

Number attending:-

15

7 May Birthdays

Jacob Kerseboom, Judy Baker, Dennis Elliott, George Thomas, Allan Chambers, Lola Brown, Marion Cummins, Rose Cecchin, Wendy Fishley, Colin Neal, Barbara Green, .Yvonne Boyall, Elaine Hayne, Carole English, Val Sigg, David Powell.

8 Attendance Report:

Member Attendance: 116 No Show: — Apologies: 34 Visitors: 1
Total number present: 117

9 Treasurer's report: February Bob Anderson.

Balance as at 30/04/2018

Club funds	\$7,502.31
Activity funds	\$1,403
Craft group funds	\$.3,372.48
Total funds	\$12,277.79

Balance of funds is represented by:-

Westpac Cheque account	\$5,277.79
Westpac term deposit at 2.35% maturing 19/06/2018	\$ 7,000.00
Total Funds	\$12,277.79

Motion

That the treasurer's report be accepted

Moved: Bob Anderson **Seconded:** Phil Mithen **Carried**

10 Welfare Report: Liz Turner

Usual cards have been distributed to sick members and those with significant birthdays.

11 Membership report Sue Hudson

A reminder to pay the club fees if you haven't already done so.

Motion

That the attendance, welfare and membership reports be received

Moved: George Thomas **Seconded:** David Dodds **Carried**

12 Activities Report Carole English

1 Bike Riding Keith Marsh and Wayne Eames

Meet 1st, 3rd & 5th Wednesdays of each month 9.30am.

Next ride Wednesday 16th May Kew Rail Trail.

Wednesday 30th May Yarra bend Road.

Wednesday 6th June Sparks reserve Ivanhoe .

2 Book Reading Night Lyn Crosbie and Val Reid

Meet monthly 7.30pm. Next meeting on Tuesday May 15th at Dee Atkins home.

3 Book Reading Day Sue Hudson and Bev Wignell

Meet monthly 1pm. Next meeting on Thursday 24th May at Bev Wignell's home.

4 Book Swap Pat Edwards

5 Craft Yvonne Boyall and Barbara Green

Meet monthly 10am. Next meeting Tuesday 15th May at Applewood Tram Rd Doncaster.

6 Entertainers and Singing Group Wilma Pontefract and Ray Walker

Meet Monthly 1pm. Next practice Tuesday 22nd May 1pm at Scout hall.

7 Events, Trips & Outings Elaine Hayne and Jenny Kerseboom

No outings for May.

8 Fine Dining Laurine Eames

Fine Dining see newsletter for dine out news.

Group 1 Leaders Jeni and David Moodie

Group 2 Leaders Lyn and Ron Mcbain

9 Fishing Neil English and Ray Cooper. No May plans

10 Games (Bridge) Marion Cummins

Meet weekly 9.30am every Thursday at her home.

- **Crazy Whist** Wednesday 27th June 7.30pm. Old Uniting Church Templestowe. Final night at this venue. Marion looking around for a new home.

12 Genealogy Pam Brown and Pat Marsh

Meet monthly 10am. Next meetings June 12th at MC2

13 Getaway Group Doug Hayne, Trudy Neal and Maurelle Thompson.

Information for the March 2019 Tasmanian outing in the current newsletter

14 Golf Andrea Thomas and Colin Neal *Freeway Camberwell every alternate Friday.*

Start time 8.30am. Next rounds May 25th and June 8th.

15 Garden Group Jeni Moodie and Anne Doull.

Winter recess

16 Investment Group George Thomas

Meet monthly 7.30pm. Next meeting on Tuesday 22nd May at Living and Learning Centre Thompsons Rd. A vacancy exists.

17 Movie Group Merrill Smead

Meet Monthly except during Victorian School Holidays.

Movie May 17th "Breath" 10.30am. Balwyn Cinema. Film version of Tim Winton's novel set in Western Australia in the mid 70's. \$18 with light lunch. Book and pay today.

18 New Skills Dawn Anderson and Margaret McGregor

Morning Group *1st and 4th Tuesday of each month 9.30am.* Next play days, May 22nd and June 5th at Applewood. If you are unable to attend please advise Dawn.

Afternoon Group *1st and 3rd Tuesday of each month 1.30pm.* Next play days, May 15th at Anne Lukeman's home and June 5th at Irene Baird's home. If you are unable to attend please advise either of these ladies.

- **Fashion Parade** Wednesday 23rd May 1pm Scout Hall. Featuring Postie Winter Fashion Collection. \$7, 10% discount on purchases, door prize, \$50 voucher and afternoon tea. Pay today.

19 Needle and Stitches Dawn Anderson and Margaret McGregor

Meet monthly 1.30pm. No meeting for May.

20 Photography Doug Hayne

Meet monthly 7.30pm. No meeting for May.

21 Scrapbooking Verity Moore

Meet monthly 10am. Next meeting Monday 28th May at Maurelle Thompson's home.

22 Theatre Rhonda Sinclair and Colin Neal Next production.

- The Elephant Man Sunday June 3rd 2pm. Lilydale Theatre. Collect tkts today.
- Some Enchanted Evening Thursday July 19th 8pm. Whitehorse Theatre. \$46. Pay today. Flautist Jane Rutter accompanied by members of Opera Australia.

23 Walking Group Rhys Jones and Beverley Wignall

Walks every 2nd & 4th Wednesdays 9.30am.

Wednesday May 23rd Edendale Farm Gastons Rd Eltham. Morning tea Swipers Gully.

24 Winter Picnic / BBQ Ron and Lyn McBain

Meet 4th Sunday of each month 12md. Next BBQ Sunday 27th May. Ruffey Lake Park. Off Church Rd. Entry via King St

ALL THIS INFORMATION AND MORE IS IN THE NEWSLETTER, COURTESY OF OUR EDITOR Phil Mithen PLEASE READ IT.

Judy Baker

Judy advertised bags that had been made by the craft group to carry our cups. These can be purchased for a gold coin donation. The money raised will be put towards buying materials for the craft group.

Noel Freeman

Noel, who has recently contracted Shingles spoke to us about the horrors of the disease. Not feeling well he went to his GP and was subsequently diagnosed with Shingles. Life from then has been hell. Dottery, pain, insomnia, the feeling of something crawling under your skin. He became reduced to sitting in a chair and staring out the window. Unfortunately the disease can last for many months and ongoing visits to a nerve specialist are proving very costly.

All of this could have been reduced, if not avoided, by having the Shingles vaccination which is free to people between 70 and 79.

Carole English also urged us to have the flu injection

Waiver

It is to be noted that we are not medical practitioners and that consultation with your doctor re the Shingles and Flu vaccination is advised.

Motion

That the activities report for May 2018 be received.

Moved: Carole English

Seconded: Liz Turner

Carried

13

General Business:

The June meeting falls on a public holiday. Could we please have volunteers to help set up the Hall. You need to be here at 8.40am.

10.30 am

Fellowship Break

11.00am

Introduction of Speaker:-

Noel Freeman

Carol Edmeades

Carol is the Pryme Movers team leader at Manningham YMCA

Carole gave a most informative talk on the perils of losing muscle strength and flexibility as you age. One hour/week can make a big improvement. She stated that what ever age, stage or disability you have you are never too old to start.

She challenged us to keep as fit as we can for as long as we can. Exercise has even proved a benefit in cancer recovery and mental health.

A short exercise program from our chairs proved just how easy it could be.

The numerous questions from the floor were testament to the interest the audience had in this topic.

Thank you given by Jocelyn Freeman

Meeting closed at 11.58am

Next Meeting is on Monday 11 June 2018 in the Ajani Centre starting at 9.45am