



Combine Probus Club Castle Hill Inc

General Meeting: 20 September 2022

MINUTES

Open Meeting: - 10.00am

INTRODUCTION: Chairperson: - Aldo Cantori

- **Welcome**

Good morning, everyone and welcome to our September general meeting.

- **Visitors / guests**

A big welcome to our guests who have joined us today: Cynthia Richings. We hope you enjoy our proceedings.

Before we get into our formalities of our meeting today, as you are all aware it's been a very sad and historic week with the passing of the Queen. For many of us she has been the only British Monarch in our living memory. She will go down in history as our much-loved Queen. So, can we please, for those that can, be upstanding for a minute's silence of her memory.....Thank you very much.

- **President's Message**

- As most of you know I have been a bit unwell lately but as you can see, I am back. I have missed my Probus Family & I am so glad to be back with you here today. For those of you that don't know, I underwent fairly significant abdominal surgery in late July. My recovery so far has gone very well thanks to the wonderful care and support of my wife Karon. She has been my doctor, my nurse, my psychiatrist, and many other things as well. It is never easy for the partner in these situations. So, I would like to thank Karon for helping me get back to normal although she'll tell you That I have never been normal. I lost about 8 kilos in the process but I would certainly not recommend that weight loss program of mine. There are better ways to do it. My surgeon is very happy with the outcome, but as a precaution he wants me to undergo a 6-month course of chemo which commences next week. I understand that everyone reacts differently but I'm hopeful that this won't hinder my ability to perform my duties as your President. I'd like to thank John Perry for agreeing to stand in as President during my absence and for all of the Committee Members for covering my responsibilities during that time. Most importantly I would like to thank you, the members, for the many calls and messages of support. They were very much appreciated and certainly helped lift my spirits. On a separate point I know that a number members are facing some health challenges at the moment. I won't name them, but they know who they are. On behalf of all of the members, I would like to wish you a speedy recovery.

- **Housekeeping**

The usual housekeeping rules apply. Please ensure that your phone is off or on silent. In the unlikely event that we need to evacuate the building, our emergency assembly point is adjacent to this building. Toilets are located near the ramp on your left as you exit the hall. If you need to leave the meeting early, please make sure you sign out using the form located just inside the hall doorway.

- **Medical Cards** – for your own safety, you should be carrying a personal medical card at all Probus events. If you don't have one, please see our secretary, Bev Rooney and she will arrange one for you.
- **Lunch** – lunch today will be at the West Pennant Hills Sports Club. If you'd like to attend, please see Lyn Wilkes during morning tea so she can add you to the attendee list.
- **September birthdays** – a list of the names of those who are celebrating a birthday this month is included in the newsletter, including mine. On behalf of the management committee and all our members, I wish you all a very happy birthday.
- **Other announcements**

1. Vacant roles

We're still looking for someone to take on the following roles,

- Theatre Outings - these excursions are now on hold as we no longer have a convenor.
- International Tours – as travel gradually returns to normal, there will be many opportunities for interesting overseas trips but these can only happen if someone is willing to be the International Tours co-ordinator.

Both these roles are perfect opportunities for two members to work together to fulfil the role. If anyone's interested in either of these roles please see or give me a call.

- Vice President - most importantly, following the resignation of our Vice President, we urgently need someone to step into this position. May I remind you that if we don't have a President, we don't have a club. With about 190 members, our club is one of the largest Probus clubs around. It would be a terrible shame if our existence was to be threatened by our inability to appoint a future President. Before I became President, I felt very apprehensive about the responsibility that lay ahead but let me assure you that with a great Management Committee, the role is not as demanding as you might think – if I can do it, so can most of you. So, I hope I've said enough to encourage some volunteers to come forward. The bottom line is that it is now September, and the Committee will need to consider whether our club is in a position to continue.

2. Spotlight on a Member

This month's SPOTLIGHT on a member features foundation member, Neil Gover and our Day Tours convenor Elizabeth Lessells. Many thanks to Neil and Elizabeth for your interesting stories. I don't think there's any truth to the rumour that Elizabeth is starting a Probus caving activity group.

I'm keen to have more of our foundation members participate in the Spotlight feature so don't be surprised if you receive an email from me, inviting you to complete the questionnaire. Participation of course, is always voluntary.

SECRETARY'S REPORT - Bev Rooney

-Today's meeting: Present: 116; Apologies: 28; Leave of Absence: 12; No contact: 24; Visitors: 1
Cynthia Richings

Correspondence In: Rotary Club of West Pennant Hills & Cherrybrook advertising a Garage Sale on 1/10/22 at Cherrybrook Uniting Church. Flyers have been emailed to everybody.

There is a Probus Day on 1/10/22 in Parramatta Park. You must RSVP to this function and flyers have been sent to everybody.

TREASURER'S REPORT - Anne Lockwood

Good morning, everyone. We are very financial & paying our bills; we are quite wealthy. My problem is that if we make a decision without a Vice President, Probus South Pacific can close us down. At the end of Last month, we had \$40,000 in the bank; we don't have that now as I have had to pay a few bills. If we are ever closed down, any funds we have in the bank will go to Probus South Pacific. Now none of us want to do that; I certainly don't want to do that and can I tell you that they actually closed down a club that had 120,000 members. They are not going to risk having us running without a full committee. I am more worried about the money. We are going well until the next meeting.

INDUCTIONS

The President inducted two new members, Jerry Wajzer and Marianne Leicher. Please join in welcoming these new members.

ACTIVITY REPORTS

Committee reports	Coordinators
Week away tours	Colin Yates – It is great to see our President back. The Silo Art Tour to Melbourne & Victoria the 15 people on trip have all paid. We have to make sure we are all able to catch the bus at 6.30 am. We have 2 car spots available for the parking. For 2023 we have had little support for our trips in the early part of the year to Queensland. Only 2 or 3 people are insufficient to have a trip. In the latter part of the year, the 9-day trip to Adelaide & the Peninsulas, we have 21 expressions of interest. Please see me at morning tea.
Special events	John Michell- Crazy Whist Night -Wednesday 28 th September, 7.00 for 7.30 in the Red Gum Room. Cost \$10.00. BYO drinks but nibbles are provided. Jenny Wilson will be our host. Coffee & cake after. The Christmas Party—not many people have put their name down. You will not be able to do this at the November as the cut off is next month as numbers need to be lodged with the Epping Club. The cost is \$70.00. Tuesday, 10/1/2023 is Breakfast in the Park
International Tours (no report)	VACANT

Theatre Outings (no report)	VACANT
Day Tours	<p>Elisabeth Lessells – Bare Island was a great Day. <u>Seven Islands Cruise</u> on 11/10/22. Cost \$90. We are going to go past Lion, Dangar, Spectacle, Long, Peat, Milson & Bar Islands. s. We will be onboard their ‘cutest’ vessel – Emily. We are having a fish and chip lunch. 39 people have booked. Hunter Valley, Christmas Lights. On Sunday 4 & Monday 5 December. \$495+ \$75 single supplement. There is a Christmas dinner. We will be staying in at Harrigans, a 4-star resort and having a wine tasting, a cheese tasting.</p>
Activity groups	<p>Chris Savage-Attendance records are to be kept by convenors for 12 months in the event that we need to refer to them for matters such as insurance issues. Thursday \$2.50 club trip to Balmoral. Walk with Jenny Wilson on Friday to Long Reef & Collaroy. On 5th October, the men’s group will be attending a Brewery & sampling.</p>
Sue Donnelly-Caravans & Camping	<p>Many years ago, when the Club was first formed, we all had caravans. However, lifestyles have changed and many of us prefer the comfort of staying in a cabin. We have a membership of 42, with an average group of 30. We like to get away 2 or 3 days a year for 5 days at a time. We travel by car for distances that take 2-4 hours. Next year, we are hoping to travel a bit further & stay a bit longer. In about 3 weeks, we will be staying at Fingal Bay in the Port Stephens Area. It is a pretty area with a variety of things to do. Activities that we have done or intend to do range from walks to scenic drives, swimming, cruising, hot air ballooning, 4-wheel driving, beer & wine tasting. This helps people cross things off their wish list & there is always something to explore. We are an easy-going group & we try to provide for everyone’s wants & curiosities. Food can be as simple as sandwiches, fish & chips, to dining in cafes or BBQ’s. At night we unwind playing cards or board games, sitting around a fire having a chin wag, or retiring early for a well-deserved sleep. We are happy to carpool.</p>

Aldo pointed out the process of the defibrillator in action as Bev Rooney passed it over to Sue Donnelly.

Unfortunately, the walk this Friday has been cancelled due to lack of interest.

Also, whoever borrowed John Perry’s keys to the hall, please contact John.

ADJOURN FOR MORNING TEA AND RECONVENE AT 11:00am

Barry Haywood Hosted a program based on Physical Exercise - Subject: Wake Up & Exercise.

GUEST SPEAKERS -- Michael Alters and Ben Kayser, Exercise Physiologists

Wake Up & Exercise – Exercise helps as we age & Club Active gym specialises in exercise for the over 50’s. Exercise is very important for those recovering from illness & injury. Club Active is the leading Gym for

over 50's commencing its activities in Queensland. Michael & Ben concentrate on exercise & lifestyle activities for prevention of injury & disease, building strength & mobility & review activities that can be used at home.

They explained the difference between Physiotherapists, Exercise Physiologists & Personal Trainers. Exercise Physiologists want to change the way you age, treating people with high blood pressure, High cholesterol, etc. Most older adults have a physical age older than their chronological age. Judging by the way these speakers were received, and the number of brochures handed out, I believe this was a very successful talk.

CLOSING COMMENTS

Closing Comments: Barry thanked the speaker for attending & presented them with gift cards.

Next Meeting: Tuesday 15 October 2022

Guest Speaker: Maureen Bartlett

Topic: Health & Beauty

Host: Bev Rooney

Meeting Close: - 12 Noon

President- Aldo Cantori

Secretary- Beverley Rooney