



THE PROBIAN

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

Club Website: www.probuslanecove.org

PRESIDENT'S REPORT, November 2023

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

On 23rd October, Bowls and a barbecue was held at the Club to celebrate National Probus Month. We had 25 folk enjoy the day. Five were members of North Sydney Probus who joined us. We had twelve folk enjoy the Bowling and the rest enjoyed a friendly chat prior to being served a delicious lunch. Many thanks to Bruce and David for organising all the food and to Louis and Denis who donned the aprons to assist with the BBQ. I certainly appreciate the assistance from all members who made the day a great success!

We have two big activities coming up. The Western Sydney Airport Trip on 20th November, which is fully subscribed, and the Xmas Lunch on Monday, 11th December at The Alcott. Money for the Xmas Lunch is required ON or BEFORE 13th November.

On a sad note we offer our sincere condolences to Daphne, whose beloved partner Roger passed away recently – a difficult time for Daphne and the family. Our thoughts are with you, Daphne.

With the dependence we all now have on Internet use for a myriad of tasks I felt it was a good opportunity to share this link which gives an excellent overview of staying safe online.

<https://www.cyber.gov.au/learn-basics/view-resources/cyber-security-awareness-month>

Lunch after the meeting is at Lane Cove Thai, Village Square, Lane Cove. Add your order to the list at the Meeting please!

Judi Gowing

BIRTHDAYS

Happy birthday to Robin Devries, Claudette Haj, Susie Shatwell & Eva Wiland.

TREASURER'S REPORT

Cash at Bank –
\$6419.00



**CELEBRATING
PROBUS MONTH
WITH BOWLS & A
BBQ**



GUEST PRESENTERS

'The Two Fillies'

Maria and Glenny have been playing together for about 5 years as volunteers, mainly at Residential Villages, as well as at a couple of nursing homes in dementia units.

More recently they've been accompanying Mass at a Catholic Care Centre. (They've also started busking at local markets now the weather is better.) To quote Glenny: 'We reckon that with our accordion playing we have to use it or lose it!'



They are part of the Accordion Society of Australia Orchestra called Accordions Alfresco with 20 players which gives about 4 concerts a year.

Their connection with Probus Member, Lesley goes back to when she was the Principal at Russell Lea Infants' School. When the orchestra needed a new weekly rehearsal venue she gave them the school hall! When Lesley retired after 40 years, the new principal carried on with her generous offer! Maria was a grandparent at the school and Glenny was the Assistant Principal for 30 years.

Last month's Guest Speaker was Lukasz Sempka who was inspirational.

Lukasz Sempka addressed the group on his involvement with the Kokoda Trail as part of a programme run by Penrith Panthers with vulnerable teens.



MEMBERSHIP REPORT

The Club currently has 54 members.

DATES FOR YOUR DIARY

November 13th Monday, 10am

General Meeting, bring your Musical Instrument for the Guest Presenters Session.

Lunch to follow at Lane Cove Thai – add your menu choice to the list for pre-ordering. Menu here: <https://www.lanecovethai.com.au/>

November 20th Monday, 8:45 – 4pm

‘Western Sydney Airport Experience. Meet at Bowling Club at 8:45am for a 9am departure.

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

All attendees will be contacted with any changes to the Outing.

December 11th, Monday, 12:15pm.

Christmas Lunch Function at The Alcott, Birdwood Ave RSVP 13th November with payment of \$68. No meeting. Meet at The Alcott. Raffle tickets will be 3 for \$5.00. Lucky door prize as well! 🎄🎄🎄

January 8th Monday, 12:30pm

Lunch at ‘The Fenwick’ Balmain East Wharf. This gathering is in lieu of the January Meeting. Please RSVP to President Judi 0419284262 so that a booking can be made.

Plenty of Transport options including bus to McMahon’s Point then 12:20 Ferry to Balmain East.

February 5th Monday 11am

Committee Meeting

February 12th Monday 10am

General Meeting

Club Christmas Lunch

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

Date: Monday, 11th December

Time: 12:15pm

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

Raffle \$5

Lucky Door Prize

RSVP November 13th

Call Louis or Bruce for banking details.

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



Members News!

14 day WA Spring Wildflower Tour (Judy Slatyer)

In October 2023, Jenny Quirke & I, went on a bus tour beginning from Perth. The route was as far as Kalbarri, then inland to Dalwallinu, heading south to Wave Rock towards Albany and Margaret River and return to Perth.



Wonderful sights were the Pinnacles in the Nambung National Park 200km north of Perth & Wave Rock, a granite cliff 15 metres high & 110 metres long which was a majestic sight resembling a wave.

The nearby town of Hyden though isolated has an active prominent profile of the Mouritz family supporting the community. They support medical services, the airport, the motel we stayed at, a caravan park, numerous farmlands and commercial ventures such as lace museums, vintage farm machines, cars, and cafes. Their wildflower garden was reclaimed from farmland and took 15 years to restore. Shenagh, a descendant, with her dog came on board the bus to give us a personal tour.

Although we saw flowers it wasn't a great season.

One amusing moment was a pair of crocheting ladies, raising funds for an orphanage in Myanmar, saying **to call them** for flowering season next year, as this year they had suffered a drought, therefore not a good display. 🙄

We returned to Perth and saw all the flowers at Kings Park, the lovely Botanic Garden overlooking the city. With no tolls and no parking fees it's no wonder lots of people relocating there! **Judy**



MINUTES OF LAST GENERAL MEETING, Monday, 9/10/2023

Welcome to attendees.

- **APOLOGIES** Julie Kemp, Judith Mayer, Judy Preshaw, Helen Springer, Denis Smith, Daphne Brady, Pam & Louis Kepert, Di McAlpine, Peter Nash, Sally Delaney, Dianne Lane, Jenny Quirk, Judy Slatyer, Naida Moore, Lyn Noske
- **WELCOME VISITORS** – Sue Delmerge, Patti Goodman, Astrid Robinson, Maureen Crosby, Joan Lam & Claudette Haj.

Lunch today will be at LANE COVE Chinese Kitchen – please Pre-Order – Clip board & Menu circulating.

- Minutes of September General Meeting as per Probian, Moved Elizabeth Howard and Seconded Lesley Pike.
- **INDUCTION** and Introduction of new member – Julie Cogley
- **BIRTHDAY DRAW** – Pam Kepert, Lesley Pike, John Ewing and David Walker. John was the lucky winner.

Reports:

- ❖ **TREASURER'S REPORT** – Bruce Gowing reported on behalf of Louis Kepert. Bank Balance at end of September was \$4881.73. Some money is starting to be deposited for Xmas Lunch.
- ❖ **TRIPS** -Lesley reported that Bus for Western Sydney Airport Trip is fully subscribed.
- ❖ **MEMBERSHIP REPORT** – Sandra
- ❖ **SPEAKERS** – nil

HEADS & TAILS – winner was Mary Newhouse

RAFFLE DRAW -winner was Nancy Michal.

GENERAL BUSINESS

- Next Meeting November 13th, 10am
- Bowls & BBQ October 23rd – payment on the day \$15 – Lunch only, \$20 Bowls & BBQ.
- Christmas Lunch – payment of \$68 by November 13th

MEMBERS NEWS

Eva Wiland kindly agreed to recount the tale of being stranded in Vanuatu following a mechanical issue with the Air Vanuatu Plane.

She then spoke about the lovely adventures they had whilst on holiday there.

MORNING TEA

SPEAKER – Lukasz Sempka addressed the group on his involvement with the Kokoda Trail as part of a programme run by Penrith Panthers with vulnerable teens. It was inspirational.

MEETING closed at midday.

BAND PERFORMANCES

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

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| November 22 nd – Police Band | December 13 th – Police Band |
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RECIPE



Souvlaki

Souvlaki is a great alternative to sausages or steak for your summer BBQ.

Ingredients:

- 1kg chicken, lamb or pork fillet
- 1 lemon for juicing
- ½ cup extra virgin olive oil
- 2 tsp fresh oregano, chopped or
- 1 tsp dried oregano
- 2 tsp fresh mint, chopped
- 1 tsp dried mint
- Sea salt and freshly grated black pepper to taste.

Preparation:

1. Cut meat in cubes and place in a bowl with olive oil, lemon juice, herbs and seasoning. Marinate for at least 30 minutes or overnight.
2. Thread meat on wooden skewers and cook on a hot BBQ for 10 minutes until done. Serve with tzatziki dip, Greek salad (*see below*) and slices of ciabatta bread.

Tzatziki

Ingredients:

- 1 cup grated cucumber
- 1/4 tsp fine sea salt
- 3/4 cup of Greek natural yogurt
- 1tblsp extra virgin olive oil
- 1tblsp freshly chopped mint
- ½ tblsp freshly squeezed lemon juice
- 1 clove of garlic, crushed
- Sea salt and freshly grated black pepper to taste.

Preparation:

1. Add salt to cucumber and let it stand for 30 minutes.
2. Lightly squeeze the grated cucumber between your

palms over the sink to remove excess moisture.

3. Transfer the squeezed cucumber to a serving bowl and stir in the yogurt, olive oil, herbs, lemon juice, garlic and seasoning.
4. Let the mixture rest for five minutes before drizzling it on the souvlaki just before serving. Leftover tzatziki keeps well chilled for about four days.

Greek Salad

Ingredients:

- 2 tomatoes
- 1 Lebanese cucumber
- ½ red capsicum
- ½ green capsicum
- ½ small red onion
- 1 tblsp Kalamata olives, pitted
- Sea salt and freshly ground black pepper
- 2 tblsp extra virgin olive oil
- 1 tblsp freshly squeezed lemon juice
- 150g slab of Fetta
- 2 tsp fresh oregano, chopped
- 2 tblsp parsley, chopped

Preparation:

1. Cut tomatoes in wedges and cucumber in 5mm thick slices quartered, cut capsicum in squares, slice onion and add to salad bowl with kalamata olives.
2. Add olive oil and lemon juice with seasoning to salad and mix well.
3. Top with Fetta and scatter herbs over it with a drizzle of olive oil.

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| 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.