

President's Letter.

I certainly hope that our members are staying warm and cosy in the chilly nights and enjoying the beautiful days. Such glorious weather for July.

The presentation of "The "Stepping On" programme" given at our July Meeting, highlighting the subject "**Are you worried about falling? Is your Balance not as good as it used to be?**" was extremely well received by our members. It certainly highlighted the need for all of us to be aware how to reduce falls and build knowledge, strength and confidence to remain independent at home.

Safe travels to everyone on the Eyre Peninsular tour, enjoy and stay well.

I extend a very warm welcome to our New Members to AMPC and encourage you to become involved in the activities, outings, and meetings where you will meet a very friendly group. We are looking forward to a wonderful year of "fun, friendship, and fellowship."

Finally, please see if you can speak to someone you haven't met before, especially if they are new, or visiting.

And don't forget to wear your badge.

Sandra Death

President

Meeting Dates at Magpies General Meetings Thursday 3 rd August 2023 Thursday 7 th September 2023 10am for 10.30am start. Website: https://www.asquithmixedprobus.org.au Email: info@asquithmixedprobus.org.au webmaster@asquithmixedprobus.org.au	Bulletin: Editor: Sylvia Gratton ☎ 9987 0075 Mob: - 0404 108 677 Asquith Mixed Probus Club Inc. The Secretary AMPC, 9 Warruga Crescent, Berowra Heights 2082 Formed by the Rotary Club of Berowra on 2 nd 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 Probus South Pacific, this newsletter is private and confidential for members of Asquith Mixed Probus Club use only and is not to be used for any other purpose.
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COMMITTEE NOTES - AUGUST 2023

1. Isn't it great to have three morning tea stations? Rhonda is happy with the way it's working, thanks to her helpers.
Planning for the Birthday picnic at Bobbin Head on 19th October is going well thanks to Rhonda and her team.
2. For those who missed out on the Children's Medical Research Institute tour recently, Mal has secured a booking for 30 people in April next year. So, keep this mind.
3. Laurie Keaton attended our Committee Meeting to discuss the Probus Insurance and its implications, with new rules relating to our Walks.
4. What a great speaker we had at our last meeting. Did you all become enthusiastic about exercise? Well, if you can't make it to McQuoin Park, we have been offered an alternative by Body Management Systems, who run a

class at Mt Colah and Mt Kuring-Gai. For those not on email, the Secretary can give you details if you are interested.

Pam Slater
Secretary
0406 306 401

Treasurer's Report as at 11th July 2023

Funds received so far, this year	\$9,649
Reduced by our expenses of	<u>\$6,775</u>
Leaving funds available so far this year	\$2,874
 Add all previous year's surplus funds	 <u>\$10,065</u>
Leaving members funds available	<u><u>\$12,939</u></u>
 ... The above funds consist of cash	 \$19,741
less – mainly member payments for future activities	<u>\$6,802</u>
 Total member funds	 <u><u>\$12,939</u></u>



DOLLS **When?** the Wednesday following our monthly 'member meeting' at 10:15 for a 10:30 start. Please join us for tea, coffee, cake and a chat. Wool, needles and stuffing supplied and the good news is you don't need to be able to knit. Contact Barbara Williamson Phone 9484 7578.

MAH-JONG The group meets every Wednesday afternoon from 1.30pm at Asquith Bowling Club. Contact Pam Clarke for more information. 0416 216 962.

CARDS 500 cards held 1st and 3rd Wednesday of the month at 10am at Magpies. New players welcome. Phone Mary at 9482 8114.

MEN'S GROUP Meets 3rd Wednesday of the month at 10am in the Pavilion at Magpies. Contact Robert Allison on 0412 196 943.

AMPC Men's Group	Robert Allison	Dolls	Barbara Williamson
Auditor	Robert Allison	5 th Thursday BBQ	Lance Williamson
Books DVD	George Gates	Mah-jong	Pam Clarke
Jigsaws	Robert Montgomery	Theatres	
Cards 500	Mary Glasby	Walks	Laurie Keaton
Ambassador	John Channon 0429 096 996	Web Site	Robert Allison
Public Officer & Historian	Sandra Death	Assist. Tours/Excurs.	Yenda Holland
Assist. Tours/Excurs.	Helen Nancarrow	Assist. Tours/Excurs.	Lula Andersen

AMPC COMMITTEE MEMBERS 2023-24

AMPC Committee Members		Phone	Email
President	Sandra Death		
Vice-President Elect	Jim Jeffries		
Vice-President	Denise Mayhew		
Secretary	Pam Slater		
Treasurer	Angus Dougall		
	Committee		
Bulletin	Sylvia Gratton		
Hospitality	Rhonda Wilson		
Membership	Barry Willick		
Programme	Jim Jeffries		
Tours/Excursions	Mal & Suellen Steel		
Welfare	Vicki McPherson		
Assistant Secretary			
Assistant Treasurer			
Walks Representative	Dianne Watson		

Past President	John Davies		

DAY TRIPS

***August 17th* COACH TRIP TO BELGENNY FARM, CAMDEN**

Nomad Tours luxury coach will pick us up **at 8.00 a.m.** from bus Stop ID 207737, located on the Pacific Hwy between Edgeworth David Ave & Peats Ferry Road (opposite Westfield)

Please be at the bus stop by 7.45am at the latest.

Please advise us of any Dietary restrictions at the August meeting

***September 21st* A HISTORY & HERITAGE CENTRAL COAST BRISBANE WATERS**

RIVER FERRY TOUR \$40pp

Payment due by September meeting.

ONLY 5 places left, a waiting list for any cancellations may be created

- **8.23am train from Hornsby**, stops Asquith and Berowra arriving Woy Woy station 9.02am
- Ferry from **Woy Woy wharf @ 9.35am** returning around 12.30-12.45pm
- Morning tea is included Award winning audio visuals & commentary by the historian from our previous Hawkesbury cruise. Discover many points of interest from Woy Woy, Broken Bay, Umina, Ettalong, Empire Bay, Gosford and back to Woy Woy
- Optional Lunch at Bayview Pub at your own cost OR picnic OR do your own thing



Would you like some company?

Share your outing idea with other members by attaching a notice on our community whiteboard at the next meeting

TRIPS AWAY

Essentially Barrington 3 Day Tour Mon 30th Oct. – Wed 1st Nov. 2023

Day 1

Train from Hornsby to Broadmeadow station - coach pickup

Morning tea if time

Stroud Historical Tour & Stroud Pub Lunch

Local Vineyard

Book in to Bucketts Way Motel

Country Dinner Waulkivory Hall & entertainment

Day 2

Copeland Gold mine and Indigenous Cultural Tour

Morning Tea

Barrington Tops Tour and Lunch

Free Time at Gloucester mid afternoon

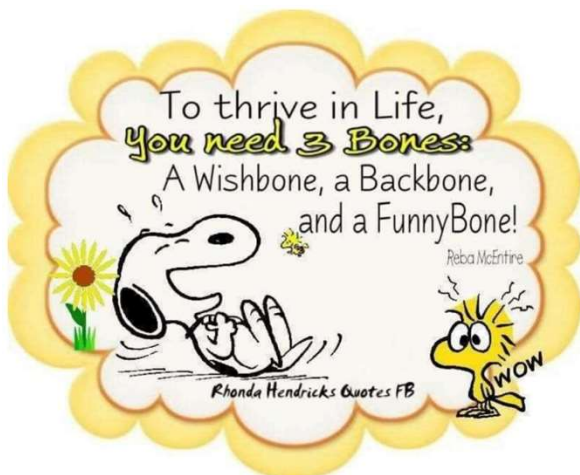
Dinner Chinese Banquet & entertainment

Day 3

Foster & Morning tea at Smith's Lake

Topi free range farm talk

Great Lakes Paddocks for lunch



Broadmeadow station returning to Hornsby Station

\$630 Total per person with a Single supplement of \$ 100

Includes: Coach 3 days, Hostess 3 days, Motel 2 nights, 2 full breakfasts, 3 lunches, 2 dinners and entertainment

Please sign up with a \$50 deposit, payable as soon as possible.

Balance will be due by **September 30**

Victoria High Country Explorer 5 Day Tour Tues 7th May – Sat 11th May 2024



\$1250 approx. per person with a Single supplement of \$335

Please sign up with a \$100 deposit, payable on or before the August meeting.

Places are limited.

Please let us know your room preferences at the meeting: Single/Sharing/Double.

Victoria High Country Explorer 5 Day Tour – Full Itinerary

Day 1 Tuesday 7th May 2024 - Goulburn & Bright

6:30am Coach Arrives

7:00am Coach Departs

9:30am Morning Tea at Trappers Bakery, Goulburn (at own expense)

10:15am Coach Departs

12:45pm Lunch in Gundagai

1:45pm Coach Departs (comfort stop if required on route)

5:00pm Check in to your accommodation, Golden Leaf Motel, Myrtleford

6:30pm Enjoy a 2-course dinner with tea & coffee

Day 2 Wednesday 8th May 2024 - Beechworth, Ned Kelly in the High Country & Yackandandah

7:00am Cooked breakfast in the Motel

8:15am Depart Motel

9:00am Guided tour of Beechworth by a local guide

10:15am Morning Tea in one of the many cafes (at own expense)

11:00am Visit Beechworth Historical Courthouse and see a reenactment of Ned Kelly's trial

12:15pm Beechworth Bakery for Lunch (at your own expense)

Explore Beechworth at leisure on foot, the shops, gardens and main street with a walking map provided by the information centre

3:00pm Depart for a quick look at Woolshed Falls and then onto Yackandandah, one of Australia's prettiest villages with a centre classified by the national trust.

4:00pm Return to Golden Leaf Motel, Myrtleford

5:15pm Depart for pre-dinner drinks and dinner at "The Happy Valley Hotel" a Real Country Pub

6:30pm Enjoy a 2-course dinner with tea & coffee

Day 3 Thursday 9th May 2024 - Mt Buffalo, Bright & Red Stag Farm

7:00am Cooked breakfast in the Motel

9:00am Depart Motel for a morning visit to Magnificent Mt Buffalo

Crowthers Morning Tea at The Gorge Day Visitors area overlooking Victoria

11:45am Coach Tour through Bright

12:30pm Walk the village at Leisure and lunch (at your own expense)

Stroll by the river soaking in the magnificent Alpine Atmosphere

2:30pm Visit "The Red Stag" for deer feeding and magnificent views

4:00pm Return to Golden Leaf Motel, Myrtleford via a stop at "The Big Tree"

6:30pm Enjoy a 2-course dinner with tea & coffee

Day 4 Friday 10th May 2024 - Corryong, Snowy River Museum, Winery & Tumut

7:00am Cooked breakfast in the Motel

8:00am Depart Motel

10:15am Crowthers Morning Tea in the park beside Corryong Visitors Centre

10:45am Visit The Man From Snowy River Museum

12:30pm Depart for Courabyra Wines, Tumbarumba

1:30pm Wine tasting on arrival and 2 course long lunch (lunch at own expense)

3:45pm Depart for overnight accommodation in Tumut

5:00pm Check in to the Amaroo Motel, Tumut

6:00pm Head into Tumut for get together for 'Last night' drinks at the bar (drinks at own expense)

6:30pm Enjoy a 2-course dinner with tea & coffee

Day 5 Saturday 11th May 2024 – Blowering Dam, Tumut Broom Factory, Cooma Cottage & Home

7:00am Cooked breakfast in the Motel

8:00am Check out

8:15am Drive to Blowering Dam to see where Ken Warby set the fastest water speed record 511klms/hr

9:30am Visit the Famous Tumut Broom Factory, straw broom making by hand & quick morning tea

10:30am Depart for Cooma Cottage, Yass

12:30pm Arrive Cooma Cottage, boxed lunch & explore the grounds and home of Hamilton Hume

2:00pm Depart for Home (comfort stop on route)

5:45pm Coach arrives at your return location

Inclusions:

5 Star Luxury Coach, seat belt equipped

Expert services of your coach captain with commentary

4 x morning teas

4 x night's accommodation, twin share with facilities

4 x dinners

4 x cooked breakfasts

2 x lunches Tours and Tastings as per itinerary



Wednesday August 16th

2.30 p.m. Berowra RSL Club (upstairs auditorium)

997 Pacific Highway, Berowra (opposite railway station)

Only \$7 including tea and biscuits

Berowra District Mixed Probus Club invites any of our members who are interested to attend their monthly trivia afternoon, with Quizmaster Keith Carson.

The quiz consists of 4 rounds of 12 questions, plus True or False, and Dead or Alive competitions. The standard team size is 4 or 5, and teams may be formed in advance, or you can join a team on the day.

Please book with Keith, per the contact details below. If you pay electronically or by depositing at Bendigo Bank, that helps to reduce the handling of cash, but the option of paying cash on the day is also available.

The Berowra Mixed Probus Club bank account details: BSB: 633 000. Account number: 137 367 892.

Keith Carson kecarson@outlook.com or phone/text 0417 063 377

Walk Report

43 members and 1 guest enjoyed the Narrabeen Walk. Thanks to Barry and Gai Brown for this popular outing.

The small issue of some members not informing organisers of travel arrangements meant some were not included in reserved lunch seating. On the rare occasions we do organise a lunch, organisers phone the venue on the day of the activity with final numbers.

Probus South Pacific has advised of changes to Public Risk Insurance. Accordingly, the Bundeena Walk long walk will terminate at the end of the Board-walk.

We do request all members personally register for future walks. If another member puts your name down, please personally initial the attendance sheet as an alternative.

Thursday 24 August

Where: Bi-Centennial Park Homebush

Leads : 1. Laurie (0409 226121) 2. Anne & Russ Dorey (0433 659 485)

What: 1. **Short Walk:** Concord W Station to Olympic Boulevard Via Lake Belvedere 2.6Km approx. Longer if Brick Pit included. **Easy.**
2. **Long walk:** Concord W to Olympic Boulevard incl Badu Mangroves, Waterbird refuge, Wentworth Common and Brick Pit. Easy walk of Approx 5.5-6km.

Travel: Hornsby T9 Platform 4 09.46 Arr. Concord West 10.18.

Berowra - Hornsby Catch the T1 Dep Berowra 0926 Arr Hby 09.40.

Lunch: Your Choice Novotel, Locker Room, Subway, or several variety eateries.

Thursday 28 September

Where: Seacliff Bridge – South Coast

- Leads:**
1. Long Walk - **Kevin Watson (0402 118 122)**
 2. Short Walk - **Dianne Watson (0414 623 560)**

Walk 1: Stanwell Park to Seacliff Bridge and Scarborough – 6.2km

Walk 2: Scarborough to Seacliff Bridge and return – 3.2km Rated easy

Travel: 8.02am (Berowra), 8.15am (Hornsby) Platform 1 via North Shore Line!
9.27am (Central to Helensburg)
10.25am (Helensburg to Stanwell Park and Scarborough)

Lunch: Imperial Hotel, Clifton
Bring: Water and morning tea snacks.

Thursday October 26 Sculptures by the Sea. Afternoon/Evening

HOSPITALITY

AMPC BIRTHDAY BBQ 🍰🍷

Come along to be part of our Birthday BBQ

WHEN: *Thursday 19th October*

WHERE: *Bobbin Head Picnic Area - Pavilion on Left opposite closed Kiosk*

TIME: *11:30 - not before please 😊*

BRING: *Humour,
Your own Cutlery, Plates, glass, drink
Energy for a game of cricket etc.*

COST: *\$20 (subsidised cost)*

PAYMENT: *By 5th October Probus Meeting.*



Rhonda

UPCOMING SPEAKERS

August Speaker

Wendy Bull is one of Sydney's leading civil marriage celebrants and since 1995 has officiated at thousands of weddings for local, interstate, and overseas couples

She is the author of '**The Big Day**' where she recounts all the wicked, wild and wonderful weddings she has performed.

The Big Day is a must for those who are involved with weddings, those who really love weddings, or those who just love a damned good laugh. The author captures hysterical true wedding stories



around big breasts and booze, little fairy flower girls who quickly became bored and create havoc for the wedding party.

September Speaker

Our Speaker for September will be Amber Hammond

Amber gives a 45minute talk on an unorthodox life growing up as the only child of a single parent studying music full time in rural NSW.

She completed her Associate and Licentiate Diplomas while being home schooled at Moss Vale and debuted at 16 years old at the International Music competition in Cordoba

She has broken world records and won international competitions and gone on to tour as a soloist and with artists like James Morrison. An inspirational story which has been received with great acclaim.

Amber's mission is to bring classical music to people in difficult circumstances- Philippines, Africa, India etc.

UPCOMING EVENTS

DATE	ACTIVITY	CONVENOR	PAGE	PHONE NO
Every Wednesday	Mah-Jong Asquith Bowling Club	Pam Clarke	4	0416 216 962
1 st & 3 rd Wed. 10am	500 Cards Magpies	Mary Glasby	4	9482 8114
3 rd Weds of Month	Men's Group Magpies	Robert Allison	4	0412 196 943
3 rd August	Probus Meeting	Sandra Death		0403 073 667
9 th August	Dolls	Barbara Williamson		9484 7578
10 th August	Committee Meeting	Sandra Death		0403 073 667
17 th August	<u>Belgenny</u> Farm Camden	Mal Steel	4	0411 544 699
24 th August	Homebush Bi-Centennial Walk	Laurie Keaton	8	0409 226 121
7 th September	Probus General Meeting	Sandra Death		0403 073 667
21 st September	Brisbane Waters Ferry Tour	Mal Steel	4	0411 544 699
28 th September	Seacliff Bridge Walk	K&D Watson	9	0402 118 122
19 th October	AMPC Birthday BBQ	Rhonda	9	0418 870 780
26 th October	Sculptures By <u>The</u> Sea Walk	Laurie Keaton	9	0409 226 121
30 th Oct. – 1 st Nov.	Barrington 3 Day Tour	Mal Steel	5	0411 544 699
7 th -11 th May 2024	Victoria High Country 5 Day Tour	Mal Steel	5	0411 544 699