



## Minutes of the Monthly Members' Meeting

Friday, June 7 2024

Canada Bay Club  
4 William Street, Five Dock

The meeting was preceded by a short obituary for Peer Lean (a much appreciated Club member who died on 27 May) given by Helen O'Neill.

**1. President's Introductory Comments** – Bill Bryson  
Evacuation procedures in case of emergency were outlined.  
Attendees: 89 Visitors: 0 Apologies: 75

**2. Minutes of Previous Meeting**  
Confirmed by Karin Canty Seconded: Helen O'Neill

**3. Correspondence** None

**4. Treasurer's Report** – Allan Thompson

### **April Financial Report**

There is a slight decrease in the account this month, with the main spending on the upgrade to the website, purchase of membership badges and the booking for the BBQ facilities in January next year.

**5. Membership**

**6. Group Facilitator Reports**

### **6.1 Interest Groups** – Anne Symons

#### **Bushwalking**

The bushwalking group has a mix of walks for those interested. One month the walks are planned to be easier while the next month is more challenging. Details are on the website.

#### **Travel Chat**

The next Travel Chat will be on Wednesday June 6 11.00-1.00 in the Admin Building and will be led by Felicity and Rod Bonello on travel in Egypt.

#### **Photography** – Colin Petersen

Photography outings are open to all. The upcoming outing will be to the State Library on Tuesday 18/6/24 to see the World Press Photography Exhibition and The Country Cries for Truth Exhibition.

## **6.2 Outings – Margaret Morrison**

There are 25 registered for the Sex, Scandal and Murder Walking Tour on 17 June, and the Royal Automobile Club tour on 17 July is now fully booked. The Brigadoon and Bundanoon Clan Gathering is still scheduled for 3 August.

## **6.3 Travel – Jane Elliot**

A small group tour to India concentrating on the state of Rajasthan is planned for 19/2/25 to 5/3/25 organised by Rosalie Karim.

## **7. General Business – Bill Bryson**

Save the date for the next Meet and Greet on 16/10/24.

*Short break to allow the Guest Speaker to set up*

## **8. Welcome to Guest Speaker – Rob Mitchell**

Sally James gave an informative talk on the impact and incidence of falls, including that 1 in 3 people over the age of 65 have had a fall and the incidence increases to 1 in 2 people aged over 80 years. Sally also discussed positive strategies for avoiding falls and had written information available at the end of the meeting. Below are some websites that people might find informative.

<https://www.activeandhealthy.nsw.gov.au/>

<https://www.cec.health.nsw.gov.au/keep-patients-safe/older-persons-patient-safety-program/fall-prevention>

Vote of Thanks – Rob Mitchell

