

THE MEN'S PROBUS CLUB OF VALENTINE Inc

'The Young, Friendly, Fun Club'

SEPTEMBER 2023 NEWSLETTER

SAUSAGE SIZZLE THIS MONTH

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 25 SEPTEMBER

APOLOGIES to Robert Rae on 0411 141 823

OUR GUEST SPEAKERS are:

September '23	Bob Cook	Topic:	Fortress Newcastle
October '23	Alek Schulah	Topic:	Greta Migrant Camp
November '23	Bob Bush	Topic:	Bush Poet
January '24	Corren Ingersole	Topic:	Evolution of the Rubiks Cube

Current Activities

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

GENTLEMEN'S LUNCH - Meet at Valentine Bowling Club at 11.45 for 12 noon.
Change of date (due to Public Holiday) **now Monday 9 October.**

Contact John Benson our coordinator on 0437 043014 for further details.

Current Activities Continued

Fort Scratchley Outing Wednesday 11th October

Fort Scratchley Information

- Open 10 am till 4 pm each day except Tuesday.
- Free Entry.
- Tunnel Tours available. Times are 10.30 am, 11.30 am, 1.10 pm, 1.40 pm, 2.30 pm each day. Tours take 60 minutes and cost \$9.50 concession. Booking necessary if we have a group greater than twelve. Tour is unsuitable for wheelchairs and walkers.
- Gun Firing at 1 pm each day.
- Morse Code demonstration on Fridays.

Suggested Plan for the Day

- Meet at Stockton and catch the 11.30 am ferry to Queens Wharf. Fare is \$2.20 if you use an Opal Card, or you can buy a ticket on the ferry for \$2.80.
- Have lunch at the Queens Wharf Hotel before the Fort Scratchley visit. Lunch specials less than \$20.
- 13-minute walk from Queens Wharf to Fort Scratchley for Gun Firing at 1.00 pm and then 1.40 pm Tunnel Tour. If you do not wish to undertake the Tunnel Tour then investigate the Fort at your leisure.
- Walk back to Queens Wharf for ferry to Stockton.
- Partners most welcome.
- ❖ **Please indicate on the sheet provided at the next meeting if you intend to attend the outing, and whether you will join the Tunnel Tour.**

If you just want to join the group for either lunch or the Fort Scratchley Tour please indicate.

The Stockton Ferry Timetable and Queens Wharf Lunch menu are below.

Stockton to Newcastle Timetable

Monday to Friday														
map ref	Ferry Route Code	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	
A	Stockton Wharf depart	05:15	05:40	06:10	06:40	07:05	07:22	07:37	07:52	08:07	08:22	08:37	08:52	09:10
B	Newcastle, Queens Wharf arrive	05:20	05:45	06:15	06:45	07:10	07:27	07:42	07:57	08:12	08:27	08:42	08:57	09:15

Monday to Friday (continued...)														
map ref	Ferry Route Code	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	
A	Stockton Wharf depart	09:30	09:50	10:10	10:30	10:50	11:10	11:30	11:50	12:10	12:30	12:50	13:10	13:30
B	Newcastle, Queens Wharf arrive	09:35	09:55	10:15	10:35	10:55	11:15	11:35	11:55	12:15	12:35	12:55	13:15	13:35

Monday to Friday (continued...)														
map ref	Ferry Route Code	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	
A	Stockton Wharf depart	13:50	14:10	14:30	14:50	15:10	15:30	15:50	16:07	16:22	16:37	16:52	17:07	17:22
B	Newcastle, Queens Wharf arrive	13:55	14:15	14:35	14:55	15:15	15:35	15:55	16:12	16:27	16:42	16:57	17:12	17:27

Monday to Friday (continued...)														
map ref	Ferry Route Code	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	
A	Stockton Wharf depart	17:37	17:52	18:07	18:22	18:37	19:45	20:15	20:45	21:15	21:45	22:22	22:45	23:05
B	Newcastle, Queens Wharf arrive	17:42	17:57	18:12	18:27	18:42	19:50	20:20	20:50	21:20	21:50	22:27	22:50	23:10

Monday to Friday (continued...)													
map ref	Ferry Route Code	STKN	STKN										
A	Stockton Wharf depart	F23:45	F00:05										
B	Newcastle, Queens Wharf arrive	F23:50	F00:10										

Newcastle to Stockton Timetable

Monday to Friday														
map ref	Ferry Route Code	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	
B	Newcastle, Queens Wharf depart	05:05	05:25	05:55	06:25	06:55	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00
A	Stockton Wharf arrive	05:10	05:30	06:00	06:30	07:00	07:20	07:35	07:50	08:05	08:20	08:35	08:50	09:05

Monday to Friday (continued...)														
map ref	Ferry Route Code	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	
B	Newcastle, Queens Wharf depart	09:20	09:40	10:00	10:20	10:40	11:00	11:20	11:40	12:00	12:20	12:40	13:00	13:20
A	Stockton Wharf arrive	09:25	09:45	10:05	10:25	10:45	11:05	11:25	11:45	12:05	12:25	12:45	13:05	13:25

Monday to Friday (continued...)														
map ref	Ferry Route Code	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	STKN	
B	Newcastle, Queens Wharf depart	13:40	14:00	14:20	14:40	15:00	15:20	15:40	16:00	16:15	16:30	16:45	17:00	17:15
A	Stockton Wharf arrive	13:45	14:05	14:25	14:45	15:05	15:25	15:45	16:05	16:20	16:35	16:50	17:05	17:20

Monday to Friday (continued...)														
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A	Stockton Wharf arrive	17:35	17:50	18:05	18:20	18:35	19:35	20:05	20:35	21:05	21:35	22:20	22:35	23:05

Monday to Friday (continued...)													
map ref	Ferry Route Code	STKN	STKN										
B	Newcastle, Queens Wharf depart	F23:30	F00:00										
A	Stockton Wharf arrive	F23:35	F00:05										

Queens Wharf Hotel Lunch Menu

MONDAY - FRIDAY	WEEKDAY LUNCH SPECIALS	11:30 AM - 3 PM
<small>*Not including Public holidays **No alterations on specials</small>		
BBQ Bacon Cheese Burger GF DF		\$15
<i>150g beef patty, cheese, pickles, bacon & BBQ sauce</i>		
Harrissa Fried Chicken Wrap DF		\$15
<i>Lettuce, tomato, bacon, cheese & chipotle aioli, served with chips.</i>		
Chicken & Mushroom Risotto GF DF		\$15
<i>Saffron, spinach & parmesan</i>		
Vegetable Linguine GF VC DF		\$15
<i>Roast beetroot, pumpkin, mushroom, capsicum, sweet potato, spinach, napoli sauce & parmesan</i>		
Schnitzels Option		\$17 each
<ul style="list-style-type: none"> - House panko crumbed chicken - Grilled chicken - Vegan 		
<i>All served with chips & your choice of sauce</i>		
<i>Add salad - \$3</i>		
Beer Battered Cod GF		\$17
<i>Served with chips, salad, lemon & tartare</i>		
Thai Beef Salad GF DF		\$18
<i>Marinated beef strips, cherry tomatoes, onion, cucumber & crunchy noodles, with a Thai peanut dressing</i>		
Bangers & Mash		\$18
<i>2 thick beef snags, served on mash potato, with spinach & red wine onion gravy</i>		
250G Rump Steak GF DF		\$22
<i>Served with chips and your choice sauce. Add salad - \$3</i>		
8" PIZZAS		ONLY \$15!
PEPPERONI & POTATO		
<i>Pepperoni, onion, oregano, potato, bbq base & shredded mozzarella</i>		
SPINACH & PUMPKIN		
<i>Spinach, pumpkin, asparagus, tomato, shredded mozzarella & feta</i>		

President's Report

Come along and listen to what John has to say.

Guest Speaker Section

Roger introduced both Michael Croxton and Sarah Pope.

Michael is from the NRMA and presented the subject 'On The Road 65Plus'. Sarah is from Transport NSW and provided booklets and brochures from Transport NSW and NSW Government on transport issues and safety. There were also hi-vis vests available. Sarah also answered questions outside of Michael's expertise.

Michael provided his background and led us through his presentation that included a slide show as well as short videos.

Lake Macquarie has the second highest accident rate in NSW with the highest in the Central Coast area. In percentage terms drivers represent 52% of the cause of accidents while the remainder is attributed to passengers, pedestrians and bikes/scooters.

The booklet 'On the road 65Plus' contained all the information he spoke of which included the main contributors of accidents as being health, tiredness, sight, aging impacts (ie joint movement) and medication. It also outlined the requirements needed when you become 75 and 85 years of age and one option being a modified licence which would only allow driving within a certain radius of your home. Other details included dementia, safe driving habits, safest cars, detecting changes in your driving, motorbikes, bicycles, walking across roads, mobility scooters public transport (Opal Cards), transport options and contact details for assistance.

There was also a separate booklet available on 'A Guide to Older Driver Licensing'.

He took us through the top 10 misunderstood road rules (brochure also available).

Michael talked about the ANCAP and safety issues of cars. The more airbags the better. There is a website 'How safe is your car' you can access to ascertain the safety of your vehicle.

Our members were so interested in the presentation which did not conclude until 12.30. John, our president, thanked both Michael and Sarah for their time and expertise.

Book Corner

Ted brings in a collection of interesting authors for you to peruse and borrow. If you borrow please write your details in his book.

The Club also has books available. I noticed a couple of new books brought in at the last meeting and the author is Lee Child writing about the ex-military, lethal and unassuming character of Jack Reacher.

If you like John Grisham then the books available are The Broker, The Chamber and two stories in one book which are The Chamber and The Rainmaker

Technical Section

Measuring Distance with Google Maps

To use Google Maps to measure a distance between a series of points at different angles, the Google instructions are not quite accurate.

Here are the steps:

1. Open Google Maps and search for your location
2. Right click anywhere and select MEASURE DISTANCE
3. Click on your starting point and that will produce a line which **MUST** be deleted by clicking on the start point again
4. Click the start point again and this time you can click a series of dots at different angles (eg roads) to track the distance being measured.

(Without step 3, you can't accurately proceed to step 4 but the Google notes do not specify this).



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
