



Asquith Mixed Probud Club BULLETIN

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

President's Comments

AHhhhhh Bugger, dam, here we go again **lockdown**, THE TRIP TO THE RED Centre, then lockdown, just like last year when a trip to Armidale followed by lockdown. As Carol keeps telling me **Your health is your wealth** so, please all members stick to the rules and stay healthy. It only takes one person to create more problems.

John Channon

Please remember to check updates on your email.

A message from The President.

President's message, July 2021

Welcome to all hope you are keeping fit and well.

When you joined the AMPC you '**Acknowledged that at some time during my membership I may be called upon to take an active role on the committee of Management**'.

We would like volunteers to come forward to assist in the running of the Club.

Please approach the current officer of your chosen activity and ask them what is involved or see me for further guidance. John Channon

Meeting Dates

Thursday 1 July 2021

Cancelled due to Covid.

Zoom meeting taking place at
10.00am.

Thursday 5 August 2021

Time Unknown at the moment.



COMMITTEE NOTES - JUNE 2021

1. Hope everybody is looking forward to the Car Fun Run organised by Angus and Sunny. Put your names down.
2. Vicki McPherson has made a booking for Doyle's "Winter Special" at Watsons Bay for Monday 9th August.

An Expression of Interest sheet will be put out for Hawkesbury Races, possibly March/April 2022.

Vicki also suggested that a Car Pool register is available for Members who are unable to attend activities as they don't drive. The Committee thoroughly supported the initiative.

3. Payment for Hamilton is due at the July meeting, and this can be paid in advance from the comfort of your home using EFT.
4. Walks - Laurie emphasised on walk issues that the Members have a personal responsibility for their own health.

It was agreed that we need to update our Registration for Outings/Tours document and Members will be required to complete for all activities.

Pam Slater Secretary

Has Covid-19 forced you to wear glasses & a mask at the same time? You may be entitled to condensation.

Treasurer's Report as at 4 June, 2021

Income received for year to date	\$7,222	
Offset by expenses of	<u>\$4,487</u>	
Year to date surplus balance		\$ 2,735
Add previous year's surplus of		\$ 9,881
Gives an overall member surplus of		<u>\$12,616</u>
This surplus consists of cash of		\$18,351
Less liabilities – mainly activities paid in advance		<u>\$ 5,735</u>
Total member equity		<u>\$12,616</u>

Yenda Holland 6 June 2021

Payment of Monies

The bank statement. It is difficult to give a ruling because there is no consistency between banks.

In the good old days, the banks listed every name you had including Mr, Mrs, etc which now take up valuable space. If you use EFT as a means of paying people, it would be a good idea to check with your bank and make sure you only have one Christian name (perhaps an initial) and your surname so that there is room for the surname to print on the receiver's end of your transactions. The name on the account is printed loud and clear although it sometimes misses the surname completely.

There seems to be two spaces where one can write the name of the activity. Please put it in both as every bank is different and it is not easy to ascertain which spot will print on the receiver's bank statement.

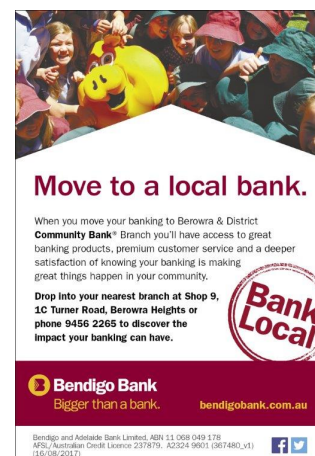
Once you have made a transaction, please print the bank receipt. For those who use a tablet or phone to make a transaction, and the only available option is to print a receipt (NAB for example), write "no receipt" on the Activities Payment Voucher.

Payments should be made at our monthly meetings. They can be in cash (please tender the correct amount if possible), cheque or by EFT and should be accompanied by a completed Activities Payment Voucher. If paying by EFT this should be done prior to the monthly meeting so that the EFT receipt can be submitted at the monthly meeting.

If you are unable to attend the next general meeting email the bank receipt together with a completed Activities Payment Voucher to the Assistant Treasurer, If attending the meeting there is NO need to email your receipt to Dianne. Attach a copy of the receipt to your completed Activities Payment Voucher and hand them both to the Payments Desk who will initial your receipt and return it to you. The receipt should then be taken to the activity organiser so your name can be marked as "paid" on their list.

If paying for several activities in one payment you need to complete a separate Activities Payment Voucher for each activity.

Please note that if your payment is made after the monthly meeting prior to your activity it may be too late to include your attendance at that activity as venues are often paid in the week following the meeting.



CARDS

Cards 500 is now back on at the bowling club so come & join in, good fun & very casual

A nice lunch & a drink afterwards makes for a good break plus good company

See you all there 11am the first & third Wednesday of the month. Mary Glasby

OTHER ACTIVITIES

Men's Group	Robert Allison	Dolls	Barbara Williamson
Auditor	Robert Allison	5 th Thursday BBQ	Lance Williamson
Books DVD, Jigsaw	Sunny Dougall & Robert Montgomery	Mah-jong	Pam Clarke
		Theatres	Rhonda Wilson
Dining out	Vicki McPherson		
Cards 500	Mary Glasby	Walks	Laurie Keaton
Pot Luck Meals	Anne Heaton	Web Site	Robert Allison
Public Officer & Historian	Sandra Death	Assist. Tours/Excurs.	Sandra Lees
Assist. Tours/Excurs.	Trish Taylor	Assist. Tours/Excurs.	Lula Andersen

AMPC COMMITTEE MEMBERS 2021-22

AMPC Committee Members 2021-22		Phone	Email	
	Officers			
President	John Channon			
Vice-President Elect	John Davies			
Secretary	Pam Slater			
Treasurer	Yenda Holland			
	Committee			
Bulletin				
Hospitality				
Membership	Barry Willick			
Programme	Mary Potter			
Tours/Excursions	Jim & Judy Thompson			
Welfare	Denise Mayhew			
Assistant Secretary	Sandra Death			
Assistant Treasurer	Dianne Watson			
Historian/Public Officer	Sandra Death			

Visit to Prince Henry Hospital Nursing and Medical Museum.

On Thursday 17th June, 23 members braved the wintery conditions (cold winds but no rain fortunately) to tour the precinct of the old South Coast, later becoming the Prince Henry Hospital at La Perouse. After a very noisy and chatty train, light rail and bus trip we were met by a very informative and very passionate ex nurse, Adrienne. Then having had a rather welcoming morning tea the tour began.

One of the old wards has been done as a museum, one end being a huge open area (as wards were in the old days) has been set up in a "themed" decade fashion. The theme being the most prevalent condition/event of that time. For example, diphtheria, polio, WW1, WW2 etc, including up to HIV/AIDS. There even happens to be room to create a Covid-19 display in the future.

The other end of the building was the specialty areas such as operating theatre, dispensary, dental surgery, pathology lab and a cardiac (heart) treatment area that has a working iron lung from yesteryear.

It was amazing to see the vast quantity of old equipment, both mechanical and electrical they have on display, thankfully to some nurses who rescued them from going to the tip when there was a massive clean up after years of neglect.

We then proceeded to the nurse's chapel which had a huge glass window, with lovely stained glass, that gave beautiful view out to sea across the bay. I think parishioners would have been more distracted with the view rather than what the preacher was saying.

Then after a bite to eat at the cafes accross the road we proceeded home.

FOOTNOTE: One of our members who was with us on the day, served some of her nursing days in that exact same ward.

Definitely a place worth visiting.

Dale Young



AMPC Members



Judy Beside the Iron Lung.

ACTIVITIES JIM & JUDY THOMPSON

TEN PIN BOWLING, 15 JULY 2021 Hornsby RSL. 1.00 to 3.00 pm. Cost \$8 pay on the day. We are limited to 24 so sign up. If you have never bowled before don't worry it should be a fun day.

TOUR TO JINDABYNE. Sun 14 Nov to Fri 19 Nov 2021. We will travel by train to Canberra and then by coach to Jindabyne. We will be staying at the Lake Jindabyne Hotel and going on an excursion each day to scenic attraction of the Snowy Mountains including, Smiggins Hole, Perisher, Eucumbene Dam, Dalgety, Bombala and much more.

The total cost is \$845 (all meals included). There is no single supplement. Deposit of \$100 to be paid by 9 Sept 2021. Balance of \$745 to be paid by 24 Oct 2021. Let us know of any dietary requirements or allergies. The detailed daily programme is in this Bulletin.

The transport details are as follows:

Sun 14 Nov. Catch the Interurban from platform 3 at 10.22 am. This will give us time for a leisurely coffee at Central. At 12.01 pm the train for Canberra departs Central. You will need to make your booking (single trip only)

We arrive at Canberra at 4.09 pm and travel by coach to Jindabyne. On Fri 19 Nov we will travel by coach from Jindabyne to Hornsby.

Jim Thompson

Now some important philosophical questions on life

Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

Why do banks leave vault doors open and then chain the pens to the counters?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why do they sterilize the needle for lethal injections?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Why can't women put on mascara with their mouth closed?

Life of Riley

TOUR ITINERARY

Sunday

- Dinner in the Bistro from 6.30 pm

Monday – 8:20 am

- Jindabyne Visitors Information Centre
- Morning Tea at Banjo Patterson Park
- Wild Brumby Distillery
- Ski Tube and Bullocks Hut
- Lunch at Thredbo
- Chairlift Ride with afternoon tea at Eagles Nest
- Walk around the Thredbo village.
- Dead Horse Gap

Tuesday – 8:30 am

- Jindabyne Town Tour
- Gaden Trout Hatchery and Morning Tea
- Drive to Perisher Valley/Charlottes Pass/Smiggins Hole
- Back to hotel for BBQ Lunch
- Free afternoon

Wednesday – 8:20 am

- Tour Cooma Goal and Morning Tea
- Drive to Mt Gladstone and onto Berridale
- Berridale town tour and Lunch
- Berridale Historical Society
- Depart to Dalgety and town tour

Thursday – 8:00 am

- Drive over Eucumbene Dam Wall
- Snowy Scheme Museum Adaminaby and Morning Tea
- Depart for Cooma with Lunch in the park
- Snowy Hydro Discovery Centre Cooma

Friday

- Depart Jindabyne at 8:00 AM

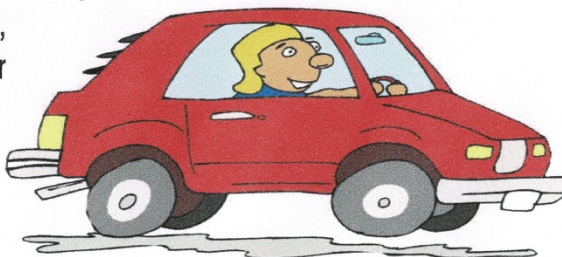
Observation Fun Run

Thursday 19 August 2021

Join in a fun day touring around the Hills District, observing and answering the questions being asked along the way ... The Fun Run starts at Galston RSL Club at 9.15 with all cars away by 9.30am, with a morning drive around the quieter streets of the area. Route directions are provided, with a list of questions for the observers to answer These questions are simply observation, with some quite easy, and some a little harder. Time allowed should be ample, so there is no need to rush.



At the end of the first stage, we have a pleasant Morning Tea break arriving around 10.30 to 10.45 am Then at around 11.30am we are off again on a slightly longer stage 2. The run will conclude at The Galston Club around 1.00pm where lunch is at your own cost. Enjoy the Club's various lunch specials ~ or perhaps enjoy an *a la carte* meal. After lunch we have the raffles and awards presentations ! Why not bring some friends with you, or if you don't wish to drive, come along as an observer ~ we will be happy to find you a host car to travel in. Cost is \$15 p.p. with Morning Tea included. So, come along for some fun New members especially welcome.



Book at the activities desk.

AD:24521

Red Centre away trip

16th to 22nd June 2021.

Around 46 seniors, including 16 members of Asquith Mixed Probus Club toured with 'On Course Tours' to Australia's Red Centre, enjoying crisp, but dry days, with the only rain being on the day we headed back home.

Accommodation along the way was more than satisfactory with good food and friendly hosts at our 3 different locations; and this was necessary due to the vast distances covered, enabling us to visit many of the varied sites and features out in 'the Red Centre'.

Credit goes to Yenda Holland, who selected 'On Course Tours' to organize the trip, and they certainly provided a full week of visits to interesting places, sites and memorials. In our 7 days we saw the sights of Alice Springs, went to Anzac Hill, the Telegraph Station Historic Reserve, Desert Park – with a 'great birds of prey' show, the John Flynn Historical Reserve, the Stunning Standley Chasm, and that dramatic crack in the Quartzite ridge – Simpsons Gap.

Overlooking Alice Springs is the colourful Macdonell Ranges, with dazzling hues changing from pink to mauve, to ochre, on its sparsely vegetated ridges. Quite enchanting. Albert Namatjira certainly captured these colours.

We visited the Royal Flying Doctor Base, The School of the Air, the Cultural Precinct including Araluen Galleries – Museum of Central Australia - Aviation Museum, Spirit of the Outback Dinner and Show. We pressed on to Kings Canyon, Curtis Springs Station, and on to Uluru (Ayres Rock), followed by Kata Tjuta (The Olgas), and the Field of Lights. Pheww !

So, a very full week away, seeing most of the 'Red Centre's' essential inland sights, shows and landscapes. Certainly, a trip not to be missed



Walk Activities

Future Walks

July 22 Your Lead is John Britten who meets us at Woy Woy.

Where: Kincumber Macca's to Davistown RSL

What: Scenic bus tour (included on your \$2.50 opal fare) then a picturesque walk along Kincumber Broadwater. Medium distance on flat formed paths.

Travel: Hornsby 09.24 Central coast Train Plat 5. 09.33 Berowra. Arr Woy Woy 10.01.

Marshalls are Wendy and Paul at Hornsby. Laurie at Berowra.

Ferry from Davistown is Cost \$4.20 with your concession card.

Ferry departs 14.25 Arr Woy Woy. 1450 Train at 1512 Berowra 1542

Hornsby 1552

Lunch: Davistown RSL at your own cost.

August 27 Your leads are Barry and Gai Brown.

Where: Balgowlah (Cnr Condamine and Sydney Road to Manly

What: 1 to 1.5 hour walk via North Harbour Reserve and Walk. Mainly flat.

North Harbour Reserve is where Governor Phillip was speared.

Travel: 0856 Train Berowra. 0909 Plat 1 Hornsby. Arr Chatswood 0934.

Bus route144 to Balgowlah. 0941 (slower group). 0951 (Better walkers)

Bus departs Stand F Victoria Avenue. Return by ferry and train.

Lunch: TBA

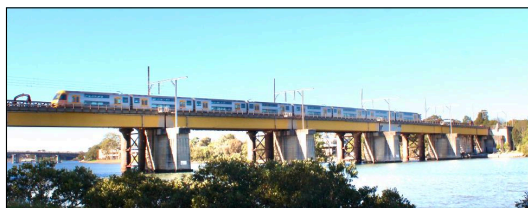
Walk: Meadowbank to Kissing Point

On Thursday 27 February, a beautiful cloudless day, around forty AMPC members took part in the monthly outdoor outing organised by Laurie Keaton. It began for most at Hornsby Station, where the train took them to Meadowbank where the walk proper began. The party followed the railway south then with some roadwork difficulty crossed over it and continued south until Meadowbank's Memorial Park, so named for a pathway flanked by 42 small pillars, each named for a country Australia fought in during WW2, each capped with a fragment of stone from that country.



Bennelong Bridge over Homebush Bay

The bank of the Parramatta River was next, a little further on, from where could be seen the elegant 2016 Bennelong Bridge spanning Homebush Bay, linking Rhodes to Wentworth Point, for the exclusive use of walkers, bike riders, and buses. Bennelong and bridges were to be the focus of the next part of this AMPC adventure.

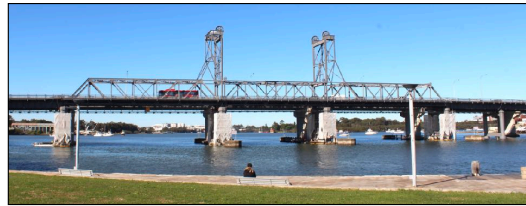


John Whitton Bridge

The group progressed along the river embankment, which offered a close-up view the 'new' John Whitton railway bridge that most had often thundered over in the train. An original railway crossing here was an 1886 lattice truss bridge by Whitton, 'father of NSW railways'. By the 1950s a new bridge was needed and piers for it were constructed in 1952. Work stopped until the 1970s when the piers were extended to provide for the laying of additional tracks, something that has still not taken place. The 'new' bridge was finally opened in 1980. The original Whitton bridge, restored in 2000 for bikes and walkers, had been closed again by 2021 for further restoration.

And so the AMPC party continued on along the embankment, marvelling at the many new high rises and changes Sydney's population growth had brought about, until they came to Ryde bridge, with its two distinctive light metal towers on the 1935 structure, that once enabled a section of the roadway to be lifted for shipping.

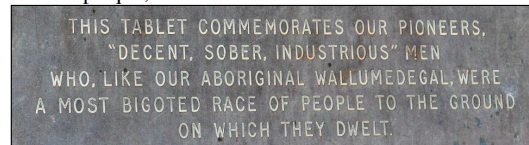
There was a bit more to this walk, but this is enough. Jeremy Steele



Ryde bridge linking Ryde to Rhodes

A new concrete bridge was added to this crossing, opening in 1988.

After passing under the Church St/Concord Road highway the pathway led the party past Settlers Park with a 1948 historic plaque,



Extract from a plaque in Settlers park

to Waterview Street in the suburb of Putney. Some members might have been surprised by heading into the backstreets at this point, going left into Princes Street, and then turning right into the undistinguished Watson Street.



25 Watson St, Putney:
site of Bennelong's grave

Once outside a singularly unremarkable house, No 25 Watson Street, Putney, it was disclosed by Laurie Keaton that this very house stood on land that once formed part of the estate of the First Fleet convict brewer, James Squire. This enterprising

figure eventually amassed 30 acres of holdings at Kissing Point, by which name this reach of the river had come to be known.

Jeremy Steele then being called upon, he told the group that Bennelong, the most famous of all historical Aboriginal figures, was believed to be buried in the nature strip or front garden of this very house. For this reason, when it came on the market in late 2017, it was acquired by the State government. Steele spoke of Bennelong's names, sisters and wives (who included *Barangaroo* and



Gurubara-bula), as well as his two known children, and of Bennelong's fights, woundings and other exploits.

Congratulations Bert Giovenali on
10 Years Membership Of AMPC.



Welcome back Margaret Muir.

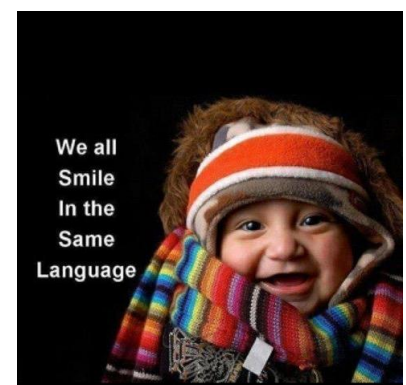
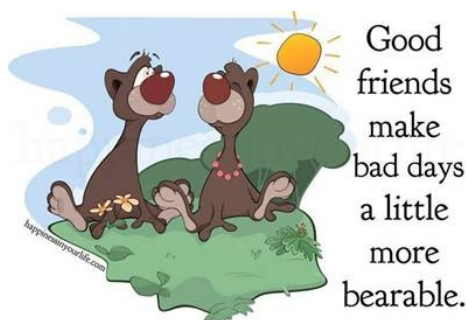
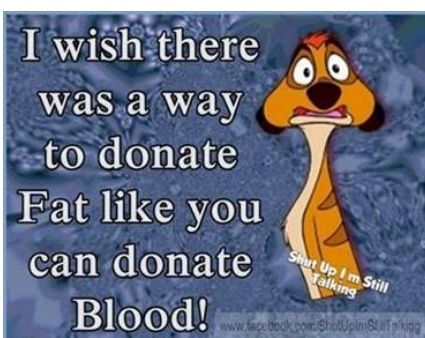


PROGRAM/SPEAKERS

Members enjoyed a fascinating interactive talk by Jim Haynes at the June meeting. Amongst other things we heard about the only two times the Australian Defence Forces were called out to fight a war on Australian soil. The first was in Broken Hill during WW1 when two 'Ghans' attacked the Picnic train going to Silverton, one was an ice cream vendor and the other a local imam and halal butcher. We heard that the background was a little more complicated than these bald statements imply. The second time was when the Army was mobilised in 1932 to fight a war against the emus in Western Australia! True.

At our July meeting Sharni Collins will bring us yet another fascinating talk. Her topic is "The AFTER program at UTS." Australian Facility for Taphonomic Experimental Research (AFTER) is a unique body donation facility dedicated to the study of forensic taphonomy in Australia. Forensic taphonomy is the study of human remains from the time of death to the time of discovery. This field of science aims to solve problems surrounding the physical, chemical, and biological processes of human decomposition.

Mary



WELFARE REPORT

Anita De Souza's husband Noel had not been well for some time, sadly I was advised that Noel had passed away. A card was forwarded to Anita expressing the sympathy of all members.

Georgina Hughes has had a pacemaker fitted following an incident while away on a recent trip to Yamba. Georgina is waiting to see her doctor again to ask if she can resume aquaerobics. A good indication of how well she is feeling.

Barbara Williamson had good news on a follow up visit to her Ophthalmic Surgeon after recent surgery. The Specialist doesn't wish to see Barbara again for another month. Very promising news indeed

Waverley Nurthen is recovering at home after hip replacement surgery. I've spoken to Waverley who says she still has some pain but is being very well looked after by her husband Col.

Jan Wilson is waiting on an admission date for surgery to remove a cancer from her eyelid. I know this is a stressful time and sincerely hope her wait isn't too much longer.

Jan Ferguson is continuing as a patient in Hornsby Hospital, she has had another MRI and has been told her incident was not as first thought. Jan says she's feeling brilliant and is wondering when she'll be going home.

Maureen Sharpe has had a follow up with her Specialist and says she's feeling really well. Unfortunately, she will be having another endoscopy before being discharged by her Doctor.

Noel Fisher has recently had 2 surgeries for the removal of a cancer from his nose. He is doing well but is still waiting to have knee replacement surgery, until this takes place Noel can't attend our meetings but has asked that I send his 'hello' and best wishes to everyone

Happy Birthday to all members celebrating their birthday this month

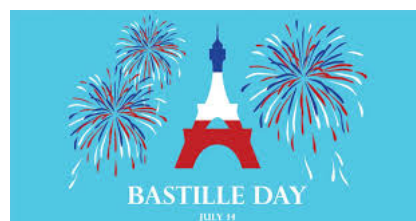
Denise Mayhew

MEN'S GROUP

Men who would like to join AMPC Men's Group for friendly, social discussion please contact Robert Allison on We normally meet at Magpies Club, Waitara at 11:00 on the third Wednesday of the month

HOSPITALITY/DINING OUT

A group of 28 Probians enjoyed a lovely brunch at the delightful Vanilla Cream Café on Monday 7th of June.



Bastille Day Wednesday 14th July at noon at Allegro Function Centre

34 people will be attending this. If you would like to come and haven't got your name down just contact Vicki.

Doyles Watsons Bay Winter lunch special Monday 9th of August at noon

The cost is \$39.50 per person. The menu is as follows

Entrée - A bowl of fishermans chowder - A cream based chowder, one of Alice Doyle's famous recipes

Main - Fried fish and chips - Fillets of fish, golden fried in light and tasty beer batter served with chips

A glass of Doyles Fishermans Red or White wine, a soft drink or a can of Doyles fishermans lager

No changes can be made to the special menu however the a la carte menu will also be available.



Bobbin Head picnic Thursday 21st October at noon

This will be catered for by the Asquith Golf Club, price to be advised closer to the day.

I am also looking at arranging a day at **Hawkesbury Races** and am looking for expressions of interest.

If this is something you might be interested in please let Vicki know at the next couple of meetings. It will probably be around March next year.



COME FROM AWAY – CLOSED

See Rhonda for collection of tickets.

THE PHANTOM OF THE OPERA - CLOSED

Sunday 5th September

See Rhonda for tickets.



HAMILTON - FULL

Saturday 16 October 2pm Lyric Theatre

PAYMENT DUE **NO LATER** THAN JULY MEETING - or BEFORE



THIS EVENT WILL NOT GO AHEAD IF WE ARE STILL IN LOCKDOWN!

Lego Robotics for Seniors
Wednesday 7th July– 10am-11:30am
Gordon-Pymble Uniting Church 18 Cecil St Gordon

Book now @ www.nssydney.young-engineers.com.au/enrolment
Or call Scott on 0429 790 464

Have fun! Bring your grandkids along

Build Lego Robotic models

Learn simple coding to make your models come to life

Practice and improve your fine motor skills

Cost: \$25
Kids (5-10yrs) free

A promotional graphic for a Lego Robotics workshop for seniors. The background is a dark blue gradient. In the center, a tablet displays a Lego robot. Surrounding the tablet are various Lego parts and completed robots, including a car and a robot with a camera. The text is white and yellow, providing details about the event, including the date, time, location, booking information, and a list of activities. The activities are presented in a list format with each item on a separate line.

**ASQUITH MIXED PROBUS CLUB INC**

Inc No: 9890687

Activities Payment VoucherToday'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

ReceiptTo-days
Date: Name(s) Activity
Name Date of
activity No. of
Persons

Total Paid	\$ <input type="text"/>	Card Charge \$ <input type="text"/>
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Confirmed by:

Received by :

PLEASE RETAIN FOR ACTIVITY.

**ASQUITH MIXED PROBUS CLUB INC**

Inc No: 9890687

Activities Payment VoucherToday's
Date: Name(s) Activity
Name Date of
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Cash	EFT	
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Total Paid	\$ <input type="text"/>	Card Charge \$ <input type="text"/>
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