THE AUSTRAL ADVOCATE - AUGUST

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. The upcoming dates are 10th August, 14th September, 12th October & 9th November. Please consider having lunch at the Club following the meeting as it is a good opportunity to really get to know one another.

BIRTHDAYS

Marilyn Amesbury 7th August
Joan Bayley 9th September
Rhonda Robertson 22nd September
Derek Turner 1st October
Faye East 23rd October
Brian Depena 31st October
Lyn Turner 2nd November
Ken James 14th November
Lillian Depena 20th November

INVITE YOUR FRIENDS TO JOIN OUR CLUB?

The more the merrier!
We now have 43 members.
We are a growing club.

If you hear of any great trips let Lyn Turner, our Outings and Activities Officer know. We happily welcome any suggestions.

SPONSORS

We would like to thank IGA Austral for their continued support, who provide a monthly door prize/raffle prize to the value of $25.00 per month. The Austral Probus Club would also like to thank the **Austral Bowling Club** for their ongoing support and patronage.

IGA Supermarket
AUSTRAL
255 Edmondson Ave AUSTRAL, Phone: 9606 9696
Please support our local business and sponsor

AUSTRAL BOWLING CLUB
www.australbowlingclub.com.au

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MESSAGE FROM THE PRESIDENT

Hi all,

Well we are half way through the year and the months are just rushing by, our little group has doubled in size and we now have over 40 members which is great for the short time we have been going.

All the committee have been busy organising events and outings which so far have been well attended. Despite a few disruptions we have enjoyed great lunches, scrumptious Devonshire teas, Dinner and shows, a trip to Woy Woy and Christmas in July with a special visit from Santa.

I have to thank everyone for participating in the Kris Kringle which was a lot of fun and a special thanks to Kamahl the Chef for putting on a great Christmas fare.

Our next outing to Berrima is fully booked and there is a short standby list, I suggest those on the standby list car pool to Berrima so we can all enjoy the day together. Lyn is arranging several more outing which we will advise about at the meetings and on the website.

We are also looking at some travel options for next year and hopefully we can have our first overseas event sometime in 2019, also some adventures within Australia.

At the meetings we have had some interesting Guest speakers and there are more lined up for the next few meetings, I hope you are all enjoying them, we are always open to suggestions from our members as it is your club and the events are what you ask for.

Finally, with a lot of new members being accepted into our club please make them all feel welcome by mixing with them and introducing yourselves at the meetings, this is a great way to make new friends and enjoy the club even more. We have noticed that many members sit at the same tables together every meeting and this can lead to our club becoming “Clicky”. Unfortunately this can lead to the breakdown of clubs as new members feel left out. By all means sit with one or two of your friends but invite new members to join you its only for two hours once a month and can make a big difference to many people’s lives. As I sign off I would like to on behalf of all the members, thank all the committee members for all their hard work in getting this club up and running, it is not an easy task to organise all these events, meetings and manage the administration. Remember we are all volunteers and trying our best to make the club a success.

Cheers,
Gary Amesbury

PROBUS PROBE

LINDA LAMBERT

Linda loves reading and Spanish food. She has fond memories of the waterfront and revolving restaurants in Hobart, Tasmania. Linda loves travelling and feels Thailand is the most interesting place to visit. Her favourite movie is 'Love Actually' and she loves the futuristic moments in 'Star Trek'. As a child she wanted to become an archeologist . Her favourite childhood memory is centred on her first pet and if she were part of the animal world she would be a lion. Way to go Linda. Top of the food chain. 🦁

DORIS SPITERI

Doris loves bowls and the food at Antegra. She really enjoys a variety of food. She enjoys travelling and feels Singapore is the most interesting destination. As a child Doris wanted to be a hairdresser. Still immaculate today, Doris. If she could be any animal at all Doris would be a dog or a fly. Guess they go together. Thanks Doris. We all love your beautiful smile. 🌅

EILEEN RYAN

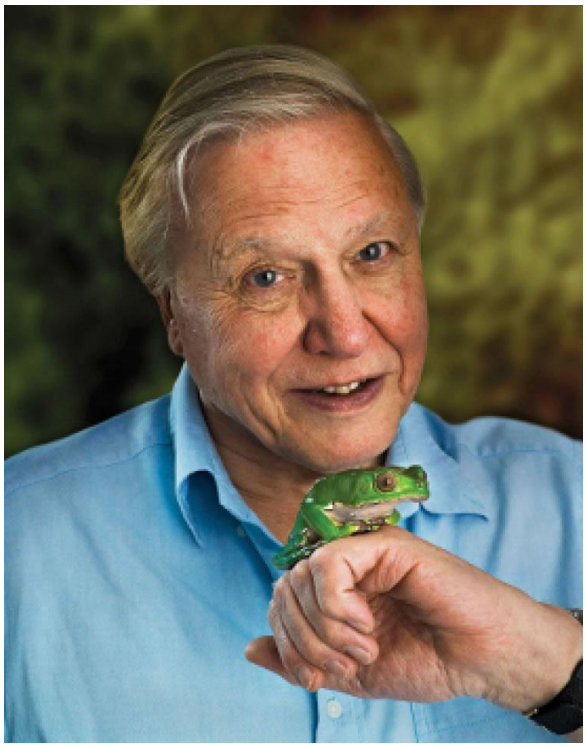
Eileen is a most interesting personality. Her zest for life is infectious. She loves dragon boat racing and teaching dance. Her most interesting travel destination has been Mongolia but also fondly remembers swimming with Aborigines and learning about their culture. She would love to be an eagle so she can soar around the world. Eileen loves vegetarian food, especially eating in a Hanoi vegetarian restaurant. Her favourite movie is Forrest Gump and has fond memories of Johnny O'Keefe (ask her). As a child she wanted to be a truck driver..... things certainly improved! 🚤🍒✈️

MICHAEL RYAN

Michael loves 4 wheel driving, camping and photography and watching sports. He loves frozen pies and has fond memories of the Mount Bare Station restaurant in South Australia. He remembers Birdsville with much affection as well as being part of the U/9 school footy team. Michael's favourite movie is 'Horatio Hornblower (1954). Although he says he is shy (no one believes that) Michael has enjoyed meeting Tim Coombs and laughing at his non stop jokes (Haven't we all...). A love of German Shepherd dogs and keeping up with Eileen are also on his list. Michael insists that if you want to know anything else.....ask the wife. 😀😎😀

DAVID ATTENBOROUGH FACTS

1. Sir David Attenborough was born on 8 May, 1926, in Isleworth, West London. The same year as Queen Elizabeth II!
2. Sir David was rejected from the first job he ever applied for at the BBC. The position of radio talk producer.
3. He's thought to be one of the most well-travelled people on the planet. For The Life of Birds documentary, he travelled a whopping 256,000 miles – that's the same as travelling around the world ten times!
4. Sir David has more than ten plants and animals named after him. such as the Nepenthes attenboroughii – a giant carnivorous plant that devours animals as large as rats – and the UK's new polar research vessel, RRS Sir David Attenborough.
5. There's only one animal Sir David doesn't like… Rats!



"The good news is, you have the heart of a teenager. The bad news is, most teenagers these days have the heart of an old man."

BLOOD MOON

A beautiful photo of the blood moon from the end of July

A MESSAGE FROM THE ACTIVITIES COMMITTEE

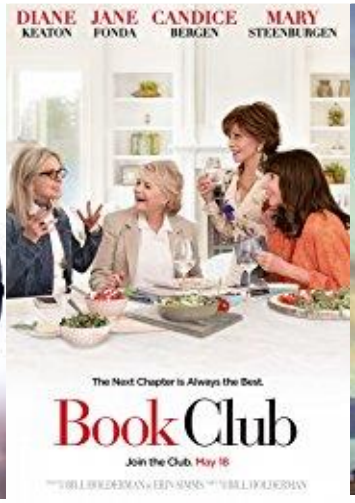
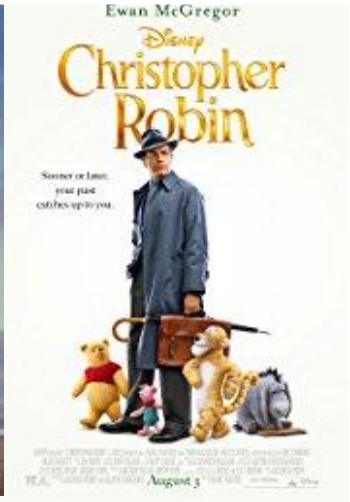
We have now booked a bus to take us to Berrima on Thursday 30th August, at a cost of $25 per head. There is a limit of 25 people, so please pay this money at the Meeting on 13th July to confirm your interest. We will meet at Austral Bowling Club at 8:15 am for an 8:30 departure. Morning tea and lunch at your own expense, plus $10 entry fee for the Courthouse. For new members, the program is:

- Morning tea/coffee at the “Little Hand Stirred Jam Shop” and an opportunity to purchase some of their unique and extensive range of quality, handmade products.
- A self-guided tour through the magnificent Berrima Courthouse, see an audio visual "The Berrima Story" which chronicles the village from the 1830s to the present day, then the presentation "Treachery Treason & Murder" in the grand courtroom itself, telling the story of one of the most famous court cases held at Berrima Courthouse – that of Lucretia Dunkley and Martin Beech in 1843.
- Lunch at The Surveyor General Inn, Australia’s oldest continuously licensed Inn.
- A visit to the Berrima District Museum. Their current exhibition includes “German Merchant Seamen interned in Berrima 1915 – 1919”.
- Some “retail therapy” if we have more time.

We have been in touch with the people at the Nepean Belle Paddlewheeler and they need a deposit with a long lead-time, so we will organise this at a later date.

Thanking you
Activities Committee

UPCOMING CINEMA RELEASES

Mission Impossible: Fallout -2 August	Book Club 9 August	On Chisel Beach 23 August	Christopher Robin 6 September
			

MURPHY'S OTHER 15 LAWS

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone from Sydney would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those who wait, may be the things left by those who got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: A case for holding dead batteries.
14. God gave you toes as a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty.

Friday 17th August	Our monthly lunch meeting, Cabravale Diggers Club at 12:30
Friday 24th August	**Devonshire Tea** at Antegra Estate Cowpasture road Leppington at 10:00 am. Tea or Coffee and fresh scones, jam & Cream $8 per head. Non residents can park out the front and we will escort them in.
Thursday 30th August	Day in Berima Bus trip to Berrima. Meet at Austral Bowling Club at 8:30am for 9:00am departure. Devonshire tea at the Little Hand Stirred Jam Shop and an opportunity to purchase some of their unique and extensive range of quality, handmade preserves and condiments. A visit to the Berrima Courthouse for the Treachery, Treason and Murder show plus an audio visual depiction of the most infamous trial of the 1930s and a guided tour of the courthouse. Suggest you bring some warm clothes as it gets chilly in the Courthouse. Lunch at The Surveyor General Inn, Australia's oldest continuously licensed Inn, and then we visit the Berrima District Museum to learn the little known story of German merchant mariners who were interned in this rural paradise in 1914. Cost to be advised later.
Friday 14th September	Probus Meeting 10:30am at Austral Bowling Club
Friday 28th September	**Devonshire Tea** at Antegra Estate Cowpasture road Leppington at 10:00 am. Tea or Coffee and fresh scones, jam & Cream $8 per head. Non residents can park out the front and we will escort them in.

CHICKPEA AND LENTIL CURRY

A healthy twist on your standard curry!

Feel like a takeaway without the guilt? Try this quick, tasty and super healthy curry!

Ingredients - Serves 4 Adults

- 1 tablespoon of vegetable oil
- 1 medium onion, peeled and diced
- 2 cloves of garlic, peeled and crushed or finely chopped
- 1 tin of chopped tomatoes (400g / 14oz.)
- 2 teaspoons of curry powder
- 2 teaspoon of ground ginger
- 1 tin of drained chickpeas (400g / 14oz.)
- 1 medium tomato, roughly chopped
- 1 medium red pepper, d-eseeded and diced
- 100g / 3½oz. red lentils
- 240g / 8½oz. of basmati rice
- 300g / 10½oz. of spinach

Method

1. Heat the oil in a non-stick saucepan and when hot, add the onion. Fry until softened.
2. Next add the garlic, tomatoes, curry powder and ginger and cook for another 2-3 mins
3. Add the chickpeas, tomato, red pepper and lentils and cook for a further 15 minutes over a medium heat, stirring occasionally
4. In the meantime, cook rice according to packet instructions, omitting any salt
5. After your curry has simmered for 20 minutes, add the spinach leaves and let them wilt into the curry for the remaining 5 minutes of cooking time
6. Drain the rice and serve alongside the curry

CHRISTMAS IN JULY PHOTOS

Following our July meeting we all enjoyed a great Christmas feast provided by the Austral Bowling Club Chef Kamahl, despite a major disruption of our usual meeting venue a good time was had by all, even a visit from Santa.









PHOTOS FROM OUR LAST MORNING TEA

The coffee morning was a very happy gathering. The scones were huge with jam & heaps of creme. Free first large coffee. Friendly staff. I must say the goodies in the cake show case were so tempting. Thanks, committee! Also caught up with members that I had not met previously. That's what these outing do. Keeps us in touch with each other.

- Edwina Bohannon


RATATOUILLE

A healthy French classic dish

Enjoy this healthy classic French dish, originating in Nice. It can be served by itself as a vegetarian main course or it's great with steamed fish!

Ingredients - Serves 4 Adults

- 2 large aubergines
- 2 medium courgettes
- 2 red peppers
- 4 large, ripe tomatoes
- 3 tablespoons of olive oil
- 1 x 25g / 4½oz. pack of fresh basil
- 1 medium onion, peeled and thinly sliced
- 3 garlic cloves, peeled and crushed
- 1 tablespoon red wine vinegar
- 1 teaspoon of sugar

Method

1. Cut the aubergines, peppers and courgettes into chunks
2. Skin and deseed the tomatoes and cut into large chunks
3. Brown the aubergines in a pan for 5 minutes with 1 tablespoon of olive oil, then brown the courgettes in the same pan using 1 tablespoon of the olive oil for 5 minutes
4. With the remaining 1 tablespoon of olive oil repeat with peppers ensuring none of the vegetables are over cooked. With the oil that's left in the pan, cook the onion for about 5 minutes, add the garlic and cook for another minute - make sure not to burn the garlic
5. Stir in the vinegar and sugar and put in the tomatoes and half of the basil
6. Put all the vegetables back in the pan and cook for 5 more minutes
7. Serve with the remaining torn basil

Serving Suggestions

Add some chili to spice it up or serve with some crusty wholegrain bread

PROBUS PROBE

BEVERLY MCGRAW

1. What is a favourite hobby of yours?
Creative cake decorating, crocheting and knitting intricate baby shawls and the relaxing one… a very good book. I love to dance.
2. What is your favourite food?
Chocolate and yoghurt.
3. Your most enjoyable movie of all time?
I can't think of any at the moment but I do love a movie that draws on my emotions.
4. What's the best program on TV and why do you enjoy it?
On TV now - "Have You Been Paying Attention". It makes me laugh and I love to laugh and be happy. An older show is "Dancing With The Stars" – I love dancing.
5. What is the most memorable restaurant you have dined in?
The one that immediately comes to mind was on The Diamond Princess. The restaurant was at the bottom of the ship and we were having a great time. Then someone pulled back the curtains on the very large windows and there were these huge waves. Apparently, they had been caused by a typhoon in Japan. We were on the West Coast of Canada. We didn't feel a thing. There was no rocking and rolling. I highly recommend this restaurant.
6. What's something unusual about you most people don't know?
I remember most birthdays, even those of girls I went to school with years ago. I remember the names of medications and their cause and effect. I count stairs, the sides of tiles, letters in words. Hmm! I think I may have a problem.
7. What's the funniest thing that has happened to you?
Funny things don't happen. However, I do tend to see the funny side in circumstances that others may not appreciate. My sister and I have been doubled over with laughter on many occasions and our husbands just look at us wondering what it is all about.
8. What is the most interesting place you have ever visited?
Egypt. I always wanted to visit and didn't think I would get the opportunity. I would go again in a heartbeat.
9. Have you had any "Brush With Fame" experiences…Who/Where?
Not really, however, when I visited The Kremlin in Moscow, Vladimir Putin was in his office at the time and was probably looking out of the window wondering who I was.
10. As a child what did you want to be when you grew up?
I wanted to be a doctor. Second choice a physiotherapist.
11. Did you achieve that childhood desire?
No but I would still like to be a doctor.
12. What is your favourite childhood memory?
Getting dressed up for special occasions and music that moves the soul as well as the smell of incense.
13. If you could be any animal in the world, what animal would you be and why?
I thought I would say an elephant or a horse because I love them both, but thinking about it I would probably be a lion. Why? For the strength and the confidence they exude.

BAKED STUFFED FISH

Family favourite

Fish is a really nutritious and healthy food. This dinner recipe is quick and easy, and can be prepared beforehand. This is a tasty way to include fish in your diet.

Ingredients - Serves 4 Adults

- 4 fillets of cod, approx. 480g / 17 oz.
- 2 slices of wholemeal pan bread, approx. 72g / 3 oz. grated into crumbs
- 1 medium onion, finely chopped
- 1 tablespoon of finely chopped fresh parsley or 1 heaped teaspoon of dried parsley
- 1 teaspoon of vegetable oil
- A little lemon juice, or grated rind to taste
- Salt and pepper, to taste

Method

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4
2. Clean and prepare fish. Blot dry in kitchen paper
3. Mix breadcrumbs, chopped onion, parsley, salt and pepper, in a small bowl
4. Heat the oil a little and stir into crumb mixture. Finally add a little lemon rind or juice
5. Lay two fillets on a greased dish, skin side down and spoon stuffing carefully onto each fillet
6. Flatten down well and cover with the other two fillets
7. Cover with foil
8. Bake for 20 to 30 minutes, depending on size and thickness of fish
9. Lift fish carefully onto a warmed serving dish

Serving Suggestions

Serve fish surrounded with peas, lemon wedges and parsley