



THE PROBIAN

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

Club Website: www.probuslanecove.org

Membership Fees are now due. Please pay Treasurer Louis online or before 10th March 2025. \$75 per annum plus \$20 joining Fee for new members.

PRESIDENT'S REPORT, March 2025

Welcome to the March Edition of the Probian.

As the next meeting is the AGM, I would like to take this opportunity to thank all the members for joining us at Meetings, at post Meeting Lunch and on the regular Outings. The Management Committee have all worked hard to make our Club a great one! We can look forward to a bright and busy 2025/26.

Following the AGM we will have a game of Social Bowls followed by a delicious BBQ. Cost of BBQ is \$15 plus \$5 for the Bowlers. Please advise me (0419284262) if you are attending. Nineteen folk have paid online – 10 more payments required! All welcome.

It was pleasing to have five new members join our Club. Alex, Evelyn, Mal, Marjorie & Nino will be inducted into our Club on Monday 10th at the General Meeting following the AGM. We welcome you to our Club.

Our most recent outing was the ' East of the Sydney Harbour Bridge Cruise' hosted by The Naval Historical Society of Australia. It was a perfect day to be out on the water.

Judi Gowing
President

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>

BIRTHDAYS

Happy birthday to our Members who have birthdays this month – Maria Baker, Sandra Barber, Alex Bon throne, Julie Cogley, David Erskine, Julie Kemp, Dianne Morley & Marjorie Sa-Cordeiro.

TREASURER'S REPORT - Louis Kepert

Cash at Bank – \$6,993.44

MEMBERSHIP REPORT

The Club currently has 56 members with some still needing to arrange Payment of their 2025-26 Membership Fees.

CLUB AGM

With the AGM approaching, our Club requires nominations for Management Committee roles.

I know that you all value our Club and urge each of you to consider nominating for one of these roles. All you need is the willingness to give back to the Club that you have benefitted so much from, you in turn get to share your knowledge, ideas and experience with fellow members.

With a co-operative attitude, and a little bit of time, our Club can continue to give us all the opportunity to stay connected and participate in a range of activities and outings.

OUTING on SYDNEY HARBOUR

Lane Cove Probus Club started its outings for 2025 in style on a Naval Cruise of Port Jackson, East of the Sydney Harbour Bridge hosted by The Naval Historical Society of Australia. Sixteen members of our Club and many other seniors enjoyed a glorious morning in splendid weather on the harbour, viewing many points of interest and their Naval history.

The Cruise took in Dawes Point, Fort Macquarie, Man o'War Steps, Mrs Macquarie's chair, Woolloomooloo, Garden Island, Rushcutters Bay, Clark Island, Rose Bay, Watsons Bay, Chowder Bay, Taylors Bay, Bradley's Head, Athol Bight, HMAS Platypus and Kirribilli.

MEETING DATES

March 10 th 10am	AGM/General Meeting + BBQ + Bowls
April 7 th 11am	Committee Meeting
April 14 th 10am	General Meeting
May 5 th 11am	Committee Meeting
May 12 th 10am	General Meeting

UPCOMING GUEST SPEAKERS

As March will be a Social Bowls and BBQ there will be no Guest Speaker.

Many upcoming speakers have been booked and in April our Club will be addressed by Alan Lawrenson.

Alan will be addressing the Club on the Topic of Australia's Looming Energy Crisis. Alan is the author of a book with this title. His talk is non-political, informative & relevant to the present time.

CLUSTER 9 MEETING REPORT by Bruce Gowing

I attended the meeting of Thornleigh Mixed Probus Thursday, 6th February. It is a large Club (150) of which 129 were at the meeting. A very friendly group, well organised and offering a lot to the members. They embrace technology for promoting activities and events.

I joined 48 members for lunch at West Pennant Hills Sports Club where we encountered 84 members of Cherrybrook Probus also enjoying lunch. Probus booming out that way! Eight members of Cluster 9 attended meetings outside our area to make new connections and glean ideas for improving our Clubs.

JOKES

Why can't you hear a pterodactyl going to the bathroom? **Because the "P" is silent.**

Why can't you trust the king of the jungle? **Because he's always lion.**

DATES FOR YOUR DIARY

Monday, March 24th 10:00 am

Lane Cove Choristers Seniors Festival –‘Time to Shine’

A free Concert (donations appreciated) is being held at the new Performance Space in the 'Hub' Floor under Sydney Community Services, Little St, Lane Cove. Performing with Lane Cove Choristers will be the fabulous accordion artists, ‘The Two Fillies’. Lunch for our members at La Piazza following the Concert.

Names to Judith Mayer.

Monday, April 28th 11am – 3pm

The Bob Hawke Beer & Leisure Centre, 8-12 Sydney Street, Marrickville
Travel via Metro from Crows Nest to Sydenham. A short walk to venue.
Lunch at Lucky Prawn.

Names to Judith Mayer.

Monday, May 26th 12noon

Lunch at Strangers Restaurant,
Parliament House, Macquarie Street, Sydney.
2 course meal \$65.00

Names to Judith Mayer

Monday, June 23rd

Proposed Visit to State Library followed by lunch nearby.

November 2nd – ***Bookings have closed***

Norfolk Island Experience

With Trade Travel.



Shakshuka



Shakshuka originated in North Africa as a hearty breakfast dish, but soon spread around the Mediterranean. It's a particularly popular breakfast dish in Israel. In Egypt, sometime fried chunks of lamb or beef are added.

Ingredients

- 1tblsp extra virgin olive oil
- 1 onion, finely chopped
- 1 red capsicum, chopped
- 2tsp paprika
- 2tsp cumin
- 1tsp coriander
- ¼ tsp dried chilli flakes or
- 3 cloves garlic
- 1 400g can peeled tomatoes
- 4 eggs
- ½ cup parsley, chopped
- ½ cup coriander leaves, chopped
- Sea salt flakes to taste

Utensils

Cutting board; chef's knife; medium-size frypan; wooden stirring spoon; fine grater; large spoon; spatula.

Time

About 30 minutes for the sauce, 5-7 minutes for the eggs.

Preparation

1. Add onion and capsicum to the pan with the oil and cook until onions are soft.
2. Stir in condiments and grate garlic into mixture, cook for 5 minutes and add tomatoes.
3. Break up tomatoes in pan with the stirring spoon. Turn down heat to low and simmer for about 30 minutes, stirring occasionally.
4. Using the back of a large serving spoon, make four, evenly spaced indents in the mixture and crack an egg carefully into each indent.
5. Cover and cook for 5-7 minutes for soft yolks or longer until your liking.
6. Serve with parsley and coriander scattered on top and pita bread on the side.



28/02/25



NAVAL CRUISE

Please LIKE our Facebook page if you are a Facebook user.

<https://www.facebook.com/profile.php?id=61561572697844>

Committee		
President Judi Gowing 0419284262	Vice President Eva Wiland	Membership Sandra Barber
Secretary Judy Slatyer	Hon. Treasurer Louis Kepert	Probian Editor Judi Gowing
Guest Speakers Bruce Gowing	Day Trips Lesley Pike / Judith Mayer	Welfare Elizabeth Howard 0410505001

Contact us: [CONTACT | Probus Lane Cove](#)



Probuss

Management Committee Nomination Form

Club Name _____

Committee Position _____

Name of Nominee (print) _____

Signature of Nominee* _____

Proposed by (print) _____

Signature _____

Seconded by (print) _____

Signature _____

Completed forms to be received by Secretary by (date) _____

*By signing this form, the nominee understands that PSPL's National Insurance Program provides Public Liability Insurance of \$20 million (Australia) and \$10 million (New Zealand). A summary of the coverage, which is subject to terms, conditions and limitations, is available in the Club Administration section of the PSPL website.

Completed nomination forms must be received by the Secretary either in person, by post or by email by the date nominated above.