



THE PROBIAN

President

David Erskine
0409 226 347

Vice President

Judi Gowing
0419 284 262

Secretary

Helen Springer
0413 584 111

Hon. Treasurer

Bruce Gowing
0418 498 073

Ass't. Treasurer

Rosemary Taylor
0401 327 099

Membership

Sandra Barber
9413 4093

Guest Speakers

Daphne Brady
94283082

Day Trips

Lesley Pike
9428 4060

Newsletter

Judi Gowing
0419 284 262

Welfare

Maria Schattiger
9428 1374

Duty Officers

David Walker
John Schattiger

Newsletter of Lane Cove Combined Probus Club
Inc. A club for the retired and semi-retired.

Club Website <https://www.probuslanecove.org/>

Welcome to the August 2022 Edition of the PROBIAN

PRESIDENT'S REPORT

Six members joined in the \$2:50 day trip in July. The day was terrific. The sun was shining, and we headed over to Manly, where we took a short walk to the 'old Aquarium' before we settled in for a delicious lunch at the Ivanhoe Hotel. We then wandered down to the beach and were surprised to see how much of the beach has washed away with all the bad weather. We caught the 144 back via St. Leonard's to Chatswood. Everyone enjoyed the day out.

The Committee are planning to have a stall in Lane Cove to promote the Club. The Council will need to approve our request for a nominated Thursday in September. As it is World Probus Day on October 1, it seems like a good time to promote our Club.

Lots of good suggestions were given at the Committee meeting regarding outings and \$2.50 trips.

Lunch after the meeting will be held at Fourth Fish. Please add your name to the list.

DAVID ERSKINE
PRESIDENT 2022

Members are encouraged to invite guests to attend meetings and to make them feel welcome so that they might enjoy our friendship. Guests may belong to more than one club. We meet at Lane Cove Bowling and Recreation Club at 151 Burns Bay Road, Lane Cove at 10.00am on the second Monday each month.

Postal address: PO Box 1028, Lane Cove, NSW 1595

Website address: <https://probuslanecove.org>

GUEST SPEAKER

This month's Guest Speaker is member, Denis Smith on the topic of Sunderland Flying Boats in War and Peace.

Upcoming Guest Speakers are:

September – Jim Roberts – City to Surf

October – Warren Fahey – Dead & Buried – Burial Grounds

November – Ronald Besdanský -Trams on the North Shore

DATES FOR YOUR DIARY

Monday 1st August 11.15am – Committee Meeting

Monday 8th August 10.00am - General Meeting

Monday 5th September 11.15am – Committee Meeting

Monday 12th September 10.00am – General Meeting

BIRTHDAYS

Happy birthday for this month
Beth Kannegieter and Dianne Lane



MEMBERSHIP

Current financial members:
38 including 2 Life Members

TREASURER'S REPORT

Cash at Bank
June 2022 - \$4167.16
July 2022 - \$3948.76

CHRISTMAS LUNCH MEETING

Committee has decided to have the 2022 Christmas Lunch at ***The Longueville Hotel*** at a cost of \$50 per head for a two-course meal. Further details to follow. Mark your calendar for Monday 12th December.

Thanks to Dianne Wathen for the effort with searching out suitable venues and for following up on our booking. Many hands make light work!!!

UPCOMING OUTINGS

- August 18th - \$2.50 Outing - Ferry trip to the Australian 18 Footers Sailing Club, Double Bay for lunch.
Meet at **Circular Quay Ferry Wharf 2B at 11.45am** for a departure at 11:57am. Lunch then return. Give names to Lesley on Monday.
- Thursday 29th September – Visit to Sydney Jewish Museum 10.00am to 12 Noon.
Community Connect have a 22-seater bus available to take us to and from the Museum. Our session is 10am till 12 noon. Please add your name to the list with Lesley. Cost – ***Bus and Museum \$20 per head.***
Payment will be made in advance to Treasurer Bruce.

We will have a light lunch close by at your own cost prior to returning to our starting point of Lane Cove Bowling Club.

Friends most welcome.

- Monday 28th November – 1st December – Young Cherry Festival 10 places available. \$935 per person twin share, single supplement \$225 Full payment due 28th October. Please let Lesley know if you are interested.

Minutes of the General Meeting Lane Cove Combined PROBUS Club

MONDAY 11TH JULY

Meeting Opened at 10am

APOLOGIES: Elizabeth Howard, Julie Kemp, Judi Gowing, Bruce Gowing, Christine Kemp, Noni White, Judith Mayer

VISITORS: Jenny Quirke

ATTENDANCE: 23

LUNCH: 15 members enjoyed lunch at Two Brothers Cafe Lane Cove

BIRTHDAY DRAW: Peter Nash

HEADS AND TAILS: Helen Springer

MEMBERSHIP: 38 members including 2 life members

TREASURERS REPORT: NIL as Bruce is overseas

TRIPS: Lesley Pike explained latest trip information is in the July Probian. Please check the Probian for outing information on Monday 25th July and Thursday 29th September.

Young Cherry Festival trip on 28th Nov-1st Dec is filled but Lesley will take more names and place on a waiting list as numbers can change.

Lesley asked for suggestions for lunch venue for the trip to Manly on 25th July Maria suggested Ivanhoe pub. Discussion on return journey bus route -either the 144 or the longer more scenic 136.

SPEAKERS: Daphne has organised Speakers for our Meetings for the remainder of the year. A big thank you to Daphne for her diligent work.

GENERAL BUSINESS:

David asked for 2 volunteers to assist with Morning Tea.

A big thank you to Elizabeth Howard for completing this work as she has been ill and has done a wonderful job substituting for both the writing of the Probian and the Club Secretary in the absence of Judi Gowing and Helen Springer.

MORNING TEA

SPEAKER:

Daphne introduced this month's speaker: Phil Wade—Wellness Centre and Compounding Chemist

Topic: What to do as We Get Older.

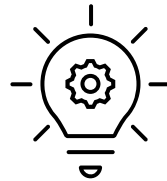
We were enlightened on the value of asking our health professionals the vital How, What Where When Why Who questions and were surprised that we should increase our vitamin C in take to 5000mg a day. Phil suggested looking up Australian health survey.

MEETING CLOSED: 12pm

TRIVIA

1. Which country had a 'one child policy' from 1980 to the end of 2015?
2. Does Macular degeneration affect the brain, eye, or heart?
3. What word meaning raise up, informally means to plagiarise, steal or to arrest someone?
4. Complete the phrase for a no-win situation: "dammed if you do, ----".
5. The original Union Jack Flag created in 1606, combined the flags of which two countries?
6. Financially speaking, BNPL means "(what) now (what) later"?
7. Feline is to cat as Vulpine is to what?
8. Which state capital is about a two and a quarter hours commercial flight from Melbourne?
9. Is desquamation likely to follow an ear infection, sunburn or heart attack?
10. Bennelong was the second husband of which Cammeraygal woman who died in 1791?

Courtesy SMH Weekly Quiz



Day Trip via Ferry to Manly -July 25th



JOKES

What's the best thing about Switzerland?

I don't know, but the flag is a big plus.

Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

Why do we tell actors to "break a leg?"

Because every play has a cast.

Helvetica and Times New Roman walk into a bar.

"Get out of here!" shouts the bartender. "We don't serve your type."

Yesterday I saw a guy spill all his Scrabble letters on the road.

I asked him, "What's the word on the street?"

Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house.

Hear about the new restaurant called Karma?

There's no menu: You get what you deserve.

Did you hear about the actor who fell through the floorboards?

He was just going through a stage.

Did you hear about the claustrophobic astronaut?

He just needed a little space.

Why don't scientists trust atoms?

Because they make up everything.

What sits at the bottom of the sea and twitches?

A nervous wreck.

Ref (goodbadjokes.com)

Trivia Answers
1. China
2. Eye
3. Lift
4. Dammed if you don't
5. Scotland and England
6. Buy now Pay Later
7. Fox
8. Brisbane
9. Sunburn
10. Barangaroo

Winter vegetable, barley & lamb shank soup



Winter vegetable, barley & lamb shank soup

Preparation 25 mins | Cooking 2 hours 15 mins | Serves 4 as a main meal

This soup can be made the day before serving and stored in an airtight container in the fridge. Remove and discard any fat on the surface before reheating.

3 trimmed lamb shanks
 10 cups water
 ½ cup pearl barley
 2 leeks, trimmed, halved lengthways and thinly sliced
 1 celery stick, thinly sliced
 2 large carrots, peeled and diced
 1 swede, peeled and diced
 1 parsnip, peeled and diced
 1 turnip, peeled and diced
 1 cup finely shredded Chinese cabbage
 ¼ cup flat-leaf parsley leaves, chopped
 Crusty bread, to serve

STEP 1 Place lamb shanks and water into a large deep saucepan. Bring to the boil, skimming froth occasionally, over medium heat. Stir in barley, partially cover and simmer, stirring occasionally, over medium-low heat for 1 hour.

STEP 2 Add celery, carrots, swede, parsnip, turnip and cabbage to soup. Stir to combine, cover and simmer, stirring occasionally, for 45 minutes.

STEP 3 Remove lamb shanks to a board and shred flesh (discard bones). Add lamb and parsley to soup. Season with salt and pepper to taste. Simmer soup, stirring occasionally, for a further 10-15 minutes. Serve with crusty bread.

 For more fresh fruit & veg recipes visit www.sydneymarkets.com.au

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. 30/07/20

Recipe

EMAIL ADDRESSES FOR COMMITTEE:

President – David Erskine
david.erskine5@bigpond.com
 Vice President – Judi Gowing
bgowing@bigpond.net.au
 Treasurer – Bruce Gowing
brucegowing@gmail.com
 Probian Editor – Judi Gowing
bgowing@bigpond.net.au

All members are asked to consider their personal capabilities before undertaking any activities with the Club. This includes all housekeeping activities, meetings, venues or anywhere else requiring physical effort and is extended to include all organised Club activities, Tours or Outings. It is each individual member's responsibility to ensure they are physically capable of undertaking or being able to participate.