

LADIES PROBUS CLUB OF VALENTINE INC

BULLETIN VOLUME 20 ISSUE 11

MARCH 2020



PRESIDENT:

ANNE GLEESON

0419 229 079

SECRETARY:

BETTY LIND

49485483

SOCIAL ACTIVITIES

OFFICER

BEVERLEY GARDNER

49468722

POSTAL ADDRESS:




P.O. Box 3164

VALENTINE 2280

WEB ADDRESS

www.valentineladiesprobust.com.au

IMPORTANT PROBUS EVENTS

Monday 9 th March	AGM 
Thursday 19 th March	 Lunch at Rafferty's. See p. 2
Monday 6 th April	Committee meeting VBC 1.00 pm
Monday 20 th April	Please note later date. Due to Easter. We welcome the return of Wayne Cooper.
Monday 4 th May	Committee meeting VBC 1.00pm
Monday 11 th May	Welcome to broadcaster and publisher, Scott Bevan. 
Thursday 21 st May	Outing to the Victor Chang Institute. See p.2

Would you like to publish something in the Bulletin? Please phone or text Joy on:

49467185 or 0434940926

Or email to: davjoy10book@gmail.com

OUTINGS & ACTIVITIES

MARCH

Luncheon

Date: Thursday 19th March
Venue: Rafferty's Resort
Time: Midday
Cost: **\$32.00**
Menu: 2-course luncheon + tea/coffee

Full payment must be made today.

**PLEASE NOTE THERE
WILL BE NO OUTING IN
APRIL**

BOOK GROUPS

Both groups are getting along famously, meeting each month to discuss books (and all sorts of things!). Not to mention having morning/afternoon teas. If you would like to start another group, just let me know and I can help by publishing it for you.



APRIL

Outing to the Victor Chang Institute

Date: Thursday 21st May
Transport: Bus
Departure: **7.30 am VBC**
Return: **5-5.30pm**

This outing takes in two destinations:
The Victor Chang Institute, Darlinghurst
The Direct Factory Outlets, Drummoyne

Cost: There is no charge for the Institute, but they of course would welcome a donation for their worthwhile research.

The cost of the bus will be determined by the number of people going, and Beverley will let us know at the next meeting.

Time: We have to be at the Institute at **10.30 am**, with the tour to take 1 ½ hours.

The bus will pick us up at **7.30 am**, and, after the visit to the Institute, at **12.15**, to take us to the Outlets, where you can shop, or have whatever type of lunch you would like, at your own expense.

**Please indicate your interest to
Beverley**





HAPPY BIRTHDAY MARCH LADIES

Jenny Cutting	Jan Dembeck
Sallie Dezius	Audrey Dickinson
Margaret Fox	Gloria Firt
Joan Granter	Suzanne Hitchcock
Judy Knodler	Robyn Nolan
Maxine Phillips	Viginia Smith
Margaret Yarrow	

Coronavirus



What is the difference between an epidemic and a pandemic?

Epidemic refers to a sudden increase in the number of cases of a disease above what is normally expected.

Pandemic refers to an epidemic that has spread over several countries or continents, usually affecting a large number of people.

Over the centuries humankind has been affected by many pandemics, such as different forms of influenza (Spanish Inluenza, Hong Kong Flu, Asian Flu), bubonic and pneumonic plague (The Black Death), cholera, and smallpox. Now, we have coronavirus.

We are very lucky to have so many great medical advances, which give us ways of combatting such a pandemic. We are also lucky to live in Australia!

Precautions:

- Wash your hands, also use alcohol-based hand rub
- Cover your cough, dispose of tissues immediately.

HOW TO STAY HEALTHY AS WE AGE

TIPS FROM HEALTH EXPERTS:

1. **Eat well:** Load up on fresh veggies; avoid packaged foods. Add fibre to your diet.
2. **Walk:** 30 minutes per day can help ward off nasties such as heart disease, diabetes, high blood pressure and cholesterol, as well as make you sleep better.
3. **Stay social:** Loneliness is harmful to your health. Try to stay connected with family/friends. Probus is wonderful for this!
4. **No smoking!!** Limit alcohol.
5. **Supplements:** Check with your G.P. before taking over-the-counter supplements such as vitamins or minerals. It's much better to get them from food if you can.

REMINDER FEES FEES FEES

Fees are due next month for both Probus and Valentine Bowling Club.

Please pay next meeting.

Please let Patricia Butterworth know when you have paid your VBC fees.

People ask,
Oh, what will you do when
you're old?



Be Freakin Fabulous,
Duh!

Puzzle Point How many words of four or more letters can you make? Each word must contain the centre letter, and there is a 9-letter word.

R	S	S
E	D	D
E	A	D

9-letter word:.....

Cookery Corner Easy Lime and Coconut Slice

Ingredients

- 80 g butter melted
- 250 g (3/4 cup) condensed milk
- 250 g plain sweet biscuits like Arnott's Marie biscuits
- 90 g (1 cup) desiccated coconut
- Juice from 3 limes
- Grated zest from 3 limes

For the lime frosting:

- 360 g icing sugar
- 90 g butter softened to room temperature
- 5 tbs lime juice
- 3 tbs desiccated coconut



Method

1. Grease and line a 22cm X 32cm rectangular slice tin with baking paper.
2. Crush biscuits and place into a bowl. Add coconut and grated lime rind. Mix to combine.
3. Add melted butter, condensed milk and lime juice to the biscuit mixture. Mix thoroughly until well combined.
4. Press into the prepared tin. Refrigerate.
5. In a bowl, whisk the icing sugar, room temperature butter and lime juice in a bowl until creamy and 'frosting-like'.
6. Spread the frosting over the slice, sprinkle with the extra coconut and place back into the fridge to set completely.
7. Cut into slices. Will keep in fridge for 1 week.



Pet Place

Here is my grandson Tom's new puppy Maxi. Although tiny, at 7 weeks he is already chasing a ball and chewing up stuffed toys. He's the same colour as the carpet, so every step has to be carefully taken! Gorgeous and playful, he is a great addition to the family.