

THE MEN'S PROBUS CLUB OF VALENTINE Inc

'The Young, Friendly, Fun Club'

MARCH 2024 NEWSLETTER

SAUSAGE SIZZLE THIS MONTH

Club Website: www.ajcnswh.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 March

APOLOGIES to Robert Rae on 0411 141 823

OUR GUEST SPEAKERS are:

March '24	Adrian Humphries	Topic:	Ukraine/Middle East Conflict
April '24	Bryan Petheram	Topic:	Mens' Mental Health

A Farewell From Your Editor

This is your Editor signing off. May the good news continue and I wish the person taking up the worthy cause all the very best. I can assist in setting up the newsletter if required.

Thank you for your comments throughout our journey.

Trevor Brown

Current Activities

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

GENTLEMEN'S LUNCH - Monday 1st April' 24 at Valentine Bowling Club at 11.45 for 12 noon. Contact John Benson our coordinator on 0437 043014 for further details.

Our Next Meeting is the AGM

I understand that seven members have indicated their willingness to join the committee. However, someone needs to commit to the Secretary position. Should this happen it will then need to be established if a viable committee can be formed.

Apart from the Secretary's roll another three members would need to join the committee to fill any one of the following positions; Membership Secretary, Events Co-ordinator, Program Manager, Newsletter and Attendance/Welfare.

As Roger mentioned at the last meeting he is prepared to provide contacts for the Guest Speakers. The committee member would then need to make contact and the arrangements.

If you would like to see the suggested roles and responsibilities of any position please either contact me or Robert.

If you would like the Club to continue please give serious thought to joining the committee and let Robert Rae know prior to the meeting.

President's Report

Another excellent meeting in February.

The guest speaker Marny Cringle demonstrated the fighting spirit and resilience that could not help but inspire anyone hearing her story. To survive the horrific injuries that Marny suffered was miraculous enough, but to achieve success in multiple sporting disciplines is difficult to envisage. Particularly in such a short space of time after her catastrophic accident.

This is my last presidents report before the AGM. My hope is we will be able to form a viable committee, to continue on. It would be a real shame if 22 years of social interaction came to an end. In the short term (5years) I have been involved with the club, I have totally enjoyed the company of each and everyone of our club members. **John**

Guest Speaker Section

Marny Cringle provided an inspirational talk. Marny was sucked from an underground railway station platform in 1996 and run over by a train and suffered multiple life threatening injuries. Through persistence, dedication, determination and having an understanding as a nurse Marny survived all odds and is living independently. The journey was long and difficult.

As her book title states “Small Steps Big Outcomes” (How to Change Circumstances For Success). If you want to hear her story then buy her book.

Marny was thanked in the usual manner and enjoyed morning tea with the group.

Book Corner

Browse our library and take what interests you.

A Note From Alan Carter

If you missed Alan’s email dated 22 February ’24 it is below:

“This email might save you a few dollars!

Previously I have always had a routine Prostate PSA test every 12 months which was covered by Medicare. This month after a routine PSA test I was billed \$60 only to find out that since 1/11/23 Medicare only covers routine PSA tests every 23 months.

‘Routine assessment of men for prostate cancer

For men who have no previously diagnosed prostate disease and who are not at increased risk of prostate cancer based upon family history, the interval between routine PSA tests has been extended from 12 months to 23 months (MBS Item 66655).”

REMEMBER What ?

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

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
