



THE MEN'S PROBUS CLUB OF VALENTINE Inc

'The Young, Friendly, Fun Club'

NEWSLETTER

Club Website: www.valentineprobus.au2.com MAY 2021

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

NEXT MEETING - 24 MAY -

APOLOGIES to Robert Rae

49468792 or 0411 141 823

and our **SPEAKERS** are:

Eden MacNeil and Georgia Amess from Hunter Rehabilitation and Health presenting Falls Prevention, Osteoporosis, Arthritis and Joint Replacements in relation to exercise.

If you missed the video shown prior to our last meeting and you would like to view it, then here is the link:

<https://youtu.be/qMglBwfhsN4>



A little background on our speakers and information about their presentation.

Eden is a Senior Exercise Physiologist accompanied by Georgia an Exercise Physiologist.

The presentation will be on 3 topics that are often prevalent in this age bracket and can also be related to each other. The topics include:

Falls Prevention: simple exercises you can complete at home to help maintain your balance and reduce your risk of falling.

Osteoporosis: how exercise can help strengthen your bones to prevent or slow progression of osteoporosis and what type of exercise is most beneficial.

Arthritis and Joint Replacements: how exercise can help manage arthritis and prevent joint replacements. How exercise can help you prepare for a joint replacement and what to do after your joint has been replaced to get the best out of it.

CURRENT ACTIVITIES

WALKING GROUP -

Meets every Wednesday morning

GENTLEMEN'S LUNCH -

First Monday of every month

LIFE OF RILEY TOUR TO JINDABYNE -

From Sunday 24 October '21 to Friday 29 October '21

CHRISTMAS LUNCH -

Booked for 14 December 2021

Our guest speaker in March was Graham Burgess. Brian Sullivan has expertly described the presentation as follows:

Grahams' enthusiasm for the unusual and adventurous was evident from the commencement of his verbal presentation to the final summation.

After visiting some 132 countries so far in his life it would be difficult to even contemplate what would be on his "Bucket List".

As a daredevil adventurer he took us through skydiving over the North Pole and how he spent a month on the South Pole, trekking through deserts and jungles. Topped off with base jumping from a waterfall in Venezuela. We should not forget his numerous treks through the outback of Australia and crossings of the Nullarbor Plain either on foot or in his restored 1929 Austin 7 motor car. The latter he restored from a pile of scrap metal acquired in Adelaide. All these adventures were fitted in while he ran local businesses and participated in local community activities. Remember the Wangi Queen and Santa in a boat.... These were all Graham.

He certainly was a man of boundless energy who exuded the same with his presentation. As a young-looking octogenarian, he had the outlook of seeking out the unusual and exploring them before he turns 90 and may have to slow down.

It was evident that he enjoyed the camaraderie of other fellow adventurers and their efforts to meet locals from far flung countries. No ordinary citizen would even consider some of the adventures he has undertaken.

His greatest pride was photographing his Lake Macquarie City flag in all these obscure countries and places.

Continued in next column

It certainly made for an entertaining presentation and reflection of our own personal achievements.

Some photos that Graham brought along from his adventures are below.



More information of Graham's adventures are located on the internet.

Presidents Message:

I've been relegated to the second page again 😞.

However, I survived the first meeting 😂.

It was a pleasure to induct two new members and welcome four guests at our April meeting.

Thank you to all those members who have contributed to our newsletter.

A thank you to Ron for organising the monthly coffee walk. Even though I was unable to attend the walk I joined the group later for coffee overlooking Merewether beach. It was a perfect day with great company.

The Gentleman's luncheon experience was just as engaging and enjoyable.

Don't forget to drop your suggestions into our suggestion box at the next meeting or email the editor on: probusnews2280@gmail.com.

Take care and be safe.

Trevor

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. “FEES”

Our Walking Group Co-ordinator,
Ron Tooney, *does a great job of organising our
weekly and our monthly coffee walks. Ron sent
me a brief note on our last monthly coffee walk
as follows:*

“Hi fellow walkers,
Thank you to the regular walkers who marched
last Wednesday along the Anzac Memorial
Walk. We were led by our 94 year old group
member, Ken who walked all the way from The
Hill to Merewether Beach House for coffee and
refreshments (Anzac Biscuits made by Wendy
Rae). It was a perfect weather morning with
such a beautiful seascape.”

*Ron sends out a weekly email to the regular
walkers and if it's wet we usually meet for a
coffee. If you would like to be on Ron's email
list please let him know. He would welcome you
to the group and you could enjoy more
friendship, fellowship and fun.*

Share with a Friend

Don't forget to send our newsletter on to a
friend or direct them to our website :

<http://www.valentineprobus.au2.com/>

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

Readers Corner

Breaker Morant and Saga Land have been
borrowed from our book collection.

There are many more books available and to
select one go to our website (located under the
tab ‘Special Interest Groups’), choose one and
let ‘Trevor Brown’ know and it will be
available to you next meeting.

A couple of books in the collection are:

1. Any sporting fans, well there is ‘Border’s
Battlers’

Describing the furnace of Madras, the tied
Test and a defining moment for Australian
cricket.

2. For those who are more adventurous there
is ‘Castaway’ by Lucy Irvine.

This story depicts survival on an
uninhabited Coral Sea island

I'm looking for someone to take over the
coordination of the book exchange. If you are
interested please speak to Trevor Brown.

Touching on Science

BELIEVE IT OR NOT

Diamond batteries from nuclear waste will run
for 28,000 years.

Are you a sceptic?

Read what Wikipedia has documented
(<https://en.wikipedia.org/wiki/>). You then need
to type in ‘Diamond Batteries’ into the search
engine.

If your interest holds google ‘diamond
batteries from nuclear waste’ and a mountain
of information is available.

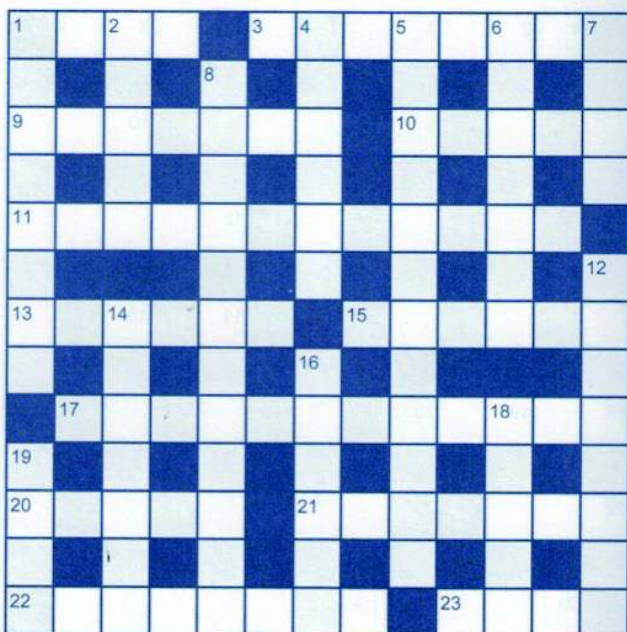
The S & P Award.

Only one guess so far, 'Salt and Pepper'.

That's not it, have another 'stab'.

Didn't like the Sudoku. Well try a crossword

5	2	4	1	7	8	9	3	6
1	3	7	2	6	9	5	4	8
4	9	3	7	2	5	6	8	1
7	1	2	8	4	6	3	9	5
8	5	6	9	1	3	4	2	7
6	8	1	3	9	2	7	5	4
3	4	5	6	8	7	2	1	9
2	7	9	4	5	1	8	6	3



Across

- 1 Cries (4)
- 3 Eating by taking small bites (8)
- 9 Dark pigment in skin (7)
- 10 Behaved (5)
- 11 Awe-inspiring (12)
- 13 Boring (6)
- 15 Uncover (6)
- 17 Item with 64 squares several games are played on (12)
- 20 Line segments in circles (5)
- 21 ___ down: apply oneself to a task (7)
- 22 Passenger (8)
- 23 Wane (anag.) (4)

Down

- 1 An unspecified person (8)
- 2 Attractive young lady (5)
- 4 Cause to start burning (6)
- 5 Badly bruised (5-3-4)
- 6 Ardent (7)
- 7 Deities (4)
- 8 Ugly (12)
- 12 Short heavy club (8)
- 14 Spiny-coated monotreme mammal (7)
- 16 Shout down; harass (6)
- 18 Foot joint (5)
- 19 Worry about (4)

Technical Section

Alan Carter has been busy again. This months information has been:

1. *Bone Density.*

The website for self-assessment is: <https://www.knowyourbones.org.au/>

2. *Techlife Magazine.*

There is a free version of SNAP10 which normally costs \$50. This program lets you snap any part of a screen display to save as either a JPG or PDF file.

This link will tell you all the features of SNAP10

https://www.ashampoo.com/en/aud/lpa/partner2024?editionId=27132&gclid=Cj0KCQjws-OEBhCkARIsAPhOkIbN7gsTGO-EdX89wradQ0KuSrVzMwWVqnTuqxi5v2QVtikh8FWixd8aAkTvEALw_wcB

The offer is only available until 20th June.

To accept the offer go to: www.techlife.net/exclusives

Alan has also been busy with some statistics:

1. One of our visitors asked what the average age of our membership. So, have a think and let us know what you think at our next meeting.
2. At our last meeting I asked who looked at our website over the last month. Very few raised their hands. Once again Alan tapped on his computer keys and came up with the following results:

The stats found for the first 4 months of 2021.

2021	156	182	164	181
------	-----	-----	-----	-----

With 181 viewings for April to date that's an average of 7 viewings per day so obviously some of the members not in attendance today do look at the website.

OR there are also people from outside the Club viewing the website which will hopefully attract new members.



A Little Humour

A judge was interviewing a woman regarding her pending divorce, and asked, "What are the grounds for your divorce?"

She replied, "About four acres and a nice little home in the middle of the property with a stream running by."

"No," he said, "I mean what is the foundation of this case?"

"It is made of concrete, brick and mortar," she responded.

"I mean," he continued, "What are your relations like?"

"I have an aunt and uncle living here in town, and so do my husband's parents."

He said, "Do you have a real grudge?"

"No", she replied, "We have a two-car carport and have never really needed one."

"Please," he tried again, "is there any infidelity in your marriage?"

"Yes, both my son and daughter have stereo sets. We don't necessarily like the music, but the answer to your question is yes."

"Ma'am, does your husband ever beat you up?"

"Yes, she responded, "about twice a week he gets up earlier than I do."

Finally, in frustration, the judge asked, "Lady, why do you want a divorce?"

"Oh, I don't want a divorce," she replied.
"I've never wanted a divorce. My husband does. He said he can't communicate with me!!"

Just a 'wee' note to think about.

Before you discard the newsletter have a look in our website where, among other things, you will find the history of our club and other fascinating information. The website again is: www.valentineprobust.com

Committee Members 2021

President:	Trevor Brown	4946 9119
Vice President:	Geoff Black	4972 2143
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:	John Benson	4948 1339
Asst. Events Coord:	John McGrath	4946 7460
Program Officer:	Roger Wakefield	4954 4373
Newsletter:	Vacant	
Webmaster:	Alan Carter	0411 425 668
Welfare/Attendance	Vacant	
Historian:	Kevin Hepplewhite	4946 7775
Roving:	Kevin Hepplewhite	4946 7775
Roving:	Vacant	
Support Officers - appointed by the Committee		
Public Officer:	Brian Sullivan	4946 1153
Book Exchange:	Vacant	
Morning Tea Coord:	Ron Tooney	4958 7910
Walking Group Coord:	Ron Tooney	4958 7910
Computer Support:	Alan Carter	0411 425 668
BBQ Coord:	Austin Greener	4946 9192