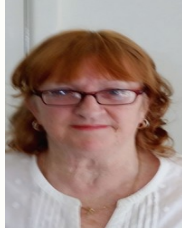




MAY 2019

Presidents Report



End of the month once more and a few items to report to you all. Of course there is an election for those who are living under a rock and haven't heard. So the merry-go-round begins again. Easter will have been by the time you receive this newsletter so I hope you all had a lovely one whether with friend family or just pottering around in one's garden (looking for the Easter bunny of course). Also the very important Anzac Day will also have been remembered and given its due respect. Don't forget to purchase your poppy and a purple one for the animals lost who aided our armed forces so gallantly and still do to this day. I hope you have been able to drop off a couple of newsletters in your neighbourhood, every little bit helps. Lovely day crossing the bay last week, calm ocean mild temperature great company. Perfect. Thank you to those who attended the lunch at Fratelli's as usual, they looked after us so well and everyone seemed to enjoy themselves. The next lunch will be Thursday the 9th of May at the Seaford Hotel. Please try to attend the BMT and bring your friends, neighbours and relatives. There has been a change within your committee, Nada, your treasurer, has stepped down from that position and Mike has graciously agreed to step in and take the reins once more for which I and I hope all of you are so very grateful. We wish Nada well in her ventures. Thank you to Fiona also for stepping in and helping when things got a bit rough. That's all for this month - Marion



Welfare Report: As at time of print I have not had any reports of members being unwell. I am recovering after my recent trip to Hospital and would like to share with you my suggestion, that is to have an emergency bag packed in case it is needed.

Of course you will need sleep wear slippers, toiletries, soap etc but a couple of other things which could make your stay more comfortable, don't forget your mobile phone charger and any other phone numbers not in your phone, you may need a pen and paper, something else I missed was a pair of scissors if only to open those pesky food and drink containers.

Whilst on the Health, ladies are you aware that once you turn 70 that you are no longer reminded to have a breast screen you need to telephone 13 2050 to make an appointment.

Not to miss out you Blokes also need to have regular checks with your GP.

A reminder the Flu Vaccination is now available.

Winter is approaching keep warm.

Cheers Margaret McGrath

Phone: 97869264

Frankston Branch
National Seniors
Australia

PO Box 1214

Frankston Vic
3199

Incorp Reg No.
A0021438T

We meet at 10 am
last Wednesday of
the month at
Francis Xavier
Hall.

Come along
earlier and have
cup of tea at 9.30
prior to meeting
starting at 10 am.

Advertisements
from Sponsors on
page 4 - please
support our
sponsors.

Next General

Meeting is

On 29th May
2019

COM meeting

22nd May

9.30 am

Committee contacts

| | |
|---|-------------------------|
| President and Zone Delegate | |
| Marion Tracey | 9776 6648 |
| | 0425704481 |
| Vice President | |
| Margaret Norton | 59776260 |
| | 0437830256 |
| Secretary/Public Officer & Newsletter editor | |
| Mary Smith | 97731471 |
| | 0424570811 |
| Email | msm37700@bigpond.net.au |
| Treasurer | |
| Mike Smith | 0418144883 |
| Events Co-coordinator | |
| Margaret Norton | 59776260 |
| | 0437830256 |
| Pamela West | 0418185159 |
| Membership Officer | |
| Mike Smith | 0418144883 |
| General Committee Members | |
| Lyn Jerman | 97660345 |
| Astrid Shead | 97860003 |
| Geoffrey Aldridge | 0412143221 |
| Speakers | |
| Lorraine Mammana | 97870068 |
| Email | lorsal@dodo.com.au |
| Welfare | |
| Margaret McGrath | 97869264 |
| Email address | |
| nsafrankston@gmail.com | |
| Facebook | |
| Frankston NationalSeniors | |



Birthday dates May 2019

- 6 Linda Ward
- 8 Nada Anile
- 10 Pamela West
- 10 Johannes Upser
- 13 Barbara Parker
- 15 Barbara Chandler
- 20 Robin Portway
- 20 Joan Reilly
- 25 Kathleen Vlasveld
- 27 Heather Hayden

HAPPY BIRTHDAY!



Positive Ageing Together (PAT) Newsletter

Would you like to receive the Positive Ageing Together (PAT) Newsletter?
Join the e-mailing list. The newsletter is sent out on a bi monthly basis.
See www.frankston.vic.gov.au

Speakers

Lorraine Mammana

email : lorsal@dodo.com.au



May speaker

Allan from the Southside Beekeepers Club will speak to us about the important role of bees in pollinating flowering plants, solutions to mitigate the risk of extinction due to pesticides and global warming and the health benefits of honey.

June speakers etc. will be advised next month, Lorraine is on holiday at moment.

Next month our newsletter will cover June and July, as Mary will be on holiday 13th May until 9th June.

Contributions will be required at latest around 9th May to enable submission to printer .

Afternoon Melodies
Frankston Arts Centre 2019

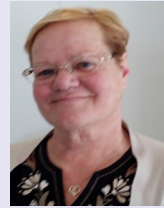
Roy Orbison & Legends of Rock

14th May 11.30 am

2 course lunch and show

\$15.00 RSL members \$20.00 guests

Information available at general meetings re all future concerts, or speak to Pam.



Margaret's
outings



15th MAY

BIGGEST MORNING TEA

Come along bring a friend to our annual fund raiser for **CANCER RESEARCH**. We will have our Auction and a fabulous morning tea. All proceeds go to the Cancer Foundation to further research into curing Cancer. A gold coin donation at the door when entering. Please remember if you are donating electrical goods for auction they must have a tested tag attached to them.



May I say thank you to the 7 members who came on the Stony Point Ferry to Phillip Island we had a terrific time.



Thursday 9th May,
Seaford
HOTEL,
Frankston/
Dandenong Road
At 12.30



Frankston Arts Centre, 5th Oct,
8 pm. \$49.90 concession, names on list please.

We appreciate the help of our sponsors



**BRONTOBYTE
IT SERVICES**

NO FIX NO FEE!
24/7 SUPPORT

f /BRONTOBYTE.ENGINEERING
EMAIL: INFO@BRONTOBYTE.NET.AU

PH: 0421 489 179

HTTP://WWW.BRONTOBYTE.NET.AU



Soul Pattinson Chemist

Julie Tran Pharmacist in Charge
Loc Tran Business Manager

Karingal Soul Pattinson Chemist
Shop T86 Centro Karingal Hub
330 Cranbourne Road
Frankston, Vic, 3199
Tel. (03) 9789 1699, Fax. (03) 9789 8644
Email. soulpatt@karingalpharmacy.com.au



MOBILE PAINT & BUMPER REPAIRS



Roland Andersen
Owner/Operator
Touch Up Guys - Frankston
0418 753 433
roland.andersen@touchupguys.com.au
ABN: 52 078 943 058
2/20 Heversham Drive
Seaford Vic 3198
www.touchupguys.com.au

Established 1991

"The best repairs always go unnoticed"

DENTAL PROSTHETIST
Caring For Your Teeth

Allan J. Jackson Assoc. Dip. Applied Science RMIT
(Dental Technology)

Accredited to Veteran Affairs & Victorian Denture Scheme

- Upper and Lower Dentures • Partial Dentures
- Repairs • Mouth Guards

52 Cranbourne Road
FRANKSTON VIC 3199
Phone: 9783 2238 FAX: 9783 9942

Vivienne Weston
Director

Ray White

482-484 Nepean Highway
Frankston VIC 3199

tel 03 9781 2111
fax 03 9781 2411
mobile **0439 814 310**
vivienne.weston@raywhite.com
raywhite.com

Frankston



NEPEAN HEARING
FRANKSTON | HASTINGS | CRANBOURNE
E info@nepeanhearing.com.au

P 9783 7520

**Thank you to Helme Printing, 5/14-16 Tova Drive,
Carrum Downs, Vic 201
(03)97750866 - who print this newsletter without charge.**