



Probud Club of Glen Osmond General Meeting 486 Minutes Monday 7th April 2025

Opening 11.00am. President Mary Dawes opened the meeting and welcomed all, including visitor Ellis Wayland and Guest Speaker Libby Kosmala OAM.

Apologies: Peggy Barker, Geoff Bowels, Kaye Leaker, Christine Lincoln, Helen Martin, Irene McPhersen, Deb Morris, Dawn Yeatman.

Resignations: Barbara Lord and John Thornley have submitted resignations.

Birthdays and Anniversaries

- 4 Birthdays—Pat Cohen, Barb Corrin, Richard Morris, Michael Shanahan.
- 4 Anniversaries—Bryce Kohler, Andrew and Sue McEwin, Tom Pearce, Ellis Wayland.

Minutes of last meeting Monday 3rd March

The minutes of the meeting Monday 3rd March were approved by a show of hands and signed by the President.

Business Arising

Alan Perry asked members to share with him any ideas they may have for improving the monthly Newsletter which he prepares.

President's report – Mary Dawe

Mary reflected on her recent visit to Melbourne to attend the Garden Show which left her in wonder of the amazing displays and the effort that went into preparing them. She was also left wondering at the controversial exhibition of Japanese Artists!

Mary also commented on our declining membership and asked us to give serious thought as to how we can encourage other retirees to enjoy the friendship and inspiring speakers that Probud offers.

Finally she wished members a safe and happy Easter and encouraged members to join her next Monday on a walk around the Mt Lofty Gardens followed by lunch at the Crafers Hotel.

Treasurer – Andrew McEwin

Andrew indicated that the current balance is \$4598 (including the \$1000 grant from the Burnside Council).

Activities – Kaye Leaker

Kaye had advised the Secretary that the Murray Bridge trip supported by the Burnside Council grant is booked for Monday 19th May 2025. 25 members indicated by show of hands interest in participating. Numbers and payment to be confirmed at the next meeting 5th May 2025.

The Probud Lunch at the Crafers Hotel has been booked for 12.30pm next Monday 14th April at a cost of \$40 per person.

Welfare – Jill Casperson

Jill indicated that Dawn Yeatman is recovering well and was pleased to be contacted, and that Helen Martin is also progressing well following a knee operation

Membership – Brian Rice

- 58 Regular Members
- 7 Non Active Members
- 1 Honorary Member Dr John Skipper

Attendance – Bev Webber

- Present 39
- Apologies 9
- AWOL 10
- Total 58 (Plus 7 Non Active)

Profile Speaker – Bev Webber

Beverley reflected on her interest and experiences in palliative care. This interest was generated when she worked in the office for trained nurse Joy Nugent in her company Private Palliative Care. After connecting with families needing assistance Bev decided to attend a course run by Professor Maddox to train nurses in palliative care, which she found 'enlightening and of great benefit', especially when her own mother was in nursing care and in need of pain relief.

Bev also described the time she and Brian spent in Cambridge, England with Brian's younger sister Carol and family in her last days with ovarian cancer. Carol was able under the National Health scheme to receive palliative care at home; she was set up in hospital bed downstairs so that members of the family were able to share with her as she faded. Her local doctor and palliative care nurses visited daily. "There was always someone holding her hand; she died peacefully with her husband and children around her."

Fortunately such home palliative care is now available in Adelaide.

A book on the topic that Beverley recommends is The In-Between by Hadley Vlahos a deeply personal memoir from a passionate young Hospice nurse in Florida.

Finally Bev made reference to Voluntary Assisted Dying (VAD) which became law in January 2023, offering details obtained via Google.

Story time with Tom

A punchy tale about a middle aged woman in rehab after an operation. God told her to make the most of it as she only had limited time left on earth, so she had a facelift and a tummy tuck. When the time came she was passed over at the pearly gates. God said sorry I didn't recognise you!

11.00 Guest Speaker – Libby Kosmala, OAM represented Australia at twelve Paralympics from 1972 to 2016 winning 13 medals, 9 gold. She remains the oldest Paralympian at age 74.

Libby has been disabled all her life. Born in 1942 with clubbed feet she had no movement in her legs and lived on the ground crawling around with plaster casts and a pair of her mother's shoes on her hands. Her younger sister until she was 20 months old crawled around with Libby. It was not until Libby was 7 years old that she stood for the first time, in callipers and surgical boots; she had to walk each day but movement was limited.

She attended Loreto Convent School in a wheel chair but there were no suitable toilet facilities appropriate to her needs, Friends at school befriended her and wheeled her around. Her first job on leaving school was as a typist at the Adelaide Botanic Gardens; here she needed to wheel to toilets outside of the office.

Later in life she married and had two children through tough pregnancies worrying about potential disabilities for her children, and became active in swimming and shooting. She also learned to drive a Ford Anglia with hand controls.

Libby has been very active with several committees often as secretary, including the Spina Bifida Association, the National Physiotherapy Board and the Wheelchair Sports Committee.

Her sporting career started with Archery whilst at the Botanic Gardens and broadened into wheelchair track events at the Hampstead Centre. She became active assisting disabled people from the country who wanted to be able to shoot from wheelchairs, which led to her own interest in shooting and Paralympic Gold medals. There are 4 shooting events from a wheelchair, two with air rifles over 10m and two with small bore (22) rifles over 20m.

Libby passed around examples of the small targets including a bullseye from her gold medal in the Seoul Olympics, and an array of her winning medals from a range of competitions.

The talk raised several questions from the floor, answered with humour.

Ken Watson thanked Libby and offered a small gift of appreciation for his engaging talk.

The meeting closed at 12.00pm.

Signed as a true and accurate record

President

Date