



Asquith Mixed Probus Club BULLETIN

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

Speakers

Most of us knew Sylvia Gratton as President of our Probus last year, but as our speaker in May, we saw and heard another Sylvia, sharing her passion and compassion for the people and country of Ethiopia.



We heard of obstetric fistula, an internal injury caused by an obstructed childbirth, which leaves women incontinent, humiliated and cut off from their communities. Obstetric fistulas are virtually things of the past in Australia and other western countries, but in rural Ethiopia, where women have little or no access to maternal healthcare, they will be in agonising labour for days if their birth is obstructed. They almost always lose their baby and suffer horrific internal damage leaving them leaking urine, faeces and sometimes both.

Our June speaker will be Mark Bundy, Operations General Manager at Rookwood. Mark commenced his career at Rookwood in 1992 and has held various roles within the business. He has a wealth of knowledge when it comes to Rookwood's fascinating and sometimes quirky facts.

Walk Report

27 members participated in the Iron Cove Walk of just over 7.5km on a warm sunny day. This was followed by lunch at the popular Drummoyne Sailing Club. It was great to have Keith Carson with us.



Here they are at Rodd Park where they had morning tea

Meeting Dates

Thurs. 6th June, 2019
Thurs. 4th July, 2019
at **Asquith Golf Club**

Registration 10.15am for a 10.30am start

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

*Bulletin: Editor: Nick Speyer
Asquith Mixed Probus 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*

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Committee Notes - May, 2019

There was a suggestion of a tour to Cowra over Easter when there is a Hot Air Balloon Festival, and also Orange over the same period during the Wine Festival.

Jim Thompson has a variety of outings coming up; please think about your capabilities with walking, steps, rocky surfaces etc.

We are getting new members coming through most months, so can we all remember to wear our badges; this helps new members to get to know each of us.

Gentlemen - don't forget if you wish to do an extra activity during the month, please see Robert Allison as he's happy to co-ordinate a group for men to socialise. He will be looking for ideas of what you may wish to do - coffee and chat, typical men's movie that your wife doesn't want to attend.

Five members of the Committee went to an Information Day put together by Probus South Pacific recently. Some good ideas may come from this event.

The Emergency Contact list is up to date, but if your family have changed their address or phone no. could you please inform the Secretary so that club organisers have the correct information when you are out walking, dining, at theatres etc. just in case there is a problem.

Pam Slater - Secretary - May 2019

AMPC Committee Members 2019-20

AMPC Committee Members 2018-19		Phone	Email
	Officers		
President	Sandra Death		
Vice-President Elect	Nick Speyer		
Vice President	John Channon		
Secretary	Pam Slater		info@asquithmixedprobus.org.au
Treasurer	Yenda Holland		
	Committee		
Bulletin	Nick Speyer		
Hospitality	Vicki McPherson		
Membership	Barry Willick		
Programme	Mary Potter		
Tours/Excursions	Jim & Judy Thompson		
Welfare	Denise Mayhew		
Assistant Secretary	John Davies		
Historian/Public Officer	Sandra Death		
Assistant Treasurer	Dianne Watson		
Past President	Sylvia Gratton		



Other Activities

Cluster Ambassador	Anne Heaton	Dolls	Barbara Williamson
Auditor	Angus Dougall	5 th Thursday BBQ	Lance Williamson
Books DVD, Jigsaw	Sunny Dougall & Robert Montgomery	Mah-jong	Yenda Holland
		Theatres	Rhonda Wilson
Dining out	Vicki McPherson	Trivia	Mary Potter
Cards 500	Mary Glasby	Walks	Laurie Keaton
Pot Luck Meals	Rhonda Wilson	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 19th May, 2019

Income received for year to date	\$8,177	
Offset by expenses of	<u>\$5,054</u>	
Year to date surplus balance		\$ 3,123
Add previous year's surplus of		<u>\$ 7,371</u>
Gives an overall member surplus of		<u>\$10,494</u>
This surplus consists of cash of	\$12,055	
Less liabilities – mainly activities paid in advance	<u>\$ 1,561</u>	
Total member equity	<u>\$10,494</u>	

Yenda Holland

19 May, 2019



Move to a local bank.

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.

Bank Local

Bendigo Bank
Bigger than a bank. bendigobank.com.au

Bendigo and Adelaide Bank Limited, ABN 11 068 049 178
AFSL / Australian Credit Licence 237879, A2324 9601 (36/480_y1)
13/08/2017

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.



Walks Program: Laurie Keaton

Thursday 27 June - Long Jetty to The Entrance

Contact is John Britten

REGISTRATIONS ARE CLOSED. RESERVE LIST ONLY

- Where:** Long Jetty to The Entrance. 1.25hr easy walk
- Travel:** Train 0924 Hornsby to 0933 Berowra Arr Tuggerah.1031.
Bus to near Long Jetty Start of Walk.
- Lunch:** Lunch at Hotel in The Entrance.
\$18 Seniors or eat any other local eatery. No Coffee Stops.

Thursday 25 July - Centennial Park and Busby Swamp.

Extension to Paddington Reservoir Gardens.

REGISTRATIONS: Maximum of 35.

- WHERE:** 2.8 walk around the precincts of Busby's Pond. Coffee Stop at Park kiosk.
Then stroll to reservoir gardens. 5km total. Easy to undulating.
- TRAVEL:** INTERCITY Berowra 0854 Hornsby Plat. 3, 0904

1002 Bus Rte. 339 Stand C Eddy Avenue to Govett Street Gates.

Return train from Oxford Street
- LUNCH:** Paddington RSL.
- CONTACT:** Laurie

Tours/Activities: Jim & Judy Thompson

Sixteen members enjoyed a pleasant day at Manly on 18 April. The harbour was at its sparkling best and after a stroll down the Corso we had fish and chips on the beachfront overlooking the ocean. Overall a very relaxing day.

Thursday 20th June - Wendy Whitely Secret Garden, Lavender Bay

We will catch the 9.11 train from Hornsby (depart Berowra 8.57) to North Sydney, walk down to the beautiful and unique garden. BYO morning tea .

There are quite a few steps and hills.
Lunch at Kirribilli RSL.

Thursday 18th July - Christmas in July

Waterview Restaurant at Berowra Waters, Cost \$47. Drive yourself.

Payment due at June or July meeting.

Other Outings

Thu 15 Aug. Goat Island. Dep Circular Quay 9.30 am, return 1.30 pm. We will have a guided walking history tour. Cost \$33 conc. Bring your own morning tea. Lunch at MCA Cafe.

Thu 19 Sep. Hawkesbury River History Cruise. Dep Brooklyn 9.35am. More details later. NB There are quite a lot of steps at Hawkesbury River Station. If this is a problem you may wish to travel by car.

Thu 21 Nov. Mt Tomah Botanical Gardens. Travel by coach. More details later.

24 September - 4 day trip to Cowra - Contact Yenda Holland

Cost \$780, \$215 S/S. Visit, Mayfield Garden, Parkes and Forbes.

\$100 deposit payable now.

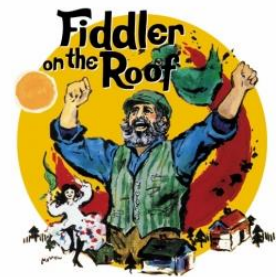
Theatres: Rhonda Wilson

FIDDLER ON THE ROOF

CONCOURSE THEATRE CHATSWOOD

SUNDAY 20th OCTOBER 1:30

\$55 PAYMENT DUE BY SEPTEMBER MEETING



CHICAGO

WEDNESDAY 18 SEPTEMBER 1:00pm

CAPITAL THEATRE - \$70

PAYMENT BY JULY MEETING

..... has everything that makes a Broadway great: one show-stopping song after another and the slickest dancing in town. Chicago has been honoured with numerous awards and is the longest US show playing on Broadway.

Starring Natalie Bassingthwaite, Alinta Chidzey and fabulous Casey Donovan as Matron "Mama" Morton.



BILLY ELLIOT

UNFORTUNATELY DUE TO BILLY ELLIOT CLOSING EARLIER (DECEMBER) THE DATE HAS BEEN CHANGED TO 13 NOVEMBER, 1:00 SYDNEY LYRIC

\$80.00 PAYMENT DUE BY SEPTEMBER MEETING.

My apologies, but the first I knew of the early closing was a phone call from Ticketmaster. There was not a lot of available dates to choose from. I hope this date suits

Acclaimed by audiences and critics alike, it has now been seen by over 12 million people across 5 continents and is the recipient of 85 awards internationally, including 10 Tony Awards, 5 Olivier Awards and 8 Helpmann Awards.

CHARLIE AND THE CHOCOLATE FACTORY

Tickets available for collection at the June meeting

Dining Out - Vicki McPherson

Tuesday 13th August - Lunch in the Ambassador Room at Ryde TAFE

This is a three course meal including drinks. The cost is \$30.00

From my expressions of interest form at our last meeting I have 38 people, maximum will be 40. I am waiting on confirmation from TAFE regarding the date. TAFE advise me they have 'pencilled' us in as bookings for next term aren't open yet, they will email me when this is confirmed. I will keep everyone updated. Payment will be at July meeting.

OTHER ACTIVITIES

Trivia Nights: Mary Potter

A club group attends trivia at Asquith Bowling Club on the first Wednesday night after the monthly general meeting. Starts at 7.00pm and there is no entry fee. Enquiries Mary Potter,
Next date is Wednesday 12 June.

Dolls: Barbara Williamson

When: Wednesday after the meeting, 12th June
Where:
Time: 10.00 a.m.
What to Bring: Sewing Needles
Contact: Confirm with Barbara

Mah-jong: Yenda Holland

1.30pm at the Bowling Club **every Wednesday**

Beginners Mah-jong: Yenda Holland

The course for mah-jong beginners will start on at 1.30pm at the Asquith Bowling Club and will run for eight weeks. Please advise Yenda () if you would like to attend.

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:**

Book Exchange Table:

Sunny Dougall and Robert Montgomery

Have you ever watched 'Morse' on TV; or perhaps 'Inspector Banks' ?
Both of these TV shows came from novels originally, and they are good novels for police who-done-it readers. Colin Dexter wrote 'Morse' and Peter Robinson wrote 'Banks' - we have one of each for you to try. But our book of the month is 'Cold Mountain' by Charles Frazier - a gripping tale of a wounded civil war soldier trying to make it back home through the carnage of war. Memorable. *Sunny Dougall*

UPCOMING ACTIVITIES

Date	Activity	Convener	Page	Phone
Every Wednesday	Mah-jong	Yenda Holland	6	
5 th & 19 th June	500 Cards, Asquith Bowling Club	Mary Glasby	6	
6 th June	General Meeting	Sandra Death	-	
12 th June	Trivia @ Asquith Bowling Club	Mary Potter	6	
12 th June	Dolls	Barbara Williamson	6	
13 th June	Committee Meeting	Sandra Death	-	
20 th June	Wendy Whitely Secret Garden	Jim/Judy Thompson	4	
27 th June	Walk: Long Jetty to Entrance	John Brittan	4	
5 th July	Up Close and Personal	Rhonda Wilson	-	
9 th July, 2019	Charlie and the Chocolate Factory	Rhonda Wilson	5	
18 th July	Christmas in July	Jim/Judy Thompson	4	
25 th July	Centennial Park & Busby Swamp	Laurie Keaton	4	
13 th August	Dining Out at Ryde TAFE	Vicki McPherson	6	
15 th August	Goat Island Trip	Jim/Judy Thompson	5	
18 th September	Chicago	Rhonda Wilson	5	
19 th September	Hawkesbury River Historical Cruise	Jim/Judy Thompson	5	
24 September	4 day trip to Cowra	Yenda Holland	5	
20 th October	Fiddler on the Roof	Rhonda Wilson	5	
29 th January 2020	Billy Elliot	Rhonda Wilson	5	

Lakes Entrance Away Trip

It doesn't seem that long ago that Probus members undertook our first away trip. That was to Taree way back in April 2010, and now it seems we are still able to get away and enjoy ourselves in the company of friends, seeing new places, eating too much and widening our friendships.



And so to our recent away trip, 33 members and friends (unfortunately without the Brogans) went by well driven coach, for 7 days, travelling south by the coast roads, and eventually returning home via Cooma and Canberra, having enjoyed mainly sunny, dry but cool weather, along the way.

A luncheon stop at delightful Kiama with very modest blowhole output, then south through Nowra, Ulladulla and on to Batemans Bay for our first night. The next morning at picturesque Narooma, we embarked on a speedboat where we came very close to sunbaking seals, followed by a high speed jaunt at sea which was enjoyed enormously.



All aboard the speedboat
at Narooma

We stayed at Bairnsdale for 4 nights, with wine tasting then lunch the next day at Wyanga Park Winery, and later visited Nyerimilang Park, a National Trust property of fine location and heritage appeal, where we stepped back into life in the 1800's.

A visit to St Mary's Catholic Church was our first stop on the Wednesday, with its ornately painted walls and ceiling, followed by lunch at Hans and Trudi Kosmer's lovely home and garden. Superb sandwiches! Later the interesting East Gippsland Aboriginal Krowathunkooloong Keeping Place, a museum of artefacts and information. Next day, a highlight of our trip away was a cruise along the immense inland waterway to the waterfront hotel at the little town of Metung for a standout lunch in the sun. Ideal.

On Friday we commenced our journey home through mountain towns of Orbost and Bombala to our lunch break at Nimmitabel. Then on to Cooma, the main service town for the Snowy district, for our last night away. Our last day Saturday took us to Canberra for a short tour around our National Capital, looking splendid in its autumn overcoat. Then Goulburn for lunch and home to Hornsby.

Our first trip to Taree was a fine week away, and yet all these years later, there is still the same comradery and friendship, so that again we enjoyed a great week away. Both of these trips (and many in between) were organised by Barbara Williamson, who should be praised for her efforts. Everything just seemed to fall into place. Well done.

Angus Dougall.

Welfare Report - Denise Mayhew

We've had a few members out of sorts this month, two of whom wish to remain anonymous. The first is recovering from knee replacement surgery and I've been told, is more than happy with the results. The second member has been admitted to hospital recently to have stents inserted and on another occasion for unexplained chest pain that has resulted in ongoing testing. I wish this member a very speedy diagnosis and recovery.

Joan Barnes had a fall before our last meeting which unfortunately needed to have a skin graft, my recent contact with Joan was very positive with her reporting the graft has healed perfectly and her doctor has given his clearance.

Mary Power hasn't been feeling totally well recently, but I'm sure with her positive attitude and terrific sense of humour, it shouldn't be too long before we see her again

I was advised at our last meeting that Georgina Hughes had also had a fall, suffering quite a few bumps and bruises. Despite all her 'sore' spots Georgina was determined to (still) go away on the trip to Lakes Entrance with the group that included her husband Vince. Unfortunately while they were away it became obvious that Vince was experiencing a general feeling of being unwell. After being admitted to hospital I believe he was an impatient patient and more concerned about a pain Georgina had developed in her foot. Both thought it may have been a thrombosis, but this wasn't the case and Georgina is now sporting a 'boot' to support the broken bone in her foot undetected in her initial 'fall' examination. Vince is still not feeling 100% well and is continuing on with more tests to determine the problem.

Thanks to Barbara Williamson for her recent phone calls, they were greatly appreciated.

Happy Birthday to members celebrating this month.

Denise Mayhew

10 Year Membership

Flo Campton attained 10 years membership in April.

What do you do with your photos?

Do you write a diary? People used to write a diary as a record of their activities but for many of us photos are the best record of memories of our family as they grow up, friends, our special events like weddings or birthdays, our travels and so on. They are precious reminders of all these things and many people say that if there was a fire the photos are among the first things they would save.

But what do you do with your photos? Are they in a shoe box hidden away in a cupboard? Are they all left on your phone or somewhere on the hard drive of your computer?

These days we take a large number of photos with our phones, iPads or cameras. They are easy to take but it takes time to sort and store them properly. I want to suggest that it is important to spend a bit of time doing that as we think how precious they are.

Here are some practical steps:

1. Download them to your computer.
2. Delete duplicates and photos that you don't want to keep.
3. At least label the folders you put the photos into so you can find them again (you can label the individual photos also to remember the people or places.
4. Back them up to an external hard drive in case your computer fails.
5. Then you might want to get some photos printed to put in an album or to frame, or make a photo book or a slide show so you can actually see your photos and show them to others.

In addition to these things there are simple editing programs where you can crop your photos (cutting out unnecessary background) and lighten areas that are in deep shadow, etc. These things can greatly improve your photos and are worth trying.

Nick Speyer



ASQUITH MIXED PROBUS CLUB INC

P O Box 3140 Asquith NSW 2077 Inc No: 9890687

Activities Payment Voucher

Today's
Date:

Name(s)

Activity
Name

Date of
activity

Activity cost
per person

\$

No. of
Persons

Amount
Paid

\$

Cash

EFT

Cheque

POS

Received By :

Date issued 1 June 2017

ASQUITH MIXED PROBUS CLUB INC

Inc No: 9890687

P O Box 3140
Asquith
NSW 2077

Receipt

To-days
Date:

Name(s)

Activity
Name

Date of
activity

No. of
Persons

Total
Paid

\$

Card Charge \$

Confirmed by:

Received by :

PLEASE RETAIN FOR ACTIVITY.



ASQUITH MIXED PROBUS CLUB INC

P O Box 3140 Asquith NSW 2077 Inc No: 9890687

Activities Payment Voucher

Today's
Date:

Name(s)

Activity
Name

Date of
activity

Activity cost
per person

\$

No. of
Persons

Amount
Paid

\$

Cash

EFT

Cheque

POS

Received By :

Date issued 1 June 2017

ASQUITH MIXED PROBUS CLUB INC

Inc No: 9890687

P O Box 3140
Asquith
NSW 2077

Receipt

To-days
Date:

Name(s)

Activity
Name

Date of
activity

No. of
Persons

Total
Paid

\$

Card Charge \$

Confirmed by:

Received by :

PLEASE RETAIN FOR ACTIVITY.