



# Asquith Mixed Probud Club BULLETIN

## *President's Corner.*

We are looking forward to the breakfast at Bobbin Head this month followed by a cruise on the Nepean Bell which will explore the majestic Nepean River

You will find many interesting activities planned for this year and as usual details may be found in the Club Bulletin.

May I remind all, that the Annual General Meeting is to be held on March 6, 2025 so please consider volunteering for a position on the Committee or as an assistant.

Please note that all positions will become vacant prior to the Meeting.

I would like to take this opportunity to thank the Committee for their excellent service this year and all those other Members who gave their time to help make this club function so well

Regards

Jim

Today I learned about a term called a "glimmer." Which is the opposite of a trigger. Glimmers are those moments in your day that make you feel joy, happiness, peace, or gratitude. Once you train your brain to be on the lookout for glimmers, these tiny moments will appear more and more.

### Meeting Dates at Magpies

#### General Meetings

10am for 10.30am start.

Thursday 6<sup>th</sup> February 2025

Thursday 6<sup>th</sup> March AGM

Website: <https://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: Sylvia Gratton

☎ Mob:

**Asquith Mixed Probud Club Inc.**

**The Secretary: Ruth Barwick**

37 Alan Avenue, Hornsby 2077

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      FEBRUARY 2025

1. A Happy New Year to all our dear friends in AMPC. I hope your Christmas was filled with joy and family times and that you have had a healthy start to 2025.
2. It was great to hear that Lyn Carr raised \$400 for the Royal Flying Doctor Service from sales and donations at our last meeting, when we all learned so much about this vital service from David Short.
3. Lots of great tours, excursions and hospitality events coming up, thanks to Trish, Yenda and Judy. I'm excited to look forward to the Sapphire Coast trip in November and to sharing some great days with you including breakfast at the Bobbin Inn Cafe and the lunch cruise on Nepean Belle, both in February. Amidst rail chaos and driving rain, (which fortunately eased throughout the day), 21 members enjoyed lunch at the Anglers' Rest Hotel Brooklyn. A number drove there and those who travelled by train managed with minimal delays.
4. Our Membership numbers remain fairly stable with a few new members and a similar number leaving for various reasons including moving away.
5. We had mostly very positive feedback about the Christmas Lunch, thanks to Vicki McPherson's fantastic organisation. There were a couple not so positive re food. Do make suggestions as to changes for next year in the Suggestion Box, or please get involved in the planning/organisation!
6. We are keen to involve regular walkers in the planning for our walks. It will be simplified, for example, one walk not two.
7. Some great talks coming up thanks to Jim, starting with OzHarvest and the Navy at Gallipoli in February and March.
8. We look forward to a great year of meetings and many other activities at AMPC. The tours, outings, walks and dining out really do increase enjoyment of your membership and are the best way to get to know new friends in the club, along with involvement at Committee level or in your particular areas of interest.

*Ruth Barwick*

*Secretary*

## Asquith Mixed Probus Club



### Interim Treasurer's Report as at 31 December 2024

Funds received so far this year	\$10,696.86	
Reduced by our expenses of	<u>\$10,102.48</u>	<u>\$594.38</u>
Add all previous year's surplus funds		<u>\$10,906.16</u>
Members funds available		<u><u>\$11,500.54</u></u>
....The above funds consist of cash		\$14,883.54
Less - mainly member's payments for future activities	\$1,444.00	
Less - Members Fees in advance	<u>\$1,939.00</u>	\$3,383.00
Total member's equity.		<u><u>\$11,500.54</u></u>

Interim Treasurer's Report assembled - 4 January 2025: Angus Dougall.

**DOLLS When?** The Wednesday following our monthly ‘member 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. **Phone Carol.**

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

**CARDS** 500 cards held 1<sup>st</sup> and 3rd Wednesday of the month at 10am at Magpies. New players welcome. **Phone Mary.**

**MEN’S GROUP** Meets 3<sup>rd</sup> Wednesday of the month at 10am in the Pavilion at Magpies. **Contact Robert Allison.**

AMPC Men’s Group	Robert Allison	Dolls	Carol Channon
Auditor	Robert Allison	5 <sup>th</sup> Thursday BBQ	Carol & John Channon
Books DVD	George Gates	Mah-jong	Pam Clarke
Jigsaws	Robert Montgomery	Walks	Laurie Keaton
Cards 500	Mary Glasby		
Ambassador	John Davies	Web Site	Robert Allison
Public Officer & Historian	Sandra Death	Assist. Tours/Excurs.	Yenda Holland
Assist. Tours/Excurs.	Sandra Lees	Assist. Tours/Excurs.	Jim Thompson

## AMPC COMMITTEE MEMBERS 2024-25

AMPC Committee Members		Phone	Email
President	Jim Jeffries		
Vice-President Elect	Barry Willick		
Vice-President	Vicki McPherson		
Secretary	Ruth Barwick		
Treasurer	Angus Dougall		
<b>Committee</b>			
Bulletin	Sylvia Gratton		
Hospitality	Judy Thompson		
Membership	Barry Willick		
Asst Membership	Denise Mayhew		
Programme	Jim Jeffries		
Tours/Excursions	Trish Taylor		
Welfare	Nita Shields		
Assistant Secretary	John Davies		
Assistant Treasurer			
Wallks	Laurie Keaton		
Past President	Sandra Death		

## TRIPS AWAY

### AWAY TRIP – SAPPHIRE COAST –9 NOVEMBER 2025

\$1,595 ppts, Single \$1,970 (see below)

**PLEASE NOTE:** Coach Holidays and travel apologises and advises that there has been an increase of \$30pp for this tour due to the fact that planning was done prior to supplier pricing being finalised. **The new prices are \$1,625 ppts and singles \$2,000**

This tour stays at the Coachmans Motel, Eden and travels out each day. All meals, including a cooked breakfast, are supplied.

Day 1 travel via Canberra to Eden.

Day 2 visit the National Trust village of Tilba Tilba which includes a stop at Tilba Cheese then Bermagui for lunch followed by a flower and citrus farm in Cobargo.

Day 3 is a scenic drive to the Merimbula Aquarium for a tour then Tathra, lunch and free time in Merimbula.

Day 4 is an Eden town tour, a lunch cruise on Two-Fold Bay and a visit to the Killer Whale Museum.

Day 5 we cross the border to Mallacoota, place of the dreadful 2020 fires, and visit the WW2 Operations Bunker. Lunch will be provided at the Mallacoota Pub.

Day 6 we visit Mogo Zoo before heading home.

As accommodation is limited, I would be pleased if you would email me your intention to join this tour as soon as possible so I can secure accommodation. An itinerary is available at the back desk.

Yenda

A \$100 deposit will be required at the February meeting.

Balance to be paid at the October meeting.

### GRAND TASMANIA TOUR

### AROUND AUSTRALIA TOUR

As the deadline for discounts on the Tasmania and Around Australia Tour has now ended, would anyone interested in joining either of these tours in the future please contact Yenda.

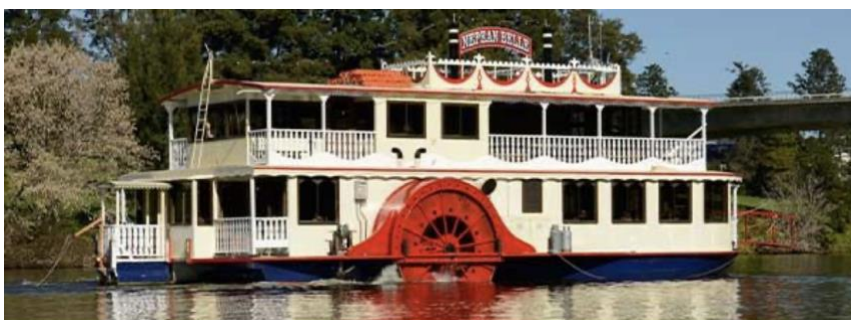
**YENDA**

## DAY TRIPS

### NEPEAN BELL LUNCH CRUISE

**\*APPLICATION FOR THIS TRIP NOW CLOSED**

**\*PAYMENT DUE 6TH  
FEBRUARY, 2025**



**20th FEBRUARY, 2025**

**Pick up: Rofe Park, Galston Road, Hornsby Heights, 9.00 a.m. - returns approximately 5.00 pm**

**\$111.00 per person**

**\*Please note 2024 price, may change in 2025**

#### **Includes:**

- Morning Tea at Nurragingy Reserve with time to explore the Chang Lai Yuan Chinese Gardens
- Embark on Paddle Wheeler “Nepean Bell” travelling upstream from Penrith through picturesque Nepean Gorge
- Buffet lunch, consisting of shared platters for the main course and dessert, followed by tea or coffee
- Commentary of the region
- Visit to Penrith’s Regional Gallery

**TRISH**

### MARITIME MUSEUM SYDNEY

**\*PAYMENT DUE 6TH MARCH, 2025**

**THURSDAY, 20 MARCH, 2025, 10.30 am**

**\$16.00 per person**

**9.04 am train from Hornsby platform 3, arriving Central station 9.40 a.m. Catch the 9.52 am Light Rail L1 (Exit 1 Grand Concourse) to Pyrmont Bay, arriving 10.02. Short walk to Maritime Museum.**

Each of these tours is about 1hr in duration. After the tour, you are free to explore the rest of the vessels and exhibitions at your own leisure. There are numerous places to have lunch at Darling Harbour or coffee/lunch at the Museum's Cafe.

### **HMAS VAMPIRE**

HMAS Vampire is a tour onboard a navy destroyer. Access onto the vessel is conditional based on mobility. Pushers are not allowed on any of the vessels for safety reasons. Walking sticks are permitted, however, please note that there are steps and slopes that need to be navigated, so it might be difficult.

**OR**

### **GALLERIES OVERVIEW TOUR**

The volunteer guide will show visitors the different parts of the galleries and some of the highlights in each one. Because objects get rotated for conservation, these tours differ slightly depending on which exhibitions/objects are on display during the visit. This tour is suited for visitors with accessibility needs and is friendly for those with mobility difficulties.

**TRISH**

### **PARRAMATTA FEMALE FACTORY**

**\*PAYMENT DUE 6TH MARCH, 2025**

**17th APRIL, 2025**

**11.00 am**

**\$10.00 per person**

This Governor Macquarie & Francis Greenway site was once home to at least 5,000 convict women transported "*beyond the seas*". Hear the inspiring stories of the women's lives, learn about their survival, their legacy and much more.

Tour duration 1hr - 1.5 hrs. Closed-in walking shoes must be worn. There are a few places on the site where the ground is uneven, or you need to step over a gutter. Make sure if it is hot to bring water, hat and sunscreen.

**\*Please note these travel times are not definite.**

Catch the 8.49 am train from Hornsby (Platform 3) to Strathfield - arrives 9.14 am. Change to (Platform 3) for the 9.21 am train to Parramatta - arrives 9.33 am.

Then catch the Free Parramatta Bus Shuttle 900 (Corner of Church & George Street) to Parramatta Leagues Club (runs every 15 minutes) - easy 10minute walk to Parramatta Female Factory, 5 Fleet Street, North Parramatta. (After Leagues Club, turn left at Fennell Street this runs into Fleet Street.)

**\*Lunch will be at Parramatta Leagues Club. Please indicate in the separate column on attendance sheet if you wish to be included in the bookings at the Leagues Club.**

**TRISH**

### **BARE ISLAND & LA PEROUSE MUSEUM**

**\*PAYMENT DUE 1ST MAY, 2025**

**14TH MAY, 2025**

**\*NOTE THIS IS A WEDNESDAY TOUR**

**Pick up: Rofo Park, Galston Road, Hornsby Heights - 8.30 am - returns approximately 4.30 pm**

**\$91.00 per person**

**\*Please note 2024 price, may change in 2025**

#### **Includes:**

- Morning Tea before our 1.5 hr guided tour of Bare Island. Bare Island Fort is situated at the mouth of Botany Bay. The fort was built in 1885 to protect the “back door” of Sydney from attack by sea.
- Two course lunch at Yarra Bay 16’ Sailing Club followed by tea or coffee.
- Return to La Perouse for a guided tour of the La Perouse Museum. The museum is housed within the historic Cable Station building, once Australia’s only link to the rest of the world. Almost 2,000 items across several rooms of exhibits document the 1787-1788 expedition of French explorer the Comte de Lapérouse.

**TRISH**

## **QUARANTINE STATION MANLY**

**20th NOVEMBER, 2025**

**\$98.00 per person**

**Pick up: Rofe Park, Hornsby Heights, 9.00 a.m. - return approximately 3.00 p.m.**

We commence our day travelling to Manly Beach where morning tea will be set up. From there we travel to the Quarantine Station at North Head. On arrival at the Reception area we will transfer to a smaller mini bus to make our way down through the National Park to the wharf. Here we will be met by our guide who will share the history of Q Station and the buildings in the Wharf Precinct, including the hospital.

After the tour, we will have lunch at The Terrace, still within the grounds of the Q Station.

### **Tour Includes:**

- **Morning Tea at Manly Beach**
- **Guided Tour of Q Station**
- **Lunch consisting of sandwiches, cakes, fruits, tea and coffee**
- **Coach transport**

### **Hospitality**

Breakfast at Bobbin Inn Bobbin Head on Monday 10th February 9am.

\$27.50 pay at either Jan or Feb meeting. Please select which meal you would like and record it on the list.

This is always a fun get together.

Evening meal at TORU JAPANESE Restaurant on 10th March at 6pm  
Westfield Hornsby.

\$25 pay by 6th March

Great food

## **Speaker**

Our guest at the January Meeting was David Short who represents the Dubbo Support Group of the Royal Flying Doctor Service of Australia. He is a volunteer speaker and is the Vice President of the Glenhaven Probus Club

The Royal Flying Doctor Service (RFDS) is a not-for-profit charity that provides 24/7 essential lifesaving, emergency and primary healthcare to regional, rural and remote NSW communities, where access to healthcare is limited.

He discussed the history and current work of the RFDS, and the initiatives that they plan to undertake.

At the February Meeting, Leonie Dillon will talk about the creation and operation of OzHarvest which came about to provide food for the needy. It is a wonderful service and its work should be widely recognized.

Jim.

## **WALKS**

**FEBRUARY If no other planned walk is forthcoming – Balls Head.**

## **2025 PREMIERS GALA CONCERT**

Unfortunately the Ticketing allocation is done differently this year with a short time for unwanted tickets.

If you would like to attend, email me ASAP

Details

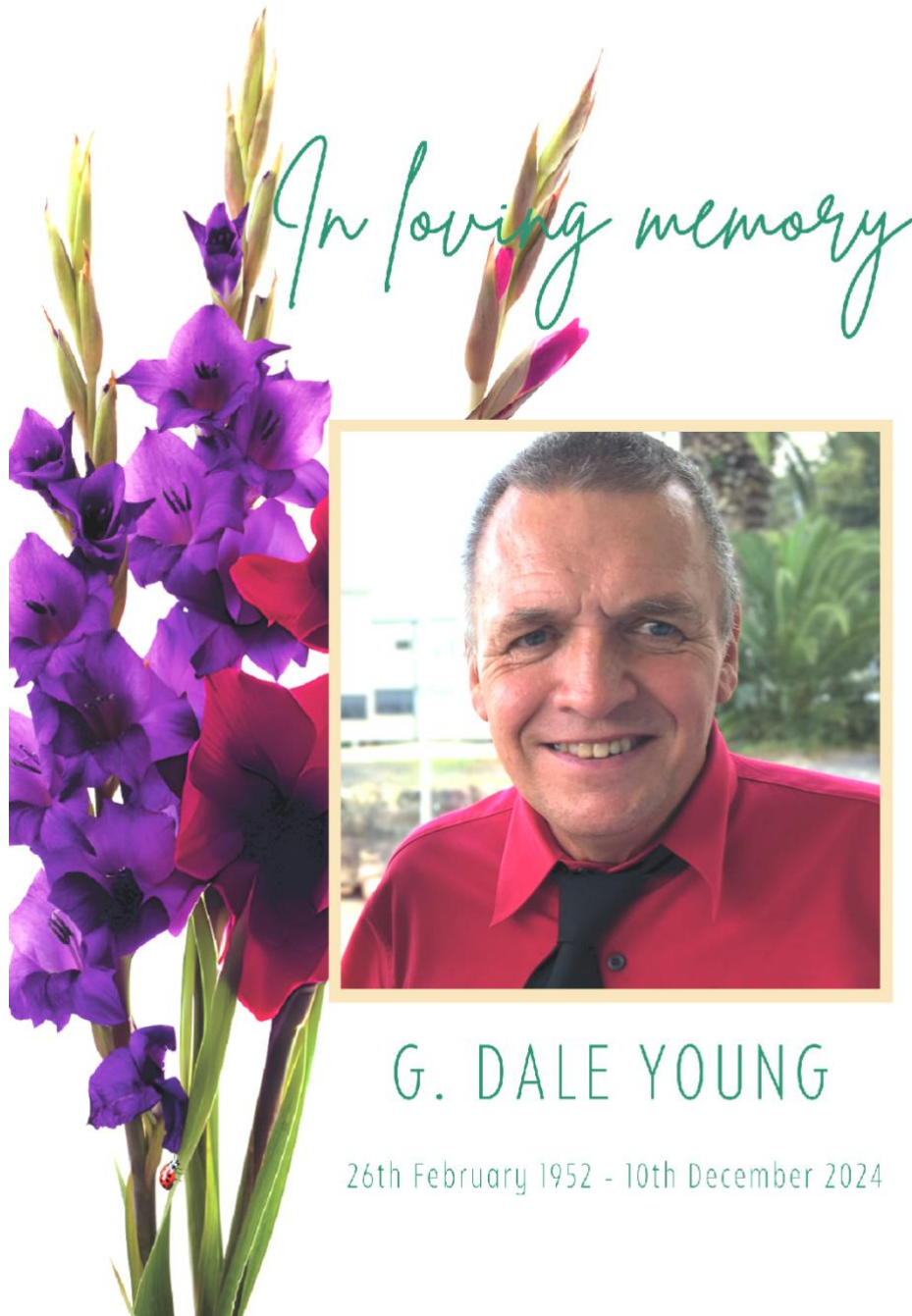
Wednesday March 12th. 2:45-4:30

Performers are:

Rob Mills, Todd McKenney, Prinnie Steven's, Taryn Stokes.

## VALE DALE YOUNG.

It is with sadness that I have to report the passing of Dale Young on 10<sup>th</sup> December 2024. Dale was a member of our club for 13 years and he will be sorely missed.



Margaret Young would like to thank everyone for the support given to Dale and Herself during his long stay in RNSH, they both appreciated this, also for all who attended Dale's Funeral. Thanku so

much,  
Margaret Young

## UPCOMING EVENTS

If you want, you could find  
a million reasons to hate life  
and be angry at the world.  
Or if you want, you could  
find a million reasons to  
love life and be happy.  
Choose wisely.

CARI WELSH



Instructions for living a life  
Pay attention.  
Be astonished.  
Tell about it.

Mary Oliver

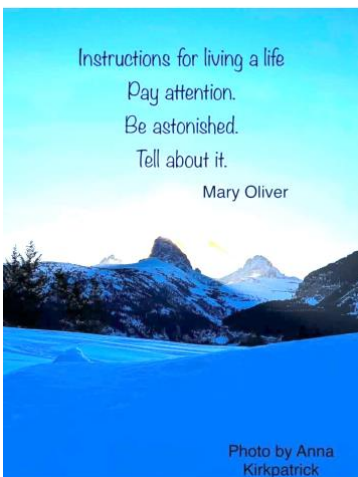


Photo by Anna  
Kirkpatrick



Be always grateful for every  
moment of your life you get to  
enjoy with people you love and  
those who love you; life is  
extremely precious and short.

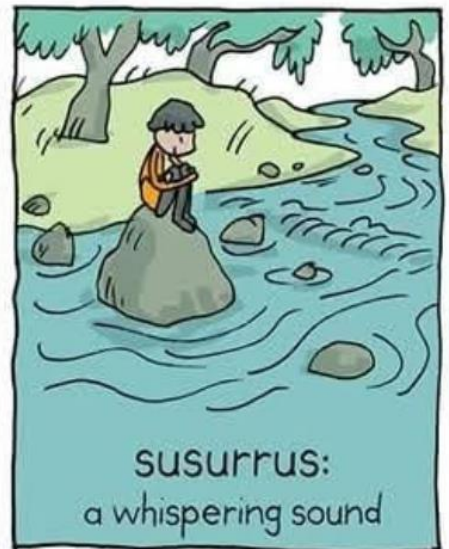
SANGESTA RANA

DATE	ACTIVITY	CONVENOR	PAGE	PHONE NO
Every Wednesday	Mah-Jong Asquith Bowling Club	Pam Clarke	4	
1 <sup>st</sup> & 3 <sup>rd</sup> Wed 10am	500 Cards Magpies	Mary Glasby	4	
3 <sup>rd</sup> Weds of Month	Men's Group Magpies	Robert Allison	4	
6 <sup>th</sup> February 2025	Probus Meeting	Jim Jeffries		
10 <sup>th</sup> February 2025	Bobbin Inn Breakfast	Judy Thompson	9	
13 <sup>th</sup> February 2025	Committee Meeting	Jim Jeffries		
20 <sup>th</sup> February 2025	Nepean Belle Lunch Cruise	Trish Taylor	6	
6 <sup>th</sup> March 2025	Probus Meeting	Jim Jeffries		
10 <sup>th</sup> March 2025	Toru Japanese Hornsby	Judy Thompson	9	
12th March 2025	Dolls	Carol Channon	4	
12th March 2025	Premiers Gala Concert	Rhonda Wilson	9	
13 <sup>th</sup> March 2025	Committee Meeting	Jim Jeffries		
20 <sup>th</sup> March 2025	Maritime Museum	Trish Taylor	6 & 7	

# Perfect Words



**smurr:**  
a drizzly fog or mist



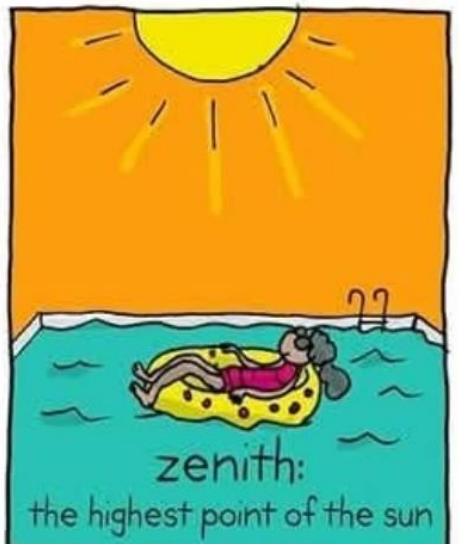
**susurrus:**  
a whispering sound



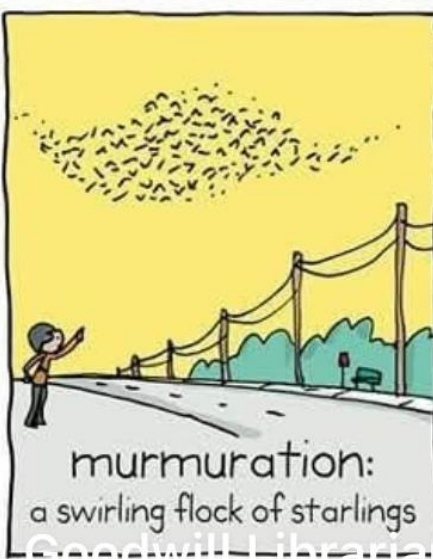
**mote:**  
a tiny speck



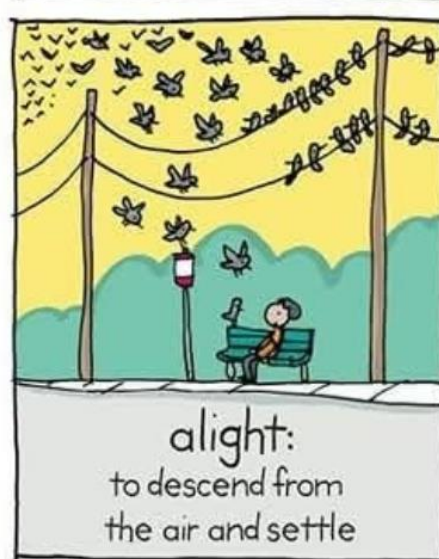
**marcescent:**  
clinging to withered leaves



**zenith:**  
the highest point of the sun



**murmuration:**  
a swirling flock of starlings



**alight:**  
to descend from the air and settle



**ruderal:**  
a plant growing in rubble