



The official publication of the Men's Probus
Club of Valentine Inc.

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The Club meets in [The Tingira Community Church at 13 Neridah Road Belmont North](#)

4th Monday of each month at 10 am

NEXT MEETING - 26 JULY -

APOLOGIES to Robert Rae

on 0411 141 823

and our **SPEAKER** is Pat Conroy

Talking on Local Issues.

See page 3 for the write up of our June guest speaker.

Future Guest Speakers:

August - Ken Watt talking about his life from Cooks Hill to Valentine

September - Representative (TBA) from Fire and Rescue Services NSW and actual topic subject TBA

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

Presidents Message:

COVID, it is again disrupting our lives.

Thank you all for last meeting where everyone wore face masks and abided by the health regulations in place at that time.

Unfortunately our BBQ for this month is cancelled and we will need to abide by the health regulations in place at the time of our meeting.

Our walking group coordinator, Ron Tooney, has organised the monthly coffee walk along The Fernleigh Track. We last walked this track back in 2010 where an incident took place! No doubt Ron will take measures to prevent a repeat incident! If you're interested keep reading through the newsletter and it will all be revealed.

As you have noticed different members of our club have been introducing and thanking our guest speakers with someone else penning a brief summation of the presentation.

Continued on next page

Continued

To continue along this path our Program Officer, Roger Wakefield, is looking for volunteers. Please look at the Future Guest Speaker list and let Roger know how you can contribute.

The write up of the presentation provides an insight of the talk to those members who were unable to attend and also to anyone else who might read our newsletters.

Thank you to those members who have contributed.

Take care and be safe until next time.

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"

Movie Time

A Family movie that you may like to watch is 'Fatherhood'.

The movie is based on 'Two Kisses for Maddy'.
A Memoir of Loss and Love by Matthew Logelin.

The story follows a father raising his baby as a single dad after the unexpected death of his wife who died a day after their daughter's birth.

The cast is Marty Bowen, Kevin Hart, David Beaubaire and Peter Kieman.

Fatherhood can be viewed on Netflix or on DVD.

Readers Corner

A new book has been added to our collection and the title is:

The Potato Factory by Bryce Courtenay.

The story starts in London in the early 19th century. Mary and Ikey start working together as business partners. It follows them as they are separately transported to Tasmania which we know was a penal colony at that time.

The book was first published in 1995 and is a fictionalised historical novel which was made into a television miniseries in Australia in 2000.

If you have read The Potato Factory, have you read the sequel 'Tommo and Hawk'?

If so, have you read the final book in the trilogy titled 'Solomon's Song'?

Otherwise proceed to our website and seek out another book and let Trevor Brown know so he can have it available to you at the next meeting.

Accessing the books, open our website and click on 'Special Interest Groups' and then slide the cursor over 'Book Library' and start choosing.

If you have a preference for an author or are seeking out a particular book please contact Trevor or email to:

probusnews2280@gmail.com

HAPPY READING

Our Guest Speaker write up has been carried out by Bruce Helman who has totally captured the content of Alan's presentation as below.

Alan McLean Speaker 28 June

40 Years in the Caravan Industry

At the June meeting member Alan McLean gave an overview of his 40 years in the caravan industry.

Alan worked in a number of different areas before he came into the caravan industry in the late 1960's. This led to a long association with caravans and three businesses involving himself and his four brothers.

The opportunity arose after two of his brothers in Wyong, feeling the effect of the slowing citrus growing industry on the central coast on their tractor business, started to move into caravans. The opportunity arose for Alan and other family members to start a caravan sales business in Belmont, Belmont Caravans. This outgrew the original site and by 1985 the site was sold and the business moved to a new larger site, Newcastle Caravan City at Hexham, which was sold in 2013.

Alan recounted the difficulties of obtaining sales agreements with caravan builders in the early days and the changing demands of caravan buyers over the years. He recounted the types of construction, plywood, fiberglass, aluminum and foam sandwich, and the relative simplicity and lack of features of early vans compared to modern well appointed and equipped vans. This was illustrated by photos of differing styles, shapes and types from over the many years.

From his experience he discussed towing and tips for safe towing the most important being the need for a balanced package of towing vehicle and a well loaded and balanced caravan to avoid potential problems. He also outlined the limitations of caravans on rough and poor roads and the need to be aware that they are not bullet proof and some may not be suitable for many extreme conditions.

He spoke about the relative merits of caravans and motor homes, towing versus single unit, being able to leave caravan against having to take motor to shops etc.

Alan fielded many questions about caravans and caravanning and spoke from his vast experience in the field as an owner and business operator.

At the conclusion he showed a short clip of classic American caravans that had been restored and displayed along with the cars, both painted in matching and classic and eye catching paint schemes.

Roger Wakefield thanked Alan for his interesting and informative talk and the members supported this by acclamation.

Puzzle Segment

Last months solution to the cryptic crossword is below:



Looks like a change of direction is required for our 'Puzzle Segment'.

How about some inspiration from the 'World's Greatest PUZZLES' by E H Stinson.

Try these:

8. Show an empty box to a friend. You put in 2/- and get your friend to do the same. Close the box and rattle it to let your friend know the coins are still there. Now ask your friend to buy the box and all it contains for 3/-. Most people will buy, though they lose 1/-. Can you tell why?

72. From Sydney to Melbourne is about 600 miles, If one car leaves Melbourne travelling at 60 mph and the other leaves Sydney at the same time at 50 mph, which car will be closer to Sydney when they meet?

I came across this article and thought it worthwhile to share.

Could big data help tackle dementia?

One such study, conducted by researchers at the centre for Big Data Research in Health at UNSW, found that smoking and a history of stroke were related to higher rates of dementia. However, staying physically active was related to lower rates of dementia, possibly due to an increase in blood flow that helps maintain brain health.

While there is still no 'cure' for dementia, lead researcher Heidi Welberry says there are things we can do to reduce our risk.

"Leading a physically active lifestyle, stopping smoking and reducing alcohol intake are all likely to help," she says. "Improving diet can also be very beneficial, with the Mediterranean diet (high in vegetables, fruits, wholegrains, fish and olive oil but lower in red meat) linked to lower rates of heart disease and cognitive decline. Continuing to engage in cognitively challenging activities and strong social connections are also thought to be important in maintaining overall brain health."

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.

Technical Section

If you missed Alan Carter's recent emails, they are reproduced as follows:

Email sent 26 June 2021

“Ever have the situation of wanting to create an email (while you think of it) but not wanting to issue it until a later time?

Email browsers don't let you set a time to issue the email but there is a solution which works with most email browsers.

Create your email as if you are ready to issue it BUT instead of clicking SEND, just close it with the 'x' in top right corner and you will be given the option to SAVE.

Click SAVE and it will go into your DRAFTS folder.

When you are ready to issue the email, click your DRAFTS folder and double click the email that you had prepared.

It is now ready for you to click SEND.”

Email sent 24 June 2021

“Windows 11 is due to be released in October 2021.

It will be a free upgrade but to see if your computer will be compatible with Windows 11, click the link below then scroll down to where it says **CHECK FOR COMPATIBILITY** and then **DOWNLOAD APP**.

[Upgrade to the New Windows 11 OS | Microsoft](#)

When the download finishes, click **OPEN FILE** (up near top right corner)

Put a tick in the next screen to 'accept the terms', then click **INSTALL** which takes a few minutes

Click **FINISH** when it appears

Another screen will appear automatically and on this screen click **CHECK NOW**.

If your computer is not compatible you will still get Windows 10 updates as they occur.

(I was disappointed to find that 2 of my laptops are not compatible but at least my Desktop meets the requirements)”

Email sent 16 July 21

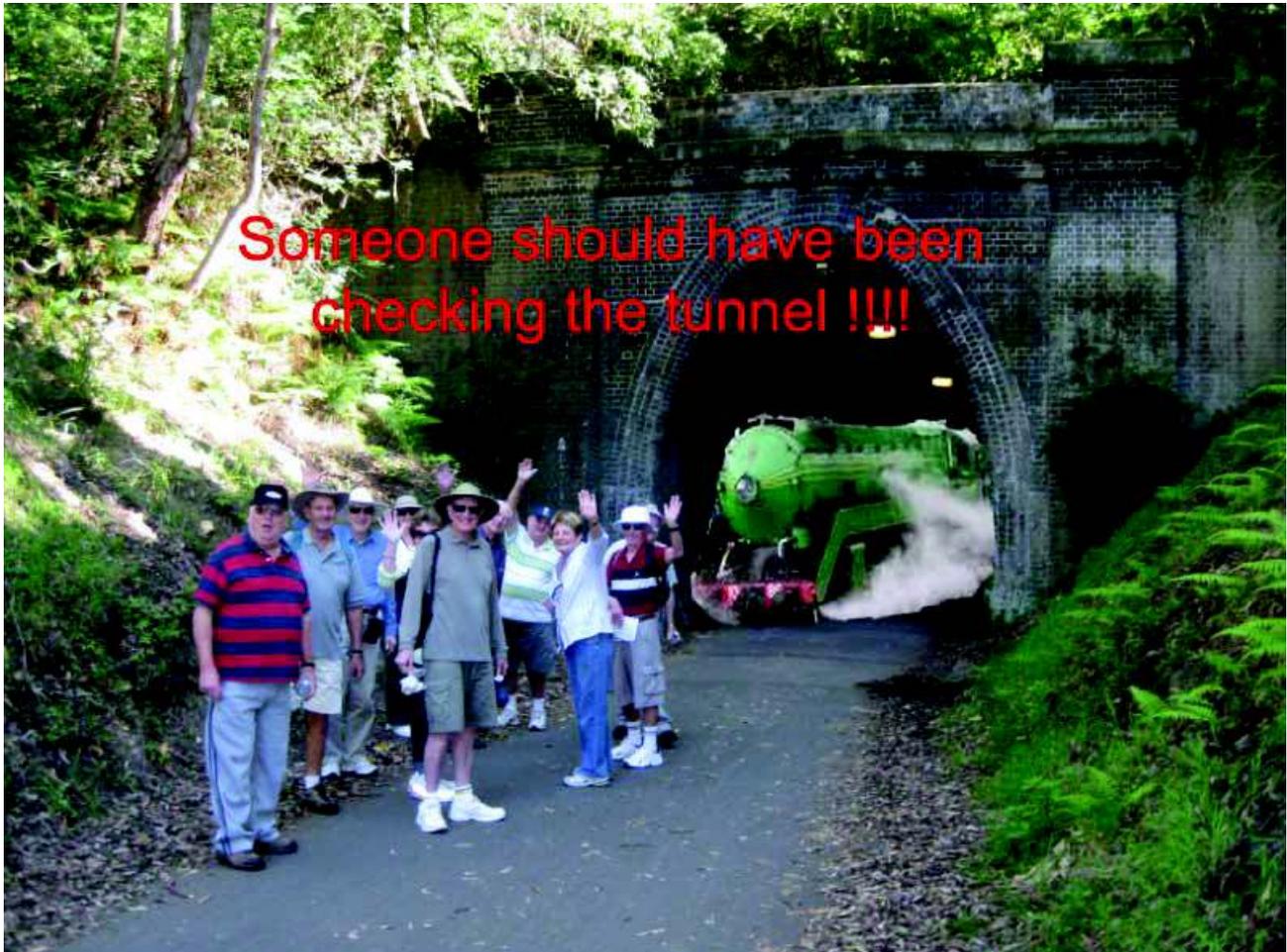
If you have a Commonwealth Seniors Health Card you can apply online for a Seniors Energy Rebate of \$200.

Here is the link to get you started:

<https://www.service.nsw.gov.au/transaction/apply-seniors-energy-rebate>

Our Computer Guru, Alan Carter, took a very interesting photo at what transpired when the group walked the Fernleigh Track back in 2010.

Well captured Alan.



Committee Vacancies

Since our last newsletter the vacancies remain at:

- Welfare/Attendance
- Roving
- Newsletter
- Book Exchange as a Support Officer (non committee member)

Last month an outline of suggestions were included for the Welfare Officers' position.

Maybe someone will be more interested in the 'Roving' position. This position would provide an overall view and you would only be called upon in a persons absence. It would exclude the Presidents postion as we have a Vice President.

There is ample assistance available if you choose to take up any of the vacancies. Please give it serious thought to join the committee for one of the above rolls.

Talking About The Walking Group

Sometime during COVID the group changed the walking path from 'Eleebana boat ramp to Warners Bay' to 'Speers Point to Cockle Creek'. However, while I have been participating we have not reached Cockle Creek. Alas, we achieved that destination on Wednesday 14 July 2021. For the record see the photos below.



Grandfather of the Year

A woman in a supermarket is following a grandfather and his badly-behaved grandson.

He has his hands full with the child screaming for candy, cookies, all sorts of things.

The grandpa is saying in a controlled voice: "Easy, William, we won't be long, easy boy."

The boy has another outburst and she hears the grandpa calmly say : "It's okay William. Just a couple more minutes and we'll be out of here.

Hang in there, son."

At the checkout the little horror is throwing items out of the shopping cart.

Grandpa says again in a controlled voice, "William, William, relax buddy, don't get upset.

We'll be home in five minutes, stay cool William."

Very impressed, she goes outside to where the grandfather is loading his groceries and the boy into the car.

She says: "It's none of my business, but you were amazing in there.

I don't know how you did it. That whole time you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things would be okay.

William is very lucky to have you as his grandpa."

"Thanks," says the grandpa, "but I am William. This little b.... name is Kevin".

Travel Time

Laurie Beard was kind enough to provide one of her creations. Thank you Laurie for sharing it with us.

TRAVEL

It seems to me that modes of travel have
come a long way of late,
Those were the days we walked everywhere
or didn't mind to wait
For a bus, a train, a tram or such, that took us on our
way,
To school, to work, to home again, at the end
of a weary day.
When's the next one due?
One minute- or twenty two?
Can't hurry it up, we just have to wait, and stand here
in the queue.

And what of holidays abroad, in times long
past us now,
Ships sailed away to England, taking weeks
and months and how
We held those streamers till they broke, and soon
were out of sight,
We longed to follow after them, but our budget was
too tight.
Six weeks they'll be at sea,
Crammed down in cabin P
There must be better ways to go, the whole wide
world to see.

And then air travel came along, at first just like a
moth,
The Kangaroo route stopped here and there, flying
smooth as a tablecloth,
As things improved, the planes got bigger, and bigger
from every angle,
Now every airport's all blocked up and often in a
tangle.
Check-in and luggage queues,
Passports we mustn't lose,
We board and find the lockers full – enough to light
my fuse!

Continued

So is it all important then to travel to distant
shores?
Why do we hurry to go far away? Not my
choice – is it yours?
I find I'm looking for different things, and
this country of ours has all
The beauty, vistas, wondrous and peaceful
places best of all.
The world's a smaller place,
The TV shows us its face,
So I'm content to discover and see my
homeland – rest my case.

Please send your contributions to:

probusnews2280@gmail.com

OR

hand it to The Editor.

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