

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

# JULY 2023 NEWSLETTER

Club Website: [www.ajcnsw.com/mpcov](http://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**

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**NEXT MEETING - MONDAY 24 JULY**

**APOLOGIES** to Robert Rae on 0411 141 823

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**OUR GUEST SPEAKERS** are:

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 Rubiks Cube

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## **Current Activities**

**BBQ** - Mouth watering sausages will be sizzling on the BBQ with the aroma of cooking onions in the air will follow this months meeting.

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

*GENTLEMEN'S LUNCH BACK TO THE USUAL FIRST MONDAY OF THE MONTH -*

Next is 7th August '23, **CHANGE OF VENUE**. This month will be **Belmont 16's** at Belmont. Contact John Benson our coordinator on 0437 043014 for further details. Meet in the club at 11.45 for 12 lunch.

## *Current Activities continued*

### *HUNTER WETLANDS*

- **When:** Tuesday 15<sup>th</sup> August
- **Entry Fee:** \$5 concession
- There is a **FREE** 30 to 40 minute guided walk available at 10 am or you can wonder round yourself. **If undertaking the FREE walk, be at the Wetlands by 9.45 am.**
- We will be booked in for **lunch** in the café at **12 noon. No Wetlands entry fee if you are only attending for lunch.**
- **Partners most welcome.**
- *There will be a sheet at the next meeting for you to indicate if you intend to come and if you are remaining for lunch.*

*Place these date in your diary and join in the camaraderie of your fellow Probians.*

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### **President's Report**

We have had a succession of excellent speakers, the most recent, Lee Baines from Marine Rescue. I have personally thanked our member, Roger Wakefield for the excellent job he continues to do in attracting the best of the best. The good times continue with Wayne Cooper our guest speaker addressing us on his walking the Kokoda Track.

I am writing this report, having today, attended a lunch at Jewells Tavern with Warner's Bay Probus Club. It was good to meet the 8 members from Warner's Bay, who joined in with our members, and judging from the level of conversation, new friendships were formed. John Benson has again organised a good event.

John

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### **Guest Speaker Section**

Lee Baines our guest speaker delivered an engaging presentation on Marine Rescue NSW.

I'll endeavour to impart some of the information to the best of my knowledge and apology for any inaccuracies.

### *Guest Speaker Section continued*

There are approximately 3,000 volunteers who man 47 Marine Rescue units across NSW. There are 150 volunteers based at the new Swansea Heads building. Government Grants were obtained for the construction but \$350K had to be raised for the fit out and landscaping. If I heard Lee correctly another \$120K had to be raised for the digital systems. An invitation to visit their new site was extended.

Their charter covers all water sport rescues, information on tides, markers in the channel as well as bars and assisting vessels into the lake. To achieve rescues there are two vessels, two jet skis and a runabout. The Marine Rescue operates 24/7 and on roster system. The area covers 30 nautical miles off shore. In certain circumstance this is exceeded subject to conditions and the skippers OK.

The volunteers have to be fully qualified and have National Accreditation in the roll undertaken. In relation to radio, skippering and other facets of the charter there are hours of study and on the job training.

To achieve the smooth operation at the base there are administration, operational, unit support and fundraising personnel. Lake Macquarie unit is the busiest in NSW. In 2022 Lake Macquarie rescues represented 15% of the States total.

A location 'App' was developed by one of the volunteers that can pin point a vessel in distress and is being rolled out nation wide. This allows far quicker responses to the actual rescue site. If you are on the lake or the ocean be prepared and ensue you have the right equipment as it could be life saving.

When you are out on the water log onto Marine Rescue. There are indicators on their digital systems where there are signals when you do not return as specified. If this happens there are certain actions and criteria to be followed. After an hour the police are contacted.

Following some short videos of rescues Lee answered questions. From the questions asked and applause given the presentation was well received.

Marine Rescue is reliant on donations to allow the smooth and continual running of the organisation.

Lee is the principal author of the book titled 'Lake Macquarie and its Coastline'. This book has multiple sponsors and ALL proceeds from sale are donated to Marine Rescue. If you would like to purchase a copy or you know of someone who might contact them on 02 4972 7400 or click on the link below. If you wanted to support them via a raffle their link is below. Cash donation, contact them by phone.

There website link is: <https://www.marinerescuelakemacquarie.com.au/>

## *Guest Speaker Section continued*

John McGrath thanked Lee and expressed his gratitude on behalf of all of us for his presentation, service and time that is given back to the community by all the volunteers.

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## **Book Corner**

A couple of new books have been added to the library so have a browse and take what interests you or borrow from Ted's collection of interesting authors.

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## **Technical Information**

A couple of notes from Alan Carter is below.

### **ONE:**

In Windows, if you need to **switch between any open screen and the desktop** here is a quick and easy method.



\* Press and hold **WIN KEY+D** then let go. (this is the WIN KEY)

\* Repeat the above to get back to your previous screen.

\* If you have a number of screens open you can switch between these screens by holding down **ALT** key then press **TAB** key until one of the other screens is highlighted, then let go.

### **TWO:**

Greetings Bigpond Users.

If you have not heard, Telstra is about to move its Bigpond accounts to a new format which looks more like WEBMAIL.

Here is the latest info I found dated 29/6/2023.

<https://media.telstra.com.au/home/webmail-update.html>

I imagine there is going to be confusion for people who currently use an email browser like Outlook, Thunderbird, Firefox, Protonmail etc.

### ***Technical Information continued***

At this stage it looks like a wait and see until you get notice from Telstra about the change.

I saw an earlier note from Telstra that for the first 12 months there will be no charge but after 12 months there will be an annual charge of \$79 to continue with a Telstra/Bigpond email account. Already I have heard some Bigpond users are moving to an email account like GMAIL in anticipation of what is around the corner.

Good Luck!

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### **Something of Interest**

If you are interested on looking at a 3D visualisation of the Rankin Park to Jesmond Inner City Bypass then click on the link below.

<https://youtu.be/TtcTLWBjAuE>

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### **Charter of Aged Care Rights**

The Charter of Aged Care Rights describes your rights as a consumer of Australian Government funded aged care services. If you are investigating your rights or seeking assistance there are a number of websites available and people to talk to if required.

Website links are below with a brief description of the sites:

[health.gov.au](http://health.gov.au) - this website sets out Government-funded aged care services to assist with everyday living and other needs.

[agedcarequality.gov.au](http://agedcarequality.gov.au) - this website covers complaints, serious incidents, reforms and other issues.

[myagedcare.gov.au](http://myagedcare.gov.au) - describes:

- different types of care
- assessing aged care services
- Finding a provider in your area
- Managing your services

<https://opan.org.au/> - is an independent Older Persons Advocacy Network which provides support and information.

## YESTER YEAR

In last months newsletter I wrote about visiting Mount Panorama. A little bit of history follows:

The 1960 Armstrong 500 was an endurance motor race for Australian made or assembled standard production sedans. The event was held at the Phillip Island Grand Prix Circuit in Victoria on 20 November 1960 over a distance of 167 laps x 3.0 miles totalling 501 miles in total.

This event later became known as the Bathurst 1000. Here are some of photos from the 1964 race.





## **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*

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## **COMMITTEE MEMBERS 2023**

President	John McGrath 0405 887 881	Vice President	<b>Vacant</b>
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	<b>Vacant</b>
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	<b>Vacant</b>
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.***

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