



THE MEN'S PROBUS CLUB OF VALENTINE Inc

'The Young, Friendly, Fun Club'

NEWSLETTER
FEBRUARY 2022

Club Website: www.valentineprobus.au2.com

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 - 28 February - (SUBJECT TO RESTRICTIONS)

APOLOGIES to Robert Rae on 0411 141 823

and our GUEST SPEAKERS are:

February '22	Adam Loong (Pilot)	<i>Topic:</i>	Angel Flight
March '22	Dr John Page	<i>Topic:</i>	12 Miracles of our Anatomy (Part 2)
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	TBA		
July '22	Paul Mcfarlane	<i>Topic</i>	Newcastle Airport update

Please note our change of guest speaker in March.

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 043014 for more details.

Vale George Boulton

It is with sadness I report to you the death of George Boulton. George was 94.

George passed on Friday 4 February 2022 he was in Wyong Hospital with pneumonia.

George had a special place in our Club being a regular attendee at Club Meetings. He enjoyed the friendship of the Members, participating in all Club activities.

Vale John Whitehead

John passed away on Monday 31 January 2022.

John was an active member from 2006 until his health deteriorated, and he moved into Aged Care and became a Non-Active Member.

Many recent members would not know John. John was an Ambulance Officer with a distinguished career. He had many interests and often shared these interests in outings he organised.

Our Guest Speaker Write up on the topic of '12 Miracles of our Anatomy'

Roger introduced our last months speaker and John Bear was kind enough to write up the talk and his technical expertise is greatly appreciated.

Dr John Page introduced himself as a retired GP who had more recently gained a PhD in Theology.

He delivered a talk on Human Anatomy. Talking points were explained with a Powerpoint presentation of anatomic illustrations.

He spoke of the structure of the anatomy as seen with the naked eye and with a microscope. Bones, muscles, joints and ligaments, the lungs, heart and blood vessels, kidneys and hormone producing endocrine glands were discussed.

He found the microscopic finding of folding (or kinking) of capillaries in the alveolar sacs in the lungs greatly increased the surface area exposed to the air for exchange of oxygen and carbon dioxide. Similar folding of microscopic tubules is seen in the kidneys where the resulting increased surface area is an advantage for formation of urine. He made mention of the suitability of structure for the required function in the lungs and kidneys but function (physiology) was outside the scope of the talk.

His talk was given with some humour and throughout he invited questions from the audience.

At the end of his presentation he said he was only able to give half of his planned talk in the one hour time slot and offered to return and give the second half another time.

As you have probably noticed Roger has organised for Dr John Page to return and present Part 2 of his topic.

President's Message

It's the 'Red' theme this month. Hope you didn't forget the red roses for your loved one on Valentine's Day.

The last month has been very interesting in more ways than one. All will be revealed at our next general meeting. There are some unexpected and some good announcements.

Our first Gentlemen's lunch for the year was held on Monday, 7 February. There were 13 members present and we enjoyed one another's company. As usual the Tavern maintains a good menu. Sadly George Boulton wasn't sitting at our table. George regularly attended our lunches, outings and trips away. George also served on our committee for two years in the position of Roving Committee Member.

As mentioned in George's 'Funeral Order of Service' he was described as 'One of Nature's Gentleman'. There was a good representation of members at George's funeral. Robert Rae spoke of George's involvement with our club and Ken Watt spoke of his personal friendship with George. A thank you to both Robert and Ken.

If you haven't opened and read Robert Rae's email dated 4 February 2022 please open it and have a read. It contains information about our upcoming AGM in March and nomination forms for our committee next Probus year. All positions are open and please give serious thought to nominating for a position to allow our Club to operate and function. Your nomination forms can either be emailed to Robert or handed over at our next meeting. Your nominations will be greatly appreciated.

The committee presently meets a week before our general meetings (ie third Monday of the month).

Until next time take care and be safe.

Trev

60th WEDDING ANNIVERSARY



Our member Ron Tooney and his beloved wife Nancy will celebrate their Diamond Wedding on 24 February. CONGRATULATIONS on the milestone and may you both enjoy many more.

The colour denoted to this milestone is 'White'.

Technical Section

If you missed Alan Carter's last email here it is:

Accessing free rapid antigen tests

From 24 January, you can access free RATs if you hold an eligible Commonwealth concession card:

- Commonwealth Seniors Health Card
- Department of Veteran's Affairs Gold, White or Orange Card
- Health Care Card
- Low Income Health Card
- Pensioner Concession Card.

You can access up to 10 RATs over a 3 month period (max 5 over a 1 month period) through community pharmacies.

You will need to attend a participating community pharmacy in person and present your Commonwealth concession card.

You will need to give consent to the pharmacy to record your concession card details. The pharmacy will check and confirm your details, including whether RATs have already been provided to you.

The pharmacy will give you a minimum of 2 RATs for each eligible individual. You can ask for up to the monthly limit of RATs per eligible individual at any one time, subject to availability.

RATs will be increasingly available from pharmacies, supermarkets and other retail outlets. You should phone your pharmacy ahead of your visit to make sure new supplies have arrived.

I recently received an email about a New Phone Scam

Beware!!

Just now a friend received a call from 912250041117 asking him to press 1 if he had been vaccinated.

He pressed 1.

Immediately the phone was blocked  and his phone has been hacked. So be careful when you get similar calls.

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 very interesting Guest Speakers.

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.

Members Contribution

Our intrepid traveller, Bruce Helman, has been kind enough to tell us about his adventures in Tasmania. Thank you Bruce.

After finalising the move out of our house we travelled to Melbourne to catch the ferry to Tasmania. Soon after arriving in Tasmania I had a positive Covid test and went into 7 day isolation but had no symptoms. It was an enforced rest after the stress of selling and moving so it was not too onerous. After seven days a text message declared me free and we have been settling into Tasmanian life, looking after our granddaughter and helping our family with their house.

Apart from working around our sons house, I have done some walks around the area, on Mt Wellington and to Mt Nelson and the Signal Station. The only problem with walks in this area is that they are nearly all up or down hill. So far I calculate 1000m of climbing (only another 7000m to equal Everest).

We had a weekend on Bruny Island and saw some of the sights including the South Bruny Lighthouse. From the light there is a panoramic view of southern Tasmania and also two small rock islands off shore. Pedra Blanca was named by Abel Tasman in 1642 because of its similarity with a rock in the South China Sea. The nearby Eddystone Rock is a cylinder shape and was later named by Cook because of its similarity to the light off southern England. They are nearly 28k offshore, so not easy to see, fortunately I had binoculars.

An interesting sidelight was the Inala Gardens near Lunawanna which is planted with varieties originating on the Gondwanaland continent many of which are well represented in Tasmania. It also has a small but interesting fossil, gem and geological display. Well worth a visit if you like that sort of thing.

Regatta Weekend has just finished with a public holiday (southern Tasmania only) and I finally visited Salamanca Markets for the tourist experience. The grilled scallops on a skewer were wonderful. It is surprising to see how many more distillers of gin, whisky and rum are selling their wares, it certainly is a booming business. HMAS Hobert is in town as the flagship for the regatta and the big new icebreaker Nuyina is a frequent sight between trips south along with the research vessel Investigator. The Art Gallery has a Sidney Nolan Ned Kelly series exhibition at the moment and while they are a bit weird they are a great series.

So lots to do and many interesting places still to explore before we get to Lake Macquarie.

Readers Corner

Our books will be on display at our meeting. Please browse and take a book if it interests you.

If you are looking for books online you might want to view this website -
readers@joffebooks.com.

“Why English Is Hard to Learn”

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,
But though we say *mother*, we never say *methren*.
Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine . . . *she*, *shis*, and *shim*!

— Anonymous



Each year in February, the sun's angle
is such that Horsetail Falls waterfall
lights up like fire in Yosemite USA



Beautiful image of a panda bear helping another



Committee Members 2021

President:	Trevor Brown	4946 9119
Vice President:	Vacant	
General Secretary:	Robert Rae	0411 141 823
Membership Secretary:	Vacant	
Secretary:	Bruce Helman	4946 7974
Treasurer:	Brian Sullivan	4946 1153
Events Coordinator:	John Benson	0437 043 014
Asst. Events Coord:	John McGrath	4946 7460
Program Officer:	Roger Wakefield	4954 4373
Newsletter:	Vacant	
Webmaster:	Vacant	
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:	Vacant	
BBQ Coord:	Austin Greener	4946 9192