

Notes of the Monthly Meeting held at Sawtell RSL Club, Sawtell Wednesday 8th March 2023

President Pete opened the meeting at 11am and welcomed members and guests.

Pete re-introduced Dr Alec McHarg to present a difficult topic - *Unravelling Western Society's Domestic Violence Dilemma*. Dr Alec's talk covered a multitude of sub-topics, including how "too much sugar causes the brain to jumble", hence setting off arguments.

Dr Alec also highlighted how poverty is oftentimes a cause of DV, and how this has been exacerbated in recent years because it has been too easy to borrow money.

Often this is highlighted by society's propensity to accept *Top Down* structures both in work and home situations, rather than *Bottom Up* structures where those at the workplace/home really understand the problems and too-often the real reasons for DV.

Apologies: David Bennetts, Louise Cluley, Linda Crabb, Dulcie Hartman, Val & Ron Kane, Pauline & Larry Keays, Kerin Merat, Julie McGann, Dot Nagy, Stella & Tom Tegg, Marcia Trew and Jill Watters.

Visiting Members: None this time.

Visitors: Gloria Johnson

New Members Sue and Ray Hone

Previous Notes: Notes of the meeting held on 8th February 2023 had been distributed.

Matters Arising: Nothing

Correspondence:

Incoming: Renewal advice of PO Box annual rental.

Outgoing: Nil

Treasurer's Report: presented by Treasurer, Brian Williams.

Balance Carried Forward from 31 January 2023 - **\$4,721.54**

Income:

- Meeting Fees - \$175.00

- Port Macquarie River Cruise transfers - \$700.00

- Port Macquarie River Cruise cash - \$400.00

Total Income - \$1,275.00

Total Funds of \$5,995.54

Expenditure:

Port Macquarie Trip (Cruise deposit) - **\$250**

Total Expenditure: \$250.00

Balance available = \$5,746.54

which accords with the bank statement printout - **\$5,746.54.**

Petty Cash Balance carried forward - **\$56.55.**

Income: - NIL

Expenditure: -Lucky door voucher \$20; Raffle tickets \$5.00.

Balance as at 28th February 2023 - \$31.55

Future Guest Speakers/Topics:

- Today** **Dr Alec McHarg:** *Unravelling Western Society's Domestic Violence)*
Dilemma: Definitions, Escapes and Recovery
- 12th Apr '23** **Sarah Soto** (Customer Care Specialist @ Service NSW):
- *Service NSW - Savings Finder Program*
[tentative: Service NSW concerns about COVID...!?!?!]
- 10th May** **Karen (Kaz) Nicholson** (Hearing Australia)
- *Hearing Loss: Causes, Solutions and Costs*

Future Activities:

- 22nd March '23** **Port Macquarie Bus trip & Cruise**
- Pick-up points as advised by Flyer
- \$100 pp (subsidised).
- 22nd March '23** **Alternate activity for Members & Friends not going to Port Macquarie**
Dolphin Marine Magic - Lunch - PAYG
Contact: Jean - by 20th (for numbers, please) **0427 527 486.**
(Flyer attached – for the 'fridge...)
- 26th April** **LUNCH** at the *Green House Tavern*
- 24th May** **LUNCH** at *Wylde Oak Café* (in Coffs Garden World)
- 28th June** **Timbertown - Wauchope Day Trip**
- 26th July** **Christmas in July**
- 23rd Aug** **LUNCH** at *Woopi Brewery*
- 27th Sep** **Botanic Gardens**
- 25th Oct** **Dorrigo day trip** (own transport or bus TBA)
- 22nd Nov** **LUNCH** at the *Link Cafe*
- 13th Dec** **Christmas LUNCH** at Sawtell RSL Club...!!

General Business

President Pete reminded members that Lyn Fox brings brochures, left at previous meetings by guest speakers, to each meeting. Some are from months back, and are displayed for members to help themselves to any they may have missed.

Lucky Door Prize: C14. Lyn Fox - Red Hot cash this month (a nice reward for her work).
(The voucher is resting at Brian's.)

Closure: President Pete closed the meeting and invited members to enjoy lunch in the Bistro.

Wendy Bennetts

Minute Secretary
9/03/2023