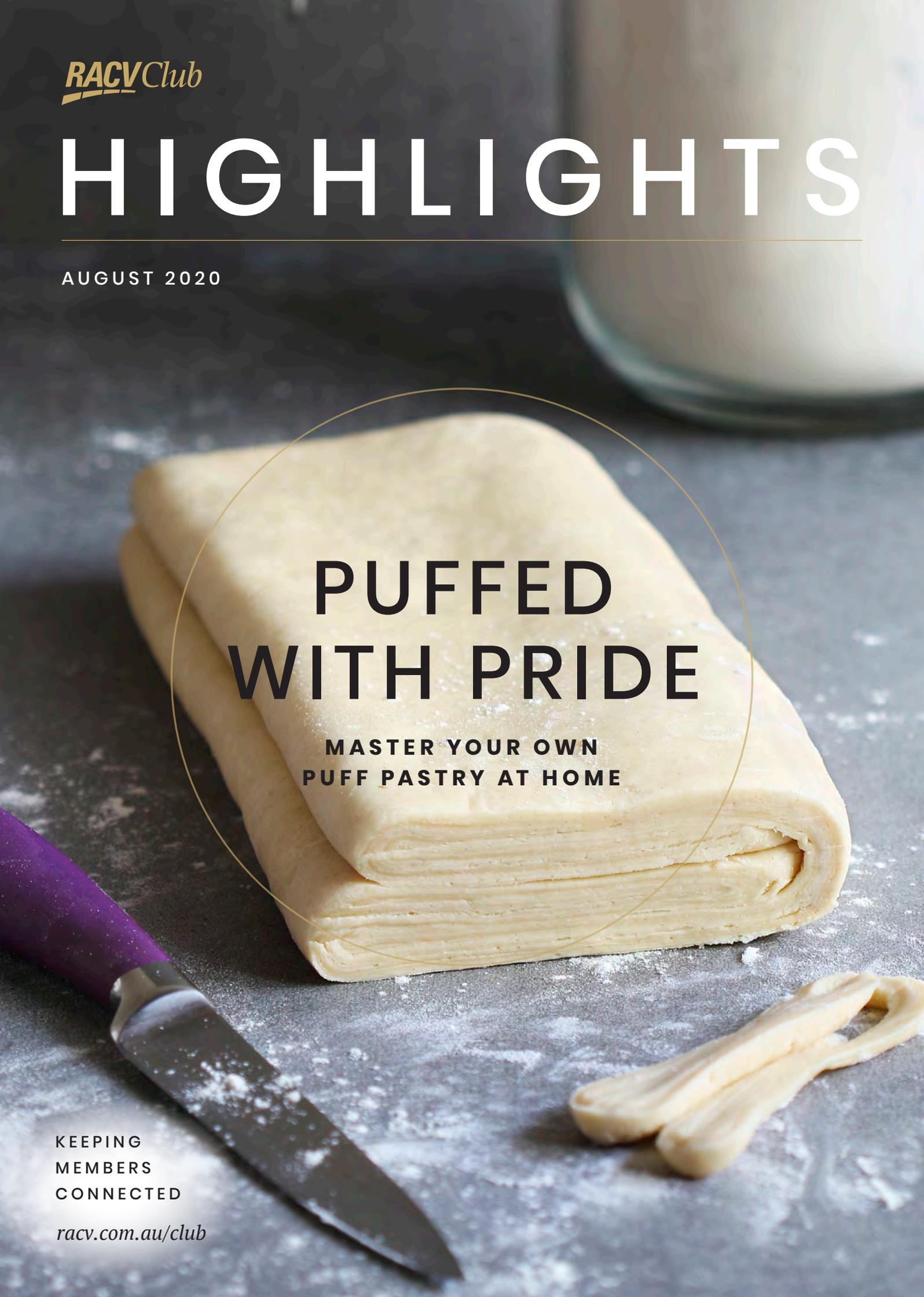


HIGHLIGHTS

AUGUST 2020



PUFFED WITH PRIDE

MASTER YOUR OWN
PUFF PASTRY AT HOME

KEEPING
MEMBERS
CONNECTED

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WELCOME

IN THIS ISSUE

Zooming in on virtual activities



JOHN SLATTERY Club & Membership Committee Chairman

With our physical doors closed, the need for social connection is greater than ever and we are using digital ways of staying in touch with Club Members. We have a variety of online Club events and activities you can enjoy from the comfort of your own home (page 4). Club chef Josh Cochrane explains the benefits of making your own puff pastry (page 6), with a step-by-step guide online. If you're having trouble maintaining an exercise regimen, City Club Fitness Centre Manager Con Kalogiannis explains the benefits of a fitness tracker (page 8). Many members have been tuning into Kenneth Park's virtual lectures and you can read about how his interest in art and history developed (page 12). If you're looking for inspiration, two Club Members from our Stitching Group share their amazing handiwork (page 10). If you have a story or achievement you'd like to share, turn to the back page for our contact details. We'd love to hear from you.



ROB EVERETT RACV Club General Manager

As we enter the fifth month of disruption in Victoria, our Club team has been focusing on producing online activities and communications for you to enjoy at home. I am proud to see Club favourite Gabriel Gaté joining Christian Maier for an online epicurean 'tour de France' on August 6. Gabriel's annual event at the Healesville Country Club is my favourite night of the year. Although this year will be different, it will be great to have Gabriel back with us online. You can enjoy other Club experiences at home. Some of the products you know and love from our wine cellar, Bourke Street Green, Le Petit Gâteau and One Spa are available to purchase. You'll find the product menus on our webpage. The Club continues to follow Government advice and updates. Local residents in Healesville can utilise the golf course at Healesville Country Club, which has measures in place to ensure the safety and wellbeing of staff and Members. My team and I are receiving many messages of support from our Members and these are much appreciated. I hope it's not too long before we can safely welcome you back into the Club properly! Until then, stay safe.

CALL US OR SEND AN EMAIL

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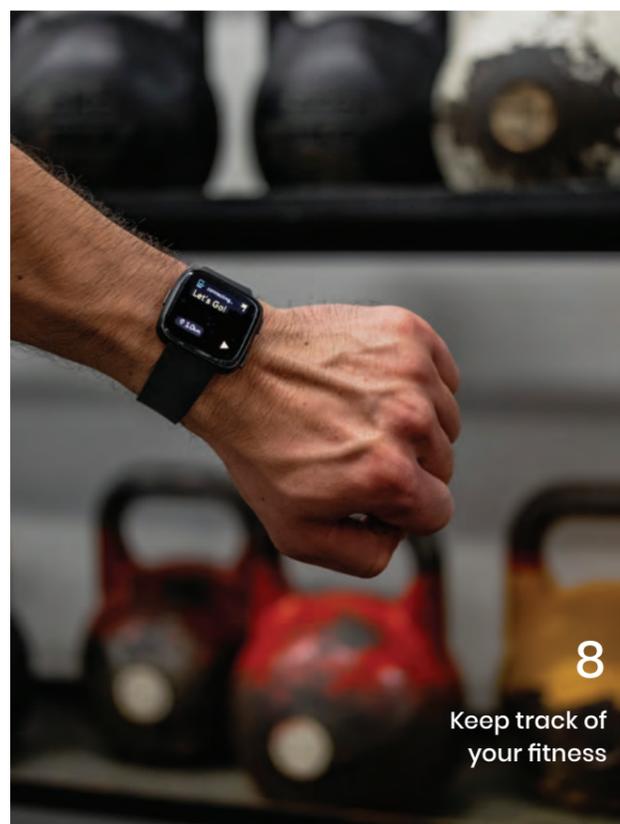
One of the best ways for Club Members to stay connected is by sharing stories. You can share a moment or memory on social media, follow us on Facebook or send us an email.

- #shareyourClubmoments
- Follow us on Facebook and Instagram @RACVClub
- Email highlights@racv.com.au

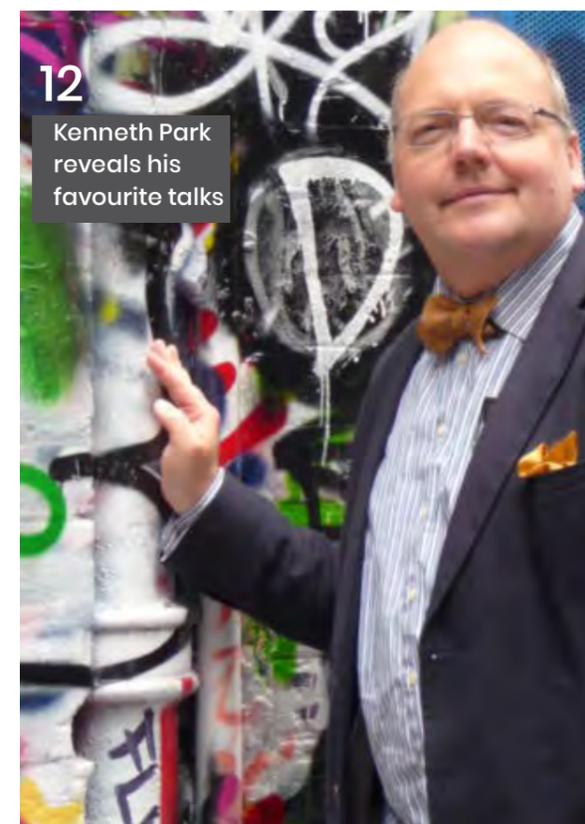
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THINGS TO MULL OVER

Enjoy the Club experience in the comfort of your own home with online lectures, cooking lessons, fitness classes and more

From lock-tails and growlers to beauty tips and events, our focus has moved online so that you can make the most of your membership at home and still enjoy some of the things you love about the Club.

Bourke Street Green Manager Rob Pierce brings you back to the bar in his online feature videos.

Stay warm and follow Rob as he makes the perfect mulled wine or discover a new flavour of beer. With step-by-step instructions, and Bourke Street Green as a backdrop, you'll almost feel like you're back at the bar.

A new addition to the Club menu is the chance to buy 'growlers' of your favourite tap beer. Delivered to your door, these 1.5l bottles are perfect for your home bar or to enjoy while binge-watching your favourite series.

"The Fury and Son Pilsner is my top tip," says Rob. "As one of Melbourne's new independent breweries, their Pilsners are fast becoming a tap-room favourite. This Pilsner is perfect with a pizza like the spicy 'Nduja' pizza from Bourke Street Green. You can also pair it with Greek and Mediterranean flavours for a great night in."

In the kitchen, Le Petit Gâteau's Executive Pastry Chef Josh Cochrane shows you how to perfect a tricky French soufflé in his August masterclass. Join him online and rise to the challenge as Josh reveals the secret to success.

If you need to increase your motivation to exercise, try our online workouts with Nate and Fran from the City Club or Lauren from Healesville Country Club. They will help you warm up, work out and feel the burn, with the familiar backdrop of the fitness centre or the Healesville mountains to help you stay on track.

"A good workout is great, but a warm-up beforehand and a stretch and cooldown afterwards are the keys to feeling refreshed and energised the next day," Lauren says.

Follow Lauren's HIIT class via our Facebook page and keep an eye out as we add more videos to our repertoire.

For a more relaxed Club experience, try a soothing facial at home. One Spa Manager Marnie Bennett's Facial Massage and Mask application video is available online.



Explore Club Online, then make a booking for a workshop or lecture, purchase exclusive Club products or try a fitness class at home. Visit racv.com.au/club-highlights

Marnie offers a pick-me-up for tired skin, in conjunction with the best products from our Comfort Zone range, which you can purchase after viewing the online menu.

"To complete your at-home spa facial massage, use Hydramemory cream, which immediately hydrates and plumps even the driest of skins," Marnie says. "Its unique blend of natural extracts bestows a sensation of freshness and preserves the skin's barrier."

The physical closure of the Club doesn't mean you can't still enjoy events usually held in our Members' Dining Room or ballrooms. Trivia nights, lectures, wine tastings, masterclasses and art events have brought our Club Members together from all over Victoria and further afield.

The Club Events team has ventured into this new online arena and received incredible feedback and suggestions from our Club Members, who are keen to stay involved and be entertained by the Club's unique offerings.

Our weekly Club emails will keep you informed about up-coming special events and must-do classes, which have limited numbers and occasionally a special mystery guest to create that RACV Club VIP experience.

WORDS: AMANDA ROTTMANN. PHOTO: SHANNON MORRIS

PUFFED WITH PRIDE

Discover the joy of making your own puff pastry at home, with tips from City Club Executive Pastry Chef Josh Cochrane

Delicate, light and flaky, homemade puff pastry is a buttery and versatile treat that can transform a classic sausage roll or refine a fruit tart.

With time and a few simple ingredients, you can make puff pastry at home as a casing, base or topping for delicious winter meals.

“Puff pastry is so versatile,” RACV City Club Executive Pastry Chef Josh Cochrane says. “I don’t think there is an ingredient that doesn’t taste great with it, whether it’s meats in pies and sausage rolls, roasted veg and goat’s cheese tarts or sweet dishes like pear and frangipane.”

Puff pastry can also turn your leftovers into a new meal.

“Pies are a great winter warmer and the perfect way to utilize any leftovers from last night’s dinner,” says Josh. “I love to make chicken and leek pie. It’s a great way to use up last night’s leftover roast chook and create a new delicious dish.”

Making puff pastry from scratch takes time and can seem daunting, but Josh shares his step-by-step guide online to help make the process easier.



Josh also likes to add “savory” ingredients to his desserts. He won the Savour Patisserie of the Year in 2017 for his pineapple, rosemary and salted caramel éclair.

“I love incorporating what would be considered savory into my sweet dishes,” says Josh.

“One of my favourite combinations is pineapple and rosemary. The aroma of the roasted pineapple and rosemary pair so nicely.”

If you’d like to experiment with savory ingredients in sweet dishes, Josh suggests you consider how the vegetable or herb will complement the dish.

Subtlety is the key. Salt and caramel, and chilli and chocolate are common pairings, but beetroot and fennel can also be used in desserts and cakes.

“Savory ingredients can be a great addition or substitution in a dessert, as long as there is a good reason for it,” Josh says. “There is a trend to incorporate savory ingredients to make recipes appear healthier, but it’s not always the case, especially if you add more sugar to disguise the taste.”

JOSH COCHRANE, ABOVE, AND RIGHT, CHICKEN PIES MADE WITH PUFF PASTRY. PHOTOS: SHANNON MORRIS AND GETTY IMAGES. WORDS: JESSICA HIRST



You’ll find Josh’s puff pastry recipe and other great meals to try at racv.com.au/club-highlights

Highlights finds out if fitness trackers can help Club Members stay healthy and motivated at home

At her peak, Club Member Andrena Zavetchanos was regularly walking 12,000 to 15,000 steps a day. Wearing a Garmin fitness tracker, she was spurred on to exercise at every opportunity to help her reach her fitness goals.

A Club Member since 2005, Andrena participated in the City Club Fitness Centre's Better Bods program several times and used a personal trainer. She also measured her "aerobic minutes", with the aim of getting 150 minutes each week of aerobic activity to increase her breathing and heart rate.

But she confesses it has been difficult to maintain her exercise regimen at home, particularly since her fitness tracker stopped synchronising with her phone.

"I'm keeping my eye on my steps, but the device makes me aware that I need to move more," Andrena says.

RACV City Club Fitness Centre Manager Con Kalogiannis says there's no doubt that fitness devices can help motivate people to stay active.

Fitness trackers are typically worn around the wrist like a watch and measure your steps, sleep and calories and share the data with your smartphone or computer. Walking on the spot and while on the phone and even dancing are ways of increasing your steps at home.

"If you're stuck at home, a Fitbit or any form of wearable technology can provide you with movement reminders, especially if you have been sedentary for a period of time," Con says. "Most of the apps associated with the fitness trackers also offer workouts."

Con encourages Members to stay fit by doing simple exercises that require no equipment.

"Sometimes the best type of exercise is using your own bodyweight, such as squats, lunges, push-ups and dips," he says.

Maintaining an exercise routine during lockdown will also assist a smooth return to the gym.



Workout at home with the help of our Personal Trainers online. You'll also find products from the RACV Club Fitness Centre available to order at racv.com.au/club-highlights

"While you may not be doing the same type of exercise, any sort of movement will help," he says. "Even exercising on the same days that you normally would go to the gym will assist your fitness level."

Apple Watch, Fitbit and Garmin are popular brands among his clients and these devices are useful for goal setting as well.

"Goal setting is extremely important," Con says. "It helps you stay accountable and keeps you focused."

He suggests starting with a main goal and breaking that into smaller steps for a clear pathway to success.

"You can celebrate the little milestones or achievements on the way to achieving your main goal," he says.

"There is no 'ideal' timeframe, but SMART principles (specific, measurable, achievable, relevant, time-based) should be in place when setting yourself a target."

WORDS: BLANCHE CLARK. PHOTO: SHANNON MORRIS



STITCH IN TIME



MEET & CONNECT

Meet two talented members of the Club's Stitching Group, who have been busy making beautiful homewares during lockdown



PHOTO: TRISH'S BOOKMARKS

RACV Club Members Kay Fairbairn and Trish Roath both love craft, whether it's embroidering a bookmark or sewing a large quilt.

They are members of the Healesville Country Club Stitching Group, which started around 2013, and the increased amount of time at home has given them the chance to start and finish lots of craft projects.

Kay, who has a Bachelor of Fine Arts and enjoys painting and printmaking, was exposed to the sewing trade from a young age.

"My parents had a clothing factory and two of my aunties were dressmakers," Kay says. "I was practically brought up with a pair of scissors in my hands, having been babysat beside a sewing machine."

Kay has completed three queen-sized quilts in recent months and has turned her hand to making face masks in response to the State Government's new guidelines.

"I had those quilts sitting there unfinished for ages," says Kay. "I have some more to go but I've been too busy making masks."

Trish is considering repurposing some of her embroidery into face masks, as well.

"I've been mainly focused on the kids' Christmas gifts. They are all into cooking, so I'm making them bespoke aprons and oven mitts."

Trish has also discovered the joys of Sashiko.

"I love craft that is practical, so I work on smaller pieces that I can finish," says Trish. "I've been doing Sashiko, which is a Japanese-style embroidery. It's all about making patterns and is quite simple."



If you'd like some sewing tips or to join the Stitching Group when its activities resume, contact Club Events on 9944 8888 or email clubevents@racv.com.au

She is looking forward to the time when the Stitching Group can get together in person.

"We tried to stay connected online, but technology was a barrier for some of us," says Trish. "The lovely part about getting together is just sewing and nattering. I find all of these ladies a pleasure to be around and we are always interested in what each other is working on."

For any Members who would like to start a new craft project or hobby, Trish suggests watching a few online video tutorials.

"Start small and you'll finish it and be proud of what you've done," says Trish. "When you find a style that suits you, it will give you hours of pleasure."

WORDS: JESSICA HIRST. PHOTOS: COURTESY OF KAY FAIRBAIRN AND TRISH ROATH. (FACING PAGE, CLOCKWISE FROM TOP LEFT) KAY'S QUILT, TRISH'S NAPKINS AND TABLECLOTH, KAY'S SECOND QUILT, AND TRISH'S 'BORO' POUCHES.

ESCAPE

VIRTUALLY THERE

Kenneth Park's lectures take you to some of the finest places on earth, all from the comfort of your own home

Kenneth Park was born in Dimboola, in the Wimmera, but his heart belongs to the great cities of the world, including Melbourne.

"I grew up in pubs. My parents were publicans as were my grandparents, and that gave me the gift of the gab, and the ability to be able to talk to anyone from any walk of life," he says.

He studied arts, history and museum studies at university and has been the consultant curator of collections at Wesley College for nearly 30 years. He's also managed to turn his passion for travel into a career.

"I've been to 150-plus countries, 47 states in America, and along the way I've met people in the industry, which led to me doing lectures on cruise ships."

He has been delivering his art, history and travel lectures at the RACV City Club since 2005. His online lectures for the Club since June have become equally popular. So far, he's covered Marvellous Melbourne, Paris and Berlin.

"I love cities. I like going to a place and peeling back the layers of history," he says. "When you go to Paris, for example, you can find things like the footprint of an old Roman arena, which most people don't know about, and the old Roman baths at the Cluny Museum."

"I also like to look at the culture; cities have personalities. Sydney is a very different city to Melbourne. They have a lot in common, but our geography, climate and mix of people is different."

He often chooses themes, such as French chateaus, modern architecture or something more obscure.

"I did a lecture for the RACV Club on Route 66, the famous drive from Chicago to the Californian coast, and it brought out all the car lovers and people who liked the idea driving across the United States of America."

He believes his lectures are even more relevant as Club Members deal with the COVID-19 situation.

"Sometimes there is so much gloom and dark news, it's nice to look back to the past, because what is happening now has happened before," he says.



KENNETH PARK IN MELBOURNE'S
FAMOUS HOSIER LANE



We'll let you know about our upcoming online lectures via email and on the webpage. Bookings are essential, so don't miss out. Visit racv.com.au/club-highlights

For my lecture on Marvellous Melbourne, I showed a couple of slides of the Royal Exhibition Building in 1919, filled with beds for victims of the Spanish flu. Just another 100 years on, we are dealing with a similar crisis."

He says the RACV's lectures using Zoom allow him to answer audience questions and he loves hearing Members' stories.

"If someone was born in the city I'm talking about, it is a lovely compliment when they say, 'You have shown me my city in a very different way, and I've learnt so much.' You feed off the audience."



YOUR STORIES

Our Members are at the forefront of everything we do and that's why we want to hear from you. If you or another Member have an interesting story to share and would like a chance to be featured in our Highlights magazine, please contact us:

clubevents@racv.com.au