



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 The Tingira Community Church 13 Neridah Road Belmont Nth 4th Monday of each month at 10 am**

**The guidelines are still in place to ensure the welfare of all our members. All members to exercise caution and follow the no contact rule.**

**COMING MEETING – 25 January**

**Speaker : Justin Smith -**

**Feet-** the whole is greater than the sum of its parts

The last meeting speakers – Judy Messiter – 'Weird and Wonderful Lake Macquarie'

**CURRENT ACTIVITIES**

**WALKING GROUP – Plus Social Activities –**

**CLUB MEETING 25 January -**

**GENTLEMENS LUNCH 1 February -**

**SOCIAL OUTING IN PLANNING for February-**

**Presidents Bit**

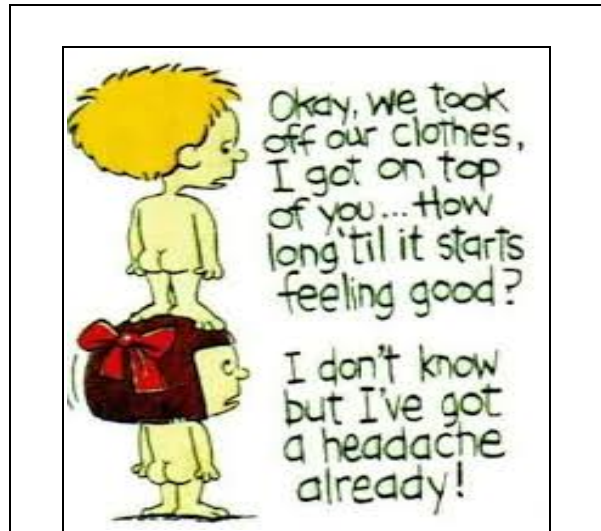
The end of a difficult year and the beginning of a new year full of hope. The year ended on a good note with an enjoyable Christmas function at Charlestown Bowling Club, the only disappointment being the inability to circulate around the room.

The Gentlemens Lunch with mine host Alan Beard at Jewells Tavern on January 11th was well attended. Unfortunately Alan experienced a fall the following day, necessitating a full hip construction. We wish Alan a speedy recovery, in the interim his organisational skills and dry wit will be sorely missed.

Your committee remains hopeful that the easing of restrictions will provide an opportunity to resume social activities. Roger Wakefield, provided a number of ideas for activities at the November Committee Meeting and is keen to get on with them as soon as conditions allow.

A belated happy new year to you all, I look forward to your company at our January meeting

President John



**Meeting Attendance & Apologies**

to Robert Rae

4946 8792, or 0411 141 823

**GREATER BANK. Payments to the Club**

Details for making payment either on-line or at a branch. Account no. 780356294 & BSB 637-000 (record your ' surname' + one word as a brief reference covering the purpose) e.g. "FEES"

## **SOCIAL ACTIVITIES**

.Inquires are being made for an outing In February to the Catalina Restoration / Rathmines. More details will be presented at the Meeting. Other outing are also in planning

## **GENTLEMANS' LUNCH**

**Monday 1 February 2021 at the Jewells Tavern 12:00** Select from Lunch Menu \$12.50

## **NEED NEW MEMBERS -**

With the loss and ageing of members we need to increase our numbers with new members. It is up to each member to seek out new prospective members, younger if possible, invite and bring them to our meetings. Give them a copy of the newsletter.

## **Harden Up Younger Generation**

If you were raised on bangers and mash for dinner hardly ever had take-away, had weetbix for brekkie, played in the dirt, got your arse smacked, had 3 TV channels and had to change the channel by getting up and doing it yourself, school started with the national anthem, you had a bedtime, you had to record the top 40 from the radio on cassette tapes, drank from a hose, had common sense and respect, .....had to come home when the streets lights came on, shared drinks with your mates not thinking about diseases, didn't have to text your friends to see if they were home you'd just go there and hope they were, did chores around the house to get any kind of money, could walk around the streets at night and feel safe, if you had a fight with someone it was one on one and not 40 on one, played in the creek, rode your bike all day without a helmet... and you still turned out OK. Repost this...and let the younger generation realise they need to HARDEN UP

## **My Daily Regimen**

My doctor took one look at my gut and refused to believe that I work out. So I listed the exercises I do every day: jump to conclusions, climb the walls, drag my heels, push my luck, make mountains out of molehills, bend over backward, run around in circles, put my foot in my mouth, go over the edge, and beat around the bush.

## ***GREAT SOCIAL ACTIVITY IN THESE TIMES.***

### **The WALKING GROUP**

#### **Coordinator Ron Tooney**

Every Wednesday, except the last Wednesday of the month, we will gather at the car park in Speers Point Park opposite the main entry to the park and Sal's Cafe. During the summer we will meet there at 8.30 am. Our journey takes us through the park heading right along Cockle Creek and under the Five Islands Bridges towards Boolaroo. After 30 minutes or so we commence our return to the vehicles. If there is sufficient interest we may indulge in coffee and refreshments in Sal's cafe provided adequate seating is available.

### **COFFEE WALK WEDNESDAY 27 JANUARY 2021 Speers Point PARK**

Due to the holiday period and Covid 19 requirements our FIRST COFFEE WALK for 2021 will be our usual walk at SPEERS POINT PARK, meeting at 8.30 am. After the walk we will have an Alfresco Morning TEA in the childrens' play area at a sheltered table. So please bring a MUG, a THERMOS of hot water, refreshments and a picnic chair may be helpful. The tea, coffee, milk, sugar etc will be provided

#### **Committee 2020**

President:	John McGrath	4946 7460
Vice President:	Vacant	
General Secretary:	Robert Rae	4946 8792
Membership Secretary:	Alan Carter	0411 425 668
Assistant Secretary:	Bruce Helman	4946 7974
Treasurer:	Brian Sullivan	4946 1153
Events Coordinator:	Roger Wakefield	4954 4373
Asst. Events Coord:	Bernie Costello	0481 340 641
Program Officer:	Trevor Brown	4946 9119
Newsletter:	Kevin Hepplewhite	4946 7775
Webmaster:	Alan Carter	0411 425 668
Welfare/Attendance:	Joe Gibson	4942 8243
Historian:	Alan Carter	0411 425 668
Roving:	Alan Beard	4946 8982
Roving:	John Benson	4948 1339

#### **Support Officers - appointed by the Committee**

Public Officer:	Brian Sullivan	4946 1153
Book Exchange:	Joe Gibson	4942 8243
Morning Tea Coord.:	Ron Tooney	4958 7910
Walking Grp. Coord.:	Ron Tooney	4958 7910
Computer Support:	Alan Carter	0411 425 668
BBQ Coord.:	Austin Greener	4946 9192