



MCC CONNECT



To all our wonderful families, we hope you are staying safe and well!

It's definitely been a trying time for all of us but we hope you are keeping active and staying in touch with your loved ones.

Thank you to all the families in our gym and dance programs for supporting the online zoom classes. The coaches and teachers have enjoyed seeing everyone's smiling faces during each class and it's a great way to keep in touch.

We look forward to being able to give some guidance on when we might be able to reopen and what that might look like in the coming weeks, as soon as we know more we will let you all know.

A reminder to all families that all fees that were paid back at the end of term 1 for term 2 are still held over and remain in credit for when we return to face to face classes. Due to restrictions it will be inevitable that changes will need to be made to our program, again when we can confirm our return dates and how restrictions will impact on our current program we will let you all know.

In the meantime, stay safe and we hope to see you back at the centre as soon as we can!

Any questions can be directed to our Centre Director by emailing manager@mordicc.org.au



Karate at MCC 1986 – 2020

Every Wednesday afternoon at MCC you will see many excited boys and girls heading into the MCC Dojo to participate in Karate.

Karate first started at MCC in 1986 with Sensei Mr Miki Takemori and instructors Peter Fernie and Steve Planack. Our instructors were vastly experienced in the Seikukan style of Karate and began to teach 20 excited students each week.

In 1989 Karate classes grew to have over 50 students a week, during the same year Roger McIntosh joined the MCC Karate team. Roger has been with our MCC Karate team for 31 years and is also one of our life members.

Over the years our Karate students have attended many championships. In 1995 David Nesbit was first in his age group at the Australian Federation Victorian State Championship. In 2005 a highly successful internal Karate Tournament was held at the centre.

Many of our students have also gone on to become assistants to Roger including Brodie Gould who in 2010 was graded to Sho-Dan level after being with MCC Karate since he was six years old.

Each year many students receive their Yellow, Green, Red, Brown and Black belts. These are awarded after annual grading sessions and end of year tournaments to assess skill levels.

The MCC Karate classes take the time to develop skills and discipline in all their students. We currently have three classes running every Wednesday for Beginners, Juniors and Advanced students.

Roger McIntosh is head of our Karate team. Our Karate team will take the time needed, one on one to improve your skill and give you the opportunity to complete and gain your belts.

**Karate – Do
Improves strength,
coordination, posture,
speed and balance.**

**KARA = empty
TE = hand
DO = the way**





WHO AM I?

I have been involved at MCC for a many years in a number of different roles that I have really enjoyed. For those of you that know me well you may guess who I am by the hints listed below.

- 1 I was born and bred in Melbourne
- 2 I went to a beatles concert!
- 3 I sat in the MCC stand, "ladies section" at MCG to watch St Kilda win their one and only grand final flag.
- 4 I enjoy going to live theatre/shows/opera!
- 5 I love australian music from JO'K to Dan Sultan
- 6 I love a good laugh
- 7 I'm proud that my kids have grown up ok and made their way in the world!
- 8 I enjoy dinner and good conversation with friends!
- 9 I like exercise in moderation!
- 10 I'm interested in lots of crafts and like to try different things!

I participate in a lot of activities and am usually a part of most events at MCC!

GYMNASTICS

MCC gymnastics has been looking quite different recently, however our gymnasts on zoom are looking like superstars!

We are currently holding zoom classes for beginners right through to our level 6 girls, totalling 9 gymnastics classes. Our coaches have been working really hard to find new and creative drills/skills to teach the girls over zoom! It's been a challenge for sure, but we are doing a great job at keeping our gymnasts strong, flexible and most of all happy!

All our coaches as well as myself, have really enjoyed seeing all the smiling faces jumping on zoom, we're all so proud of how hard our kids are working at home away from the gym.

We can't wait to have all our gymnasts back at MCC when we can return!

I want to shine a spotlight on Ally Dean! Ally is a level 5 gymnast doing 3 zoom classes a week. Ally is always on time to class, works super hard at her shapes, technique and strength. Keep up the good work Ally! Hannah and I are super proud of your efforts!



HOLIDAY PROGRAM

Unfortunately due to Covid-19 we need to put our holiday programs on hold for a little while. Hannah and Emma are working on a fabulous Holiday Program Activity Book that will be emailed to all our loyal holiday program families over the next few weeks. We hope to be back for January and look forward to seeing all your smiling faces then.



DANCE

Term three has seen the return of MDS online and we are thrilled to see so many students continuing to work hard in their Zoom classes from the confines of their living room, backyard, or bedroom. We have been thrilled to offer our Beginner and Sub-Junior students the opportunity to participate in live classes this term and we know they have been loving the engagement with the teaching team. This term we have also added a stretch and fitness class on a Saturday morning, which sees up to 35 students sweating it out with Jess.

We would love to recognise the fabulous Lucy Heath for being an absolute Zoom dance champion this year. Lucy demonstrates amazing dedication and hard work, and always works to engage with the dance family in her classes. Keep up the amazing work Lucy!

We cannot wait until we can return to the studio. Keep working hard MDS Dancers xx





KRISTIE THOMAS

MCC Panthers
Committee Member

- 1 **What are you looking forward to most after Iso?**
Family hugs, camping and holidays.
- 2 **If you could visit any place on earth where would it be?**
Still so much of the world to see! Greece and more of the Mediterranean Sea are next on the bucket list.
- 3 **What in your life do you feel most grateful for?**
Family and friends!
- 4 **If you could have a superpower, what would you choose?**
I often dream about flying...
- 5 **What do you love about MCC Panthers?**
The people and community!



ADAM AVCI

Mordy Flyers Committee Member

- 1 **What are you looking forward to most after Iso?**
Catching up with friends and family, being able to go back to the gym and out for dinner and of course coaching my basketball teams.
- 2 **If you could visit any place on earth where would it be?**
I've always wanted to go and see Machu Picchu in Peru but I'll settle for TG Garden to watch the Celtics v Lakers on a Friday night.
- 3 **What in your life do you feel most grateful for?**
My wife and kids and our little dachshund Rubil!
- 4 **If you could have a superpower - what would you choose?**
It would have to be the ability to jump really high. I've always wanted to dunk a basketball.
- 5 **What do you love about Mordy Flyers?**
The best thing about the flyers is that we are a real community of people who are passionate about boys and girls enjoying their basketball and doing it in the right way. I've been involved with the club since 2012 and it's been amazing watching my kids and the boys and girls I've coached or met through the club grow into amazing humans. Go Flyers!

Yummy!

MCC HOLIDAY PROGRAM CHOC BROWNIES

EQUIPMENT:

Square base cake pan
Baking paper

INGREDIENTS:

- 125g unsalted butter, chopped into smaller pieces
- 125g chocolate of your choice, chopped into smaller pieces
- 3 eggs, lightly whisked
- 335g (1 and 1/2 cups) white sugar
- 115g (1/4 cup) plain flour
- 30g (1/4) cocoa powder
- 1 teaspoon vanilla extract
- A pinch of salt
- Icing sugar to dust

METHOD:

Step 1: Preheat oven to 180 degrees/160 degrees fan forced. Grease your pan and line with baking paper.

Step 2: place butter and chocolate in a heatproof bowl over a saucepan of simmering water (don't let the bowl touch the water). Stir with a spoon until melted. Remove from heat. Quickly stir in egg, sugar, flour, cocoa powder, vanilla and salt until combined.

Step 3: Pour mixture into prepared pan and bake for 30 mins or until a skewer inserted in the centre comes out with moist crumbs clinging. Set aside to cool.

Step 4: Dust with icing sugar if you wish, and enjoy!

