



THE PROBUS CLUB OF KELLYVILLE & HILLS INC.

Incorporated in NSW – Incorporation No. 1800778

Month: November - December 2020

Message from the President



Dear Fellow Probud Members,

What a year it has been, COVID has certainly changed our outlook on life. We have become experts at social distancing and hygiene practises, but have also learnt to enjoy social activities organised by your committee. We are hoping with the restrictions easing, we will be able to increase our social activities in the new year.

Your executive committee continues to meet and we are hopeful of restarting our meetings in the new year. Keep watching your emails for meeting and activity updates.

Thank you to Lorraine for organising the visit to Banana Cabana and Barefoot Bowls. From all reports an enjoyable time was had by everyone.

A wonderful Christmas Party, arranged by Lorraine, was held at the Hills Lodge on 3 December. It was great to see so many members enjoying themselves socially.



Jackie and John Duffield have organised another picnic in the shade at Fagan Park for some social friendship in January, for the members who are relaxing at home.

I would like to thank all of the committee for their support during this difficult year. It is a great help to me knowing that they are always available for a chat when I needed support.

We have some members who are unwell and our thoughts are with them. Please let Coralee Rose know of any member who is unwell and needs our support.

Have a happy and peaceful Christmas. Enjoy time with family and friends. We look forward to a great 2021.

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

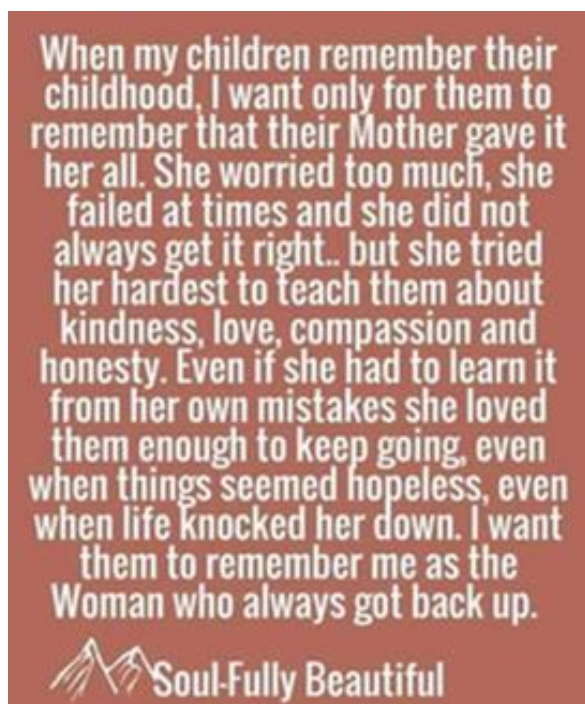
If you belong to Facebook, pop along and join other members for a chat. It's a Private Group, and all you have to do is request to join.

[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 98 members.

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



Walking Group

The Bernie Mullane Sports Complex.

The walking group will have their last walk for 2020 on Wednesday, 16th December.

We will resume on Wednesday 27th January, 2021, 9.30am at Bernie Mullane Reserve.

Happy Christmas to all the walkers and hope Santa brings all the dogs a 🎁.

Kevin 0417246218

Upcoming Events 2021 Thursday, January 14th

WHERE: In the beautiful Fagan Park, Carrs Road entrance.

WHEN: Thursday 14 January 2021.
The start of a new year of FUN!

TIME: 11.00am

Bring a chair and let down your hair.
Bring your sarnies, sausages/meat anything else you can eat.

There are electric BBQs in the park.
The usual resident cook will be there if needed.

Weather permitting.

Any questions regarding this event call

Jackie Duffield or John Duffield
0404382432 0400424595

Upcoming Events 2021

Tuesday, January 26th

AUSTRALIA DAY

Ron & Kerri Harding's home
92 Hall Street, Pitt Town

5.30pm until whenever
\$10 per person (payable on the day)
Numbers are limited
Please refer email dated Dec 9th



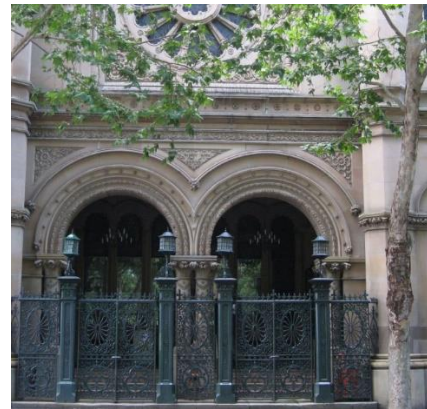
Tuesday, February 9th

The Great Synagogue

Tour begins at 10.30am
187a Elizabeth St Sydney

Meet at Sydney Town Hall 10am

Lunch after at The Art House
Hotel



Saturday, February 27th

We Will Rock You 2pm

Riverside Theatre Parramatta
Corner Market and Church Sts
Parramatta



2021

BANANA CABANA PRIMATE SANCTUARY & TEA ROOM

10 Coppabella Road, Middle Dural
Thursday, November 19th – 10.30am

This was a very unique and interesting outing. It was a beautiful day which only enhanced the manicured gardens and surroundings of the Primate Sanctuary.

The owner, Susan, was an excellent guide, who related many stories about her beloved rescued monkeys. We all came away with a much greater knowledge of the monkey world.

A highlight of the tour for four members, Lynn, Lynelle, Peter and Lorraine, was being allowed into the enclosure of the cutest little Marmoset Monkeys, to feed them a special treat. They clambered all over us, stayed on our shoulders while feeding and especially loved nestling into the necks of the ladies to smell their perfume.

The tour was followed by an excellent Devonshire Tea and a chance for the members to sit and chat with one another.

After the Devonshire Tea we were taken on a tour of the hospital area, where we again had a very interesting insight into the animal's various ailments, which were so very similar to humans. This caused many a laugh, especially monkeys who came from home reared owners. One in particular was used to watching the news and eating pizza.

I am sure everyone really enjoyed the day and came away very impressed with the love and care bestowed upon these rescued monkeys, who are enjoying life in beautiful surroundings and in the company of other monkey friends.

Lorraine Everitt







BAREFOOT BOWLS THE HILLS CLUB

Sunday, November 29th – 4pm
6-18 Jenner Street Baulkham Hills

When planning these Probus outings, the one thing we do not have any control over is the weather. This certainly came to the fore on Sunday when the Sydney region was sweltering under an oppressive heat wave.

But, not to be daunted, we went ahead, albeit with an altered program.



After many late withdrawals, urgent emails and texts being sent, we managed to have seventeen people participating in the event.

An excellent early dinner was enjoyed by all and thankfully the cool change arrived, we then ventured out onto the bowling green. Seven of our members under the guidance of our bowling guru, Ted Lean, were then introduced to the art of Barefoot Bowls. The rest of the members enjoyed drinks on the terrace while observing the antics of the beginner bowlers.

Although we were outnumbered by the men, the ladies shone on the day, with Robyn Lough leading the way with the Best Bowl of the Day, to gain Nearest the Jack. Forgive me Ted if this is the wrong terminology!!!!

It was a very enjoyable afternoon and hopefully, we will hold another Barefoot Bowls in May 2021, where the weather should be kinder to us then.

Lorraine Everitt





CHRISTMAS PARTY LUNCH

The Hills Lodge
Thursday, December 3rd 2020





Try Snake Beans in your Garden

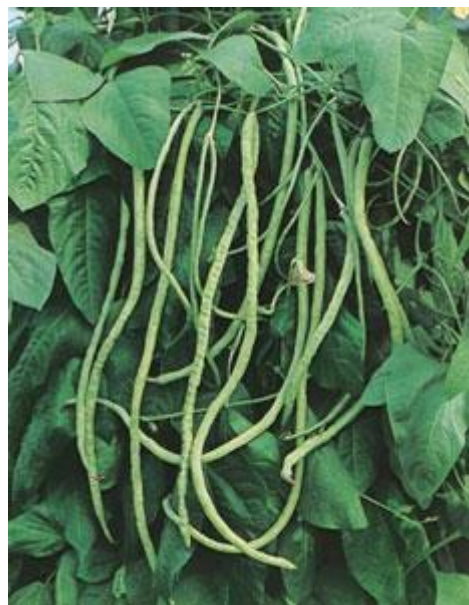
Tony Myatt

Snake beans are best grown on a trellis or support 2 metres high. I use a 'wigwam' of 6 canes tied at the apex. They are sown when the soil is warm (above 20 C) and damp but they are not watered for a couple of days after sowing. They like a sunny, well drained position. The soil is charged with dynamic lifter beforehand and they need to be protected from slugs and snails. Parrots love snake beans – I have never had a problem thus far but you might just need a net. Alternative names for the snake bean are long bean, yard long bean or asparagus bean. The Latin name is awkward (*Vigna unguiculata* ssp. *Sesquipedalis*); the plant probably originated in South China but it is now one of the most important vegetables throughout the tropical and sub-tropical world. When we are travelling, we like to visit markets and I have seen snake beans of many different kinds for sale – they are usually differentiated by colour but can also be named by pod character. For example, I purchased white snake bean seed in Adelaide which I have not seen elsewhere and I saw some coloured purple/green beans at the floating market in Willemstad. I tried growing the white ones but the green ones are more successful in our area. In Australia the beans are grown commercially around Darwin and in central and northern Queensland. The main variety grown in the Northern Territory is Green Pod Kaohsiung. All seed must be sourced from Australian

stock and all fresh beans for sale are domestically produced.

They like a soil pH between 5.5 and 7.5 and will tolerate heavy rainfall as long as the soil is well drained. When slender they are tender. Harvesting of the beans starts around 7 weeks after planting when around 30cm long and the outline of the seeds is just visible on the outside of the pods – any later and the beans will start to be tough. They need to be picked at least twice a week and will keep for a week or two if stored between 2 – 4 degrees C with high humidity. They can be cooked in curries, with rice, added to soup or used fresh in salad or stir-fried.

They are a good source of protein, Vitamin A, thiamine, riboflavin. Iron, phosphorus and potassium and a very good source of Vitamin C, folate, magnesium and manganese.



Thank you, Tony.



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.

EVENTS SCHEDULED 2021

Thursday 14 January

FAGAN PARK (where it all began)
PICNIC/BARBEQUE LUNCH
Carrs Road, Galston.

TIME: 11.00am

The start of a new year of FUN!

Bring a chair and let down your hair.
Bring your sarnies, sausages/meat
anything else you can eat.

There are electric BBQs in the park.

The usual resident cook will be there
if needed.

Weather permitting.

Any questions regarding this event,
please call:

Jackie Duffield or John Duffield
0404382432 0400424595

Tuesday, February 9th

The Great Synagogue

Tour begins at **10.30am**

187a Elizabeth St Sydney

Meet at Sydney Town Hall 10am

Lunch after at
The Art House Hotel
275 Pitt St, Sydney

--oo0oo--

Saturday, February 27th

We Will Rock You **2pm**

Riverside Theatre Parramatta
Corner Market and Church Sts
Parramatta

--oo0oo--

Every Week

Walking Group

The Bernie Mullane Sports
Complex.

The walking group will have their last
walk for 2020 on Wednesday, 16th
December.

We will resume on Wednesday 27th
January, 2021, 9.30am at Bernie
Mullane Reserve.

Please contact [Kevin Carey](#) or call
0417246218 to join the next walk.

--oo0oo--

Once a Month

Probus Kellyville Hills Book Club

Castle Hill Tavern

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

Contact : Alan Vesperman

--oo0oo--

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.



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

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 January issue by
January 31st via this [LINK](#).



Janette Mana – Editor
pckh.newsletter@gmail.com

E&OE