



PROBUS CLUB OF JAMBEROO NEWSLETTER November 2025

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Also recommended by Maiya and Gerard, *The Diplomat* is an American political thriller television series. It stars Keri Russell as a veteran U.S. diplomat who is unexpectedly appointed as the ambassador to the United Kingdom amid an emerging international crisis.

The series is available on Netflix and is up to its third season.



Travelling with Nuffy and Winton Brooke-Smith in Alaska and Canada



Talk about picture perfect! This is Mad Sally's Lake north east of Seward in Alaska and below Nuffy and Winton in front of the Fat Truck Tours truck in Denali National Park in Alaska.





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We have just recently spent 6 wonderful weeks travelling Canada and Alaska, a place that has been on our bucket list for years. We were amazed by the beauty. We hired an RV from Vancouver and explored the Rockies, which are so mountainous with so many waterfalls, rivers and lakes. Picture perfect!

We then flew to a few places in Alaska enjoying the wildlife in Denali National Park and the glaciers from Seward. What an interesting place.

From Anchorage we made our way to Eastern Canada, arriving in Toronto and picking up another RV which was much bigger than we had planned, sleeping 8 people, way too big !!!

We travelled in the beast through Ontario, New Brunswick, Quebec City, Prince Edward Island and Nova Scotia, Cape Breton Island being one of our favourite places.

We drove over 7900 kilometres, the autumn colours made a spectacular vista as we drove through different Provinces. Keeping off the main highways allowed us to travel through many a small town or village, so pretty!

If you haven't been to Canada we would certainly recommend it. Canadians are such friendly people, very helpful, great to chat to and love travelling also.

Nuffy and Winton



Top: Niagara Falls on the Canadian side

Middle: Nuffy amid the beautiful Fall colours

Bottom: Decorated hay bales celebrating the Cavendish Literary Festival on Prince Edward Island.



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**Featuring the humble broccoli/
broccolini, and asparagus which is now
in season**

Roasted Broccoli and Asparagus salad with creamy chilli dressing

1. Preheat oven to 220°C (200°C fan-forced). Line two large oven trays with baking paper.
2. Toss 2 small red onions cut into wedges with a dash of raspberry or balsamic vinegar on one tray. Roast for 10 minutes. Toss 750g broccoli or broccolini trimmed and sliced thickly, and 1 bunch asparagus sliced diagonally with 2 tablespoons olive oil and 2 tablespoons pure maple syrup. Place on second tray; season. Roast in the oven with onion for a further 10 minutes or until the vegetables are just tender.
3. **For the dressing** whisk quarter cup pouring cream, quarter cup of Greek style yoghurt, 1 clove of garlic crushed, chilli to taste and 1 teaspoon of pure maple syrup in a medium bowl until combined and smoothish. Season to taste.
4. Place onion, broccoli, 1 cup of rocket, quarter cup currants, quarter cup of almonds crushed and quarter cup of mint on a platter. Drizzle with dressing. Serve roasted broccoli asparagus salad warm or at room temperature.



Cooking



Broccolini, asparagus and miso chicken salad

1. Combine 2 tablespoon white miso (shiro) paste, 2 tablespoon mirin and 2 tablespoons olive oil in a bowl. Add 120 grams chicken; turn to coat. Cover, refrigerate for 1 hour.
2. Cook 1 cup rice and drain.
3. Make dressing with two tablespoons crushed nuts (or a nut paste) 2 tablespoons each miso shiro, mirin, olive oil, water and half a teaspoon of sesame oil. Whisk until smooth.
4. Cook chicken in oven or air fryer at 180 degrees.
5. Steam a bunch of broccolini, asparagus and snow peas. Combine with half a cup of roasted cashews, coriander leaves and mint leaves in a large bowl with rice and half the dressing; toss to combine.
6. Serve chicken with rice and vegetable mixture, with remaining dressing spooned over, warm, or at room temperature.

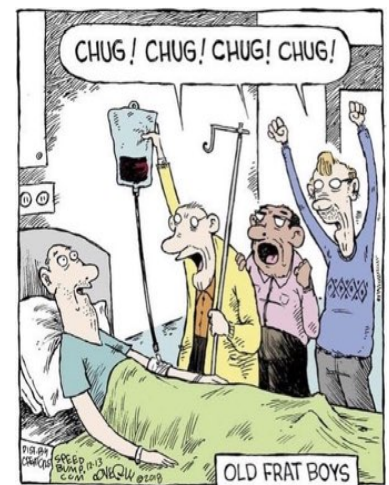
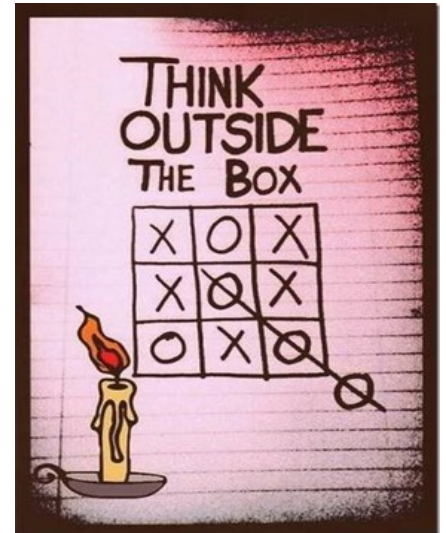
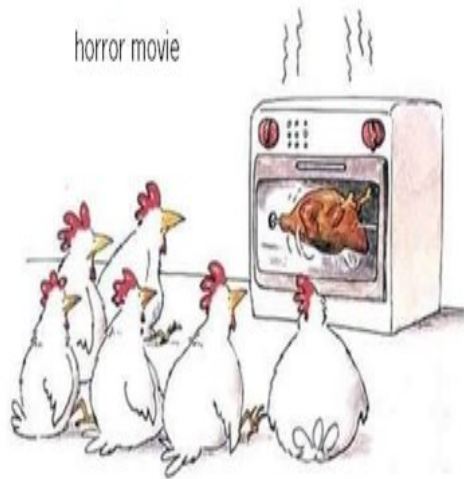
**Note: you can purchase Miso and Mirin in
most supermarkets**



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PROBUS HUMOUR by Jim



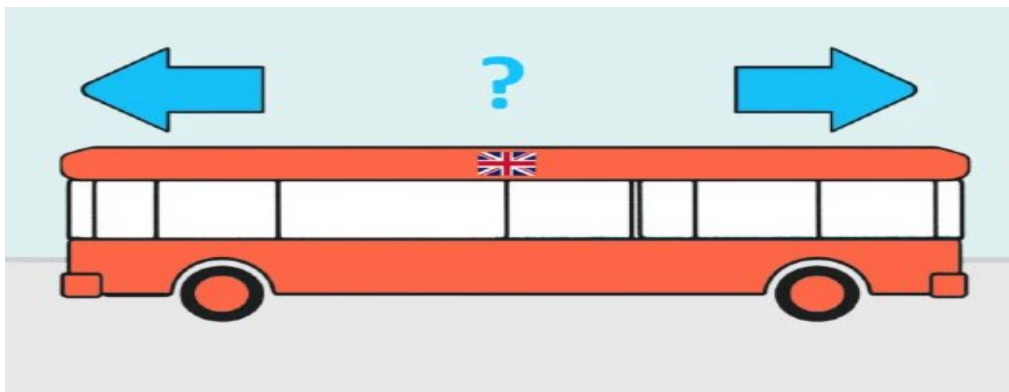
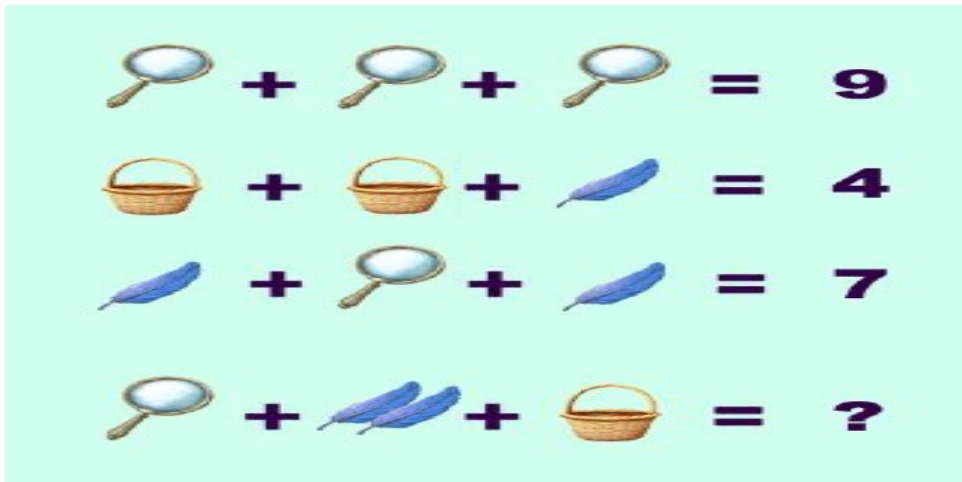


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PROBUS MIND BENDERS by Jim

1. Solve this puzzle



2 In which direction is the bus moving?

Answers on last page



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Photo Showcase

Our Next Photo Showcase will

be....**Water**

Send photos in jpeg to Ali and Graeme Relf at

jamberooprobinfo@gmail.com by 15 November 2025



Answers to Jim's Mind Benders:

1. 8
2. To the right because in the UK they drive on the left so the doors of the bus will be on the left!

