

THE MEN'S PROBUS CLUB OF VALENTINE Inc
'The Young, Friendly, Fun Club'

JUNE 2023 NEWSLETTER

Club Website: www.ajcnsw.com/mpcov or scan



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 - MONDAY 26 JUNE

APOLOGIES to Robert Rae on 0411 141 823

OUR GUEST SPEAKERS are:

June '23	Lee Baines	Topic	Marine Rescue Pelican
July '23	Wayne Cooper	Topic:	Kokoda Track
August '23	Michael Croxton	Topic:	On The Road 65+
September '23	Bob Cook	Topic:	Fortress Newcastle
October '23 and November '23	TBA		
January '24	Corren Ingersole	Topic:	Evolution of the Rubik's Cube

Current Activities

WALKING AND COFFEE GROUP - Meets every Wednesday morning, contact Ron Tooney our coordinator on 0409 467910 for more details.

INVITATION LUNCHEON WITH WIVES AND PARTNERS AND CHANGE OF DATE - MONDAY 10th July '23 (11.45am for 12 noon). Members of The Men's Probus Club of Warners Bay have been invited with wives and partners to join us. For further details contact John Benson our coordinator on 0437 043014.

President's Message

It was good to have a good number of our members in attendance at our May meeting.

Certainly our guest speakers Don Anderson and Roy Dimond justified a strong attendance. Roger Wakefield does a great job continually coming up with so many interesting speakers.

Our visit to the Lake Macquarie Art Gallery to view entries in the Archibald Prize was well attended with 24 members and partners attending, a number going onto Club Macquarie for lunch. Thank you to Brendan Mannion, Brian Sullivan, Robert Rae and Trevor Brown for their involvement in organising a good day out.

John

Guest Speaker Section

Don Anderson spoke of the 2019/20 fires in Gosford/Mangrove Mountain area as well as the fires in Kurrajong/Bilpin areas. Majority of these fires were started by lightning strikes.

Roy Dimond spoke of the logistics surrounding fighting fires.

The 2019/20 fires were described as the biggest in Australia stretching from Queensland to Victoria. There were some horrific photos shown with walls of flames engulfing everything in the path of the fire.

Don spoke of 'The Family' within the RFS and he looked out for his crew as well as the men and women in close proximity. He spoke of the fatalities and injuries incurred in these fires and the effects that they had on him and the families involved.

The Gosford/Mangrove Mountain fires were fought for 16 days with 15 hours each day.

Don explained that if winds exceed 25k's fires become unpredictable and ferocious and can create its own wind. If crews are in close proximity it may result in trucks and lives being lost. Mother Nature at its worst.

Roy Dimond was the expert in the logistics. The operational support is enormous. It entails organising the crews out fighting and those resting, transport such as buses and/or planes to the fires, providing sufficient food and cooking facilities as well as being mobile, setting up staging areas, organising recovery of vehicles when damaged or broken down, ambulances, portable loos and I'm sure the list goes on.

There were a number of questions at the end of the presentation. Don and Roy were applauded in the usual manner.

Guest Speaker Section Continued

John McGrath thanked both Don and Roy for their presentation and said a thank you to both of them for their years of service and commitment to the community.

Book Corner

Ted's books as well as the Club's library books will be available to borrow/take.

Happy reading.

Travel Section

Probus South Pacific Limited has issued a new Tour Officer Travel Handbook. If you are interested in perusing the handbook a copy will be available at the next meeting. Should you be interested in organising a group tour then talk to our committee.

Topics of Interest

In the March edition of our newsletter I mentioned Woolworths Rewards. Reward conditions have changed since inception. If you took up the offer and not aware of the changes a link is provided below.

<https://www.woolworthsrewards.com.au/extra.html>

Windows 11 Users

Something of interest from Alan Carter.

I have only just realised that viewing slideshows of images in a folder in Windows 11 is different to Windows 10.

Here are the steps:

To commence the setup process, Click **START** button then right click on **PHOTOS** icon and select **PIN TO TASKBAR**. (This is just to make it easier when viewing later).

Windows 11 Users Continued

- To view a slideshow:
1. Click the PHOTOS icon on the Taskbar
 2. Click FOLDERS (left hand side)
 3. For a new folder of images, click ADD A FOLDER
 4. Click on the appropriate folder and then click SELECT FOLDER
 5. When the group of folders returns, click the folder to view then near top right corner select START SLIDESHOW
 6. When finished viewing the slideshow, click EXIT SLIDESHOW
 7. Click X (top right) to close the program
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Cycling Without Age in Trishaw e-bikes as a Passenger at no Cost

The Wednesday walking group enjoyed their walk, coffee and socialising. On returning to our cars NovaCare had two trishaw e-bikes waiting for passengers to take for a ride around the foreshore. The trishaw e-bikes are located at various spots around the lake and the days and times you can locate in the links below with other information.

NovaCare has provided the following information:

“The links to our social media pages:

Facebook: [Cycling Without Age - Hunter | Carrington NSW | Facebook](#)

Instagram: [Cycling Without Age Hunter \(@cyclingwithoutagehunter\) • Instagram photos and videos](#)

Cycling Without Age is a not-for-profit charity that provides elderly people and those less able with an opportunity to avoid social isolation and remain active in their community by taking them out for **FREE** bike rides in specially built trishaw e-bikes piloted by volunteer cyclists. We believe everyone has the right to the wind in their hair, the right to experience the outdoors and the opportunity to tell their story in the environment where they have lived their lives.

Our trishaws are able to take two passengers at a time with a maximum combined weight of around 160kgs – if this is not suitable, we take single passengers too! Passengers must be able to get themselves in and out of the trishaw and sit up unassisted. Any passengers that require more assistance **must** be accompanied by a partner, family member or support person, carer or someone who can assist and look after their needs during the ride. Our pilots are not trained to assist with lifting and will only lend a hand for support. Passengers will need to get their own way to a designated meeting point and home – we do not provide a passenger pick up service.

If you would like to book a ride, please call 1300 363 654 or email cwa-hunter@novacare.org.au or you can just turn up to one of our weekly community ride days.”

*Everyone has the right to
feel the wind in their hair!*



NovaCare
Live your way



Cycling Without Age enables older people and less mobile people to connect with their community and the outdoors on specially built trishaw e-bikes, piloted by volunteers. For more information or to book a ride: [1300 363 654](tel:1300363654) / cwa-hunter@novacare.org.au



**BOOK A
RIDE**

**Call 1300 363 654 or email
cwa-hunter@novacare.org.au**

NovaCare
Live your way

Upcoming Article

In our next newsletter I'll include some information and links about the Charter of Aged Care Rights. Stay tuned 😊

An Enjoyable Break

The car was packed and the journey commenced around 9am for our ten day escape. The first stop was Wentworth Falls Lake. Since our last visit a number of years ago many improvements have been made encompassing play equipment for the toddlers and BBQ's with tables and shelters. A number of seats around the perimeter of the lake where you can rest your weary bones.

We enjoyed lunch at Wentworth Falls Hotel and then drove around the back streets to locate where a family member had lived for a number of years and good memories were relived.

After absorbing all the changes we drove to our accommodation at The Carrington Katoomba. The main street of Katoomba was uninspiring. Echo Point/The Three Sisters and The Skyway/Cable Car were a hive of activity. Driving around The Cliff Drive there were some spectacular views and lookout spots where you could take in the vastness of the landscape.

Our next stop was Bathurst which is bathed in history. We strolled up the historic 'Keppel Street' taking in the architecture of the buildings built in the 1800's. Visited the museum housed in the old court house and the railway museum. Both interesting and well worth a visit. If you are interested in model trains there is a huge computerised layout at the railway museum. Naturally we drove around Mount Panorama and had to stick to the sedate speed limit of 60 KPH and not miles.

Our last stop was Oberon (-2 to 11 or 14 degrees). Thoroughly enjoyed the vastness, layout and the plantings of Mayfield Gardens, another very worthwhile visit. Only part of the gardens were opened but we spent a good two hours within the gardens.

We came home via The Bells Line of Road. On our way we stopped at a restored pub on Jenolan Caves Road, Hampton overlooking the escarpment and enjoyed a great coffee. Bought some apples at Bilpin and found a good cafe in Kurrajong for lunch. Can't get over the housing development between Windsor and Castle Hill. Arrived home about 5.30pm.

If you have something to share please email it to 'probusnews2280@gmail.com'

BANKING DETAILS for Payments to the Club

GREATER BANK (details for making payment either on-line or at a branch).

BSB 637-000
Account 780356294

(record your 'surname' + one word as a brief reference covering the purpose eg "Xmas", 'Fees', etc)

COMMITTEE MEMBERS 2023

President	John McGrath 0405 887 881	Vice President	Vacant
General Secretary	Paul Rheinberger 0427 704 432	Assistant Secretary	Bruce Helman 0412 485 610
Membership Secretary	Robert Rae 0411 141 823		
Treasurer	Brian Sullivan 0431 068 729		
Events Coordinator	Roger Wakefield 0418 431 426	Ass Events Coordinator	Brendan Mannion 0412 544 647
Program Manager	Roger Wakefield 0418 431 426	Ass Program Manager	Vacant
Newsletter	Trevor Brown 0488 469 119		
Webmaster	Alan Carter 0411 425 668	Historian	Kevin Hepplewhite 0420 355 743
Attendance	Robert Rae 0411 141 823	Welfare	Vacant
Roving	John Benson 0437 043 014	Roving	Bob Maloney 0439 808 286

Our president John McGrath is looking for a Vice President, Welfare Officer and Assistant Program Manager. Please seriously consider joining the team and taking on one of these rolls. There is ample experience you can draw on from other committee members to assist you in any of these vacant rolls. The Vice President normally fills the Presidency position next Probus year.
