

Notes of the Monthly Meeting held at C.ex Coffs, Vernon St. Coffs Harbour Wednesday 8th May 2019

President Pete opened the meeting at 11.00 am. The Guest Speaker Elaine Ghali has written a book aimed at identifying dementia and titled it “*Dementia – An Unknown Adventure*”. Elaine read a detailed history of her childhood and involvement with older folk who had apparently progressed to a stage of dementia as she was growing up. While she did not identify signs that others could look for when attempting to diagnose loved ones, Elaine made it clear that it is imperative to create different “groves in the brain”, particularly through exercise, and continue to learn if one wants to delay any onset of the dreaded disease. Elaine believes that music is a great brain stimulator, and that a Smile is invaluable.

Apologies: Val & Alan Brown, Neville & Angela Fryer, Pam Hughes, Julie McGann, Linda & Brian Williams. [In Advance: Elizabeth R till Oct; Norths till Sept.]

New Members: June Gambrell – Welcome, June...!!

Visiting Members: None this time.

Visitors: Judith & Roger Tooth

Previous Notes: Copies of the *Notes* of the April meeting were available from the Min. Sec. if required.

Matters Arising: Nil

Correspondence:

Incoming:

Letter from BCU re Merger with P&N Bank Western Australia

Outgoing:

Nil

Treasurer’s Report:

Assistant treasurer Val Kane reported for Treasurer Brian Williams the period to 30 April 2019:

Balance Carried Forward: \$3,949.68

Income: Subs, Meeting Fees, Excursions, fees missed in March **\$321.00**

Total Funds of \$4,270.68

Expenditure: Subs, Meeting refreshments, P/Cash reimbursement, and Excursion refunds, totalled **\$516.00.**

Balance available = \$3754.68 which accords with the bank statement printout.

Petty Cash Balance carried forward was **\$3.70**.

Reimbursement: \$200.00

Expenditure: Luck door vouchers (3) and Shearwater donation (2) totalled **\$100.00**.

Balance: \$103.70.

Future Guest Speakers/Topics:

Today	Elaine Ghali , Life Coach: <i>Dementia, an unknown adventure.</i>
12 June	TBA
10 July	TBA
14 August	Tanya Johnson , Pink Silks Trust: <i>From Little Things to...</i>

REQUEST FROM Pres. Pete: *If you have an idea for a guest speaker or for a topic, PLEASE let him know...*

Future Activities:

22 May	Mooney Beach Tavern Lunch PAYG. Own transport / carpool. Meet on site 11.30am for 12.00 mid-day.
26 June	Coach trip: To Remember When Museum] ...at Waterview Heights, near Grafton. Cost: \$35pp includes coach, Morning Tea and Museum entry. ...Lunch venues (Grafton) TBA (or own choice). PAYG.
24 July	Christmas in July. Sawtell RSL. 11.30am for 12.00noon. Cost: \$25pp. Buy own drinks.
August 2019	The Blueberry Processing Plant

General Business:

None this time

Lucky Door Prize: **Yellow 55** - Ann Walters

Next Meeting: **June 12, 2019** at C.ex Coffs, 10.30 for 11.00am.
Admission: \$5.00pp.

Closure: President Pete closed the meeting and invited members to dine in the Brasserie.

Wendy Bennetts

Minute Secretary
15/05/2019