



# THE PROBIAN

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

Club Website: [www.probuslanecove.org](http://www.probuslanecove.org)

Welcome to the October 2023 Edition of the PROBIAN

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## **PRESIDENT'S REPORT, October 2023**

*Fun and Friendship in Retirement! October marks 'Celebrating PROBUS Month'.*



Welcome to the October Edition of the PROBIAN. It seems that this year has gone by very quickly.

Another great **Opal Card + Lunch** outing was enjoyed by 17 members last week. We certainly made the most of our Opal cards! This outing was noted in the Members' Survey earlier in the year. A great suggestion!

At the meeting next week, I will have the pleasure of inducting two new members – Julie Cogley & Diana McAlpine.

We welcome the ladies to our Club and look forward to getting to know you both.

Below is a link to the Probus South Pacific Magazine in case you aren't a subscriber. It's full of interesting information.

[PROBUS ACTIVE RETIREES MAGAZINE](#)

*Judi Gowing*

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## **BIRTHDAYS**

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Happy birthday to John Ewing, Pam Kepert, Lesley Pike & David Walker.

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## **TREASURER'S REPORT**

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Cash at Bank – \$4881.73

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## **GUEST SPEAKER**

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This month the Guest Speaker will be Lukas Sempka who will be addressing the Club on the Kokoda Track. We look forward to an interesting presentation.

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## **MEMBERSHIP REPORT**

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The Club currently has 52 members.

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## **DATES FOR YOUR DIARY**

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### **OCTOBER**

**MONDAY, 9<sup>th</sup> October**, 10am General Meeting. Lunch at Lane Cove Chinese Kitchen (upstairs). Menu attached for pre -order at meeting. \$15 + \$2 for Fried Rice

**Monday, 23<sup>rd</sup> October - 11am -2pm**

**Celebrate International Probus Month**

Bowls & BBQ at Lane Cove Bowling & Recreation Club. BBQ \$15 Bowls add \$5. Names to Lesley please – pay on the day!

### **NOVEMBER**

**MONDAY, 6<sup>th</sup> November, 11am** Committee Meeting

**MONDAY, 13<sup>th</sup> November, 10am** General Meeting – bring your Musical Instrument as our Guest Presenters will bring Music to the Bowlo.

**Monday, 20<sup>th</sup> November 9am – 5pm**

**Western Sydney Airport Experience**

**Fully booked**

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

Visit to Penrith Regional Gallery, The Lewer's Bequest & Tour of the Western Sydney Airport.

**Meet at the Bowling Club at 8:45am.**

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## **Club Christmas Lunch**

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Christmas Luncheon is booked at The Alcott, Birdwood Ave, Lane Cove.

Date: Monday, 11<sup>th</sup> December

Time: 12:15pm

Set Xmas Menu of 2 Courses plus Tea/Coffee \$68 per person

Raffle \$5

Lucky Door Prize

**RSVP November 13<sup>th</sup>**

Names to Judith [judithmayer@bigpond.com](mailto:judithmayer@bigpond.com)

Payment of \$68 into the Probus Bank Account.

### Menu:

Roast Turkey, Pork Chipolatas & Smokey Bacon

Butternut Pumpkin Mash, Rosemary Roast Potatoes & Parsnips, Buttered Greens, Cranberry & Gravy

### Dessert:

Raspberry, Mango & Sherry Trifle, Praline Almonds & spiced Custard

### To finish:

Chocolate Truffles + tea & coffee station

\*\*\*Dietary requirements will be catered for – email Judi [bgowing@bigpond.net.au](mailto:bgowing@bigpond.net.au)



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## Know your Members!

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### **Maria Schattiger**

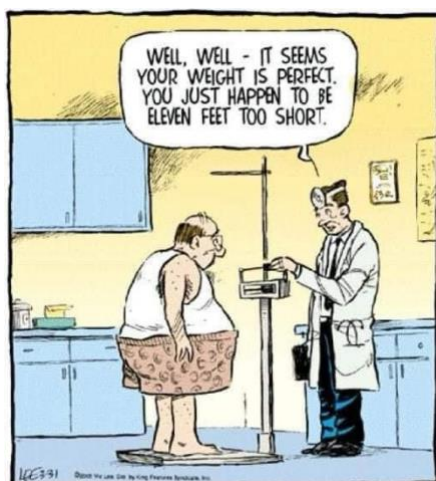
As the daughter of an Italian POW, who had spent time at Cowra NSW during World War 2, Maria and her family migrated to Australia in the early 1950s. They worked on farms at Findan Creek near Kyogle, on the far north coast of NSW, before moving to their own farm at Wadeville near Nimbin.

Maria sat the Leaving Certificate and gained a Teachers College Scholarship to Armidale Teachers' College. Her first appointment was to Alma South in Broken Hill.

After some extensive overseas travel and further studies, she taught English as a second language by day at a number of primary schools in Sydney, as well as English to migrants at night. Her last appointment was Lane Cove Primary before retiring after 13 ½ years of teaching there.

The Schattigers have lived in Lane Cove since 1986.

Now as empty nesters, Maria and her husband John enjoy participating in local activities, travelling, volunteering and looking after their grandchildren.

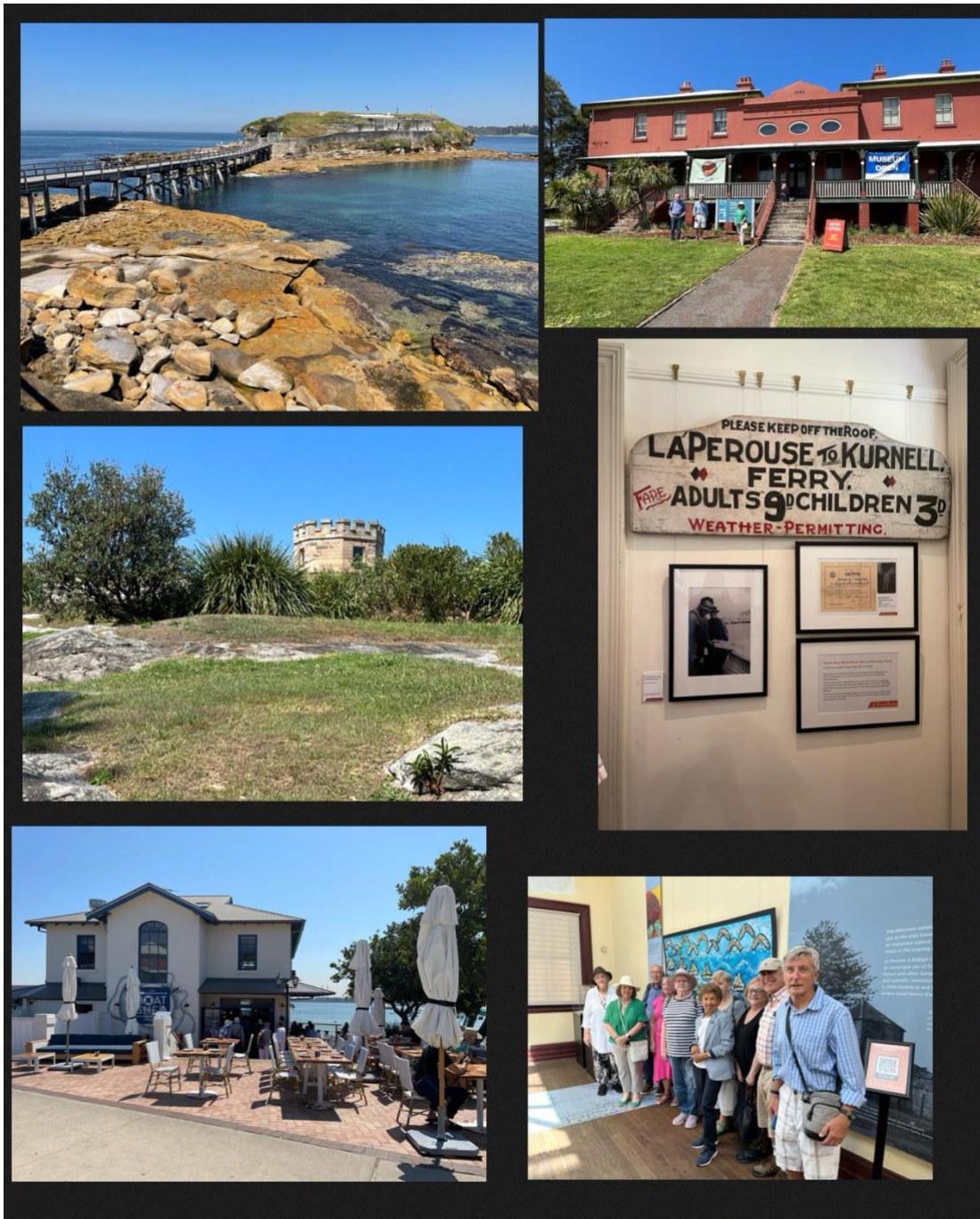


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## RECENT OUTINGS

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Sunny skies greeted 17 members as they headed off on the monthly **Opal Card + Lunch Outing** to La Perouse. A walk to Bare Island, a visit to the Museum and a delicious lunch at The Boatshed made the day a most enjoyable one! Some photos are posted for you to enjoy. Snaps courtesy of Bruce and Louis.



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## MINUTES OF LAST GENERAL MEETING

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- Welcome to meeting, Judi
  - APOLOGIES -Sandra Barber, Helen Springer, Susie Shatwell, Naida Moore
  - WELCOME VISITORS - Diana McAlpine, Julie Cogley
- President's Report
- Lunch today after meeting is at La Piazza – names to John (30 attending).
  - PSPL Management Meeting – Waitara, 6 attended from Lane Cove, encourage & advised members to have fun!
  - Thanks to Pam for her contribution to our 'Know your Members' Segment in the Newsletter.
- Volunteer for October Newsletter required.
- Minutes of August General Meeting as per Probian, Moved and Seconded by Lesley Pike & Elizabeth Howard.
  - President Judi presented information regarding the option to have the Xmas Lunch Function at The Alcott at the cost of \$68 per head for a two-course meal. A show of hands indicated Members approval of the venue and menu. \$68 per head to be paid online or in cash asap.
  - BIRTHDAY DRAW – Denis Smith and life member Brian Strawbridge. Denis was the Winner.
- Reports:
- TREASURER'S REPORT – Cash at Bank end August \$4919.65. Louis reported that some monies have already been received for airport excursion.
  - TRIPS -Lesley/Judith
    - ❖ La Perouse numbers are good.
    - ❖ BBQ & bowls upcoming on 23rd October celebrating International Probus Month. \$20.00 less \$5 if not bowling. Members from Nth Sydney Probus have been invited. Pay on the day.
  - MEMBERSHIP REPORT - nil
  - SPEAKERS – Daphne reported all booked for this year
  - WELFARE – Elizabeth nil
- HEADS & TAILS – Nancy won
- RAFFLE DRAW – Winner Bev Young
- GENERAL BUSINESS
- Christmas Meeting, 11th December 2023 – The Alcott for \$68 pp commencing at 12:15
  - Next Meeting 9th October 2023
- MORNING TEA
- SPEAKER – Ian Burnet on The Tasman Map.  
Meeting closed 12noon

## 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 <sup>st</sup> – Navy Band	November 29 <sup>th</sup> – Navy Band
November 22 <sup>nd</sup> – Police Band	December 13 <sup>th</sup> – Police Band

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## RECIPE

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### *Twelve-hour Rosemary Lamb*

The slow cooking of lamb shoulder in wine with plenty of garlic produces an incredibly tender, flavoursome meal. The same ingredients can be used for lamb shanks which only need half the cooking time. If cooking for a dinner party, ready the meat the night before and put it in the oven the next morning and it will be ready in time for the dinner, leaving plenty of time to prepare everything else. Serves 4-6 people

#### **Ingredients:**

1.5-2kg lamb shoulder or 4-6 lamb shanks  
6 anchovies  
6 cloves of garlic, sliced  
One bunch rosemary  
Olive oil spray  
Sea salt to taste  
1 tblsp olive oil  
1 tblsp butter  
1 small onion, chopped  
1 stick celery, diced  
1 carrot, diced  
1 wineglass good quality shiraz  
½ cup jellied or strong beef stock  
bouquet garni  
Sea salt and freshly ground black pepper

**Utensils:** Cutting board; sharp knife; chef's knife; flameproof casserole with lid; saucepan; sieve.

**Time:** Preparation - 30mins; cooking - 12hrs

#### **Preparation:**

1. Heat oven to 120°C. Leave the meat out until it reaches room temperature. Make 12 incisions with a sharp knife in the meaty part near the bone. Cut

anchovies in half and insert half an anchovy, a slice of garlic and some rosemary into each incision. If serving lamb shanks, no need to make incisions – just add anchovy, garlic and rosemary with the shanks to the casserole. Spray meat first with olive oil and rub in salt.

2. Heat the casserole on top of the stove, add olive oil and two minutes later, the butter. When the butter is foaming, start searing the lamb on all sides over medium heat, lift out and set aside.

3. Add onion to the casserole and soften, add celery and carrot and cook while stirring until well coloured. Add the rest of the garlic cloves. Pour in wine, set alight and reduce to half. Add stock and place the lamb shoulder (or shanks) on top, cover with the rest of the rosemary, reserving some sprigs for garnish, tuck the bouquet garni into the side of casserole and season.

4. At the end of 12 hours (or 4 hours for lamb shanks) take out meat, cover with alufoil and let it rest while you prepare the sauce: Skim off any fat into a cup, loosen the burnt particles from the bottom of the casserole and strain the juices from the casserole into a saucepan, pressing with the back of a wooden spoon to get some of the stewed vegetables, garlic and rosemary flavourings through the sieve into the sauce.

5. Bring the sauce to boil and add some more shiraz and some more jellied stock if necessary. Let the sauce reduce until it is thick and syrupy. If you feel it is too liquid, add some flour to the fat and make a paste. Add one teaspoon of the paste at the time to the sauce until you get your preferred consistency. Taste for seasoning.

6. Plate sliced shoulder meat or shanks on top of mashed potatoes flavoured with garlic and grated Parmesan. Drizzle sauce over the meat and serve the rest in a sauce boat. Finish off by sprinkling fresh snipped rosemary on top.

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



# LUNCH MENU

\$15

+ \$2 Fried Rice

1. Fillet Chicken in Plum Sauce
2. Fillet Chicken in Satay Sauce
3. Fillet Chicken with Vegetables
4. Honey Chicken
5. Salt & Pepper Chicken
6. Szechuan Chilli Chicken
7. Pork in Peking Sauce
8. Pork in Spicy Plum Sauce
9. Salt & Pepper Pork
10. Sweet & Sour Pork
11. Beef & Black Bean Sauce
12. Beef in Peking Sauce
13. Beef with Mixed Vegetables
14. Szechuan Chilli Beef
15. Salt & Pepper Calamari