



Asquith Mixed Probud Club BULLETIN

President's Letter

The High-Country Tour organized by Mal & Suellen was a great success and the Autumnal colours were beautiful. The morning tea at Vanilla Cream also was enjoyed by all.

Please be aware of new members, make them feel welcome and encourage them to become involved in the activities, meetings and outings where they will find friendly acceptance.

We would like to hear your ideas for possible new or revised activities so members are invited to use the Suggestion Box, talk to Committee people or email me on jimwj@optusnet.com.au.

President

Jim Jeffries



Meeting Dates at Magpies

General Meetings

10am for 10.30am start.

Thursday 4th July 2024

Thursday 8th August 2024

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Bulletin: Editor: Sylvia Gratton

Mob:

Asquith Mixed Probud Club Inc.

The Secretary AMPC, 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

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Mixed Probud Club use only and is not to be used for any other purpose.

COMMITTEE NOTES - JUNE 2024

1. Nita Shields has reported that a number of our members are facing and recovering from various health challenges, we send our love and wish them a swift recovery. Mary Power had several celebrations for her 100th Birthday and her secret to a long life is 'Keep Active'! We continue to keep Mary Potter in our thoughts as she grieves the loss of Sandy.
2. Trish & team are doing a great job on Tours and Excursions. There are a wonderful variety of events planned, including Tours to Griffith Spring Festival in October and Lord Howe Island in March 2025. In the coming months are lunch at Doyles on the Beach and Takeaway, the Archibald visit, Garden Island Dockyard and Cochlear Tour at Macquarie Park. What a great choice of activities and a chance to make new friends.
3. Judy Thompson reported that the Biggest Morning Tea was a great success with \$610 raised. Thanks to all those who attended and a special thank you to Judy and Jim for hosting.

There will be a Brunch at Centre Café Dural in August (Tuesday 13th) and the Birthday Barbeque at the Pavilion Bobbin Head 17 October will be catered by Family Affair (<\$40) BYO drinks.
4. Upcoming Walks are the Parramatta River Walk and the Two Valley Trail (Cooks River).
5. Talks coming up at the monthly meeting include Living with Dementia, Royal Flying Doctor Service, Sydney Airport and Hornsby Fire and Rescue. Thanks to Jim Jeffries for arranging for us to hear these interesting speakers.
6. Vicki McPherson recommends that everyone take advantage of Hornsby Fire's free Fire Safety home inspection.
7. Angus Dougall has done a sterling job as Treasurer for AMPC for 8 ½ years. He is more than ready to step down. Please think about whether you might like to take this on in 2025. It is truly rewarding to serve on the Committee.

Ruth Barwick

Secretary

To add to your English vocabulary is the term Aphorism, which is:

a statement of truth or opinion expressed in a concise and witty manner

◆ I read that 4,153,237 people were married last year. Not to cause any trouble.... but shouldn't that be an even number?

◆ I find it ironic that the colours red, white and blue stand for freedom until they are flashing behind you.

- ◆ When wearing a bikini, women reveal 90% of their bodies. Men are so polite they only look at the covered parts.
- ◆ Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
- ◆ You know that tingly little feeling you get when you love someone? That's common sense leaving your body.
- ◆ My therapist says I have a preoccupation with vengeance. We'll see about that!
- ◆ I think my neighbour is stalking me as she's been Googling my name on her computer. I saw it through my telescope last night.
- ◆ Money talks ... but all mine ever says is good-bye.

So, there you are. Learn a new word every day and you will never be short of words. I just created another aphorism!

Thank you Yenda for these Aphorism's.

Asquith Mixed Probus Club

Treasurer's Report as at 11 June 2024.



Funds received so far this year	\$10,227	
Reduced by our expenses of	\$7,146	
Leaving funds available so far for this year		<u><u>\$3,081</u></u>

.... The above funds consist of cash		\$19,350
less accumulated Member's Equity	\$10,906	
less - mainly member payments		
for future activities	\$5,363	<u><u>\$16,269</u></u>
		<u><u>\$3,081</u></u>

Treasurer's Report as at 11 June 2024:
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 1st and 3rd Wednesday of the month at 10am at Magpies. New players welcome. **Phone Mary.**

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

AMPC Men’s Group	Robert Allison	Dolls	Barbara Williamson /Carol Channon
Auditor	Robert Allison	5 th Thursday BBQ	Carol & John Channon
Books DVD	George Gates	Mah-jong	Pam Clarke
Jigsaws	Robert Montgomery	Theatres	
Cards 500	Mary Glasby	Walks	Laurie Keaton
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.	Lula Andersen
Assist. Tours/Excurs.	Jim Thompson		

AMPC COMMITTEE MEMBERS 2024-25

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

TRIPS AWAY

GRIFFITH SPRING FESTIVAL 19-24 OCTOBER 2024



This is a 6 day 5 night fully escorted tour (Hornsby to Hornsby) with Trade Travel which includes all meals and will take us to the heart of Australia's food bowl. Accommodation is at the Kidman Wayside Inn, travelling from there each day. The variety of attractions include the Temora Aviation Museum, gardens, amazing citrus sculptures, Altina Wildlife Park, Griffith Regional Art Gallery, War Memorial Museum, a winery, some silo art, the Cowra POW Hologram Theatre and the Southern Cotton Gin where we will learn about the cotton industry and ginning process - something different.

\$2,148.00 per person Twin Share (Single Supplement \$440.00)

A \$200 pp is required to secure your place on the trip with the final payment due on 12 July, 2024.

YENDA

DAY TRIPS

DOYLES ON THE BEACH WATSONS BAY - WINTER LUNCH SPECIAL

18th JULY, 2024

12.30 pm

\$54.00

PAYMENT DUE BY JULY MEETING

Dine at Doyles on the Beach and enjoy their Winter Lunch Special - Bowl of Chowder, Fish & Chips and a Glass of Wine. Maximum of **24** people.

Train from Hornsby 10.25 am platform 1, arriving Wynyard 11.08, Wynyard to Circular Quay 11.12 platform 6, arriving at 11.15 am. Ferry to Watsons Bay 11.45 am Wharf 2, arriving 12.08 pm.

LED BY VICKI

There is also the option of travelling with this group and having lunch at: **DOYLES ON THE WHARF TAKEAWAY**. Here you can eat your lunch on the Wharf or sit beside the beach and enjoy your meal.

TRISH

NSW ART GALLERY - ARCHIBALD, WYNNE AND SULMAN EXHIBITION WITH GUIDE

15 AUGUST, 2024

\$27.00

PAYMENT NEEDED BY END OF JULY, 2024

8.13 am train from Hornsby platform 1, arriving at Town Hall 9.00 am, Town Hall platform 5 to Martin Place, arriving at 9.07 am.

15 min walk to Art Gallery across the Domain

9.30 am - 1hr guided private group tour of the exhibition

Option to explore the Galleries at your leisure after the tour

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

TRISH

GARDEN ISLAND DOCKYARD HERITAGE TOUR

THURSDAY 19TH SEPTEMBER 2024

10.00 AM

\$30.00 per person

PAYMENT DUE BY 30th AUGUST, 2024

We will have a guided walking tour of GID. (Duration 2.5 hours starting at 10.00 am).

Catch the **8.01 North Shore train at Hornsby** (Platform 1) cars 2 & 3. NB Berowra 07.47, Mt Kuring-gai 07.51. Get off at **Wynyard** and proceed to the **York St bus stop G**. Catch the **311 bus at 9.08am** to GID.

We need to be at the GID gate by 9.45am for check in. The names of those attending must be supplied to PROBUS as we have to give this list to GID 2 weeks before the tour.

The tour includes stairs and uneven surfaces. Wear sensible shoes. No cameras.

After the tour finishes, there are several hotels nearby (including Harrys-cafe-de-Wheels) for lunch. You can walk back to the city or catch the 311 bus which leaves at 17 and 47 minutes past the hour.

JIM THOMPSON

COCHLEAR MANUFACTURING TOUR MACQUARIE PARK

21st NOVEMBER, 2024

11.00 am

MAXIMUM 35 PEOPLE

9.31 Train from Hornsby (platform 4) to Epping. Changing at Epping for 9.54 am Metro (platform 5) to Macquarie University. Arrive 9.58 am.

Short 15 minute walk (slight incline) to Cochlear, 1 University Avenue, Macquarie Park.

- * 30 minute tour to see how implants are manufactured.
- * We will need to provide a list of attendees to Cochlear and they will provide a name tag when we arrive.
- * There is a cafe on the premises if you would like a coffee and Macquarie Shopping Centre close by for lunch.

Cochlear help people around the world to gain access to clearer sound and a lifetime of better hearing. Cochlear is the global leader in implantable hearing devices for people with moderate to profound hearing loss.

Join us on a 30minute tour to see how these implants are manufactured.

TRISH

HOSPITALITY

Biggest Morning Tea raised \$610.00. It was a very happy but cold morning, 18 members attended and several others donated previously. Many thanks to all. Paul arrived with a yummy contribution stating that" I told you I would bring a tart!"

BRUNCH on Tuesday 13th August at 11am

The Centre Cafe

1Pellitt Lane,

Corner of Kenthurst Road. Dural.

Call Judy if transport is required.

Keep the date free for our Birthday celebration on 17th October at Bobbin Head.

JUDY



WALKS

Arrangements for September - Huntley's Point via the Gladesville Bridge to Drummoyne proceeding but **NO** walk is scheduled for October due to a clash of dates with another Club Activity. Whilst numbers involved are small the likely activity was not possible without considerable support and planning.

THURSDAY JULY 25

WHERE: TWO VALLEY TRAIL COOKS RIVER & GOUGH WHITLAM PARK **(NEW)**

WHAT: Leads Laurie and Nick

Walk 1: Easy/Flat Short walk 3.2 loop plus 5 min walk each way to the park from Tempe Station. **Toilets** at the Start.

Walk 2: Short 5 min walk to the Park & then a direct Longer Walk to Beaman Park (Wardell Road). On Return cross the Foot Bridge to Golf Course and keeping to the unformed Path.

Take Care Crossing Illawarra Rd (No marked Pedestrian Zone).

Rejoin the Short Loop at Steel Park (Toilets). Follow to the station lights & return to Start. **6Km+ Flat and Easy.**

TRAVEL: Hornsby 9.04 CCN Train Platform 3. Cars 2/3 Change at Redfern Plat 12 for Tempe Train. **Steps at Redfern and Tempe Arrive approx 10.10am**

BRING: The Short walk is all path but **your shoes need to be solid for the longer walk** (4 wet spots near Beaman Park).

Morning Tea,Lunch & Coffee. The Cafe is closed. BBQ available.

Lunch venue is not being organised but the Concordia Club Is opposite the Station.

COMFORT: Open shoes are not suitable on the long walk. Much of the outward journey is shaded and will likely be cool. Spray jacket needed

THURSDAY AUGUST 22 PARRAMATTA RIVER WALK 3.

Leads: Laurie and Kevin.

WHERE: GOVERNOR PHILLIP WALK (HISTORIC} RIVER BANK & PARRAMATTA PARK COMMENCING AT PARRAMATTA FERRY WHARF.

WHAT: **Two Walks** – Both following the Northern Bank of the River. At

The Old Kings Oval the Short Walk crosses to the Park visiting sites.

The Long walk continues North past the rear of Comm Bank Stadium before joining the Park and Gardens.

Both walks return via the main gates to Parramatta RSL – the Lunch venue.

TRAVEL: **Hornsby 9.16am Train Plat4 to Meadowbank. Ferry at 10.00am**

Walkers from Asquith to Berowra need to consider whether they catch the 8.26 or 8.56 am train on the day due to recent unreliability. The 0856 Berowra train is timetable to arrive at Hornsby at 09.10am.

Speaker

Next month our Speaker is Donna Ward from Group Homes which specializes in demystifying Dementia and providing educational support for families living with this disease.

Dementia which typically develops after age 65 is increasing around the world. It is an umbrella term for numerous conditions which are inherently difficult to treat.

She will discuss how smaller care environments integrated within local communities. can increase quality of life, reduce depression and hospitalization.

Patron of Dementia Ita Buttrose said Group Homes was one of the best models of dementia care in an assisted environment that she has seen

David Short from the Royal Flying Doctor Service will speak in August.

He will describe how skilled doctors, nurses, dentists, mental health clinicians and other specialists fly or drive to remote communities to provide a full suite of care.

JIM

UPCOMING EVENTS

DATE	ACTIVITY	CONVENOR	PAGE	PHONE NO
Every Wednesday	Mah-Jong Asquith Bowling Club	Pam Clarke	4	
1 st & 3 rd Wed 10am	500 Cards Magpies	Mary Glasby	4	
3 rd Weds of Month	Men's Group Magpies	Robert Allison	4	
4 th July 2024	Probus Meeting	Jim Jeffries		
10 th July 2024	Dolls	Carol Channon	4	
11 th July 2024	Committee Meeting	Jim Jeffries		
18 th July 2024	Doyles	Vicki McPherson	5	
25 th July 2024	Two Valley Trail	Laurie Keaton	8	
1 st August 2024	Probus Meeting	Jim Jeffries		
7 th August 2024	Dolls	Carol Channon	4	
13th August TUESDAY	Brunch Dural	Judy Thompson	7	
8 th August 2024	Committee Meeting	Jim Jeffries		
15 th August 2024	Archibald Guided Tour	Trish Taylor	6	
22 nd August 2024	Parramatta River Walk	Laurie Keaton	8 & 9	
29 th August 2024	5 th Thursday BBQ	John & Carol Channon		

Be well, be happy and
enjoy this beautiful new
day. You are never too
old to enjoy life!



GOOD MORNING!

Waiting for the coffee to
kick in

