



PROBUS CLUB OF DOUBLE BAY INC.

NEWS BULLETIN: NOVEMBER 2024

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Secretary Ken Packham valken61@tpg.com.au
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<http://www.probussouthpacific.org/microsites/doublebay>

Meeting Place: Cruising Yacht Club of Australia
New Beach Road, Rushcutters Bay
Day: Third Monday each month except December
Time: 10.00am to 12 midday
Social Coffee meeting: 1st Monday of each month
10am Mia Café Edgecliff Centre

Chair: David Lynch

Speaker: Sarah Pope, Safety System Transport Project Officer for Transport for NSW on Road Safety issues for older people

Christmas Party

Monday 2nd December at The Women's Club mid-day to 2.30pm.

Welcome bubbly and canapes followed by seared duck breast.

Surprise dessert to follow.

Members \$80 and visitors \$92.

Attendance sheet at back of room

MINUTES OF MONTHLY GENERAL MEETING

21st October 2024

Opening: With President David happily on the road to recovery, Past President Ken opened the meeting and introduced 1st VP John Cooke as Chairman for the meeting. John welcomed members and guests, spoke on David's recovery, and commented on his enjoyment in being a member and his involvement in committee and activities, especially the recent CYCA trivia night in Doreen's team.

Visitors: Andrea Thompson, inductee Christine Moroney

Apologies: David Lynch, Dasia Black, Boman and Vahbeez Kalapesi, Judy Kalnins, Julie King, Joan Poulton, Helene Gonski, Bess and Nairn Morrison Sue Ferrier, Jenny Pinson, Joe and Clare Crompton

Minutes: The abbreviated minutes of the September meeting were approved. No matters arising.

Induction: John invited Doreen to introduce new member Christine Maroney. John welcomed her to the Club. Christine spoke of her long satisfying TAFE teaching career; her wide range of volunteer work activities; love of arts and crafts; 3 children and 4 grandchildren.

Secretary: Ken again advised that the final chance for ordering magnetic name badges was at the back of the room with order to be placed after our October meeting. He invited members and guests to our Christmas Party, Monday 2nd December at The Women's Club from mid-day to 2.30pm.

Treasurer: James Stroud was absent but Warren advised end of year balance would be between \$500 and \$1000.

Entertainment: Gail Booth reported "Queen's Nanny" at the Ensemble Theatre was a great show. Wharf Review at Seymour Theatre for 20 Nov. **sold out**

Outings: Gail and Lynn advised a 12 seater bus trip to La Perouse and "Boomgate Gallery" at Long Bay on Tuesday 24th October \$12. Friday, November 15 proposed visit to the Nightingale Library and Museum at Sydney Hospital (cancelled). No outings planned for January.

Speakers: Carole advised that she has speakers lined up well into 2025.

Welfare: Doreen advised that both Ray Symons and Francene Lazarus are recovering from their hospital visits.

Membership: After Induction today we have 78 members with 11 on wait list. We are down to 27% men!

CYCA:. New caterers commence in November

General Business:

Guest Speaker: Dr Kathryn Goozee. Dementia.

John welcomed Kathryn Founding Director/CEO of the KaRa MINDS at the Institute of Neurological Diseases, Macquarie Park. She holds an Hon. A/Prof position within the medical faculty of Macquarie University and has 30 years of clinical experience in dementia in a variety of health settings; a PhD in Clinical Neuroscience from University of WA conducting clinical trials for the prevention of Alzheimer's disease and since 2008 has specialised in dementia. Challenging the boundaries of existing health models. Kathryn's address on Prevention, Detection Research and Care included slides showing healthy, declining and severely affected patients. She emphasised the need to generate a message of prevention and treatment, without stigma. Family reviews and testing is a critical aspect today in a growing Australian problem where 70 types of Alzheimers have been identified and blood tests are now measuring wide ranging pathology. Clinical trials for treatment using tablets, injections, IV infusions and vaccines are underway alongside a wide range of preventative measures including dealing with alcohol, cholesterol diabetes, hearing, sight, environment, sports head injuries and smoking.

Ongoing prevention studies of volunteer groups in 55- to 75-year-olds, with no prior diagnosis, nor considered to be at risk, are a leading aspect of clinical trials, and this is leading to volunteers opting for vaccinations to reduce or even stop progression of the disease. Currently women are more likely to suffer than men whilst chances are low genetically. Memory loss is an ageing matter for some people it is not a clear sign of troubles ahead. Deliberate decluttering of mind is a useful application to help enjoy a clear pathway ahead.

Although community costs are high from dementia, governments remain restrained in providing the level of assistance that develop more successful research.



Probus members welcome David Lynch back from hospital at morning coffee Café Mia

Next General Meeting, Monday 18th November 2024