

THE AUSTRAL ADVOCATE – SEPT 2020

PROBUS CLUB OF AUSTRAL ©



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

CORONA VIRUS – COVID 19
 Austral Probus Committee is monitoring Government and Health Department policy and directives on a day-to-day basis and will advise you on decisions taken regarding upcoming meetings and outings if and when the current situation changes.

WELCOME TO THE AUSTRAL ADVOCATE

With the easing of COVID restrictions, we will be resuming our meetings and activities again. We hope we will see you all at the Austral Bowling Club at 10:30 on October 9 for a catch up.

Membership Fees are now due but as we've experienced a lockdown there will be a 50% discount. Those who have already paid will get a discount returned to them.

Book Club. We've all done more reading than usual so bring your reading surplus and swap it for something different. Gloves will be supplied for COVID safety.

The Austral Pharmacy Walking Group is now on at various times each morning. Contact the pharmacy for further information

<http://australprobus.org/>

Don't forget to visit our website to stay up to date with all the happenings of the club!

The following suggestions have been made for future outings:

A coffee morning held at St Johns Park Bowling Club on Thursday, September 24th from 10am.

A free BBQ at The Dairy, Western Sydney Parkland, Cowpasture Road, Bossley Park on Tuesday 13th October at 11am.

A tour of the Military Museum located at Lancer Barracks, Parramatta on Thursday, November 19th.

BIRTHDAYS

- | | | |
|--------------------------|---------------------|--------------------------------|
| Aug 7 Marilyn Amesbury | | |
| Aug 8 Edwina Bohannon | | |
| Aug 8 Margaret McQuillan | | |
| Aug 9 Helen Watts | | |
| Aug 28 Harry Perala | | Sep 24 Julio Liemich |
| Aug 31 Julianne Naggar | | Sep 25 Rayna Shelley-St Julian |
| Sep 2 Vicki Hale | | Oct 1 Dereck Turner |
| Sep 6 Paul Naggar | | Oct 10 Elaine Nikiforoff |
| Sep 9 Joan Bayley | | Oct 23 Faye East |
| Sep 22 Rhonda Robinson | Oct 31 Brian Depena | |

Austral Probus is now 68 members strong! Let your friends know they are welcome to join too!

We would like to thank the **Austral Bowling Club** along with **The Porterhouse Bistro** for their ongoing support. Thank you!



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PRESIDENT'S REPORT - SEPTEMBER

Fellow members,

I hope you are all coping well enough to come out of this once in a lifetime event without too much frustration.

To help you, your Committee has arranged with Austral Bowling Club to have our 'first back' meeting on Friday 11th September. It is a requirement that we register our attendance NSW Health guidelines so advice of your attendance is necessary.

At the committee meeting this month we discussed a number of activities to keep you active and connected in the coming months;

- Morning Tea at St Johns Park Bowling Club
- BBQ at The Dairy, Western Sydney Parklands, Bossley Park
- Visit to the NSW Lancers Museum at Parramatta
- Scenic tour of the Northern Beaches

All these activities will be COVID compliant in numbers and social distancing so it is incumbent on you to help us out in this regard.

The Committee has also agreed to discount the annual Membership fee which due on 1st April by 50%, reducing it to \$28 for the remaining year. This is now payable at the next meeting.

We hope that you all are able to come along a re-connect with your fellow members.

Stay safe.

Regards

Mike McGraw

President



THE STORY OF IRISHMAN, MICHAEL O'FLAHEITY A VICTIM OF MODERN DAY DEPRESSION

This is a very sad but true story of the depression that can haunt a man. My friend Michael was so sick and tired of the world; of Covid, the Chinese aggression, of Global Warming, of BLM and the rest of the stories that our media deem important to broadcast. Michael drove his car into his garage and then sealed every doorway and window as best he could. He got back into his car and wound down all the windows, selected his favourite radio station and started the car.

Four days later, a worried neighbour peered through his garage window and saw him in the car. She notified the police and ambulance and they broke in and pulled Michael from the car. A little sip of water and surprisingly he was in perfect condition but his Tesla had a flat battery.



LIFE IN TODAY'S WORLD

Just be careful because people are going crazy from being in lock down! Actually I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me to... yes, you guessed it..... pull myself together

I'm stuck between a rock and someone I would like to hit with it.


So let me get this straight, there's no cure for a virus that can be KILLED by sanitizer and hand soap?


How LONG is this social distancing thing supposed to last? My husband keeps trying to come into the house.


Is it too early to put up the xmas tree yet? I have run out of things to do.





CONTEMPORARY KIDDING

 - Not even in my wildest dreams did I imagine myself entering a Bank, wearing a mask and asking for money.


 - Never thought my hands would one day consume more alcohol than my liver ever!


 - Quarantine seems like a Netflix series just when you think it is over, they release the next season.


 - I'm starting to like this mask thing went to the supermarket and two people that I owe money to didn't recognize me.


 - Who was complaining that 2020 didn't have enough holidays now what?


 - I need to social distance myself from my fridge; I tested positive for excess weight!




 - Can someone tell me if the 2nd quarantine will be with the same family or we can change?


 - In just two weeks we will hear if there are still two more weeks to let us know that two more weeks of quarantine are needed


 - I'm planning on not adding this year 2020 to my age I didn't even use it!


 - We want to publicly apologize to the year 2019 for all the bad things we said about it.

 - To all the ladies that were praying for their husbands to spend more time with them how are you doing?

 - My washing machine only accepts pajamas I put in a pair of jeans and a message came "stay home!"  

 - If I see anyone on December 31 crying for this year ending, I will use a bottle to their head!

 - After all that we have been through, the only thing missing is that the vaccine will be available only in suppository form.

 - I feel like a teenager no money in my wallet, hair long and out of control, thinking what to do with my life, and grounded home.

Smile, release stress, and be safe!    





NEXT TIME YOU FEELING A LITTLE STUPID AT SOMETHING YOU SAID- READ THIS

If you ever feel a little bit stupid, just dig this up and read it again; you'll begin to think you're a genius..

(On September 17, 1994, Alabama's Heather Whitestone was selected as Miss America)

Question: If you could live forever, would you and why?

Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever,"

--Miss Alabama in the 1994 Miss USA contest.

"Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff."

--Mariah Carey

"Smoking kills. If you're killed, you've lost a very important part of your life,"

-- Brooke Shields, during an interview as a spokesperson for federal anti-smoking campaign

"I've never had major knee surgery on any other part of my body,"

--Winston Bennett, University of Kentucky basketball forward.

"Outside of the killings, Washington has one of the lowest crime rates in the country,"

--Mayor Marion Barry, Washington

"That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it,"

--A congressional candidate in Texas

"Half this game is ninety percent mental."

--Philadelphia Phillies manager, Danny Ozark

"It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it.."

--Al Gore, Vice President

"I love California. I practically grew up in Phoenix."

-- Dan Quayle

"We've got to pause and ask ourselves: How much clean air do we need?"

--Lee Iacocca

"The word "genius" isn't applicable in football. A genius is a guy like Norman Einstein."

--Joe Theisman, NFL football quarterback & sports analyst.

"We don't necessarily discriminate. We simply exclude certain types of people."

-- Colonel Gerald Wellman, ROTC Instructor.

"Your food stamps will be stopped effective March 1992 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances."

--Department of Social Services, Greenville, South Carolina

"Traditionally, most of Australia's imports come from overseas."

--Keppel Enderbery

"If somebody has a bad heart, they can plug this jack in at night as they go to bed and it will monitor their heart throughout the night. And the next morning, when they wake up dead, there'll be a record."

--Mark S. Fowler, FCC Chairman

VANILLA SEMIFREDDO WITH STRAWBERRY COULIS

Ingredients:

2 eggs
1 egg yolk extra
2 teaspoons vanilla extract
½ cup (110g) icing sugar, sifted
1 ½ cups (330ml) single cream

Strawberry Coulis:

One punnet of strawberries, chopped
¼ cup sugar
¼ cup water
1 tablespoon lemon juice



Method:

Step 1: Line a 21cm x 9cm lightly greased loaf tin with non-stick baking paper (alternatively, do not grease but line with cling wrap). Set aside.

Coulis:

Combine strawberries in pan with sugar and water. Bring to the boil. Reduce the heat and simmer uncovered for 2 minutes. Cool. Blend or process until smooth and add lemon juice.

Step 2: Place the eggs, extra yolk, vanilla and sugar in a heatproof bowl over a saucepan of simmering water. Using a hand-held electric mixer, beat for 6-8 minutes or until thick and pale. Remove from the heat and beat for a further 6-8 minutes or until cool. Whisk the cream until soft peaks form. Gently fold the cream through the egg mixture until well combined.

Step 3: Pour half the cream mixture into the prepared tin. Spoon over half the strawberry coulis and use a knife to create swirls. Repeat with the remaining cream mixture and coulis.

Step 4: Freeze for 4-6 hours or until firm. Decorate with whole fresh strawberries. Slice to serve.

Notes:

This is a combination of two recipes one of which is a Donna Hay recipe. Strawberries are very inexpensive at the moment so I used them instead of chocolate ganache. You may use any fruits for the coulis (Try mango when in season). It is delicious poured over ice cream.

