



PROBUS CLUB OF BERMAGUI

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A Club for local retired and semi-retired professional and business people and others with a like background, who appreciate and value increased social contact and opportunities to meet others in similar circumstances.

President: Lorraine Courtis Secretary: Annette Gelme Bulletin Editor: Bruce Grimmond

Lorraine's Log

Greetings members,

John and I have had a very busy time in the last month. Our caravanning expedition was most enjoyable despite being rained on at least once every day, thankfully it did not dampen the spirits of the A'van Club members. We took the cruise on the last remaining Australian Water Mailman, being a trip on the Hawkesbury River being a mail run on the way up and scenic cruise on the way back with lunch thrown in for good measure. This was very informative and enjoyable and the we had sun shine all the time we were on the river which was a huge bonus. Because it bucketed down for our return train trip back to Umina but that did not matter as

we stayed dry. With our gallivanting around Umina,

We missed the May meeting and the Mother's Day lunch. It has been reported to me that both these activities were well represented and most enjoyable, with the guest speaker in May being very informative and helpful.

Sadly, we do not have a guest speaker for the June meeting so I will have to think up something inventive. If any of you would like to fill this spot with some information and/or story worth hearing, please feel free to contact me.

The Beaumont family are in the wars at present with Pam currently in the Bega hospi-

tal and Bill scheduled for a trip to the Canberra hospital early July. I wish them both speedy recoveries. It is great to see Bill Johnston up and about, let's hope he continues to build on this.

As usual come along to our next meeting on 10 June to get all the information on our upcoming activities.

Hope to see you attending all bright eyed and bushy tailed to quote my old grandmother. Until next month, it's goodbye from me

Lorraine

President, Probus Club of Bermagui



Meeting next Monday 10th June

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Probus Music Group



The Venue for the June 14th will be announced at our regular meeting.

Bring your favourite tippie and a plate. The music will be the usual mixture of classic and light music selected by Ron. You will be very welcome so come along and give it a try.

Coming Events

Monday 10th June Monthly meeting

Monday 24th June Lunch at Cobargo Hotel

Claiming the dates:

Wednesday 17th July Movie/Soup night

Monday 22nd July Christmas-in-July

I changed my iPod's name to Titanic. It's syncing now.

I stayed up all night to see where the sun went, and then it dawned on me.

I used to be a banker, but then I lost interest.

I didn't like my beard at first. Then it grew on me.

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

JUST FOR FUN ...

my you beaut any fool can cook beef stew

The trick to cooking a good stew is in the beef you use. Although logic will tell you that tender cuts such as rump or sirloin will result in a more tender stew this isn't the case, as the long, slow cooking time will toughen these types of cuts. What you want is the tougher, leaner (and cheaper) cuts such as chuck or round which have less fat and more collagen resulting in fork-tender meat and a tastier stew.

This stew can be cooked either in the oven or on the cooktop. If using the cooktop, bring ingredients to a gentle boil then reduce heat and simmer gently for 2 – 3 hours until beef is tender. If you want a bit more oomph in your stew, replace the water with beef stock, or add a teaspoon of vegemite or a little worcestershire sauce. For a more continental stew, replace half the water with red wine and rub some garlic around the inside of the casserole dish.

1 kg chuck, round or shin meat, cut into large chunks
100 g (about 2 rashers) bacon, cut roughly
2 medium carrots, peeled and chopped
2 medium onions, peeled and chopped
2 celery sticks, washed and chopped
2 large potatoes, peeled and chopped
2 turnips, swedes or parsnips, peeled and chopped
1 cup tomato puree
1 – 2 star anise
1 wide strip of orange rind (use a vegetable peeler)
1 bay leaf
salt and freshly ground black pepper, to season



1. Preheat oven to 200°C.
2. Toss all of the ingredients into a really big casserole dish and pour over enough water to cover (about a litre or a little less should be about right).
3. Turn the oven down to 160°C, pop the lid on the casserole dish and cook for about 3 hours, or until beef is cooked and tender.
4. Season to taste with salt and freshly ground black pepper just before serving.

serves 4 - 6

What has four legs but can't walk? A table

What do you give a man who has everything? Anti-biotics

What is the longest word on the English language?
Smiles, because there is a "mile" between the first and last letter.

Royal Ascot

One fine day in 1711 Queen Anne was out riding near Windsor Castle when she stumbled upon an open expanse which looked, in her words, "ideal for horses to gallop at full stretch". Thus, in August of that year, Ascot Racecourse was born. The Royal Ascot race meeting was inspiration for the "Ascot Gavotte" scene in *My Fair Lady*, while the racecourse itself features in multiple *Bond* films.

The event is generally considered the social occasion of the year, and notable faces from the British social scene are always present despite, for some, a distinct lack of interest in horses and horseracing. Royal Ascot has thus become something of a fashion show for lords, ladies and general glitterati alike – no doubt encouraged by the strict dress code, which requires a hat, headpiece or "hatinator"! We call it a "fascinator".

From the Men's Shed Notice Board

Which Are You?

Some members keep a club so strong
While others join just to belong.
Some dig right in, some serve with pride,
Some go long just for the ride.
Some volunteer to do their share,
While some sit back and just don't care.
Some do their best, some help, some make,
Some do nought but only take.

Some help the club to grow,
When asked to help, they don't say "no".
Some greet new members with a smile,
And make their coming much worthwhile.
While some go on their merry way
Neither a kind word, nor greeting say,
Some pull, some drag, some don't, some do
Ponder over which one are you?

Law of Public Speaking --

A CLOSED MOUTH GATHERS NO FEET!