



Asquith Mixed Probud Club BULLETIN

President's Corner

Hello to all our members. Welcome to the start of our next chapter of AMPC.

I would like to welcome Sandra Lees and Kevin Watson in their new roles as Bulletin Editor and Treasurer respectively and thank them for volunteering. Thanks also to the many committee members who have returned to their positions to ensure our club keeps functioning smoothly. With their help we can look forward to a great year of activities and fellowship together.

I would also like to thank Barry Willick, Sylvia Gratton and Angus Dougall for their years of hard work and dedication.

Please note that four key positions on the committee have new email addresses, details page 3.

This year I wish to see some growth in our membership, particularly aiming at younger members. I am forming a small team to help with promotions and would love a couple of volunteers to help prepare material for Facebook ads and similar.

Jim has organised some excellent speakers in the next few months, and this gives us all an opportunity to bring someone along to hear them and see our club in action.

Wishing you all the best.

Mal

Meeting Dates at Magpies

General Meetings

Thursday 2 April

Thursday 7 May

Thursday 4 June

10am for 10.30am start.

Website:

<https://www.asquithmixedprobud.org.au>

Email: info@asquithmixedprobud.org.au
webmaster@asquithmixedprobud.org.au

Bulletin Editor: Sandra Lees



Asquith Mixed Probud Club Inc.

The Secretary: Ruth Barwick

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

Club No: 9003799

District: 9685 PD3 Inc. No: 9890687

Bendigo Bank details for deposits.

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.

COMMITTEE NOTES

1. It was great to welcome two new members to the Committee, Sandra Lees and Kevin Watson. A big thank you to Barry Willick for his (latest) year as President as well as Angus Dougall and Sylvia Gratton for their years of service on the Committee.
2. Our new president, Mal Steel, wants to focus on promoting our wonderful club this year to boost membership, hopefully attracting some younger members. Mal has lots of good ideas about growing our club. Facebook posts including a mention on your personal Facebook about upcoming events or speakers. Invite your friends (they don't have to live in the area). Contact details and a list of our activities will be included on the PSPL club website page.
3. Community buses may be an option for those unable to travel to the meeting.
4. There are lots of good day outings planned for the coming months. We are grateful to Trish for continuing in the Tours role, she's doing an outstanding job.
5. Still discussing venues for Christmas lunch (late November), with a general meeting in December.
6. Lots of walks are planned through to the end of the year, always a great day out finishing with lunch. Come and join the walkers if you can.

Ruth Barwick, Secretary



2026/2027 Committee (missing are Kevin Watson, Laurie Keaton and John Davies)

Asquith Mixed Probus Club

Treasurer's Report as at 28th February 2026



Funds received so far this year	7,247.25	
Reduced by club expenses	601.97	
Net Earnings to Date		6,645.28
 Add: Previous years' surplus funds		 12,744.59
Leaving members funds available		\$19,389.87
 The above funds consist of cash	 22,458.87	
Add: Mainly members payments for future activities	3,069.00	
TOTAL MEMBERS FUNDS		\$19,389.87

Capitation fees due, \$21 per member. \$20000 in cash, \$2000 capitation fee liabilities. \$3000 in unpaid liabilities for member activities.

Treasurer's Report as at 28th February 2026, Kevin Watson

ACTIVITIES

DOLLS' GROUP meets on the first Wednesday following our monthly general meeting at 10.15 for a 10:30 start. Please join us for tea, coffee and a chat at Carol Channon's home. Wool, needles and stuffing supplied and the good news is you don't need to be able to knit! 28A Harwood Avenue, Mt Kuring-Gai.

MAHJONG GROUP meets every Wednesday afternoon from 1.30pm at Asquith Bowling Club.

CARDS' 500 GROUP meets 1st and 3rd Wednesday of the month at 10am at Magpies. New players welcome.

MEN'S GROUP meets 3rd Wednesday of the month at 10am in the Pavilion at Magpies.

CARERS' GROUP meets 3rd Tuesday of the month at 12.30pm at Asquith Golf Club.

AMPC Men's Group	Robert Allison	Dolls	Carol Channon
Auditor	Robert Allison	5th Thursday BBQ	Carol & John Channon
Books/DVDs	George Gates	Mahjong	Pam Clarke
Jigsaws	Robert Montgomery	Walks	Laurie Keaton
Cards 500	Mary Glasby	Website	Robert
Carers' Group	Yenda Holland	Assist. Tours/Excurs.	Yenda Holland
Public Officer & Historian	Sandra Death	Assist .Tours/Excurs.	Jim Thompson

AMPC COMMITTEE MEMBERS 2026-27

AMPC Committee Members	
President	Mal Steel
Vice-President Elect	
Vice-President	John Davies
Secretary	Ruth Barwick
Treasurer	Kevin Watson
Committee	
Bulletin	Sandra Lees
Hospitality	Jane Platts
Membership	Denise Mayhew
Assist. Membership	Robyn Lee
Speaker Co-ordinator	Jim Jeffries
Tours/Excursions	Trish Taylor
Welfare	Nita Shields
Assistant Secretary	Jim Jeffries
Assistant Treasurer	
Walks Co-ordinator	Laurie Keaton
Assistant Walks	Jim Jeffries
Past President	Barry Willick

TRIPS AWAY

BROKEN HILL WITH TRADE TRAVEL

24 - 30 AUGUST 2026

This trip goes up to Broken Hill by train which is a great journey and you will stay at the Hilltop Motel. Three days are spent in Broken Hill taking in many of the major attractions. On day 5 we continue by coach to White Cliffs and stay in the unique White Cliffs Underground Motel. Then on to Dubbo, Bathurst and home via the Three Sisters.

Cost is \$2,798 with a single supplement of \$588 and a \$200 deposit upon booking.

If you are interested in joining this tour, please see me.

YENDA

A man boasts to a friend about about his new hearing aid, 'it's the most expensive one I've ever had, it cost me \$10,000!!'
His friend asks, 'What kind is it?' Without skipping a beat the man replies: 'Half past four'

DAY TRIPS

GPO PRIVATE HERITAGE TOUR

THURSDAY 16TH APRIL, 2026 at 10.00 am

***MAXIMUM 30 PEOPLE**

NOW CLOSED

\$20.00 PER PERSON

Discover the rich history and culture of Sydney's former General Post Office (opened in 1874) and let the tour guide take you on a journey through time on this 90 minute Heritage Tour. Discover the stories, tales and legends of the city's iconic Grand Dame.



Included in the tour - a visit to the Tank Stream (can be accessed via an escalator), the exterior of the building, The Grand Staircase and the Heritage Ballroom (subject to availability).

Please note that the 90 minute tour involves stairs, continuous standing and walking.

We will catch the **8.36 am** train, platform 1 from Hornsby Station and alight at Wynyard Station 9.19 am. It is then a short walk to the Fullerton Hotel (former GPO) - meeting point Concierge Desk.

TRISH

ANNIVERSARY OF JAPANESE MIDGET SUBMARINE ATTACK

The Naval Historical Society of Australia

FRIDAY, 29TH MAY 2026,

\$70.00 per person

THIS OUTING NOW CLOSED

LIMIT OF 25 PERSONS, FINAL BALANCE TO BE PAID BY 2ND APRIL, 2026

King Street Wharf 3, Darling Harbour

Check in time: 9.30 am

Boarding Time: 9.45 am for 10.00 am departure

Return: 1.00 pm

We will catch the **8.16 am** train from Hornsby (platform 1) to Wynyard arriving at 8.55 am. We will then walk to Darling Harbour to join our cruise at King Street Wharf 3.

This cruise will provide a detailed description of events leading up to and during the attack. We will be taken to sites on the Harbour where key events occurred and a comprehensive description of how those events on 31st May & 1st June, 1942 unfolded.

The story will be told by expert narrators from the Naval Historical Society of Australia.
Morning Tea is included.

TRISH

NSW ART GALLERY
ARCHIBALD, WYNNE AND SULMAN EXHIBITION

THURSDAY, 18 JUNE 2026
\$37.00 per person

Please make your own way to the NSW Art Gallery. We will meet at the main front entrance Naala Nura. **Please arrive by 9.45 am** for entry to the Gallery for our 10.00 am private tour.

15 min walk to the Art Gallery across the Domain

10.00 am – 1 hour guided, private group tour of the exhibition. We will meet our guide in the Kalder Hall of Naala Nura, opposite the welcome desk.

Option to explore the Galleries at your leisure after the tour.

Return walk to Martin Place/Wynyard Station OR bus 441 from Art Gallery to QVB at Town Hall.

TRISH

SECRETS OF THE CITY CIRCLE WALKING TOUR

THURSDAY, 16TH JULY, 2026 at 10.00am
\$25.00 per person

MAXIMUM 30 PEOPLE

This unique tour uncovers the hidden stories, quirky history and surprising secrets of Sydney's iconic City Circle train loop. We explore each station's design, forgotten features and fascinating tales - all while travelling on regular trains in a fun, hop-on hop-off format.

Key details:

- **Starting/End Point:** Central Station Platform 1
- **Duration:** Approximately 3 hours
- **Style:** Hop-on, hop-off format visiting all City Circle stations
- **Walking Level:** Low amount of walking, some stairs involved at some stations
- **Transport:** You'll need an Opal or contactless debit/credit card to tap on/off trains

Catch the **8.49 am** train from Hornsby (platform 3), arriving at Central 9.26.
Return CCN trains 1.20 pm., 1.50 pm, 2.20 pm, 2.50 pm, 3.20 pm.

TRISH

LUCAS HEIGHTS DISCOVERY CENTRE

THURSDAY 20th AUGUST, 2026

\$100.00 per person

Pick up: Rofe Park, Hornsby Heights, 8.30 am - return approximately 5.00 pm

The Australian Nuclear Science and Technology Organisation (ANSTO) is home to some of Australia's most critical scientific infrastructure including the nation's only research reactor, a suite of neutron beam instruments, particle accelerators, cyclotrons and the Australian Synchrotron.

The education officers will explain how through applying their knowledge of the basic building blocks of our universe, scientists are helping solve the big issues surrounding health, climate change and innovation for industry. The tour is customised for our group with non-technical explanations and minimal walking.

Following our tour at ANSTO, we will enjoy a relaxing two-course lunch at the Woronora Boat Shed, a picturesque riverside venue. If time permits, we will finish the day with a visit to Hazelhurst Art Gallery.

***Each member must bring their ID with them on the day.**

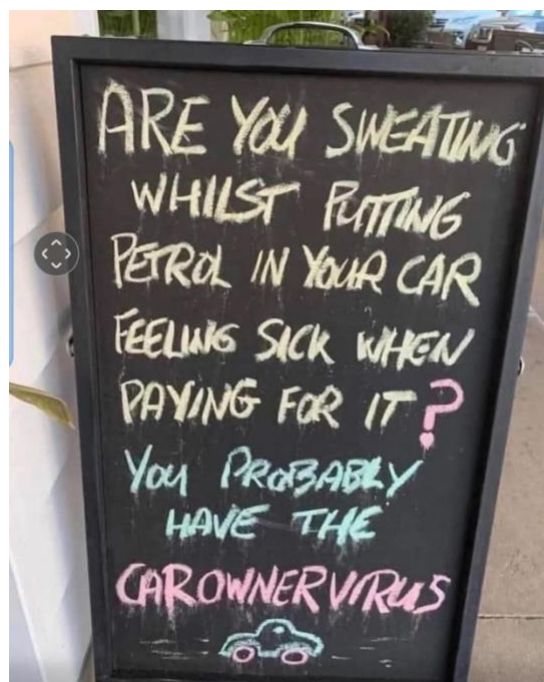
***Enclosed shoes must be worn - no open toed sandals.**

Tour includes:

- Morning Tea
- Guided tour of Lucas Heights Discovery Centre
- 2 course lunch at Woronora Boat Shed
- Coach transport

***PLEASE ALSO FILL OUT YOUR DETAILS ON THE ANSTO TOUR BOOKING SHEET.**

TRISH



MACKSVILLE AWAY TRIP

On 15 March we drove to the Mid Coast Motor Inn at Macksville. On Monday we drove north to Coffs Harbour where they now grow blueberries, some bananas and avocados. We had a lovely drive to Sealy lookout through a rain forest with very tall straight trees that are cut for telegraph poles. Next was Yarrowarra Aboriginal Cultural Centre for a lecture and lovely lunch followed by a scenic drive through Woolgoolga with their elaborate Sikh temples.



The Solitary Islands Aquarium in Coffs Harbour run by the Southern Cross University's National Marine Science Centre was the highlight of the day. Stephan gave a fabulous talk on the damage CO₂ is doing to marine life. He had a computer programme that showed the amount of CO₂ in the atmosphere anywhere in the world in real time. Very interesting.

We stopped off at the Clogg House to see a miniature Dutch village on our way home and after being serenaded through a delicious meal of baked fish a few of us loosened up by shuffling round the floor.

On Tuesday we followed the Nambucca River to the Bowraville Museum which was full of very interesting things. They even had a WW2 sea-mine. However, it makes one feel old when items from one's childhood are in a museum. Next was the Slim Dusty Museum, the CWA Hall for lunch then a leisurely drive round the South West Rocks area and home via back roads.

This evening we were treated to "Christmas" complete with lovely Christmas food with all the trimmings, Santa, presents and entertainment by Pauline. The decorations had to be seen to be believed. It even snowed. Lots of singing and "shuffling" after dinner.



Wednesday we went to the Wauchope Creative Hub which had beautiful, mainly local, handicrafts and gifts followed by a luncheon cruise on the Hastings River at Port Macquarie.

After disembarking we went to the Vickers Fudge Factory in Wauchope then passed by a Blackbutt plantation to the Telegraph Point Tavern, a real country pub, for dinner with entertainment by Pauline's brother David.



On Thursday we went to Nambucca Macnuts, an organic macadamia nut processing factory. We learned how they crack and grade the nuts, flavour and pack them. Shells with a little nut stuck on are crushed for oil, and the remains known as “cake” given to cattle. Nothing is wasted. The empty shells can be burned for energy, and they are now looking at crushing them for fertiliser.

We then drove round the Industrial area which boasts yards for new and used trucks, garbage trucks, a factory making cement bridges for roads and a wrecking yard for late model cars, among others. All these businesses were brought to town by the late mayor, Rhonda Hobin, who our driver could not speak more highly of.

Next lovely Valla Beach for morning tea, Raleigh Winery for a wine tasting with lunch followed by a walk through Bellingen. The Honey Place in Urunga had a unique display of bees in their hive, a very good movie on their life cycle and terrific honey ice cream. We then had a drive round Nambucca Heads in the rain.

It was a 60s party night tonight and Renee and Tony again went to no end of trouble to entertain us. The imagination and thought that went into the decorations for the “milk bar” theme – food of the era, the clothing and the music was fantastic. To say nothing about the floor show. We laughed till we cried. Barry was the musician for our party night which happened to fall on Karl’s birthday.



Next morning we boarded the coach for home. Michael, our driver, had good commentary with lots of local snippets and the weather was kind as the rain held off until after lunch on our last day. We all had an amazing time.

This is Norco country and cattle are grazed on the river flats. There were bales of hay on lots of properties waiting to be picked up and delivered to drought-stricken farmers in Victoria. Sydney rock oysters are grown in the rivers which are also good fishing.

WALKS

Two classics coming up walkers with great luncheon venues. Not to be missed.

Thursday April 23, 2026

WHERE: HUNTLEY'S POINT WHARF TO DRUMMOYNE SAILING CLUB

LEADS: Paul From Huntley's Point
Laurie from Drummoyne Wharf

WHAT: This walk is part of the Greater Sydney Harbour Circle Walk and the Local C1 Walk. A map will be attached to the mail-out for registrations.

Walk 1: Cross Gladesville bridge, leave Victoria Rd and loop back to Drummoyne Ave, then sharp right to Wright's Road, left at Wolseley Rd until St Georges Cres. There are stops at Queen Victoria Reserve (Spectacle Island) and Peppercorn Reserve (Schnapper Island). Then a short Stroll to the Club.
4km with a hill at the start and a rather steep up-hill over the Bridge, then easy.

Walk 2 - Strollers: Stay on the ferry to Drummoyne and join the other group at the ferry wharf. Less than 2km walk to the Club, an easy walk.

Both Walks should take about 90 mins.

TRAVEL: Hornsby station **Platform 3, 8.56 am**. Arrive Meadowbank 9.22 then **ferry at 9.53**. Return: 5-10 min walk to **Buses 504 and 506** on Victoria Road before Day Street. Bus Destination **City Domain**. Alight at Park Street for Town Hall (3km).

LUNCH: DYO at Birkenhead Point, or Drummoyne Sailing Club
(Numbers TBA. **Photo ID Req**). Reservation for 30 at Drummoyne Sailing Club.

Thursday May 28, 2026

WHERE: HUNGRY POINT CRONULLA AND BAYSIDE PROMENADE WALK

LEADS: Laurie and Anne, Russ and Paul

WHAT: **Long walk:** 4.5 km. Steps down to walkway, then easy.
One hill up to Bass and Flinders point.

Shorter Walk: 2.2 km including access to the Walkway and return to the RSL.

TRAVEL: Intercity Hornsby, **plat 3, 8.56**. Change at Redfern **10.06**. Arrive Cronulla **10.54**
Bus Route **971, 11.00** to Ewos Parade at Nicholson Parade, 7 mins.
Shorter walk return by bus 12.07 or 12.37 to Cronulla station, 5 min walk to RSL.
Trains return every 15 mins. Journey time 1 hour 45 mins to Hornsby.

LUNCH: **Bonfield Restaurant, Cronulla RSL** 12.30pm-12.45pm, Ph 9523 6833
Booking requires preordered meal. Payment at the club from set list.
Withdrawals on the day may be liable for costs incurred.

COMO TO OATLEY WALK

There were approximately 30 walkers who enjoyed this scenic walk under blue skies and lots of sunshine, if a little hot (see umbrellas!) We formed two groups, a slow group and a faster group, all walking from Como railway station to Como Pleasure Grounds where we stopped to enjoy morning tea at the Blackfish Café overlooking beautiful Georges River. We then walked over Como Bridge and on to Oatley Pub for lunch, a great venue. Was a great day.



HOSPITALITY

It was a great day out at The Fiddler on Wednesday 25 March. All 24 of us enjoyed good food and drinks with a few yarns and a great atmosphere. Best of all was the company, having no time limit chatting with each other.

Cheers, Jane

Members: Here is an invitation for your friends. All welcome.



Invitation to Asquith Mixed Probus Club's April 2 meeting

With the Iran war raging, what better time to hear our guest speaker discuss the prospects of peace in Gaza



Author Ken Enderby has been a campaigner for peace and economic development for 40 years in Asia, Latin America and the Middle East. He has travelled to the Middle East over 30 times and today he will give us an insight into the current situation and the prospects of peace in Gaza.

We meet at Magpies Club, Waitara on the first Thursday of the month at 10:15 for 10:30.



SPEAKERS

Our Speaker in **April** will be Ken Enderby. Ken has degrees in History and Economics from Macquarie and Sydney Universities respectively. He has been a campaigner for peace, human rights and economic development for 40 years, working on projects in Asia, Latin America, Eastern Europe and the Middle East.

Ken's talk will cover the formation of the State of Israel in 1948 in the middle of Arab land and consequent displacement of Palestinians from their homeland.

It remains one of the most pivotal and contested events of the 20th century.

Our Speaker in **May**, Dennys Angove, will clarify misconceptions about the human role in modern climate change.

Topics will include an overview of the Greenhouse Effect, measuring the mean global temperature and possible causes of global warming.

Dennys is an atmospheric scientist who retired from the CSIRO Energy Flagship in August 2014 where he managed research projects to study the effect of fossil fuel emissions on air quality in the urban atmosphere.

In **June** we will welcome Julie Evans who has a background in supporting students with learning difficulties.

Julie is passionate about history which contributes to her volunteering with the Sydney Harbour Federation Trust. She will paint a vivid picture of our visitor destinations, including North Head Sanctuary (Manly), Headland Park (Mosman), Cockatoo Island (Sydney Harbour), Sub Base Platypus (North Sydney), Woolwich and Macquarie Lightstation.

UPCOMING EVENTS

DATE	ACTIVITY	CONVENOR	PAGE
Every Wednesday	Mah-Jong Asquith Bowling Club	Pam Clarke	3
1 st & 3 rd Wed 10am	500 Cards Magpies	Mary Glasby	3
3 rd Wed of Month	Men's Group Magpies	Robert Allison	3
3 rd Tuesday of Month	Carers' Group	Yenda Holland	3

2 April 2026	General Meeting	Mal Steel	
9 April 2026	Committee Meeting	Mal Steel	
8 April 2026	Dolls	Carol Channon	3
16 April 2026	GPO Tour	Trish Taylor	5
23 April 2026	Huntley's Point Walk	Laurie Keaton	8
30 April 2026	5 th Thursday BBQ, Galston	Channons	

7 May 2026	General Meeting	Mal Steel	
14 May 2026	Committee Meeting	Mal Steel	
13 May 2026	Dolls	Carol Channon	3
28 May	Cronulla Walk	Laurie Keaton	8
29 May	Anniversary Japanese Midget Submarine Attack Tour	Trish Taylor	5

I hope these give you giggle:

The following sentences are exactly as typed by medical secretaries in NHS Greater Glasgow.

1. The patient has no previous history of suicide.
2. Patient has left her white blood cells at another hospital.
3. Patient's medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
4. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has chest pain if she lies on her left side for over a year.
6. On the second day the knee was better and on the third day it disappeared.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
9. Discharge status: Alive, but without my permission.
10. Healthy appearing decrepit 69-year old male, mentally alert, but forgetful.
11. Patient had waffles for breakfast and anorexia for lunch.
12. She is numb from her toes down.
13. While in ER, she was examined, x-rated and sent home.
14. The skin was moist and dry.
15. Occasional, constant infrequent headaches.
16. Patient was alert and unresponsive.
17. Rectal examination revealed a normal size thyroid.
18. She stated that she had been constipated for most of her life until she got a divorce.
19. I saw your patient today, who is still under our care for physical therapy.
20. Both breasts are equal and reactive to light and accommodation.
21. Examination of genitalia reveals that he is circus sized.
22. The lab test indicated abnormal lover function.
23. Skin: somewhat pale, but present.
24. The pelvic exam will be done later on the floor.
25. Large brown stool ambulating in the hall.
26. Patient has two teenage children, but no other abnormalities.
27. When she fainted, her eyes rolled around the room.
28. The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
29. Between you and me, we ought to be able to get this lady pregnant.
30. She slipped on the ice and apparently her legs went in separate directions in early December.
31. Patient was seen in consultation by Dr. Smith, who felt we should sit on the abdomen and I agree.
32. The patient was to have a bowel resection. However, he took a job as a stock broker instead.
33. By the time he was admitted, his rapid heart had stopped, and he was feeling better.

For the sake of your health - stay away from hospital!