



THE PROBIAN

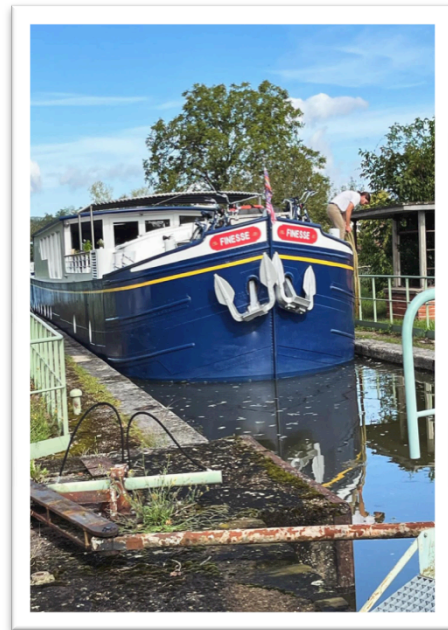
Newsletter of Lane Cove Combined Probus Club Inc. A club for the retired and semi-retired.

Club Website: www.probuslanecove.org

VICE PRESIDENT'S REPORT, October 2024

Welcome to the October edition of The Probian

This edition of the Probian has been produced by me in Judi's absence, while she and Bruce are away in Europe on holiday. They were last reported in Villers-Bretonneux, the Sommes, France, after living it up in Paris; sailing on a barge to Dijon, sampling the local French wine and food; and enjoying the French Alps and Geneva.



Eva Wiland
Vice President

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>

BIRTHDAYS

Happy birthday to John Ewing; Pam Kepert; Lesley Pike; and David Walker

TREASURER'S REPORT - Louis Kepert

Cash at Bank – \$4,103.24

GUEST SPEAKER

This month's speaker is Ron Besdansky, who will make a presentation on the Sydney Trams. The Sydney Tramway Network serviced the Inner Suburbs of Sydney from 1879 -1961. In its Heyday it was the largest in Australia. Since then, we have seen the Monorail come and go before the introduction of the Inner West Light Rail in 1997 and the CBD/ South East Light Rail Network in 2019.

Sydney Trams are Back!

MEETING DATES

November 4 th 11am	Committee Meeting
November 11 th 10am	General Meeting – Bowls & BBQ
December 2nd	<i>No Committee Meeting</i>
December 9 th 12 noon	Christmas Lunch at The Alcott

MEMBERSHIP REPORT

The Club currently has 51 members

VISIT TO GOVERNMENT HOUSE

Lane Cove Probus Club members enjoyed a very interesting outing to Government House on September 13.

Security was high and after having gone through identity checks beforehand, we had to leave our bags at the entry of Govt House before proceeding to the portico where we met up with our guide, who was both entertaining and full of knowledge.

He showed us around the historic state rooms on the ground floor – starting with the small outer hall and then moving to the inner hall with portraits of the eight latest NSW governors.

(Photographs of inside Government House were not permitted. But for a virtual tour see: <https://www.governor.nsw.gov.au/government-house/virtual-tour>)

The guide then led us to the Coats of Arms Gallery where the coats of arms of all NSW Governors, from Governor Phillips, were displayed and where a large portrait of the late Queen Elizabeth II in her coronation dress and robe with the imperial crown, featured prominently.

The portrait is still hanging because NSW Government House still has to receive a portrait of King Charles III with his crowning regalia. It is not known whether he'll bring one on his and Queen Camilla's visit this month. So the late Queen's portrait has not yet been replaced.

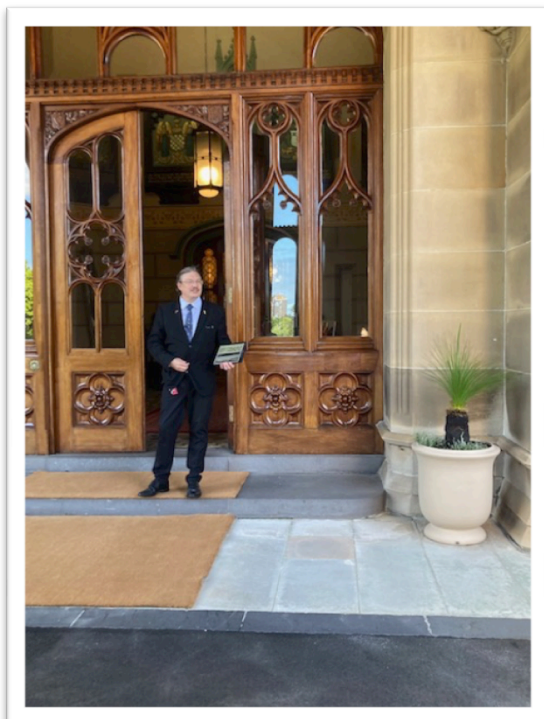
From the Coat of Arms Gallery we moved on to the dining room, which showcases one of the biggest collections of Australian red cedar furniture in the country, including a beautifully shining French polished dining table, which can be extended to seat 36.

The tour then proceeded to a small ante drawing room before the main drawing room; followed by the big ballroom which included a small stage and an upper gallery for musicians.

On the surrounded walls are portraits of Britain's kings and queens from Queen Victoria to George V.

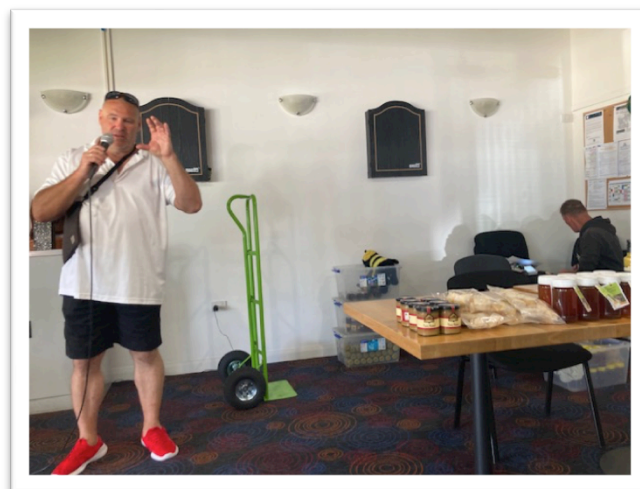
Each of the three rooms featured different subjects, reflected in ceiling decorations and the carpet. Food was the subject in the dining room, native flora in the drawing rooms and the seasons in the ballroom.

Our visit ended with a walk through the magnificent gardens. The gardens' centrepiece is a magnificent Moreton Bay Fig, which is about 200 years old. We ended our tour with a walk through Botanic Gardens, which were in early bud burst, and lunch at the Botanic Gardens Cafe.



LAST MONTH'S GUEST SPEAKER

Our guest speaker, birds and bees expert Louis Kelbert, of @Kel-Bee Apiaries, who have spoken before about his bee-keeping at one of our general meetings, returned on September 9, when he gave Probus members a very informative talk, this time about his breeding of finches. We heard about the 30x30m aviary, which he has built with bushes and trees. It houses about 400 different coloured finches, which he feeds on Lebanese cucumbers, kale and his own mixture of arrowroot and scotch finger biscuits, eggs and live 'clean' maggots, which he breeds himself in a flybox from flies fed on flour, milk and sugar. This ensures his finches produce eggs and offspring. Louis also did a brisk trade in his honey and honey products from his apiary.



DATES FOR YOUR DIARY

October 23rd, Wednesday

Anzac Memorial 11:00 to 12:30 for tour, arrive at 10:30 for Star Ceremony. 1pm lunch at Bistro Gadi, Australian Museum top floor. Tour is free but donations are gratefully accepted.

Lifts to all floors if needed.

Storage lockers and public bathrooms on the located-on ground floor.

Further details as we get closer, to look at Devoted Service and Star Service. Celebration of 90th Anniversary

November 18th Monday

State Theatre Tour followed by lunch at 'Primi,' Club York. Names to Judith. We have 25 spots and need four more people for the cost of the Tour to be \$17. Payments soonest would be most welcome.

December 9th Christmas Lunch at The Alcott Club.

January 13th Lunch venue to be decided.

February 28th, Friday –

Half-day Tour East of the Harbour with the Naval Historical Society of Australia. 15 places have been reserved and there's room for one more. \$70 each.

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<https://www.facebook.com/profile.php?id=61561572697844>

RECIPE OF THE MONTH – MOROCCAN LAMB COUS COUS



Cous cous is a North African dish made from semolina, which is traditionally steamed, and served with meat and vegetables spooned over it. In 2011, it was voted the most popular dish in France. In Morocco, cous cous is normally seasoned with a unique spice

blend made from a combination of cardamom, cinnamon, cloves, coriander, cumin, ginger, allspice, nutmeg, mace, turmeric and black pepper. These days couscous is easy and quick to make by just following instructions on the packet. Serves four.

Moroccan Lamb Ingredients:

1kg lamb shoulder
½ tsp black pepper
½ tsp cinnamon
½ tsp cumin
½ tsp ginger
½ tsp coriander (optional)
½ tsp cardamon (optional)
½ tsp cloves (optional)
½ tsp mace, powdered (optional)
½ tsp tumeric (optional)
4 tblsp olive oil
400g can of chopped tomatoes
1 cup beef stock
1 onion, grated
2 cloves of garlic, finely grated

1 bay leaf
4 carrots
Salt to taste

Cous Cous Ingredients:

1 1/2 cup cous cous
2 1/3 cups vegetable stock
2 tblsp freshly squeezed lemon juice (optional)
1 cup dried apricots, chopped
½ cup raisins
½ cup pistachios
400g can of chick peas, drained
½ cup fresh mint, chopped

Utensils: Saucepan; casserole; fork

Time: up to 4 hours

Moroccan Lamb preparation:

1. Cut lamb meat in cubes and combine with pepper, cinnamon, cumin, ginger, cinnamon and other optional spices of choice plus two tablespoons of the olive oil. Stir well to combine and marinate for one hour.
2. Heat the remaining olive oil in a big, heavy-based casserole over moderate to high heat, add the onions and garlic.
3. Saute for a couple of minutes before adding the marinated lamb in batches and brown on all sides. Add the canned tomatoes, beef broth, carrots and salt to taste.

Cous Cous Preparation

4. As the mixture comes to boil, add bay leaf and salt to taste. Lower heat and simmer for two and-a-half hours.

1. As lamb has simmered for almost three hours, bring vegetable stock to boil in a saucepan, add apricots, nuts and chick peas. Simmer for five minutes.
2. Add cous cous, cover, turn off heat and let the cous cous absorb the stock on residual heat for 15 minutes.
3. Using a fork, fluff up the cous cous grains and place on individual plates.
4. To serve, spoon the Moroccan lamb over the cous cous and scatter with chopped mint.

Committee		
President Judi Gowing 0419284262	Vice President Eva Wiland	Membership Sandra Barber
Secretary Judy Slatyer	Hon. Treasurer Louis Kepert	Probian Editor Judi Gowing
Guest Speakers Bruce Gowing	Day Trips Lesley Pike / Judith Mayer	Welfare Elizabeth Howard 0410505001

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