



Monthly Members' Meeting

A G E N D A

Canada Bay Club, 4 William St Five Dock.

Friday 7th August 2026

The Club opens at 10am and Meeting starts at 10.30am

1. President's Introductory Comments (Pam Floyd):

- Housekeeping:
- Attendees:
- Visitors:
- Apologies:

2. Vale Beverley Rae John (Helen O'Neill):

3. Confirmation of Minutes of Previous Meeting:

- Proposed by:
- Seconded by:

4. Correspondence:

Email from Probus South Pacific re Financials for 2025-2026.

5. Treasurer's Report (Allan Thompson):

- Monthly Financial Report
- Proposed by:
- Seconded by:

6. Interest Groups (Anne Symons):

- Card+Board – Anne Symons
- New Group - Anne Symons
- Travel Chat – Felicity Bonello

Probus Club of Cabarita and Breakfast Point Inc

- Movies – Deb Xuereb
- Photography - Colin Peterson

7. Membership Report (Neil Price):

8. Outings (Sharon Peterson):

9. Travel (Jane Elliot):

Jane to talk about vacancy for India trip.

Marie Louise Riley to talk about trip August/September 2027. Western Australia trip to Ningaloo Reef – 3 days on a catamaran and 5 days Exmouth.

Maitland Steam Festival – Sharon Peterson

Short break to allow the Guest Speaker to set up

10. Introduction of Guest Speaker (Jehangir Sidhwa):

Speaker: Dr Reetu Verma

Topic: How One Simple Habit Can Reduce stress.

Reetu is the founder of Healing Health & Happiness, with over 30 years of experience spanning academia, research, and holistic well-being. She is devoted to supporting individuals on their journey toward healing, vibrant health and lasting joy through education, insight and compassionate guidance.

Reetu helps people reconnect, restore balance and nurture lasting well-being. Her healing work extends into volunteer service, reflecting her belief that well-being grows through both personal care and community connection.

11. Closing Comments (Pam Floyd):

12. Next meeting:

Friday 4th September 2026