



**BILGOLA PLATEAU PROBUS CLUB
GENERAL MEETING
NEWPORT BOWLING CLUB
10:00 pm, 5 JULY 2024**

MINUTES

Meeting Facilitator: Di Cross, Vice President

Present: 82 members present as per the attendance sheet with Mary Wearne

Welcome / Safety / Housekeeping / Apologies / Birthdays

- Di Cross introduced herself as acting president in place of Mike Musgrave who is on holiday in WA. Di Cross welcomed everyone to the meeting, noting that Sue Walker is replacing Mary Musgrave as secretary this month during her absence.

Meeting Protocol

- Di Cross reminded members to:
 - *Turn off their mobile phones at the commencement of General Meetings*
 - *Keep the emergency fire escape doors closed (with a chair in front of it) so that members only enter via the one door. This will ensure all members hopefully 'sign on'.*
 - *Keep the entrance doorway unobstructed to allow easy access to the meeting room*

Mary Wearne reminded members of the following General Meetings Rules

- Collect their member badges and membership cards and offered lanyards for any who wanted them.
- Place mobile phones on silent
- Sign on in order to record their attendance for insurance and other purposes
- Sign the early leavers form if leaving early

Apologies

- Mary Wearne called for any more apologies and read existing apologies. As per attendance sheets of 5 July 2024, 82 members were present with 5 visitors.

Birthdays and Visitors

- Di Cross read out the names of Members with birthdays in July and they were wished a happy birthday. July birthdays Ken Angus, Graeme Bell, Robyn Elliot, Cheryl Fullerton, Bob Kellick, Chloris Latham, Jan Macintyre, Jan Monnock, Virginia Moore, Barbara Poss, Pamela Tailey, Sue Trembath.
- Visitors for the day were asked to stand up and were welcomed to the meeting.

Ice Breaker

Di Cross ran the Ice Breaker as a Right or Wrong quiz session.

Minutes of the Previous Meeting held 7 June 2024 – refer Probus website.

- The minutes of the meeting held 7 June 2024 were accepted as a true and accurate record.
Mover, Monica Perrott, Seconder John Perrott

Business Arising from Previous Meeting – from the floor

- Nil

Club Correspondence

Correspondence was received from PSPL re:

- Vacations sponsored by Inspiration Outdoors
- Trade Travel Cruises and Webinar
- BRAVO Cruises of the performing arts
- Appointment of a Representative Member/Director for S.A. and N.T.

Please refer to the website's Correspondence page for some of the above items.

President's Report

Di Cross (vice President) reported on the following:

- Today we had only the front entrance doors open so that members would not miss signing in. This is important for insurance purposes and also evacuation procedures. This worked well today and the doors were opened at morning tea.
- Please let Jan Turnbull know of anyone who is unwell or suffered an accident, so that she can make a personal contact and perhaps send a card. Members appreciate this service. Jan's contact email is on the Probus website and in the newsletter.
- Our club has a good reputation and we are currently full with a Waiting List.
- Even if members attend regular outing and groups, they are expected to attend at least 50% of monthly meetings. If you are unable to meet this requirement, then let the committee know via email so that you can be considered for a leave of absence.
- Members are encouraged to attend at least three (3) meetings out of the seven (7) meetings remaining for the 2024/25 Club Probus year (ie from July 2024 up to and including March 2025).

Treasurer's report

The Treasurer, Ray Pride, gave the following report:

Cash at Bank, 1 June 2024		<u>\$16,023</u>
Add Receipts for Month		
Zig Zag Railway 20 @ \$122	\$2,440	
RMYC XMAS Lunch 33 @ \$40	\$1,320	
Circus 18 @ #108.75	\$1,957	
NutCote House 8 @ \$35	\$280	
Childrens Medical Research 4 @ \$ 72	\$288	
 Total Receipts		\$6,285
 Sub Total:		\$22,308
Less Payments for Month		
RMYC XMAS LUNCH 42 Attending	\$1,680	
CHILDRENS MEDICAL RESEARCH 39 Attended	\$2,808	
NUTCOTE HOUSE Deposit	\$100	
"NEWPORT BOWLING CLUB Hire of Hall, Rent JAN to MAY"	\$550	
MONTHLY MEETING COSTS	\$20	
TOUR REFUNDS	\$80	
 Total Payments:		\$5,238
 <u>Cash at Bank 30 July 2024</u>		<u>\$17,070</u>

Ray noted that in the next month there will be a large payment to cover Cirque du Soleil and other events and there is enough funds to cover these payments.

Update on Tours and activities

- Joyce Moody, spoke about the upcoming tours described in the powerpoint presentation.
- Lyn Hope spoke about the visit to Nutcote House next week. Giving the times to catch the bus and which ferry to catch at Circular Quay for Neutral Bay. She is waiting on payment from 2 visitors.
- **Art Gallery Visit:**

Lyn Hope spoke about the upcoming visit to the Art Gallery on Friday 26th July, meet at the old Art Gallery steps at 10:45 for 11 am. This did not appear in today's activities presentation. Refer to the EOI on the website.

- Christine Harris let us know that the Cirque du Soleil tour was full and happy to accept members for the waiting list.

- **Heaven's Devils:**

The new Men's group, Heaven's Devils, has 6 members interested so far. They meet at RMYC on Thursday 18th July at 2 PM. Let other male members know about this new group please.

BP Probus Calendar of events can be found here:

https://www.probussouthpacific.org/microsites/bilgolaplateauc/Calendar_of_Events

And Expression of Interest for Outings is found here:

https://www.probussouthpacific.org/microsites/bilgolaplateauc/EOI_for_Outings

- *The outings and activities listed in the General Minutes dated 5 July 2024 are approved by the Management Committee*

General Business

- Di Cross mentioned that Yvonne Giddy is driving to Longreach over 2 weeks and we are looking forward to stories of her holiday.
- Members attending the regular walks have asked if they can bring their dog. It was stated that this is not allowed. There was a question to the floor around whether this would be allowed if all members on the walk had a dog.
- Di Cross asked the membership to start thinking of what position in the management committee they could take on and to think about what they can do for the club.

Morning Tea

Di Cross thanked Chris, Sue, Donna and Joyce for providing today's delicious morning tea and thanks to Jan Turnbull for co-ordinating this and also to our volunteer serving ladies. Jan Turnbull is getting together a roster for the morning tea servers.

Guest Speaker

Di Cross announced our guest speaker, Dr Judy Ford, who spoke on "The Goldilocks Concept of Trace Elements, Healthy Aging and Dementia". Until recently, medicine has largely ignored trace elements and has especially overlooked their importance for healthy aging. Your research and those of many other scientists, have come to some interesting conclusions. Please welcome Dr Judy Ford.

An interesting talk on the research conducted on the effects of aging and ways that the process can possibly be slowed. Some suggestions were:

- Exercise
- Reducing weight
- Taking 1 tablespoon of virgin olive oil per day
- Eat 3 brazil nuts per day
- 1 spoon of maple syrup per day.
- Vitamins, A, C, D and K2
- Take MSM every day
- Reduce stress

Dr Judy Ford's books were sold when the talk ended.

Vote of Thanks to the Guest Speaker.

A vote of thanks was conducted for the guest speaker by Di Cross, thanking her for a very interesting talk on a subject which includes many items of interest to most members.

Confirmation of next meeting

Di Cross thanked all members for attending today's meeting and the next meeting will be held on 2 August 2024 at the Newport Bowling Club.

Close of Meeting

There being no further business, the meeting was closed at 10.55 am.

Diane Cross
Vice President

5 July 2024