

MORSE CODE



CCV
METRO WINNERS
MENTAL & SOCIAL
WELLBEING
AWARD
2023-24

www.frankstonrsl.com.au -
PH: (03) 8792 4400 -
183 CRANBOURNE ROAD, FRANKSTON, 3199



EDITION #67 NOV-DEC-JAN 2024-2025



OUR MISSION

**To support the welfare of veterans and their families.
To promote pride, respect and belonging within the
veteran and broader community by maintaining a
welcoming atmosphere and providing outstanding
hospitality and entertainment.**

VISION

Connecting communities

Connecting the veteran community with services and camaraderie

Connecting the broader community with experiences through customer first hospitality

www.frankstonrsl.com.au

CONTACT US

phone: (03) 8792 4400

email: reception@frankstonrsl.com.au

web: www.frankstonrsl.com.au

post: P.O. Box 3168, Frankston East 3199

address: 183 Cranbourne Rd, Frankston 3199

Reception Hours

monday 9AM-7PM
tuesday-thursday & sat 9AM-7.30PM
friday 9AM-8PM
sunday 10AM-7PM

DINING HOURS

hours may differ on public holidays

Four Seasons Bistro

- end time denotes last meal order

lunch: 11.30AM-2.00PM monday-friday
12NOON-2.30PM saturday & sunday
dinner: 5.30PM-8.30PM monday-thursday
5.30PM-9.00PM friday & saturday
5.30PM-8.00PM sunday & monday

Huey's Sports Bar

lunch: 11.30AM-2.00PM monday-friday
12NOON-2.30PM saturday and sunday
dinner: 5.30PM-8.30PM tuesday-thursday
5.30PM-9PM friday & saturday
5.30PM-8.00PM sunday & monday

Nancy's Café - Open 7 Days

coffee, cake, & cabinet display: 9AM-LATE
lunch: 11.30AM-2PM monday-friday
12NOON-2.30PM saturday & sunday

TRADING HOURS

Monday	9AM-12AM
Tuesday	9AM-12AM
Wednesday	9AM-1AM
Thursday	9AM-1AM
Friday	9AM-2AM
Saturday	9AM-1AM
Sunday	10AM-11PM

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EDITORIAL

CONTACT

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SOCIALS



Find us at @frankstonrsl
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2024 COMMITTEE



Kevin Hillier OAM
PRESIDENT



John Barry
VICE PRESIDENT



Peter Kerley
SECRETARY



Brian Hill CSC
TREASURER



Lyn Lynch
GENERAL
COMMITTEE



Anthony Grice
GENERAL
COMMITTEE



Kevin Tester
GENERAL
COMMITTEE



David Helman
GENERAL
COMMITTEE



Zak Critsilis
GENERAL
COMMITTEE



Contact: committee@frankstonrsl.com.au



President's Report



Welcome to Summer!

Welcome to the Summer edition of Morse Code, as we wait and hope for warm weather - but who knows.

In last summer's Morse Code, I mentioned that DVA had provided a grant to ANZAC House to establish a dedicated Veterans and Families Wellbeing Hub next to the pavilion in the car park, from where our Pension, Compensation and Wellbeing Advocates, along with our own Wellbeing Coordinator will be based. Hopefully by the time you read this it will nearing completion, however, as I write this the ground hasn't been broken yet.

We were thrilled to have been paid a visit in November by the Minister for Veterans' Affairs and Minister for Defence Personnel, The Hon. Matt Keogh MP, and Federal Member for Dunkley, Jodie Belyea MP, who toured the venue and heard about the plans of the soon to be re-developed Veterans and Families Wellbeing Hub.

Our coffee mornings for Veterans and Families continues to grow and in this last quarter we had 393 attend, however, along with other activities at the club they will stop running over Christmas. Details of last dates for 2024 and restart dates in 2025 are published on page 27 of this magazine.

During this quarter we have also taken on the role of supporting the Mornington RSL, which in October the Mornington RSL members agreed to close down. Members have been given the opportunity to transfer to Frankston, and we welcome them with open arms. This means that we are now supporting veterans from Carrum Downs through to Mount Martha and out to Moorooduc and Baxter. This also means when we are seeking additional volunteers to assist with ongoing appeals, as we are covering an expansive area with a large population catchment area, and some major shopping centres that require manning.

In November we also completed our Remembrance Day Appeal, and I am very grateful for the support from our members who assisted with the Appeal - albeit a very small percentage.

A special thank you to Peter Kerley, Committee Secretary for once again doing an outstanding job in coordinating the appeals and the volunteers. The Poppy and ANZAC appeals involve two weeks of badge and merchandise selling in April and November; however, the Appeals require another five and a half months of preparation - meaning we are busy working for twelve months of the year on the two Appeals. If you can offer up a day in a fortnight, a month, or a quarter to help with the Appeals, we would be thrilled and very thankful to hear from you.

We had an extremely successful Remembrance Day Service, and I believe our appeals will be a record this year, noting that I mentioned the enlarged area we are covering with the closure of Mornington. Additionally, I am extremely thankful for the support our social club members provided during the very successful Remembrance Day Commemorative Service at the Frankston War Memorial; the setting up of chairs, tables, and wreaths, among other tasks, is all carried out by volunteers.

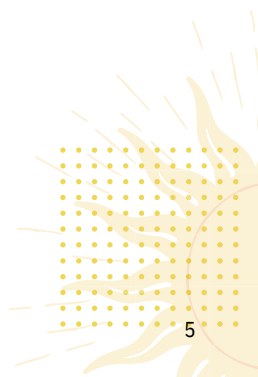
The Frankston RSL has once again been chosen to host the annual RSL Victoria "Hall of Fame" Awards in February 2025 and on the back of the very successful event held at our Club in November 2023, we are very much looking forward to putting out all the stops and making it an even more successful event.

As Christmas draws near, I urge you to kindly look out for our family, friends, and veterans to ensure they are travelling well, as it can be a lonely time for some.

On that note, I wish everybody a merry and safe Christmas and we look forward to your continued support for veterans in need.

Yours Aye,
Kevin Hillier OAM

President
Frankston RSL Sub Branch Inc.



WHAT'S ON?

MONDAYS

Bingo - Simpson Room

11AM EYES DOWN
NO BOOKINGS REQUIRED

TUESDAYS

Trivia Night Huey's Sports Bar

7PM REGISTRATIONS FOR 7.30PM START. FREE EVENT

Kids Eat Free Deal - Dinner Only

ORDER AT THE BISTRO
NOT AVAILABLE PUBLIC HOLIDAYS

Age Strong Fitness class \$5p/p

8AM IN THE PAVILION. REGISTER 8792 4400

WEDNESDAYS

Wednesday Rattle Night & Member's Draw

RAFFLE TICKETS ON SALE FROM 5PM
RAFFLE DRAWS FROM 6.30PM
MEMBERS CAN WIN UP TO \$1000 JACKPOT IN
SPIN-THE-WHEEL, IN HUEY'S SPORTS BAR.
MEMBER'S SPIN TIMES: 6.00PM, 6.30PM, 6.45PM

Parma-Night - All Parmas \$21.90

AVAILABLE WEDNESDAY DINNER
ANYWHERE IN THE VENUE

Veterans & Partners Coffee Mornings

10AM, TABLE 221, IN THE ATRIUM, FREE EVENT

THURSDAYS

Thursday Community Rattles

RAFFLE TICKETS ON SALE FROM 5PM
RAFFLE DRAWS FROM 6.40PM
LIVE MUSIC 5-8PM @ HUEY'S SPORTS BAR

Bingo-Simpson Room

7PM EYES DOWN
NO BOOKINGS REQUIRED

FRIDAYS

Friday Night Rattles & Member's Draw

MEMBERS CAN WIN UP TO \$2,000 JACKPOT PRIZE
RAFFLE TICKETS ON SALE FROM 4.30PM
RAFFLE DRAWS FROM 6.30PM
MEMBER DRAW TIMES: 5.30PM, 6.15PM, 7PM

Mega Rattles - Huey's Sports Bar

1ST FRIDAY EVERY MONTH, FEBRUARY-DECEMBER
RAFFLE DRAWS FROM 6.30PM
MEMBER DRAW TIMES: 5.30PM, 6.15PM, 7PM

Free Live Music: Single Income - Simpson Room

1ST FRIDAY EVERY MONTH, FEBRUARY-DECEMBER
7PM DOORS OPEN, SHOW 7.15PM-10.15PM,
FREE EVENT

Veterans Coffee Morning - Huey's Sports Bar

ALL VETERANS WELCOME:
ALL SERVICE TYPES, ERAS, AGE, & GENDER.
10AM, FREE EVENT

Age Strong Fitness Class \$5p/p

8AM IN THE PAVILION. REGISTER 8792 4400

Christmas and New Year 2025 Dates

OUR REGULAR EVENTS WIND DOWN FROM MID DECEMBER AND
RESTART IN JANUARY. HEAD TO PAGE 27 FOR MORE INFORMATION.

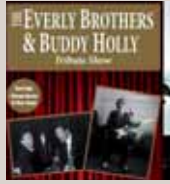


UPCOMING EVENTS

WEDNESDAY 4TH DECEMBER

MM THE EVERLY BROTHERS & BUDDY HOLLY TRIBUTE SHOW

TICKETS FROM \$27.50
DOORS OPEN FROM 11AM
SHOW FROM 1PM



With a swag of 5-star reviews and an endless array of Everly Brothers & Buddy Holly classics, this fantastic tribute show covers ALL their hits, such as Bye Bye Love, That'll Be The Day, and Wake Up Little Susie. The Everly Brothers & Buddy Holly Tribute Show stars Rick Gauci and Steven Burns, who lovingly recreate the perfect harmonies of the Everly's and the brilliance of Buddy Holly.

SATURDAY 7TH DECEMBER

BABBA - FAREWELL TO 2024 & 30 YEARS OF BABBA

TICKETS FROM \$37.50
7PM - 11PM



For 30 fabulous years BABBA have been transporting audiences back to the glory days of ABBA. These talented and passionate performers began right here in Melbourne back in 1994, bringing the infectious energy of ABBA to life on stage Australia wide and overseas. The end of 2024 sees the band closing this chapter with minds full of memories and heart's full of gratitude. It's been an extraordinary journey. So come relive the magic of ABBA as BABBA Australia's Premier ABBA Show says farewell to 2024 and 30 years of BABBA.

TUESDAY 31ST DECEMBER

NEW YEAR'S EVE

TICKETS FROM \$85 | 7PM-1AM



SHOW TICKETS

BUY TICKETS HERE

www.frankstonrsl.com.au/ticketed-shows
OR PHONE (03) 8792 4400
RECEPTION - 7 DAYS A WEEK



MONDAY 10TH FEBRUARY

SUPERBOWL

TWO BEST TEAMS
TWO BEST OFFERS
DOORS OPEN 9AM



CP's OFFER

4 BUDWEISERS
BREAKY BURGER
U.S STYLE BUFFET LUNCH
GUARANTEED SEATING
PRIVATE TV SCREENS
\$70 PERS PERSON
BOOTHS AVAILABLE

HUEYS OFFER

FREE ENTRY
BUDWEISER SPECIALS
FOOD TRUCK SPECIALS
DRINK PROMOTIONS
SUPER BOWL ON
THE BIG SCREEN!

SATURDAY 22ND FEBRUARY

FAULTY TOWERS THE DINING EXPERIENCE

TICKETS FROM \$69
6:30PM - 9PM



The world-renowned immersive phenomenon is celebrating 28 years as the world's most sought-after tribute to the BBC sitcom. Faulty Towers The Dining Experience is an unmissable highly interactive comedy spectacular. When the audience become diners in the 'Faulty Towers' restaurant, pretty much anything can happen - because 70% of the show is improvised. The fun starts as guests wait to be seated, a 2-hour tour de force of gags and shambolic service as Basil, Sybil and Manuel serve a '70s-style 3-course meal together with a good dollop of mayhem.

SATURDAY 8TH MARCH

THE AUSTRALIAN TAYLOR SWIFT TRIBUTE SHOW

TICKETS FROM \$30
DOORS OPEN 6PM



For Swifties of All Ages! Parties, Concerts, Stadiums, Festivals, Hotels, Theatres and All Events Experience a live power-packed musical expedition with themed costumes and stunning stage designs, celebrating the illustrious career of Taylor Swift. 'Burning Red' is a tribute show designed to honour the magic of ALL of Swift's diverse musical ERAs, from her country beginnings to her chart-topping pop anthems. Burning Red's concert-experience tribute show runs for over 2 hours. Vocalist Natalie James delivers a dynamic and engaging performance backed by a talented ensemble of high energy, professional musicians & performers

WEDNESDAY 12TH MARCH

A NIGHT WITH CHARLIE BEZZINA

TICKETS FROM \$27.50
DOORS OPEN 7:30PM



Come and join an evening with Retired Detective Senior Sergeant Charlie Bezzina having served with Victoria Police for thirty-eight years. During this service worked in the western suburbs of Victoria both as a uniform member and a general duties Detective including various specialised Crime Squads.

What's New Around The Venue ?



Win 1 of 4 double passes to Day 3 Boxing Day Test & 1 of 4 \$200 Visa Gift Card. Ask at Huey's Sports Bar



Now available in cans from Huey's Sports Bar "Zero Sugar Lemon Lime Hard Rated"



1

SWIFTIES GET READY

Look out Swifties! The Burning Red Taylor Swift Tribute Show will have you singing to every song and swapping friendship bracelets with perfect strangers. Get in quick! Book with Reception (03) 8792 4400 or online at www.frankstonrsl.com.au/ticketed-shows.

Tickets: \$30 (M) \$35 (G). Show Date Saturday 8th March, 2025.

2

THE FAULTY TOWERS DINING EXPERIENCE

'The Faulty Towers Dining Experience' is coming to Frankston RSL for the very first time in February 2025. The world-renowned immersive phenomenon is celebrating 28 years as the world's most sought-after tribute to the BBC sitcom. This is an unmissable highly interactive comedy spectacular, where audiences enjoy a meal alongside 5-star comedy and pretty much anything can happen - because 70% of the show is improvised. Enjoy a 2-hour tour de force of gags and shambolic service as Basil, Sybil and Manuel serve a '70s-style dinner together with a good dollop of mayhem.

Tickets: Dinner & Show \$69 (M), \$75 (G).

Bookings: www.trybooking.com/CWZNF or call (03) 8792 4400.



3

NEW VETERAN WELLBEING HUB

A new Wellbeing Hub is expected to be completed before Christmas 2024 and will be a dedicated space of 72m², situated next to the Pavilion in the main car park. The space will house up to 10 Veteran Wellbeing Support Officers and Compensation and Pensions Advocates throughout the week who will continue to do the amazing work they do with Veterans and their Families. Stay tuned for updates on works.



4

NYE TICKETS ON SALE NOW

Ready to celebrate New Year's Eve? Enjoy a glass of bubbles on arrival just to get you started, then enjoy a delicious three course menu and celebrate the new year in a fun filled atmosphere. The John Lawrence Band will be shaking things up again and there will be special New Year's Eve cocktails on sale on the night. Plus, free fun party hats, blowers and decorations to make the night festive. Get your party dress ready and polish up those dancing shoes.  Tickets: Dinner & Show \$85 (M), \$95 (G) Book online www.frankstonrsl.com.au/ticketed-shows, or contact Reception (03) 8792 4400.



LET'S CELEBRATE
TOGETHER

**LET THE NEW YEAR'S
COUNTDOWN BEGIN!**

DECEMBER 31, 2024 | 7PM
FRANKSTON RSL

DOORS OPEN 7.00PM
ALL GUESTS TO ARRIVE BY 7.15PM
DINNER STARTS @ 7.30PM SHARP
\$85 (M) \$95 (G)

LIVE MUSIC 9PM
**THE JOHN
LAWRENCE BAND**

**FREE BUBBLES
ON ARRIVAL!**

24

25

Enjoy a delicious three course menu* and celebrate the new year in a fun filled atmosphere. We will have The John Lawrence Band shaking things up and special New Year's Eve cocktails on sale on the night. Plus, free fun party hats, blowers, and decorations to make the night festive. Get your party dress ready and polish up those dancing shoes.

*Includes 3-course meal of 50/50 drop.

Book Tickets Online: www.trybooking.com/CMQFY

Reception: (03) 8792 4400

**FREE LIVE
9PM
MUSIC**

Celebrate this night with us singing along to all time favourites, in good company, and great food and drinks.

31 DEC

**HUEY'S SPORTS BAR
9PM-12.30AM**



FREE ENTERTAINMENT

Rock on over to Huey's Sports Bar for some free live entertainment with Shane Edmunds. This stylish singer and guitarist brings both energy and passion to his music. With his smooth, soulful vocals and impressive guitar skills, Shane plays all your favourites from the 60's through to popular songs of today including well-known covers such as Ain't No Sunshine by Bill Withers, Angels by Robbie Williams, Angel Of Harlem by U2, or Better Be Home soon by Crowded House, and many more!

What are you waiting for? Get a bunch of friends together and we will see you on the 31st at Huey's Sports Bar.

Celebrate AUSTRALIA

SUN 26 JAN 2025

VB Giveaways in Huey's Sports Bar

Aussie Tucker Specials Themed Cocktails 26th & 27th January

Public Holiday Menu & Surcharge applies Monday 27th January, 2025

HUEYS SPORTS BAR

Frankston RSL

PRESENTED BY **TAB**

SUPERBOWL MONDAY 10 FEBRUARY 2025

LIVE FROM 9AM ON OUR 6M SCREEN

US STYLE FOOD TRUCK MENU
BUDWEISER DRINKS SPECIALS
ALL DAY GIVEAWAYS
NFL RAFFLES

MEMBERS ONLY PROMOTION - 11 NOV TO 20 DEC 2024

A BEER SO TOP-SHELF IT'S TOO GOOD FOR A SHELF.

PURCHASE A CARLTON DRAUGHT OR A FOUR PINES PINK BEER AT HUEYS

TO WIN: 4 x DOUBLE PASSES TO 3RD DAY BOXING DAY TEST & 4 x \$200 VISA GIFT CARDS!

TANK BEER
FRESHER THAN BEER

18+
HUEYS SPORTS BAR
Frankston RSL

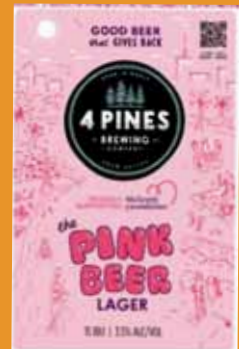
Members!

WIN tix to the Cricket
11th of November - 20th December

To enter
Purchase any Carlton Draught or Four Pines Pink Beer* from Huey's Sports Bar

Win **4 x Double Passes to 3rd Day Boxing Day Test & 4 x \$200 Visa Gift Cards**

Help us support the McGrath Foundation Pirate Life "Pink" beer available early December.



December Members' Giveaway

**WIN A BEACH BUNDLE
VALUED AT \$700!**

**INCLUDES 5.8M COOLCABANA, 58L COLEMAN ESKY,
BEACH WAGON, 2 X TEXTLINE BEACH CHAIRS & TABLE,
AND 2 X SAND FREE BEACH TOWELS.**

**TO ENTER, SWIPE YOUR MEMBER'S CARD
ONCE DAILY AT THE MEMBERS' KIOSK.
DRAWN 20TH DECEMBER!**



**PLUS \$600 IN ANACONDA GIFT CARDS
TO GIVEAWAY. TWO \$100 GIFT CARDS
DRAWN 29TH NOVEMBER,
6TH & 13TH DECEMBER**

T&C APPLY

WIN - WIN - WIN - WIN - WIN

**December
MEMBER GIVEAWAY**

**\$600
ANACONDA
GIFT
CARD
GIVE
AWAY**

**WIN 2 X \$100 ANACONDA
GIFT CARDS DRAWN 29TH NOVEMBER,
6TH & 13TH DECEMBER
SWIPE AT KIOSK TO ENTER!**



T&C APPLY

**OVER \$5000
IN PRIZES TO
BE WON!**

**AVAILABLE
AT ALL BARS
IN THE VENUE**

12 DAYS OF CHRISTMAS GIVEAWAY

MEMBERS PROMOTION!

**Buy a glass or a bottle of any De Bortoli
Wines, at any bar in the venue, to go in
the draw to win one of 12 prizes at
Christmas.**

**Valid from 15th November till
Tuesday 10th December.**

**WIN PRIZES
EVERY DAY!
11TH - 22ND
DECEMBER**

12 DAYS OF CHRISTMAS PRIZES

- DAY 1 Rosé Rosé + Bucket Hat.
- DAY 2 Twin Pack - Bella Riva Sangiovese & Bella Riva Pinot Grigio.
- DAY 3 KVP Prosecco & KVP Prosecco Rosé + Cocktail Shaker.
- DAY 4 Four Pack - Ti Amo Fiano, Chill Bill, Limoncello Spritz, Petit Moscato.
- DAY 5 ESTE Cuvee & Sparkling Pinot Noir + 6 Stemless Glasses.
- DAY 6 Six Pack - La Boheme Cuvée, Cuvee Rosé, Dry Rosé, Pinot Gris, Pinot Noir, Syrah Gamay
- DAY 7 Rosé Rosé 1.5LT Magnum & Woodfired 3LT Magnum.
- DAY 8 Noble One, Black Noble, Rutherglen Muscat, 8YO Port - Fortified Pack.
- DAY 9 Rutherglen Shiraz, Shelley's Block, Fiano, Rosé + Picnic Basket & Picnic Table.
- DAY 10 Limoncello Spritz x 6 - DB Glasses, Ice Bucket, Stopper, Tea Towels.
- DAY 11 Piccolo Pack x 24 + Aussie Pal Bag.
- DAY 12 Twelve Pack - Blue Gris, Rosé Rosé, Limoncello, KVP, Pinot Pinot, KVP Rosé + Stand Up Paddle Board.

Each winner will also receive a 2025 De Bortoli
cocktail calendar

2024 LONG SERVICE AWARDS

WE WOULD LIKE TO RECOGNISE AND THANK OUR STAFF ON THEIR SIGNIFICANT COMMITMENT, DEDICATION, AND PASSION TO THE FRANKSTON RSL.
413 years combined!



Congratulations to our staff for clinching their Long Service Awards!

'We are fortunate to have such a dedicated workforce comprising of 131 amazing individuals at the Club. Its onwards and upwards for 2025!'

GM, Brett Rowlands

Making Careers!

Investing in our staff is one of our top priorities and we are fully behind helping our employees achieve career progression. One of the pillars of our staff development program is to promote from within and give our staff every opportunity to succeed. We would like to acknowledge the personal and professional growth of four individuals who have made great strides in career development.



Mata began her journey in 2007 with the Back Of House Team as a kitchen hand and moved her way up and is now Front Of House Manager.

Tracy began her journey in 2012 as a Gaming /Bar Attendant, then Gaming Supervisor, then Assistant Gaming Manager, and is now Gaming Manager.



With an MBA tucked under her belt, Anja began her hospitality journey in 2013 as a F&B Attendant, and progressed to Bistro Supervisor, Bistro Manager, Front Of House Manager, and is now Administration Manager.

Jarrod began his journey in 2015 as a receptionist as well as a F&B Attendant while studying for a Bachelor of Accounting, and is currently Assistant Finance Manager.



INVESTING IN PEOPLE PROGRAMS



Currently there are 24 staff trained as First Aiders and a further six will be trained by the end of January 2025.



MENTAL HEALTH FIRST AID

The Frankston RSL now has nine Accredited Mental Health First Aiders and we plan to increase to 15 MHFA Officers within Q1 of the New Year!



'listen, connect, and offer support when it matters most.'

Similar to physical first aid courses, participants learn the skills to recognise and respond to someone experiencing a mental health crisis, until professional help is received.

Mental Health



We endeavour to develop our Leaders with the skills and knowledge to provide initial support to someone experiencing a mental health problem or crisis, until professional help is received, or the crisis resolves. Our MHFA officers are trained and accredited through Mental Health First Aid Australia, additionally we continue to network with Black Dog Institute.



FRSL Warden Training

The Frankston RSL has 22 Fire Wardens, fully trained with Industry Specialists Commercial Fire Group (CFG) who offer 20 years' of knowledge and experience. The venue currently has a fully trained Chief Warden and Deputy Chief Warden, as well as Area Fire Wardens and General Wardens.



Front of House Team



Bar Team

AUGUST STAFF AWARDS GOING ABOVE & BEYOND



Admin Team



BOH & Kitchen Team



Front of House Team



Bar Team

SEPTEMBER STAFF AWARDS GOING ABOVE & BEYOND



Admin Team



BOH & Kitchen Team



Front of House Team



Bar Team

OCTOBER STAFF AWARDS GOING ABOVE & BEYOND



Admin Team



BOH & Kitchen Team



ABOVE & BEYOND

IN RECOGNITION OF THE STAFF WHO HAVE GONE ABOVE AND BEYOND
THEIR 'CALL OF DUTY'
AND WOWED US WITH THEIR EXTRAORDINARY EFFORTS
AND AWESOME CAN-DO ATTITUDE!



Ministerial visit

We were honoured to have the Minister for Veterans' Affairs and Minister for Defence Personnel, The Hon Matt Keogh MP, and Federal Member for Dunkley, Jodie Belyea MP visit the Frankston RSL in November, where they met with Club President and Committee Members, as well as our GM and Benjamin Webb, Chief of Veteran Services RSL Vic, and viewed the plans of our soon to be re-developed Veterans and Families Wellbeing Space within club grounds. Additionally, they met our Wellbeing Advocates and Support Officers, and Compensation and Pensions Advocates who work in our Veterans and Families Wellbeing Hub, who provided a comprehensive outline of the support they provide veterans and their families/dependants. The support includes Welfare, Pensions & Compensations Advocacy, as well as information and referrals to local services. The Minister was also interested in our Wednesday and Friday Morning Veterans' Coffee, the Mobility Aids and Furniture Donation Program, Home & Hospital Visitations, and Exercise Groups to list a few.

VETERANS AND FAMILIES WELLBEING HUB

12m² of new space!

The new Wellbeing Hub is expected to be completed before Christmas 2024 and will be a dedicated space of 72m², housing up to 10 Veteran Wellbeing Support Officers and Compensation and Pensions Advocates throughout the week who will continue to do the amazing work they do with Veterans and their Families.

Stay tuned for more development updates!



Function Room Refurb!

Our Function Room (Simpson I & II) have undergone a major refurb in October and November this year with a new design and very exciting AV and tech features installed. The room has had aesthetic as well as

functional upgrades giving the Simpson Room a modernised and fresh new look making our function space an enviable destination to hold any type of function or event on the Peninsula. Currently we host 350 functions, events, and tribute shows per annum, making the 350m² Simpson Room a highly transited and much used space.

Earlier this year we also added the very popular CP's restaurant for private functions to our function space offering, and in the last six months we've already hosted 65 functions in CP's. The Frankston RSL can now offer up to 500m² in function space in either formal ballroom style, or informal and cocktail functions.

Refurbishments include:

500m² function space

- A panoramic 5m screen
- Copper benchtop cladding to the entire bar 8.5m²
- Sphered copper wall lampshades
- 9 x 100cm brass chandeliers
- Steel black powder coated beer taps
- Black velvet motorised and wrap around stage curtain
- Motorised sheer curtains and sun block to all windows

350 functions in 2024



The Gelato Van is coming..



Gearing up for Summer we've got The Gelato Van being set up in the venue from mid November and as a permanent feature of our Bistro. Ice-cream will be sold by the scoop and to make things even 'funner' the van will also be available for hire for functions and be present at our events.



Planning a Function?

Celebration Events
Presentation Events
Corporate Functions
Christmas Parties
Celebrations of Life



Your Event - Your Way

Cocktail | Sitdown | Corporate

*Celebration Events, Corporate,
Presentations Events,
Christmas Parties, & Celebration of Life*

Affordable Function Packages Include

- Frankston RSL Members receive 10% discount (on room hire only)
- House range of stylish decor available (including seat covers (POA) & table centrepieces)
- Dancefloor available for hire
- Free stage (Simpson Room 1, or Full Simpson only)
- Tea & Coffee station
- Open plan rooms
- Function capacity up to 250 people
- Security guard (POA) & Function Coordinator
- Free onsite parking (limited)
- Free hire of audio/visual equipment



Frankston RSL
183 Cranbourne Rd, Frankston
Ph: (03) 8792 4411 (direct line)
e: functions@frankstonrsl.com.au



Call our Function Coordinator
and let us help you plan your event!



183 Cranbourne Rd, Frankston 3199
Ph: (03) 8792 4411 (Functions Direct Line)
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www.frankstonrsl.com.au



HUEY'S SPORTS BAR

THE BEST OF LIVE ACTION SPORT ON A MASSIVE 6M SCREEN!



LIVE SPORTS
ON OUR
6M MEGA
SCREEN

HUEYS
SPORTS BAR

HUEYS SPRING SPRITZERS

THE FRESH NEW TWIST

EMANCIPLO SPRITZ POP, POKE & SIFT \$9.90 (M) \$10.00 (G)

innocent bystander A JUICY SMASH \$9.90 (M) \$10.00 (G)

A vibrant summer taste everyone will love! \$11 (M) \$12 (G)

www.hueys.com

DARINGLY BOLD. TAKE A WALK ON THE SWEET SIDE.

WALKER BLACK RUBY

400ML

ASAHI ON TAP

400ML

\$12.00 (M)
\$13.50 (G)

NZ PILSNER

LIMITED RELEASE - 5.4% ALC/VOL

BALTER

LIMITED RELEASE

BARRE PROJECT

GOOD BEER that GIVES BACK Available December

4 PINES BREWING COMPANY

PROUDLY SUPPORTING foundation the **PINK BEER LAGER**

15 IBU | 3.5% ALC/VOL

THE ORIGINAL AVAILABLE ALL BARS

Members \$14 each
Guests \$15 each

JIM BEAM

Australian Craft Beer Paddle

3 X 150ML TASTERS
M \$9 G \$10

PLEASE CHECK BEER TAPS FOR CURRENT SELECTION AVAILABLE

GAGE ROADS Cheers to SUMMER

Single Fin

\$6.90 Schooners

Available December

SUPERBOWL

MONDAY

MONDAY 10TH FEBRUARY

TWO BEST TEAMS TWO BEST OFFERS

DOORS OPEN 9AM

CP'S OFFER

- 4 BUDWEISERS
- BREAKY BURGER
- U.S STYLE BUFFET LUNCH
- GUARANTEED SEATING
- PRIVATE TV SCREENS
- \$70 PER PERSON
- BOOTHS AVAILABLE \$600

HUEYS OFFER

- FREE ENTRY
- BUDWEISER SPECIALS
- FOOD TRUCK SPECIALS
- DRINK PROMOS
- SUPER BOWL ON THE BIG SCREEN



SCAN QR CODE OR
BOOK AT RECEPTION
BOOTHS = 10PPL MAX



TRIVIA NIGHT
BRAIN POWER
TUESDAYS!
REGISTRATION AT: 07:00PM
TRIVIA STARTS AT: 07:30PM

1ST PRIZE - \$100 VENUE VOUCHER
2ND PRIZE - \$25 VENUE VOUCHER
3RD PRIZE - \$25 VENUE VOUCHER
+ 10 DRINK VOUCHERS TO GIVEAWAY!



WIN TIX TO THE CRICKET!

A BEER SO TOP-SHELF IT'S TOO GOOD FOR A SHELF.

Members' Promotion

FOR PEOPLE OVER THE AGE OF 18 ONLY
MEMBERS ONLY PROMOTION - 11 NOV TO 20 DEC 2024

TO WIN:
4 x DOUBLE
PASSES TO 3RD
DAY BOXING DAY
TEST & 4 x \$200
VISA GIFT CARDS

PURCHASE A
CARLTON
DRAUGHT OR A
FOUR PINES PINK
BEER AT HUEYS



TANK BEER

FRESHER THAN BEER

Parma Night

WEDNESDAY IS PARMA NIGHT ANYWHERE IN THE VENUE



A RANGE OF PARMAS TO CHOOSE FROM
+ CHIPS & SALAD
dinner only from 5.30pm

\$21.90



TANK BEER IS HERE!

NOW AVAILABLE AT ALL BARS IN THE VENUE

GET ON THE TAB APP



Gamble Responsibly.



REMEMBRANCE DAY 2024 *106TH YEAR ARMISTICE*



On the 11th day of the 11th month, we honour and remember the sacrifices made by selfless Australians who fought for our freedom.

Remembrance Day 2024 was held at the Frankston War Memorial, and the Frankston RSL was proud to conduct the largest Remembrance Day service at the Frankston War Memorial for many years with over 300 in attendance. This included students from eight local schools, Derinya PS, Frankston Heights PS, Frankston High, Overport PS, Peninsula Grammar, St. Augustines PS, St. Johns PS and Karingal PS who participated by laying a wreath in honour of the fallen. A further 20 organisations took the opportunity to lay a wreath in memory of the fallen.

Official guests included Jodie Belyea MP, Federal Member for Dunkley, Paul Edbrooke MP, Local Member for Frankston, Phil Cantelon, CEO representing the City of Frankston, Inspector Melissa Rogers, Victoria Police and Brian McMannis ESM JP from SES. We also greatly appreciate the attendance of the 406th Squadron AAFC, led by FLTLT (AAFC) Bree Nieve who provide the catafalque party, flag pole attendants and assist with the presentation of wreaths. The Last Post and Rouse were provided by Brooke Humphrey of the Frankston City Band and piping for the laying of wreaths was provided by Geoff Shaw of the Frankston RSL Pipes and Drums.

Jodie Belyea MP gave the opening address, which was followed by Frankston RSL Chaplain Graeme Watkinson with prayers, and President Kevin Hillier OAM giving the main address where he focused on the service of George Mawby INGRAM VC MM who is interred in the Frankston Memorial Cemetery.

We also would like to thank everybody involved from the Frankston RSL team in putting the service together and making it a successful and memorable event. Thank you also to the wonderful volunteers from our Home and Hospital Visitation Team, our Wellbeing Team, the Army and Airforce.

The service concluded with what has become a tradition in Frankston, to lay a poppy in the plants within the memorial and returning to the club for a light lunch.

A special thanks also to our committee members John Barry, Brian Hill CSC, Kevin Tester, and Peter Kerley for their commitment and dedication to our community and leading ten Remembrance Day services at various community groups, aged care facilities, probus clubs, and schools between Carrum Downs, Langwarrin Frankston and Mornington.

A service was also held at the Mornington Cenotaph by the outgoing members of the Mornington RSL, which now has unfortunately closed, with Frankston RSL undertaking to maintain a presence and providing wellbeing and care to veterans in the area.

We are very appreciative of everybody who purchased Poppy Appeal pins, as the valuable contribution will go a long way in helping veterans and their families in need and without your support this would not be possible.

Lest we forget

Thank you to our Photographer Steve Brown for capturing the essence of the day.



Images: Steve Brown Photography
(steveb3199@gmail.com)

View the full gallery of images at:

www.frankstonrsl.com.au/remembrance-day-services

\$124,000

Current Count Approximately

2024 Remembrance Day Poppy Appeal funds counted to date. The final amount raised by our Sub-Branch will be communicated once all collection tins have been received.

Valuable funds are raised to aid our Veterans and their families who find themselves in necessitous circumstances.

Thank you!



WE WILL REMEMBER THEM



Heroes in our midst

Frankston RSL Committee members are actively involved in many community focused endeavours and we thank them all for their commitment, dedication, and generously volunteering their time to the community. This Remembrance Day they officiated many services in the community.

At the going down of the sun and in the morning, we will remember them. Lest we forget



Thank you to Club VP John Barry for leading the Remembrance Day service at the local aged care facility Langwarrin Community Aged Care (Signature Care) where several Frankston RSL Service Members and their partners reside.

The centre excels at residents' wellbeing activities and once again they did an amazing job helping residents commemorate Remembrance Day so they could pay tribute and remember those who served our country.

REMEMBRANCE DAY COMMUNITY SERVICES



The residents at St. Pauls Terrace Aged Care Frankston were pleased as punch with Frankston RSL Vice President John Barry leading the Remembrance Day Commemorative Service at the Centre and his touching tribute to those that served their countries followed by an afternoon sharing resident stories of lived experiences to commemorate Remembrance Day. The residents were thankful for the service and appreciated John's attendance and the time he took to chat to everybody afterwards.

Commemorating Remembrance Day Karingal Hub



Thank you to Peter Kerley, Appeals Coordinator and Frankston RSL Committee Secretary for always doing such an amazing job at conducting the Remembrance Day Commemorative Service at Karingal Hub as well as coordinating our Anzac Day and Remembrance Day appeals and 'rounding up' and managing the volunteers.



Committee Member Kevin Tester gave a moving Commemorative Service to honour Remembrance Day. He was impressed by both the welcome he received at MACG (Carrum Downs Aged Care), and the effort made by the centre to ensure residents could pay tribute this Remembrance Day.



Thank you to Brian Hill CSC Frankston RSL Committee Treasurer for leading the Remembrance Day Commemorative Service at Kingsley Park Primary School, and thank you to the school for cherishing and helping preserve our traditions by commemorating Remembrance Day.

THANK YOU TO OUR VOLUNTEERS

Where would we be without our amazing Appeals Volunteers? Thank you to our army of Volunteers that give up their time and contribute countless hours of selfless volunteering and man our Appeals stands and sell Poppy Appeal merchandise - from community groups and members of the club, to committee members and staff. In 2024 our sub-branch volunteers raised a staggering \$124,000 at the current count, selling Poppy Appeal Merchandise at local Bayside Shopping Centres in Frankston, Karingal, Langwarrin, Mornington, Mt Eliza, and Mount Martha. The valuable funds go to support our veterans and their families who find themselves in necessitous circumstances.



REMEMBRANCE DAY POPPY APPEAL 2024



Community Support
Thank you to our Community Partner Frankston District Netball Association (FDNA) for helping sell Poppy Appeal Merchandise and displaying flyers and information at Jubilee Park Stadium.



Thank you to everybody who purchased Poppy Appeal merchandise.



Your chance to
**Win a
Playstation 5 Console**

Spend \$10 or more
on Keno to enter

24th November - 21 December

Valued
at \$799

**WIN
ME!!!**

See your Keno Operator to find out more

Thank you! Please visit Customer Care
Department at Hueys 1300 814 814
www.opentable.com.au

Must be 18 years or older. Draws are held
every Monday, Wednesday, Thursday, Friday &
Saturday, October 21, 2024 to December 21, 2024.
Prizes are subject to change without notice.
Monday, December 23, 2024 and may be
canceled by the venue.



BINGO

NO BOOKINGS
REQUIRED!

MONDAYS

THURSDAYS

**EYES
DOWN
11AM**

**EYES
DOWN
7PM**

BOOKS OF 30 GAMES \$6 EACH

**WEDNESDAY MEMBER'S WHEEL
WIN UP TO \$1,000**

TO ENTER THE DRAW,
SWIPE YOUR MEMBERSHIP CARD EACH WEDNESDAY,
FROM 4.30PM, IN HUEYS.

EACH SPIN IS A GUARANTEED PRIZE WIN,
LAND ON THE JACKPOT AND WIN UP TO \$1,000.

Consolation Prizes

WIN \$250, \$100, \$25, \$20, \$15, \$10
IN MEMBER POINTS
PLUS \$20 & \$10 KENO VOUCHER.



**FRIDAY
Members
DRAW**

EVERY FRIDAY NIGHT

5:30PM | 6:15PM | 7:00PM

MEMBER MUST BE PRESENT TO WIN!

**YOU COULD
win
UP TO
\$2,000**

MEMBERSHIP
RENEWALS
PERIOD
NOW OPEN
1ST NOV
2024-
31ST JAN
2025

Yearly
\$30

3yrs
\$80

*Renew your membership today
and before January 31st!*

RENEW BEFORE THE 31ST OF JANUARY TO ENSURE YOU DON'T LOSE YOUR MEMBERSHIP POINTS. ALL ACCRUED RSL REWARDS POINTS EXPIRE AFTER 12 MONTHS IF ANNUAL MEMBERSHIPS ARE NOT RENEWED.

USE YOUR POINTS TO RENEW YOUR MEMBERSHIP OR TO PURCHASE SHOW TICKETS, FOOD & BEVERAGES, MERCHANDISE, OR VENUE VOUCHERS.

Fees

\$30 PER YEAR AND \$80 FOR A THREE YEAR MEMBERSHIP.

\$25 PER YEAR FOR PENSION OR DVA CARD HOLDERS - RENEW YOUR MEMBERSHIP AT THE CLUB AND PRESENT YOUR VALID CARD TO RECEPTION STAFF TO RECEIVE YOUR DISCOUNT.

THREE YEAR MEMBERSHIP DISCOUNT NOT AVAILABLE TO PENSION CARD HOLDERS.

New Members?

THINKING OF JOINING IN 2025? SIGN UP IN NOVEMBER OR DECEMBER THIS YEAR & GET THESE MONTHS FREE. PLUS, RECEIVE 500 POINTS (\$5) ON YOUR CARD JUST FOR JOINING, AND RECEIVE 2000 POINTS (\$20) ON YOUR CARD DURING YOUR BIRTHDAY MONTH.

WIN

MAZDA CX-3 G20 SPORT
RENEW NOW TO GO INTO THE DRAW



RENEW YOUR MEMBERSHIP OR JOIN
BY THE 19TH OF DECEMBER 2024 FOR YOUR
CHANCE TO WIN A MAZDA CX-3 G20 SPORT!



Terms & conditions apply.



MEMBERSHIP has its rewards

Renew your membership now!

Receive these great member benefits and help support our local Frankston Community.

- Sign up and receive 500 points (\$5), on your card
- Up to 10% Discount Food & Drinks
- 2,000 Birthday Points (equiv. to \$20), added to your card when you swipe during your birthday month
- 10% Discount on Function Room Hire
- Eligibility to Member Promotions
- Discounted Show Events
- Eligibility to join Sporting & Social Groups
- Instant Sign Up to RSL Rewards Program
- Access to our Veterans Centre & Welfare services

Service, Affiliate, and Social Annual Membership

- STILL ONLY \$30! -
\$80 for a three year membership.

How can I renew?



ONLINE:

renew online at www.rslrewards.com.au
\$30 yearly membership fee



CALL:

(03) 8792 4400 and pay by credit card over the phone
\$30 yearly membership fee



VISIT US AT THE CLUB TO RENEW & PAY:

\$80 three year membership,
& \$25 yearly discounted membership
for Pension or DVA card holders (card must be presented),
during reception hours

RSL REWARDS - EARN & REDEEM POINTS TODAY!

REDEEM POINTS ON

- Food & Beverages
- Merchandise
- Show Tickets
- Venue Vouchers
- Membership Renewal

Use points at any participating Victorian RSL

**SIGN UP TODAY &
START ACCRUING
POINTS!**

POINTS

Swipe your member card at the Kiosk to check your balance

Points conversion rate is
\$1.00 spent = 2 Points
2000 points = \$20

Accrue points as long as your membership is financial!



SPOTLIGHT ON VOLUNTEERS: 40 years of volunteerism & dedication to the community!

Volunteer

"The smallest act of kindness is worth more than the grandest intention." – Oscar Wilde.

Carol Macfarlane – has had a wonderful career volunteering at the Frankston RSL and for the local community. Affectionately known as 'Cas', Carol has been a member of the Frankston RSL for 40 years and she's a true volunteer in every sense of the word since the 1980's. Her involvement in Volunteering was not born through a connection to the armed services, but purely for the love of volunteering.

So what makes this Volunteer tick? She is a mother of two, with multiple grandchildren, has the wittiest of characters, and doesn't let anything phase her. Carol isn't shy in putting up her hand and helping out, and her 40 years as a volunteer is a testament of her commitment to Community Work and the RSL.

Born in Edinburgh, Scotland in nineteen hundred and something, she was the middle child and grew up with brothers. Carol went to school in Edinburgh and then to Secretarial College at 16. After obtaining her Diploma she was employed by a large engineering firm as a junior shorthand typist, earning the princely sum of three pounds two and six!!!

Carol married an Australian with Scottish parents in 1965, before coming to Australia in 1968. Carol was a stay-at-home mum with two sons, until they went to kinder. Their newly built home in Karingal did not have carpets, and she was desperate to get carpets, so back to work she went.

Carol worked at Golden Poultry (Inghams) for 10 years as P.A. to the General Manager, followed by a further eight years at Pilkington Australia as P.A. to the Plant Manager.

Her connection with the Frankston RSL began in the late 70's when Carol and her family first started coming to the Club - as many people did during this era, for good old wholesome family entertainment. "Friday night was the best", recalls Carol. "We would come home from work, quickly get changed, and off we would go the RSL where we would have a meal and a dance. The RSL was smaller back then, but their Friday night Dinner Dance was always thriving, and you'd be hard pressed to find a seat or a car park."

On retirement she found herself at a loss. She moved to Coffs Harbour and enjoyed the tropical life for a while, and it was during her time in Coffs that she gingerly began volunteering, joining the Community Centre as a Volunteer as well as running the local Lifeline Op Shop. She loved those two jobs, and they certainly kept her busy which is how Carol loves to spend her days. Her sons got married, then of course along came the grandchildren and Carol didn't want to be so far away from them, so they sold up and left the tropical life, for sunny Melbourne, and returned to Frankston.

They bought a house in Lee Street, just around the corner from the RSL and joined the RSL Bowls Club from 2007-2016 and became the first female Secretary of the Men's Division and after amalgamation she stayed on as Secretary. It was a sad day when the Bowls Club ceased to exist, it had become her life and she asked herself again, "What can I do now?"

In true Carol style, she joined the Frankston RSL Home & Hospital Visitation Volunteer Group, but that didn't take up too much of her time, so she tried the Ladies Auxiliary, but didn't think that was for her. Little did she know how things would pan out in a few years to come.

"I became a volunteer Flower Lady at Peninsula Private Hospital and did that for several years. I then joined Wesley Do-Care Organisation where we visited or took out a group of socially isolated people. I enjoyed this work and met some lovely people".

"I do like to Volunteer, so I gave the Ladies Auxiliary another try in 2014, and much to my surprise, I found I liked it much better the second time round, and I've now been a member for 10 years. After a while I was elected to the Ladies Auxiliary Committee and enjoyed being involved in the running of this group", remembers Carol fondly.

"I felt I could be doing more to help Veterans, so I asked our then President, Brent Clyne if there was more that I could do to help. He then organised for me to become a Welfare Advocate Trainee".



"The Committee and staff at Frankston RSL are a great team and I have enjoyed working with most of them over the years. I always feel welcome at the RSL and for me it's a bonus being able to help veterans. Thank you for giving me the opportunity to help".

Spotlight on volunteers: continued

This was a huge undertaking for Carol as she didn't have any Military background, and the work involved was quite overwhelming. Tony Grice, fellow Frankston RSL Wellbeing Advocate was her Mentor, and he showed great patience with her, and she kept at it! "It was a great feeling to pass Level 1 of the DVA accredited course to qualify as a Welfare Officer. I had achieved something!!!", says Carol with her characteristic wry smile. "Covid interrupted some of my studies, but we persevered and managed to help a few Veterans, and I spent quite some time delivering rolls of toilet paper to Veterans. It's hard to believe now how empty the supermarkets were, especially for toilet paper, baked beans, rice and pasta!" A year later, on 1st December 2021, Carol achieved her qualification of 'Military Wellbeing Advocate Level 2' and was delighted at this additional achievement. Just another notch of volunteerism under her belt.

"At that time, the Ladies Auxiliary Group was in serious trouble - membership numbers were dwindling, and it became difficult to form a committee. ANZAC House Women's Council suggested we become the Frankston RSL Ladies Auxiliary Friendship Group - no committee required, so I was elected the Group Coordinator and have been happily doing that for the last couple of years and thriving back to recovery after a recent illness."

Carol's volunteerism doesn't end there! She also chairs the Frankston RSL Home & Hospital Visitation Team and has been a member for 18 years, attending monthly volunteer meetings and visits Veterans and their partners in Nursing Homes in the Frankston, Tyabb, and Somerville area, as well as some people living in their own home. The group goes equipped with a bag of chocolates and provide support, as well as a smile, and much needed social contact. It's this selfless dedication to combatting social isolation among veterans and their partners or widows that makes the program a huge success. Around this time of year Carol also helps pack approximately 300 Christmas parcels and hampers full of sweet and savoury festive treats to distribute to residents at the various nursing homes regularly visited by the team. This year the group is also preparing over 100 Hampers for 'Independent Living' Residents at Vasey RSL Care Frankston South (RSL Park).

Carol also volunteers at the Frankston RSL every Friday night, helping sell community raffle tickets during Friday Night Raffles, as well as catching up with some of the other Auxiliary Ladies. "I love to be able to help the RSL and hope I can continue to do so for a few more years - and any ladies interested in joining the Auxiliary would be made most welcome".

The Ladies Auxiliary are avid fundraisers and throughout the year run various fundraisers, including raffling off Easter and Christmas Hampers. All funds raised get pooled and divided out annually to several charities and not for profits, or community groups the Auxiliary selects annually. The Ladies Auxiliary also run a fundraiser raffle of their own during the Friday night raffles, selling raffle tickets for \$1 for a weekly themed Gift Card giveaway. More often than not, tickets run out and there's still a queue of people wanting to buy a raffle ticket. Carol thrives in her tireless fundraising and being able to give back to the Community, Charities, and Veterans and their families.

The Auxiliary selflessly dedicate hours of work to help those less fortunate, and according to Carol, "The joy is in the giving and it's more worthwhile when it goes to such life changing organisations such as 'Mums Supporting Families in Need Inc', 'GameChanger', 'Backpack4VicKids', or 'Theodora's Cheerful Givers', to list a few that we've helped over the years". In 2023, the Women's Auxiliary raised \$13,500!

Tis the season for giving

For 34 years, Community Support Frankston (CSF) has been distributing food hampers at Christmas to support disadvantaged families in Frankston.

Last year they gave away **840 hampers that assisted 1111 adults and 1242 kids** and this year, the need is even greater.

To make the magic happen, CSF needs your help.

Your **CASH DONATION** at this time will help CSF purchase non-perishable groceries that will be assembled by volunteers into festive hampers and delivered to Frankston families who are facing hardship during the Christmas period.

All donations over \$2.00 are tax deductible and 100% of your donation is spent on helping those in need.

To donate, scan the QR code below, or contact CSF directly at csf@frankston.net if you would prefer to make a cash or in-kind donation.

COMMUNITY SUPPORT FRANKSTON

With our thanks

Frankston RSL
WELLBEING ADVOCACY

MEET OUR NEWEST WELLBEING ADVOCATE.

CAROL SUCCESSFULLY COMPLETED HER TRAINING AND DEVELOPMENT PROGRAM LEVEL 2 WELLBEING ADVOCACY QUALIFICATIONS.

WELL DONE TO CAROL!

#WellareWednesday

Carol achieved her Advocacy training and Development Program Level 2 Wellbeing Advocacy qualifications.

Wellbeing Advocates are available to assist veterans and their families navigate services they need, apply for financial assistance, or give referrals to local services.



Christmas Raffles 2024

**1ST - 20TH DECEMBER
WEDNESDAYS & FRIDAYS
PLUS THURSDAY 19TH**

Wed 4th DEC	5 x BBQ Meat Tray, 20 x Ham Halves, 5 x \$100 Venue Vouchers	\$2,225 in prizes
Fri 6th DEC	25 x Ham Halves, 5 x BBQ Meat Trays, 4 x \$500 Mastercards, 5 x Xmas Hampers	\$4,800 in prizes
Wed 11th DEC	20 x Ham Halves, 5 x BBQ Meat Trays, 5 x \$100 Venue Vouchers	\$2,225 in prizes
Fri 13th DEC	25 x Ham Halves, 5 x BBQ Meat Trays, 4 x \$150 Venue Vouchers, 5 x \$125 Xmas Hampers	\$3,400 in prizes
Wed 18th DEC	10 x \$100 Coles Myer Vouchers, 10 x \$100 Bunnings Vouchers, 10 x \$100 Venue Vouchers, 10 x \$75 Ham Halves	\$3,750 in prizes
Thu 19th DEC	5 x Ham Halves, 5 x BBQ Meat Trays, 5 x \$75 Venue Vouchers	\$1,050 in prizes
Fri 20th DEC	10 x \$125 Crayfish, 15 x Ham Halves, 10 x Xmas Hampers, 4 x \$100 Vouchers	\$4,225 in prizes

**PLUS! GUARANTEED
\$1,000 MEMBER'S DRAWS
WEDNESDAY 18TH DECEMBER
FRIDAY 20TH DECEMBER**

**\$25,000
cash &
prizes
to giveaway**



Festive Feast win

**\$125 Festive Feast Hampers
20 hampers to giveaway
Total Value \$2,500**

Drawn Friday 6th, 13th, 20th December During Friday Night Raffles !

- Amica Chips Alfredos Truffle Chips 100g
- Charlies Fine Food Co Mini Melting Moments Raspberry Bliss 100g
- Chocolatier Festive Selection Luxurious Milk & Dark Chocolates 135g
- Grounded Pleasures Exquisite Marsh-Mallows 140g
- Grounded Pleasures Exquisite Sicilian Orange Drinking Chocolate 200G
- House of Fudge Chocolate Mint 30g
- House of Fudge Chocolate Raspberry 30g
- Otway/Season's Kitchen Tomato Kasundi 100g
- Otway/Season's Kitchen Zucchini relish 270g
- Sages Café Complimentary Coffee Voucher
- Sages Cottage Dukkah 50g
- Sages Cottage Herb Salt 60g
- Sages Cottage Roast Coffee Beans 250g
- Valley Produce Co Artisan Sea Salt & Sesame Artisan Crackers 130g
- Valley Produce Co Fig & Almond Fruit Paste 75g
- Whisk & Pin Milky Road Box 150g
- Whisk & Pin Spiced Nuts 150g

Women's Auxiliary Christmas Raffle

tickets \$2 each

\$2000 in Prizes

3 fantastic hampers with Good Guys Gift Cards & Christmas Goodies



raffle tickets on sale Friday 22nd November drawn Friday 20th December during Raffles Night

Image is for illustration purposes only and not representative of the Hamper. T&C Apply.

Festive Season Trading Hours

CHRISTMAS EVE TUESDAY 9AM - 10PM

CHRISTMAS DAY WEDNESDAY 11.30 - 3PM

SERVING CHRISTMAS LUNCH ONLY

PRE-BOOKED TICKETED EVENT.

NO OTHER AREAS IN THE VENUE OPEN



BOXING DAY THURSDAY 10AM-10PM

THURSDAY 10AM-10PM

HUEY'S SPORTS BAR & CAFÉ CABINET FOOD AVAILABLE (BISTRO CLOSED)

DECEMBER 27TH-30TH OPEN REGULAR HOURS

NEW YEAR'S EVE

TUESDAY 10AM - 2AM

NEW YEARS DAY

WEDNESDAY 10AM - 10PM

Happy New Year

REGULAR EVENTS KEY DATES 2024 END & 2025 RESTART

BINGO MONDAYS & THURSDAYS
END: MON 9TH & THU 12TH DECEMBER
START: MON 13TH & THU 16TH JANUARY

FRIDAY MEGA RAFFLES NIGHT
END: FRI 6TH DECEMBER
START: FRI 7TH FEBRUARY

TRIVIA TUESDAYS
END: TUE 10TH DECEMBER
START: TUE 04TH FEBRUARY

KIDS EAT FREE TUESDAYS
END: TUE 17TH DECEMBER
START: TUE 14TH JANUARY

WED RAFFLES & MEMBER'S DRAW
END: WED 18TH DECEMBER
START: WED 15TH JANUARY

AGE STRONG FITNESS CLASSES
END: TUE 17TH & FRI 20TH DECEMBER
START: TUE 14TH & FRI 17TH JANUARY

THURSDAY RAFFLES & MEMBER'S DRAW
END: THU 19TH DECEMBER
START: THU 30TH JANUARY

COFFEE MORNINGS VETERANS & PARTNERS
END: WED 18TH DECEMBER
START: WED 15TH JANUARY

FRIDAY RAFFLES & MEMBER'S DRAW
END: FRI 20TH DECEMBER
START: FRI 17TH JANUARY

COFFEE MORNINGS ALL VETERANS
END: FRI 13TH DECEMBER
START: FRI 17TH JANUARY

Wishing you all a Merry Christmas and a Happy New Year



Bistro Dining 2024 Christmas Lunch Packages
Groups of 6 - 40 pax

<p><i>Menu</i></p> <p>Entrée Bistro soup of the day</p> <p>Main Traditional Duo of Christmas Meats roasted turkey and ham off the bone served with stuffing, seasonal vegetables, gravy & cranberry jelly</p> <p>Dessert Christmas Pudding served with warm brandied custard</p> <p><i>*Set menu for all guests. No charges</i></p>	<p>Price per person*</p> <p>Main Size 2 Courses - \$29.90 3 Courses - \$33.90</p> <p>Seniors Size 2 Courses - \$22.90 3 Courses - \$25.90</p>
	<p>Christmas Bistro Lunch Packages include</p> <p>Christmas confectionary per person</p> <p>Bon Bon per person</p> <p>Red / Green paper napkins</p> <p>Christmas style centre pieces</p> <p>White clothed tables</p> <p>Table set for course selection</p> <p>iced water</p>
	<p>Get a group together & enjoy the festive season at the Frankston RSL</p> <p><i>Merry Christmas</i></p> <p>Enquiries: At Reception (03) 8792 4400 Email: reception@frankstonrsl.com.au</p>

Available from Wednesday 27th November 2024 - Tuesday 24th December 2024 only

Terms and Conditions Apply
frankstonrsl.com.au

**FRANKSTON RSL WELLBEING TEAM INVITE
VETERANS & ASSOCIATED GROUPS**



**Free Christmas Lunch
Thursday 5th December, 2024**

PLACE:

Frankston RSL,
Simpson 1 Room

TIME:

12PM-3PM

INCLUDES

2 Course Meal & Drink Voucher
Lucky Door Prize
Santa will make an appearance!

RSVP:

Call or SMS Jo by 28.11.2024

PH: 0493 889 029

E: wellbeing@frankstonrsl.com.au

Please advise any dietary requirements.
Limited spaces are available.

Veterans and Associated Groups are invited to a two-course Christmas lunch with soft drink and juice included. All other beverages will be available for purchase. We welcome you all to celebrate this special time of year in good company and there will be Lucky-Door-Prizes to make the day even more festive!



Wednesdays 10 AM
Veterans* and Partners
Frankston RSL Alfresco Table 221
Note: Stopping Wednesday 13th December & Restarting 17th January.

Fridays 10 AM
All Veterans*
Frankston RSL Huey's Sports Bar
Note: Stopping Wednesday 15th December & Restarting 19th January.

VETERANS & PARTNERS
Coffee Mornings
Coffee & Light Refreshment Served
staying connected & caffeinated

*Veterans: all service types, eras, ages, and genders.
FOR MORE INFORMATION CONTACT RECEPTION: 8792 4400

AGE STRONG FITNESS

DATE & TIME:
TUESDAY 8AM
FRIDAY 8AM
WHERE:
FRANKSTON RSL PAVILION
COST: \$5P/P
REGISTER: 8792 4400
SPEAK TO RECEPTION OR WELLBEING COORDINATOR

KEEP FIT

CONNECT

Note: Stopping Tuesday 17th & Friday 20th December & Restarting Tuesday 14th & Friday 17th January.

Frankston RSL

VETERANS VICTORIA CARD
GREAT DISCOUNTS FOR ADF VETERANS

VICTORIA
State Government

THE VETERANS CARD VICTORIA IS YOUR GATEWAY TO A RANGE OF EXCLUSIVE DISCOUNTS AND BENEFITS.

FOR MORE INFORMATION:
WWW.SERVICE.VIC.GOV.AU/SERVICES/VETERANS-CARD-VICTORIA



Beauty & The Beast



In November, a fully booked 24 seater bus departed with veterans and their families to attend Beauty & the Beast the Musical at Her Majesty's Theatre.

Downsizing your home! Tips & Tricks & what to avoid.



A morning tea presentation on 'Downsizing Your Home' Workshop was held on the 13th November. 25 eager participants listened to Marcus Nyholm talk about and the Tips and Traps to avoid on your next move. The talk was organised by Anthony Grice, Committee

Member and Wellbeing Advocate in conjunction with the Wednesday Veterans and Partners Coffee Session. We hope to hold more practical and interesting talks like this. Stay tuned!

How to avoid scams!

The Wellbeing Team organised an afternoon tea and presentation from FERN (Financial Empowerment & Resilience Network) on the 15th October, This was an informative session, aimed at helping people develop skills to spot scams online and on their phones.

FERN does a great job of assisting people build their financial skills, knowledge and confidence, through online workshops and they hold regular online workshops. Scan the QR code below to view the comprehensive list of upcoming Financial Wellbeing Workshops.



Workshops are FREE and will be delivered ONLINE

For more information email: fern@bsl.org.au

FERN workshops are educational only and are for anyone who would like to build their financial skills, knowledge and confidence. Sessions are delivered in English and are for people who manage their own or their family's finances.

To attend please register:
hwww.bsl.org.au/services/aving-and-managing-money/fern/
or use the QR Code



The Wellbeing Team regularly organises day trips, workshops, and activities that are a wonderful opportunity for veterans and partners to socialise. The aim is to eradicate social isolation, and getting groups out and about in a social environment, as well as educating Veterans and their partners on interesting and relevant topics.

Heart Health Program



The Veterans Heart Health Program, proudly funded by the Department of Veterans' Affairs and managed nationally by Corporate Health Management (CHM), and offer a 12-month health and fitness journey at absolutely no cost. Two Weekly Group Exercise Sessions are delivered by a qualified and

experienced health and fitness professional who is dedicated to your group. In addition to one Monthly Health Education Workshop on topics such as setting healthy goals, nutrition and healthy eating, physical activity, chronic conditions, quitting smoking, responsible alcohol consumption, back care, stress management and maintaining a healthy heart.

You will receive a Participant Manual with 12 health education modules to use for your learning during the program as well as Custom Food Diary reviews and recommendations provided by a Nutritionist at various stages throughout the program with useful tips and ideas for improving your diet. Find out here if you are eligible www.veteranshearthealth.com.au Register with the team at Corporate Health Management who manage the program on behalf of the Department of Veterans' Affairs. **PH:** 1300 246 262 **Email:** hearthealth@chm.com.au

Veteran Health Week Lunch !

The Veterans Health Week lunch was a fabulous success with a whopping 71 participants attending, including Brett from Open Arms - Veterans & Families Counselling, and MC Anthony Grice - Wellbeing Officer and Committee Member who perfectly orchestrated the event on the day.

Participants heard from guest speaker Karen - Department of Veterans' Affairs, who spoke on ways to keep connected and shining a spotlight on the importance of social connectedness, as well as good health and wellbeing in the everyday life of veterans and families. Informative hand-outs were given, covering 'Tools for Keeping Connected', where people can create a Social Connections Map, Social Connection Goals, and a list of enjoyable and rewarding activities to take part in.

Thank you to Anthony, Tony, Stellar, and Jo from our Wellbeing Team who do an amazing job at looking after the wellbeing of veterans and their families and having made this year's Veterans Health Week lunch another roaring success.



Home & Hospital Visitation Team



RECRUITING NOW!

CALLING OUT FOR VOLUNTEERS

**Join the Home and Hospital Visitation Team today!
Call Stellar on: (03) 8792 4427 - 0492 820 743**

Well done to the team for their selfless dedication to combatting social isolation among veterans and their partners or widows. Each week they visit countless residents in various aged care facilities and residences, bringing a smile, and much needed social contact to many veterans and their partners.

Christmas Packs on their way

At this time of the year our Wellbeing Home and Hospital Visitation Team busily pack 300 plus parcels, including chocolates, shortbread, and festive treats, and distribute them to residents at nursing homes that they regularly visit.

A special Christmas Hamper is also put together for the independent living residents in Vasey RSL Care Frankston South (RSL Park), by regular visitors Carol and Wendy, and the 100 packs are filled with Ham, Crisps, Nuts, Mince Pies, Chocolate, and Shortbread. More parcels are also distributed to Vasey Nursing Home for their annual Christmas party.

Three cheers to the team and the amazing work they do. Where would our veterans be without the care, company, and love this team brings them each month.

Well done H&H Team!



Recognising the service of Australians in the Serbian Campaign in WWI & WWII

In support of an Australian - Serbian documentary production, as well as a book, recognising the service of Australian troops and Australian volunteers in the Serbian Campaign in WWI the RSL Victoria State President Dr Robert Webster OAM was invited to take part in an official launch program as part of a delegation that included four descendants of the Australian women medical volunteers.

It is estimated that up to 165 Australians served alongside the Serbian army on the Salonica front in the Serbian Campaign and more than 300 nurses of the Australian Army Nursing Service served in the area from mid-1917 in addition to Australian civilian volunteers who worked as doctors, nurses, orderlies and ambulance drivers.



Dr Webster OAM also attended four Remembrance Day services at the Commonwealth War Graves Cemetery (French, Serbian, Russian and

Commonwealth) to honour the Australians from both WW1 and WW2 interred there. The services were coordinated by the Ambassador on behalf of all Commonwealth countries - there are 481 burials in the Commonwealth War Graves cemetery: 355 from the United Kingdom, 23 from Canada, 27 from Australia, 15 from New Zealand, 43 from South Africa 43 and 18 from other Allied (Commonwealth) countries.

Read More...www.anzacportal.dva.gov.au/resources/australian-volunteers-serbia-first-world-war-1914-1918

Veteran Wellbeing

Our Wellbeing Team provides support and social connection activities to veterans and their families, and can assist with:

- wellbeing advocacy
- completing housing applications
- providing information and referrals to local services and organisations
- support to complete applications for Financial Assistance
- navigating My Aged Care and Veterans Home Care

- exploring transport options
- applying for the Vietnam War Medallion and Certificate
- connecting to RSL Victoria's Transition Mentor Program for recently discharged ADF members
- completing Defence Medals Online Applications

Whatever your request for support or assistance please get in touch today! Call (03) 8792 4427



Veteran Welfare & Wellbeing



VETERAN WELLBEING
MOBILITY AIDS, WHITEGOODS AND FURNITURE PROGRAM

Since 2012
\$217,308
worth of
donated items
have been
repurposed
for veterans
and their
families.



Contact our Reception Team if you have any Mobility Aids, Whitegoods and Furniture items to donate.
Contact: (03) 8792 4400.

The dream team ..

The Mobility Aids, Whitegoods and Furniture Program has collected and redistributed \$217,308 worth of donated items to veterans and their families since its inception in 2012.

The program is run by a team of volunteers, championed by Anthony Grice Wellbeing Officer and Frankston RSL Committee Member, with the assistance of 2IC's Peter Faria and Eric Bishop.

At a presentation during Veteran's Health Week, two very special and deserving awards were presented to Eric and Peter for their unwavering dedication over many years to the program, and veterans.

The team have already repurposed \$23,000 worth of donated items in 2024.

The program provides simple household items that we take for granted but that make all the difference to the daily lives of veterans - such as an arm chair, kitchen table and chairs, or a washing machine.

Team Leader & Committee Member Anthony Grice lives by the credo of, "Volunteers do not necessarily have the time; they just have the heart." "You make a living by what you get. You make a life by what you give."



Beating Social Isolation

The Frankston RSL Wellbeing Committee in conjunction RSL Active and as part of Veterans' Health Week Keeping Connected, put on a free social event for 20 veterans and first responders and their families, who enjoyed a fun day out at Le Mans Go Kart Track, including winning trophies, lunch and Mini Golf.

The objective was for Veterans to enjoy a day out - designed to beat social isolation. As family members were welcome, it made for an inclusive and great bonding day out, as well as a wonderful opportunity to meet new veterans from different areas of Victoria.



One man's trash is another man's treasure

Our Wellbeing Crusaders picked up a donated Fridge from one of our members and it was repurposed to a veteran moving into Vasey RSL Care Frankston South.

\$15,000

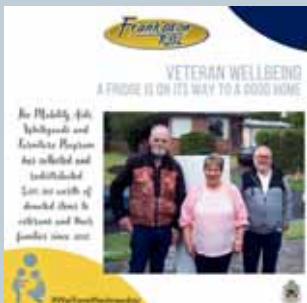
Estimated total value of donated items that were repurposed in 2023 to Veterans & Family Members

Amazing Do-Gooders got a big pat on the back when they repurposed a donated washing machine to a veteran at Vasey RSL Care. Three cheers for our superheroes!

\$23,000

Estimated total value of repurposed items so far in 2024 to Veterans & Family Members

A donated mobility scooter in disrepair and destined for the tip was repurposed by newest Team Member Bob, who was instrumental in getting the scooter up to scratch and spent many hours bringing the scooter back to life for a veteran who can now get around with greater ease.



Wellbeing
Mobility Team

SO FAR IN 2024 -
\$23,000
OF DONATED ITEMS
WERE COLLECTED BY
THE TEAM,
AND REPURPOSED
FOR VETERANS &
THE COMMUNITY IN NEED.

DONATE
MOBILITY AIDS,
FURNITURE, OR
WHITE GOODS
TO A GREAT CAUSE

CONTACT
THE WELLBEING
COORDINATOR
(03) 8792 4427

Thank you!

#FrankstonRSLMobilityTeam

Veteran & Community Welfare & Wellbeing



Each year the Frankston RSL donates circa \$500,000 in function room hire, lunches, and club services on veteran wellbeing, welfare, and support services.

In 2023, more than \$225,000 was donated in community support.

Additionally, the Frankston RSL offers monthly lunches to residents of local Aged Care Facilities and Community Groups looking to spend a few hours in a social setting and in great company.

In 2023, \$17,500 was contributed to these lunches and some of the facilities include:

- Meracare Carrum Downs Nursing Home
- Regis Frankston - Shelton Manor
- Skye Lodge (Autumn Aged Care)
- Greenways Retirement Village
- TLC Forest Lodge Residential Aged Care
- Vasey RSL Care
- Meracare Frankston Nursing Home
- Langwarrin Community Aged Care
- Benetas St. Paul's Terrace
- The Village Baxter
- Somerville Gardens Care Community (Opal)
- Baptcare Peninsula View Community
- Brotherhood of St Laurence
- Westernport Bay Care Community Opal



Defence and Veteran Carers Network

Providing support for carers of current and former ADF members, and for ADF members & veterans who provide unpaid care.




Do you provide care for a friend or family member who is in the Australian Defence Force (ADF) or a veteran? Or are you a current or former ADF member who cares for a friend or family member?

Carers Australia is also collecting stories of Defence and veteran carers to help raise awareness of their important role and unique challenges.

www.carersaustralia.com.au/programs-projects/defence-carers-network/



COMMUNITY SUPPORT FUND

The Frankston RSL is committed to supporting the local community and currently provides funding to a vast array of local sporting groups, charities, not-for-profit and community organisations.



Disability Without Limits | C2A

The Connecting2Ability Team (C2A) have kept the grounds of the Frankston RSL in an enviable and pristine condition for over a decade. We are proud to be part of an inclusive social economy and helping change perceptions held about people with disability by providing meaningful employment for people with disability. Through our long-term business relationship, C2A employees gain financial independence and as a result improved living standards, in addition to positive health impacts and self-worth;

18% of Australians have disability, and 37% of households include a person with disability. People with disability simply want the same opportunities as everyone else, and their ultimate aim is to live a fulfilling life in an inclusive society.

C2A have recently rebranded, and their new positioning statement says it all- Disability Without Limits. Their new moto is to break down barriers and support clients to live their best life. There are no limits!

After 70 years, they are still providing the individualised support to people with disability across 10 locations in metropolitan Melbourne and regional Victoria. C2A employs almost 200 people with disability within seven of these sites and the Frankston RSL is thrilled to be one of those sites.



Frankston Hockey Club

50 years on, and fielding teams from Juniors, Seniors, to Masters since 1973, the Frankston Hockey Club is an all inclusive and family friendly club servicing Greater Frankston Area.

Female participation in hockey has been a standard for the game for over 100 years in Australia and the club continues to embrace this. Frankston Women's section joined in 1992, forming the foundation for modern hockey for women of all ages to compete at the club.



The club held their Senior's Award Night at the Frankston RSL on the 20th October and 120 guests, glammed up to the max, celebrated the end of a successful season.

"Thank you to the Frankston RSL who continue to support our club mission and share our passion for community sport. The support is immensely appreciated and helps go toward signage, and program development!", Chris Wall, Club President



The club recently held their 2024 presentation night at the Frankston RSL, with 170 guests celebrating and recognising the deserving players and volunteers.

Chris Matthews was awarded Life Membership, having played 175 games since playing in Under 10's, and a Premiership with the Reserves.

Spencer Clarke was awarded the Booth/Hickman Award for Best Club Person. Spencer will do almost anything to keep the club ticking - and often without prompting! In Netball, congratulations to Gabrielle, Layla, and Hannah - winners of Most Improved,

Runner Up Best & Fairest, and winner Best & Fairest.



Movers & Shakers: Trio of Netball coaches Kasey Boxell, Kirsty Goodman and Chelsea Mussett will be back to oversee C and D Grade Squads in 2025, having coached C Grade side to a Finals appearance this year. Daniel Watts is now Head of Women's Football moving on from Club Secretary, with Sean Chamberlain as Senior Women's Coach and Hope Smith as Women's GM. All three have extensive experience at Football's Elite level in coaching and management.



The Frankston RSL signed up to Return It in 2023 and has not looked back in it's quest to minimise its carbon footprint. ReCollect Vic is a Bottle & Can Pickup Service For Businesses.

ReCollect aims to provide an easy and convenient recycling service for all businesses, which is why they offer weekly pickups for businesses where all bottles and cans returned to a return point earn cash that can be used to offset operating expenses!

For more information : www.re-collect.com.au/commercial

The RECOLLECT APP is also a wonderful opportunity for fundraising. Many charities run bottle drives as a means to help fundraising. Instead of sending volunteers door-to-door and coordinating vehicles for drop off, ReCollect lets you ditch the dirty work so charites can focus on 'spreading the word' while they take care of collecting the bottles and cans for donation!





Kids Menu

KIDS

Menu for children 12 and under
Dishes subject to change

All kids meals \$12.90
Add Activity Pack + Dixie Cup Bundle \$4.50

Cheeseburger
with lettuce, tomato, chips and tomato sauce

Chicken Parmigiana
with chips and tomato sauce

Kids Fish & Chips
with chips and tomato sauce
gluten friendly on request

Crumbed Chicken Nuggets
with chips and tomato sauce

Lemon Pepper Calamari
with chips and tomato sauce
gluten friendly on request

Kids Penne Napoli V
penne pasta with Napoli sauce
& parmesan cheese

Drinks
Slushies
Soft Drink
Juices



Menu is subject to change.

Slushies

\$4.50 (M) & \$5 (G)

FLAVOURS VARY
Available in the Bistro during service hours.

TUESDAY FUN!

5.30PM - 8.30PM
AGE 12 & UNDER

Family Fun Night!

Kids eat FREE

-EVERY TUESDAY NIGHT-

YUM-FUN-PLAY

Keri JUICE BLENDERS

Apple Juice
Apple & Blackcurrant Juice

\$3.60 Members \$3.25 Guests

ACTIVITY PACK + DIXIE CUP BUNDLE

\$4.50

PURCHASE ONE MAIN MEAL IN BISTRO AND RECEIVE ONE FREE KIDS* MEAL EVERY TUESDAY - DINNER ONLY. NOT AVAILABLE PUBLIC HOLIDAYS. *12 YEAR OLDS AND UNDER.

VALID FOR BISTRO ONLY

CONGRATULATIONS
GIVEAWAY
Winners



WINNERS
WINNERS
WINNERS



WINNER



WELFARE UPDATE July-September 2024

Support & Assistance for Veterans and Dependants

Frankston RSL's Wellbeing Team provides a range of support, from free and confidential Wellbeing Advocacy, financial assistance, help applying for medals, or support navigating My Aged Care and Veterans Home Care. We can provide information and referrals to social and community organisations and we have RSL Funeral Representatives to carry out the Funeral Ritual for Veterans.

There were 122 individual wellbeing and pastoral care cases, and the team provided assistance and support to veterans and their dependants.



Wellbeing Social Connection Activities

July: Our new Wellbeing Assistant Jo organised her first bus-trip and it was a smash-hit! 52 Veterans and Affiliates wandered through the decades of Australian music at The Arts Centre Melbourne followed by chats and coffees, then onto lunch at the RSL Caulfield. The "surprise" silent disco was a huge success which put a smile on every face, and great singing and awesome dance moves strengthened social connections and generated so much laughter. Some said it was the "best bus-trip they have ever been on".

August: we celebrated Dying to Know Day with an afternoon tea and talk from Chaplain Graeme on the stages of grief. Dying to Know Day aims to break down the stigma and worry surrounding conversations about grief, death and dying. This was followed by a presentation by Karen from DVA on the DVA's 'Planning Ahead' Guide. Participants went home with a take-home pack of information.

Also in August, our Welfare Officer organised a talk by Lardners Solicitors on Wills and Powers of Attorney, which was very informative.

We also took a coach-load of 46 to the impressive Pharaoh Exhibition at the National Gallery of Victoria in August. This was a 'Combined Affiliate Network' bus-trip, with members of groups such as the Auxiliary, Ex-Service Women's Association, Home & Hospital Team, Naval Memorial Club, Partners of Veterans Association, Legacy and Vietnam Veterans attending.

October: we held our annual event to celebrate Veterans Health Week with the theme 'Keep Connected'. This theme aims to promote good health and wellbeing. Our Wellbeing Officer Tony Grice was our MC. Karen from DVA gave a talk on all the ways veterans and their families can stay connected with their communities. Guests had a complimentary delicious 2-course lunch.

We also had an afternoon tea and a 'Protecting Yourself from Scams' Workshop, open to all, delivered by the Financial Empowerment and Resilience Network (FERN). It was an interactive and engaging workshop, and if you are interested in attending FERN's range of online workshops, please scan the QR Code on page 29 for more details.

Our inaugural, and sold out, RSL Active event on the 19th October included Go-Kart Racing followed by lunch and a round of mini-golf. This is an exciting new avenue for social connection activities, keep your eyes peeled for more events.

November: A fully booked 24 seater bus departed with veterans and their families to attend Beauty & the Beast the Musical at Her Majesty's Theatre.

Next Event: On Thursday 5th December, our complimentary Veterans and Associated Groups Christmas Lunch will be held in the Simpson Room.

RSVP Email: wellbeing@frankstonrsl.com.au Call/Text: 0493 889 029

Veterans and Partners Outings

Wellbeing Advocate Tony D. organised a trip to HMAS Cerberus to watch their Soundwaves Concerts in September, with 17 veterans and families attending. We also hired buses for Vietnam Veterans, Legacy, Ex-Service Women's Association and Partners of Veterans Association to go to Moorabbin, Dandenongs, the Shrine, and Gippsland.

Contact Us ... If you are a veteran or family member requiring support or assistance, or if you want to have a chat about upcoming social and wellbeing activities or volunteering, contact our Wellbeing Coordinator for an appointment on 0492 820 743, Monday to Friday, 9am to 4:30pm. Email: wellbeing@frankstonrsl.com.au

July - September 2024 WELFARE at a GLANCE

WELLBEING CASES: number of cases	4
PASTORAL CARE: number of cases	97
DECEASED SERVICE MEMBERS FRSL	13
RSL FUNERAL REPRESENTATION Required for Service Members	5
WEDNESDAY COFFEE GROUP: FRIDAY COFFEE GROUP: cost of catering & coffees	\$4,579 \$3,657
WEDNESDAY GROUP PARTICIPANTS: FRIDAY COFFEE GROUP PARTICIPANTS	393
HELLO PROGRAM PHONE-CALLS: Volunteer & Staff Hours Cost	9.75 \$82
HOME & HOSPITAL TEAM: Monthly Visitation Hours	153
HOME & HOSPITAL TEAM: number of people visited	327
MONTHLY LUNCHESES - Residential Aged Care Facilities: #lunches Facilities Attended	360 30
MONTHLY LUNCHESES - Residential Aged Care Facilities: Cost	\$7,167
LAWNS: number of people assisted Home Maintenance - Lawns Cost	99 \$5,892
MOBILITY AIDS PROGRAM: value of goods re-distributed	\$4,008
PARC EXERCISE GROUP PARTICIPANTS: Tuesday Sessions x 2 Friday Sessions x 2	130 141
WELLBEING BUS: number of people assisted	100
WELLBEING BUS: number of Trips:	12
WELLBEING CAR: number of Client Visits and Transport:	24
WELLBEING CAR: errands, Client Visits and Transport KM's:	704



Age Strong Exercise Classes

We had 217 attendances to our Tuesday and Friday 8am classes, and we always welcome more participants to the classes run by a PARC instructor.

Location: Frankston RSL Pavilion.

Classes: 8am (1hr) Tuesdays & Fridays. Except Public Holidays.

Cost: \$5 p/p.

Contact: Reception or Wellbeing Coordinator to register (03) 8792 4427.

Requirements: A doctor's clearance certificate validating current health.



Veterans & Partners Coffee Groups

Veterans (of all service types and eras) and their partners are welcome at our Coffee Mornings and light refreshments supplied by the Club. New faces are welcome. We hold Wednesday Veterans & Partners Coffee group (10am, Table 221), and Friday Coffee Group which is open to all Veterans in Huey's Bar (10am). We regularly have an amazing turnout, and 393 came for a cuppa to the Wednesday Coffee Group, from Jul-Sep. The Friday Coffee Group keeps growing and average of 25 Veterans attend.

Home & Hospital Visitation Team

In this period, the Wellbeing Support Officers visited local aged care facilities, spending 152.75 hours and visiting 327 people. Residents always appreciate their friendly faces. Additionally, monthly lunches are offered to 12 residential aged care facilities at the Club so that their residents can enjoy a complimentary lunch and a social outing. We are always looking for new volunteers. **Contact Us** PH: 0492 820 743. 9AM-4.30PM, Monday-Friday.



Volunteers

In 2023, volunteer hours totalled an incredible 12,441 hours! Please get in touch if you want to hear about the volunteering roles available. Our volunteers provide invaluable assistance, from visiting older veterans and their partners in aged care facilities, to cataloguing memorabilia, to selling badges for our Appeals, or delivering donated furniture to veterans in need. Your skills and kindness can contribute a lot to the veteran community.

Contact: Stellar PH: 0492 820 743 **Hours:** 9AM-4.30PM **Days:** Monday-Friday



Mobility Aids, Furniture, & White Goods Program

Our Wellbeing Officer, Anthony Grice, and a hard-working team of volunteers continued to assist veterans by collecting donations of an estimated \$4,005 worth of furniture, white-goods, and mobility aids. The goods have been redistributed to appreciative veterans and their families in need. Donations are always welcome!

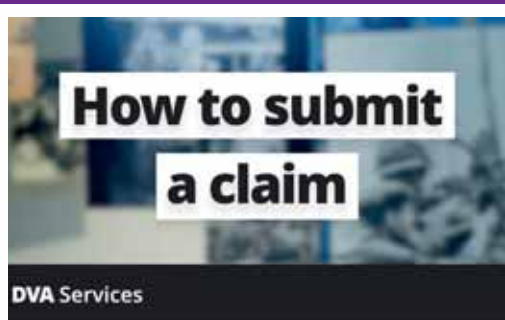
Donations: (03) 8792 4400 **Email:** welfare@frankstonrsl.com.au



Hello Program

During winter, our Wellbeing Coordinator was phoning our older Service Members to check how they were going. This is a good opportunity to have a chat, provide support, and assistance if needed. If you haven't received a phone-call yet, please don't hesitate to get in touch with Stellar directly.

Contact: Stellar PH: 0492 820 743 **Hours:** 9AM-4.30PM **Days:** Monday-Friday

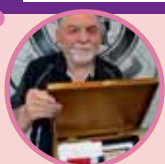


The Akeroyd Veterans & Families Hub

If you are needing assistance with Department of Veterans Affairs claims and compensation, please use the online contact form for Veteran Central: www.rslvic.com.au/veteran-support/veteran-central

The Veteran Central Team will be able to connect you with one of the four Compensation Advocates that operate out of the Frankston Veterans and Families Hub, located at Frankston RSL.

Days: Monday–Friday **Hours:** 9-5PM **PH:** 1300 645 838



Funeral Assistance

RSL Funeral Representatives are available to can carry out a RSL Funeral Ritual for veterans. This free Ritual follows the celebrant's main ceremony and is our last way of providing recognition for the sacrifices made by veterans in their service to their country. For ex-ADF veterans, please allow a few days to order the Eulogy/Statement of Service which forms part of the service.

FREE LIVE MUSIC

HUEYS
SPORTS BAR

COVER SONGS - SINGER - GUITARIST



THURSDAYS 5-8PM

Ian Duchesne plays a repertoire of popular songs covering seven decades and well known hits you can't not help singing to! Such as These Days - Powderfinger, Take It Easy - The Eagles, Stone Me - Van Morrison, Wish You Were Here - Pink Floyd, Who'll Stop The Rain - Creedence, Set Fire To The Rain - Adele, To Her Door - Paul Kelly, Layla - Eric Clapton, Is This Love - Bob Marley, Message In A Bottle - The Police ...



FREE LIVE CLASSIC ROCK

7.15PM-10.15PM
EVERY 1ST FRIDAY
OF THE MONTH
IN SIMPSON ROOM

2024: SEP 6, OCT 4, NOV 1, DEC 6



SINGLE INCOME



OPEN 7 DAYS
DAILY SPECIALS
KIDS EAT FREE DEAL TUESDAYS
SENIORS' MENU
MONDAY-FRIDAY LUNCH
COCKTAILS

Four Seasons Bistro
- end time denotes last meal order

lunch: 11.30AM-2.00PM monday to friday
12NOON-2.30PM saturday & sunday
dinner: 5.30PM-8.30PM tuesday to thursday
5.30PM-9.00PM friday & saturday
5.30PM-8.00PM sunday & monday

nancy's Cafe

OPEN 7 DAYS
9AM-LATE
ALL DAY LIGHT MEALS
BAKERY FRESH TREATS
SMOOTHIES
JUICES
HOT DRINKS
CAFE LUNCH MENU
(DURING BISTRO HOURS)

... a great place
to catch up!

MEGA RAFFLES

5 X \$100 VENUE VOUCHERS

3 X \$500 MASTERCARD GIFT CARDS

OVER \$3,700 WORTH OF PRIZES TO BE WON EVERY FIRST FRIDAY OF THE MONTH FEBRUARY - NOVEMBER

TICKETS \$2 EACH ON SALE FROM 4.30PM

20 X \$60 MEAT TRAYS

4 X \$50 COLES MYER GIFT CARDS

2 X SLABS BEER

3 X 4 WINE PACKS

FRIDAY 2nd FEBRUARY

WEDNESDAY Raffles

TICKETS ON SALE 5:00PM

DRAWN FROM 6:30PM

TICKETS FROM \$2

2x 1/2 Slabs

15x \$45 Meat Trays

MEAT, WINE, BEER, MOVIE VOUCHERS

2 x Wine packs

3 x \$30 Movie Vouchers

THURSDAY RAFFLES

3 x \$60 MEAT TRAYS

1 x \$60 ROAST TRAYS PORK, LAMB, BEEF

EVERY WEEK TICKET

TICKETS \$2 EACH (5 NUMBERS) ON SALE 5PM

DRAWN FROM 6.40PM

WIN \$500 IN PRIZES

2 x 1/2 SLABS

2 x \$50 VENUE VOUCHERS

FRIDAY NIGHT RAFFLES

20x \$60 Meat Trays

4 x \$50 Wish Card

2x 1/2 Slabs

2 x Wine packs (4 bottles)

5 x \$50 Venue Vouchers

These events will take a break during Christmas and January. Head to page 27 for December end dates & 2025 restart dates.

Vietnam Veterans Association

SUB-SECTIONS

Frankston has been busy over the past few months with new members joining as well as going on several bus trips. Some of our outings have been to the Shrine of Remembrance in August to have a look at the exhibition of "Recovering the Past" which was a series of pictures where the artist had layered old photos on top of new photos to convey the theme and that gave the exhibit an eerie but interesting feel. Also, in August we took part in a trip to Upwey RSL and wandered around the "Running Rabbit" - a museum which has so much memorabilia for such a small room and of course some of the men couldn't help but play with the 'toys'.

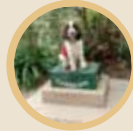


In September we had a couple of Occupational Therapist as well as the VVAA State Welfare officer come to our meeting to give a talk on different aids that veterans were entitled to.

Some of our members attended the RSL's Veteran Health Week lunch in October, and I would like to thank the RSL for putting this great lunch on for members. We also held a BBQ at the Navy club for Veterans Health Week, where several ESO groups attended.



As a side note and as most of you know Pepper, she had her first road trip last month to Canberra and we found out there really is a dog on the Tucker Box.



Our coffee group is getting stronger each week on a Tuesday at the Naval club and it is not unusual to have around 30 veterans sitting around having a chat, and with the RSL hosting Friday mornings for Veterans of all eras, it is also steadily gaining in popularity.

In November we have a speaker coming to give us a Cochlear information session, which I have been told is very interesting.

We are also going to Queenscliff via the ferry to do a tour of the Fort, of course all these outings are followed by a lunch. Some of our members are also doing the combined outing at the end of November to Williamstown and to wander around the HMAS Castlemaine and the Morgue.

December will see us going to Pearcedale Primary School to present a student with the "Caring Cobber" award and we will be having a Christmas dinner to see the year out. We will have January off and will be starting back on the 3rd February 2025 with our AGM and a normal meeting.

I would like to wish everyone a Safe and Merry Christmas and I hope to see you all next year.

President: Cheryl Myers OAM | 0409 962 545
Email: secretary.frankston@vvaavic.org.au



Frankston Legacy Laurel Club



Once again it has been a busy few months and the year isn't over yet! We've been to the Pharaoh's Exhibition with the Combined Affiliates Group and our ladies enjoyed a shopping trip to Black Pepper, in Dandenong, followed by lunch. Our ladies do appreciate the opportunity of these outings and enjoy the company of friends.

We also enjoyed a shopping trip around the Peninsula, stopping to buy fresh produce and of course sampling what was on offer.

Coming up we have a visit to The Lume, Da Vinci Exhibition, followed by lunch, and another Combined Affiliates Group outing to Williamstown.

Of course, Christmas is coming so that means a round of Christmas lunches and get-togethers where we all hope to not end up looking like Christmas Pudding by the time the Festive season actually does arrive!

At Legacy House, Mt. Eliza we are looking forward to our Annual Centenarians Luncheon. This is where we invite our 22 ladies, who have reached 100 years or more, along for lunch. It is a day that we all enjoy. These ladies never cease to amaze us with their sense of humour, sprightly-ness in many instances, and for some a bit of naughtiness in their banter! We have two Legatees who are also 100 come along and join us too. It is a delight to see these wonderful gentlemen as well.

Thank you to those of you who supported us during Legacy Badge Week. This is the only way we raise much needed funds so that we can continue to support our beneficiaries. It was heart-warming recently, to run into the father of one of our families and hear how we have helped. We have been able to assist this family by providing much needed orthodontic work for his daughter. To listen to him and to hear how his daughter has gone from a very shy and withdrawn teenager and is now blossoming into a confident young lady makes it all worthwhile. Your support of us helps to make it all possible.

In closing I hope you all enjoy a wonderful Festive Season. Merry Christmas to you all.

Contact & Meet-Up Frankston Legacy

Coordinator: Lyn Smith **PH:** 0423 626 973

E: lynsmith51@gmail.com

Meet-Up: 2nd Thursday of the month at 10.30AM
Frankston RSL Simpson Room 2



The Women's Auxiliary

FRIENDSHIP GROUP

Our monthly meetings have continued and have been very well attended. Its lovely to see the ladies and catch up with them. These informal and friendly meetings help our group stay in touch and have some fun over a cuppa.



We have continued to run our dollar raffles every Friday night as well as 'man' the raffle table selling tickets. Our dollar raffles are very popular and we usually sell out of tickets and we are also selling these tickets during Mega Raffles Nights once a month. Thank you to all the ladies who regularly turn up on Friday nights to help. If you would like to help out on a Friday night please just turn up, enjoy a drink and maybe a few chips, and have a great night out.

During Veteran Health Week the Auxiliary attended the wonderful lunch held at the Frankston RSL and we enjoyed listening to guest speaker Karen from DVA speak on ways to 'Keep Connected'.

Around 20 of us had a wonderful time at the 'Beauty and the Beast' performance at Her Majesty's Theatre, organised in early November by the Frankston RSL Wellbeing Team. These outings are a wonderful way for us to connect and beat social isolation.



Some of our Ladies were very busy volunteering and helping sell poppies for the Poppy Appeal. The Auxiliary also laid a wreath at the Remembrance Day Commemorative Service on the 11th November.



Upcoming Events

We are heading to Philip Island on the 27th November, stopping for morning tea, and then enjoying lunch at the Cowes RSL. Contact Carol if you are keen on attending.

The next Morning Melodies show - Buddy Holly & Everly Brothers will be at the Frankston RSL on Wednesday 4th December.

The Christmas Lunch, put on by the RSL is on Thursday 5th December. This is always a fun day, a beautiful lunch and maybe a visit from Santa, so get your names on the list!!

Morning Melodies at the Baxter Tavern is something new we are trying, the first Wednesday of each month. This is a great morning's entertainment with fresh out of the oven scones with jam and cream, and tea and coffee for \$10. If anyone is interested, please contact Carol and come and join us.

FUNDRAISING & COMMUNITY DONATIONS



The Women's Auxiliary fund raising activities are under the guidance of Frankston RSL Sub-Branch Committee and the group runs multiple fundraisers throughout the year such as Easter and Christmas Raffles, in addition to the Friday Night \$1 Raffles fundraiser to win a themed Gift Card. All funds raised go toward helping veterans in need, as well as charities and community organisations.

Volunteer Drive

The Women's Auxiliary is always looking for new members to help with fundraising activities. If you want to make a difference and would like to get involved, pick up a flyer at Reception and get in touch.

If you are already part of the group, please help in promoting the auxiliary to your contacts. Volunteer Drive Flyers are located at Reception- pick up a few and have them handy to give out.



Membership & Contact

The Women's Auxiliary meets at 10.30AM on the 3rd Wednesday of the month at the Frankston RSL. The Auxiliary helps raise funds for Veterans and Community groups and is a pleasant way to be social and meet new people. We happily welcome all new members to the group.



Coordinator: Carol Macfarlane 0410 134 599

Wishing you all a safe and happy festive season and looking forward to an exciting 2025.

Partners of Veterans Australia

Supporting Partners and Families of Veterans

Frankston Branch decided this year to unite forces with the Vietnam Veterans and jointly support the not for profit 'Mothers Supporting Families in Need' located in Seaford. Together, we collected new toys and baby clothes for the charity that will go towards their Christmas Hampers. We were pleased to have Charlotte speak at our October meeting who gave a comprehensive talk on the organisation and the amazing work they do, taking with her at the end of the day all the gifted donations we had received from our generous members.



During Veterans' Well Being Week in October, members and partners went to Kerrisdale Train Museum and Yea Hotel for lunch and everyone had an enjoyable and interesting day learning about the museum and its collection of trains.

In October, we also had a Farm Gate style trip around the Mornington Peninsula, where we discovered quite a few places for buying fresh grown vegetables and other goods. Lunch was at the Dromana RSL, and a great time was had by all those who went along.



A big thank you to Les Myers and Barry Smith for being our driver and navigator on the day, and of course to Pepper for doing a head count each time we stopped!



Frankston members volunteered to sell poppies for this year's Poppy Appeal and also attended the Remembrance Day Commemorative Service and laid a wreath on the day at Beauty Park, Frankston.

Next activities

The group is holding its AGM and Christmas Lunch in December at Legacy House in Mt. Eliza. After this day, we will have a break during January and start back on the 10th February, 2025.

Get Involved

The Frankston branch meet monthly at the Frankston RSL and this is followed by lunch in the Bistro. The last Monday of the month we meet at different venues and have a lunch or a coffee, while also catching up for a great social session - some of these venues include the Seaford RSL, Baxter Tavern, Langwarrin Hotel, and Somerville Hotel. During the year we organise day trips and an overnight, or three day, bus trip. Contact us if you are interested in coming along to our outings.

Membership & Contact

\$35 for first year & \$25 for renewals

'Partners of Veterans Association' welcomes all partners, ex-partners, or widows/ers of all current and former Australian Defence Force (ADF) members.

Meet-Up:

Every second Monday of the month at the Frankston RSL at 11.00am (except January).

President: Lyn Westhead PH: 0408 122 802

Secretary: Rhon Tempest PH: 0410 566 709

www.facebook.com/pvavic

www.pva.org.au



OPEN ARMS

Veterans & Families Counselling

'OPEN ARMS' provide veterans, and their families with individual, couple, and family counselling to help improve your resilience, as well as enhance your mental health and wellbeing. Available 24/7. Scan the QR code to view the range of Open Arms Veterans and Families Activities & Programs.

Call us 24Hr 1800 011 046



A service founded by Vietnam Veterans,
now for all veterans and families



Billiards & Snooker

SEASON TWO OF 2024 IS COMING TO AN END, WITH THE FOLLOWING RESULTS AS AT 19TH OCTOBER:

MONDAY NIGHT VBSA

Handicap Billiards & Scratch Snooker, Monday night. Brett Porter's billiard team is in finals contention, having finished second on the ladder. The new Tiered (handicap) system has levelled the playing field, so all teams have a chance of taking off the flag. Brian Esnouf has been going from strength to strength. Marty Cleasby-Jones' C grade snooker team is top of the ladder and with 2 rounds to go will be figuring strongly in finals. Paul Portelli, Ronnie George & Tony Wakefield all have a win rate of over 70%. Stunning stuff.

TUESDAY OVER 55'S HANDICAP BILLIARDS & SNOOKER

Unfortunately, both teams finished well off the pace. Terry Woodhouse's Gold team, premiers last season, finished 2nd last!! Chocolates to boiled lollies.

TUESDAY NIGHT METROPOLITAN/SOUTHERN

Handicap Snooker: After 10 rounds of the Metropolitan Snooker competition, Bill Morgan's Frankston team sits in 4th spot. Alan Clews and Deryl Adams figure prominently in the most frames category. In the Southern Billiards, Bill Lindsay's team sits in 4th place after 11 rounds. Young Sam Malcolm is equal top of the Most Games category.

Handicap Billiards: After Round 14, unfortunately both Frankston teams sit well down the ladder. But, with 4 rounds to go, hope springs eternal.

CLUB BILLIARDS CHAMPIONSHIP

Brett Porter has won his 2nd Club Billiards Championship but not before a thrilling comeback from Rob Davies. With the clock ticking down in the new one day Championship format, Rob closed to within a handful of points. But Brett hung on to snatch victory with a 272/265 scoreline. It was thrilling stuff. Rob also "took the scalp" of perennial champion and No1 ranked, Ian Gilbee, in the semifinal, no mean feat. Brett comfortably saw off the highly fancied Darren Royle in the other semi-final.

Kudos to all the players for trying the new format which saw all matches played on the one day. Pictured below are Brett (left) & Rob (right) receiving their trophies from Club Secretary, Mark Dunn.



THE NORM SMITH HANDICAP BILLIARDS TOURNAMENT

This tournament was held Saturday 9th November and like the Club Championship, was a huge success. And for the first time in this Club's history, two ladies battled out the final. After a very even first half, Heidi Stubbs (pictured left) showed her class to take the game away from Shelly Ames. Well done to both ladies.



BOB HAWKE AC MEMORIAL AUSTRALIAN OPEN SNOOKER CHAMPIONSHIP

In mid-October, Frankston sent two of its finest up to NSW. John van Zanden was appointed to referee in the Bob Hawke AC Memorial Australian Open Snooker Championship at the Mt Pritchard Club and did his usual wonderful job. John and Alan Clews stayed on to represent Victoria in the annual RSL Association interstate clash with NSW. Victoria came away victorious (naturally!), but the big news was that Alan excelled himself by taking out the Player of the Tournament award (bottom left). In even bigger news, Alan caught up with his great mate from Coventry, Paddy Morgan (bottom right). Paddy was one of the finest snooker & billiards players to come out of Ireland, before moving to Alan's hometown of Coventry in 1960 and then emigrating to Australia in 1969. He played in numerous world championships and is perhaps best remembered for his battles with Australia's Eddie Charlton, well known from the Pot Black TV program.



UPGRADES

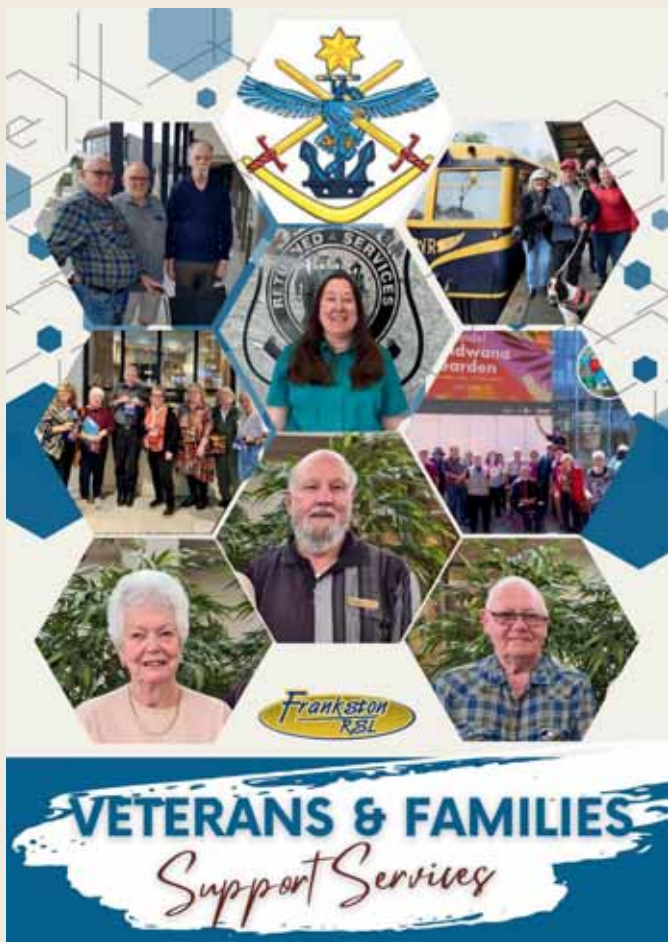
Our Billiard Room now has two brilliant (pardon the pun) sets of LED table lights, replacing the very outdated & inconsistent globes. Whilst they don't have the same classic look of the old lightshades, the consensus is that they provide a much better effect. The Section is very grateful to the Frankston RSL for this improvement.

MEMBERSHIP & CONTACT

Weekly comps are played at the Pavilion, Frankston RSL. We are always keen on hearing from new players. If you are interested in joining billiards or snooker at Frankston RSL, please get in touch. Juniors and ladies are very welcome. Coaching can be provided free of charge.

Treasurer: Mark Dunn on 0422 304 052

Email: bill_snooker@frankstonrsl.com.au



Frankston RSL Sub-Branch prides itself in providing support to veterans and their families/dependants.

Veterans include those who serve or served in Australian Defence Forces (ADF), National Service, Reservists, Allied, and Commonwealth Forces, and with or without overseas service. Veterans do not have to be members of Frankston RSL Sub-Branch to receive support.

THIS SUPPORT MIGHT INCLUDE:

- Wellbeing Advocacy & Support
- Referral to the Compensation Advocacy Team at the Frankston Veterans & Families Hub
- Information & Referral to local community services and organisations
 - Applications for Financial Assistance
 - Wednesday Coffee (Veteran's & Partners) 10am Table #221 Alfresco area
 - Friday Coffee (Veterans) 10am, Huey's Bar
- Support navigating My Aged Care & Veterans Home Care
 - Home & Hospital Visitation Team
- Hello Program phone-calls to Senior Service Members
 - Social Activities, Bus-trips, BBQ's & lunches
- PARC Agestrong Exercise Classes Tues & Friday 8am
 - RSL Funeral Representatives
 - Mobility Aids, Furniture & Whitegoods Program

All Wellbeing and Compensation Advocacy Services are free, private, and confidential.

CONTACT

Frankston RSL Wellbeing Team:

Monday to Friday, 9AM to 4:30PM.

Contact: Stellar Phone 0492 820 743

Email: welfare@frankstonrsl.com.au

Compensation Advocacy (Veteran Central):

Mon to Fri, 9AM to 5PM - Contact: 1300 645 838

www.rslvic.com.au/veteran-support/veteran-central



Bingo!



JOIN THE FUN AT FRANKSTON RSL BINGO !

If you're wondering what to do on a Monday morning or a Thursday night why not come along to a great social activity. FREE tea and coffee is available and Bingo Books are just \$6 for 30 games - same price for the last eight years!.

BIG BUCKS BINGO! \$17M WON IN THE HISTORY OF



Have you heard about Big Bucks Bingo? It's Bingo as you've always played. This is another exciting opportunity to win extra cash through various jackpots, and add to the fun of your day or evening. Purchase a \$2 ticket to enter for your chance to win! Available on both Mondays and Thursdays every week. It's easy to play, just watch and listen for the unique numbers corresponding to the bonus symbols, and the first player to win the FULL HOUSE wins the in-house venue jackpot. As the in-house winner if you have marked off 5 matching symbols on your winning Full House ticket you also win the feature Jackpot.



In-house Venue Jackpot:

Win 50% of the day's tickets sales.

Weekly \$250 Feature Jackpot

3 recent Frankston RSL wins.

Weekly State wide Mini Jackpot \$1K/\$5K

One \$1K winner from Frankston RSL recently won.

State-wide Big Bucks Jackpot goes up \$500 each week until \$100,000.

LOOKING FOR VOLUNTEERS !

Bingo is run by volunteers and we are always looking for extra hands to help out 1hr before each session with light duties involving setting up, packing up, and helping out on the day selling Big Bucks tickets. If you are interested in volunteering, please reach out to the Bingo Coordinator.

Contact: Stan (03) 9789 6649

WHEN, WHERE, & HOW!

Mondays Eyes Down 11AM

Thursdays Eyes Down 7PM

Simpson Function Room, Frankston RSL

Enquiries: Reception (03) 8792 4400



Golf



The program for 2025 is still being finalised, however, our first game will be at Lang Lang Golf Course, and most likely on Sunday 12th January.

This year we were very excited to be playing at 15 Golf Courses including some very prestigious ones on the Mornington Peninsula. Our membership base has been steadily growing and we always have a sizable turnout for Golf days.

We were all excited to be playing at Moonah Links Open Course for the Annual "Eric King 4BBB Trophy". The day was hotly contested, in magnificent weather, and was taken out by the team of Anne Briner and Brian Hill with a score of 43 points.

Next game was at the lovely Cerberus Golf Club which is a hidden gem of a golf course on the Peninsula. Fine weather greeted us and "cock O the walk" was won by Robin Witting with a score of 38 Stableford points.

Garfield Country Club was next on the syllabus and once again we were blessed with beautiful weather. The day's winner was Martin Stone with an amazing score of 51 Stableford points. The Handicapper was very interested in Martins golfing prowess!

Our 2025 trip away will be a three night stay at How Long Golf Resort and the cost is not included in the annual membership. More details to follow.

Lunch & Presentations

After each round of golf, we gather at the Frankston RSL Pavilion for a BBQ and presentation to announce the winners of each grade as well as tell the tale of how unlucky we were, or the good shots that were played! The cost is included in the green fees, and drinks are available at a nominal price.

Fees

All games are \$50, regardless of the course green fees.

NEW MEMBERS



The Golf Section are a lively bunch of male and female players of mixed abilities with a wide range of handicaps that are divided into 3 grades (A, B, C). Of course there are those who are good and then some of us who try to hit a good shot now and then, but all enjoy the fun and banter. We welcome new members, from beginners to pros, and we we play once a month on a Sunday, at many courses on the Peninsula. Each year we get away on a 3 day golfing trip and you'd be hard pressed to find better golfing company. The joining fee contributes to subsidising games and an end of year presentation. All members must also hold a current RSL Membership.

Contact

Club Captain: Grant Goodall **PH:** 0414 868 164
Secretary: Tony Harris **PH:** 0435240342



Pipes & Drums



Pipers and Drummers have been practicing hard and have been improving their playing ability and tune repertoire.

Side drummer Ben Dickens competed in his first solo drumming competition in September at the Haileybury College Contest, putting on a very credible performance.

James Farquharson played his pipes for the Police Memorial Day at the Rosebud RSL on 27th September.

The band recently had the benefit of the knowledge and experience of a senior piper from the Hawthorn Pipe Band who attended our practice.

Senior piper Geoff Shaw played his pipes at the Remembrance Day service held at the Frankston Cenotaph in Beauty Park on 11th November. Band President Jane Neve laid a wreath on behalf of the band.

The band has again been invited to perform at the annual Burns Supper held by the Cranbourne Masonic Lodge in January. This is an event that the Band has supported for many years.

AVAILABLE FOR
FUNCTIONS & EVENTS,
WEDDINGS, FUNERALS



**LOOKING FOR PIPES & DRUMS
PLAYERS.. GET IN TOUCH TODAY!!**

Contact

Secretary: Sean Sullivan
Practice: Wednesdays 7PM, Frankston RSL
PH: 0413 176 832 **E:** frankstonrslpad@gmail.com



SPRING SPRITZERS



Dr BORTOLI

THE FRESH NEW TWIST

\$48 Bottle

\$9.50 150ml

LIMONCELLO SPRITZ
POP, POUR & SIP!



A vibrant summer taste everyone will agree on.

NEW - PREMIUM MIST, ANGELIC & LIME SPRITZ

\$9 150ml

\$48 Bottle

Spritz



innocent bystander

A JUICY SMASH

\$50 Bottle

\$11 150ml

WATERMELON SPRITZ

BE PART OF OUR FAMILY!

CAN WE INSPIRE YOU?

AS ONE OF THE LEADING RSL CLUBS IN VICTORIA WE HAVE 131 STAFF AND OVER 14,000 MEMBERS - OF WHICH 4,000 ARE SERVICE AND AFFILIATE MEMBERS. THE VENUE WAS NEWLY RENOVATED IN 2020, AND OFFERS 3,000M² OF SPACE, 500 SPACE CAR PARK, 2 RESTAURANTS AND 3 CHILDREN'S PLAY AREAS, AS WELL AS A CAFÉ, A SPORTS BAR WITH A 6M SCREEN, ALFRESCO DINING, KENO, TAB FACILITIES, & A 350M² FUNCTION ROOM WITH 250 SEAT CAPACITY.

COMMUNITY CLUB OF THE YEAR

THE FRANKSTON RSL WAS AWARDED COMMUNITY CLUB OF THE YEAR 2022-23 BY COMMUNITY CLUBS VICTORIA, AND SELECTED FROM OVER 1,000 CLUBS IN METROPOLITAN AND REGIONAL MELBOURNE.

EMPLOYER OF CHOICE

WE ARE ALWAYS ON THE LOOKOUT FOR GREAT TALENT. WE OFFER AN INCLUSIVE & TEAM ORIENTATED WORK ENVIRONMENT WITH A FOCUS ON WORK LIFE BALANCE. SEND YOUR RESUME TODAY!

JOB ADS ARE AVAILABLE ON OUR WEBSITE: WWW.FRANKSTONRSL.COM.AU/JOBS

FRANKSTON RSL
183 CRANBOURNE ROAD, FRANKSTON
CULTURE@FRANKSTONRSL.COM.AU
FACEBOOK & INSTAGRAM: @FRANKSTONRSL
(03) 8792 4400

RSL LIFE MEMBERS

- J F AKEROYD AM*
- F ANDERSON*
- J W ARNEY*
- E BARRETT*
- K BETTLES*
- P A BRISCOE*
- R G BROWN*
- H CAMERON*
- F C CAREY*
- F CLAYTON*
- A COLE*
- REV V COLLINS OAM*
- B CLYNE
- J P DEIGHTON AM MC*
- T L DICKMAN*
- DH FOWLER*
- A C GARDINER*
- H R GILHAM*
- E J GOLDSMITH*
- B HICKMAN
- K HILLIER OAM
- A F HOLMES*
- A M HORSBURGH OAM*
- E M HUGHES*
- W G INDIAN*
- B JOHNS*
- A JOHNSON*
- P R KENNEDY*

- W LESLIE*P
- M LOUREY*
- S C LOVELL*
- R W F MCCARTHY*
- C A MCKENZIE*
- R H MCLELLAND
- R MORRISON
- A C MURPHY*
- D F NICOLL*
- D A PATTERSON*
- A PAXINO*
- E C PEARCE*
- J L PRATT*
- S PRENDERGAST*
- W R PULLING*
- F A SEWELL*
- A SHOUT*
- J SLATTERY*
- J SMITH*
- L W STREETS OAM*
- L V SWANSON*
- C L THURKLE*
- G M WALKER*
- S U WALKER*
- R W WHEELER OAM*
- A WHITWORTH*

* DECEASED



VALE

- | | |
|----------------|----------|
| ALFRED MAXWELL | AKAM |
| ARTHUR | BODY |
| BARRY CHARLES | BILLINGS |
| PHOEBE | PARKER |
| BRIAN | ROBERTS |
| JOHN | RONALD |

Sub Sections & Groups Contacts

Contact & Meet Up Times	Frankston RSL meet-up
billiards & snooker secretary: Mark Dunn 0422 304 052 email: bill_snooker@frankstonrsl.com.au	mon, tue, thu 6.30PM & tue 10.00AM
golf secretary: Tony Harris 0435 240 342 email: harrisl1978@gmail.com	selected sundays BBQ 12PM
pipes & drums secretary: Sean Sullivan 0413 176 832 email: frankstonrslpad@gmail.com	wednesdays 7PM
home & hospital visitation team contact: Carol Macfarlane 0410 134 599 email: cmacfarlane@frankstonrsl.com.au	last friday of the month 10AM
bingo reception: 8792 4400 email: reception@frankstonrsl.com.au	monday eyes down 11AM thursday eyes down 7PM
frankston probus secretary: Annie Stahmer 0418 822 744 email: ann.stahmer@bigpond.com	1st wednesday of the month 9AM Pavilion
vietnam veterans australia president: Cheryl Myers 0409 962 545 email: secretary.frankston@vvaavic.org.au	1st monday of the month simpson II function room 1.30PM non-daylight savings 7.30PM daylight savings
women's auxiliary coordinator: Carol 0410 134 599 email: cmacfarlane@frankstonrsl.com.au	3rd wednesday of the month 10.30AM (call for location)
wellbeing & welfare coordinator: Stellar 0492 820 743 email: welfare@frankstonrsl.com.au	monday-friday 9AM-4.30PM
Frankston Hub - Compensation Team wellbeing navigators: 1300 645 838	monday-friday 9AM-5PM
partners of veterans australia secretary: Rhonda Tempest 0410 566 709 email: r.tempest@bigpond.com	2nd monday of the month 10.30AM -4.30PM simpson II function room
legacy Frankston coordinator: Lyn Smith 0423 626 973 email: lynsmith51@gmail.com	2nd thursday of the month 10.30AM (call for location)
probus club frankston heights inc email: fhprobus@gmail.com	3rd tuesday of the month 9.30AM for 10AM
frankston prostate cancer support contact: Kevin 0419 133 826 email: smko@bigpond.com	last wednesday of the month 10.30AM pavilion
memorabilia team contact: Frankston RSL Reception 8792 4400 email: reception@frankstonrsl.com.au	every 2nd & 4th Friday of the month, 9.30AM pavilion
4th/19th Prince of Wales's Light Horse Regiment Old Boys contact: Jeff (Tex) Heuston 0412 500 609 email: jeff.heuston@bigpond.com	Last Friday of each month 11.30AM for 12.30PM



FRANKSTON RSL MANAGEMENT TEAM

General Manager
Brett Rowlands

Operations
Colin Ross

People & Culture
Jodi Millar

Governance
Rose Van Velzen

Finance
Lynda Leverington

Bar & Gaming
Tracy Vrana

Marketing & Promotions
Patricia Russo

Executive Chef
Dean Webster

Front of House
Mata Harawira-Tai

Administration
Anja Lepoigneur



Frankston
RSL



Burning Red

The Australian
Taylor Swift
Tribute Show

Saturday 8th March

FRANKSTON RSL MEMBERS: \$30

GUESTS: \$35

DOORS OPEN FROM 6.00PM - SHOW COMMENCES 6.30PM - SHOW ENDS 9.00PM

BOX OFFICE: (03) 8792 4400

ONLINE: WWW.FRANKSTONRSL.COM.AU/TICKETED-SHOWS