THE AUSTRAL ADVOCATE – APRIL 2019

PROBUS CLUB OF AUSTRAL ©

Austral Bowling Club, Corner of Edmonson Avenue & Eighth Avenue, Austral 2179

WELCOME TO THE AUSTRAL ADVOCATE

A friendly reminder that our meetings are held every second Friday of the month at 10.30am at the Austral Bowling Club. Our next meetings will be held on Friday April 12th & Friday May 10th. Please consider having lunch at the Club following the meeting as it is a good opportunity to really get to know one another. http://australprobus.org/

If any member is a Justice of the Peace please let us know. This might be a beneficial asset to our members.

A cordial reminder that membership fees are due now.

Also, you will need to bring to bring photo ID with you to our April meeting if you are joining us on our ANSTO trip in May.

If you are interested in travel check out pages 58 and 59 of the latest Active Retirees Magazine.

If you have any donations for our monthly raffle they would be greatly appreciated. Thank you in advance.

We would like to thank the **Austral Bowling Club** for their ongoing support and patronage.

AUSTRAL BOWLING CLUB

www.australbowlingclub.com.au

Please welcome our new Vice President Dereck Turner

Membership Officer Ken James

And Activities Officer Mary Lyons

ROLE	NAME	PHONE	EMAIL
President	Gary Amesbury	0414 431 411	gmtravellers@gmail.com
Vice President	Dereck Turner		drturner01@bigpond.com
Secretary	Beverly McGraw	0407 239 337	quickdraw14@bigpond.com
Treasurer	Marilyn Amesbury	0408 731 411	marilyn@amesburyconsulting.com.au
Activities Officer	Mary Lyons		mlyons51@hotmail.com
Membership Officer	Ken James	0478 887 438	kennymundine@gmail.com
Travel Officer	Jeanette Medway	0402 332 988	themedways@optusnet.com.au
Activities Sub Committee	Colin Backhouse	0401 482 844	colinbackhouse@bigpond.com
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THE PRESIDENTS ANNUAL REPORT 2019

One year ago Marilyn and I attended Austral Bowling club with the intention of joining a local Probus Group, little did we know that this was the inaugural meeting to establish a new club in the area and before we even paid our dues we were elected as President and Treasurer for the Probus Club of Austral.

Well, One year has passed and our club has grown to its current level of 48 members with several new members sitting in the wings. The more we talk to our friends and neighbours the bigger our club will grow.

I would like to thank all the members of the Management and operations committee for all the hard work that has gone into making our first year of operation a great success.

A special thank you to Beverly McGraw our fantastic secretary who has kept us on the straight and narrow path throughout the year, Lyn and Derek Turner for all their hard work in organising all the activities, Christine for the informative and humorous newsletters, Michael for keeping our membership organised, Marilyn and Mary for keeping our finances in order, Jeanette Medway and Eileen Ryan, for organising travel and outings, Ken James our welfare officer and Frank Ranieri our vice president who had to withdraw due to health issues. Please lets show her our appreciation with a round of applause.

I also welcome the new committee members who will take on roles for this coming year. We will need more of you to stand up and help out throughout the year at meetings and during outings etc to take some of the workload of the elected members.

During our first year in operation we grew the membership and enjoyed a variety of activities such as; Morning teas, Lunches, Day trips to Berrima and Doyalson, a river cruise on the Tom Thumb and our recent train and ferry trip to Parramatta.

We have also enjoyed a variety of interesting guest speakers, enjoyed a multitude of raffles and two Christmas events, one in July and the other in December.

THE PRESIDENTS ANNUAL REPORT 2019 (continued)

All these things take organising and like you we are just volunteers working for the club so we can all have a great time in our retirement. We are in a very good financial position thanks to the careful planning of the committees, this will allow us to run the club more effectively as the year progresses.
The attendance at morning teas and lunches has declined so we need to know just what it is you want us to organise for you, there is no use us putting in a lot of effort if no one turns up to the activities. Next week, ten of us will be in Vietnam on our first overseas tour organised by Eileen Ryan who has done a fantastic job to deliver a quality tour at a bargain basement price, we look forward to sharing this experience with you all on our return. Thank you Eileen.
We will be looking for a new travel coordinator for 2019 to organise some travel opportunities for club members, we intend to use travel agents rather than designing our own tours so it wont be an onerous task. There could be more than one person involved to make things easier, we are considering some cruises for later in the year or early next year but we need your help and enthusiasm to make these trips a reality.

Looking forward to another fantastic year ahead,
Your president,
Gary.

AUSTRAL PROBUS CLUB CALENDAR

MONTH	DATE	DAY	TIME	ACTIVITY NAME	VENUE	COST	PAY BY	COMMENTS
April	12th	Friday	10:30am	Monthly Meeting	Austral Bowling Club			Speaker Gary Amesbury - Vietnam
May	3rd	Friday	8:00am	ANSTO Visit	ANSTO and Hazelhurst Gallery	$25	21/04/2019	Lunch at Gymea Tradies
May	10th	Friday	10:30am	Monthly Meeting	Austral Bowling Club			Guest Speaker Ted Bramble
May	14th	Wednesday	9:30am	Lunch & Garden Tour	Mount Annan	Own Cost		Own transport & carpool
June	14th	Friday	10:30am	Monthly Meeting	Austral Bowling Club			Guest Speaker Rowland Storm
June	19th	Wednesday	12:30pm	Lunch	St Johns Park Bowling Club	Own Cost		
July	12th	Friday	10:30am	Monthly Meeting	Austral Bowling Club			Christmas in July
July	24th	Wednesday		Postman's Run	Departs Brooklyn	$70	14/06/2019	Plowman's lunch on ferry
August	9th	Friday	10:30am	Monthly Meeting	Austral Bowling Club			
August	21st	Wednesday	12:30pm	Lunch	Crossroads Hotel	Own Cost		
September	13th	Friday	10:30am	Monthly Meeting	Austral Bowling Club			
September	25th	Wednesday	8:00am	Tulip Time	Bowral			Lunch at Mittagong RSL

VALE GEOFF HARVEY

10 of our members enjoyed Senior Moments on March 22nd. We were saddened to hear that Geoff Harvey was too ill to perform. Then the bad news came.

The much-loved composer, who was the musical director at Channel 9 for 38 years, was known as the Maestro of Midday for his phenomenal output.

Harvey was a familiar face to TV audiences for decades through his work on The Don Lane Show, The Mike Walsh Show and the Midday show, hosted by Ray Martin.

Harvey was also musical director for Melbourne's Carols by Candlelight for 19 years. His last performance was earlier this month in the popular touring production Senior Moments, in which he performed with Max Gilles, Benita Collings and John Wood.

Born into a musical family in London in 1935, Harvey grew up during the Blitz in World War II.

As a young saxophonist, he played in jazz clubs across Europe before moving to Australian in 1960 to produce records for EMI.

Harvey originally only planned to stay a year but ended up becoming one of the driving forces in television, a role he would hold for decades.

Harvey joined the Nine Network in 1961 working on Bob Rogers' Tonight Show.

In 1963, he was appointed the musical director of Tonight with Dave Allen and then worked on The John Laws Show, Tonight Show with Charlie Brill and Mitzi McCall, Bandstand, Barry Crocker's Sound of Music and The Don Lane Show.

During his time at Nine, he composed the theme songs for A Current Affair, Today, Sunday and The Sullivans, the latter being originally composed for the wedding of his first wife's cousin.

He grew his famous beard after losing a 1965 bet with Don Lane on a football match.

Harvey married fellow television personality Penny Spence and they had two children together, Eugenie and Charlotte. He lived in the village of Berrima in the Southern Highlands of New South Wales with his second wife of 32 years, Katrina.

JOYS OF THIS LIFE

If nobody smiled and nobody cared
And no one helped us along.
If every fellow looked out for himself
And the good things all went to the strong.
If no one cared just a little for you
And no one thought about me.
And we stood all alone in this battle for life,
What a dreary old world it would be.
But life is sweet, because of the friends we have made
And the things which in common we share.
We want to live on, not because of ourselves,
But because of the people who care.
It's in giving and doing for somebody else,
On that, all life's splendour depends.
And the joys of this life, when you've summed it all up,
Are found in the love, and making, of friends.

SOME PROVERBS

Pray to God in the storm – but keep on rowing (Danish)

Everyone is wise until he speaks (Irish)

A bad peace is better than a good war (Russian)

The tongue has no bones but it can break your back (Italian)

Only a fool tests the depth of the water with both feet (African)

A man grows most tired by standing still (Chinese)

SLOW COOKER TEXAS PULLED PORK

Ingredients
1 teaspoon vegetable oil
1 (4 pound) pork shoulder roast
1 cup barbeque sauce
1/2 cup apple cider vinegar
1/2 cup chicken broth
1/4 cup light brown sugar
1 tablespoon prepared yellow mustard
1 tablespoon Worcestershire sauce
1 tablespoon chili powder
1 extra large onion, chopped
2 large cloves garlic, crushed
1 1/2 teaspoons dried thyme
8 hamburger buns, split
2 tablespoons butter

Prep time: 15mins - Cooking time: 5hrs

1.Pour the vegetable oil into the bottom of a slow cooker. Place the pork roast into the slow cooker; pour in the barbecue sauce, apple cider vinegar, and chicken broth. Stir in the brown sugar, yellow mustard, Worcestershire sauce, chili powder, onion, garlic, and thyme. Cover and cook on High until the roast shreds easily with a fork, 5 to 6 hours.
2.Remove the roast from the slow cooker, and shred the meat using two forks. Return the shredded pork to the slow cooker, and stir the meat into the juices.
3. Spread the inside of both halves of hamburger buns with butter. Toast the buns, butter side down, in a skillet over medium heat until golden brown. Spoon pork into the toasted buns.

A GREEK AND A SCOTSMAN

A Greek and a Scotsman were sitting in a Starbucks cafe discussing who had the superior culture. Over triple lattes the Greek guy says, "Well we Greeks built the Parthenon" and arched his eyebrows.

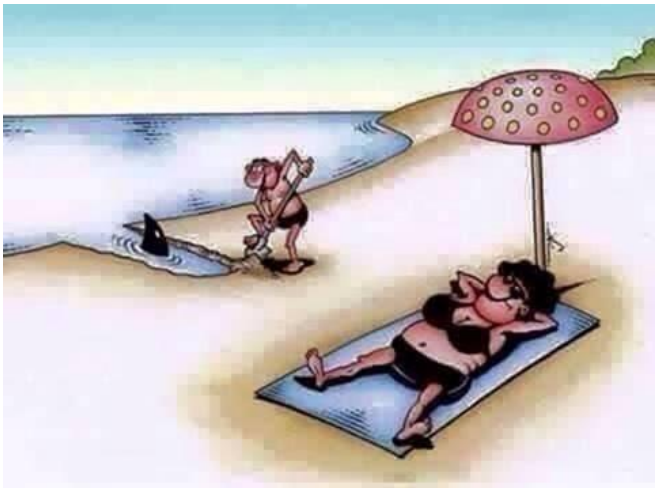
The Scotsman replies, "Well ... it was the Scots that discovered the Summer and Winter Solstices."

The Greek retorts, "We Greeks gave birth to advanced mathematics."

The Scotsman, nodding in agreement says, "Scots were the ones who built the first timepieces and calendars."

And so on until the Greek comes up with what he thinks will end the discussion. With a flourish of finality he says, "The Greeks were the ones who invented sex!"

The Scotsman replies, "Aye, that is true, but it was we Scots who introduced it to women!"



DON’T JUST SIT IN THE HOUSE. GO OUTSIDE AND ENJOY NATURE!

NEVER MIND. JUST GO BACK INSIDE AND WATCH TV. IT IS SAFER AT YOUR AGE…

SAVOURY BEEF ROLL

(Serve one, freeze one)

INGREDIENTS:

500 grams lean minced beef
1 ½ cups fresh breadcrumbs
1 onion, finely chopped
½ cup grated carrot (or potato)
½ green capsicum, finely chopped
½ cup finely chopped celery (if available)
2 beef stock cubes
1 tablespoon Worcestershire Sauce
3 tablespoons tomato paste (or tomato sauce)
½ teaspoon lemon pepper (or white pepper)
2 tablespoons chopped parsley (if available)
500g packet Pampas Puff Pastry Roll – thawed
OR
2 sheets of Puff Pastry – thawed
Beaten egg for glazing

SERVES 4 – 8 (Makes two rolls)

1. Combine beef, breadcrumbs, vegetables, beef stock cubes, Worcestershire sauce, tomato paste, pepper and parsley. Mix well.
2. Unroll the pastry and cut in half. Spoon half the meat mixture into the centre of the first piece of pastry, forming mixture into a log shape. If using sheets of pastry use one for each log.
3. Brush edges of pastry lightly with water, fold sides up on top of meat and seal edges. Tuck ends under. Repeat with remaining pastry and meat.
4. Place rolls on an oven slide; glaze with beaten egg. Bake in a hot oven 30 – 35 minutes or until golden brown.

Total preparation and cooking time: 50 minutes

This recipe freezes well. Make the rolls up to the baking stage; wrap in freezer wrap and store in the freezer. Bake from frozen, increasing baking time to 45-50 minutes.

This recipe also makes very nice sausage rolls. You can cook them, wrap them in Glad Oven Bake and then foil when cool. Remove foil and microwave still wrapped in Oven Bake until hot. Enjoy!

STEAMED ORIENTAL CHICKEN

Ingredients:
4 fresh Chicken breast fillets, skin removed
2 teaspoons grated fresh ginger*
1 clove garlic crushed*
¾ cup mango chutney
1 tablespoon olive oil
Pepper to taste
1 red capsicum, cut into thin strips
1 green capsicum, cut into thin strips

1. In a small bowl, combine ginger, garlic, chutney, oil, pepper and capsicum.
2. Cut out four 30 cm squares of foil and place a chicken fillet on each one.
3. Place combined sauce on each fillet.
4. Gold up foil to form a parcel, and seal.
5. Steam in a bamboo steamer on top of stove for 20 to 30 minutes OR in a hot oven for 30 to 40 minutes.
6. Serve with rice.

*Hints:
Freshly minced ginger and garlic are also available in a jar and are available from most supermarkets.
Microcook: In place of foil use 30cm squares of baking paper. Place parcels around the outside circumference of the glass tray. Cook on medium (50% power) for 10 to 12 minutes, or until chicken has just lost its pink colour.

SERVES 4
1096 kilojoules (260 calories) per serve. Low joule, Low fat, Low salt

We all enjoyed the Grange menu and wonderful views. Nine of us recommend the experience.

PHOTOS FROM THE ANNUAL GENERAL MEETING

ARTS CENTRE CAFÉ CAMPBELLTOWN

Sitting quietly amidst the trees and shrubs with the birds singing it was hard to believe we were just 20-25 minutes from Austral and walking distance from the centre of Campbelltown.

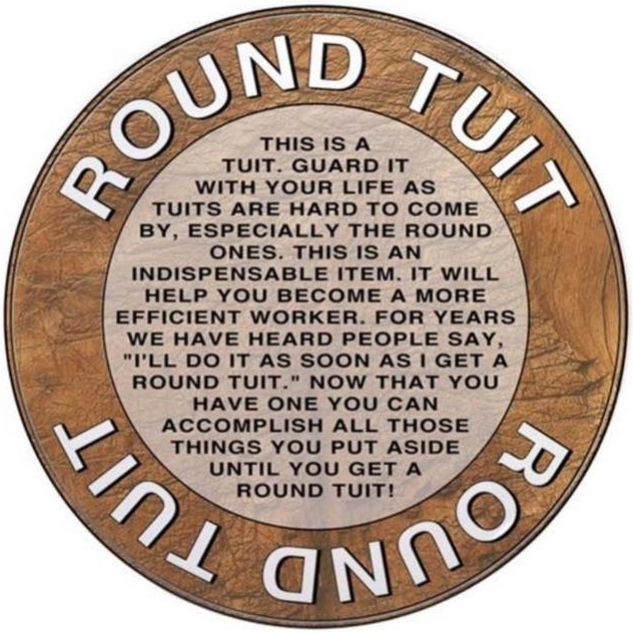
After a quick trip up the motorway we found ample parking available. The few members who attended sat outside under large umbrellas on a comfortable lounge surrounded by the Japanese Gardens. The café serves delicious brunch, meals and cakes. Oh, and the coffee and milkshakes were pretty good too.

The more time we spend together the more we realise that we have in common. We talked about long lost mutual acquaintances, wartime memorabilia and travel.

The time passed quickly and before we knew it two hours had flown. It was then time to peruse the Art Exhibition.

We would like you to consider attending a morning tea. If you don't have transport or you are not fussed with driving to a new place let us know and we can organise to carpool.

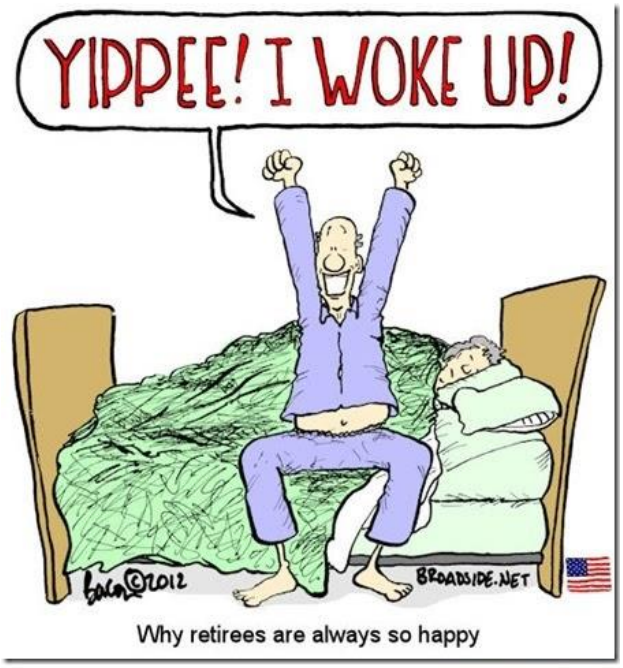
"For crying out loud Barbara!
Will you just leave it to me to
get the waiter's attention!"
FERNZ


ROUND TUIT
THIS IS A TUIT. GUARD IT WITH YOUR LIFE AS TUITS ARE HARD TO COME BY, ESPECIALLY THE ROUND ONES. THIS IS AN INDISPENSABLE ITEM. IT WILL HELP YOU BECOME A MORE EFFICIENT WORKER. FOR YEARS WE HAVE HEARD PEOPLE SAY, "I'LL DO IT AS SOON AS I GET A ROUND TUIT." NOW THAT YOU HAVE ONE YOU CAN ACCOMPLISH ALL THOSE THINGS YOU PUT ASIDE UNTIL YOU GET A ROUND TUIT!
ROUND TUIT

Pharmacy
GLASBERGEN
"Each capsule contains your medication, plus a treatment for each of its side effects."

I've been calling you all day.
That's a calculator.
Madly Odd!

"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."


YIPPEE! I WOKE UP!
BROADSIDE.NET
Why retirees are always so happy
www.yesemails.com

Your DUCK IS DEAD

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. Your duck is dead," replied the vet..

"How can you be so sure?" she protested.. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

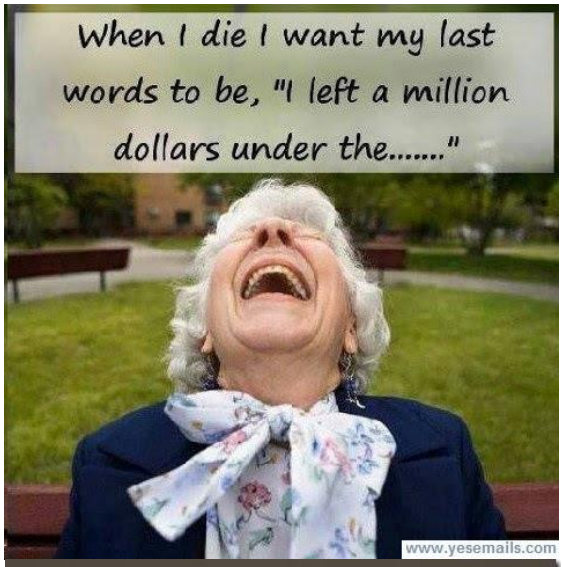
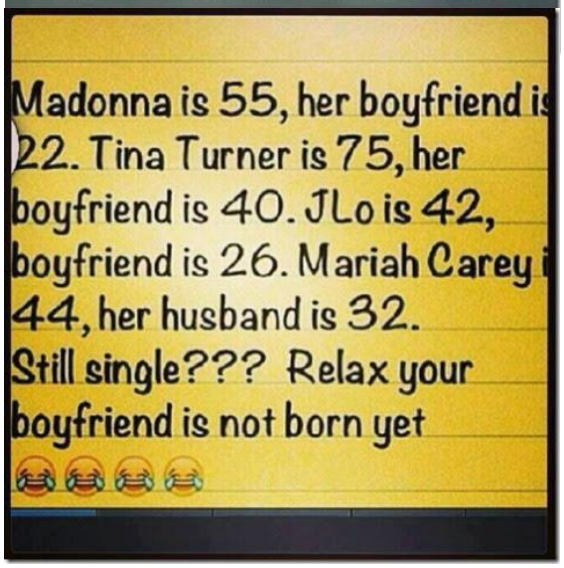
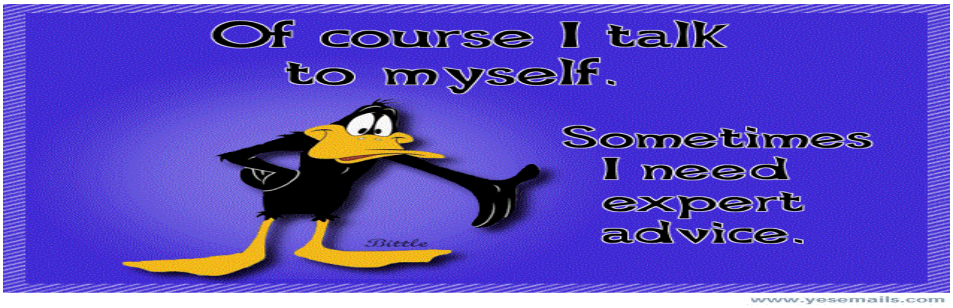
The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman..

The duck's owner, still in shock, took the bill. "$1,500!" she cried,"$1,500 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been $20, but with the Lab Report and the Cat Scan, it's now $1,500."

You know the drill .....if you're smiling, you must pass it on, give someone else a smile too! Share the laughter.