

**Probus Club of Kincumber Inc.**  
**Minutes of General Meeting Number 315**  
**held at Avoca Bowling Club on Tuesday 22 June 2010**

President David Dennison opened the meeting at 9.30 am.

The meeting stood for one minute's silence in respect for Bruce Lawrence who died on 19 June.

Guest Speaker: Speaker Convenor Patrick Leonard introduced our speaker Dr Paul Regal from Wyong Hospital who spoke about health issues for older people. Paul pointed out that, while most organs can be fixed or replaced if they fail, the brain is the exception. This makes it our most important health asset and we must therefore look after it well. Dementia in older people is generally progressive, and is characterised by loss of memory and the inability to perform simple functions. A key factor in avoiding dementia is how well we have looked after ourselves throughout our lives. Paul said that at 5 years you have the brain that you inherit, while at 75 years you have the brain that you deserve. Key activities that can help maintain good brain function include regular exercise, good diet, intellectual stimulation (such as reading, puzzles, games – particularly involving other people, playing music and mature age education such as at U3A) and preventative measures (such as avoiding head traumas). Factors which can destroy brain function include high blood pressure, high cholesterol, obesity, high alcohol intake, falls, smoking, stroke, Parkinson's disease and a range of circulation and infection problems. Paul summarised his talk by saying that looking after your brain is like an insurance policy for productive and happy senior years. Following an extended interactive question-and-answer period, Mike Ryan thanked Paul for his stimulating talk.

The meeting then adjourned for morning tea.

Minutes of previous meeting: After morning tea, 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 and tour brochures; 2010 Directory of Probus Clubs.

Treasurer's Report: Treasurer Barry Riley provided the following information about the Club's accounts:

Balance at 1 March 2010	\$1064.01	
	<i>Year to date</i>	<i>May</i>
Income	\$1710.00	\$330.00
Expenses	\$1008.46	\$44.99
Balance at 31 May 2010	\$1765.55	

President's Report: President David presented Immediate Past President Kevin Southgate with a book of photographs of our Club's events during the year of his Presidency.

David congratulated Lerryn Mutton on his Award of Medal of the Order of Australia. The meeting supported this with acclamation.

David also spoke about safety in the home and encouraged members to install handrails and similar safety devices in critical areas.

Membership Report: Membership Officer Reg Davis said that there were 40 Members present out of a total membership of 58, and 8 Apologies.

Speaker Convenor's Report: Speaker Convenor Patrick Leonard said that the July speaker will be John Holt from the Friends of the Performing Arts Precinct. The debate will be held in August. In September it is planned that someone from the Crime Prevention unit will speak on personal safety.

Social Convenor's Report: In Social Convenor Ruth Charlesworth's absence, Kevin Southgate reported that the visit to the Ken Duncan Gallery had been very successful. In July Mione and David Dunbar will host a soup and damper day at MacMasters Beach Surf Clubhouse. The August event will be a day at Wyong races.

Editor's Report: Editor Wally Tuffs reported that the 2010 Membership Register and a list of email addresses for Members have been distributed at this meeting.

Welfare Report: Joint Welfare Officer Mione Dunbar mentioned that we had lost contact with Life Member Keith Austin, but that Velda and Ken Robson believe that they now have the matter in hand. Peter Goddard will have a hip replacement operation tomorrow. Velda Robson reported that Ron Baker is unwell. Fred Leake said that David Lester is out of hospital and recovering well from his surgery.

Bushwalking Report: Bushwalking convenor Richard Collins thanked Lorraine and Kevin Southgate for an excellent walk from Dingledei Picnic area last Tuesday. Marie Riley spoke about next month's walk in Edogawa Gardens.

Golf Report: Golf Leader Mike Ryan reported that the courses have been drying out well after the heavy rain, and the group had played last Friday.

Theatre Report: Theatre Convenor David Dunbar said that the report was as in the News Sheet.

Profile talk: The Profile talk was given by Thelma Leonard. Thelma was born in England in 1943 in Essex, east of London. She attended the Grammar School in Maldon, of Maldon Salt fame. She intended to make a career in nursing but instead trained as an electroencephalographic (EEG) technician and found it most interesting. Before CT and MRI technologies were developed EEGs were widely used as an investigative tool for cerebral tumours and other brain pathologies. They have always been particularly useful for conditions such as epilepsy. She subsequently moved to London to do advanced training in this field, worked in several major hospitals and later joined a research unit. The Beatles were then into their transcendental meditation activities and she had the interesting experience of doing an EEG on George Harrison. (It was normal!) In 1980 she was offered a position at the Northcott Neurological Centre at Cammeray and she and her son, who was then nearly 10, migrated to Australia. She subsequently worked at Concord Hospital where she met Patrick. They were married a year later, which caused her to acquire 4 stepchildren. Between them they now have 13 grandchildren. Immediately after completing renovations on their late federation house in Bondi they sold it and moved to a 30 acre property at Wilberforce. Subsequently she set up her own EEG service. In her 50s, Thelma changed fields and obtained a degree, and subsequently a PhD, in Education. She regards the Central Coast as the best possible place to live.

General Business: Barry Riley advised that Bruce Lawrence's funeral was expected to be held on Monday 28 June. Richard will circulate details by email as soon as they are available. Because so many of our Members were present at today's meeting, it was agreed that it would not be necessary to do the normal ring-around.

Reg Davis informed those at the meeting who might not know that England had won the Rugby Union.

President David thanked Marie Riley and her helpers for morning tea. Janet Smith and Jean Johnson volunteered to help with morning tea at the next meeting.

The Lucky Door Prize was won by David Dunbar.

President David reminded members of the next General Meeting on 27 July and the Committee meeting on 20 July at Barry Riley's place. He thanked members for their attendance and closed the meeting at 11.15 am.

Signed as a correct record: David Dennison, President .....