

CLUB
KILSYTH

CLUB
RINGWOOD

CLUB NEWS

"see you at the club"

DIGITAL
EDITION

AT HOME

*Whilst the Clubs' doors are closed
we're bringing the Club to you!*

*Recipes, Staff Profiles,
Trivia + More...*

Edition 52 | May & June 2020

CLUB REWARDS

Membership Update

Due to the fluid and ever-changing nature of the Covid-19 pandemic, we are monitoring our response and how it will influence your membership going forward. Whilst a re-opening date is still unknown, management have already discussed the following:

Extension of Membership

Depending on the time frame of shutdown, the Club will extend membership to cover the missed period of months, or extend into 2021.

Loyalty Points

The Club will not be purging loyalty points on the 1st of July 2020 and will extend their expiry date to give you more time to use them when we re-open.

Members' Benefits

We are reviewing our current members offers to better reward our loyal members. There will be some changes to members benefits, to support our business and allow it to continue to thrive into the future. Unfortunately, we have already suffered financially from the coronavirus like many other local businesses, and need to adapt to stay viable.

Extending Birthday Vouchers

All missed birthday vouchers from March 2020 onwards will be available for use upon your return. We will give an extended redemption period so you have longer to use them when you can visit.

Thank you again for your continued support. It's tough times out there for everyone, but we urge you to support the hospitality industry as much as you can. We are a strong local community club as well as one of the largest local employers. Our commitment is to ensure the health and wellbeing of our members, guests and employees whilst providing a safe and welcoming environment for people to enjoy during this challenging time.

"see you at the club soon"

LETTER FROM THE EDITOR

These are strange times as we are asked to stay home to stop the spread of Coronavirus. As a nation, we should be proud of the results we have achieved and remember, that whilst apart, we are not alone.

I understand that everyone's situation is different, but together we are all impacted in some way by the restrictions which have changed our lives. As a business, we closed our doors on Monday the 23rd of March, just over 6 weeks ago. For the staff, management and board, this has been a sad and isolating time, our daily routines thrown into disarray. We miss seeing our friends, our co-workers, our members.

What I do know is that the people in the hospitality industry, whom I've had the privilege to work with now and in my past, are some of the most friendly and resilient people I know. It's in our nature to be welcoming and caring, and know how to put on a smile when needed. Whilst we still have a long way, when the time does come for the doors to reopen, we'll be here to serve.

As Club News editor, I've never done a solely digital edition. We wanted to bring you a little bit of the Club and normality to your home seeing as you can't pick up a copy at the Club. It's a little light reading whilst you're at home.

Personally I am relishing the extra time with our three year old son. We're doing lots of cooking, playing, cubby building and craft activities. I have also discovered an unknown talent for building models from Lego and have been tuning into Lego Masters. I've always been very crafty and creative, but never have enough time. I'm working through a lot of unfinished projects. I find being creative gives me a sense of progress and stops it feeling like Ground Hog Day. We've also made Saturday Night 'Date Night' with a specially cooked romantic dinner and opening a nice bottle of red wine.

I am missing work - I never thought that I would say that! I miss being able to catch up with friends and family. The little things that I took for granted. I am lucky enough to live close to many of my family members and try to have a cuppa with my Mum and Nan over FaceTime. I miss getting my runners on and hitting the courts for a game of netball.



But these little changes are keeping our community safe and it's little sacrifices have made a huge difference to our nation's success.

As we move towards the doors reopening in June/July, we thank you, our loyal members for your continued support. It will be a tough road ahead, but with your support and understanding, together we will get through this.

The Clubs' management and staff are busy preparing the venue for reopening. We will continue our friendly and welcoming service, with some new social distancing, heightened hygiene and updated procedures to keep you, our staff and our community safe. We appreciate your understanding and cooperation when visiting the Clubs. We are guided by the government and health professionals on how Australia continues to confine and respond to the coronavirus.

Our greatest priority at this time is the health and safety of all our fantastic staff members and you, our valued members & guests.

From my home to yours stay safe, stay well, and we look forward to seeing you again soon.

Anne-Maree



Staff PROFILES

**We asked some of our familiar faces what they've
been up to during the Coronavirus shut down**

We're missing all of your faces - we hope you're missing ours too! We asked some of our familiar faces what they are doing to keep busy whilst in isolation and what they are most looking forward to when we reopen.

Belinda

Club Kilsyth Reception Team

Who is the first person you'll catch up for a drink with once this ends?

Mr Ray Roberts...my shout for his Vitamin B (Victoria Bitter Beer)

What will you be drinking?

I'll be drinking Raspberry Gin & Soda with lime

What have you been doing to keep busy?

I have the cleanest and most organised cupboards ever, it's been a great time to spring clean and de-clutter!

Are you cooking or ordering ÜberEats?

Lots of cooking going on here, as Uber eats doesn't deliver this far out in the Yarra Valley

What's your go-to meal?

Chocolate.... you all know that..... it can be a meal can't it!!

What are you doing to keep active?

There's always things to do when you're on acreage, we've been clearing trees, chopping wood, painting and building little projects outside

What activities are you doing to keep busy?

We're kept busy training the horses most days..... did I say horses... hmm yes we have another one!

Who's at your home?

There's four of us at home, hubby Dean, Kobi, Kyla and of course our fur kids, Marley the Kelpie, our two cats George and Jazzy and of course our favourite equine babies Tonto & Kei

Who will you hug first?

I'll be hugging life itself!

What are you missing about being at work the most?

I really miss seeing all our regular patrons who stop by Reception for a chat, as we all know it's one of my favourite things to do... oh and did I mention lots of them bring me chocolate!!



Brad

Club Kilsyth Venue Manager

Who is the first person you'll catch up for a drink with once this ends?

Well I'm not a massive drinker, but I must say it seems like I have been constantly eating and drinking every day. So I'm not so much wanting to get a drink, I'm more wanting to go out and catch up with friends and watch some live sports. I'm pretty certain the AFL would be high on my list with a few friends.

What have you been doing to keep busy?

Since I have been in lock-down I have had many things to keep me busy.

I have become the home school teacher of my 8 year old daughter, and I must say my patience gets pushed to the limit almost daily. Between technology, and my student's sometimes lack of patience with her teacher we have many testing times, but in the end we always work it out and move forward together.

I have also become a bit of a farmer planting a new vegetable garden with my daughter of mainly broccoli, snow peas and potatoes.



Pictures this Page:

Top Left - Brad with regular visitor, Top Right - Brad's vegie patch, Bottom Left - Lexie at home, Bottom Right - Matt with his puppies, Centre Circle - Lexie's resident magpie 'Morty'

What's your go-to meal?

During this time I have been living on peas and corn, lasagna, spaghetti and potatoes.

Are you cooking or ordering ÜberEats?

No ÜberEats or take away, but I have been lucky to have my partner cook me some lovely meals also.

What are you doing to keep active?

I have been a lot less active than I would like, but I go for 4-5km walks about 3 times a week. Hopefully I can get out some of my old gym equipment and also start doing a lot more running.

What activities are you doing to keep busy?

My days are filled with home schooling and working in the garden. I have been able to get into the Club a few times a week to arrange close down, clean and now work on a program to re-open.

What are you missing about being at work the most?

I'm missing the staff and members the most, talking about the footy and sports with all. When I go into the Club its very sad to see nobody in there. I'm looking forward to seeing all of our friendly members when we re-open.

Taylah

Club Kilsyth Bistro Supervisor

Who is the first person you'll catch up for a drink with once this ends?

I can't narrow it down to just one person, hopefully I will be able to see all of my family and friends as soon as this is over.

What will you be drinking?

Definitely wine

What have you been doing to keep busy?

I have been doing puzzles, some diamond art and helping mum around the house, also gave my room a much needed spring clean.

Are you Cooking or ordering Uber?

Neither I live at home so big advantage my mum does the cooking

What's your go-to meal?

Having a mum who is a qualified chef I don't have a favourite she makes it too hard to choose

What are you doing to keep active?

Does walking up the stairs count.....?

What activities are you doing to keep busy?



So much screen time and some puzzles they take me a long time.

Who's at your home?

My mum, step dad, older sister and younger brother

Who will you hug first?

My grandad, I miss him so much.

What are you missing about being at work the most?

I am missing all the regular and loyal customers, I am missing all the chats we have and the smiles on their faces.

Matt

Club Ringwood Bistro Supervisor

Who is the first person you'll catch up for a drink with once this ends?

Lexie

What will you be drinking?

Sparkling or Pina Colada's (I've had lots of practise)

What have you been doing to keep busy?

Cooking, baking, walking the dogs, going on a bike ride, Disney diamond art, watching Netflix, Stan and Disney+. I have also changed every room around in the house. Also been FaceTiming family and friends

Are you Cooking or ordering Uber?

Cooking

What's your go-to meal?

Pork chops with mashed potato, veggies and gravy

What are you doing to keep active?

Walking the dogs and going on a bike ride

Who's at your home?

My Husband, our 2 dogs Chelsea and Wednesday, and our new kitty Lily

Who will you hug first?

Lexie

What are you missing about being at work the most?

The customers, especially our regulars whom I have made friendships with and the staff. We are like a big family it's been really hard not seeing them.

Lexie

Club Ringwood Receptionist

Who is the first person you'll catch up for a drink with once this ends?

The first person I will be catching up with for a drink will be Matt P.

What will you be drinking?

We will certainly be drinking "Bubbles" (although I have had the odd one or more at home with the family and also with friends via messaging video lol).

What have you been doing to keep busy?

Keeping busy has been reasonably easy, re-arranging furniture and lots of cleaning, cooking and baking!

Are you Cooking or ordering Uber?

Definitely cooking, no Uber eats, but we have had the odd Pizza delivered, when I need a night off cooking.

What's your go-to meal?

Our go-to meal is easy - Spaghetti & Meatballs, seeing as though I have enough pasta, pasta sauce and mince for 6 months.

What are you doing to keep active?

I am keeping quite active, treadmill, running after kids, and doing all the shopping for my mum plus cooking her meals and taking them over, we catch up at a distance.

Who's at your home?

At home its just me, Cooper, Darcy, Jett and Wintah, our cat, oh and don't forget our resident magpie 'Morty' who adopted us about 4 months ago. She is here every morning for breakfast and then visits on and off throughout the day, she is definitely going to miss us when we eventually go back to work and school. We have a bath out on our deck for her, she loves getting in and out of it on a daily basis, keeps us all entertained especially our cat lol.

Who will you hug first?

This is a given..... my Mum !!

What are you missing about being at work the most?

I miss my CR family, my regular customers who love to have a chat, and I miss meeting new faces that come through our doors. And I absolutely miss my morning work coffee !!



Did you know?

The Clubs employ over 150 staff members

By visiting the Clubs when we reopen you are keeping local people in jobs. Thank you!

COPING WITH COVID19

For many members, popping into the Club for a coffee has become part of their daily or weekly routine. Whilst doors are closed, staying in contact with friends and family is an essential part of coping with these uncertain times.

Before Covid-19 we took for granted being able to visit or see friends or relatives. So instead of coming down to the Club, here are some tips to keep connected with friends and family.

- Set up family members to access technology such as FaceTime, Messenger or Zoom
- Arrange for a set time to call and chat so they know when you're going to call
- Send a letter - it's nice to get something in the mail box other than a bill!
- Arrange for a special gift or hamper to be delivered to let them know that you are thinking of them.
- Bake a cake or make something and deliver to their door (contactless of course)
- Order a photo book to be delivered

The Coronavirus Mental Wellbeing Service is available 24/7 at coronavirus.beyondblue.org.au There is a dedicated phone line, staffed by mental health professionals briefed on the pandemic response, that is available on 1800 512 348.

HELPFUL TIPS TO TAKE CARE OF YOURSELF

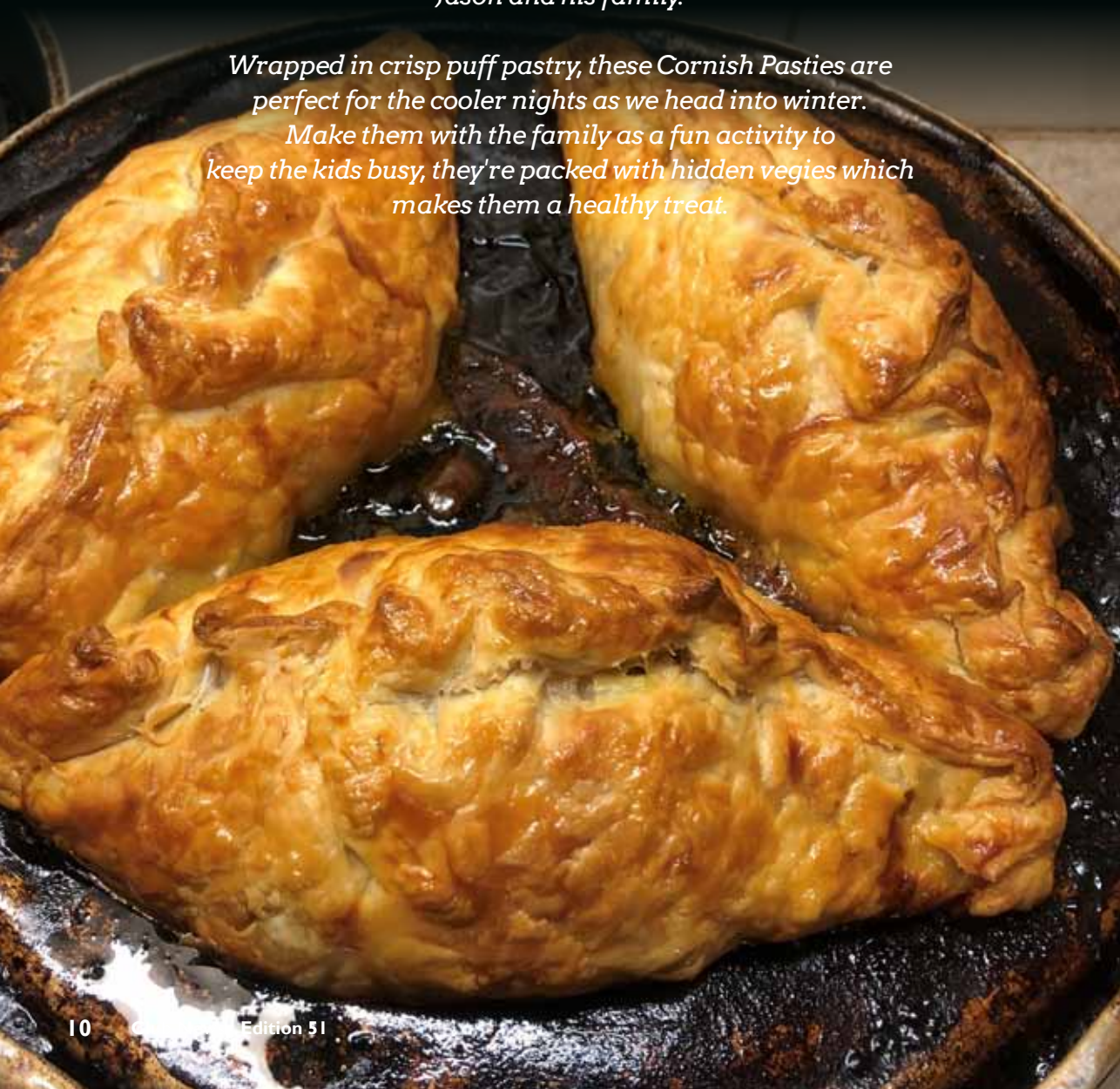
- Maintain perspective of the situation
- Find a healthy balance in relation to media coverage
- Use sanitisers when out
- Eat plenty of fresh vegetables and fruits
- Get more sunshine
- Improve your sleeping habits
- Wash your hands for 20 seconds
- Avoid touching your face
- Stay active
- Drink more water
- Maintain 1.5m distance from people when out and about
- Walking in the fresh air
- Being creative
- Take some 'Me' time
- Be gentle on yourself



PASTY PARCELS

This recipe was a hit with Club Ringwood's Executive Chef Jason and his family.

Wrapped in crisp puff pastry, these Cornish Pasties are perfect for the cooler nights as we head into winter. Make them with the family as a fun activity to keep the kids busy, they're packed with hidden vegies which makes them a healthy treat.



LAMB CORNISH PASTIES

Serves 6-8

Ingredients

- 3 Sheets of Puff Pastry
- 1 Potato
- 1 Carrot
- 1 Onion
- 1 Clove of Garlic
- 100gm of Leek
- 100gm Zucchini
- 1 Egg, beaten
- Fresh Rosemary Sprig
- 500gm Lamb Mince
- 20gm Tomato Paste
- 1/2 cup Plain Flour
- Salt & Pepper

Method

Step 1

Preheat the oven to 200°C.

Finely dice all the vegetables and place in a mixing bowl.

Step 2

Add the lamb mince, flour, tomato paste, season with salt and pepper and mix all together.

Step 3

Lay the pastry sheets flat on a chopping board, wet the edge of the pastry with egg mix.

Step 4

Divide mince mix into three, and place in the centre of each pastry sheet and fold the edges up to make a pasty shape.

Step 5

Place the pasty on a baking tray then cover with egg wash and bake at 200°C for about 30 minutes, and the pasty is golden and crisp.

Step 6

Enjoy!

Recipe supplied by
Jason, Executive Chef, Club Ringwood

Miners' Delight: The History of the Cornish Pasty

Few meals have roots as deep as the Cornish pasty, a hand-held meat-and-vegetable pie developed as a lunch for workers in the ancient English tin mining region of Cornwall. With its characteristic semicircular shape and an insulating crust that does double-duty as a handle, the humble pasty—which, perhaps unfortunately, rhymes with “nasty” rather than “tasty”—today receives special designation, along with Champagne and Parma ham, as a protected regional food by the European Union.

The Cornish pasty descends from a broader family of medieval English meat pies. The Cornish pasty was a food for families, fishermen and farmers, but it shone in the closed-in darkness of Cornwall's mines. Tin had been gathered in Cornwall—first from rivers and then from ever-deeper pits and shafts—since prehistoric times.

Mining was a prominent industry in the area and continued throughout the Roman and medieval eras and into the early modern period. For Cornish men and boys heading underground, the pasty amounted to a highly efficient food: self-contained, self-insulated and packed with calories.

The thick semicircular edge of the crust could be monogrammed with carved-dough initials or toothpick codes to make sure each man and boy took the right pasty as he headed to the mines. The rope-like crust had an additional virtue: miners' hands were often covered with arsenic-laden dust, so the crust could function as a disposable handle.

GET MOVING

Don't let the gym being closed stop you from moving. Before you socially distance yourself from the fridge, try some of these easy, at-home exercises.

You might know Nelly from behind the cashier counter in gaming at Club Ringwood, but what you may not know is that she also has a personal training business, Vigorous Fitness for Life.

Nelly has a passion for health and fitness like no other. However, Nelly hasn't always been the outgoing and strong person you see before you. Like many before her, Nelly fell into a life of bad habits, excuses and poor dietary choices. It was the day that Nelly looked back at her wedding photos and to see how she had let herself go, that she decided she needed to change.

Nelly was also paying for a gym membership and not using it (not the first to be guilty of this). Nelly first educated herself on general nutrition guidelines and started eating clean and healthy foods, and most importantly prepped and cooked these herself.

Next was the return to the gym! Nelly spent a while doing what millions have done before her and spent hours on end slaving away on the treadmill, yielding limited results. It was then that Nelly enlisted the services of a trainer to learn the fundamentals of resistance training. This is what kick-started a flurry of changes in her body composition, strength, health and well-being.

This lifestyle transformation spurred the desire to help others, and Nelly undertook the education required to become a trainer herself. Enrolled in her certificate 3 & 4 in fitness, Nelly also found a mentor in a coach at her local 24 hour gym.

Nelly now operates personal training & group classes out of Jetts Fitness Boronia, and conducts limited group classes at her home.

Nelly is passionate to help you learn the sustainable and correct way, and learn from mistakes and experiences she had made along the way.

Nelly has very generously donated her knowledge and skills for our members and guests. If you would like a little more motivation, Nelly runs online PT sessions or reach out when bans are lifted to join one of her group sessions.

If you're in need of a transformation journey yourself, Nelly has been there before and has the tools and knowledge to get you to where you want to be.



Find Vigorous Fitness for Life on Facebook



Nelly and her PT Pup 'Roscoe'



TONE UP WORK OUT

For the workout instead of dumbbells, look for every day items around the house for weights and resistance, we can use baked beans cans, plastic water bottles, sardine cans....

Repeat cycle of 5 exercises for 4 rounds with 60 seconds rest between each movement.



- 1. Squat to an Overhead Press**
20 repetitions



- 2. Lunge and a Curl** - each leg
10 repetitions



- 3. Tricep Kickback** - each arm
15 repetitions



- 4. Bent-Over Row**
15 repetitions



- 5. Butt Kick**
20 repetitions

**REMEMBER TO
DRINK LOTS OF WATER**

OUT & ABOUT

Whilst we're cooped up due to social distancing and isolation restrictions, why not take advantage of some of the late autumn sunshine and get out of the house for essential exercise and reconnect with nature.

We're spoilt for choice in Maroondah, Knox and Yarra Valley for easily accessible walking and riding trails. Whilst sports have been called off and gyms are closed, online bike sales are up 260%. So why not take the opportunity to get out of the house for essential exercise, mental well being and reconnect with nature.

Here are some of the tracks and trails in our local community:



Tarralla Creek Trail

Between Heathmont to Croydon
Length: 5.63 km
Trail difficulty: Easy

Liverpool Road Retarding Basin

Liverpool Road,
The Basin
Length 2.3 km
Difficulty: Easy



Lillydale Lake

Swansea Rd,
Lilydale
Length: 2.63 km
Trail difficulty: Easy
Trivia: Lillydale Lake is spelt with a double L unlike the suburb of Lilydale in which the park is situated. In the

history of Lillydale it states that it's spelt with a double L, as work began under the Shire of Lillydale.

Dandenong Creek Trail

Kilsyth South,
Bayswater, Heathmont
Length: Approx. 44 km
from Kilsyth South to Carrum
Trail difficulty: Easy





**Glasgow Fire Trail
Mt Dandenong**
Sheffield Road
Montrose
2.1 km
Difficulty: Hard
But the view from the top is completely worth it! Note: not suitable for bicycles.

Lilydale to Warburton Rail Trail

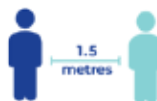
Multiple access from Lilydale, Mt Evelyn, Wandin, Seville, Woori Yallock
total length 47km
Difficulty: Easy
Special Mention: Lots of great local cafes which you can stop off and get a take away coffee or lunch along the way!



Mullum Mullum Creek Trail
Ringwood to Croydon, running parallel to Maroondah Highway, and behind Club Ringwood!
Length: Upper 5.4km, Lower 7.8km
Trail difficulty: Easy

TRAIL COURTESY

Many trails are busier than ever before. Remember these points to make the experience safer and enjoyable for everyone.



Keep your distance of 1.5m between you and others and allow room to pass.



Riders ring your bell to let others know you are approaching, walkers stay to the left.



Puppy Politeness, Keep your pooch on its lead and please clean up after them.



Leave nothing but footprints. Take your trash with you and leave the reserves clean for all.



FAWLTY TRIVIA

We are devastated that our much anticipated Fawlty Towers interactive show and dinner at Club Ringwood had to be cancelled due to the shutdown.

Rest assured that when we are able to resume our events we'll make sure this one is back on the schedule. Until then, why not relive the classic episodes, put some BBC on and test your knowledge of Basil, Sybil, Polly and Manuel.

1. When Basil purchases a moose head to hang in the hotel lobby, the Major mistakenly believes it can talk! Which country does he suggest to Basil it might have been made in?
2. "A Touch of Class": What is the name of the magazine Basil puts an advertisement in?
3. 'Que' is Spanish for which word?
4. How many episodes of Fawlty Towers were made?
5. In which episode do we find out Manuel has a pet "hamster"?
6. What town was the hotel located in?
7. Why did Sybil go into the hospital for a few days?
8. Where was Manuel from?
9. What does Manuel keep saying he'll cook?
10. What was Polly's hobby?
11. What did Basil say not to do to the Germans?
12. Manuel has a pet rodent which he calls Basil; everyone else knows it to be a rat, but what does Manuel believe it to be?



- Answers:**
1. Japan
 2. Country Life
 3. What?
 4. 12
 5. The Germans
 6. Torquay
 7. Operation on an ingrown toenail
 8. Barcelona
 9. Paella
 10. Drawing
 11. Mention the war
 12. A Siberian hamster

TAP TALK

Just because we can't pour you a fresh, cold beer, doesn't mean you have to suffer iso with boring brews!

With many local brewers and bottleshops offering beer subscription or special delivery packs, you are spoiled for choice when social distancing. We don't have to tell you that we are big fans of Bridge Road Brewers at the Club. Their Beechy Summer Ale and Pale Ale have been favourites on our crafty taps at both venues.

We love to support local, non-boring brews, so why not get behind this family run brewery and join up to their Club. Their 'Posse Club' gives you the opportunity to have a case of their finest beers delivered to your door.

Their Robust Porter and Celtic Red Ale is perfect as we head into the cooler months, perfectly matched with a braised beef or winter stew.

The Posse Club also gives you access to their special releases, including Magical Easter Unicorn and their Hop Harvest IPA, Mayday Hills range, and brews specially made for the Posse Club (not available for retail sale)

Why suffer isolation with boring beer? And when we reopen, we'll be pouring the good stuff again.

JOIN THE POSSE

WHAT DO YOU GET WHEN YOU JOIN?

- 24 bottles of Beechworth's finest ales every quarter (Gold Members) or every second month (Thirstier Members). Free Brewers stubby holder with the first delivery.
- Regular 'Brewers News' newsletter.
- First &/or exclusive purchase options on limited release brews.
- Invitations to all Brewers events.
- Incentives and regular offers for you and your friends, plus more.
- A typical case will include 12 seasonal bottles of beer plus 6 bottles of a contrasting beer and 6 that suit your favourite style preferences.



MEMBERSHIP TYPES

Gold

As a Gold member you will receive a case of 24 Bridge Road Beers specially selected to match the season, Every quarter.

Cost: \$75 plus delivery, per quarter

Thirstier

As a Thirstier member you will receive a case of 24 Bridge Road Beers specially selected to match the season, Every second month.

Cost: \$75 plus delivery, Every second month

You can even give a Posse Club Membership as a gift - the gift that keeps on giving!

(Hint, hint - Fathers' Day is just around the corner)

Contact Bridge Road Brewers via their website or call 03 5728 2703



Protect yourself and your family

Wash your hands regularly



1

Wet your hands.

Put soap on
your hands.

2



3

Rub the soap over all
parts of your hands for
at least 20 seconds.

Rinse your
hands under
running water.

4



5

Dry your hands thoroughly
with disposable paper towel
or hand dryer.

Stay germ free and healthy



MUSIC MIXTAPE

Missing the bands and tribute shows? We asked our staff for their suggestions for an Iso-playlist. Here they are....

I Want to Break Free - Queen
Stuck in the Middle with You - Stealers Wheel
Beat It - Michael Jackson
U Can't Touch This - MC Hammer
Livin' Thing - Electric Light Orchestra
I Can't Be With You - The Cranberries
Happy Together - The Beatles
Let Me Entertain You - Robbie
I Will Survive - Gloria Gayner
Don't Stand So Close To Me - Sting
By The Rivers Of Babylon - Boney M
Free As A Bird - Beatles
Born This Way - Lady Gaga
Money's is Too Tight To Mention - Simply Red
Am I Ever Gonna See Your Face Again - The Angels
Cheap Thrills - Sia
The Only Way is Up - Yaz

Here with Me - Dido
Isolation - Joy Division
We Like to Party - Vengaboys
Feel Good Inc. - The Gorillaz
Set you free - N-Trance
S.O.S. - ABBA
Lonely - Akon
Stayin' Alive - Bee Gees
Just Can't Get Enough - Depeche Mode
I'm Coming Back - Human League
Go Your Own Way - Fleetwood Mac
In Da Club - 50 Cent
All By Myself - Eric Carmen
I'm Going Slightly Mad - Queen
Mad World - Tears for Fears
Nothing Too Serious - Icehouse
Dancing With Myself - Billy Idol
Closing Time - Semisonic
It's the End of the World - REM
Here I Go Again - Whitesnake

You can download this playlist on Spotify by searching Club ISO Playlist

Thank You

To the nurses, doctors,
hospital workers,
police, fire fighters,
essential workers,
frontline staff,
supermarket staff,
and everyone who has
continued to serve our
community during this
crisis.

We thank you.