

Probus Club of Kincumber Inc.
Minutes of General Meeting Number 302
held at Avoca Bowling Club on Tuesday 26 May 2009

President Kevin Southgate opened the meeting at 9.30 am and welcomed Members and guests: Terry Browne (guest of Kevin and Lorraine Southgate) and Alan Booth from Avoca Beach Probus Club (guest of Tony Kelly).

President Kevin then inducted Anne Mulford and Velda Robson into the Club and congratulated them.

Minutes of previous meeting: Secretary Richard Collins read a synopsis of the Minutes of the last meeting. The Minutes were accepted as a correct record. There was no business arising from the Minutes.

Correspondence: News Sheets from other clubs; travel brochures; announcements of concerts; Bowelscan forms; Anglicare literature; information on upcoming concerts.

Treasurer's Report: Treasurer Barry Riley reminded members that Annual fees are now overdue. He also provided the following summary of the Club's finances, allowing for outstanding cheques:

| | | |
|--------------------------|---------------------|--------------|
| Balance at 1 March 2009 | \$1,757.28 | |
| | <i>Year to date</i> | <i>April</i> |
| Income | \$1475.00 | \$1115.00 |
| Expenses | \$1017.41 | \$444.86 |
| Balance at 30 April 2009 | \$2214.87 | |

The Treasurer's Report was accepted.

President's Report: President Kevin welcomed Eric Waldegrave and his wife Jill, and said how pleased he was to see them after Eric's recent illness. He also mentioned David Dennison's excellent recent outing to Walkabout Park, unfortunately attended by only 11 people, and expressed the hope that we would have a much better attendance at future outings. Kevin then asked George Costigan to speak about a recent 8 day trip to Broken Hill organised by Gosford Blue Waters Probus Club. George said that 8 people from the Club had participated in the trip out of a total of 34. The train trip to Broken Hill took 13 hours. They had a tour of the city, visited Menindee, toured the Flying Doctor base and the School of the Air, did a 2 day trip to White Cliffs, staying in an underground hotel and visiting Wilcannia on the way back, visited several museums and a memorial for miners that had lost their lives on the job, visited the ghost town of Silverton, and visited many art galleries including Pro Hart's and seeing "The Big Picture" – a huge canvas portraying a stunning panorama of the landscape around Broken Hill. George concluded by thanking Gosford Blue Waters Probus Club for arranging the trip.

Membership Report: Membership Officer John Rudd reported that 46 Members (74% of the total membership of 62) were present. There were 9 visitors and 3 apologies.

Speaker Convenor's Report: Speaker Convenor Patrick Leonard said that next month Peter Moore will speak about the Cochlear implant.

Social Convenor's Report: Social Convenor David Dennison reported that there is currently about \$260 in the Social account. David handed out a sheet giving details of all social events for the rest of 2009. Upcoming events include lunch at Gosford Hotel on 9 June, a trip to Fort Scratchley near Newcastle on 15 July, a tour of Garden Island on 20 August, and a Hawkesbury River historic cruise on 8 September.

Editor's Report: Editor Wally Tuffs had nothing to report.

Welfare Report: Joint Welfare Officers Mione Dunbar and Lorraine Southgate had nothing extra to report.

Bushwalking Report: Bushwalking organiser Richard said that last Tuesday's walk in Bouddi National Park had been successful with 12 attending. The June bushwalk will be on Kincumba Mountain.

Golf Report: Golf Leader Mike Ryan said last week's golf had regrettably been cancelled due to rain.

Bowls Report: Bowls Leader Reg Davis said that he is getting together teams for the Jim Price Memorial trophy game on 31 May.

Theatre Report: Theatre Convenor David Dunbar referred to the material in the News Sheet and, in particular, to the forthcoming plays at Woy Woy Little Theatre.

Profile talk: The first lady to give a Profile Talk at our Club, Rhoda Roberts, gave a most entertaining account of how she and Stan had got together 52 years ago. Rhoda was born in Bondi and raised at Maroubra. At 19, she was saving up to go overseas. In addition to her regular comptometer operator's work, she had taken a waitressing job 3 evenings each week at a local hamburger joint. Although most of the clientele were "insalubrious", a refined English gentleman (Stan) had walked in one night and ordered a pineapple milkshake, which she served with double flavouring. A few more milkshakes followed on successive nights before Stan plucked up the courage to ask her out. Rhoda persisted with her ambition to do the overseas trip and met up with Stan for a weekend when the boat called into Melbourne. Once in England, she stayed with Stan's family. After 5 months, they decided to get married and Rhoda asked her mother to organise the wedding while she remained in England. Apparently, when Rhoda's mother and Stan arrived at the church to discuss the arrangements with the minister, he assumed that it was her mother who was to be married. She was quite a good looking 50 year old at the time. However Stan soon put him straight. The wedding took place just one week after Rhoda returned to Australia.

General Business: None

After morning tea, Patrick Leonard introduced our speaker, chiropractor David Oxenham. David's web site is: www.championchiro.com.au. David was formerly a physical education teacher and councillor. As a way of fulfilling his ambition of helping people meet their potential, he had retrained as a chiropractor. Chiropractors had also helped David overcome his own problems as a result of playing rugby. Chiropractic started in 1895 in the United States by Dr B J Palmer, and is now the largest drug-free health care practice. Palmer's discovery was that virtually everyone has "sub luxations" – misalignments of joints that are less severe than dislocations, but large enough to affect the propagation of nerve signals between the brain and the rest of the body. During his talk, David encouraged questions from the group. Topics covered included the need for comprehensive medical assessment of the patient, including obtaining a complete medical history, before treatment commences; the safety of chiropractic (David said that it is 250 times safer than taking analgesics); the training of chiropractors (a 3-year BSc degree followed by a 2 year internship, and regular ongoing updating of skills); the benefits of the treatment for older people; and the need for regular reviewing of the patient's progress. George Costigan thanked David for a most interesting and relevant talk.

The Lucky Door Prize was won by Harry Goodban on the second draw.

Michael Ryan and John Mulford volunteered to help with morning tea at the next meeting of the Club on 23 June.

President Kevin advised the Committee that its next meeting will be at 2.30pm on Tuesday 2 June at Kevin and Lorraine Southgate's place.

Kevin then thanked Members and guests for their attendance, and closed the meeting at 11.40 am.

Signed as a correct record: Kevin Southgate, President