



THE PROBUS CLUB OF KELLYVILLE & HILLS INC.

Incorporated in NSW – Incorporation No. 1800778

Month: September 2020

Message from the President



Dear Fellow Probus Members,

Hopefully, we will soon be able to have a Probus meeting. Unfortunately, the October meeting has been cancelled by the Castle Hill RSL, on instructions from the government.

It is great to see our members keen to meet and enjoy activities. Some members enjoyed a great lunch at Entrata on Thursday 24 September arranged by Lorraine.

The Book Club and Walking Group (plus dogs) are still operating with restrictions due to Covid. Contact Alan or Kevin if you are interested in joining these activities.

Hopefully members will be able to join in the upcoming BBQ/Picnic lunch at Cattai National Park, October 15th. We are looking forward to other activities being planned for November.

We still have some members unwell

and hope they make a speedy recovery.

Remember, practice social distancing, wear a mask, phone a friend and enjoy the wonderful outdoors.

Kind regards
Faye

Active Retirees Magazine

Members will find the current issue of the Active Retirees Magazine on our website under Members Login, [Publications](#), also on the [Probus South Pacific](#) site.

Probus Kellyville & Hills has a Facebook page

If you belong to Facebook, pop along and join other members for a chat. It's a Private Group, and all you have to do is request to join. [LINK](#) to our Facebook page.

Memberships

To fill the available vacancies, prospective members are welcome to attend future meetings which are held at 10am on the second Thursday of each month. We currently have 100 members.

Members can refer their friends to our [website](#), to see that we have an active group.

Walking Group out and about



Walking Group

The Bernie Mullane Sports Complex.

Walking Group meets 9.30am each Wednesday.

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PROBUS KELLYVILLE HILLS BOOK CLUB

Book Group meets 10.30am, Castle Hill Tavern, 4th Thursday of the month.

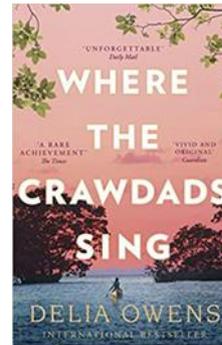
G'day All

Last month's book, "Camino Winds" by John Grisham, was judged to be an easy read and scored an average of 77%.

Our next book was to be "The One Hundred-foot Journey", but since we had all read it and discussed it, we decided to give it a miss.

So, the nominated book for our next meeting on Thursday, 22nd October will be "Where The Crawdads Sing" by Delia Owens. (Crawdad is an American slang term for freshwater crayfish).

Regards
Alan V



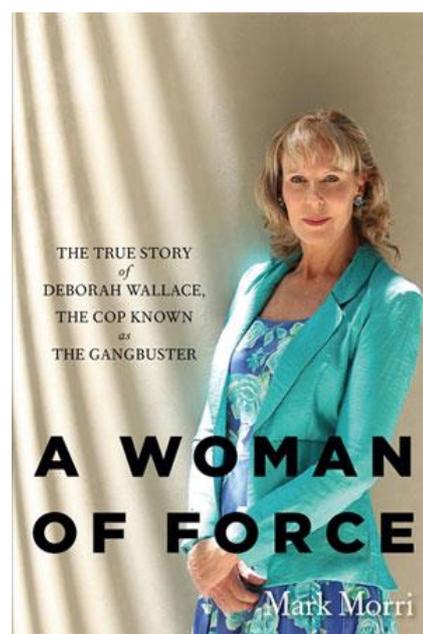
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A Woman of Force

[Biography - Detective Superintendent Deborah Wallace.](#)

Some of our members may recall, last October we had the pleasure of hosting Deborah as a guest speaker, who entertained us with stories of her life experiences in the NSW Police Force.

A biography has now been written by long time crime reporter [Mark Morri](#) covering DS Deborah Wallace's career.



ENTRATA LUNCHEON

Thursday, September 24th.



We had 30 Probus members attend the lunch held at the Entrata Restaurant on Thursday 24th September.

This is one of the nicest restaurants in our local area & staff were most helpful in having us seated in a separate area of the restaurant. We are becoming accustomed to the Covid-19 restrictions, which were adhered to in a very professional manner.

The service and food were excellent and although having to remain seated at their allocated tables, all members really enjoyed the lunch and the chance to catch up with other members in a very pleasant manner.

Lorraine Everitt

CATTAI NATIONAL PARK

BBQ/Picnic lunch

Thursday, October 15th - 11am

Come and join us for another BBQ/Picnic lunch!
(weather permitting)

We understand that there might be a problem with the numbers allowed due to Covid restrictions, but these can be addressed closer to the date. The Government seems to be allowing larger numbers and we should wait to see their decision after the 1st October.

WHERE: In the wide-open spaces of the Hawkesbury area at [Cattai National Park](#).

Enter via Caddie Road which runs off Wisemans Ferry Road.

Parking ticket machines are on left a couple of hundred metres inside the park.

Follow the one-way road onto the dirt road and our "Shed No. 9" will be on right-hand side as you are heading back towards exit.

Bring your own chair, food and drinks.

There are electric bbq's in the park. If need be, John will cook.

\$8 carpark fee if you don't have a Nat Park Pass.

Any questions regarding this event, please contact :

Jackie Duffield or John Duffield
0404 382 432 or 0400 424 595

How does your garden grow?

Two useful Bush Tucker plants for the garden – by Tony Myatt

Lemon Myrtle (*Backhousia citriodora*)
Lemon myrtle is a rainforest tree, native to sub-tropical Queensland, growing 6-8 metres high, with a width of 3-5 metres. It has attractive dark green leaves, a low-branching habit and is adorned with clusters of white flowers in summer. Cinnamon myrtle and aniseed myrtle are two close relatives and all can be used in cooking.

It can be grown as a medium sized tree, a tall hedge or in a large pot. It will tolerate full-sun to part shade, and requires protecting from the frost. Provide moderately fertile, well-drained soil that is slightly acidic (pH 5.5-6.5). It has relatively few issues with pests and diseases. The seeds have a low germination rate, so it is best propagated from cuttings taken in March. Leaves can be harvested all year round and can be used either fresh, dried like a bay leaf, or ground. The distilled citral oil from this plant, which has a lemon-lime scent, is used to make cosmetic products such as hand-creams and soaps. Fresh leaves can be stored in a container in the fridge, while dried leaves are best stored in a glass container so they don't lose their aroma.

With their dense foliage, they make a great screen and are also an attractive feature tree. They are a delicious food flavouring particularly for fish dishes,

biscuits and desserts, and the dried leaves can be used to infuse olive oil or make an herbal infusion for tea that is consumed both hot and chilled. Lemon myrtle is reported to have anti-fungal, anti-viral and calmativ qualities. Two of the ways indigenous Australians use lemon myrtle is wrapping it in paperbark and using it to cook fish, and breathing in the crushed leaved to treat headaches.

Warrigal Greens or New Zealand Spinach (*Tetragonia tetragoniodes*)
Joseph Banks and Captain Cook discovered the edible greens in Australia after first finding the plant on the coasts of New Zealand and again at Botany Bay on 6 May 1770, where they and their crew ate stingray with their greens. Banks took seeds back to Kew and drawings of it were made for the Florigelium (see Australian Geographic April-June 2008). From Kew, seeds were distributed all over the world and sold by merchants as 'hardy summer growing spinach'. It somehow acquired the name Warrigal Greens and was the first antipodean plant to be commercially sold internationally.

Banks was called before a House of Commons committee in 1779 to speak on the suitability of Botany Bay for settlement and testified that "the grass is long and luxuriant and there were some edible vegetables, particularly a sort of wild spinach". His promise of greens may have helped swing the Parliamentary vote because of the vital need to prevent scurvy (and the leaves are rich in iron). In modern France you can often find the greens on menus as

'tetragon' (named after the Genus Tetragonia, which derives from the Greek meaning 'four angled fruits'). It needs to be lightly boiled/blanched to remove oxalic acid (as with sorrel and the traditional spinach) and the water used discarded. The same plant can also be found in Chile, Argentina and Japan.

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This little protea beauty is called "Possum Magic". First time it has flowered.

Thank you, Annette. Absolutely beautiful.

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Contributed by Lynn Boorman

IS IT "COMPLETE", "FINISHED" OR "COMPLETELY FINISHED"?

It is said no English dictionary has been able to adequately explain the difference between these two words – "Complete" and "Finished".

In a recent linguistic competition held in London and attended by, supposedly, the best in the world, Samdar Balgobin, a Guyanese man, was the clear winner with a standing ovation which lasted over 5 minutes.

The final question was: "How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand? Some people say there is no difference between

COMPLETE and FINISHED."

Here is his astute answer:

"When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!"

[What a Body Does in a Day](#)

Sometimes you may feel like your body is beginning to creak and fail you on the outside, but do you ever stop to consider the incredible work that is taking place inside of it? There is so much going on and everything fits together so well, that it's almost impossible to comprehend it.

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Contributed by Marc Mana

Best friends graduated from medical school at the same time & decided that in spite of their two different specialties, they would open a practice together to share office space...

Dr. Smith was a psychiatrist & Dr. Jones was a proctologist.
They put up a sign reading:

Dr. Smith & Dr. Jones
Hysterias & Posteriors

The town council was livid and insisted they change it.

So, the docs changed it to read
Schizoids & Haemorrhoids

This was also not acceptable.
They again changed the sign to
Catatonics and High Colonics

- no go.

Next, they tried...
Manic Depressives and Anal Retentives
- thumbs down again.

Then came..
Minds and Behinds
- still no good.

Another attempt resulted in...
Lost Souls & Butt Holes
-unacceptable again!

So they tried
Analysis & Anal Cysts
- not a chance

Nuts and Butts
- no way

Freaks and Cheeks
- still no good

Loons and Moons
- forget it!

Almost at their wits end, the docs finally came up with:

Dr. Smith & Dr. Jones
Specializing in Odds & Ends.

Everyone loved it!

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Contributed by Kevin Carey.

[In Colorado, someone is putting up the funniest signs and the puns are the best!!](#)

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Contributed by the Editor ...

People normally



People during quarantine



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Events / Trips coming up

Many already on the website:

pckh.org.au

PROBUS MEETINGS

Unfortunately, our Probus meetings are cancelled until further notice.

Members will be notified via our [Probus website](#), email and [facebook page](#), as to when our meetings will resume.

Under the NSW Government Guidelines, the Castle Hill RSL have advised, all social events and club events are at present cancelled.

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OCTOBER CANCELLATION

LADIES ONLY HIGH TEA

Rydges Hotel Norwest
Saturday, October 10th 2020



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EVENTS SCHEDULED OCTOBER

CATTAI NATIONAL PARK

BBQ/Picnic Lunch

Thursday, October 15th - 11am

(weather and Government permitting)

For further details, please contact:

Jackie Duffield or John Duffield
0404 382 432 or 0400 424 595

DECEMBER

Christmas Party Lunch

The Hill Lodge

Thursday, December 3rd



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Every Week

Walking Group

The Bernie Mullane Sports Complex.

Walking Group meets 9.30am each Wednesday.

Please contact [Kevin Carey](#) to join the next walk!

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Once a Month

PROBUS KELLYVILLE HILLS BOOK CLUB

Castle Hill Tavern.

Book Group meets 10.30am,
4th Thursday of the month.

Thursday, October 22nd.

"Where The Crawdads Sing" by Delia Owens. (Crawdad is an American slang term for freshwater crayfish).

Contact : Alan Vesperman

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How does your garden grow?

Please consider contributing to the gardening segment of our newsletter. Your photos and articles are not only welcome, but are an interesting and visual delight to share with members. We are also happy to accept photos and/or articles pertaining to hobbies members may indulge in. Please forward to The Editor via email.

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PCKH Website

Our [website](#) includes a calendar to show the dates of upcoming events including monthly meetings and planned events. Whilst future events will be highlighted at monthly meetings, from time to time event organisers will email members of upcoming events, to which members are requested to respond to the organiser.



Feedback

Thank you for reading this newsletter. We welcome your comments / feedback both on this newsletter and suggestions for the future.

Kindly provide your articles and photos for inclusion in our October Newsletter via this [LINK](#).

Your Committee

Position:	Who:
President	Faye Carey
Immediate Past President	Rob Dytor
Vice President	Peter Noreen
Secretary	Lynn Boorman
Treasurer	Kerri Harding
Membership Officer	Barbara Gurney
Welfare Officer	Coralee Rose
Guest Speakers	Peter Elwine
Trips and Tours	Ron Harding
Live Theatre	Kerri Harding
Local Lunch and Dinners	Lorraine Everitt
Walking Group	Kevin Carey
Book Club	Alan Vesperman
Webmaster	Marc Mana
Newsletter Editor	Janette Mana
Picnics and Barbecues	Jackie Duffield
Meet and Greet	Lynelle Dytor
Hospitality	Susie Myatt
Hospitality	Mazz Vodanovich

Janette Mana – Editor
pckh.newsletter@gmail.com

E&OE