



The Probus Club of Nepean, Inc.

Club No 56925

<https://www.probusouthpacific.org/microsites/nepean>

PO Box 231, Emu Plains NSW 2750. Email nepeanpro@gmail.com

President

Nancy McLeod
0468 867 706

Hon. Secretary

Faye Campbell
0417 267 866

Hon. Treasurer

Barry Syme
0417 241 295

MINUTES OF CLUB MEETING HELD WEDNESDAY, 5 AUGUST 2025

At Leonay Golf Club, 1 Leonay Parade, Leonay – in the meeting room

1. **WELCOME/OPEN:** The meeting was opened at 10:30am by President, Nancy McLeod. Put mobile phones to silent.
2. **VISITORS:** Andrie Peyper, Noelene Brendel (carer), Chris Hall
3. **MINUTES FROM PREVIOUS MEETING:** Summary of the previous Minutes 2/7/2025 were read by Lyn Roach. Copy of the full version was available at the meeting.
4. **CONFIRMATION OF MINUTES:** Confirmed by Glenys Forsyth and seconded by Margaret Carmichael
5. **BUSINESS ARISING FROM PREVIOUS MINUTES:** Nil.
6. **CORRESPONDENCE** – Lyn Roach – **Summary/outline of relevant correspondence July 2025.**

6.1. Sent (and reply if one):

- Our monthly newsletter was emailed. For those without email, it was either mailed or given out.
- Reminder for Christmas in July Orange.
- Added new member via PSPL Online Update, and paid capitation fee. Confirmation received.
- Booked Seniors Big Day Out, Sydney Harbour Christmas Cruise 9/12/25.
- Order to Ezy Engraving for two replacement name badges. Received.
- Email sent to those on list for Heliport Castlereagh tour 5/9/25 and menu choice for lunch at Long's House.
- Reminder email sent for MJ the Musical.

6.2. Received (& reply if one):

- Probuss clubs Cluster Meetings. Just to let you know some of us from the committee are attending cluster meetings for the purpose of networking to discuss topics and exchange ideas. Our club is in Probuss District 9685-1, and in Cluster 3 which has 9 clubs.
- From PSPL:
 - o Active Retirees E-Newsletters.
 - o Certificate of Currency 30/6/25-30/6/26 for Public & Products Liability.
 - o Probuss membership_cards for 3 new members.

Correspondence – Moved to accept: Jan Ludgate, **Seconded** by Sandra Walker

7. REPORTS

7.1. President's Report – Nancy McLeod.

Read out her full report from the newsletter. Read out the names of all of those having August birthdays, those who were present stood.

7.2. Treasurer's Report – Barry Syme

Activity Account, YTD \$107,196 in, \$11,0521 out. Diff -\$3,325. \$5,515 in bank. Everything works out in the end.
Club Account YTD \$14,690 in, \$11,494 out. Diff +\$3,196. \$6,486 in bank. All healthy.

Barry talked about his experience with the teller machine, notes were accepted but coins make it go haywire. When he called for help the staff were able to retrieve his credit cards and all the coins came back to him with \$25 extra so that was a bonus

Treasurer's Report Moved to Accept by Barry, Seconded by Ray Shackley.

7.3. Membership and Club Attendance – Pam Borse.

Present 90 members, 3 visitors, 21 apologies. Currently 121 members.

7.4. Hospitality – Nil

7.5. Outings – Lyn Roach read out a poem about trip to Orange.. (1) Aust Nuclear Science Lucas Heights 26/9/25 \$85. Max 30 people. (2) Sunshine Coast 15/6/2026-19/6/26 (3) Heliport Tour Castlereagh 5/9/25 please give Gwenda your chooses for lunch, or cake or nothing to eat

- 7.6. **Shows** – Gwenda O'Brien. (1) Elton Jack 20/8/25 at the Rowers. Payment today must have your name on the list if you want a ticket (2) Theatre Shows coming: Pretty woman 17th December at the Royal (this year), Lion King in April at the Capitol. No prices yet.
- 7.7. **Guest Speakers** – Dawn Hayward. There will be 4 speakers today and interactive papers will be distributed during morning tea.
- 7.8. **Newsletter** – Christine Upton. 4 failed deliveries but she is working to fix them.
- 7.9. **Welfare** - Lauraine Johnston. Nothing extra to report only ongoing problems with some in hospital. Keep well spring is coming
- 7.10. **Historian** – Janet Sheen. Not called up, nothing new to report.
- 7.11. **Walks** - Lyn Roach. Recounted “funny” storys from last month’s walks.
Last month July 2025. (1) Ashfield – Dulwich Hill(2) Manly - Balgowlah
August 2025 walks Lyn will do all walks this month. Bella Vista- Norwest, Randwick to Centennial Park, Liverpool.

8. GENERAL BUSINESS

Nil

- 8.1. Lucky Door Prizes. (1) Our \$20 cash lucky door prize. Ticket drawn by Andrie Peype, won by Maria Macri.
 (2) Golf Club \$15 voucher (use on day). Ticket drawn by Keith Kirby, won by Rose Shackley.
- 8.2. Morning Tea 10:55am.
- 8.3. Guest Speaker 11:15am Dawn Hayward introduced Nurse Next Door, Karen, Sherree, Adit and Demil
 Karen is a care designer and talked about happiness, mindset and wellbeing.
 The way to lengthen your life is to think positively at this age we should be able to do what we want.
 The power of happy aging takes work, dont let the old man in and stay busy.
 Age is described in three way, chronological, biological and psychological.
 We did activities on being aware of situations and taking action, deep breathing and mindfulness, enjoy the little things in life.
 You are never to old to try something new and make new goals, make life better whatever it takes to get peace of mind..
 Nurse next door matches carers with nurses, is available 24/7, fast and easy when you have an aged care package and they can provide companionship, housekeeping and nursing.
 There were a few questions but most were referred to Sherree to assist with specific inquiries
- 8.4. Vote of thanks by Dawn Hayward. Dawn thanked Karen and her team and said how informative the talk was and a great inspiration to enjoy life.. She presented Karen with a Certificate of Appreciation and our Probus notebook with pen plus a donation.

9. **NEXT MEETING:** Wednesday, 3 September 2025 at Leonay Golf Club, 10:30 am.

10. **CLOSE MEETING:** Nancy McLeod closed the meeting at 12:05 pm.

President.....Date.....