



Asquith Mixed Probud Club BULLETIN

President: Nick Speyer
Vice President Elect: John Channon
Vice President: Angus Dougall
Secretary: Pam Slater
Treasurer: Yenda Holland
*Dianne Watson, Vicki McPherson,
Denise Mayhew, Mary Potter,
Jim & Judy Thompson, Barry
Willick Sandra Death, John Davies,*

From the President

We were looking forward to a great year of activities together as a Club but obviously, things have changed. The Committee has just reluctantly taken a vote to suspend all the Club's activities until further notice. Things have moved very quickly. We were hoping that some activities would still be possible but that now is not the case.

We will keep you informed when circumstances improve and it is possible to resume activities. We are also setting up a Club Facebook page to keep in touch with each other.

This situation might go on for quite some time so it is important that we care for ourselves and for each other. Some people will be more isolated than others. It is important to keep in touch with other people, to exercise, to eat well and keep healthy. If you need practical or social support do ask for it.

Perhaps ring one or two other members each week. If you want to talk to me or other members of the Committee please do. It is important that we care for each other during this time.

Keep well. With best wishes.

Nick Speyer
President

The Committee for 2020 with some new faces.



Meeting Dates

Thurs.
Thurs.
at **Asquith Golf Club**

Registration 10.15am for a 10.30am start

Website:
<http://www.asquithmixedprobud.org.au/>
Email: info@asquithmixedprobud.org.au
webmaster@asquithmixedprobud.org.au

**Bulletin: Editor: Sylvia
Gratton**



Asquith Mixed Probud Club Inc.

P.O. Box 3140, Asquith 2077

Formed by the Rotary Club of Berowra
on 2 October 2008.

Club No: 9003799

District: 9680 Inc. No.: 9890687

Bendigo Bank details for
depositing:

BSB No: 633-000 Account No.: 139 637
029

PRIVACY: In accordance with the Privacy Act 1988 and recommendation from Probud South Pacific, this newsletter is private and confidential for members of Asquith Mixed Probud Club use only and is not to be used for any other purpose.

At Our March Meeting

L: President Sandra Death presented Robert Montgomery with his OBE Certificate.

R: She thanked Mary Potter for all her hard work in organising the Programme of amazing speakers for our Club.



Speakers



March – Due to uncertainty about how much time would be available for a speaker after the AGM, usual practice was followed of having a member/members fill the slot on the program.

John Davies introduced us to some interesting people he had met. These included a lady who owned a sword which had belonged to Napoleon, a lady with a picture that blessed the Queen and the lady whose great grandmother was locked in a cage. If you were not at the meeting and this intrigues your curiosity then ask John about these people.

Sandra Death followed with a brief explanation of 4G – in relation to Legacy. These are the fourth generation of soldier's families affected by war. A very moving case story of how just one family was helped by Legacy really illustrated the tragic personal costs of war.

I am grateful to John and Sandra, as well as previous members, who are willing to speak not quite knowing how much time they have, or even like Sandra, would they speak at all.

COMMITTEE NOTES - MARCH 2020

The new Committee was voted in.

It was noted that some members had not paid their fees.

MEMBERS - Please ensure you have your name marked off the register on arrival. This is absolutely necessary for insurance purposes.

We are still hoping the New Zealand Cruise will go ahead. Quite a few members have booked, so keep the date free - 23rd October.

Sandra Death was thanked for all the work she put in whilst President.

Government Rebates for Seniors - Please read article in the Bulletin.

You may be entitled to some rebates. Pam Slater

AMPC Committee Members 2020-21

AMPC Committee Members 2020-21		Phone	Email	
	Officers			
President	Nick Speyer			
Vice-President Elect	John Channon			
Vice President	Angus Dougall			
Secretary	Pam Slater			
Treasurer	Yenda Holland			
	Committee			
Bulletin	Sylvia Gratton			
Hospitality	Vicki McPherson			
Membership	Barry Willick			
Programme	Mary Potter			
Tours/Excursions	Jim & Judy Thompson			
Welfare	Denise Mayhew			
Assistant Secretary	John Davies			
Assistant Treasurer	Dianne Watson			
Historian/Public Officer	Sandra Death			
Past President	Sandra Death			

Other Activities

Men's Group	Robert Allison	Dolls	Barbara Williamson
Auditor		5 th Thursday BBQ	Lance Williamson
Books DVD, Jigsaw	Sunny Dougall	Mah-jong	Pam Clarke
	& Robert Montgomery	Theatres	Rhonda Wilson
Dining out	Vicki McPherson	Trivia	Robin Roberts
Cards 500	Mary Glasby	Walks	Laurie Keaton
Pot Luck Meals	Anne Heaton	Web Site	Robert Allison
Public Officer & Historian	Sandra Death	Assist. Tours/Excurs.	Sandra Lees
Assist. Tours/Excurs.	Trish Taylor	Assist. Tours/Excurs.	Lula Andersen

Treasurer's Report as at 9 March, 2020

Income received for year to date	\$8,660	
Offset by expenses of	<u>\$ 1,677</u>	
Year to date surplus balance		\$ 6,983
Add previous year's surplus of		<u>\$ 6,793</u>
Gives an overall member surplus of		<u><u>\$13,776</u></u>
This surplus consists of cash of	\$44,525	
Less liabilities – mainly activities paid in advance	<u>\$30,749</u>	
Total member equity	<u><u>\$13,776</u></u>	

Yenda Holland

10 March, 2020

MONEYS paid by **Electronic Funds Transfer** (EFT) should be made to: Bendigo Bank

BSB: 633-000

Account: 139 637 029

Account Name: Asquith Mixed Probus Club

It is important that your EFT payment is able to be identified. Please write your surname and activity abbreviation in the space provided and print the receipt from the bank. This transaction should be made prior to the general meeting. A copy of the EFT receipt and a completed Activities Payment Voucher shall be presented at the payments desk where a receipt will be provided. This receipt shall then be presented at the Activity Organiser's desk to have your attendance confirmed and your receipt endorsed by the organiser. Any transaction that cannot be identified will be forfeited to the Club.

WALK REPORT LAURIE KEATON

Due to the current government policy, it is not possible to conduct walks in their current format.

The Walks Committee were to meet and discuss possible options for the Club Committee to consider. This is no longer possible. Current Community Outdoor Activity Guidelines were to be used but, as these are in limbo for the time being, walks activities have been suspended.

Unfortunately, it became evident that Public Social Distancing advice was not being heeded causing many public facilities to be closed. For us this advice would have been very difficult to enforce with a large group or where others also congregated.

It was evident from the Prime-Minister and Premier's addresses that more Draconian measures may be necessary. Despite certain outdoor activities being possible where congregations of people do not result, reality must prevail. I would suspect closure of some public facilities may be next as has been the experience overseas.

In the meantime, members are urged to stay active. Maybe local walks with friends may be your thing.

I will keep walkers informed of Community Outdoor Activity Guidelines as they are updated on various association web sites. If jogging/running for example the gap should be at least 3 metres – no problem for me.

Mosman Rowers have advised that the club would have cancelled on us anyway. Your \$10 is safe in club accounts

Thursday 23April, 2020:

THIS WALK IS CANCELLED

Where: Federation Cliff Walk Dover Heights to Watson's Bay

TOURS & ACTIVITIES Jim & Judy Thompson

Cruise in October Members should not book for this Cruise at the present moment!

WAVERTON TO BALLS HEAD WALK

Our group boarded the train alighting at Waverton for a leisurely walk down to Balls Head lookout, one of the best harbour viewing spots in Sydney, then made our way up to the picnic area where Lance and Barbara had taken dibs on the tables and laid them with tablecloths and a box of Barbara's famous cakes.

We enjoyed a relaxing meal and chat (some of us chatted with the brush turkeys of which there were many) under the trees then made our way back to the station for the train home.

Thanks to Laurie for arranging another fabulous walk in perfect weather.



WELFARE REPORT:

It is with great sadness that I advise you that our member and friend Gloria England passed away (in hospital) on the 19th March. Her funeral was held on Wednesday 25th March 2020 and a eulogy for Gloria will be published in next month's Bulletin.

I hope that all members reported on at our March meeting are over or almost over their recuperation processes and the only difficulty they are now facing is coping with the coronavirus situation.

Unfortunately, quite a few members have missed out on their birthday chocolate, I promise I will make it up to you when we are able to be together again.

Denise Mayhew

Hello to everyone,

I would like you to know that your new President, his Committee and some of our members had been working behind the scenes to try to organise functions and outings to maintain the contact and the camaraderie of our friendly and popular club during the Coronavirus.

Unfortunately, this hasn't been possible as each day the COVID-19 rules changed until as of Monday it was recommended that we meet outdoors (if we have to) preferably in groups of 2 while maintaining our social distance of 4 square metres, this of course has made it impossible for us to socialize as a group.

We realize that some members could need help because of loneliness and the feeling of isolation, not being able to get out to purchase necessities if available, or just being able to speak with someone about the conflicting information that is coming through the media.

Our Probus Club want you to know that should you need it, we will help you in any way we can or do our best to find someone who can help. Don't be afraid to speak up, this is a very difficult time which none of us have ever seen or been through before.

Take care, stay well, wash your hands regularly, maintain your social distance and find something beautiful in every day.

Please feel free to call me anytime (up to midnight), if I'm not at home please leave a message and I'll call you back.



Denise Mayhew

(Welfare Officer)

Armidale–Moree trip 13-19 March 2020

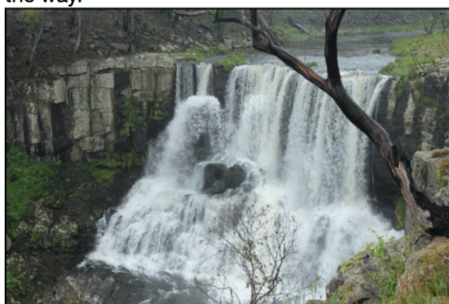
Thirty AMPC members and friends boarded the train at Hornsby on **Friday the thirteenth** of March 2020 for a seven-hour trundle along the 450km of track to Armidale. By comparison, Tokyo to Osaka, 400 km, takes about two-and-a-half to three hours.

Saturday was a first familiarising trip around the town of Armidale, the highest 'city' in the country, by the bus that was to become familiar, and then to a historic stately home, Saumarez House, in the afternoon. This originally belonged to the Armidale founding family, Dumaresq.

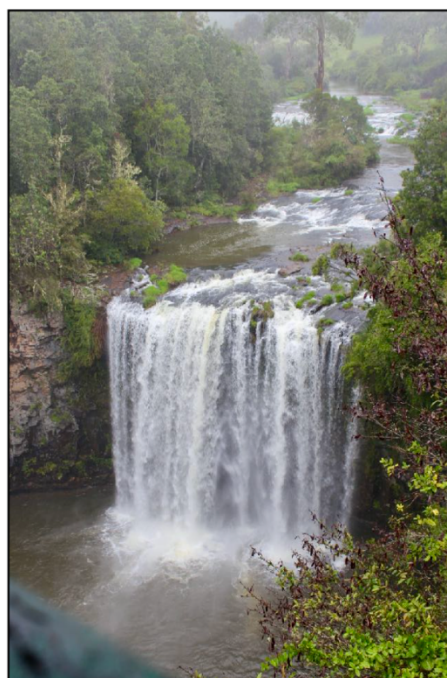


ARMIDALE Saumarez Worker Frank Parsons and Angus Dougall

Sunday was a bus run to Dorrigo about 125 km to the east, visiting Ebor and Dangar Falls along the way.



DORRIGO Ebor Falls



DORRIGO DANGAR Falls



Hillsdale-Dorrigo Bushfire recovery

Up to this time, on the train and elsewhere, all had been lush green, with not a sign of the recent catastrophic bushfires. But on the run to Dorrigo the burnt-out bush was unmistakable, the blackened deva-

station everywhere becoming hidden by bursting new growth following the still more recent deluges of rain.

We peered from the bus at the Dorrigo railway museum with a huge collection of old carriages and engines.

Monday featured the Armidale Art Gallery, as well as a bus run around the University of New England.

That morning, too, it was 23km southwest to Uralla, famous for Frederick Ward, the bushranger known as Thunderbolt, who is especially associated with Uralla. Earlier in his career he had escaped from Cockatoo Island, to become later a Robin Hood figure in the New England District. The AMPC group visited McCrossin's Mill Museum and there learnt his story.



URALLA Museum Volunteer Cheryl telling the Thunderbolt story



URALLA Thunderbolt & horse statue (and Yenda Holland)

This was followed by a visit to Thunderbolt's Rock, and then to the cemetery where the beloved scoundrel has pride of place near the entrance gate.



URALLA Thunderbolt's Rock AMPC group. Bus driver Dave, left.

In the afternoon there was a second visit to the University, and notably to its first building and location of the main administration, the stately pile known as Booloominbah.

Tuesday the bus went to Guyra 38 km north of Armidale, to view two sites of Costa tomato greenhouses covering over 20 hectares: the largest such operation in the southern hemisphere. On approaching the massive second and newer site, the visitor could easily mistake the greenhouses extending practically to infinity for a substantial lake.

Then onto Box Hills cattle (Aberdeen Angus) and sheep property not far away. Here there was a curious connection to us: the proprietor's wife, Nicole, is AMPC member Barry Rooke's daughter. Her husband, Nigel, who impressed with his professionalism, knowledge of the economics of successful farming and much else, soon added a demonstration of whistling his kelpie dogs, to manage both steers and merinos with uncanny competence.



GUYRA Box Hills Station. One of its steers, with ear tags. These steers are bought at about 250kg in weight each, and fattened up over a year or more to over double their initial weight, before being on-sold. The weight gain is around 0.8kg a day.

We saw inside a shearing shed, where at certain times five men in a line labour all day long shearing around 200 sheep each, a backbreaking pursuit.

Then it was on to Moree, about 230 km to the north west, for a change of weather from the cool highlands of Armidale and Guyra, to always hot Moree. This town is known for, among other things, its artesian hot springs: there was one of these at the aptly named Artesian Motel where we were booked in, which some of the party tested.

Wednesday, the final day, featured a visit to a pecan farm: something easier stated than comprehended. Pecan nuts grow on trees, and there might have been 95 000 of them at Trawalla (meaning flood waters in the local Kamilaroi language). This establishment, set in a bend of the Gwydir River 35km east of Moree, had what seemed to be about 1000 endless rows of pecan trees. These were all 15m high and set precisely 10m apart, their branches often meeting across the dividing strips, combining to make a massive orchard of greenery of overwhelming proportions. There is probably no bigger pecan project anywhere.



MOREE 35km east: Trawalla Pecan farm Tree row

And that was that. The Armidale–Moree adventure was organised with ingenuity and surprising interest, without mishap or delay, by Jim and Judy Thompson.

JEREMY STEELE: Thursday 19 March 2020



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10 Years Membership

Rhondda Wilson has reached 10 years of membership of AMPC. Well done!



Breakfast at Bobbin Head



On Monday 24 February, a group of 40 or so members had a lovely breakfast at the Bobbin Inn Café in Ku-ring-gai Chase National Park. There was much talk & laughter though trying to eat chips for breakfast was a bit of a challenge!

These Activities cancelled until further notice due to Covid 19

Dolls: Barbara Williamson

When: The Wednesday after the meeting
Where:
Time: 10.00 a.m.
What to Bring: Sewing Needles
Contact: Confirm with Barbara

Mah-jong: Pam Clarke

1.30pm at the Bowling Club **every Wednesday**
Any enquiries: - Pam Clarke

Card Playing 500: Mary Glasby

Asquith Bowling Club Cost Free, 10.00am, 1st & 3rd Wednesday.
The game lends itself to varying numbers of players, which is helpful as numbers vary from seven to fourteen. There is plenty of room at the club so we can make up a number of tables. Again, no cost unless you choose to buy coffee or a drink. **Enquiries, Mary Glasby.**

Theatres: Rhonda Wilson

Dining Out: Vicki McPherson

Pot Luck Meal: Anne Heaton

Hello Everyone, I am co-ordinating Pot Luck Dinners this year.

In view of the current Corona Virus situation I doubt that we will get underway for possibly six months.

I would still like to have a list of interested Members so that we can get underway as soon as able.

Regards.

Anne Heaton.

Tours/Activities: Jim & Judy Thompson

No tours/activities are planned for the near future. Judy sent this recipe from the Club's recent trip to a cattle/sheep station in Ben Lomond.

Mandarin & Almond Cake

Ingredients

- 3 mandarins (I would suggest a couple more)
- 6 regular eggs
- 1 cup caster sugar
- 2 cups almond meal



Instructions

1. Place the whole mandarins into a saucepan.
2. Cover with water and bring to a gentle boil.
3. Reduce heat and simmer for 1 hour, careful not to let the water evaporate.
4. Cool completely before splitting open to remove the seeds.
5. Using a hand-held blender, purée.
6. Preheat oven to 160°C.
7. Line a 22cm cake tin with baking paper.
8. Using an electric mixer, beat the eggs and sugar on a medium high speed for 8 minutes or until the mixture is thick, pale and tripled in volume.
9. Add the purée and almond meal and fold gently with a large metal spoon until just combined.
10. Spoon the mixture into the prepared tin.
11. Bake for 1 hour or until a skewer inserted into the centre comes out clean.
12. Set aside for 15 minutes to cool.

