



THE MEN'S PROBUS CLUB OF VALENTINE Inc

'The Young, Friendly, Fun Club'

NEWSLETTER
APRIL 2022

Club Website: www.ajcnsw.com/mpcov

The official publication of the Men's Probus Club of Valentine Inc.
Private and confidential for Probus use only and no other purpose

The Club meets in [The Tingira Community Church at 13 Neridah Road Belmont North](#)
4th Monday of each month at 10 am - **Except this month, see below**

NEXT MEETING - **TUESDAY 26 APRIL** - (SUBJECT TO RESTRICTIONS)

APOLOGIES to Robert Rae on 0411 141 823

and our GUEST SPEAKERS are:

April '22	Sarah Fenton	<i>Topic:</i>	Travel Post Pandemic
May '22	Gary Herrett	<i>Topic:</i>	200 years of Coal Loading in Newcastle
June '22	Jessica Kyle	<i>Topic:</i>	Cost of Living
July '22	Paul Mcfarlane	<i>Topic:</i>	Newcastle Airport update

CURRENT ACTIVITIES (*SUBJECT TO RESTRICTIONS*)

WALKING GROUP - Meets every Wednesday morning, contact Ron Tooney our coordinator on 4958 7910 for more details.

GENTLEMEN'S LUNCH - First Monday of every month, contact John Benson our coordinator on 0437 043 014 for more details.

OUTINGS PRESENTLY UNDER CONSIDERATION WITH PARTNERS

- Lunch cruise on Newcastle Harbour
- Lunch at Brown Sugar Restaurant

CONTENT

- President's Report
- Guest Speaker write-up
- Book Corner - Revitalised with a new twist
- Holiday adventure from one of our members
- Probus Travel Insurance update
- Probus Travel Handbook access
- ANZACS
- Committee Member details



President's Report

Well, thank you for entrusting me to a further year as your President.

Welcome to John Bear and Graeme Higgs on joining the committee. A thank you to the other committee members for their continued support. As you know all the committee positions are on a volunteer basis and your valuable time is very much appreciated. There are still vacant positions and some committee members are undertaking dual positions. Please consider taking on one of those positions.

Let us not forget the Supporting Officers and their continued assistance. Hopefully we'll be able to restart our BBQ's, stay tuned. A thank you to Ted Tait for stepping into the Book Exchange roll.

Our gentlemen's lunch was enjoyed by 10 members engaging in conversation and the hospitality of Jewells Tavern. Our next gathering is Monday 2 May. I spoke to Bernie Costello the other day and he is on the recovery path and indicated he is on track to attending our next meeting and gentlemen's lunch.

Our walking group has continued and a couple of weeks ago we started off and the sky was noticeably darkening. Half way through our walk we decided to return but alas it was in vain. Umbrellas were hoisted with little protection and we ventured under some trees. Shortly after the downpour eased to a steady flow we continued back. With shoes and socks sodden we entered the coffee shop at Speers Point and enjoyed a hot coffee and continued our chats. I believe last week the group met at Cherry Road Nursery for coffee and a catch up as the rain continued.

I was recently at the GP's and had my flu shot. If you haven't had yours yet then make some enquiries through your Medical Centre.

Hope you had a safe and enjoyable Easter with family and friends.

I sent a survey out earlier this month asking what you would like in your newsletter. At time of producing this newsletter I had received 4 replies. It would be appreciated if you could respond or alternatively place your ideas in the suggestion box that will be at the next meeting.

If you haven't had a look at our website recently please click on the link below and have a browse.

Our clubs website: www.ajcnsw.com/mpcov

Take care until we meet again.

Trevor

Guest Speaker Section

John Bear was kind enough to write up Part 2 of Dr John Page's presentation from last month.

In his earlier talk in January he spoke of the structure of the anatomy as seen with the naked eye and with a microscope. In this talk he described things seen on the extremely small scale of the electron microscope. The complex shape of haemoglobin in our red blood cells and the similarity of chlorophyll in plants and cyanohaemoglobin in the (blue) blood of squid and octopus was also demonstrated.

The double helix structure of DNA and the multiple possible combinations of the bonds that join the two strands gives coding ability that enables DNA to control reproduction and cell structures. Detailed structure of cell membranes and the active nature of pumping of substances through membranes was discussed.

Also introduced was the complex nature of the biochemistry of the KREBS cycle within our cells which extracts energy from the basic carbohydrates, fats and proteins we take in as food.

Before he began his talk he fell stepping down from the speakers platform luckily without coming to harm. The Probus audience appreciated his composure in staying on to continue with his presentation.

Book Corner - now managed by Ted Tait.

Fellow Members

After the last meeting's AGM, I agreed to take the role of Librarian for the coming year. My suggestion is that each month I will bring a selection of books from my collection, which members can borrow from. I intend to feature a different author each month, but if there's a particular writer you would prefer, tell me at the meeting or if you'd simply like to ask if I have a copy of a particular book, email (say a week) before the next meeting at ted_tait@hotmail.com.

Authors include - Bill Bryson, Lee Child; Agatha Christie, Bryce Courtenay, Ben Elton, John Grisham, John Mortimer, Kathy Reichs, Sidney Sheldon, Alexander McCall Smith, Readers' Digest Condensed Books, etc.

This author I've chosen for this month is **John Grisham**.

Titles are: A Time to Kill, A Painted House, Gray Mountain, Sycamore Row, The Appeal, The Associate, The Bleachers, The Brethren, The Broker, The Chamber/The Rainmaker, The Client, The Firm, The Innocent Man, The King of Torts, The Last Juror, The Partner, The Racketeer, The Reckoning, The Runaway Jury, The Street Lawyer, The Summons, The Testament, The Whistler, Theodore Boone The Accused.

Where I don't feel there are enough titles, I'll 'top up' with other authors. I would prefer **to have the books returned** at a subsequent meeting, so I ask members to write their name and the title of the book borrowed in the index book on the library table.

Happy reading from Ted

An Update Message from Bruce Helman - Tasmania Still

Well, we are still here doing the grandparent thing and some tourist things. Settling into the area and have the equivalent of a NSW Opal card to use on the buses in Hobart, although the Tas government has made bus travel free for a month to help with the cost of living.

I have been back to Salamanca Markets again, for the scallops, and found a lovely paella as well. Worth the trip and still interesting to see the local stuff on display. Another favourite of mine is TMAG, the Tasmanian Museum and Art Gallery, two visits so far. The Ned Kelly series has finished but colonial art is fascinating. The Antarctic display is impressive including a 1.5m long cut away model of the new icebreaker Nuyina made from Lego. It shows how the space is arranged, everything from the engine room to the bridge, including all the equipment, engines, helicopters, and all the dining and sleeping areas. Just fascinating both for the level of detail and the patience and skill involved in putting it together.

Another gallery of fame in Hobart is MONA, the Museum of Old and New Art. It is a weird collection of old and new art objects and displays housed in a gallery cut into a three storey deep sandstone vault. To give an idea of the style of the place they have just started using the negative reviews they have received on billboards around the town. Its fame is worldwide and attracts many people to Hobart even if they leave wondering what they have just seen.

On other museums are the Wooden Boat Society at Franklin to see the various boats being built by the students under supervision from experts. Interesting to see the different methods of construction between areas because of the types of boats being built and the methods of construction adapted to the local timber. Also, the Maritime Museum of Tasmania contains a great display of the rich maritime history of the area and maintains several small trading vessels in the harbour. Other trips were to the Derwent Valley Railway Society at New Norfolk and the Tasmania Transport Museum at Glenorchy that had a steam engine running on 400m of track. Both these museums hope to have final approval soon to start restoring track to run trains again.

I've also been to two Hobart Men's Probus Club March meetings and it is interesting to see the similarities and differences. It was the third club established in Tasmania and has about 100 members.

We have had two trips to Russell Falls with visiting friends and to the lovely Salmon Ponds for a quiet walk among the trees and the voracious fish. We have just been for a day trip to Maria Island (another first after fifteen or so trips to Tasmania over 60 years) named by Abel Tasman and has been variously a penal settlement, agricultural enterprise, a cement works and now a national park. There are some marvellous fossil beds, wombats everywhere, tiger snakes and many ruins and restored buildings.

As some of you know I am attracted to obscure detail. Well, I found a foundation stone for a relocated church in Sandy Bay laid by the governor Sir Francis Newdigate Newdegate. Naturally that led to an online search, and he was born a Newdigate but his uncle left him his substantial estate on the proviso that he adopted his name, Newdigate Newdegate, So maybe money does talk.

Finally, as I was driving up to Fern Tree the other day, the mountain was bathed in morning sun showing off the Organ Pipes in their full glory. I reflected on the changing nature of common everyday scenes and thought about the ever changing view that we always enjoyed as we would crest the hill at Eleebana and looked over the lake and the Watagans.

Probus Travel Insurance

Probus (PSPL) has now finalised Travel Insurance with Alliance Global Assistance and our members can now obtain quotes by either online or phone contact. The PDF containing the terms and conditions is also available.

There is a link on our website to both the quotes and PDF.

For ease of reference today the links are:

Quote: https://www.probusouthpacific.org/pages/travel_insurance_landing_au
or call 1800 125 234.

PDF: <https://probussouthpacific.us14.list-manage.com/track/click?u=d2547d665e84f7b3a91b2d485&id=e3cb58a360&e=2423c5a266>

Probus Travel Handbook

Probus (PSPL) has produced an extensive Travel Handbook of 136 pages for the Tour Officer covering tours in Australia, New Zealand, The Pacific Islands, Asia, Europe, USA and Canada.

There will be a copy at our meeting to view. Alternatively, you can access the book online by this link:

<https://probussouthpacific.us14.list-manage.com/track/click?u=d2547d665e84f7b3a91b2d485&id=7acc680bd9&e=2423c5a266>

The various packages cater for groups as well as individuals in some cases.

If you have any preferences and would like to see which members are interested in any particular tour please let the committee know.



ANZAC DAY COMMEMORATION NEXT MONDAY, 25 APRIL.

Anzac Day is a national day of remembrance in Australia and New Zealand that broadly commemorates all Australians and New Zealanders "who served and died in all wars, conflicts, and peacekeeping operations" and "the contribution and suffering of all those who have served"

Anzac Day marks the anniversary of the first campaign that led to major casualties for Australian and New Zealand forces during the First World War. The acronym ANZAC stands for Australian and New Zealand Army Corps, whose soldiers were known as Anzacs. Anzac Day remains one of the most important national occasions of both Australia and New Zealand; however, the ceremonies and their meanings have changed significantly since 1915. According to Dr Martin Crotty, a historian at the University of Queensland, Anzac commemorations have "suited political purposes right from 1916 when the first Anzac Day march was held in London and Australia, which were very much around trying to get more people to sign up to the war in 1916–1918."

Image below is the first Anzac Day Parade in Sydney along Macquarie Street on 25 April 1916.

Enjoy your Two-up.



Share with a Friend

Don't forget to send our newsletter on to a friend or direct them to our website : www.ajcnsw.com/mpcov

Encourage your friends to come to our meetings. We have very interesting Guest Speakers.

Please send your contributions for the newsletter to the email address of:

probusnews2280@gmail.com

GREATER BANK. *Payments to the Club*

Details for making payment either on-line or at a branch.

BSB 637-000 and

Account no. 780356294 and

(record your ' surname' + one word as a brief reference covering the purpose) e.g. 'XMAS', 'FEES', etc.

Committee Members 2022

President:	Trevor Brown	0488 469 119
Vice President:	John McGrath	0405 887 881
General Secretary:	Robert Rae	0411 141 823
Membership Secretary:	Robert Rae	0411 141 823
Assistant Secretary:	Bruce Helman	0412 485 610
Treasurer:	Brian Sullivan	0431 068 729
Events Coordinator:	John McGrath	0405 887 881
Ass Events Coordinator:	Vacant	
Program Officer:	Roger Wakefield	4954 4373
Ass Program Officer:	Graham Higgs	0407 658 269
Newsletter:	Trevor Brown	0488 469 119
Webmaster:	Vacant	
Attendance :	John Bear	0477 171 909
Welfare:	Vacant	
Historian:	Kevin Hepplewhite	0420 355 743
Roving:	John Benson	0437 043 014
Roving:	Vacant	
Support Officers - appointed by the Committee		
Public Officer:	Brian Sullivan	0431 068 729
Book Exchange:	Ted Tait	0401 397 499
Morning Tea Coord:	Ron Tooney	4958 7910
Walking Group Coord:	Ron Tooney	4958 7910
Computer Support:	Vacant	
BBQ Coord:	Austin Greener	4946 9192