

GUEST SPEAKER: – BERYL PAKES - The speaker for today will be Darren Arnott, the author of the book “No Regard for the Truth”. The speaker for June will be Alain from Equip4life speaking on the habits to secure a long and healthier life.

WELFARE: REE DOWLING: – Lois Cheevers is still in Rehab, a card has been sent. A card has also been sent to Chris Stott. Bruna Rosais is still recovering from her hospital stay. Please advise Ree if you know of anyone who needs any support.

BULLETIN: As published.

OUTINGS: REE DOWLING – Film “Wicked Little Letter” Wednesday 8th May at Pinewood Shopping Centre, Mount Waverley, 10:30 am, \$20.00. Pay on the day. Details as per newsletter. Glen Knight will be in the parking area to give out vouchers. The outing to Arthurs Seat on 17th April was cancelled due to maintenance on the equipment. Ree explained that this will now be held over until October as our Spring Trip and all members are invited to attend. Ree also advised of an outing to the Yarrowood Estate winery on Wednesday 19th June. This winery is at Yarra Glen.

CLUB SERVICES: KATH THOMPSON: – advised all was going well with these.

LADIES & MENS LUNCH: KATH THOMPSON – The next lunch will be at the Box Hill Golf Club Ringwood on 26.6.24 at 12.30 pm, details as per newsletter. All are welcome to attend.

DISCUSSION GROUP: MIKE BAMPFIELD advised that all members are invited to attend the discussion group and give it a try, the discussion time is then followed by a short quiz, afternoon tea and social time. Mike advised that due to the numbers increasing, members are asked to put their names on the attendance list. Col Sando hosts and a thanks was given to him, due to the extra numbers a new venue is being sought, Mike to advise at next meeting. The next meeting is 20th May. Details are as per bulletin.

WALKING GROUP: KEN GEORGE – next walk on 15th May, weather dependant, variety of walk lengths with a picnic afterwards. All are invited to attend. The walk is at Schwerkolt Cottage. 11 am Walk, 12 noon for picnic.

BOOK EXCHANGE: There are books on the table in the foyer please take them to read. Please take the books that are left home if you brought them as we do not have anywhere to store them.

ACTIVE RETIREES: Ree Dowling advised we have been invited to attend an exercise program called “Roll back the Clock” which comprises of 30 minutes of light exercise and 30 minutes of wellness. The first session is free, then \$10 per session. This will be held at the Vermont South Club in Livingstone Rd, Vermont South. 11.30am to 12.30 followed by a free afternoon tea. Ken George then gave a short overview of the program and showed a video of the program in operation. This activity is aimed at older Australians.

BISTRO: Ree Dowling – advised that the Bistro evening will be held at the Dorset Garden Hotel on Wednesday May 22nd at 6.00 pm. Details as per newsletter. Sheets for all these events are on the bench and could members indicate if they wish to go.

WEBSITE: DOUG WESTCOTT: - All working well

FRIDAY COFFEE: – Moon & Spoon, Level 2, Forest Hill Shopping Centre, each Friday afternoon 3:15 pm. All are welcome to attend.

AFTER MEETING LUNCH: – will be a BBQ held at the centre, please indicate if you are attending. Everyone is welcome to stay and enjoy -

GENERAL BUSINESS: Activities for members, such as Music and Arts and Crafts were discussed. As no one offered to be a convenor for these activities, these will be held over and discussed at a later date.

President then invited everyone to attend morning tea.

SPEAKER: Beryl introduced our speaker Darren Arnott who is the author of the book “No Regard for the Truth” This book is about the Italian POW camp which was in Rowville from 1944-1946. Darren explained his research and meeting some of the families of people who were in the camp.

After the presentation Beryl Pakes thanked the speaker.

President Harish then closed the meeting at 11.53 am and thanked everyone for attending and invited everyone to the BBQ lunch.

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President. 5th JUNE 2024