

## Notes of the Monthly Meeting held at C.ex Coffs, Vernon St. Coffs Harbour Wednesday 13<sup>th</sup> November 2019

Dr Alec McHarg, a Behavioural Therapist, commenced his presentation with the advice that “*Sleep is a central indicator of our Health and should happen every day*”. The ability to sleep is based on a “cause and effect” situation and smoking and drinking alcohol are prime examples. Two glasses of **red** wine are apparently very acceptable. Attendees were very interested in what Dr Alec had to say about sleep, and healthy ageing in general, and several members expressed interest in the books and methods that Dr Alec mentioned.

**Apologies:** Anne Clarke, Sandra & Bob Daymond, Angela & Neville Fryer, Judy Johnson, Dot Nagy and Helen Tasker.

**Visiting Members:** Nil

**Visitors:** Paul Raets (friend of Gillian’s), and Karen (friend of Alec’s)

**New Member** None this time

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

**Matters Arising:** Nil

### **Correspondence:**

**Incoming:** Report from Coffs Harbour Mayor re Community & Culture Ctr.

### **Treasurer’s Report:**

Assistant Treasurer Val Kane reported for Brian Williams, the details as at 30<sup>th</sup> September 2019:

**Balance Carried Forward: \$3,955.68**

**Income:** Meeting Fees, Excursions, totalled **\$415.00**

**Total Funds of \$4,370.68**

**Expenditure:** Meeting refreshments, Fair Trading & Excursions totalled **\$309.00**.

**Balance available = \$4061.68 plus 2 unpresented cheques totaling \$147 which accords with the bank statement printout of \$4,208.68.**

**Petty Cash Balance** carried forward was **\$92.20**.

**Expenditure:** Lucy door vouchers & Shearwater Donation **\$60**

**Balance: \$32.20.**

**Future Guest Speakers/Topics:**

**Today**                      **Dr Alec McHarg** *Sleep – A Necessity of Life*

**Dec 11**                      Entertainment by the **Lakes Village Songsters**

**Future Activities:**

**27 Nov**                      **Visit Urunga Village** (Self-drive or car-pool)  
- **From 10.30am:** Make your own way for a general look around, particularly at progress of the new boardwalk and pontoon.  
- **12 noon: Lunch at Club Urunga.** PAYG  
*[Please contact a Committee member, or other member, if a lift is required...!]*

**Pending** (for 2020): **Visit to the Woolgoolga Marine Rescue Centre** (actually at Arrawarra (near Darlington Park).  
**THEN Lunch** at “*Flamingos Restaurant*” at the nearby NRMA Darlington Beach Holiday Resort.  
**Followed By** a stroll around the Park and beach.

*Please Note: Members are encouraged to pass on activities ideas to Committee members - either somewhere they've been or something they've done OR somewhere they'd like to go or like to do...*

**General Business:**

Confirmation that the **Lakes Village Songsters** will perform at the Christmas meeting.

**Lucky Door Prize:**                      **Purple 82** - Dulcie Hartman

**Next Meeting:**                      **Wednesday 12<sup>th</sup> February 2020** at C.ex Coffs, 10.30 for 11.00am.  
**Admission: \$5.00pp.**

**Closure:**                      President Pete closed the meeting at 11.50am and invited members to dine in the Brasserie.

*Wendy Bennetts*

Minute Secretary  
0412 729 604

16/11/2019