



Narra Notes

The Newsletter of the Narrabundah Probus Club
<https://www.narrapc.com/>

Volume 2 Issue 3

April 2023

General Meeting : **Tuesday 11 April 2023 at 11:00am**
Harmonie German Club, Narrabundah

Guest Speaker: **Karen, from Diabetes Australia**
Living with Diabetes

President's Ponderings

On behalf of the club and its members I would like to thank Immediate Past President John Worcester for his stewardship over the last two years. The club was formed in 2019 with 19 founding members and endured Covid 19 to finish 2022 with the same number. 2023 has now begun and current financial membership stands at 15 with membership fees due by 30 April.

I would also like to thank outgoing Secretary Rod McCallum for his contribution over the past year.

Following the Annual General Meeting in March there were two Committee positions vacant which I can now report have been filled viz.

Secretary – Kathryn Duffy

Treasurer – Lola Bartkus

At the April Committee Meeting members reaffirmed the objective of building Club membership and to that end will undertake a membership drive with initiatives such as a letter box drop within the Narrabundah area and leveraging our relationship with the provider of our meeting venue; the Harmonie German Club.

Our informal activities such as the Coffee Club and monthly dinner continue to be well attended and provide opportunities for members and guests to engage in social interaction.

It is with enthusiasm and optimism that I look forward to the year ahead.

Peter Adams

MEMBERSHIP RENEWALS ARE NOW DUE

\$50 payment is due by 30th April 2023

PAYMENT INFORMATION

EFT (the preferred method): payment can be transferred electronically to the club's bank account as follows:

Account Name: Narrabundah Probus Club

BSB: 032-729

Account #: 000366548

Reference: Your name +'subs'

Membership payments will also be accepted at the meeting by cash or cheque (we do not have an EFT facility). Please put exact payment in an envelope and write your name + 'subs' on the envelope. No change will be given.

Hey! If you are reading this on screen and you have not yet paid your sub, why not log in to your bank account and do it right now!!

Club Check In

Please ensure that you sign-in in the attendance book.

Please wear your membership badge (this helps members to get to know one another).

COVID has faded from the headlines, but is still around. We are now meeting in a larger room, which makes it easier for social distancing. However please feel free to wear a mask if you prefer to do so.

Books Table

The book table has been a victim of its own success, and we now have more books than can comfortably be transported for each meeting. So please **DO NOT** bring anymore books just yet, but do take some home to enjoy.

Welfare

Please inform Welfare Officer Ann if you are aware of any member who is ill or otherwise indisposed.

Quote of the month

There is a fountain of youth: It is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age" – Sophia Loren

**Narrabundah Probus Club Statement of Accounts:
1 March 2022 - 28 February 2023**

Income statement

Income	2022-2023	2021-2022
Joining and annual membership fee	1142.50	760.00
Capitation refund	0.00	0.00
Interest	0.00	0.00
Morning tea	<u>199.74</u>	<u>145.00</u>
	1342.24	905.00

Expenses

Name badges	28.47	
Probus South Pacific Ltd capitation fees	262.50	150.00
Website – WIX.COM	356.85	228.77
Member events	142.00	204.00
Admin expenses	39.98	0.00
Guest Speaker	<u>200.00</u>	<u>65.00</u>
	1001.33	647.77

Operating surplus **340.91** **257.23**

Balance Sheet

At 28 Feb 2023 **At 28 Feb 2022**

Assets

Balance in bank account	<u>798.18</u>	<u>813.13</u>
	798.18	813.13

Liabilities

None

Net assets 798.18 813.13

Club equity

Prior year	813.13	555.90
Operating surplus	<u>-14.95</u>	<u>257.23</u>
	798.18	813.13

Financial transactions for the period

Income - \$150 membership Expenditure - \$8.95 receipt book

Balance – 1305.73

Financial embers13

Birthday Greetings.

***Happy Birthday to Jan
Morgan – and thank you
for facilitating the
Arboretum visit.***



Dates for your diary

Day	Event
Tuesday, 11 April	General meeting at the Harmonie German Club, 11:00am. <i>Book in for visit to Blundell's Cottage</i>
Wednesday, 12 April	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Wednesday, 19 April	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Saturday 22 April	Visit Blundell's Cottage, optional lunch afterwards. <i>Please book in at the General Meeting on 11 April</i>
Wednesday, 26 April	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Thursday, 27 April	6:30 for 7:00 pm Informal dinner, venue The Vanilla Pod, 23 Kennedy St Kingston. <i>If possible please let Peter Adams (0478 606 130) know if you are coming. This helps with our bookings, but we would be glad to see you even if you have not booked in.</i>
Wednesday, 3 May	2:00 pm Management Committee, Gryphons, Griffith shops.
Wednesday, 3 May	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Tuesday, 9 May	General meeting at the Harmonie German Club, 11:00am.
Wednesday, 10 May	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>

Your Club Management Committee

Following the election of officers at the AGM not all the required positions had been filled. The good news is that Kathryn Duffy has agreed to take on the Secretary role, and Lola Bartkus will be Treasurer. Thanks to these ladies the club now has the positions of President, Secretary and Treasurer all filled (as required by Probus South Pacific).

President	Peter Adams
Immediate past President	John Worcester
Vice president(s)	John Worcester
Secretary	Kathryn Duffy
Treasurer	Lola Bartkus
Membership Officer	Gloria Bothe
Newsletter Officer	Roger Quarterman
Guest Speaker Officer	John Worcester
Outings/Activities Officer	VACANT
Trips/Tours Officer	VACANT
Welfare Officer	Ann Quarterman

.....though as you can see we still have a couple of vacancies – filling these would help to provide a more lively and interesting program for club members.

Events:

Recent events

Monthly informal dinner

Held for the second time at the Vanilla Pod restaurant, on 23 March. Eight members met for dinner, and were all favourably impressed. The home made desserts are to die for.

This venue has good food, has been fairly quiet so far, and parking at Supabarn just around the corner is very convenient and apart from one road crossing walking to the restaurant is under cover all the way.



Menu attached for your interest.



DINNER MENU

STARTERS / ENTREE

Garlic bread		\$6.50
Sliced crusty Bread toasted		
Pizza Bianca		\$14.00
Crushed Garlic, Fresh Rosemary, & Buffalo Bocconcini		
Bruschetta		\$12.00
Tomato, Spanish Onions, Fresh Basil Drizzled Olive Oil & Baked with Aged Parmesan		
Arancini Balls	Entrée \$16.00 Main \$22.00	
Panko crumbed Golden, Buffalo Bocconcini, Mushroom & Risotto Balls, Basil Pinenut Pesto & Baby Beet & Rocket Leaves		
Salt & Pepper Squid	Entrée \$16.00 Main \$22.00	
<i>(GF)</i> Lightly fried s/w Rocket Parmesan Salad & Homemade Aioli		
King prawns Skewers	Entrée \$16.00 Main \$22.00	
Lime and Garlic marinated Prawn Skewers with Pearl Couscous Baby Spinach Salad		
Chicken Wings	Reg \$13.00 Lrg \$22.00	
BBq or Buffalo		

SALADS

Add chicken or avocado \$4.00

Italian salad <i>(GF) (V)</i>	\$11.50
Mix Lettuce, Onions, Cucumbers, Tomatoes & Olives with House Dressing	
Rocket & Parmesan <i>(GF)</i>	\$12.50
Rocket Leaves, Spanish Onions & Aged Parmesan Cheese with Balsamic Dressing	
Sweet Bell Peppers and fetta <i>(GF)</i>	\$13.50
Roasted peppers, Mixed Leaves, Crumble Fetta & Italian Dressing	
Spinach & Couscous <i>(V)</i>	\$12.50
With Italian Dressing	

KIDS MEAL

Napolitana	\$10.00
Penne Pasta with Tomato sauce & Cheese	
Bolognese	
Penne Pasta with Beef Sauce and Parmesan Cheese	
Chicken Schnitzel	
With Chips and Tamato sauce	

SIDES

Bowl of Chips <i>add gravy \$2.00</i>	\$7.50
Potato Wedges	\$9.50
Bowl of Sweet Potato Chips	\$12.50

MAINS

Chicken Schnitzel	\$20.00
Freshly Crumbed and Grilled Chicken Breast s/w Chips, House Salad & Gravy	
Chicken Parmigiana	\$24.00
Topped with Ham, Napolitana and Mozzarella Cheese s/w Chips & House Salad	
Chicken Camembert <i>(GF)</i>	\$24.00
Chicken Breast stuffed with Camembert Cheese, Ham & Spinach s/w Green Beans & Potato Mash	
Pork Belly	\$24.00
Slow cooked Pork Belly, Sweet Potato Wedges & coleslaw	
Lamb Shank <i>(GF)</i>	\$25.00
Slow cooked Lamb leg in Red wine & Tomato Sauce s/w Buttered Beans & Creamy Mash Potatoes	
Atlantic Salmon	\$26.00
Pan seared Salmon Fillet s/w Rocket Leaves, Homemade Rice Balls, Lime & Chilli Aioli & Lemon Slice	
Veal Funghi	\$28.00
Veal Medallions cooked in Mush Sauce, Mash Potato & Veg	

STEAKS

(Cooked to your Liking)

Sauces: Gravy, Mushroom, Dianne, Smokey Bbq	
Sides: <i>(please choose any 2 sides)</i> Mash Potatoes, Green Beans, Chips, Salad	
Rump Steak	\$28.00
Black Angus prime Steak	
Sirloin steak	\$30.00
350gm beef steak seasoned and grilled	
Surf & Turf	\$38.00
Grain fed Black Angus Steak with Garlic Prawn Sauce	

HOMEMADE DESSERTS

Tiramisu	\$12.00
Homemade Coffee and Kahlua Flavoured Sweet	
Panna cotta <i>(GF)</i>	\$12.00
Homemade Delicate Vanilla infused Creamy Custard	
Chocolate mousse <i>(GF)</i>	\$12.00
Homemade Light & Rich made by Traditional Method	
Gelato <i>(GF)</i>	
1 Scoop \$5.50 2 Scoop \$9.50 3 Scoop \$12.00	
Nutella Pizza (strawberries, vanilla ice cream, icing sugar)	\$16.00
Waffles (berries, vanilla ice cream, waffle cone, chocolate sauce)	\$16.00

(GF) - Gluten Free (V) - Vegan

Forthcoming events

Monthly informal dinner

This event will again be held at The Vanilla Pod, Kingston on the fourth Thursday of the month, and this month that will be 27 April. In recent times we have tried other venues, all of which had some problems. So far this one seems to tick all the boxes – good food, reasonable prices, pleasant ambiance and easy parking. *If you have not previously attended one of these dinners, why not give it a try?* Please let Peter Adams (0478 606 130) know if you are coming.

Visit Blundell's Cottage Saturday 21 April (deferred from last month)

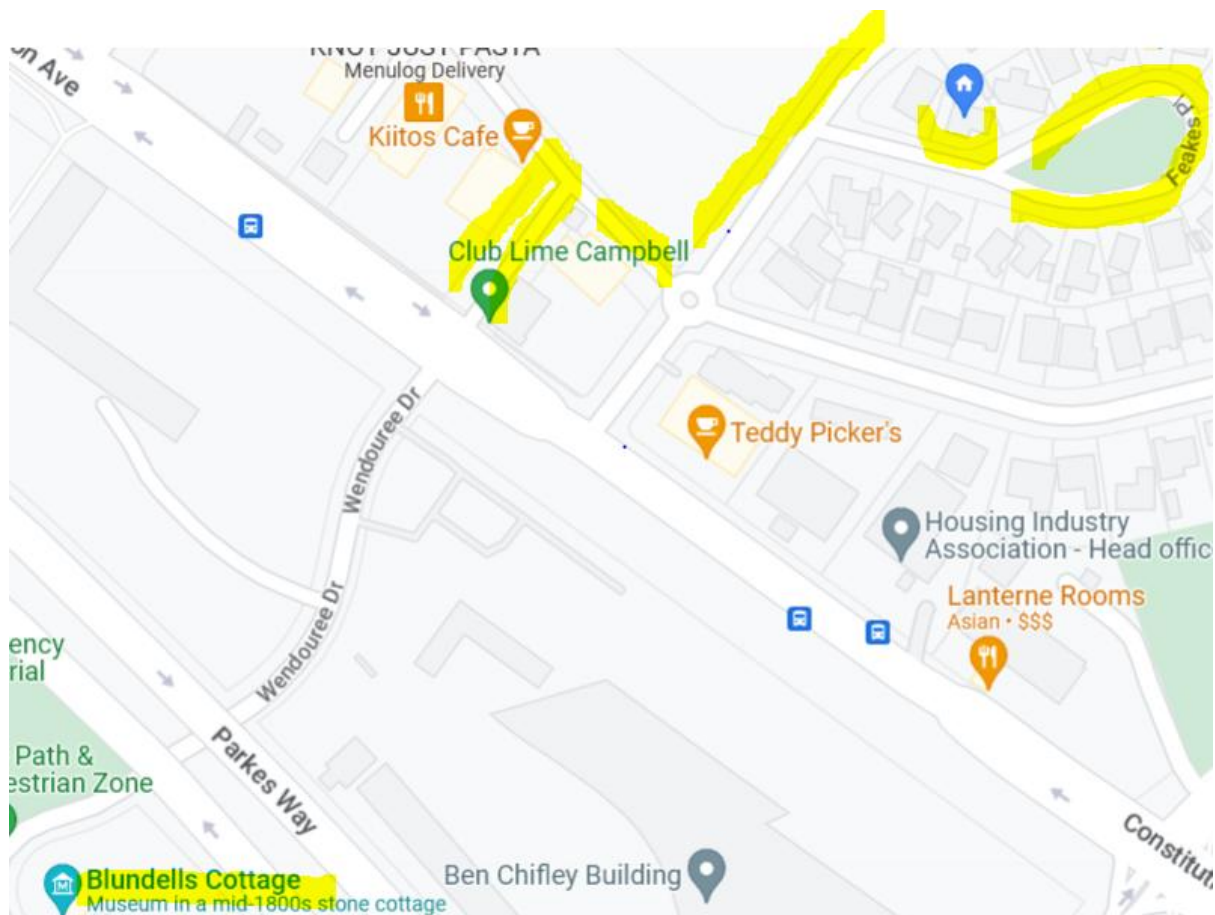
Blundell's Cottage is significant, being one of the few stone buildings of its type to have survived intact in the Australian Capital Territory. It is important for the way it reflects continuity and change in the local area, from functioning as a rural estate to becoming the capital of Australia. Displays in the Cottage now reflect occupancy by families of workers over more than 100 years.

<https://www.nationaltrust.org.au/places/blundells-cottage/>

Location: Wendouree Drive. Turn off Constitution Avenue towards the lake at Wendouree Drive (traffic lights), go past the entrance to the ASIO car park, through the underpass – and you are there.

The cottage has 3 dedicated accessible parking spaces, and in addition there is free 2 hour parking adjacent, which is fairly busy on Saturday mornings. Free kerbside parking is available on nearby streets as indicated by the highlighting, where you may be lucky.

Meet at the cottage at 11:30am.



Optional lunch afterwards. There are several cafes nearby in Campbell, the nearest being *The Pedlar* on Constitution Avenue – a short walk of about 300m. *The Pedlar* is popular and busy on Saturday mornings, so booking a table is advisable. A sign-up sheet will be available at this meeting to get an idea of numbers. If you have parked adjacent to Blundell's Cottage this about as close as you can get to *The Pedlar*. There is some on-street parking that can get you a little closer, but getting a space is a lottery. If this is a problem for you talk to Roger for other options.

Visit the “OPEN CHURCH”, “OPEN HOUSE”, HERITAGE TOUR AND “LIVING STONES” EXHIBITION, CHURCH OF ST ANDREW

We have received information from the church of St Andrew about this exhibition with an invitation to visit.

The Exhibition has been set up with the aid of a Heritage Committee grant in the large St Andrews Georgian House. Trained guides conduct tours for the community each week on Wednesdays from 10.30 am for approximately one hour and 15 minutes.

Hear the organ, chat with the organist, listen to the choir as well as ring the bells in one of Canberra's oldest buildings - the sandstone clad Neo-Gothic of St Andrew on State Circle and the Georgian House of St Andrew. Many members of the Church of St Andrew played key roles in the development of Canberra, as market gardeners, builders, business leaders, artisans, academics, judges, Clerk of the Senate and as the father of a future Prime Minister.

During ACT Heritage Festival (11-30 April), St Andrews will be open for two tours : One on Saturday 15th April at 10.30am and 12.30pm and the other on Saturday 29th April at 10.30am. Otherwise, the dates available in April are Wednesday 19th April, Wednesday 26th April. They are also taking bookings for Wednesdays in May.

Entry is free, but donations are always welcome.

The positions of Trips/Tours Officers remain VACANT, so if we are to avail ourselves of this opportunity we need someone to organise a visit. Anyone interested please speak to Peter.

Further information contact Wendy Fitzgerald on 0416-015-079 or by email at wendfitz049@gmail.com

Probus Points –

Probus Worldwide

Probus is a worldwide movement in 23 countries. The success of the organisation is seen through the commitment of members and the wide recognition of Probus as a community service program.

Probus originated in the United Kingdom, with the development of two community-based social clubs in the 1960s.

In 1965, the Campus Club was formed by the Rotary Club of Welwyn, Garden City, just north of London.

In 1966, the first Probus Club was established by the Rotary Club of Caterham.

Both Clubs were formed to meet the social and intellectual needs of retired businessmen. When it became clear that the Clubs were servicing the same need, the Campus Club changed its name.

Probus South Pacific

The first Probus Club in the South Pacific region was the Probus Club of Kapiti Coast, New Zealand.

The Club was formed in 1974 and was sponsored by the Rotary Club of Paraparaumu.

This was soon followed by the formation of the Probus Club of Hunters Hill, NSW in 1976.

The first Probus Club for women in the region was the Ladies Club of St Heliers, New Zealand in 1982.

This was closely followed by Bateau Bay, NSW later that year.

Following the advent of single gender Clubs, the concept of combined gender Clubs was developed.

Today, there are men's, ladies' and combined Clubs.

Since the first Clubs were established in New Zealand and Australia, Probus has grown at an astonishing rate, and is administered by Probus South Pacific Limited, based in Parramatta NSW.

The Probus philosophy – Fun, Friendship and Fellowship – lives on.

Cartoon Corner

Thanks to Laine for contributing these items.



Kids exploring ancient ruins

