



It's time to bid goodbye to the old and welcome the new with hope and dreams, sprinkled with a thousand inspirations. We wish you and your family a year full of happiness and good health.

Suggested word for 2021: **BRAVE**

- B** be the **BEST** you can in all you can whenever you can
- R** be **REAL**, be your true self, don't be who others want you to be
- A** be **ADVENTUROUS**, challenge yourself do to more than you think you can, don't limit yourself by artificial boundaries
- V** **VOLUNTEER**, do for others that which you'd have them to do for you. Volunteer to help others, to organise, to do what needs doing
- E** **ENJOY** each and every moment as much as you can, when you can. Enjoy those who you are with. Make the most of every opportunity.

An optimist stays up until midnight to see the new year in.

A pessimist stays up to make sure the old year leaves.

SNIPPETS

- We start with a big THANKS to Ashley and our team of helpers who have soldiered on in these trying conditions and got us back up and running once more. The excellent attendance numbers are a real testament of our appreciation.
- Glad a good number of you could all make it to our end of year night – and thanks to all who contributed to the impressive supper – and to Peg for another of her wonderful poems
- This has now given us confidence that we can successfully cater for supper even though we cannot use the clubrooms

- From now on tea and coffee will be supplied after events, and the famous Freddo's will be allocated to our placegetters – a big step towards normality! (fingers crossed for good weather)
- I see a new record was set on Dec 9th – 4 members of the same family all DQ'd in the same event!
- And a different record – we had 4 Wishart's and 4 Short's in the same event recently
- It's noticed our participants are not averse to trying different skills – for example, I see Geoff has tried sprinting and Kuni walking
- I also notice that the COVID layoff has definitely affected people's estimating skills – with some 22 DQ's in December!
- Where is Sonya you might say. Her extended stay in the wonderful seaside town of Yamba was about to come to an end, with plans to return to Victoria next week. In fact, packing up the house, boat, and all sorts of accumulated paraphernalia was well underway. But it was not to be. She is now one of the large number of Victorians *trapped*, unable to cross the border into Victoria. So, in the meantime, it's back to golf and other outside leisure activities until the rules change again.
- The downside of having to stay in Yamba is the dreadful humidity. Every run is a new PW – going out earlier in the day makes very little difference. In fact, Sonya is on her way to becoming a tri-athlete as it's almost mandatory to finish each run with a swim!
- On January 20th Kate Seibold, a Mentone member who runs occasionally at Mentone but concentrates on championships, is teaming up with 3 others in her age group to attempt to set new Victorian and Australia records in the 4 x 1500m relay. They will run at our track at 6.30, with 3 of us doing the timing. I am sure that our members who are at the track will give the ladies great support!
- We are exploring alternative venues for the period that the track will be closed – believed to be late March, but not yet confirmed
- Whose Granddaughter met Allan Border recently and had no idea who he was?!

Q: What do you say to a cat on December 31?

A: Happy Mew Year!



RECIPE OF THE MONTH

Lemon Cheesecake

Let's start the year with an easy oldie that you've all probably made many times before!

- 1 pkt vanilla wine biscuits
- 175g melted butter
- 1 lemon jelly
- 2/3 cup water
- 2 lemons
- 250g Philadelphia cream cheese
- 1 cup sugar
- 1 tsp vanilla essence
- 1 large can evaporated milk

Line circular spring-form pan with baking paper.
Crush biscuits finely and press into tin.
Place in fridge to set.

Dissolve jelly in boiling water, add lemon juice to make 1 cup. Add grated rind. Cool.

Beat separately cream cheese, sugar and vanilla essence.

Beat evaporated milk until very thick. (works best if it's been in the fridge for a while).

Add creamed cheese mix then cooled jelly mixture and mix to combine well.

Pour into biscuit crust.
Leave in fridge until firm – preferably overnight.
Decorate with fruits and lashings of whipped cream!

VENUE RECORDS SET in DECEMBER

Athlete	Age / Event	Result
Ashley Page	M80 900m	4:51.5
Glad Wishart	W75 60m	11.86
Kevin Cassidy	M60 3000m walk	14:53
	M60 1500m walk	7:42
Helen Bryan	W50 900m	3:15.6
	W50 2 miles	13:24

The Virtual Marathon Tale

Did you hear the wonderful story of the Mentone trio (Sandra, Avril & Kevin) in their recent virtual marathon attempt?

Meeting at Avril's abode, looking crisp and stylish in their running attire, their first hurdle was getting the Strava app (to track their run) into an operational state – said to have taken longer than it took the Chinese to build their Great Wall! In fact, Kevin was already wondering if he should have packed a pickaxe in case the next ice-age set in.

Finally, they set off, and soon linked up with the pedalling John Kneen aboard his modest bicycle. Happily traversing the sandy paths amongst the Edithvale wetlands was a gratifying experience for all as the magic voice emitting from Avril's phone cheerily announced each kilometre. A few zigzags outside Avril's front door ultimately clocked up the required 21.1km.

But Avril looked a tad confused. The app said they had completed 21.1km but didn't say they had finished.

Yep, you guessed it. In a moment of muddle headedness Avril inadvertently entered everyone in the Full marathon!!!

So I guess this one counts as a DNF.

JANUARY BIRTHDAYS

Geoff Barrow
Kuni Bowden
Vivienne Cash
David Dodson
David Wilkins



Best wishes to all our birthday athletes.

Wherever you go, whatever you do...

May the year that's ahead be a good one for you!



EDITORIAL COMMITTEE

Ashley Page, Glad Wishart, Sonya McLennan