



THE PROBIAN

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

Club Website: www.probuslanecove.org

Welcome to the July 2023 Edition of the PROBIAN

Next Meeting – Monday July 10th at 10am

PRESIDENT'S REPORT

The June Meeting was action packed and was well attended. We were pleased to welcome Lane Cove Rotary President Silvio Gmur to our June Meeting and to hear a little about the busy Programme that Rotary is involved with.



Our Guest Presenter was Stephen Miller, a highly entertaining 'mature aged' Magician. Members enjoyed all his antics. At the meeting we had several prospective members which is very positive for our Club. Post meeting lunch was also well attended and was a most enjoyable social aspect of the meeting.

Two very successful outings were held in June – VIVID evening Outing & the **Opal Card + Lunch Outing** to Kiama. Reports are included in the Newsletter. The weather was very kind to us on both of those adventures.

Again, I appreciate the effort put into the organising of the outings as well as the enthusiasm of our members who are supporting the planned activities.

Judi Gowing
President

BIRTHDAYS

Happy birthday to all these wonderful folk for July – Sally Delaney, Peter Nash, Maria Schattiger & Bev Young. 🍰 🍰

TREASURER'S REPORT

Cash at bank is \$6832.53

GUEST SPEAKER

Guest Speaker will be Rafaele Joudry who has dedicated her life to helping people overcome auditory problems and enhance their lives through better ear and brain health. We welcome Rafaele.

MEMBERSHIP REPORT

The Club membership currently stands at 51.

DATES FOR YOUR DIARY

Monday, 10th July – 10am – General Meeting followed by lunch at Lane Cove Thai, Village Square. **Menu is attached – please make your selection & write it on the Lunch list which will be with John at the door.**

Friday, 28th July - High Tea at Parliament House – Meet in the main Foyer of Parliament House at 12:15pm. Our session is from 12:30 to 2:30pm.

Monday, 7th August – 11am – Committee Meeting

Monday, 14th August - General Meeting

Tuesday, 15th August – PROBUS Info Day, Waitara

UPCOMING ACTIVITIES

JULY

- Friday, 28th July - High Tea at Parliament House. Meet in the main Foyer of Parliament House at 12:15pm. Our session is from 12:30 to 2:30pm.

AUGUST

- Southern Highlands Yulefest with OnCourse Tours 2nd & 3rd August.
- Friday, 25th August – Opal Card + Lunch Outing to 'Kadmus', Lyons Rd, Drummoyne via the 530 Bus.

SEPTEMBER

- La Perouse Museum - Opal Card + Lunch Outing. Friday 29th September. Time to be confirmed.

OCTOBER

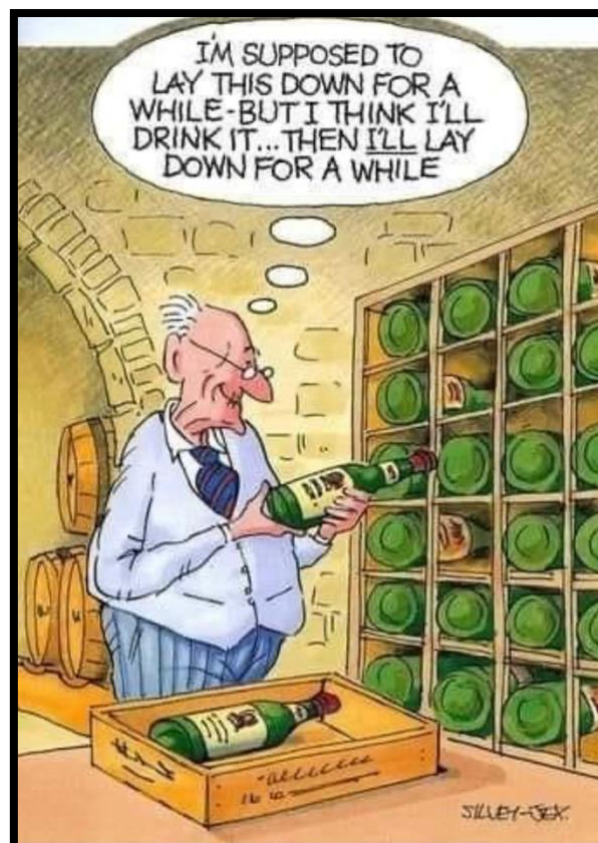
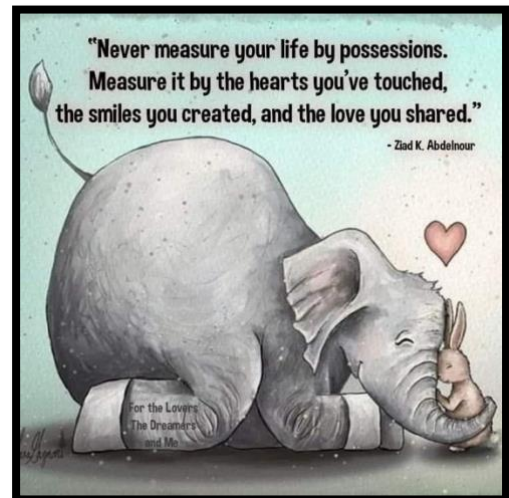
- Celebrate Probus Month – Monday 23rd, Bowls and BBQ at Lane Cove Bowling & Recreation Club – 11am – 2pm

NOVEMBER

- To be confirmed.

DECEMBER

- Christmas Lunch



RECENT ACTIVITIES

Evening Excursion to VIVID

Eighteen members took advantage of the opportunity to take in the sights of VIVID early in June. Stryder Bus Company transported us to The Rocks, where we able to enjoy the magnificent lights and displays of VIVID 2023. The displays on the Sydney Harbour Bridge and the Opera House were a sight to behold. Many stunningly illuminated sculptures were features of the area near The Rocks and were enjoyed by our group.

With its incredible popularity, there was a growing crowd as we wandered around enjoying all the sights. After an hour at The Rocks, the bus headed to Lavender Bay to give us the chance to view the Bridge and Opera House from a different perspective. Next stop was supper at the Kirribilli Club prior to heading back to Lane Cove. All who attended had a most enjoying evening.



Day out in Kiama

The **Opal Card + Lunch Outing** June was a trip to Kiama by train. Ten members gathered at Central Railway prior to heading South for our hearty lunch at 'The G'.

A beautiful Winter's Day encouraged all to wander around the Kiama waterfront in glorious sunshine. Then it was off to enjoy post lunch Coffee & Cake at a local Café, just to keep our strength up for trip home.

A delightful day out!

OPAL CARD + LUNCH OUTING TO KIAMA



MINUTES OF GENERAL MEETING, TUESDAY, 13TH JUNE, 2023

Welcome to 34 members and 6 guests in Paul Shea, Bharat Parekh, Kamini Pandya, Maureen Kirby, Silvio Gmur (Lane Cove Rotary Club President), Jagoo Parekh.

Apologies - Judith Mayer, Mary Newhouse, Nancy Michal, Nadia Moore, Lyn Noske, John Ewing, Judy Preshaw, Rosemary Taylor, Elizabeth Howard, Christine Forrest, Eva Wiland, Adrian Teague, Helen Springer.

Minutes of last General Meeting - see May PROBIAN - moved Lesley & second Daphne.

Brief report on VIVID Bus Outing - Judi
18 members enjoyed a very successful outing ending at Kirribilli Club.

Birthdays - Lyn Benson, Daphne Brady, Louis Kepert, Judith Mayer, Naida Moore, Mary Newhouse, Lyn Noske, John Notley, John Schattiger, Judy Slatyer, Helen Springer. Birthday draw winner John Schattiger

Reports

Treasurers Report - Louis
(3 trips to be paid for) account for \$6629.14 current balance

Trips - Lesley/Judith
Monday 19th is Kiama trip
Parliament 28th July- 16 committed
O'night Xmas July- need confirmation of numbers (5 at present)
Kadmus - lunch 25th August
Musicians gathering

Membership Report Sandra - 48 members and 2 New members today.

Speaker's Report - Daphne provided list of Guests for the next few months - Stephen Miller today
Welfare Report - none

Heads & Tails – was won by Denis

Introduction of Rotary President, Silvio Gmur

Silvio is the President Elect of Lane Cove Rotary who sponsor the Lane Cove Probus Club. He addressed the meeting and offered support from Rotary.

General Business

Photos of Japan in April by Judi & Bruce

Lunch today - Lane Cove Chinese Kitchen 12:15

Next meeting - 10th July 10am

MORNING TEA

Guest Speaker - Stephen Miller - a thoroughly entertaining Magician

Vote of thanks.
Meeting closed.

Committee		
President Judi Gowing	Vice President	Membership Sandra Barber
Secretary Judy Slatyer	Hon. Treasurer Louis Kepert	Probian Editor Judi Gowing
Guest Speakers Daphne Brady	Day Trips/Outings Lesley Pike Judith Mayer	Welfare Elizabeth Howard Social Coordinator Rosemary Taylor

Contact the Club: <https://www.probuslanecove.org/contact>

Appetizers

Vegetarian Spring Roll (2pcs)	\$5.90
Vegetarian Curry Puff (2pcs)	\$5.90
Chicken Curry Puff (2pcs)	\$5.90
Fish Cake (2pcs)	\$5.90
Prawn Cake (2pcs)	\$6.90
Chicken Satay (2pcs)	\$7.90
Money Bag (2pcs)	\$6.90
Duck Spring Roll (2pcs)	\$6.90
Chicken & Prawn Spring Roll (2pcs)	\$6.90
Chicken & Prawn Dumpling (3pcs)	\$11.90
Salted & Pepper Squid	\$12.90

Soup

: Chicken or Veggie & Tofu	\$12.90
: Prawn or Mixed Seafood	\$14.90

- Tom Yum Soup your choice with mushroom, shallot, coriander in mild spicy & sour soup
- Tom Kha Soup your choice with mushroom, shallot, coriander in mild spicy & sour coconut cream
- Clear Soup your choice with carrot, bok choy, shallot & coriander

Main on rice

Beef Salad on brown rice	\$15.90
cucumber, tomato, shallot, red onion, mint, coriander, chili & thai dressing	
Chicken green curry on rice	\$15.90
Chicken, broccoli, greenbean, carrot, bamboo & basil	
Panang Beef on coconut rice	\$15.90
marinated beef, broccoli, carrot, greenbean, bamboo & basil	
Chicken Padthal	\$13.90
Thin rice noodle, egg, tofu, shallot, beansprout & peanut	
Chicken Pad Si Ewe	\$13.90
Flat rice noodle, egg, gai-lan, beansprout, dark sauce	
Chicken Fried rice	\$13.90
stir fried rice, egg, gai-lan, carrot & onion	
Kee Mow Noodle	\$14.90
Choice of chicken or beef with flat rice noodle, chilli, egg, beansprout, mixed vegies, onion, basil	

The Village Centre
shop 6 / 43-45 Burns Bay Rd.
Lane Cove NSW 2066

Lane Cove
THAI RESTAURANT

LUNCH 7 DAYS 12:00-16:30 DINNER 7 DAYS 17:00-22:00

www.lanecovethai.com.au

Noodle Soup

- Wonton & Egg Noodle Soup \$15.90
chicken wonton, bok choy, carrot, broccoli, beansprout, shallot, coriander
Extra - chicken, beef, pork, mixed vegies for \$4
Extra - prawn for \$2.50ea or mixed seafood \$5
- Laksa & Thin rice noodle your choice with homemade laksa base soup, bokchoy, carrot, broccoli, beansprout topped crispy onion & shallot
- Tom Yum & Thin rice noodle your choice, carrot, bokchoy, broccoli, beansprout, shallot, coriander
- Clear Soup & Flat rice Noodle your choice, bokchoy, carrot, broccoli, shallot, beansprout, coriander

Choice of meat	: Chicken or Beef or Pork or Vegie & Tofu	\$15.90
	: Prawn, Mixed Seafood	\$16.90

Hokkien Noodle

Choice of chicken or beef with hokkien noodle, mixed vegie, onion & beansprout	\$14.90
Garlic stir fried on rice	\$15.90
Choice of chicken or pork or beef stir fried with fresh garlic, mixed vegies & onion	
Chicken chilli basil on rice	\$15.90
chicken breast stir fried with chilli, basil, mixed vegies, bamboo, onion	
Tamarind Pork on rice	\$15.90
stir fried pork with mixed vegies with homemade tamarind sauce topped crispy red onion	
Beef Oyster Sauce on rice	\$15.90
marinated beef stir fried w mixed vegie, onion	
Pad Ora Prow on rice	\$14.90
chicken minced stir fried with broccoli, onion, carrot, greenbean, bamboo, chilli & basil	
Beef Ginger sauce on rice	\$15.90
marinated beef stir fried w ginger, mixed vegies, onion	
Chicken Satay Lover on rice	\$15.90
chicken breast stir fried with peanut sauce, mixed vegies & onion	
Chicken cashew nut on rice	\$15.90
chicken breast stir fried w mixed vegie, onion, cashew nut	
Chilli jam combo on rice	\$16.90
chicken and beef stir fried with chilli jam, onion, shallot & cashew nut	

Seafood on rice

Prawn Salad on brown rice	\$16.90
cucumber, tomato, shallot, red onion, mint, coriander, chilli & thai dressing	
Prawn Choo Chee on rice	\$16.90
prawn cutlet w mixed vegie, chilli, bamboo, onion, chocochee coconut cream & basil	
Seafood Chilli Basil on rice	\$16.90
prawn cutlet & calamari w mixed vegies, chilli, bamboo, onion and basil	
Tamarind Salmon on brown rice	\$16.90
Boneless salmon fillet serve w steamed mixed vegies topped homemade tamarind sauce & crispy red onion	
Prawn Garlic sauce on rice	\$16.90
prawn cutlet stir fried mixed vegies, fresh garlic & onion	
Prawn Green curry on rice	\$16.90
prawn cutlet w chilli, broccoli, greenbean, carrot, bamboo & basil	
Seafood Chilli jam on rice	\$17.90
prawn cutlet & calamari stir fried with chilli jam, mixed vegies, shallot, onion and cashew nut	

Vegetarian

Veggie Spring Roll (2pcs)	\$5.90
Veggie Curry Puff (2pcs)	\$5.90
Tofu Satay Sticks (2pcs)	\$6.90

Veggie Green curry on rice	\$15.90
mixed vegies & tofu bamboo, chilli, broccoli, carrot, greenbean & basil	
Veggie Red curry on rice	\$15.90
mixed vegies, tofu, bamboo, chilli, broccoli, carrot, greenbean & basil	
Vegetarian Fried rice	\$13.90
stir fried rice with mixed vegetable, tofu, egg & onion	
Vegetarian Pad Si Ewe	\$13.90
stir fried flat rice noodle, egg, tofu, gai-lan, beansprout & dark sauce	
Vegetarian Padthal	\$13.90
stir fried thin rice noodle, egg, tofu, shallot, beansprout and peanut	
Vegetarian Hokkien Noodle	\$14.90
Stir fried mixed vegie & tofu with hokkien noodle, onion & beansprout	
Veggie Kee Mow Noodle	\$14.90
flat rice noodle, chilli, egg, beansprout, tofu, mixed vegie, basil	
Veggie Satay Lover on rice	\$15.90
mixed vegies & tofu w peanut sauce, onion	
Ginger Veggie Tofu on rice	\$15.90
mixed vegies & tofu stir fried with ginger sauce	
Cashew nut Tofu on rice	\$15.90
Stir fried mixed vegies & tofu with cashew nut sauce & onion	
Basil Veggie & Tofu on rice	\$15.90
mixed vegies & tofu stir fried with chilli, basil, bamboo & onion	
Tamarind Tofu on rice	\$15.90
mixed vegie & tofu w homemade tamarind sauce topped crispy red onion	
Pumpkin & Veggie on rice	\$15.90
Stir fried pumpkin and mixed vegies, tofu, egg, onion, basil	
Chilli jam vegie & tofu on rice	\$15.90
Stir fried mixed vegies & tofu with chilli jam sauce, shallot, dried chilli, cashew nut & onion	