



Brooking Street Bulletin

Issue #70, February 2015

Buddhist Discussion Centre (Upwey) Ltd.
A.C.N. 005 701 806 A.B.N. 42 611 496 488
33 Brooking Street, Upwey, Victoria 3158
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Teaching Program for 2015

The Buddhist Discussion Centre Australia weekly Saturday afternoon (2pm – 4pm) Buddha Dhamma classes will re-commence on Saturday 11th of April 2015. The topic is “Dhamma Teaching for everyday life.”

We will be having a three day Easter Bhavana (Mind Development) Course from Friday 3rd to Sunday 5th April 2015.

Lunar New Year Temple visits

We wish you, your family and friends a healthy, harmonious, joyful and prosperous new year!

On the 28th of February 2015, our Centre will be hosting Venerable Thich Thien Tam and the lay people from Hoa Nghiem Temple on their Tet New Year Pilgrimage. On the following day, Sunday the 1st of March 2015, we are privileged to receive the first visit of members from Hue Quang Temple. The Abbot of Hue Quang Temple is Venerable Thich Thong Hieu.

The Vietnamese temple visits are a precious opportunity to form a cherished friendship with our Vietnamese Buddhist brothers and sisters and partake in ‘deeds that cleanse’ the mind. It is a very special day on which we welcome in the new and rejoice in the blessings of the Dhamma together.

Over the past two months many Members have contributed to make the Centre and its gardens lush, beautiful and inviting in preparation for this weekends visit. Thank you for all your help.

We request all our Members to assist in providing a heartfelt welcome.

If you would like to be of assistance, please contact Simon Kearney at the Centre on (03) 9754 3334.

Important Dates

Every Saturday	Members’ Day 11am - 10pm Merit Making and Classes
Every Saturday	Essential Buddha Dhamma Teachings 2pm – 4pm. <i>Saturday afternoon classes re-commence on 11th April 2015.</i>
Every Saturday	Buddhist Meditation Class 8pm - 9:30pm
Ongoing until March 28	Weekend Merit Making activities, from 11am.
Every Sunday	Buddhist Hour live on 3MDR 97.1fm 4pm - 5pm
Every Thursday	Mahamudra Teachings 8pm – 10pm <i>Commencing 5th of March</i>
First Saturday of each month	General Meeting 5.00pm. All welcome to attend
Saturday February 28	Lunar New Year Temple visits Activities all day
Sunday March 1	Lunar New Year Temple visits from 7.30am
Sunday March 8	Sausage Sizzle Fundraiser, Bunnings Warehouse, Scoresby
Sunday March 29	Temple Pilgrimage
Sunday March 29	Guru Rinpoche Padmasambhava Tsok (Puja) 8pm
April 3 - 5	Three Day Easter Bhavana (Mind Development) Course
Saturday April 4	Friendship Dinner for United Nations Day of Vesak Event
Tuesday April 28	Guru Rinpoche Padmasambhava Tsok (Puja) 8pm



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Temple Pilgrimage

We are delighted to advise that on Sunday 29th of March 2015, our Centre will be embarking on a pilgrimage to 10 temples throughout Victoria.

In order for us to create strong causes for our Centre to flourish, and for us to have ease of access to Buddhist temples in the future, it is important for us as an organisation and as individuals to offer support to other temples.

In the spirit of our Vietnamese brothers and sisters in the Dhamma who travel to many Buddhist temples during the Lunar New Year Celebration, this day will be filled with countless opportunities to generate merit and blessings for ourselves and all beings.

We will be hiring a bus for the tour and leaving from our temple at approximately 8.30am. The ticket cost for this tour will be \$50 per person. This fee will help to cover costs and any leftover profit will be fundraising for our Centre.

Please let us know if you are interested in attending this meritorious event.

Vice President Updates

Knowledge Management

Knowledge Management is:

- How to preserve and present the Buddha Dhamma within our five Styles of Friendliness, Practicality, Professionalism, Cultural Adaptability and Scholarship.
- Far reaching in the 21st Century
- Our key strategic asset
- It is our core business
- We use methods, systems, processes, electronic, virtual and physical, to manage

information.

- It is the touchstone of our methodology for gathering, processing and utilising information. The content is Buddha Dhamma.
- If you have the correct knowledge management methodology you will find the information you need to get out of suffering.
- Our website visitors can now subscribe to receive the Brooking Street Bulletin to their email inbox. The program we are using is MailChimp. If you wish to help to administer our online subscriptions, please see Evelin or Nicole for training.
- We are also planning to design electronic membership renewal forms, which we can email to our current members. Nicole will create a membership list with MailChimp, as this is an efficient way to send mail; Evelin is working on the digital forms. We are aiming to have this done by the time this year's membership renewals are due to be sent.
- We have been researching ways how to raise funds online. Our bank has secure online banking facilities available that we could use. We are considering placing this online payment facility on our website to enable persons to make dana offerings online, and to have an additional way of raising funds.

Local Area Planning & Asset Management

Over the past few weeks, Members have been involved in preparing our Centre for the upcoming Lunar New Year Tet visits from Hoa Nghiem temple and Hue Quang temple. The annual visits from the two respective temples provide a wonderful opportunity for our Members to share in the auspicious occasion that is the Lunar New Year with our Vietnamese Dhamma brothers and sisters.



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We have prepared the Kwan Yin image area and the new Sakyamuni Buddha altar as well as opening up new areas of our garden to host our guests,

Our LAPAM onsite development work will continue through until the end of April with the completion of a retaining wall around the Kwan Yin Image area, the paving of the area around the Sakyamuni Buddha altar and the completion of a new garden area next to the Sariputta Room.

Thank you for your generous participation.

Administration

Our bdcu.org .au website visitors now have an online function to subscribe to our Bulletin. The program we are using is MailChimp. Please see Evelin or Nicole to make a time for a training session.

Public Relations

The annual Friendship Dinner to raise funds for the United Nations Day of Vesak 2015 is being held on Saturday 4th April 2015 at Quang Minh Buddhist Temple, 18 Burke Street, Braybrook 3019, Victoria.

Please advise Frank or Simon to book tickets to attend this unique event. Ticket cost \$25.

Fundraising

The beautiful Dhammachakra brooches made to order for our Members have arrived. If you placed an order for a brooch, please get in touch with Claire as soon as possible to complete the purchase. Each brooch is \$33. If you are paying by cheque, please address cheques to Frank.

Our next Sausage Sizzle fundraiser will be held at Bunnings Scoresby on Sunday 8th March 2015. These fundraisers are always lots of fun as we get to work as a team in an often fast paced environment. Not only do we make lots of money for our precious Centre, we make lots of merit to fuel our Buddha

Dhamma practice. It is an excellent event to be involved in!

We kindly request Members who have Buddhist Discussion Centre 'Dana Jars' in their home to please bring the contents of their jars to the Centre in the near future.

New Buddhist Temple in the Dandenongs

On Saturday the 21st of February Anita and Frank attended the Dedication Ceremony of Mahamevnawa Buddhist Meditation Centre - Melbourne for their new centre 71, Monbulk Road, Mount Evelyn, Vic 3796.



The form of the event was a traditional offering ceremony where the lay devotees offer the new premises to the Noble Sangha Community called "Aarama Pooja".

The Mahamevnawa centre is the temple of Venerable Vijitha Wansa who has attended our centre's events on several occasions for dana offerings.

The new facility is quite remarkable being already completely developed with facilities of a similar size to our local Burringa Community centre.



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The centre has car parking for at least 100 vehicles and is situated on 7 acres of land surrounded by native forest. There is a small house on the property which is now the residence of the Venerable monks who live at the property and two large assembly rooms, kitchens, class rooms, a children playground and many other rooms. The premises are airconditioned with gas heating and was formerly owned by the Melba Support Services which ran the centre to support people with disabilities.



We warmly welcome the Mahamevnawa Sangha, Committee and Members to the hills area and look forward to a lasting friendship between our two organisations.

Member's Day Meals

You are invited to take part in sharing a meal with us each week on Saturdays (Member's Day). These are great opportunities for us to spend time together as a Buddhist community.

If you wish we also invite Members to contribute towards the meals on Saturdays. Please write down your name on the Member's Day Meals table hanging up in the Sariputta Room, or see Nicole.

May we create the causes to share meals together in the future.

Monthly Recipe: Roasting Meat

(Recipe by Peter Marshall)

Here are my tips for roasting delicious and moist joints of meat in an oven. I have found this method works well with lamb, beef, pork and whole chickens and ducks; however, a little experimentation may be required to fine tune cooking times dependant on the size and weight of the joint to be cooked and the delicacy of the meat.

Don't be afraid of fat on meat, this is where much of the flavour is, and providing you suspend the joint or bird so it's not actually resting and cooking in a bath of fat, you get the best of both worlds.

The main thing to avoid is drying out the meat.

I first prepare the meat by washing it and removing any slimy residue or gnarly bits, and if it's been in the fridge let it come up to room temperature. Then after lightly scoring the top layer of fat (but don't pierce the skin), gently rub in your preferred seasonings. I usually use good quality sea salt and a nice mix of freshly cracked pepper. A little Rosemary is nice on lamb, a schmear of mustard on beef, and some garlic on pork all work well, as well. Often, I won't add anything else to birds but have tried a little premium soy or Worcestershire glaze on chicken and sweet chilli sauce on domestic duck can add a little accent. A small onion up his cavity permeates flavour throughout the bird.

My personal preference is to keep this simple, as I want to taste the flavour of the meat, rather than be overwhelmed by too strong a competing flavour/aroma. Less is more. :) However, having said that, it's really down to individual preference.

Suspend the meat in a reasonably deep sided baking tray or roasting pan on a bed of thickly sliced (2-3 cm) firm onions. These provide a base to keep the meat off the bottom of the pan and so stop it burning



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and sticking.

Add about a 1 cm bath of water and reasonably tightly seal the pan with alfoil. You want to seal in the moisture, so finger crimp the foil around the edges. Use a few sheets, some running lengthways and some across to ensure a good seal. If the meat is above the lip of your pan, a few rashers of bacon laid on top of the joint will stop the foil sticking and compliment the flavour.

The most important thing is to cook low and slow. I generally will cook a heavy piece (2 kilos) at around 165 C for around 5 hours, for a bird maybe 3 and a half hours.

Place the tray in the middle of the oven and I usually set the dial to bake as I think it applies a more even heat. Resist the temptation to peak whilst cooking as you want the baking, steaming process to continue unabated.

At the end of the cooking time carefully remove from the oven ensuring you don't tilt the pan too much. It will be heavy and hot!

Be careful when you remove it from the oven as you will have a very hot pan with a lot of very hot liquid that you need to put on a stable, protected surface. You can pierce the foil in a few places to release the steam or gently lift the foil from a corner, but again please be careful, as the steam that is released will be scoldingly hot.

Remove the foil completely and reduce the liquid

from the bottom of the pan. If you wish, you can reserve a little of the onions and liquid as a base for a gravy, but I generally discard it as it's full of the fat that was in the meat.

Be careful at this point if you're going for presentation as the meat will slip off the bone easily. Often, at this point the meat will look a bit blanched, so I like to brown it up a bit and crisp up the outside, by popping it back in the oven on the roasting setting for anything from 10 minutes to half an hour. Here you can zap it at high temperatures (220-230 C) if you're in a hurry, or lower temp for slower roasting, but the main thing is to keep a close eye on it.

You want some colour but not burnt or too dried out. Taste test a little, but don't burn your tongue :)

When you're satisfied, carefully remove the roast from the pan straight onto your serving dish or platter (an egg slice works well to get under the meat and lift gently), or, if you are going to shred/pull apart, put straight into a warming tray.

It's very important to let fast roasted meat rest for ten to thirty minutes, but with this method you can tuck in straight away.

A little experimentation and common sense will refine this method to your satisfaction.

Enjoy, and Bon appetite.