



PROBUS CLUB NEWSLETTER July 2025

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Tenpin Bowling





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Cooking

Dinner and dessert sorted!

Zucchini Fritters

Ingredients

700g zucchini, grated coarsely
2 teaspoon coarse cooking salt
1 egg, beaten lightly
½ cup (120g) fresh firm ricotta, crumbled
(Or use feta)
1/3 cup (25g) finely grated parmesan
1 cup (100g) packaged breadcrumbs
½ cup finely chopped flat-leaf parsley
3 green onions, sliced thinly
olive oil cooking spray
¾ cup (200g) Greek yoghurt
1 small clove garlic, crushed
2 teaspoon finely grated lemon rind
1 tablespoon lemon juice
sea salt flakes, to serve



Method

1.
Place zucchini in a colander and sprinkle with salt; stand for 20 minutes. Using your hands, squeeze zucchini mixture very firmly to remove excess liquid; transfer to a large bowl.
2.
Preheat oven to 180°C.
3.
Add egg, ricotta/feta, parmesan, breadcrumbs, parsley and green onion to bowl, then season; stir until well combined. With damp hands, shape rounded tablespoons of zucchini mixture into balls; place on a baking-paper-lined tray. Spray with cooking oil spray.
4.
Cook for 25 minutes, turning after 15 minutes of cooking time, until golden and cooked through.
5.
Meanwhile, to make lemon yoghurt, combine remaining ingredients in a small bowl.
6.
Sprinkle zucchini balls with salt flakes and serve with lemon yoghurt.

Note: This recipe can also be cooked in an air fryer if you have one.

You may like to serve these with meat/chicken/fish or just a salad



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A recently discovered recipe from your humble editor, this adds a delicious twist to the old favourite Bread and Butter Pudding.

This is an Air Fryer Recipe but works equally well baked in a traditional oven.

Ingredients

250 grams crusty sourdough bread, sliced thickly
½ cup (160g) lemon curd
1 cup (250ml) thickened cream
¾ cup (180ml) milk
3 eggs
¼ cup (55g) caster sugar
1 tsp vanilla extract
125 grams frozen or fresh raspberries



To serve: extra lemon curd and/or cream or ice cream

Method

1. Grease a 1.5-litre (6-cup), 20cm (8in) round baking dish; ensure the dish will fit into the basket of a 7-litre air fryer.
2. Spread bread slices thickly with lemon curd. Arrange bread, curd-side up, in dish.
3. To make custard, combine cream and milk in a microwave-safe jug; heat in microwave on HIGH (100%) for 2 minutes or until warm. Whisk eggs, sugar and vanilla in a bowl until combined; gradually whisk in warm cream mixture until combined. Pour custard over bread slices in dish; scatter with raspberries. Using a spatula, press bread down gently to submerge in the custard. Stand for 5 minutes. Cover dish tightly with foil.
4. Preheat air fryer to 150°C/300°F for 5 minutes.
5. Taking care, place dish in the air fryer basket; at 150°C/300°F, cook for 30 minutes. Remove foil. Reset the temperature to 160°C/325°F; cook for a further 12 minutes until golden and just set. Remove dish from the air fryer. Leave pudding for 5 minutes to cool slightly.
6. Serve pudding dolloped with extra lemon curd.



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Probud Mind Benders by Jim

1. The water level in a reservoir is low but doubles every day. It takes 60 days to fill the reservoir. How long does it take for the reservoir to become half full?

2. If 5 cats catch 5 mice in 5 minutes, how long will it take for one cat to catch a mouse?

Picture Puzzler

If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____
2. Find a letter that is in  but not in  _____
3. Find a letter that is in  but not in  _____
4. Find the letter that is in  but not in  _____
5. Find a letter that is in  but not in  _____

Write your letters again here to spell a happy word: _____

Answers on last page



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PROBUS HUMOUR by Bruce, Val, Gerard and Jim

When you reach a certain age and the doctor says:
"Put ice where it hurts."



Love is caring for each other even when you're angry ...

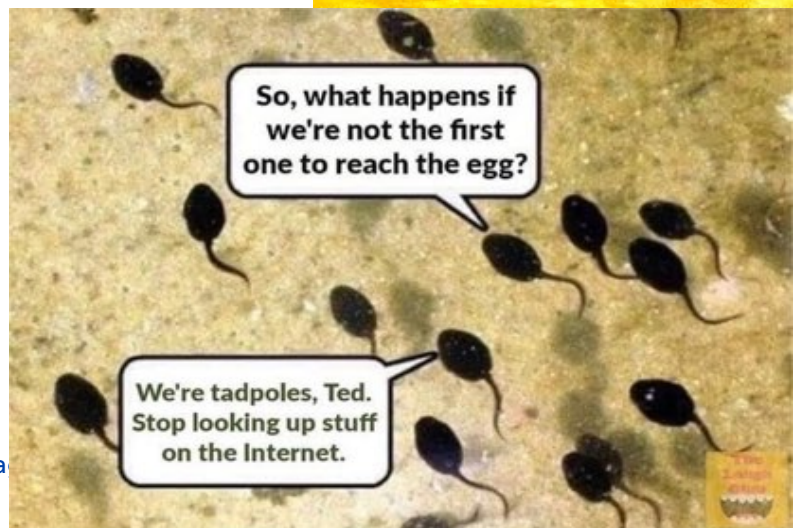
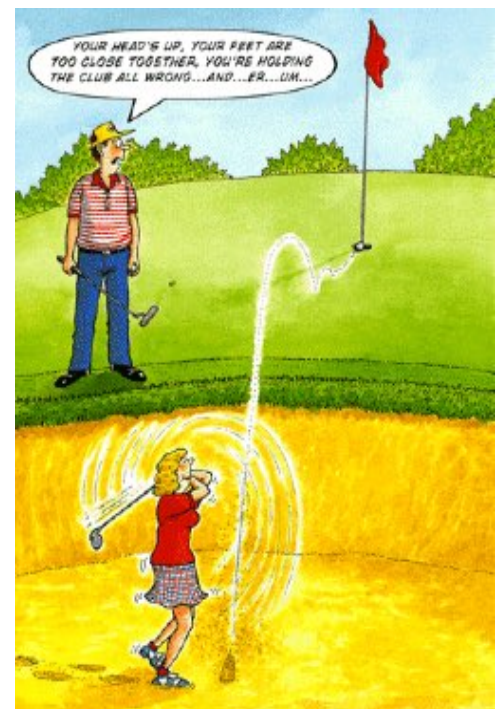


"Linda, those pants we had on sale ... were they machine washable?"

NEVER LEAVE HOME
WITHOUT A KISS, A HUG
AND AN 'I LOVE YOU.'
THEN REMOVE THE DOG
HAIR FROM YOUR MOUTH
AS YOU WALK TO THE
CAR.



One day you're young...
the next you're sitting
on the edge of the bed like this:





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Thanks to Bruce Johnston and Eddie Lyon
for the “funnies”

How to use all corporate jargons in one paragraph

Let's circle back and blue-sky this paradigm shift by leveraging our bandwidth to drill down on the low-hanging fruit, but only if we can move the needle without boiling the ocean. At the end of the day, we need to disrupt the synergy of our core competencies and pivot the deliverables into a thought-leadership ecosystem that aligns with our key performance vegetables. If we can get all stakeholders to buy in and touch base asynchronously, we'll have the secret sauce to parachute this initiative into a high-octane, game-changing deep dive that maximizes our ROI on the bleeding edge of the value proposition.

boredpanda.com

Answers:

1. 59 days. How does this [math riddle](#) work? If the water level doubles every day, the reservoir on any given day was half the size the day prior. If the reservoir is full on day 60, that means it was half full on day 59, not on day 30.5 minutes
2. 5 Minutes
3. SMILE

A young man wishes to become a Trappist monk so he goes to the Monastery where he meets the Abbot.

The Abbot explains to him that he has to adhere to the vows of silence and he cannot speak during his stay. However the Abbot tells him that after each year he can come to him and discuss anything.

1 year later the young man meets the Abbot who says 'well my son you have completed one year of silence. Is there anything you would like to discuss.?

The young man says well my habit is a bit threadbare. Is it possible for me to get a new one? The Abbot says certainly go to the store and get a replacement.

Another year passes and he is summoned to meet the Abbot who says well my son another year has gone by and you have kept your vows of silence, is there anything you would like to discuss with me?

The young man says well my mattress is getting worn and rather lumpy, is it possible for me to obtain a replacement? The Abbot says certainly my son. Go to the store and get a new one.

Another year passes and the young man is summoned to see the Abbot who reminds him that another year has gone by and asks if there is anything he would like to discuss'

The young man says to the Abbot I think I am not suited to this type of life and I would prefer to leave the Monastery. The Abbot says thank goodness for that because all you have done since arriving here is moan!!!.