



# 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

From the President

I hope you and your family members are well and managing with restrictions and other changes. For many people these times are very difficult and we feel especially for the people of Victoria.

It is obvious now that we are going to have to live with this virus for quite some time to come. We need to make sure we can cope with separation from family or other difficulties for as long as it takes. We need to reach out to other people and stay in contact as best we can. We may have to learn new skills like using Facetime or Zoom, certainly calling a few people by phone regularly. It is also important to find meaningful activities that will keep us occupied and keep up regular exercise. Seek help if you need it.

As a Committee, we are trying to arrange events and meetings as best we can under these conditions so people can get together. We hope you will find something you can join in with but we understand some will find this hard.

## A reminder of who your 2020 Committee Members are!

With Best Wishes

Nick Speyer  
President



## Meeting Dates

Thurs. 3 September 2020  
Thurs. 1 October 2020  
at **Asquith Golf Club**

Arrive 9 am for a 9.30am start

Website:

<http://www.asquithmixedprobus.org.au/>

Email: [info@asquithmixedprobus.org.au](mailto:info@asquithmixedprobus.org.au)

[webmaster@asquithmixedprobus.org.au](mailto:webmaster@asquithmixedprobus.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.

- Discussion was held regarding rules that need to be complied with at September General Meeting at Golf Club. These will be emailed to members and posted to members who do not have email. Remember if you are not well, please do not attend meeting.

Phone or email Barry Willick to register your intention of attending meeting. We would prefer members to wear a mask.

- It was decided to hold our birthday picnic in October at Crosslands. This will be a BYO everything due to Covid-19 restrictions. Members can spread out and there will be no cost.
- 
- A birthday cake will be enjoyed at our October meeting which is our true birthday.
- If anybody has ideas of suitable places to go, during this Covid-19 period, could they suggest them to Jim & Judy.
- **Annual Probus Day** - we will celebrate this day at Crosslands this year as it can be celebrated any day in Oct.

Information from Probus South Pacific

*This annual celebration will be held on 1 October 2020 – this date is known as the United Nations Day of Older Persons across the world. International days like this are used to raise awareness and for our Community in Australia and New Zealand, it will be known as Probus Day. A day where we will celebrate what is great about Probus and actively promote it in our part of the world.*

Pam Slater - Secretary



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When you move your banking to Berowra & District **Community Bank**\* Branch you'll have access to great banking products, premium customer service and a deeper satisfaction of knowing your banking is making great things happen in your community.

Drop into your nearest branch at Shop 9,  
1C Turner Road, Berowra Heights or  
phone 9456 2265 to discover the  
impact your banking can have.



**Bendigo Bank**  
Bigger than a bank. [bendigobank.com.au](http://bendigobank.com.au)

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(16/08/2017)



# AMPC COMMITTEE MEMBERS 2020-21

AMPC Committee Members 2020-21		Phone	Email	
	<b>Officers</b>			
President	Nick Speyer			
Vice-President Elect	John Channon			
Vice President	Angus Dougall			
Secretary	Pam Slater			
Treasurer	Yenda Holland			
	<b>Committee</b>			
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			

## August 2020 Treasurer's Report as at 6 August, 2020

Income received for year to date	\$8,660	
Offset by expenses of	<u>\$4290</u>	
Year to date surplus balance		\$ 4370
Add previous year's surplus of		<u>\$ 6,793</u>
Gives an overall member surplus of		<u>\$11,164</u>
This surplus consists of cash of		\$13,260
Less liabilities – mainly activities paid in advance	<u>\$ 2097</u>	
Total member equity		<u>\$11,164</u>

*Yenda Holland*

10 August, 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.

## Other Activities

Men's Group	Robert Allison	Dolls	Barbara Williamson
Auditor		5 <sup>th</sup> Thursday BBQ	Lance Williamson
Books DVD, Jigsaw	Sunny Dougall & Robert Montgomery	Mah-jong	Pam Clarke
		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

## Programme / Speaker

Our August speaker, Michael Du Plessis, gave us an interesting and informative presentation via Zoom on explosives. Quite coincidentally, this was the day after the massive explosion in Beirut.

In September, our speaker is Noel Phelan, a volunteer speaker with the Australian National Maritime Museum. The topic is THE SINKING AND SALVAGE OF COSTA CONCORDIA which sank on the 13<sup>th</sup> January 2012 one hundred years after the TITANIC sank and in similar circumstances.

## HOSPITALITY / DINING OUT

During these difficult times, it's very hard to organise eating out events with limited numbers everywhere and no sharing of food etc. With this in mind we have decided that this year's birthday picnic on **Thursday 15th of October** will be at **Crosslands Reserve** at the end of Somerville Road Hornsby Heights, where we will be able to spread out (those of you that were on Laurie's walk will remember how nice it was) We ask that everyone bring their own picnic, drinks and chairs etc. there are a few shelters if the weather is not too good. Please let Vicki know either by email or by text to mobile if you will be attending.

At our Thursday 1st October meeting at the Golf Club, where hopefully we can meet face to face, we will be celebrating our club's birthday and the recently announced annual Probus Day with a cake at morning tea.

I'm also thinking about organising a lunch at Ryde TAFE for November, if you would like to come to that please indicate YES or NO, by email or text as above (I will no doubt be limited to about 20), so I can book as soon as possible. The cost of this is \$30. The TAFE has limited numbers at the moment (the dreaded COVID again, sorry)

Our Christmas lunch will be on Thursday 3rd of December at the Golf Club, more on this later.

## **WELFARE**

I know hospitals are mostly for the sick and to be a patient for any longer than you have to isn't a sensible move BUT I'm absolutely amazed with Jo Willick.

Jo was admitted to SAH last Friday (21<sup>st</sup> August) to have surgery for the removal of a kidney. Surgery commenced at approximately 2:30pm and Jo was back on the ward that night. Not wishing to intrude but wanting to know how Jo was, I sent a text last Sunday asking after Jo. I was told, "she was doing really well after her long and successful surgery and would be going home Monday if all was well". I'm pleased to say 'all was well' and Jo has been home since Monday – 2½ days after surgery. **INCREDIBLE.**

Special hello to Robin Whalen, hope you're now feeling a whole lot better.

Something to think about in the current situation:

Remember when our kids were little and they had underwear with the days of the week embroidered on the front. I really wish they still made them (but for adults). It'd certainly make it easier for me to know what day it is.

Denise Mayhew

## **10 YEARS MEMBERSHIP**

**Congratulations to Denise & Barry Mayhew & Robin Whalen.**



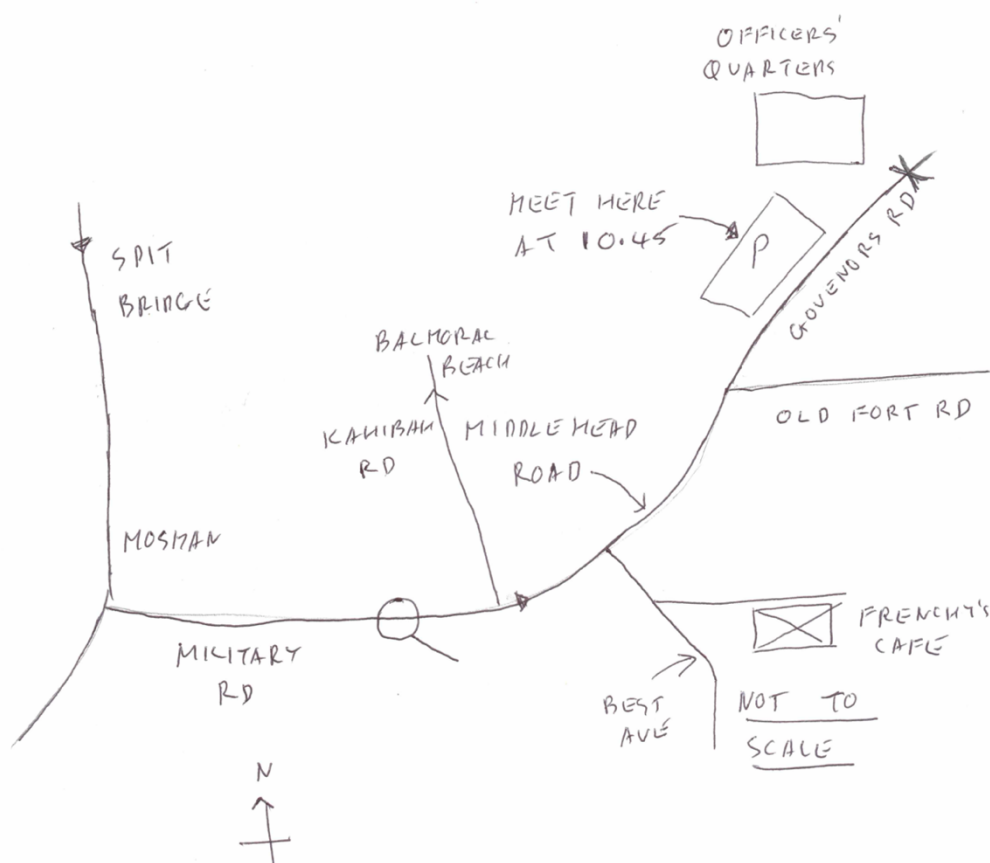


## ACTIVITIES Jim & Judy Thompson

### THURSDAY 17 SEPT 2020. MIDDLE HEAD AND BALMORAL BEACH

Drive yourself to Middle Head (via The Spit). At Mosman take Military Road and Middle Head Road. We will meet at the parking area at the end of Governors Rd at 10.45 am. Those needing a coffee should stop at Frenchy's Cafe on the way which is off Best Ave (See the enclosed map). There will be a short talk on the history of Middle Head and its fortifications. We will then wander amongst these fortifications and admire the splendid views of the Harbour. We will then drive down to Balmoral Beach where we will have take-away fish and chips at The Bottom of the Harbour Cafe which is on the waterfront. There is no charge for this activity but those attending must register with me at [thstokes@ihug.com.au](mailto:thstokes@ihug.com.au) or 94773609. It is strongly recommended that you all wear masks.

Jim and Judy Thompson



**This Activity involves walking over irregular grass surfaces & concrete steps.**

## Ku-Ring-Gai Wildflower Garden

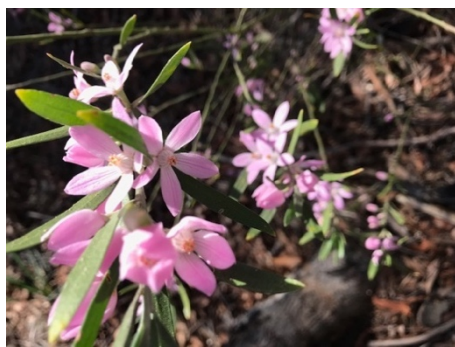
### WILDFLOWER GARDEN TOUR 20 August

It was a perfect sunny day at the Garden. We were served tea/coffee and scones with delicious Lilly Pilly Jam in the Dampier area.

Our guide, Jenny, who was extremely knowledgeable, took us on a walk through the bush trails, she pointed out the abundance of wildflowers.

We learnt about the features of the plants and how they provide in many ways for the birds, bees and butterflies.

We heard wonderful stories about tadpoles, ducks & turtles, we finished our day with a BYO picnic lunch.



### WALK REPORT LAURIE KEATON

In an effort to provide a healthy outdoor activity and afford some social contact whilst complying with COVID 19 Restrictions the following information is provided to facilitate understanding of decisions on rescheduling activities listed below.

We have the **option of conducting walks** as a **public gathering with a 20-person maximum** practising social distancing **OR** operate under **Community Sport Guidelines** which allows more participants but more regulations are in place. This was outlined in a required safety plan in pictorial form lodged with committee. The plan complies with our protocols for outdoor activities.

On **August 19 advice was issued on Minimising the Risk of Covid-19 Transmission**. This advice is in **force for a period of 6 weeks**. Whilst specifically referring to competitive sport some of the advice on avoiding car pools and bus travel, post fixture lunches & out of region travel are particularly relevant.

**Cremorne Mosman has been rescheduled to allow over 20 registrations.**

Our activities will now have a designated start and finish point. Travel is the member's choice and responsibility and lunch arrangements are personal choice with attendance as per Venue Covid Plan.

Communication is rather difficult so PLEASE ACKNOWLEDGE RECEIPT OF PERSONAL EMAILS. Please Note the **Program changes in Red**.

## **FUTURE WALKS**

### **Thursday 24 September: Brooklyn.**

**Drive Yourself** Details in a separate email when finalised. 1 short 1 long walk- Maximum Of 20 each walk. **Registrations:** close Thurs 13 September with

### **Thursday 22 October Laurie Cremorne/Mosman**

**Where:** 1 hour **Easy walk around Cremorne Point** including the Lex and Ruby Gardens.  
**TO BE CONFIRMED.**

**Start Point:** Cremorne Point Wharf 10.50 am

**Finish Point:** Mosman Rowers Club 11.50 am.

**Getting there:** This is member responsibility. You may drive - parking is limited.

Best Option 0856 train From Berowra. 0910 Hornsby. Arr. Wynyard 0953.

Cars 3 and 4 on forward journey. Spread out & **Wearing a Mask is recommended.**  
From Wynyard Walk or train to Circular Quay and then coffee.

Mosman Ferry 1030 from Wharf 4 to Cremorne Point (Covid limit 142 Passengers)

**Lunch:** Mosman Rowers. You will be marshalled into table groups – Max 10 per table.

Mingling from table to table is not permitted.

Order from the a la carte menu and payment is by card only.

**Registrations: Closed August 27<sup>th</sup>.** Late fee a bottle of red. Registrations were notified by email.

**Participants will receive revised details in due course.**

### **Thursday 25 November Lead Barry Brown Collaroy**

**Where:** Easy Walk from Collaroy B Line Bus Stop to Dee Why Beach.

**Start Point:** Collaroy B Line Bus Stop 11 am – Meet your lead there.

**Finish Point:** Dee Why Beach followed by takeaway near the beach.

**Getting There:** This is member responsibility. You may drive.

Best Option 0856 train From Berowra. 0910 Hornsby. Arr. Wynyard 0953.

B Line Buses from Carrington street depart every 10 minutes.

**Registration by email only** to [ljkeaton@bigpond.com](mailto:ljkeaton@bigpond.com) by Thursday 29 October. Late fee a bottle of Red.



## **THEATRE PARTY**

**THE GOOD OLD DAYS CONCERT** at Sydney Town Hall with perhaps lunch prior. Details are:

Monday, 2 November, 2020  
11am & 2pm

### **"IN THE SWING!"**



### **IN THE SWING!**

STARRING 35 PIECE NSW POLICE CONCERT BAND  
SYDNEY TOWN HALL  
2 NOVEMBER 2PM  
\$45 per ticket

### **TICKETS STILL AVAILABLE**

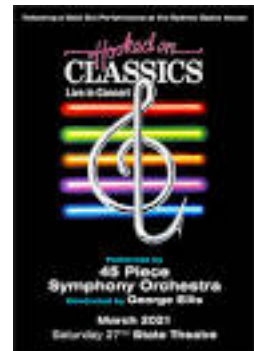
**PAYMENT DUE WHEN CONCERT IS CONFIRMED**

**HOOKED ON CLASSICS** with 45-piece

Symphony Orchestra

27 MARCH 2021

3PM STATE THEATRE



Price: **\$79.00 person** Payment Due: No later than **December Meeting**

***Hooked on Classics*** made classical music accessible to music lovers around the world. Creating the perfect blend of symphonic classical masterpieces, played over a continuous beat. The concept added a new dimension to the work, re-energizing the Classical Classics – Mozart to Bach, Vivaldi to Mendelssohn, Tchaikovsky to Strauss. <https://www.youtube.com/watch?v=3SStdJ59OII>

## **COME FROM AWAY** **THE REMARKABLE TRUE STORY**

This Tony and Oliview Award winning musical tell the remarkable true story of thousands of stranded passengers and the small town in Newfoundland, Canada that welcomed them all.

Good News - Our Group Booking is now on:

WEDNESDAY 18th AUGUST, 2021

1:00pm

CAPITAL THEATRE (note change of venue)

PRICE: \$75.00

**HAMILTON** -on the waitlist when group bookings open.

Stay safe and well, Regards **RHONDA**

### **Alexander McCall Smith Books on our Book Exchange Table**

It would seem unusual that a Professor Emeritus of Medical Law at the University of Edinburgh, would also be a prolific author, with over 80 books published on a wide array of subjects.

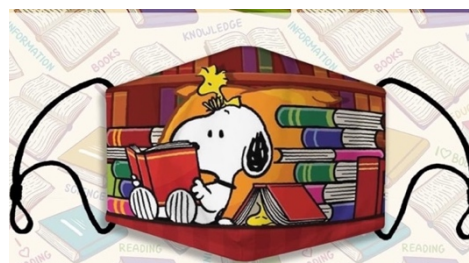
Alexander McCall Smith holds honorary Doctorates from thirteen universities. These books have been translated into 46 languages, including the award winning 'the No.1 Ladies Detective Agency' series set in Botswana and which the BBC made into a TV series several years ago. We see Mma Ramotswe and Mma Makutsi gently solving problems and crimes with common sense and wisdom.

Another group of novels is his '44 Scotland Street' series, discussing the loves, adventures, problems, losses and day to day lives of those living in the flats in 44 Scotland Street. Again, full of observations on human nature and presented with quiet wisdom.

Then there are the 'Isabel Dalhousie' series and the 'Corduroy Mansions' series, as well as a number of other novels.

McCall Smith may not be for everyone, as he does not have superhero's who can do anything; but if you enjoy a good story, told simply, but which absorbs you completely, then these novels are little gems, well worth reading.

Angus Dougall.



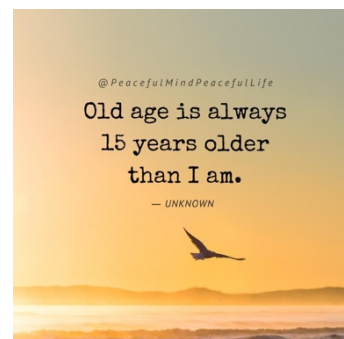
### **Church Ladies With Typewriters**

**They're Back! Those wonderful Church Bulletins! Thank God for the church ladies with typewriters. These sentences actually appeared in church bulletins or were announced at church services:**

**The Fasting & Prayer Conference includes meals.**

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**Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.**

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**The sermon this morning: 'Jesus Walks on the Water. 'The sermon**



tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So, ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Please place your donation in the envelope along with the deceased person you want remembered.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church Please use large double door at the side entrance

And this one just about sums them all up:

The Associate Minister unveiled the church's new campaign

slogan last Sunday: 'I Upped My Pledge - Up yours



It's wonderful to see how Australian's are adhering to the social distancing rules. When I go shopping with my favourite bag people not only give me 1.5m but actually cross the road and run away! 😊



### ***From Johns Hopkins Hospital regarding the Covid-19 virus...***

**This virus is not a living organism.** It is a protein molecule (RNA or DNA) covered by protective layer of lipid (fat), which, when absorbed by the cells of the ocular (eyes), nasal (nose) or buccal mucosa (mouth), changes their genetic code (mutates) converts into aggressor and multiplier cells.

Since the virus is not a living organism, but is a protein molecule, it cannot be killed. It has to decay on its own. **The disintegration time depends on the temperature, humidity and type of material where it lies.**

**The virus is very fragile; the only thing that protects it is a thin outer layer of fat, and that is the reason why soap or detergent is the best weapon. The foam CUTS THE FAT (that is why you have to scrub for 20 seconds or more, to create lots of foam). By dissolving the fat layer, the protein molecule disperses and breaks down**

HEAT melts fat; this is why it is necessary to use water above 77 degrees for washing laundry and cleaning surfaces. In addition, hot water makes more foam, making it more effective. \*

Alcohol or any mixture with alcohol over 65% DISSOLVES ALL FAT, especially the external lipid layer of the virus.

**Any solution with 1 part bleach and 5 parts water directly dissolves the protein, breaking it down from the inside**

Oxygenated water increases the effectiveness of soap, alcohol and chlorine, because peroxide dissolves the virus protein. However, because you have to use it in its pure form, it can damage your skin.

NO BACTERICIDE OR ANTIBIOTIC WILL WORK because the virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

The virus molecules remain very stable at colder temperatures, including air conditioning in houses and cars. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm and bright environments will degrade the virus faster.

UV LIGHT on any object that may contain the virus breaks down the protein. Be careful, it also breaks down collagen (which is protein) in the skin.

The virus CANNOT go through healthy skin.

Vinegar is NOT useful because it does not break down the protective layer of fat.

NO SPIRITS, NOR VODKA, serve. The strongest vodka is only 40% alcohol, and you need a minimum of 65%.

LISTERINE is 65% alcohol.

The more confined the space, the higher the concentration of the virus there can be. The more open or naturally ventilated, the less

You have to wash your hands before and after touching any commonly used surfaces such as: mucosa (mouth area), food, locks, knobs, switches, remotes, cell phones, watches, computers, desks etc...and don't forget when you use the bathroom.

You have to MOISTURIZE YOUR HANDS due to frequent washing. Dry hands have cracks and the molecules can hide in the micro cracks the thicker the moisturizer, the better.

Also keep your NAILS SHORT so that the virus does not hide there.

