



## THE PROBUS CLUB OF KELLYVILLE & HILLS INC.

Incorporated in NSW – Incorporation No. 1800778

Month: June 2020

### Message from the President



Hello Fellow Probus Members.

Our club is slowly starting to operate again. We had our first function since March, a morning tea at Geranium Cottage on June 18<sup>th</sup>. Due to popularity of this event, we had a waiting list, so have scheduled another morning tea on July 2nd for the members who missed out.

Hopefully we will see many members at the BBQ/Picnic at Fagan Park on Thursday, July 23rd. The area is suitable for a group outing where we can still abide by the present Covid-19 rules.

The Book Club and Walking Group have recommenced with the Walking Group now back at Bernie Mullane Reserve.

More events are being planned, so keep a watch on your emails or our [website](#) for updated events.

Due to social distancing requirements, we need to find another venue for our meetings. We will hopefully confirm a venue (which meets our requirements) in

time for our **Probus Meeting August 13<sup>th</sup>**. Notification will be sent to all members when the venue has been confirmed.

If you have any concerns or suggestions about what is planned for meetings and activities, please contact a member of the committee.



Stay safe and keep warm.

Regards  
Faye

### Active Retirees Magazine

Members will find the current issue of the Active Retirees Magazine on our website [www.pckh.org.au/publications](http://www.pckh.org.au/publications), also on the Probus South Pacific site under this [LINK](#).

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.

## Walking Group are out and about

### NEWSFLASH

The Bernie Mullane Sports Complex has re-opened !!!!

Therefore, the walk next Wednesday, July 1<sup>st</sup>, will be at our "home ground".

Hope to see you there.

Cheers

Kevin

Our walk on May 27<sup>th</sup> was the first since mid-March. We have held two more walks, with one cancellation due to rain.

So far, all walks have been held at the Centenary of Anzac Reserve, corner Wrights and Green Roads Kellyville.

Attendances have averaged 12 members and 3 canines. The latter were just as keen to catch up with their friends as were the former.

"Logistics" of a coffee and chat presented some problems, but were easily overcome.

Cheers

Kevin



## 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 102 members.

Members can refer their friends to our [website, www.pckh.org.au](http://www.pckh.org.au) to see that we have an active group.

**Morning Tea at Geranium  
Cottage, Dural, June 18<sup>th</sup>**





## The Baking Challenge continues!

Kerri's Shepherds pie.



*Thank you, Kerri, looks absolutely delicious.*

Jacqueline Duffield



Lynelle Dytor gave me her beautiful recipe for a Soft Meringue Roulade. Unfortunately, I left the meringue too long and it just didn't want to roll up! - complete mess!! But I can assure you it tasted DEVINE!

*Thank you, Jacqueline, looks scrumptious.*

## How does your garden grow?

### Interesting Facts about the Choko By Tony Myatt

I am regularly approached when working my Plot by people asking about my Choko vine and some people also ask about the uses of the plant.

In 2020 my plant on a 2m trellis produced 65 fruit, which equates to over 100kg. Mine is the unusual white variety (which I prefer) but there is another communal one which produces green fruits in abundance. In this year the Choko vines were visited by large numbers of bees and I understand that there is a successful beekeeper operating from near the Cumberland Forest. This is an improvement upon previous years.

Ever since I was a university student studying for my combined Hons BSc in Botany and Zoology at Durham University, I have been interested in the food plants of South America, in particular the Cucurbitaceae because of their use in companion planting (with corn and beans) which originated thousands of years ago. \*\*see note below.

The Choko (a native of Mexico and Central America) was first described by botanists in the 1700s and brought to Europe by the Spanish who referred to it as the vegetable pear. It is now grown all over the world and one can find it referred to under a dozen or so different names. In 1973, whilst on one of my secondments to the United Nations and based in Bogota, I heard

about the famous mummies of San Bernado (a drive of about 2hrs 40 min from Bogota) and wanted to make a visit there. The explanation given to me regarding the mummies was that their extraordinary preservation was due to their diet which was high in "guatila", a 'fruit'. Unfortunately, a visit to San Bernado could not be organised [too dangerous they said] but with my UN Boss, a Chilean lady and her husband were able to visit and stay in the lovely town of Villa de Leyva, (for safety taking two cars) which is to the North of Bogota. Whilst there I was shown "guatila" or "chayhoti", "chocho" – what we know as choko. [Interestingly, my white variety is known in Guatemala as "perulero"]. Villa de Leyva, at over 5,000 ft in altitude has an extraordinary climate which enables two crops of wheat per year to be grown and companion planting was then very common there.

Some time ago I read a nutritional analysis of the Choko by the CSIRO. It is quite remarkable. All parts of the plant are edible, in Asian cuisine the young tendrils are stir-fried. Tea made from the leaves will dissolve kidney stones. Choko roots work just like potatoes and are considered a delicacy. Nutritional benefits include 7 of the essential amino acids, antioxidant polyphenols, folate, Five of the B vitamins, vitamins C, K, E and Choline, and 10 important minerals. Choko also contains dietary fibre and is low in calories and fat. In juice it helps to alkaliise the body.

Even with all that is known, there is as yet no definite explanation for the

factor which has been responsible for the preservation of the skin and tissue of the mummies of San Bernado.

I am often asked about the best ways of cooking Choko. I use the small one's whole in casseroles. Choko is delicious if finely sliced and fried with garlic in butter and perhaps with egg. I usually peel the larger ones and we include them among our steamed vegetables or with other vegetables cooked in foil packages on the BBQ. Soup, using carrot and choko together (or with potato as well) – with cumin, coriander, nutmeg and pepper makes an excellent winter soup which can be whizzed with a stick whisk and frozen. I usually make 5L at once in a slow cooker. Choko goes very well with peeled Granny Smith apples and, if available, rhubarb. The addition of cinnamon and vanilla in my view improves the dish and I usually simmer the contents with a length of orange peel which I remove after cooking.

\*\*I have seen that many Nurseries in the United States and Canada sell "three sisters" seed mixes for companion planting (along with instructions about how to space each seed). Interestingly, varieties popular in these mixes are golden bantam corn, scarlet runner beans and red kuri squash. But there is a ban on bringing in these mixes through Australian Customs.

Before moving to ARV in Castle Hill, we had two houses in Kiama and I grew green chokos very successfully at each location. One of the vines was so productive that I took white polystyrene boxes full of chokos to the local retirement village. They were

eagerly sought after – many residents had been used to having a home vine during the War and found that few chokos were stocked by the shops and they were very expensive.

*Thank you, Tony. Wonderful articles.*

## DEEP IRRIGATION

by Tony Myatt

Deep irrigation may have more of a place in our gardening methods if watering restrictions become the norm. I first encountered deep irrigation systems following an assignment in Israel 45 years ago. When work was completed, I was invited to have a holiday at a Kibbutz in the Negev Desert.

Modern desert agriculture owes much to the Israelis. At this particular Kibbutz, there was an average of 1.5 days of rain each month (if you were lucky). Every drop of rain was stored. Yet they had abundant vegie crops and fruit trees and were developing new varieties. For example, the modern strain of cherry tomato, found in shops all over the world, was developed in the Negev.

Water was sometimes piped over considerable distances. In the 'old days' I was told, for pipes, they used joined-up second-hand scrapped fire hoses from London. Deep irrigation was researched and possibly perfected from the 1940s onwards. Vertical perforated pipes were used for smaller plots. For raised beds there was a vertical pipe at each end connected to

each other by a perforated horizontal pipe running along the base of the bed – a forward-thinking solution when put in as the bed is being built and filled.

Why deep irrigation? Because if you water the surface in drought conditions, you encourage roots to grow upwards and evaporation wastes much of what is put on the soil. Deep irrigation provides water directly to the roots and the water can also be charged with liquid fertiliser. When there is an underlying layer of clay, the water spreads over this and is then brought upwards by deep roots.

Over the last 10 years in my plot at our retirement village, I have grown many types of fruits, vegetables and flowers, with reasonable success. However, with approaching old age I am reluctant to dig and have less time available to manage my plot, because we tend to go away more often. I now mainly concentrate upon trouble free high yielding perennials and much of this I enjoy giving away. Deep watering is admirably suited to a high yielding, time saving, and no-dig garden.

So how do you set up a deep irrigation system? My method is as follows (using inexpensive supplies from Bunnings). All of the materials will cost around \$50. I have used simple metric measurements which are easy to remember.

Two 1M X 90cm PVC pipes are sawn into two and 40 X 10mm holes drilled in each 50cm length (10cm apart) in lines along each radial quarter (40

holes per pipe). Four removable pipe caps are required to prevent small animals from entering the pipes. Holes are dug in the garden and the pipes inserted vertically into the holes so that a few centimetres protrude above the surface. Holes are best dug using a trenching spade/shovel or similar. When water is put into the pipes, the underlying soil softens and the pipes can be tapped down into their final position. This system provides for an area of about 12 sqm. Established pipes are filled twice with full cans every two days in hot conditions or drought.

### I grow Turmeric at our Retirement village garden

By Tony Myatt

Turmeric is newly fashionable because it contains curcumin. The humble root, which originates in India, is being added to everything from health supplements, juices and beauty products with all sorts of claims based upon research which has demonstrated its anti-inflammatory, anti-oxidant and anticarcinogenic actions. An ongoing study is examining the safety, tolerability, and absorption of curcumin to determine its potential effect on cognition, behaviour, and daily function of Alzheimer's patients. If you have had different types of cancer, then turmeric and curcumin become much more interesting as a potential prophylactic, adjunct therapy or cure.

Turmeric is a member of the Curcuma botanical group, which is part of the

ginger family of herbs, the Zingiberaceae. Its botanical name is Curcuma longa. Turmeric is widely grown both as a kitchen spice and for its medicinal uses. Two closely related plants, Curcuma petolata and Curcuma roscoiana, are natives of Cambodia and are grown for their decorative foliage and blossoms. All curcumas are perennial plants native to southern Asia and turmeric has been used in India, China and Southeast Asia as a medicine for hundreds of years. Its use has been mainly associated as a remedy for minor wounds, poor digestion, arthritis, jaundice, inflammation, pain, liver disorders and improving blood circulation.

In one experiment, people with prediabetes (raised blood sugar levels) were given either a daily curcumin pill or a placebo — nine months later, none of those who took the curcumin pill had developed type 2 diabetes, while nearly a fifth of those given the placebo had the condition. Another study in 2015 found that patients with the inflammatory bowel disease ulcerative colitis who took a high-dose curcumin supplement with their medication achieved remission after a month. Curcumin has also shown great promise as being beneficial in the treatment of pancreatic, breast, colon, lung and prostate cancer – it is also recommended to protect cells from the harmful effects of radiation and chemotherapy without reducing the effectiveness of these treatments. It makes one wonder whether there is any adverse health condition for which turmeric is not helpful.

Turmeric and its botanical relations grow very well in warm, humid climates and thrive only in temperatures above 60°F (29.8°C). Turmeric grows quite well in our garden plot because we get little frost and it can be harvested after 9-10 months of being planted. It will not flower outdoors in our climate. The key to the purported health benefits of Turmeric, its yellow pigment curcumin might be the world's most effective nutritional supplement; hence Turmeric is said to be "the most powerful herb on the Planet". Most curry powders contain 25% Turmeric. When I was working in Indonesia some years ago, I was regularly served raw turmeric (the tips of the rhizomes) and the young shoots. In Kenya, Turmeric growers were expanding their market when I lived there and now Kenya is a big producer; an example is "Orley's Ground Turmeric" which is available from there today and costs about AUS1.50 per 100gram which I think is pretty reasonable.

Locally, it is expensive to purchase fresh in the shops (ranging from about \$15-\$30 per kilo). I have found the cheapest and best quality at the excellent greengrocer "Superfresh" in Eastwood. It is much more readily available in Queensland markets. Dried Turmeric costs around \$6.50 for 50g in Queensland (where 4kg of fresh Turmeric produces 1kg of powder).

To prepare fresh turmeric for consumption, the rhizomes are washed, thoroughly cleaned (by scraping and/or peeling) and then

finely grated before consumption. This is time consuming, and exposed hands will be stained yellow. It is better to prepare a jar full at a time which can be stored for a long time in the Fridge. The grated turmeric is put in a screw topped storage jar and covered by a clear potable alcohol which must be at least 40% alc/vol ie. 80 Proof. I have found that the best product for this is Swedish Absolut Vodka.

Added to the diet, the recommended regular fresh Turmeric beneficial "dose" is 50mg (half a teaspoon) which is equivalent to 200mg (or one teaspoon) of ground spice (we use it in juice). Medical research tends to use curcumin at very high doses and some people have found that the turmeric pills have adversely affected their digestion. Fresh Turmeric has about 3% by weight of curcumin. Black pepper is not necessary for turmeric to be effective, but it can be helpful. Black pepper contains a compound, piperine, which inhibits the metabolic breakdown of turmeric compounds in the gut and the liver. This allows higher levels of turmeric compounds to remain in the body (i.e., it increases its bioavailability), which may increase the effects. However black pepper might also affect the breakdown of other compounds, including certain drugs. Curcumin is sometimes formulated with bromelian, a protein digesting enzyme found in pineapple.

Research has shown that the biggest problem with turmeric is making sure that its compounds are absorbed from the gut which is why it's best to take turmeric and curcumin with a meal containing fats or oils (it is not water soluble).



Faye's pot plant on the back deck.



My owner, Lorraine Begg, has dragged me around from house to house for over thirty-five years. I've not asked for much, no new pot and I don't drink much. A short haircut once a year keeps a Maidenhair fern very happy!



Look who came to visit!! My courtyard seemed a nice warm spot for this little fox to take a morning nap!  
Thank you, Barb Gurney.

Camellias - Darralyn and Tony Loo



Orchids - Darralyn and Tony Loo



*Sunny Flowers*

*Joy is seeing  
sunshine's reflection  
in Mother Nature's flowers.*

*-Gail Sobotkin*



Carroll's pretty window-box Geraniums and Princess Sassy by the window.



Carroll's guard Pig Gazza!



Sweet photo to finish off the gardening segment, contributed by Betty.



Betty's lovely garden.

Thank you everyone for  
the wonderful photos  
and articles!

SOLUTION to May's brain teaser.



A little brain muscle work-out (eye muscle, too).

I don't know if this qualifies as one of those tests to see if you are a candidate for Alzheimer's or not . . . you decide.

Find the grey and white cat, then send this puzzle along to annoy your friends!! Do not forward this until you find the cat. It is there, walking in plain sight.

Kevin Carey

## Robert Stein Winery, Mudgee.

Not a Probus outing, but certainly worth mentioning and visiting, as four of our members did recently.



### The Story

The [Robert Stein Winery](#) can trace the family history back to the earliest days of Australia's pioneers.

## Events / Trips coming up

Many already on the website:  
[pckh.org.au](http://pckh.org.au)

Tentative date for the next Probus Meeting, Thursday, August 13<sup>th</sup>.  
Venue TBA.

### Walking Group

The Bernie Mullane Sports Complex has re-opened!!!!

Walking Group meets 9.30am each Wednesday.

**Next Wednesday, July 1st, will be at Bernie Mullane.**

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

Book Group meets 10.30am,  
4<sup>th</sup> Thursday of the month at the Castle Hill Tavern.  
Beginning end of June.

Geranium Cottage, Thursday, July 2<sup>nd</sup>.

BBQ/Picnic at Fagan Park, Thursday, July 23<sup>rd</sup>.

Self drive to Mantra Ettalong Beach, Wednesday 26<sup>th</sup> to Friday 28<sup>th</sup> August.

Tentative date: Sunday 27<sup>th</sup> September.  
Barefoot Bowls at The Hills Club, Baulkham Hills.

Unfortunately, the Melbourne Cup Cruise has been cancelled.

**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](#).

#### 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 July 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](mailto:pckh.newsletter@gmail.com)

E&OE