

RACV Club

HIGHLIGHTS

MAY 2020

LOUNGE MUSIC

CONCERTS@HOME

KEEPING
MEMBERS
CONNECTED

racv.com.au/club

WELCOME

Club's digital doors are open



JOHN SLATTERY Club & Membership Committee Chairman

We are living in unprecedented times and it's more important than ever that we stay connected. For 17 years *Highlights* has kept members up to date with RACV Club news, events and rewards and we still have stories to share. To protect the health and safety of our members and staff, we have temporarily closed the Club and resorts, but we're still here in the digital space. Not only is *Highlights* available online, the magazine has been completely redesigned. Based on member feedback, we have made the magazine more vibrant and easier to navigate. This online version is just a taste of the print edition you'll receive once the Club resumes its events and activities. In the meantime, enjoy our online activities and social media posts and stay connected.



ROB EVERETT RACV Club General Manager

During this extraordinary time, the RACV Club team has been working hard to better communicate with all Club Members. With this in mind, we are incredibly proud to launch a Club Highlights webpage and this digital edition of *Highlights*, with a refreshed and renewed focus on more informative stories, great ideas and member interests.

We are committed to helping you engage with your community and continue to find value in your membership during these unique times. Your Club team has undertaken a number of initiatives in the City and at Healesville during the closures. These include putting our kitchens to good use for local charities, to assist those less fortunate and vulnerable in the community and attending to maintenance, cleaning and improvements to make sure we are fresh and ready for when our Club Members can return.

The Club team has dedicated their time and talents to producing stories and information to go online, including videos of our staff offering expert advice across our digital channels.

I appreciate all the support we have received from our Members, which reflects the strength of our Club community. I wish you all the very best and look forward to seeing you back at the Club in the near future.

CALL US OR SEND AN EMAIL

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● club@racv.com.au

H HEALESVILLE COUNTRY CLUB
● 5962 4899
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LISTEN & WATCH

LOUNGE MUSIC

PHOTO: GETTY IMAGES

COVER STORY

Book yourself the best seat in the house for a live-streamed show that's guaranteed to make you feel good

Although we can't see live shows and get together at the Club right now, we can all still enjoy music! Organisations such as the Australian Chamber Orchestra (ACO), who were set to perform an ensemble concert at Healesville Country Club in May, remain determined to bring their music to their fans.

Highlights has collated this list of live-stream events, including the ACO's HomeCasts, for you to enjoy at home while we all wait for things to get back to normal.

AUSTRALIAN CHAMBER ORCHESTRA

ACO's HomeCasts features new recordings, live-streamed performances, access to archival and never-released footage, curated playlists and interviews. Most concerts are available on demand, including Ike See's performance of Manuel Ponce's *Estrellita*.

aco.com.au

PINK FLOYD

Pink Floyd will be streaming live concerts for free during lockdown. You can see bootlegs and footage of the band before their *Dark Side of the Moon* success.

youtube.com/pinkfloyd

MELBOURNE SYMPHONY ORCHESTRA

The MSO presents pre-recorded concerts every Thursday night at 7.30pm and Sunday at 3pm. The MSO has created the Facebook hashtag #KeeptheMusicGoing as a platform to keep audiences united.

mso.com.au

THE BOITE

Victoria's multicultural music hub, The Boite, has a number of digital shows in May. Upcoming attractions include Japanese acoustic guitarist Chuei San and Samassin, an ensemble whose music is described as "Eastern-tinged with ancient rhythms". Tickets are \$15.

boite.com.au

MELBOURNE DIGITAL CONCERT HALL

Social enterprise Melbourne Digital Concert Hall (MDCH) is hosting concerts online to support musicians and the local arts industry. Faces of Our Orchestras, from 1-8 May, consists of 14 concerts over eight nights featuring musicians from Melbourne Symphony Orchestra, Orchestra Victoria and Melbourne Chamber Orchestra. 'Seats' will be sold online, with all revenue going directly to the artists.

melbournedigitalconcerthall.com

WOODFORDIA ARTIST LIVE STREAM

For folk music, log into the Woodfordia Artist Live Stream series, which showcases artists such as Katie Noonan and Jessie Lloyd (the musician behind the Mission Songs Project). The free 30-minute shows are on Tuesday to Sunday. Patrons are encouraged to donate to the musicians via the Chuffed crowdfunding platform.

facebook.com/woodfordfolkfestival

MONASH UNIVERSITY'S MLIVE

MLIVE is streaming its Sound Gallery Sessions at 7pm each Wednesday. Performed in the David Li Sound Gallery at Monash University, the May line-up includes cabaret diva Mama Alto, soul queen Kylie Auldish, Deborah Conway and Willy Zygier, and UK concert pianist Yasmin Rowe. You can stream the concerts via the university's Facebook page or its YouTube channel.

monash.edu/mlive

2020 APRA MUSIC AWARDS

On 26 May, the 2020 APRA Music awards will be hosted by Kate Miller-Heidke via live stream rather than at Sydney's ICC. Indie pop singer Tones And I leads this year's shortlists with four nominations, followed by The Teskey Brothers with three nominations. If you haven't seen Miller-Heidke perform before, check out her spine-tingling performance at Eurovision last year on YouTube.

apraamcos.com.au/awards

SPECIAL
FEATURE



Even if you can't visit your mum, you can send flowers to express your love, gratitude and appreciation

PHOTOS: GETTY IMAGES



FLOWER POWER

Learn about the power of flowers and make Mum's special day blossom with the delivery of a beautiful bouquet or gift

RACV Club member Judy Vanrenen fell in love with flowers as a little girl running around a sprawling garden on her family's property near Dunkeld.

With Mother's Day on the horizon, she says a posy or tussie mussie, a small bouquet of flowers or aromatic herbs fresh from the garden, is always a welcome gift.

Judy is the founder of Botanica World Discoveries, a company that usually runs 40 tours a year of gardens throughout Australian and overseas.

She was awarded an Order of Australia medal last year for her years of service to the tourism and hospitality industries. While travel is on hold during the COVID-19 situation, she enjoys spending time in her garden.

For mums who like potted plants, Judy recommends a pot of herbs or cyclamens, which flower for a long time.

The gifting of flowers goes all the way back to the ancient Greeks and Egyptians who associated flowers with gods and incorporated them into their beliefs and traditions. By Victorian times giving flowers became a way of expressing emotions.

Flowers are still a way to show love and affection, celebrate a holiday or mark a significant occasion.

Samantha Skinner of Petals Network Australia says Mother's Day is one of the biggest days of the year for florists and flower lovers.

She says pastels with brighter pops of colour are popular and Petals Network has arrangements that include soft pink roses, alstroemeria and lilies.

Petals Network offers RACV members 20% off arrangements of fresh flowers*.
Call 1800 738 257 or visit petals.com.au/racv and quote your RACV membership number.

*Excludes handling fee & delivery

The meaning of popular flowers:

LILIES
Symbol of purity

ROSES
Love and joy

PEONY
Romance, prosperity

CHRYSANTHEMUM
Loyalty, love

DAISY
Innocence, purity

DAFFODIL
Rebirth

TULIP
Love, confidence



Order One Spa products for Mother's Day

RACV Club Gift Shop online
Simply view products online at racv.com.au/club-highlights and order by calling 9944 8884 or email onespa@racv.com.au

EAT &
DRINK

*'To make your sauce or gravy,
add a bottle of red wine and
reduce over a low flame'*



PERFECT ROAST

City Club Executive Chef
Jason Camillo's essential guide
to cooking the perfect
roast beef at home



DO

BUY the best meat you can afford. The best cuts of beef for roasting are leg, shoulder or rump. You can go a bit further and use just the rump cap which is delicious or something like a brisket which will require a longer and slower cooking method to ensure that it becomes tender.

ROUGHLY slice some vegetables and half a head of garlic to place under the roast to allow airflow, impart flavour and prevent from burning.

FOR a medium-rare roast, bake at 160°C fan-forced for 25 minutes per 500g.

INSERT your thermometer far enough to hit the centre of the roast for an accurate reading.

For a medium-rare roast, aim for an internal temperature of about 60-65°C.

A GENERAL rule for resting your roast is to rest it for half of your cooking time. Remove the roast from the baking dish, cover with aluminium foil and leave it in a warm place. This will allow the meat to relax and distribute the juices evenly. If you carve the beef too soon it will be dry rather than juicy.

TO MAKE your sauce or gravy add a bottle of red wine to the pan and reduce over a low flame. Brush the base of the pan with a pastry brush to lift up all of the caramelised goodness that sits on the bottom. Once the pan is clean, pass the sauce through a fine strainer and reduce it over the heat until it has thickened.

FOR uneven pieces of meat it may be beneficial to truss (tie) the meat with string to keep the size even.

DON'T

DON'T trim the fat because this bastes your meat while it cooks. You can cut it off before you serve the meat.

IF DOING a slow-cooking roast, don't leave it uncovered. Cover it with a lid or two layers of aluminium foil for at least half the cooking time.

DON'T use a serrated knife to carve the meat. The knife needs to be sharp. Position the meat widthways, use a fork to steady the joint and cut across the grain.

DON'T cook at a very high temperature because this will cook the meat unevenly and can make your roast tough.



You'll find recipes for roast beef and other meals at racv.com.au/club-highlights



RAISE THE BAR

CHRISTIAN MAIER

Our in-house sommelier shares his insights into caring for your wine

During the current situation, we are more likely to enjoy better wines, spend more time making educated purchases and devote a larger part of the day to cooking.

So where and how should you store your wines? To be honest, few wines need to be stored if the statistic that 90% of wine is consumed within 48 hours of purchase is accurate. But short-to-medium term storage in the wrong conditions can harm your wine. It might be subtle, but why take the risk?

Many factors contribute to the preservation of wine, including the quality of the wine when it was first bottled, the grape variety, the absence of UV light and good closure. Cork closures are more susceptible to dry air and temperature fluctuations but about 96% of wines in Australia are under screw cap, so it is less of a problem.

The single most damaging factor is heat. A case of wine left in the boot of your car at 45°C will spoil in just a few minutes. Even the average house or apartment temperature of 22°C will age the wine more rapidly than a proper wine cellar or wine fridge at 14-15°C.

Fortunately there are a few simple steps (right) that you can take to maximise your enjoyment of that bottle marked for a special occasion. But always have a backup bottle just in case.

While it's not written in the constitution, it is everybody's right to enjoy wines that are in peak condition.

Cheers
Christian Maier, Club Sommelier

WINE STORAGE TIPS

- A wine fridge!
- Keep temperature constant
- Minimise exposure to light
- Cooler is much better than warmer
- Use an area in your house that doesn't face a north wall or a damp area
- Insulate your space if you can (use polystyrene boxes)
- Keep wines in their original box
- Screw caps outperform cork for storage
- Have a backup should the hero wine at your special occasion fail!

PHOTO: GETTY IMAGES

HAPPY HOUR



Have you been missing happy hour at Bourke Street Green? Never fear, Club wine and "locktail" deliveries are here

Bourke Street Green Bar Manager Rob Pierce has been busy making cocktails, but rather than serving them on a tray they've been bottled for home delivery. *Highlights* caught up with him to find out the latest trends.

Why are cocktails so popular?

People are being more adventurous. Many factors have played into this, including the accessibility of cocktail bars and the quality of venues, plus the rise of popular TV shows such as *Mad Men* and *Sex and the City*. Another big factor is the increased availability of great local gins, whiskeys and liquors. Pre-made cocktails also expose people to new flavours and styles of drinks.

What makes a good cocktail?

It's essential that your drink is balanced and not overpowered by one ingredient, therefore it's important to measure everything. The glass needs to be the right size. If it's too big, you'll find yourself adding too much mixer. Always use fresh ingredients and garnishes, and don't forget the ice. Choose your favourite spirits and flavours and don't assume the most popular gin is the best gin. Finally, keep it simple! Three ingredients often make the best cocktails.

What cocktail is great to make at home?

The Godfather with Brunswick's own Gospel 100% rye whiskey. It's 60ml rye whiskey with 30ml Amaretto stirred down for 30 seconds and strained over three large ice cubes. For an extra kick, add a dash of your favourite bitters. Our favourite at BSG is Bittermens Hellfire Habanero bitters. It's available at Dan Murphy's.



Order club wines, ready-made cocktails or cocktail starter packs.

RACV Club Gift Shop

View products at racv.com.au/club-highlights. To place an order, contact Club Events on 9944 8888 or clubevents@racv.com.au



BAR TEAM LEADER HAYDEN PREPARES A COCKTAIL AT BOURKE STREET GREEN

PAMPER TIME

Look after your skin with a spa-quality experience at home

Stress and anxiety can take their toll on the health of your skin. While it's challenging being housebound, it also means you have more time to give yourself some much-needed and probably long overdue TLC.

Many factors contribute to making a visit to One Spa feel so good. City Club One Spa Manager Marnie Bennett shares her professional tips to help you experience spa-quality skin care and pampering in the comfort of your own home.

YOUR ENVIRONMENT

The first step is to transform your surroundings to promote tranquillity and relaxation.

"From the moment you arrive at One Spa you are immersed into the ultimate blend of sensory elements that combine to create a perfectly tranquil environment," Marnie says.

"There's no reason why you can't bring an element of that into your own home."

She suggests burning a scented candle or putting a few drops of your favourite essential oils into a diffuser. If possible, dim the lights, and play some gentle music in the background.

CLEANSE & EXFOLIATE

Your skin care routine should generally begin with a cleanser to remove any dirt, excess oil or lingering makeup.

"You can effectively cleanse your skin with products from your pantry. A good all-rounder is olive oil with a teaspoon of freshly squeezed lemon," she says.

"Any strength of olive oil will be fine, although a lighter olive oil will have a more

delicate smell. Alternatively, you can use coconut oil, but you may have to microwave it for a couple of seconds if it is solidified."

"To create an exfoliant, add a teaspoon or two of baking soda. That will give it that granular feel and won't foam up because the other ingredients are only lemon juice and oil."

Add a drop or two of essential oil, such as lavender, rose or geranium, to the mix.

TONER

The next step is to spritz your face with a hydrating toner. Floral infused water, particularly rose water, is beautiful on the skin. Marnie explains how you can make your own.

"Take a half cup of your favourite scented buds or petals from the garden in the morning when they are most fragrant," she says.

"Dry them for a few hours. Cover the buds or petals with hot filtered water and leave to soak for an hour or two. Drain the liquid into a spritz bottle and lightly spray your face and neck after cleansing and to freshen up during the day."

SERUM & MOISTURISER

Marnie says it is important to moisturise and hydrate your skin, particularly when the cooler weather has you turning on the heater at home.

Start by patting the serum on your face, and finish with a moisturiser, remembering to also apply to your neck working in an upward motion — rather than pulling the skin downwards.

"Your serum is generally oil based and seals in the moisture so it will penetrate the dermal layers rather than sitting on top of the skin."



Order One Spa products for Mum or for your everyday indulgence

RACV Club Gift Shop online

Simply view products online at racv.com.au/club-highlights and order by calling 9944 8884 or email onespa@racv.com.au

DIY DAY SPA

Take home spa treatments to the next level with One Spa manager Marnie Bennett's recipes, which use readily available ingredients.

THE DEEPER CLEANSE

Mix a teaspoon of lemon juice with a tablespoon of Greek yoghurt. Rub the mixture into your face to help the enzymes from the yoghurt penetrate and brighten the skin. Rinse off and dry your face. Apply your favourite serum and moisturiser.

MATURE SKIN MASK

Mash together one tablespoon of plain Greek yoghurt, half an avocado and one tablespoon of honey. Use as-is or, if the skin is dull, add a tablespoon of lemon juice, and/or a tablespoon of blueberries for antioxidants. Blend to a smooth paste and then spread the paste evenly over your face.

THE TRADITIONAL APPROACH

Marnie stands by these traditional methods of skincare. Apply slices of cucumber or wet teabags under the eyes. Green tea, which is full of antioxidants, is recommended.



LASTING MEMORIES



ESCAPE

Club Members Alan and Elizabeth Fieldus have travelled the world and the books they make are an inspiration for anyone wanting to preserve their travel memories



THE COVER OF ONE OF ALAN AND ELIZABETH'S TRAVEL BOOKS.

RACV Club Members Alan and Elizabeth Fieldus are passionate world travellers, having visited nearly 70 countries. They both laugh when asked how many years their travels span.

"Probably 40 years; we've been travelling since we were teenagers," says Alan.

Alan and Elizabeth have created 15 photo books, with another five in the pipeline, to help keep their memories alive. Each book consists of about 150-200 pages.

"We are trying to build up a library so when we can't travel any more, we can remember that feeling of what it was like when you come across something new and exciting for the first time," Alan says.

Putting the photo books together is a team effort. Elizabeth does the writing and research, and Alan takes care of the photography.

"I write about the history of places we go to and record a diary of our travels," Elizabeth says.

"We make very good use of the RACV Club's Travel Library," Alan adds. "We'd have a few books out at any given time."

It doesn't have to be overwhelming to start creating travel books. Alan suggests taking it in steps.

"When you're going through your travel photos to sort them out, you have to do it in stages," he says. "I could end up with ten thousand photos, so first time through you have to cull them harshly and get it down to 30 or 40 photos per day."

"Make sure you've got the ones that tell the story. It's not just the best photos, it's the one that also explained what happened while you were there, and then you can start to work out what you will put in the book."

Encapsulating memories into beautiful photo books takes time and money, but the result is far more rewarding than printing photos and putting them in a photo album.

"It can take several weeks to several months to put a book together," says Alan. "We do it in a fairly time-consuming way. There are plenty of simpler ways to do it, but it does make a fantastic memory."

You might be burning to know what is their favourite travel memory of all?

"Antarctica," says Elizabeth, "Maybe not Antarctica itself, but South Georgia, which is on the way. You see the most incredible wildlife en masse, and it's an island where only two people live."

"There is amazing wildlife there," says Alan, "King penguins, albatross, seals. It's a highlight for me too."



The Club's Travel Groups share their passion for globetrotting. To find out more, email clublibrary@racv.com.au

PHOTOS COURTESY OF ALAN AND ELIZABETH FIELDUS: (FACING PAGE, CLOCKWISE FROM TOP LEFT) HEMINGWAY'S MOJITO BAR, HAVANA; KING PENGUINS AT GOLD HARBOUR, SOUTH GEORGIA; ANDEAN EMERALD HUMMINGBIRD IN MINDO, ECUADOR; ALAN AND ELIZABETH IN SMEERENBURG, SVALBARD, AND SPINNING A PRAYER WHEEL IN BOUDHANATH, KATHMANDU.

FAMILY
TIME

CHILD'S PLAY



PHOTO: SHANNON MORRIS

Origami is a beautiful, though sometimes confounding art, with a fascinating history. Club member and co-owner of KAMI Paper Jean Soh says the exact origin of origami is unknown, but paper was invented in China in the 1st century and introduced by Buddhist monks to Japan in the 6th century.

"Paper was expensive then. In Japan only the wealthy could indulge in this art," she says.

Paper folding was initially a ceremonial Shinto ritual.

Then in Japan's Edo Period (1603-1868) origami became a leisure activity. It was popularised by Senbazuru, a legend promising those who folded 1000 cranes a wish from the gods.

Jean says origami helps develop fine motor skills and contributes to wellbeing and promotes mindfulness.

KAMI is offering Club members 30% off one of its online workshops during May. Children (and adults) can do the course with their own paper or you can order a kit online.



Enrol during May

Go to workshops.kamipaper.com.au and use code RACV01 to sign up for the Origami for Children workshop