



# Asquith Mixed Probud Club BULLETIN

President: Sylvia Gratton  
Vice President: Sandra Death  
Vice President: Robin Roberts  
Secretary: Pam Slater  
Treasurer: Yenda Holland  
*Nick Speyer, Robin Doohan,  
Barry Gill, Denise Mayhew,  
Barbara Williamson, Mary Potter,  
Angus Dougall, Barry Willick,  
Pam Clarke, Jeremy Steele*

## At Our February Meeting



Dr Greg de Moore

The speaker at our February meeting Dr Greg de Moore kept us alternatively spellbound and laughing, with a few tears on the side. He told us about Australian, Dr John Cade, and his discovery of the healing power of lithium carbonate for patients with bi-polar disorder. We heard that the seeds of this work were observations he made as a prisoner of war in Changi. This was followed up after the war by further observations and experimentation, including using himself as a guinea pig. His long suffering wife even had her kitchen fridge filled with bottles of patient's urine. We think of lithium in terms of batteries, but the understanding of its use in bipolar disorder was the world's first breakthrough in psychiatric medication.

The March meeting is also the AGM. Because the length of time available for a speaker is uncertain and dependent on the meeting's proceedings, our mystery speaker is willing to talk without knowing for how long until the last minute. A courageous person!



Our President Welcomed Jo Willick and Lanie Kloosterman as new members,  
and gave Flo Campton her XC award for turning 90.

***Jan Martin (Berowra) will be a 10 year member and also Bob Burrows***

## Meeting Dates

Thurs. 7<sup>th</sup> March, 2019 AGM

Thurs. 4<sup>th</sup> April, 2019

at **Asquith Golf Club**

Registration 10.15am for a 10.30am start

Website: <http://www.asquithmixedprobud.org.au/>  
Email: [info@asquithmixedprobud.org.au](mailto:info@asquithmixedprobud.org.au)  
[webmaster@asquithmixedprobud.org.au](mailto:webmaster@asquithmixedprobud.org.au)

***Bulletin: Editor: Nick Speyer  
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.

## AMPC Committee Members 2018-19

AMPC Committee Members 2018-19		Phone	Email
	<b>Officers</b>		
President	Sylvia Gratton		
Vice-President Elect	Sandra Death		
Vice President	Robin Roberts		
Secretary	Pam Slater		<a href="mailto:info@asquithmixedprobus.org.au">info@asquithmixedprobus.org.au</a>
Treasurer	Yenda Holland		
	<b>Committee</b>		
Bulletin	Nick Speyer		
Hospitality	Robin Doohan		
Membership	Barry Willick		
Programme	Mary Potter		
Tours/Excursions	Barbara Williamson		
Welfare	Denise Mayhew		
Assistant Secretary	Angus Dougall		
Historian/Public Officer	Sandra Death		
Assistant Treasurer	Barry Gill		
Assist. Tours/Excursion	Pam Clarke		
Past President	Jeremy Steele		

## Other Activities

Cluster Ambassador	John Channon	Dolls	Barbara Williamson
Auditor	Angus Dougall	5 <sup>th</sup> Thursday BBQ	Lance Williamson
Books DVD, Jigsaw	Sunny Dougall	Mah-jong	Yenda Holland
	& Robert Montgomery	Theatres	Rhonda Wilson
Dining out	Robin Doohan	Trivia	Mary Potter
Cards 500	Mary Glasby	Walks	Laurie Keaton
Pot Luck Meals	Rhonda Wilson	Web Site	John Channon

## Treasurer's Report

as at 9 February, 2019

Income received for year to date	\$7,235	
Offset by expenses of	<u>\$ 489</u>	
Year to date surplus balance		\$ 6,746
Add previous year's surplus of		<u>\$ 7,370</u>
Gives an overall member surplus of		<u>\$14,116</u>
This surplus consists of cash of		\$20,483
Less liabilities – mainly activities paid in advance		<u>\$ 6,367</u>
Total member equity		<u>\$14,116</u>

*Yenda Holland*

12 February, 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](http://bendigobank.com.au)

Bendigo and Adelaide Bank Limited, ABN 11 068 049 178  
AFSL/Australian Credit Licence 237879, A2324 9901 (367480\_v1)  
(16/08/2017)

## **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.

## **Trauma Dolls**

Approximately 10 or 12 dedicated ladies join Barbara Williamson at her home monthly to take part in this wonderful activity making knitted trauma dolls for the sick children at Westmead Children's Hospital.

**3,100 dolls** have been donated to date since this fantastic activity started in late 2009. Morning tea is provided with yummy cakes so that the atmosphere is set for a morning of fun, camaraderie, knitting, sewing and assembling of these "dolls". Wool is found from many sources, and the colour combinations varies, could be colours of a football team, and so on."



## **Committee Notes - February Meeting**

Two exciting tours coming up - Lakes Entrance, including a trip across to Montague Island.

Also a 4 day tour to Cowra and surrounding districts.

Please don't forget to place any suggestions in the Clubs "Suggestion Box" - these items will be discussed at our Committee Meetings.

If you know any members who are unwell please advise our wonderful Welfare Officer - Denise Mayhew.

Discussion was held regarding tables for signing in, tours, theatres, walks, payments etc. Members congregate around that area and it makes it very difficult. It would be appreciated if members could take a few payment vouchers, or use the one in the Bulletin, and fill it out at home, and where possible pay by EFT from the comfort of your home. This would make things a little less congested if members weren't filling out forms on the day.

Pam Slater - February 2019

## **Fifth Wednesday BBQ**

Flo Campton celebrated her 90<sup>th</sup> Birthday at the January 5<sup>th</sup> Thursday BBQ.





## Walks Program: Laurie Keaton

33 members attended Mrs Macquarie's chair for the January outing. The evening stroll through the Botanical gardens was most pleasant. Unfortunately organisers cannot guarantee to have their next cruise ship to sail past at 7pm.

Rhonda Wilson registered for the walk but was a notable absentee as she was on a cruise ship departing the same day at 4.30pm. We were unable to organize a cheer squad for her ship.



If attending Maroubra please check your commitment for luncheon so we can give reliable numbers.

### Thursday 28 March - Coogee to Maroubra - Contact is Laurie

Where: Coogee Beach to Maroubra.  
Rated easy but Lurline Bay Section is Rocky if Low Tide. 5 km walk.

Travel: 0851 depart Hornsby Intercity Train.  
372 or M50 Bus from Elizabeth

Luncheon: Maroubra Seals or takeaway and eat in the park.

### Wednesday 24 April - Bay Run Walk - Contact is Laurie

Where: Iron Cove Bridge Bay Run.  
**7km+**. Flat 2 hours. Capable walkers.

Travel: 0827 Train from Berowra, Dep Hornsby 0841 arr Town Hall 0927.  
Bus from Stand L Druitt Street 504, 507, 518 or M50.

What: Bring Morning Tea. Take-away lunch at Birkenhead or lunch at Drummoyne Sailing Club.

## Tours/Activities: Barbara Williamson

### MARCH 14 - Fiddler St Patrick's Day Lunch

\$45 - Car pool. Be there by 11.30am

### APRIL 18 - Fish and Chips at Manly

Mystery bus trip to Central Coast - **CANCELLED**

### 5 May - 7 day trip to Lakes Entrance

Full cost \$1,285 T/S. Visit Montague Island for whale viewing. 26 names, we require 30  
\$270.00 single supplement. **\$100 deposit payable now.**

## 24 September - 4 day trip to Cowra

Cost \$780, \$215 S/S. Visit, Mayfield Garden, Parkes and Forbes. 7 names at this stage.

### Theatres: Rhonda Wilson

## CHARLIE AND THE CHOCOLATE FACTORY

Capitol Theatre,  
Tuesday 9 July, 2019 1pm

\$70 - payment due April meeting



Roald Dahl's delicious tale, Charlie and the Chocolate Factory, is a delectable treat featuring songs from the original film, including *Pure Imagination*, *The Candy Man* and *I've Got a Golden Ticket*, alongside a brand new, toe-tapping Broadway score.

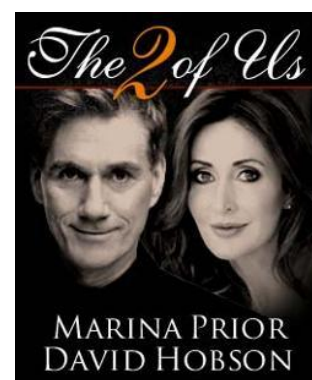
## WEST SIDE STORY

WEDNESDAY 27 MARCH - 7.30pm  
C RESERVE \$99 (Heavily discounted)  
FLEET STEPS, MRS MACQUARIE POINT

**DON'T FORGET TO COLLECT YOUR TICKETS**

## UP CLOSE AND PERSONAL TOUR

HORNSBY RSL  
FRIDAY 5 JULY 8:00pm  
TICKETS \$61.00



**TICKETS ARE AVAILABLE FOR COLLECTION**

**DUE TO LACK OF INTEREST SATURDAY NIGHT FEVER TICKETS WILL NOT BE BOOKED**

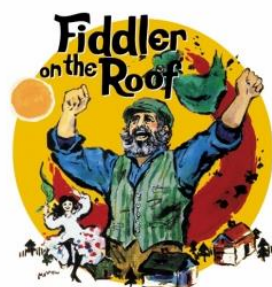
## SWEET CHARITY

CONCOURSE THEATRE CHATSWOOD  
SUNDAY 26<sup>th</sup> MAY - 1:30pm  
\$53 PAYMENT DUE BY APRIL MEETING



## FIDDLER ON THE ROOF

CONCOURSE THEATRE CHATSWOOD  
SUNDAY 20<sup>th</sup> OCTOBER 1:30  
\$53 PAYMENT DUE BY SEPTEMBER MEETING



# OTHER ACTIVITIES

## Trivia Nights: Mary Potter

There was no AMPC group at trivia at the Bowling Club in February as Hornsby, Asquith and points all around were without power due to an electricity blackout due in turn to a fire. In March the AMPs group will be attending trivia at Asquith Bowling Club on Wednesday 13 March (Wednesday after the Annual General Meeting). Trivia starts at 7.00pm, and there is no charge.

Enquiries phone Mary Potter

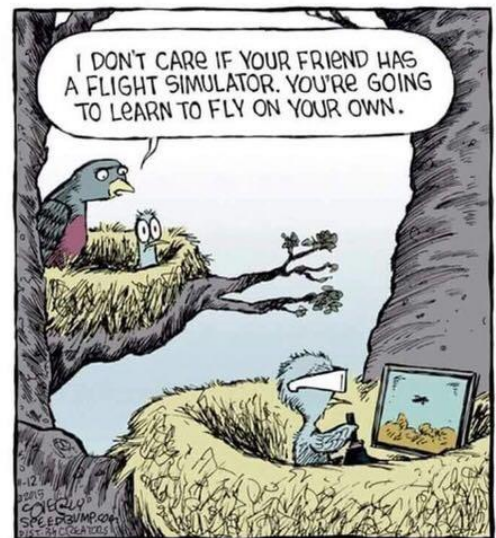
## Dolls: Barbara Williamson

**When:** The Wednesday after the meeting  
**Where:** Barbara's place  
**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**

Any enquiries:- Yenda Holland



## Card Playing 500: Mary Glasby

Asquith Bowling Club Cost Free, 10.00am, 1<sup>st</sup> & 3<sup>rd</sup> 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

The Book Table has some surprises this month. Firstly there is a lovely quirky book called 'Eleanor Oliphant is Completely Fine' a funny yet sad tale of loneliness. As well, we now have a novel 'The Stranger' by Harlen Coben a newer bestselling author. Here's a chance if you enjoy thriller writers to find another new author.

### Where Did That Phrase Come From?

**Straight and narrow** comes from the older King James Version of the bible - Mathew 7:14. 'Straight is the gate and narrow is the way which leadeth to life'. The old English word strait meant tight or narrow, but when it fell out of use the phrase changed to 'straight and narrow'.

# UPCOMING ACTIVITIES

Date	Activity	Convener	Page	Phone
4 <sup>th</sup> March	Breakfast at Bobbin Head	Sandra Death	6	
6 <sup>th</sup> & 20 <sup>th</sup> March	500 Cards, Asquith Bowling Club	Mary Glasby	6	
7 <sup>th</sup> March	Annual General Meeting	Sylvia Gratton	-	
13 <sup>th</sup> March	Dolls	Barbara Williamson	6	
13 <sup>th</sup> March	Trivia @ Asquith Bowling Club	Mary Potter	6	
14 <sup>th</sup> March	Lunch at the Fiddler	Barbara Williamson	4	
Every Wednesday	Mah-jong	Yenda Holland	6	
21 <sup>st</sup> March	Committee Meeting	Sylvia Gratton	-	
27 <sup>th</sup> March	West Side Story	Rhonda Wilson	5	
28 <sup>th</sup> March	Walk Coogee to Maroubra	Laurie Keaton	4	
18 <sup>th</sup> April	Fish & Chips at Manly	Barbara Williamson	4	
24 <sup>th</sup> April	Iron Cove Bay walk	Laurie Keaton	4	
5 <sup>th</sup> May	7 Day trip to Lakes Entrance	Barbara Williamson	4	
26 <sup>th</sup> May	Sweet Charity	Rhonda Wilson	5	
5 <sup>th</sup> July	Up Close and Personal	Rhonda Wilson	5	
9 <sup>th</sup> July, 2019	Charlie and the Chocolate Factory	Rhonda Wilson	5	
24 September	4 day trip to Cowra	Barbara Williamson	5	
20 <sup>th</sup> October	Fiddler on the Roof	Rhonda Wilson	5	

## \*GRANDPARENTS' ANSWERING MACHINE\*!

Good Morning !

At present, we are not available so please leave your message after you hear the beep.

(Beep.....!)

- If you are one of our children, dial 1 and then select the option from 1 to 5 in order of "birth arrival" so we know who it is.
- If you need us to stay with the children, press 2.
- If you want to borrow the car, press 3.
- If you want us to wash your clothes and do ironing, press 4.
- If you want the grandchildren to sleep here tonight, press 5.
- If you want us to pick up the kids at school, press 6.
- If you want us to prepare a meal for Sunday or to have it delivered to your home, press 7.
- If you want to come to eat here, press 8.
- If you need money, press 9.
- If you are going to invite us to dinner or take us to the theatre, start talking...we are listening!



## Pot Luck Meal: Rhonda Wilson

Groups of 3 couples come together 3 times per year for a meal, be it Brunch, Lunch, Dinner, Picnic or whichever you decide.

The rule of thumb is the host provides a main course and by agreement, the other couples provide nibbles, entrée, dessert or whatever the group decide. Once organised, the groups are autonomous and work date and food component with each other. Members bring own wine or drinks.

Groups are changed annually so you have the opportunity to get to know other members.

**No partner?** Not a problem, we will try and match 2 singles together.

Singles are more than welcome to make a couple.

**I have a small home?** No excuse. Members can eat on laps, eat in the park, on a veranda, the list is endless. The whole idea of the Pot Luck is to socialise and does not have to be formal dining.

**What it is not!** It is not a celebrity chef challenge but an opportunity to enjoy company over a meal regardless of your cooking expertise.

**How do I join a group?** Please put your name on the Pot Luck sheet at next meeting. We have quite a few new members and existing members who do not know each other. This is a great way to change that. The committee encourages you to sign up and give it a go. Groups will be formed after the March Meeting.

Rhonda Wilson