body and mind. Additionally, the Fitness Centre's refurbished sauna offers the perfect sanctuary to detoxify and soothe tired muscles, leaving you feeling refreshed and renewed.



5 APERITIVO HOUR

Embrace the Italian tradition of aperitivo hour at Healesville. Club members who are in-house guests can enjoy pre-dinner drinks and appetisers in the convivial atmosphere of the Members Lounge. Sip on wine, sample gourmet nibbles, and soak in the ambiance and view.

6 WANDER TO YOUR ART'S CONTENT

Immerse yourself in the vibrant arts scene of Healesville with a visit to the new Gallery of Art at Hubert Estate. The collection features works from more than 20 Indigenous communities. The gallery is open daily from 11am. Nearby TarraWarra Museum of Art has an exhibition of works by mid-century sculptor Clement Meadmore until 14 July. Don't forget to peruse the art around the Country Club that's drawn from the RACV Art Collection.

7 AUTUMN COLOURS

Experience the breathtaking beauty of Healesville as the landscape transforms with the arrival of autumn colours. Marvel at the vibrant hues of gold, red and amber that create a picturesque backdrop for outdoor adventures and scenic drives.

8 KABLOOM FESTIVAL OF FLOWERS

Embark on a sensory journey at KaBloom Festival of Flowers in Silvan. Don't forget your camera. There are millions of flowers across 2ha, transforming Tesselar Flower Farm into a patchwork of colour. It's a perfect family destination, with a troupe from Circus Oz performing on select days until 21 April.

9 BLUE LOTUS WATER GARDEN

See the giant Amazon waterlilies, with some lily pads measuring up to 1.3m in diameter. There are also hundreds of other exotic plants blooming across the gardens. A 50m long artificial creek cascades through a new garden of rainforest plants and ferns, and young children will love the expanded fairy garden, Todd's Tree House, and giant chess.



10 FEAST WITH GABRIEL GATÉ

Once a year you get to indulge in a culinary extravaganza with renowned chef Gabriel Gaté at Healesville. This year it's an international theme linked to Paris and sport. From locally sourced produce to exquisite wine pairings, each dish will be the pinnacle of excellence, uniting nations through gastronomy. Friday, 2 August. Book via [this link](#).

See all the latest Club events and activities at racv.com.au/club-whats-on or scan the QR code.



View the special accommodation packages at RACV Country Club & Resort via [this link](#) or scan the QR code.





LEARN FROM THE BEST

Fancy taking your cooking to the next level? Learn how to make pasta, uncover the secrets of crafting a great curry sauce or sweeten your life with a baking masterclass

Club members have the chance to learn cooking skills and techniques from the chefs behind the award-winning Banyalla restaurant at Healesville Country Club & Resort.

All cooking classes are suitable for novice and everyday home cooks, as well as aspiring master chefs. Combine a masterclass with a stay at the Country Club for the ultimate getaway.

Executive Chef Himanshu Sharda says the lessons will be a fun and informative way to learn new recipes and enjoy success in the kitchen.

Banyalla won Regional Hotel Restaurant of the Year at the Victorian Accommodation Awards for Excellence in August last year, an award Himanshu Sharda attributes to the restaurant's emphasis on keeping food simple, local, and seasonal.

"I think the cooking lessons are a great way to share our food philosophy and let the members understand how back of house works for big volumes," Himanshu says.

"I am hoping members will understand how we as chefs think, and they will be able to use some basic cooking techniques at home with ease."

Following Perfecting Pasta class this month, Himanshu and Sous Chef Lalit Kumar will show participants how to create a flavourful curry.

If you've tried one of the seasonal Nugaon dishes at Banyalla – named after the region in India where Himanshu grew up – you'll know how

versatile and aromatic a curry sauce can be. He says curries need patience and slow cooking to extract the full flavours from the spices. Fresh spices are important, too.

"Dried ground spices stay fresh for about two or so years, so you need to update your pantry regularly," he says. "The spice should be fragrant. If it doesn't have any smell, it's probably not going to add much flavour to your food." If in doubt, follow the use-by date on the container or packet.

If you have a sweet tooth, or want to impress guests, learn how to bake lemonade scones, brownies, and meringues at the Baking Masterclass in June.

● **Perfecting Pasta.** Either Mon 8 Apr, noon-1.30pm or Mon 15 Apr, 5pm-6.30pm, \$100pp. Book via [this link](#).

● **Curry Sauce.** Either Mon 6 May, noon-1.30pm or Tue 7 May, 5pm-6.30pm, \$100pp. Book via [this link](#).

● **Sweet Success.** Either Mon 3 Jun, noon-1.30pm or Tue 4 Jun, 5pm-6.30pm. \$100pp. Book via [this link](#).

All sessions at Healesville Country Club & Resort. Scan the QR code for booking details.



TRY THE WORLD'S FINEST HAM

Culinary rockstar Jesus Garcia visited RACV Club last month to share his knowledge of what is arguably one of the best hams in the world. Garcia is the International Director of Joeselito, the makers of aged Iberian hams, and Club Members have the chance to try Joeselito Jamon for themselves in the Wine Bar and Members Dining Room in April.

Club Executive Chef Jason Camillo says Joeselito Jamon is like the wagyu of cured ham.

“It’s rare for Jesus to leave his home country of Spain, so we were delighted to have the opportunity to learn more about the process behind this amazing ham.”

The history of the Joeselito dates to 1868, when Vicente Gómez chose the village of Guijuelo (Salamanca) to start the family ham production. The tradition continues today, with the specially bred pigs fed acorns, and the ham cured in natural drying sheds and cellars. Only natural ingredients are used, and the ham is dried and aged for 18 months.

“The ham is specially sliced by hand and super thin,” Jason says. “The flavour is nutty with some complexity and depth of flavour lingering on the palate. The ham melts in your mouth and almost disintegrates.”

● **Try Joeselito Jamon for a limited time in the Wine Bar and Members Dining Room.**



Left:
RACV Club
General Manger
Rob Everett,
Simon Friend of
Friend & Burrell,
Jesus Garcia,
Senior Sous
Chef Shayne
Wong and
Clayton Wright.

FOOD, WINE AND CULTURE

From the best cooking classes and food art to the finest ham, find out what’s on at the Club at racv.com.au/club-whats-on or scan the QR code.



INSPIRATIONAL PHOTOGRAPHY AND CAKES



Le Petit Gateau cakes, inspired by the surrounding artworks, are served in the Gallery Lounge at City Club, Monday to Friday, 9am-3pm.



Celebrate the Gallery Lounge’s latest exhibition, Performing Nature, and join us for an intimate three-course lunch with artists Robert Ashton, Murray Fredericks, and Prue Stent. Each artist will give insight into their artwork, while you sip outstanding wine, and enjoy culinary masterpieces made in response to the artworks.

● **Art of Lunch, Sat 4 May, 2.30pm–3.30pm, Private Dining Room, City Club, \$130pp. Ticket includes three-course lunch, beverages, and artist talk. Book via [this link](#) or the QR code.**

9
HIGHLIGHTS
APRIL 2024



Spartan diehards Victor Conroy, Tom Warner, Gregory Harris, and Mark Colwell.

CONQUERING THE GYM

With more than 80 group fitness classes on offer each week at two locations, the Club helps members stay fit, develop strength and flexibility, and achieve their personal best

Walk into any group fitness class at the Club, and the enthusiasm is palpable. The allure of these classes lies not only in the physical benefits but also in the sense of motivation and camaraderie they foster.

Whether it's sweating it out in the Spartan class, pushing through a challenging set of squats in BodyPump, or easing into the day with an early morning Yoga class, expert guidance from the instructors ensures you get a safe and effective workout. People's preferences for group exercise classes can vary widely, but once you've found your niche, you're usually hooked. It's a great way to meet other Club members, too.

City Club Fitness Centre offers 44 separate classes with 17 regular instructors, while Healesville Country Club & Resort offers 37 classes a week facilitated by seven different instructors.

IGNITE YOUR INNER WARRIOR

Club member Tom Warner is committed to Spartan, a high-intensity workout, in which instructor Nate Wells combines strength-based movements and aerobic intervals.

"It's the Rolls Royce of classes," Tom says. "When I first saw the ad, it

said: 'If you want results, you will get results doing this class.' And that's true. Nate puts instructions on the board, and you think, 'I can't do that.' But because of the group setting, you end up getting over the line and doing stuff that you would never do if you were in the gym by yourself."

Tom attends three Spartan classes a week from 11.30am to 12.15pm. "It breaks up the day. I start work early and get a solid amount of work done, then come here. When I get back to work, I have a real sense of achievement in the afternoon, and I always feel better afterwards."

TOTAL BODY WORKOUT TO MUSIC

Club Membership Manager and long-term Club member Adele Lin feels the same way about BodyPump, a popular Les Mills workout in which participants use a weighted bar or plates to work each muscle group by doing lots of repetition to music.

"What I love about BodyPump is that you work hard and come out of the workout feeling empowered and energised," Adele says. "It's not about lifting huge weights – it's about having enough on the bar to give you some resistance and doing the movement correctly and well, with lots and lots of repetitions to achieve max impact."



Having attended BodyPump classes for 19 years – 14 years with City Club's indomitable instructor Fran Furci – Adele has made the leap to becoming a certified Les Mills instructor, with Fran as her mentor.

"Fran and I want you to come in and have fun and come out of the workout feeling like you achieved something," she says.

"Fran and I teach the latest releases – we're teaching them long before they will appear on the Les Mills app – so we can give you the latest moves and innovations as soon as we can. We mix it up so you can never get bored. It will be a hard workout – we want you to work hard for yourself."

Adele says age is no barrier to doing BodyPump. "If you're starting off – we get you to start light and build up. Fran and I love it, and hope we can show you our enthusiasm. We have such a great community across all our classes – we help each other out, set up each other's equipment. We love seeing new people in our classes and helping them on their fitness journey."

Club
Membership
Manager and
Club Member
Adele Lin
has become a
certified Les
Mills instructor
so she can share
her love of
BodyPump with
other members.



FIND YOUR FITNESS PASSION

Try a group fitness class at City Club or Healesville Country Club & Resort and get the motivation and support you need to stay fit and feel fabulous. Scan the QR code, left, for the City Club Fitness Centre, and right for Healesville.



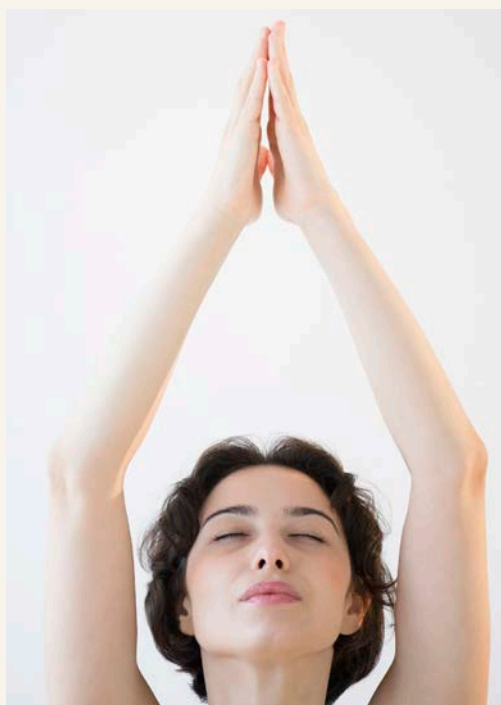
EARLY-BIRD YOGA BENEFITS

Even if you're not a "morning person", you can soon discover the benefits of early-bird yoga. There is a stillness in the air and the focus on breathing gives you time to start your day in a more relaxed state. The gentle movements also ease any stiffness from your body accumulated during the night.

Yoga teacher Liz Calthorpe, who has been teaching Kundalini yoga for almost 12 years, says this type of yoga is recognised as the yoga of awareness and is an opportunity to explore one's true self.

"The only way to start to understand a Kundalini class is to attend one," she says. "I always recommend going to three classes to have an awareness of the breadth of the practice."

Liz teaches two early morning yoga classes a week at the City Club Fitness Centre. "Early morning yoga is the perfect time to get the body moving and to tap into the rhythm of breath," Liz says. "It is also great to be part of the group energy that's in the yoga space, and begin your day with something so positive."



Start the day in
a peaceful way.
Image: Getty



BEST VIEW IN TOWN

Your Club member benefits extend beyond the City and Healesville properties, and footy fans have been taking advantage of the new RACV Club Suite at the MCG



GIMME! GIMME! GIMME!



As soon as the band walked on the stage, the dance floor was full, with Club members and guests reliving the glory days of ABBA. Tribute band BABBA! delivered all the hits for a fun night out on Level 17 at City Club.



EXPERIENCE & EXPLORE



The Experience & Explore member interest group enjoys a diverse range of outings, with recent explorations of the Western Treatment Plant (left and above) and Coombe in the Yarra Valley, below.

OUT & ABOUT



EXCLUSIVE CLUB MEMBER BENEFITS EVERY MONTH

RACV Club Members have exclusive access to monthly offers and a vast range of benefits across both Club properties. See the latest offers via [this link](#) or scan the QR code.



ALL IN THE FAMILY

A love of cue sports seems to run in the family, with a great turn out for the inaugural Family Doubles Social Pool Competition. RACV Club Resident Professional Robby Foldvari, who hosted the event, says 12 family pairs competed, with everyone playing at least two matches and a consolation plate. There were father and sons, brothers and sisters, fathers-in-law, and husbands and wives. Marty Andrew and his father-in-law Val claimed victory, while brothers Athol and Hayden Whitten were runners-up.

Calling all aspiring, novice and keen 8-ball players, the next social 8-ball is on Tuesday, 2 April. Book via [this link](#) or scan the QR code.





BALLROOM BLISS

Ballroom dancing helps boost physical fitness, coordination and self-confidence, as well being a great social activity that's fun and creative. So why not try it?

Club members Theresa and Wayne Gormley have discovered the joys of ballroom dancing are boundless. They've been dancing together since 2019, and look forward to the Club's Dinner Dance events, where they get the chance to waltz, foxtrot, jive, and cha cha, depending on the music.

They believe anyone can dance. "If you think you've got two left feet, then find someone with two right feet," Wayne says. "You don't know until you try."

He started ballroom dancing in his 20s but didn't get the chance to take it seriously until 20 years later. He's been in competitions but loves the social aspect best. He advises others, who may be shy or reticent, to start with the basics and not to be too ambitious.

"Over time something clicks, and the competence goes up and the confidence follows. It's a great thing for your self-esteem and people are impressed when they see you on the dance floor."

Theresa attributes her sense of rhythm to tap dancing and playing the clarinet as a child, but says practice is the key to dancing.

"When we first started going out, Wayne invited me to go ballroom dancing at Star Ballroom, and I've loved it ever since," she says.

"But I remember on the first night there were 32 different dances on the menu, and I thought, 'How can I learn that many?' But Wayne said, 'Don't worry. Once you learn them, you won't forget.'

"I took lessons twice a week and learnt 16 dances in one year."

She says the important thing is not to worry about making mistakes, but to keep practising and trying out different things.

The couple will be attending the eight-week Learn to Ballroom Dance course at the Club, and they encourage other members to come along and have some fun. "Once you've got a few skills, you'll be able to go to events like the Club's Dinner Dance, dress up, and apply what you've learnt on the dance floor," says Theresa.

● **Dance Series: Learn to Ballroom Dance**
8-week course commencing Wed 17 Apr,
7pm-8pm, Group Fitness Room, City Club,
\$160 per couple, \$80 per individual.
Book via [this link](#) or scan the QR code.



BOOTSCOOT'N BASICS

Jennifer Lee, of Thunderbirds Dancers, explains what to expect from Line Dancing lessons.

Do you need to like country and western music?

Line Dancing is performed to a wide variety of songs, which appeal to a broad range of people. From pop, disco, old-time waltz, fast tempo, slow tempo, and lots in between.

What if you're uncoordinated? Is it hard to learn?

Line Dancing is perfect for those who are not well coordinated, as many steps are mirrored. Some dancers start off and feel it's too hard, but with persistence they can become the best dancers. Learn the patterns and you have learned a dance.

What are the benefits?

The benefits are huge. It keeps your mind sharp and allows self-expression. It also enhances balance, thereby improving posture. Emotionally, it improves your mood and gives you a sense of achievement.

Physically, it's an aerobic and weight-bearing exercise that improves your fitness and bone health, as well as flexibility

and muscle tone. Focusing on the steps also improves your concentration. This all happens while being lost in the music.

What's your favourite movie featuring line dancing?

Coyote Ugly, with Leanne Rimes' music and the pub scene where they dance on the bar.

What footwear do you need? Cowboy boots?

Enclosed shoes, such as sneakers with lace ties. The sole must be able to slide on the floor. Boots are great but must be comfortable. You will no doubt look stunning if you don a cowboy hat, and a studded belt to complete the look.

What moves will participants learn?

You'll be taught the basic steps and a simple side-step sequence, perhaps with a kick flourish that makes a beginner-level dance look special. Repetition of learned dances each week will bring about muscle memory to allow long-term ability to remember a dance.

Dance Series: Line Dancing, weekly from Thu 2 May, 7pm-8pm, Group Fitness Room, City Club, \$20 per person per lesson. Book via [this link](#) or scan the QR code.



DIFFERENT WAYS TO MEET AND CONNECT

From Member Interest Groups to dance lessons, there are myriad ways to meet like-minded Club members. Discover the Club's Member Interest Groups via [this link](#).



NEW CHAPTER

Bookworms, bibliophiles and book lovers - here is your chance to immerse yourself in your favourite pastime and connect with other Club Members who enjoy reading as much as you do. Or perhaps you're the type of person who would like to read more but needs a nudge? The new book club at Healesville Country Club & Resort will provide just the motivation you need.



Club Member Mary Anderson invites fellow members to attend the initial session on 2 April, which is a chance to find out how the book group will operate and contribute to choosing the books for this year's reading list.

"It's a new member interest group for Healesville and a lovely opportunity to meet fellow bookworm members in the tranquil surrounds of the library," Mary says. "If you love reading and discussing books, we hope you will join us."

● **Healesville Book Group, commencing Tue 2 April, 10.30am-noon, Club Library, Healesville Country Club & Resort, \$70 per person. For enquiries or bookings, email clubevents@racv.com.au**

The Taj Mahal is a place of timeless beauty and symbol of love.
Image: Shutterstock



LIVE LIFE TO THE FULL

If you want to pursue new experiences or make the most out of life, here are eight bucket-list destinations worth considering

From the mystical allure of Machu Picchu to the sun-drenched plains of Africa and ancient wonders of China, the world is a treasure trove of wonders waiting to be explored.

SAFARI IN AFRICA

Africa beckons adventurers with its promise of thrilling jeep safaris and awe-inspiring landscapes. You can focus on one country, such as Botswana, and drive across the Kalahari Desert in search of rhinos, then cruise down the Okavango Delta in a mokoro canoe. Or consider an all-encompassing journey that includes Victoria Falls, the Serengeti, and close encounters with mountain gorillas. Whether it's 10 days or 52 days, a safari in Africa is an experience like no other.

GREAT WALL OF CHINA

Stretching over 20,000km across rugged terrain, the Great Wall of China is one of the largest building-construction projects ever undertaken. Walk in the footsteps of emperors as you traverse the ramparts, winding your way through watchtowers and fortresses that have stood for centuries. From the bustling streets of Beijing, you can visit the most famous and best-preserved section of the wall, Badaling. Many group tours combine a trip to The Great Wall with the Terracotta Warriors and other attractions, such as the Panda Breeding Centre in Chengdu.

TAJ MAHAL

Step into a world of timeless beauty and romance as you explore the exquisite Taj Mahal, a symbol of eternal love. Built by the Mughal emperor Shah Jahan in memory of his beloved wife Mumtaz Mahal, this majestic mausoleum is a masterpiece of architecture and a UNESCO World Heritage Site. Surrounded by lush gardens, intricate marble carvings and delicate inlays adorn its facade. It's easy to understand why the Taj Mahal has captured the hearts of visitors for centuries.



The Sphinx and pyramids in Egypt.

PYRAMIDS OF EGYPT

Journey back in time to ancient Egypt and survey the towering pyramids that have stood for millennia as symbols of power and mystery. Explore hidden tombs and ornately decorated temples and marvel at the timeless beauty of the Sphinx. Whether you're cruising down the Nile aboard a traditional felucca or riding a camel across the dunes, a visit to the pyramids is an unforgettable journey through the annals of history.

MEKONG DELTA

Venture into the heart of Southeast Asia and discover the enchanting beauty of the Mekong Delta. Cruise along tranquil waterways flanked by green rice paddies and swaying palms, and immerse yourself in the vibrant culture of riverside communities, with vendors hawking their

wares from wooden boats. From the ancient temples of Angkor Wat to the bustling streets of Ho Chi Minh City, the Mekong Delta offers a unique experience.

MACHU PICCHU

Hidden in the mist-shrouded peaks of the Andes lies Machu Picchu, the legendary lost city of the Incas. Perched atop a rugged mountainside overlooking the Sacred Valley, it's one of the most iconic archaeological sites in the world. Trek along ancient Inca trails through dense forests and study the carved stone buildings that dot the landscape. Take the once-in-a-lifetime opportunity to watch the sun rise over the remarkable temple ruins.



The rugged beauty of Machu Picchu and a iguana on a beach in the Galapagos Islands.
Images: Supplied

GALAPAGOS ISLANDS

This remote archipelago located in the heart of the Pacific Ocean is home to some of the most unique and diverse wildlife on the planet. Swim with playful sea lions, snorkel alongside graceful sea turtles, and see the dazzling array of marine life that inhabits these islands. Hike through rugged lava fields and see areas teeming with iguanas, giant tortoises, and exotic birds, and discover why Charles Darwin was inspired to develop his theory of evolution after visiting these extraordinary islands. A trip to the Galapagos is an adventure unlike any other.



ANTARCTICA

For those seeking the ultimate adventure, Antarctica offers a once-in-a-lifetime journey. It's a land of extremes, where towering icebergs meet crystal-clear waters and penguins waddle across vast expanses of snow. Explore the pristine wilderness aboard a sturdy expedition ship, navigating icy channels and marvelling at the otherworldly landscapes that stretch out before you. Zodiacs are used to explore smaller bays and inlets, with the opportunity for close encounters with seals and whales. Consider combining it with a trip to South America.

GET EXTRA SAVINGS ON YOUR NEXT HOLIDAY

RACV Members get extra savings when booking through RACV Travel & Experiences. Call 1800 850 888, email info@holidays.racv.com.au or visit the team of travel experts in store, Mon to Thu, 9am-5pm, 448 Little Collins Street, Melbourne CBD. Scan the QR code for details.



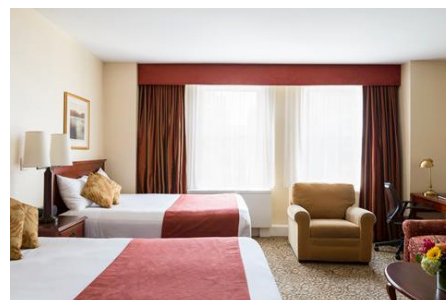
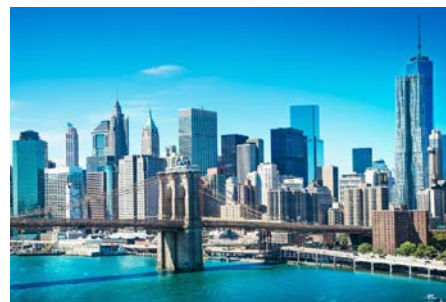
RECIPROCAL CLUB

Escape to New York City and discover the best attractions, restaurants and Broadway shows. The Empire State Building and the Statue of Liberty are must-see attractions, as well the Metropolitan Museum of Art, and the National September 11 Memorial & Museum.

RACV Club Members can stay close to the action at the New York Athletic Club. This reciprocal club has 187 guest rooms with breathtaking views of Central Park and midtown Manhattan. Overnight guests also enjoy access to the Club's storied athletic facilities, restaurants, and lounges. From yoga to boxing, there's health and fitness activities for every level of fitness.

On the third floor, you'll find a pool, Jacuzzi, sauna, steam room and spout room. Light poolside dining is also available to complement a workout. Golfers who need a fix can take advantage of the Trackman golf system on the 7th floor, which provides cutting-edge technology, allowing seasoned and beginner golfers to analyse their golf game with state-of-the-art quantitative analysis.

New York Athletic Club provides world-class facilities at its two locations – the Manhattan City House and Travers Island in Westchester County, where you can swim, play tennis, dine, and watch the yachts sailing around Long Island Sound. See New York in a whole new way.



● RACV Club Members need to arrange a letter of introduction prior to visiting New York Athletic Club. Details at racv.com.au/club or scan the QR code.

WHAT'S ON APRIL 2024

2	Tuesday, 2pm-4pm	Family Film: <i>Puss in Boots - the Last Wish</i>	Theatrette, City Club
	Tuesday, 6pm-9pm	Social 8-Ball Night	Billiards Room, City Club
3	Wednesday, 5.45pm-8pm	Author Talk: The Art of Italian Cooking with Amber Guinness	Library, City Club
	Wednesday, 6pm-8pm	Midweek Jazz at the Bar	Wine Bar, City Club
4	Thursday, 11.30am	Viking Cruises Travel Talk	Level 2, City Club
8	Monday, noon-1.30pm	Cooking Masterclass: Perfecting Pasta	Healesville Country Club & Resort
9	Tuesday, 10am-11am	Steeped in Conversation	Gallery Lounge
	Tuesday, 10am-11am	Experience & Explore: Old Treasure Building	Offsite
11	Thursday, 10am-1pm	Kenneth Park Double Lecture: Egypt	Level 2, City Club
12	Friday, departs 9.15am	Kenneth Park Day Trip: Maryborough	Offsite
	Friday, 6.30pm-10.30pm	Four Chef Showdown	Healesville Country Club & Resort
13	Saturday, noon-2pm or 3pm-5pm	So Good Saturdays - last session	Sojourn, Chancery Lane
			
15	Monday, 5pm-6.30pm	Cooking Masterclass: Perfecting Pasta	Healesville Country Club & Resort
17	Wednesday, 6pm-8pm	Jazz at the Bar	Wine Bar, City Club
	Wednesday, 7pm-8pm	Dance Series: Learn to Ballroom Dance 8-week course begins	Group Fitness Room, City Club
18	Thursday, 11.30am-1pm	Travel Talk: Grand Pacific Tours	Level 2, City Club
	Thursday, noon-2.30pm	Tripe Club Luncheon: Australia in the Post Covid Era: Presented by Bernard Salt AM	Level 2, City Club
19	Friday, 11am-1pm	Film Group: Chaplin	Theatrette, City Club
	Friday, 6pm-10pm	Degustation Night	Members Dining Room, City Club
23	Tuesday, 11.30am-12.30pm	Experience & Explore: Old Melbourne Gaol	Offsite
26	Friday, 10.30am-11.30am	Monthly Bingo!	Level 2, City Club
27	Saturday, 2pm-3.30pm	Patio & Balcony Gardening	Level 2, City Club
28	Sunday, 4pm-6pm	Monthly move: The Lost City of Melbourne	Theatrette, City Club
29	Monday, 10am-11.30am	What Makes You Optimistic? With Victor Pertou	Level 17, City Club

MEMBER INTEREST GROUPS

HEALESVILLE BOOK GROUP Tuesday, 2 April
10.30am-noon Library, Country Club

SUPERVISED BRIDGE Mondays,
9.45am-1pm: 8, 15, 22, 29 April
Clubroom, City Club

TRAVEL GROUP Tuesday, 9 April
10.30am-12.30pm Level 2, City Club

HEALESVILLE CHESS GROUP Monday, 8 April
10.30am-noon Banyalla Lounge, Country Club

DUPLICATE BRIDGE Wednesdays, 9.45am-1pm
3, 10, 17, 24 April Clubroom, City Club

EVENING MAHJONG Wednesday, 3 April
7pm-9pm Clubroom, City Club

SOCIAL SQUASH GROUP Thursdays,
6pm start: 4, 11, 18 April
Squash courts, City Club

SOLO & MIND GAMES GROUP Thursdays,
9am-1pm: 4, 11, 18 April
Clubroom, City Club

BOOK GROUP 2 Saturday, 13 April
11.15am start
Clubroom, City Club

BOOK GROUP 4 Wednesday, 17 April
7.15pm start Library, City Club

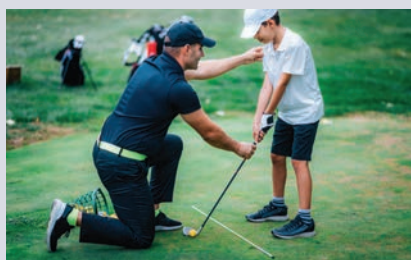
FILM GROUP Friday, 19 April
11am-1pm Theatrette, City Club

WHAT'S
ON

Scan the QR code below for more information about Member Interest Groups.



SCHOOL HOLIDAY ACTIVITIES APRIL 2024



3	Wednesday, 10am-11am	Tinies Cooking Class (4-6 years)
4	Thursday, 10am-11.30am	Tweens Cooking Class (7-11 years)
5	Friday, 10am-11.30pm	Tweens Cooking Class (7-11 years)
	Friday, 2pm-3.30pm	Teens Cooking Class (12+ years)
8	Monday, 10am-11.30am	Kids Painting Workshop
9	Tuesday, 9.45am-10.45am	Circus Workshop
10	Wednesday, 10am-11am 11.30am-12.30pm	Junior Golf Session (6-10 years) Second session (11+ years)
11	Thursday, 10am-11am	Junior Tennis Session
	Thursday, 2pm-3pm	Aqua Fun
12	Friday, 9.45am-10.45am	Fairytale Fiasco

All activities in
Tarrant Room
City Club

All activities at
Healesville Country
Club & Resort

Scan the QR code below for the latest events and activities at the Club or visit racv.com.au/club-whats-on



FREE GROUP FITNESS

MORNING PILATES WITH CARLA
8am-8.45pm ONLINE VIA ZOOM
Mondays 8, 15, 22, 29 April

MORNING YOGA WITH KATHY
8-8.45am ONLINE VIA ZOOM
Tuesdays 2, 9, 16, 23, 30 April

MORNING MOVEMENT WITH FRAN
8am-8.45pm ONLINE VIA ZOOM
Thursdays 4, 11, 18 April

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HIGHLIGHTS
APRIL 2024

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