



THE PROBIAN

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

Club Website: www.probuslanecove.org

Welcome to the August 2023 Edition of the PROBIAN

PRESIDENT'S REPORT, August 2023

The Club members have had a busy month! The Parliament House High Tea was a great success and something to add to the Diary for 2024!

In addition, the six members who went on the Southern Highlands trip enjoyed a busy couple of days, meeting members of the Bilgola Probus Club and enjoying a well organised trip.

Many thanks to our Club Committee who work away in the background to make our Club the success that it is.

Lunch after the meeting will be at 'Two Brothers', another local Lane Cove Café. Last month's post meeting Lunch was a great success.

Some members of the Committee will be attending the Probus South Pacific Information Day at Waitara on Tuesday, 15th August. We hope to gain some new connections and get some new ideas to enhance our membership.

Thanks to you for your enthusiasm.

Judi Gowing



BIRTHDAYS

Happy birthday to members Beth Kannegieter and Dianne Lane.

TREASURER'S REPORT

Cash at Bank – \$4,648.38

GUEST SPEAKER

The guest speaker this month is Darren Kepert. Darren is 50 years old and the eldest (and favourite) child of club members Louis and Pam Kepert (quote Darren)! Darren has worked at the Westpac Group for 29 years and his current role is Lead Digital Product Owner for Digital Wallets (Apple Pay, Google Pay and Samsung Pay). When he's not working, he loves going away for the weekend and travelling, visiting museums and art galleries, and hiking.

Darren will be talking about a month-long trip he completed last winter with his parents from Sydney to Cooktown and back again for the annual Cooktown Festival and a family reunion.

MEMBERSHIP REPORT

The Club currently has 51 members.

DATES FOR YOUR DIARY

Monday, August 7th - 11am Committee Meeting

Monday, August 14th – 10am General Meeting followed by lunch at 'Two Brothers'.

Tuesday, August 15th – 10am – 3pm – Probus Information Day (Magpies, Waitara) being hosted by Probus South Pacific Limited. Members who attend will report back to Club Members at September Meeting.

Friday, August 25th – **Opal Card + Lunch Outing** – Kadmus Lebanese Cuisine, cnr Lyons Rd & Thompson Street, Drummoyne. **12:30pm lunch booking**. See upcoming outings for Transport information.

Know your Members

Daphne Brady

I was born at the War Memorial Hospital Waverley, New South Wales in June 1940. I grew up in Bronte, in those times a great place to be. I attended Saint Clares College Waverley. I did not do the leaving certificate as my father died when I was 16, and I felt the need to provide some support to my mother who was not well. I had one younger sister and later found out I also had an older half-sister.

My first job after doing a commercial year at school is it St Vincent's Hospital Darlinghurst. I enjoyed it very much and learnt a lot about things that we never talked about when I was growing up. Later via my school, I was offered a job as a secretary to a publisher and then joined his publishing company. I married and had four children and now have 12 grandchildren and great grandson.

We lived in Northmead for many years, then moved to Perth on a three-year Employment contract and because the contract was broken by my husband, we had to drive back to Sydney - quite an adventure across the old Nullarbor plain in 1976. We had four children in the car, no seatbelt in those times when we were pulling a trailer too. We purchased a house in Carlingford and lived there for 16 years until my divorce.

Through a friend, I was offered a position at Collins Nissan dealership at Concord. I worked there for 24 years. During my time there I followed a dream and attended TAFE by night for four years and studied to become an accountant.

My second partner and I purchased a house in Riverview and lived there for 21 years. Towards the end of my working life, I joined the Lane Cove Bowling Club and ladies PROBUS club and became involved in doing little jobs for them over the years. I am now a member of the Lane Cove Combined Club. Roger and I have done a lot of travelling together particularly France which we both love still. I hope to have plenty of time to enjoy whatever is before me with my partner and my family.

Members News

A 'Matilda's Story'

Member Judy Slatyer has been eagerly following the path of the Matildas, being the mum of a Matilda!

From Judy: 'Thea Kay Slatyer was a footballer at 5 years old in Greenwich school. She played 'football' with the boys until the cut off age of 13-14 years old. She represented NSW, then 'Young Matilda's, and then the Matildas. This training regime was intense, three times a week at Parklea, and a match on weekends.



Thea travelled extensively with the team, even to North Korea. Thea also played in the 2015 World Cup in Canada & Olympics in Athens which I was lucky to travel with other parents & friends. It was great when she was able to drive herself, and when she got her pilot's licence she flew to Canberra from Bankstown for training. For me it was lovely to see & hear about all her former teammates at the recent opening of the FIFA World Cup at Olympic Park.'

UPCOMING ACTIVITIES

AUGUST

Friday, August 25th – Opal Card + Lunch Outing – Kadmus Lebanese Cuisine, cnr Lyons Rd & Thompson Street, Drummoyne. **12:30pm lunch booking**. Parking near the Restaurant is limited. Plenty of Parking at the Bowling Club.

Bus 530

11.55 am – Lane Cove Post Office bus stop

11:58 am -Bowling Club bus stop (opposite Figtree Street) to Lyons Rd at Thompson St.

SEPTEMBER

FRIDAY, 29th 10am Opal Card + Lunch Outing

Outing to La Perouse Gallery via Public Transport – followed by Lunch at The Boatshed. <https://www.theboatshedlaperouse.com.au/>

Meet at Juniors Kingsford Bus Terminal at 11am, which is the last stop of the Light Rail (L3).

The group will then catch the Bus 390X together to La Perouse Gallery. Names to Lesley so a lunch booking can be made.

OCTOBER

Monday, 24th 11am

Celebrate International Probus Month

Bowls & BBQ at Lane Cove Bowling & Recreation Club.

NOVEMBER

Monday, 20th 9am – 5pm

Western Sydney Airport Experience

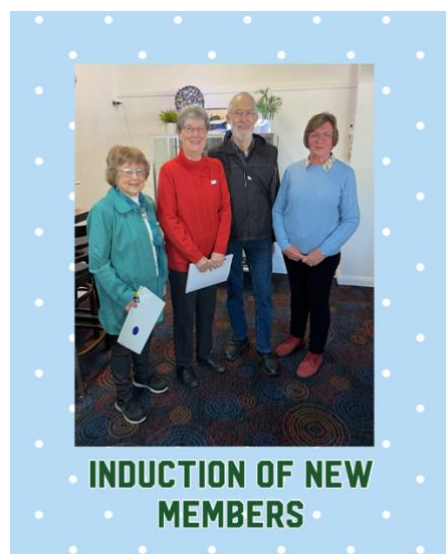
22 seats – morning tea & lunch included in cost of \$85.00.

Tour of the Western Sydney Airport. Payment will be non -refundable.

Flyers will be handed out at the meeting.

NEW MEMBERS

Our club welcomes Bev Young as well as Paul & Christine Shea who were inducted last meeting by President Judi.



RECENT OUTINGS

PARLIAMENT HOUSE HIGH TEA

Friday, 28th July, 14 members enjoyed a delicious 'High Tea' Lunch at Strangers Restaurant at Parliament House. The Venue was delightful, food delicious and the attendees were very happy!

YULEFEST DINNER

On August 2nd & 3rd, six members joined a coach trip to Bowral to enjoy a YULEFEST Dinner at 'Berida Manor'. Bruce, Judi, Sandra, David, Pam & Louis enjoyed to the outing and the sumptuous dinner provided. This was a trip arranged by OnCourse Tours.



MINUTES OF LAST GENERAL MEETING

Monday 10th July 2023

Welcome to attendees-40

Apologies - Elizabeth Howard, Sally Delaney, Diane Lane, Judith Meyer

Minutes June Meeting – moved Lesley Second- Daphne

President Judi welcomed Club Inductees- Bev Young, Susie Shatwell, Christine & Paul Shea. Bev and Christine shared some interesting details of their connection with Lane Cove and their interests. Members welcomed them warmly.

Birthday draw- Peter Nash

Raffle- Julie Kemp

Heads & tails- Christine

Reports

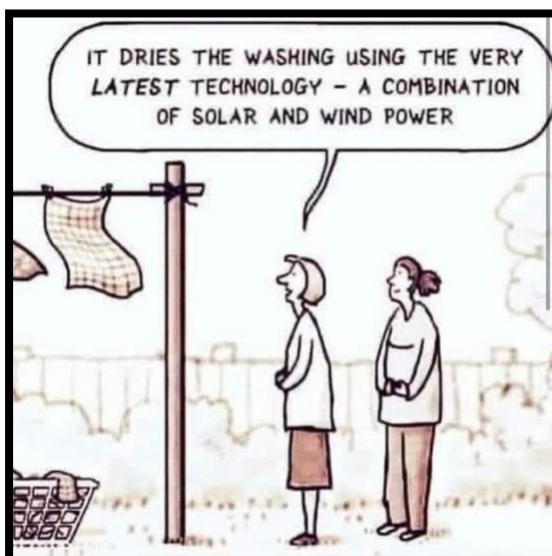
- Treasurer- Louis Balance \$6832.53 - paid for Art Gallery, not Vivid awaiting invoices
- Trips Lesley outlined upcoming outings.
Train to Kiama successful, Parliament House trip closed- meet at foyer @ 12.15, Kadmus restaurant - open for bookings 25th August; La Perouse -Museum open on Friday only, taking names.
- Membership Sandra 51 members
- Speakers Daphne - Rest of year booked, good plans for 2024
- Social Coordinator & Welfare – no reports

General Business –

Probus Info Day on 15th August at Waitara. Today's after meeting Lunch is @ Thai Eatery Lane Cove.

Morning Tea was followed by **Guest Speaker** Raelele Joudry.

Meeting closed at 11:50am



BAND PERFORMANCES

One-hour performances at St. Andrew's Cathedral are free and run from 12:30 to 1:30 on the following dates:

November 1 st – Navy Band	November 29 th – Navy Band
November 22 nd – Police Band	December 13 th – Police Band

INVITATION

Cloudstreet – Lane Cove Theatre Co

An epic tale of two Australian families dealing with heartbreak and joy over the course of two decades following the war, united by their co-habitation of a sprawling Perth house with a haunted past. The power of this staggering Australian saga is more haunting than the ghosts who speak out from the walls. It's more elusive than the serial killer who prowls their neighbourhood. It's transcendent, like the Lambs and the Pickles themselves, whose lives and loves live on today.

Make sure to arrive in time to purchase a cheese or dessert plate and a beverage to take into the theatre with you. You can pre-order your cheese/dessert with your ticket to ensure you don't miss out.

Friday 11 August 2023 - Sunday 27 August 2023 (UTC+10)

LOCATION

The Performance Space @ St Aidan's
1 Christina Street, Longueville NSW 2066

Contact Details

11-27 August 2023 at The Performance Space @ St Aidan's
1 Christina Street, Longueville

Tickets \$30 / \$25 conc / \$23 groups 10+ / add \$10 cheeseplate/ \$8 dessertplate

Online booking <https://www.trybooking.com/CDBZL>



WINTER WARMERS courtesy of Eva Wiland

OSSO BUCO (Serves 4)

Osso Buco – literally bone with a hole – is a specialty from Milan of cross-cut veal shanks braised with vegetables, white wine and broth.

The modern version has tomatoes, traditionally it did not. I prefer it with tomatoes and a proper Osso Buco has to be garnished with gremolata - a mixture of chopped parsley, grated lemon peel and chopped garlic – and served with mashed potatoes or risotto alla Milanese.

Ingredients:

1.3 kg veal shanks cut in 4cm thick cross pieces

2 tblsp olive oil

25g butter

1 onion, sliced

1 carrot, sliced

2 wine glasses dry white wine

250g tomatoes or ½ can of crushed tomatoes

1 dessert spoon tomato purée

2 cloves of garlic, finely chopped

150ml jellied chicken stock

¼ tsp cayenne pepper

sea salt and freshly ground pepper to taste

2 cloves garlic, chopped

3 rounded tablespoons parsley

grated rind of one lemon

Utensils: flameproof casserole with lid; cutting board; chef's knife; tongs; wooden spoon

Time: preparation – 30mins; cooking – 4hrs

Preparation:

1. Bring the meat to room temperature. Cut the sinew surrounding the meat in three to four places to prevent meat from “curling up” so the pieces remain flat when browning.
2. Heat a big casserole on the stove, add oil and when hot, drop in butter. When butter foams, start browning the meat, two to three pieces at the time, lifting them out when brown, taking care they do not stew.
3. Add onion and carrot to casserole, cover and cook on steady heat without stirring for about 2-3 minutes. Return the meat to the casserole, making sure bones are upright so marrow does not fall out during cooking.
4. Pour wine over the meat and reduce to half. Scald and squeeze tomatoes to remove any seeds, skin and chop the flesh. Separately, in a small skillet reduce tomatoes in butter over high heat and when thick, add to casserole with tomato purée. Stir in garlic, stock and cayenne. Season well with salt. Cover and braise in oven on 120°C for four hours.
5. Prepare gremolata: mix garlic with parsley and grated lemon rind. Plate the Osso Buco with gremolata sprinkled on top. This meal is quite filling so serve a light starter like a small caprese salad.



Committee		
President Judi Gowing 0419284262	Vice President	Membership Sandra Barber
Secretary Judy Slatyer	Hon. Treasurer Louis Kepert	Probian Editor Judi Gowing
Guest Speakers Daphne Brady	Day Trips Lesley Pike / Judith Mayer	Welfare Elizabeth Howard 0410505001 Social Co-ordinator Rosemary Taylor

Contact us: [CONTACT | Probus Lane Cove](#)

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>

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.