



THE PROBUS CLUB OF KELLYVILLE & HILLS INC.

Incorporated in NSW – Incorporation No. 1800778

Month: July 2020

Message from the President



Dear Fellow Probud Members,

Just when we thought we would be able to start enjoying our Probud activities again, the Covid19 virus has reappeared.

As you will know by now, the first meeting at the Castle Hill RSL Club has been cancelled. We have to abide by the Government and RSL Club rules. Hopefully, we will be able to restart again in September.

Organisers of events already booked will be in touch closer to the date of the activity to advise if they will proceed. All activities will be assessed on the need to social distance.

We have enjoyed two morning teas at Geranium Cottage in the last four weeks and a great picnic at Fagan Park organised by Jackie Duffield, with 29 members enjoying the sunshine and companionship. Hopefully, we will have another picnic in the near

future, as it is something we can enjoy within the current social boundaries.

We will have other activities where we can abide by the Government rules and will send an email to members with details in due course.

If you have any concerns or queries, please do not hesitate to contact me on 0417 246 218.

Stay safe and healthy.
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 102 members.

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

Peter's 86th



Peter's birthday dinner at Lynn's. Barb baked the cake.



Walking Group are out and about

The Walking group enjoyed the exercise and company during July. All walks this month were at our usual haunt – Bernie Mullane Sports Complex.

Over the month we averaged twelve members each Wednesday.

Special thanks are due to the staff at the complex coffee shop. They have really "gone out of their way" to look after us during these difficult times.

Cheers, Kevin.

BOOK CLUB

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

I could not attend due to a specialist appointment (one can not afford to mess these guys around).

"A Thousand Splendid Suns", by Khaled Hoseini, was discussed and was enjoyed by all (despite the depressing matter of abuse of women in a strictly patriarchal society in Afghanistan), with a rating of 85%.

I greatly admire authors who command such expertise with a second language.

Gail has recommended, "The Witch Elm", by Tana French, for our meeting at The Castle Hill Tavern, Thursday, August 27th.

As always visitors and/or prospective members are welcome to come along.

Regards
Alan Vesperman

BBQ/Picnic at Fagan Park, Thursday, July 23rd

This was the club's first ever BBQ/Picnic and what a great turnout. Good Location, perfect weather and even better company. Thank you to everyone for making the effort to come. We had lots of laughs and chatter, and some had a walk around the lovely gardens. It was good to get out in the fresh air. Some of us had to dig out the old picnic paraphernalia, but well worth it and ready for the next one. Chris and Mike Briggs brought a Boerewors to BBQ – (South African sausage), which they handed around to taste – delicious. (I missed out!! next time Chris!). There were scrumptious slices, biscuits, cakes and goodies brought to share. Also, we had the company of 2 x 4-legged friends - Kevin and Faye's Rosie and Lorraine Everitt's grand-dog Miley, which made it a homely gathering. All in all, a great afternoon. Thank you again.

Cheers, Jac Duffield.







Morning Tea, Geranium Cottage,
Thursday, July 2nd



*Fagan Park offers 55 acres of
grassland, themed gardens,
playgrounds and bushland, all of
which can be explored every day.*

*Geranium Cottage Nursery & Café
828 Old Northern Rd, Dural.*

How does your garden grow?

Rhubarb Rhubarb Rhubarb

by Tony Myatt Westside Garden Club

Actors in London Theatres and on the radio were taught to say the word rhubarb repetitively to mimic the sound of indistinct conversation because the word does not have harsh sounding consonants or clear vowels. Although rhubarb only arrived in the UK as early as the 16th Century, widespread consumption of stalks began in Britain in the early 19th century with its popular adoption as an ingredient in desserts and wine making. The accidental discovery of forced rhubarb (growing rhubarb in the dark in winter) accelerated the growing popularity of rhubarb to the point of a mania in 1800's Britain. For many years I lived in Leeds, close to the Yorkshire Rhubarb Triangle. (That name was coined sometime in the 20th century when someone noticed that the highest density of rhubarb farmers could be found between the cities of Bradford, Leeds and Wakefield, which when lines were drawn between on a map formed a crude triangle). I was a friend of the daughter of a rhubarb farmer in Morley in the 1950s and perhaps not surprisingly learned a great deal about cultivation.

The county of Yorkshire is noted as having pretty much the perfect conditions for growing rhubarb, being mostly cool and wet and a soil pH of between 5.5 and 6.5, and Yorkshire-based farmers very quickly became famous for the quality of their forced rhubarb during the 19th century. They

had huge sheds for this, plenty of coal for heating these and cheap nitrogen fertilizer from the wool industry. As is so often the case, the success of a few farmers encouraged more to grow rhubarb and before long there were hundreds of rhubarb farmers dotted across the county. Eventually, Yorkshire became synonymous with rhubarb to such an extent that it's believed that for a brief period in the 20th century, Yorkshire produced 90% of the world's winter rhubarb.

Rhubarb came to Australia from England with the first free settlers, and was well established by 1840. Many English varieties were imported into Australia, but as was the norm then, all were winter deciduous and the petioles were almost all green, perhaps tinged with a little pink. Until 1890 most culinary rhubarb was winter deciduous until a Victorian gardener bred an evergreen variety. Within a few short years it was established in New Zealand, from where it was distributed worldwide. Breeding progressed very slowly, with the better clones being jealously guarded by the local farmers, as this plant was justifiably called "The mortgage breaker". By 1930 three states, Queensland, New South Wales and Victoria were going their separate ways with rhubarb breeding. "Sydney Crimson" from NSW was the pick of the crop. The deepest red stems are produced when growing at 10 Centigrade and I have noticed that the plant grows very well in the Canberra climate; ideally it requires 6 hours of sunshine each day.

With WW2 the demand was enormous, no time for breeding, just growing.

The war ended, and rhubarb sales collapsed and rare clones were lost forever. Somewhere in the 1940s or 1950s a clone appeared at Mt Tamborine Queensland, which was an enormous breakthrough in rhubarb breeding. Stunning red petioles from top to bottom grew all year round, it was easy to grow, tasted great, what a rhubarb! But it was a closed shop; they kept it to themselves. It slowly spread from farm to farm in Queensland, with each farmer keeping slightly different clones, but it never spread interstate.

In Victoria growers developed some splendid vigorous red petioled clones which grew all year round, along with winter types which stood up to the harshest, coldest, windiest conditions [strong winds, frosts, and cold, including light snow]. Rhubarb sales slowly increased, with supermarkets giving increased shelf space to this produce.

Since about the year 2000, climate change in the Mt Tamborine area in Queensland, with its magnificent rhubarb clones, changed from a temperate climate to a hot, humid, sweaty, tropical climate, with endless summer rain and millions of sap sucking disease spreading insects. Huge rhubarb farms just succumbed to this, and the farmers gave up and switched crops, and their stunning rhubarb was lost, except in neglected corners of old farms, back yards, at organic hobby farms, a few different clones of this magnificent plant can still be discovered.

Western rhubarb varieties originated in China where dried roots were used 5,000 years ago as an aid to digestion.

However, the first documented uses in western civilization date back 2,100 years when the roots were used in numerous Greek and Roman medicines.

Most experts conclude that the word Rhubarb comes from a French word *rubarbe* that in turn came from the Medieval Latin word *Rheubarbarum*, or from the Greek, *Rha barbaron*. It is a member of the *Polygoniaceae* or knotweed family. The Giant (or Irish) Rhubarb which was planted for decoration around ponds and lakes has turned out to be a very invasive (and poisonous) weed and is now being eradicated. Similarly, Japanese knotweed (although not resembling rhubarb) is an exceptionally unpleasant weed and in some cases has resisted eradication. Houses which have it well established in their gardens have sometimes been impossible to sell.

Rhubarb leaves are poisonous but good for composting and they make a great insecticide;

Cut up 1 kg of rhubarb leaves, boil in 3 litres of water for 30 minutes. Strain through a cloth or old stocking. When cool, dissolve 30 grams of soap flakes in 1 litre of hot water. Add this to the mixture. Use as a general botanical insecticide spray against aphids, whitefly and caterpillars.

Rhubarb is a good source of vitamins C, K, and contains some vitamin A. It contains potassium, manganese and magnesium, dietary fibre and energy 100g of rhubarb supplies 95kJ.

Classed as a vegetable but eaten as a fruit, the stalks must be cooked. It combines well with apples, ginger and strawberry. In Finland Norway and

Iceland, cooked rhubarb stalks dipped in sugar are sold as sweets. Cooking chopped rhubarb with chopped onion, raisins, brown sugar, cider vinegar and chopped ginger makes a tangy chutney to serve with, say, grilled chicken. Rhubarb makes a simple desert when baked and spread on fruit bread with goat's cheese and honey – there are literally hundreds of recipes from all over the world for chutneys, salsas, pies and crumbles etc.

In Westside Gardens I have a few different varieties of rhubarb in my plot, some were inherited from whoever planted them some 20 years ago, a few were given to me as root cuttings and some I purchased at Bunnings. Rhubarb grows quite well here but I have found the plants require space, deep mulch, Dynamic Lifter, and plenty of water.

Although I lost one or two in the hot dry weather, I found that my deep watering system worked quite well (using watering cans) and kept most of them alive. We obtain a steady supply for ourselves and others which average over 1Kg per week over the year. Surplus for home consumption is cooked with a little sugar, on its own, with apple and/or choko and then boxed and frozen. If you would like more information about the history of Rhubarb in Yorkshire, please see;

www.yorkshirerhubarb.co.uk/RhubarbHistory.htm

*Thank you, Tony.
Another wonderful addition to our garden segment of the newsletter.*

Probus South Pacific Active Retirees Magazine

Have you had a chance to read the Active Retirees Magazine as yet?

If not, please click this [LINK](#).

The following article may also be of interest.

[Will Australia soon become a cashless society?](#)

A few funnies contributed by Kevin Carey.



Remember all those times when you wished the weekend would last forever. Well, Wish Granted. Happy Now?

Anyone else getting a tan from the light in the fridge?

Day 7 of SOCIAL Distancing: Struck up a conversation with a spider today. Seems nice. He's a web designer.

Just wait a second - so what you're telling me is that my chance of surviving all this, is directly linked to the Common Sense of others?

[Anyone need a job?](#)

[Put Your Mask On.](#)

[Something to brighten your day.](#)

A funny contributed by Marc Mana. Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things, thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose co-ordination so they would drop things, requiring them to bend, reach, and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

Nine Important Facts to Remember as We Grow Older

#9 Death is the number 1 killer in the world.

#8 Life is sexually transmitted.

#7 Good health is merely the slowest possible rate at which one can die.

#6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

#4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 All of us could take a lesson from the weather. It pays no attention to criticism.

#2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others while I go to the bathroom.

Events / Trips coming up

Many already on the website:
pckh.org.au

EVENTS CANCELLED AUGUST

NEXT PROBUS MEETING

Unfortunately, our tentatively scheduled Probus meeting for Thursday, August 13th, has been cancelled.

Members will be notified by email as to when our meetings will resume.

Self-drive Mantra Ettalong Beach
Wednesday, August 26th - Friday 28th.
This event has been cancelled.

--oo0oo--

EVENTS SCHEDULED

AUGUST

Trevi Lakeside Restaurant
Tuesday, August 11th.

DECEMBER

Christmas Party Lunch
The Hill Lodge
Thursday, December 3rd.

--oo0oo--

ACTIVITIES SCHEDULED SEPTEMBER

Barefoot Bowls at The Hills Club
Baulkham Hills
Sunday, September 27th.

Every Week

Walking Group

The Bernie Mullane Sports Complex.

Walking Group meets 9.30am each Wednesday.

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

--oo0oo--

Once a Month

Book Group

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.

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](#).

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 August 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

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E&OE