

Probus Club of Springwood Inc.

P.O. Box 414, Springwood Qld 4127

Club Registration No. 56317

Sponsored 29/11/2001 by:



NEWSLETTER

Issue No: 2014 June, 2020

OUR MEETINGS: NOW BY ZOOM.

Group meetings resume on 2nd Thursday of each month when safe.

COMMITTEE MEMBERS FOR 2020-2021

President: Raghbir Kalsi 0412 210 249

Vice President: Anne Santangeli 0400 476 676

Secretary: Jeff Beach 0418 783 300

Vice President: Carla Sherrington 0407 408 555

Treasurer: Marie Pitt 0438 816 308

Newsletter: Merv Richens 0420 373 162

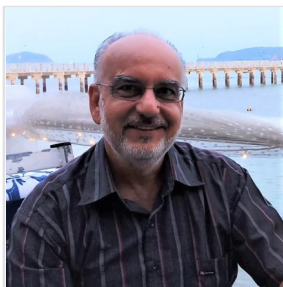
Guest Speakers: Christine Wieden 0401 075 339

Dine Outs: Alicia Cook 0413 307 050

Outings: Carolyn Smith 0418 886 582

Membership: Deidre Beach: 0418 767 508

Club Services: Natalie Cadiz 0419 120 236



President's Message

Comfortably Numb by Pink Floyd is, in part, about the singer's realization that the influences and choices of his life up to that point have left him comfortable. But numb to the full range of human creativity and emotion. As a result, he embarks on a journey to free himself. The COVID-19, its impact and particularly the restrictions and isolation feel to me like I am **comfortable** but **numb**.

The Springwood Probus Phone Tree has been a great success in keeping in touch with our members as has been the photo competitions. Well done everyone. We had our first virtual Zoom Committee Meeting and Monthly Meeting in May and both were a success. I encourage members to join the monthly meetings. It is quite simple to join. Merv Richens or I can assist.

COVID-19 has affected us all, not only with our day-to-day lives outside our house but also how we live and interact with family and friends. Fortunately, most of us have been considerate and patient while dealing with government imposed restrictions. Now that those restrictions are easing, the facilities are beginning to re-open in accordance with the government timeline. This does not mean that it is getting safe. It only means that there are sufficient emergency beds at hospitals. So, we must all still be very vigilant in staying safe and healthy.

I would like to finish with this quote.

“Believe nothing, no matter where you read it, not even if I have said it, unless it

“IN TODAY'S RUSH
WE ALL THINK TOO
MUCH, SEEK TOO
MUCH, WANT TOO
MUCH AND FORGET
ABOUT THE JOY OF
JUST BEING.”

ECKHART TOLLE

INVITATION TO JOIN INTO OUR NEXT ZOOM MEETING

On Thursday 11th June at 10am the Club will be having our General meeting via ZOOM

**We have a very interesting presentation from Mr Ray Krebs,
a Community Ambassador for the NBN Company.**

The presentation will take about 15 -20 minutes with participants able to ask questions.

The topics of the talk are:

- How to optimise your Home Internet Set Up
- How to do a Speed Test and are you on the best home internet plan
- Tips to become Tech Savvy in 2020
- Update on the latest scams (including COVID 19 scams) and staying safe online

If you are unsure how to connect to ZOOM for the meeting, please contact Merv Richens

MEMBERSHIP

Several members have asked for the name of a plant that appeared in the Springwood Probus Club Flower Photo Competition. It was a purple/pink bush and was photo No. 5. Michael Stubbs was our member who submitted the photo, he was happy to pass on the name. It is a Celosia Intenze, a very pretty plant. Michael said the plant needs full sun and good drainage. He purchased it at his local Bunnings.

This month our club will again miss celebrating a SPECIAL birthday of one of our members. Joan Thomas will be "80 Years Young" on the 14 June. Happy Zero Birthday Joan from your many friends at Springwood Probus.

Stay Happy, Stay Healthy.

WELFARE REPORT

Hello everyone. I hope all members are managing to keep positive and busy during COVID 19. The following Probus members are currently in our thoughts:

PAULINE NEAL

Pauline has experienced ill health recently but the good news is that she is currently in rehab at Beaude-
sert. We all wish her a speedy recovery.

GAIL DAKERS

Gail has had her long-awaited knee surgery last week. I have sent her a card with our best wishes for a pain free outcome.

TED WIEDEN

Ted had an unfortunate incident and a stay in hospital recently. He is now recovering well at home no doubt due to plenty of TLC from Christine.

Ted's advice to us all is:

- * Don't walk alone
- * Don't go walking in the dark AND
- * Always have your mobile phone with you



Birthday Greetings for June

04 Carol Best

12 David Turner

14 Joan Thomas (80th)

SOD OFF CORONA I SAY!

I popped down to my local for a few groceries not looking forward to it as everyone appears so miserable. Once inside the centre a lady pushed her trolley towards me. I moved away and she said, "sorry I thought you were my friend" I replied, "that's ok I'm happy to be a friend". We laughed and she said I was precious. I'm happy to accept that.

Selecting my groceries, I was bumped into by another lady. "So sorry I thought you were my friend" I said "well you're the second person who's said that to me, I must have that kind of face" she laughed and told me I had a lovely face. Whew I'm getting a big head here.

At the deli, the gentleman serving me joined me in a laugh when I told him the best way to get teenagers out of bed is to start cooking bacon. He thanked me and said I was a woman after his own heart. I'm starting to walk on cloud nine now.

Ran into a neighbour (good morning basis only) and she helped me find an item, chatting continuously. Wow!

Took my groceries to my car, packed them in the boot and started to take the trolley back to the bay. The chap collecting trolleys saw me coming and motioned for me to send it down the hill. We went back and forth trying not to hit any cars acting like a couple of kids and laughing all the way.

See what's happening here?

Yes, best shopping trip in a long time. My mood was lifted, and I couldn't stop smiling.

MOTTO: say something nice or silly to someone at the shop and I guarantee that you will make their day

Have you heard of "What3Words"?

It is an application you can have on your smart phone that will pinpoint exactly where you are within metres anywhere in the world if you need assistance.

If you are travelling, your family/relations/friends can have the App and you easily SMS or e-mail the three words and they will be able to see easily exactly where you are.

To find out more check this web site: <https://what3words.com/about-us/>

Rescuers pinpointed a location of an injured walker on Flinders Island using what3words service <https://www.abc.net.au/news/2020-05-13/what3words-used-to-locate-missing-walkers-on-flinders-island/12241352>

https://play.google.com/store/apps/details?id=com.what3words.android&hl=en_US

JUNE DINE INS 2020

Well, we are entering another month of social restrictions, although somewhat easing, and it was nice to enjoy my birthday and mother's day with my family. My daughter bought me a Cadburys Freddo Ice Cream Cake. Don't know how my SIL ended up with 8 Freddo heads and I only had 2. But, the best thing was I had the remaining ice cream to dig around in.

There seems to be an abundance of lemons currently available, with my new tree having 7 large lemons just starting to turn yellow, and another 8 still growing.

Just imagine all the different ways you can use lemons- Lemon Meringue Pie, Lemon Butter or Curd, Lemon Tart, or a hot Lemon Delicious pudding for cooler months, squeezed on a piece of nice fish, Lemon Sauce for Veal Schnitzel, and, as well you are able to preserve them as slices, but I haven't looked too far into that. Something Maggie Beer would do I guess.

LEMON LOAF

Preheat oven to 180 and grease and line a deep loaf pan.

INGREDIENTS: 125gr butter, softened; 1½ cups caster sugar; 2 eggs

1½ cups SR flour -sifted 1 large lemon, rind finely grated and juiced ½ cup milk

Cream butter with **1 cup sugar** and lemon rind until light and fluffy. Add eggs, one at a time, beating well after each addition. Add **half the flour** and **half the milk** to creamed mixture, gently stirring to combine. Fold in remaining flour and milk. Spoon mixture into loaf pan and bake for 45 to 50 mins or until

Combine together remaining ½ cup sugar with 1/3 cup lemon juice. Pour over hot loaf while still in pan. Stand in pan until cooled.

I tried as well and it is very light and extra tasty. Didn't last long in my family.

FAMILY SPINACH PIE

Place 1 ½ sheets of puff pastry (thawed out if frozen) into a greased pie dish. Prick the base and sides and bake for 15 mins.

Heat a frying pan and add 1 chopped onion, cook until softened. Dice 4 rashers of short cut bacon and cook for 2-3 mins. Scatter onion and bacon mixture over base of pastry. Cover with baby spinach leaves which I prefer to use (frozen chopped spinach can be used as well).

Combine 5 eggs with 300ml cream, and add a good ½ cup grated tasty cheese. Season and pour into pastry base. Bake 40-50 mins until puffed and golden.

If you have any left over cooked chicken you can dice some up and use instead of bacon or as well. A few chopped mushrooms can also be added for a little variety.

NB: This recipe also has 100gr feta cheese chopped through the egg base, but I have been leaving out feta as I find it very rich.

Enjoy with a nice Mediterranean salad and use the feta for this.

Some More Notes from Alicia

With winter now here, soup and warming foods are replacing salads, barbeques and light meals. And no doubt the all favourite and easy to make pumpkin soup shall be cooking away on the stove by now. Who has a special curry or Aussie winter dish you may like to share and be published in our next newsletter or even August, for Sod off Winter? Just email to myself or Merv.

I found in my bottom kitchen drawer a very old book called the Commonsense Cookery Book which was compiled by the NSW Public School Cookery Teachers' Association, which I think I may have used when I did domestic science at high school. Basic, by what is available to us when cooking tasty meals today. We have certainly moved on in the culinary area trying and enjoying different foods. Who would have ever thought back then in the 50's or 60's, we would be enjoying Italian, Greek, Asian, Mexican, Moroccan, French, Japanese, Indian cuisines, or even food already prepared to heat in a microwave. An occasional take away meal of fish and chips on a Friday night was a treat. My best recollection of eating out was on my first trip to Melbourne in the 80's, when we went to St Kilda for breakfast, then Fitzroy for lunch at 3.00pm. Both an unknown thing to do in Brisbane then.

Something I haven't done for a long long time. I made pickled onions, but will have to wait at least a month before the taste test to see if they are successful. I had to use a different recipe as I couldn't find my mother's, and I didn't use any common sense and look in the resurrected Cookery Book.

Phone Tree: 27 April – 24 May

Everyone on my Phone Tree were all coping with not been able to venture too far out and family members helping with shopping and keeping in contact.

Raghibir, Patricia Kelly, Bev and Des, Lyn and Alf King, Mary, Di Mason and Peter and Sharon all enjoying good health. Although, Peter at the time was under the weather, and, Lyn was most disappointed that she wasn't enjoying her planned trip to Spain. Hopefully, maybe something to look forward to next year Lyn. Diane was really keeping herself isolated, with the mobile library delivering loads of novels. She is truly indulging herself, trying to get through all the books, before collection day. She was also occupied with doing puppy training. How's that going Diane? Although I have a feeling the puppy maybe training Diane.

Lorraine Mason, Chris Morton, The Paulsens', Don and Myrtle and Sue Peterson are keeping themselves busy. Feedback has been that they enjoy reading our monthly newsletter which they feel helps with keeping in touch as well as receiving our telephone calls. Sue has been busy enjoying the outdoors spending her time in the garden. She was also culling old recipe books and Lorraine was spring cleaning her kitchen cupboards of cake tins. Good luck to both Chris and Lorraine who have entered the photography Travel



Margaret has decided it is time for Merv to find his way around her kitchen and do some cooking, so Merv also tried the Asian Lamb Shanks and they turned out



Raghibir's Asian Lamb Shanks from Alicia's recipe in May Newsletter

What do Immediate Past Presidents do during COVID 19 Lockdown?

Just over a month ago my Granddaughter was looking on the internet and found a toy stable and asked her father to buy it for her. She is keen on horses having her own pony and the play horses. I was subsequently asked if I could make one for her as the one on the internet was worth almost \$300.

In a moment of haste I said that I could give it a go, and told Lyn, my wife, that it would probably take me a week. Well, four weeks or may be a little more I have the results of my hard work.

I sat down and tried to count the number of pieces of wood that I used. I got to 562, probably missed a few and decided that 560 is close enough. Where did I get the small pieces of wood? I ripped it up on my small bench saw which I have mounted on an old chair. The timber came from a single bed base.

Would I make another on you might ask? Probably not.



Learning new things whilst in lockdown, making garden furniture out of pallets is a piece of piss, I'm going to start a shop



Here are some other projects for other members to try!

