

**MINUTES OF THE ANNUAL GENERAL MEETING OF OLDER MEN NEW IDEAS (OMNI) INC HELD
AT THE PACIFIC LOUNGE OF THE WAGGA WAGGA RSL CLUB, DOBBS STREET WAGGA WAGGA
ON 16TH AUGUST 2013 COMENCING AT 10:00 AM**

Welcome: Secretary Ray welcomed all of the OMNI groups present and their representatives and spoke briefly about the previous chairman, Victor Magill, who resigned during the year to return to his native New Zealand. Ray mentioned the preliminary issues of location of conveniences, continuous tea/coffee, cost of lunch and dinner and the allocation of discussion topics to the five tables. Ray thanked Frank Deluca and Harold Wilson for hosting. Ray thanked the sponsors, the Wagga Wagga RSL club and Eldridge Australia.

Apologies: Tamworth, now renamed as Marius Street OMNI group, and a report was provided by them; Charlestown; Tomaree; and Ken Young of Victoria who provided a report. Willoughby group has withdrawn from OMNI inc as they have no use for the insurance cover.

Minutes of the Annual General Meeting of 17th August 2012: were tabled and taken as a correct record of that meeting (Ian Scobie/Laurence Hull).

Treasurers Report: Laurie Hull presented the report, which was shown on the screen and stated that there is insurance and incidental items to come out of the balance at present. Copies of the report were requested by some members.(Laurence Hull/Andrew Hepburn).

Election of Chairman: Ray called for nominations. Keith Beck nominated and as there were no other nominations he was unanimously elected chairman and then took over the running of the meeting from Secretary Ray King.

Election of the remaining positions: There was only one nomination for each of the remaining positions and all nominees were elected unanimously –

Secretary/Public Officer: Ray King

Treasurer: Laurence Hull

Assistant Treasurer: Bill van Wel

Committee: Frank Deluca, Peter Piltz, Alan Puckeridge.

Motions:

1. That the per capita subscription remain at \$10.00 for 2014-15 (Ian Scobie/Ken King)
2. That the 2014 AGM be held in Wagga Wagga. (Laurence Hull/Vince King). One member put that the meeting be held elsewhere.
3. That the 2014 meeting be held on 15th August. As this date coincided with VP day celebrations it was moved that it be held on 22nd August. (Bob Toose/Vince King)
4. That financial assistance be given to OMNI groups who are engaged in forming new groups. Frank Deluca spoke to this motion giving examples of the kind of costs that may be involved. (Frank Deluca/Andrew Hepburn)
5. That stocks of brochures and 'Guidelines' be maintained for sale to members. The meeting was informed by Ray King that Eldridge Australia had offered to meet the cost of the brochures. He pointed out that they are quite important. He had spoken to Eldridge which has a new logo. The committee will update the wording and the logo and

send the revised version to members for comments. Also moved that a letter of thanks be sent to Eldridge (Ray King/Bob Toose).

6. To empower the OMNI committee to decide whether OMNI should affiliate with the Combined Pensioners and Superannuants Association at a cost of \$50pa. (Ian Edwards/Bob Toose). It was questioned whether this group was political and Ray King pointed out that OMNI is affiliated with COTA which could be seen as being political.

Reports from groups:

Victoria: Started in 2002 and now have 19 groups, working under the COTA umbrella. They have just started a group at an aged/disabled village and are looking at starting another 2 village groups, but these groups will need significant support.

Tamworth: They have 20 members, meet weekly and have meals, visits to movies, barbeques and bus trips (funded by wood raffles and members). They were previously Older Mens Network Incorporated and have changed the group's name to avoid confusion.

Remaining groups: Reported in general on member numbers, outings, meetings, etc.

Guest Speaker:

Merrin Moran Senior physiotherapist at Aged Care Services, Forrest Centre, Wagga Wagga, speaking about "Falls – avoidance", was introduced by Roy Possey.

Her talk was inspiring, held the attention of all members, attracted many questions and included some physical examples that members had to try. A summary of her talk follows:

Factors

Age. Young people are smaller and have strong bones. Older people's bones become brittle.

Muscle strength. We are meant to be upright and both legs are meant to be the same length.

Need good symmetry or could fall.

The higher the risk of falling, the higher the risk of injury.

Frailty leads to slower reaction time.

Could have asymmetry due to surgery. Metal in one side could make one unbalanced.

Medications may have different side effects for the same treatment.

Glasses – bi or multi focal. When going down stairs and looking down it may be difficult to tell where the edge of the step is.

Shoes are a mobility aid. Need an enclosed heel and a wide sole. Joggers are meant for jogging, not for walking on uneven ground.

Clothing

Home hazards

Energy levels – need good fuel.

Loss of balance – 3 strategies

Ankle

Hip

Shift the base – needs quick reaction time.

Physical activity is the best solution to a lot of problems. Drink lots of water.

Thanked by chairman Keith Beck.