



# Asquith Mixed Probud Club BULLETIN

## *President's Corner*

Hello to all our members.

Well we are really feeling the chill of winter, hope you are all keeping warm and well.

The committee is asking for donations to help with the cost of materials for making the Dolls for the Children's Hospital, Carol Channon will explain more at the meeting on 3<sup>rd</sup> July.

If you need a new badge these can be ordered with the membership officer or myself. At a cost of \$5.

There will be group tables set up for us to have lunch together in the Pavilion off the dining area to allow us to have fellowship together over lunch.

As July has 5 Thursdays don't forget the 5<sup>th</sup> Thursday BBQ at Galston reserve on the 31<sup>st</sup>

Looking forward to seeing you on the 3<sup>rd</sup>.

Regards Barry

### **Meeting Dates at Magpies**

#### **General Meetings**

**10am for 10.30am start.**

**Thursday 3<sup>rd</sup> July 2025**

**Thursday 7<sup>th</sup> August 2025**

**Website:** <https://www.asquithmixedprobus.org.au>

**Email:** [info@asquithmixedprobus.org.au](mailto:info@asquithmixedprobus.org.au)  
[webmaster@asquithmixedprobus.org.au](mailto:webmaster@asquithmixedprobus.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      JUNE 2025

1. There was a meeting of the Sub-Committee last Wednesday to finalise any adjustments to Standing Orders, including privacy of medical information e.g. in the context of bus tours. Proposals to be circulated to the Committee and passed at the August Meeting.
2. Nita reminded us to keep up-to-date with Covid and flu vaccinations during the winter months, and that anti-virals are highly effective in mitigating Covid symptoms. Barry and Angus reported the passing of former members Lainie Kloosterman and Rex Westbrook.
3. Trish and the Tours Committee have lots of exciting ideas for 2026, including a City walking tour, High Tea at Parliament House and the Zig Zag Railway. 23 AMPC Members participated in a great day out to Cockatoo Island. Thank you to Jim, Judy and Trish for leading us!
4. Some great Walks coming up, thank you Jim, Laurie and Leaders. Also, some interesting talks through to November (no Speaker in December – Christmas Lunch) starting with Ian Hemphill of Herbies Spices this month. Again, thank you Jim for organising such a varied program of Speakers.
5. Reminder, no January Meeting in 2026, the first Thursday is January 1!

*Ruth Barwick*

*Secretary*

### **Hospitality Upcoming Events**

*Probus 17<sup>th</sup> Birthday BBQ at Bobbin Head Pavilion*

*Date: 16<sup>th</sup> October 2025*

*Cost: \$20.pp*

*Time: From 12 Noon.*

*Bring: Plate, Cutlery, Drinks & Glass.*

*Christmas Lunch at Magpies.Club*

*Date: 4<sup>th</sup> December 2025*

*Cost: \$55 pp*

*Time: 12 Noon to 3.30pm.*

*Bring: Just bring yourselves & enjoy the Celebration.*

*Menu; Roast with veges*

*Xmas Pudding & Custard/Pavlova with fruit & Cream.*

# Asquith Mixed Probus Club

## Treasurers Report as at 8th June 2025



Funds received so far this year	\$8,756.00	
Reduced by our expenses of	\$5684.57	
Leaving funds available so far this year		<b>\$3,071.43</b>
Add all previous year's surplus funds		\$11,654.54
Leaving members funds		<b>\$14,725.97</b>
.... The above funds consist of total cash	\$17,615.97	
Less, mainly member's payments		
for future activities	\$2,890.00	
		<b>\$14,725.97</b>

*Treasurer's Report as at 8 June 2025: Angus Dougall.*

### Speakers-July

Our last Speaker- John Cameron provided practical tips on avoiding scams and insights into ongoing efforts to protect users. His talk was a timely reminder to be careful.

**In July**, something very different!

Ian 'Herbie' Hemphill, author of The Spice & Herb Bible 3rd Edition, will share his obsession with spices, nature's key elements in an exotic world of flavours.

He will tell us what defines spices, their origins, and how they are processed and traded.

His talk will be peppered with interesting anecdotes he has gathered on his many trips to exotic climes in search of spices and their origins.

**In August** Judith Dunn will discuss some of the curious epitaphs written, unintentionally funny quotes and the outright lies told on memorials in the oldest cemeteries in Australia.

**DOLLS When?** The Wednesday following our monthly ‘members 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**

**MAHJONG** 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 3<sup>rd</sup> 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**

**CARER’S GROUP** Meets 3<sup>rd</sup> Tuesday of the month at 12.30pm at Asquith Golf Club. **Contact Yenda**

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		
Carer’s Group	Yenda Holland	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 2025-26

AMPC Committee Members		Phone	Email
President	Barry Willick		
Vice-President Elect	Mal Steel		
Vice-President	John Davies		
Secretary	Ruth Barwick		
Treasurer	Angus Dougall		
<b>Committee</b>			
Bulletin	Sylvia Gratton		
Hospitality	Jane Platts		
Membership	Denise Mayhew		
Asst Membership	Robyn Lee		
Programme	Jim Jeffries		
Tours/Excursions	Trish Taylor		
Welfare	Nita Shields		
Assistant Secretary			
Assistant Treasurer			
Walks			
Past President	Jim Jeffries		

**TRIPS AWAY**  
**AWAY TRIP – MACKSVILLE**

**6 DAYS / 5 NIGHTS - \$1,660**  
NO SINGLE SUPPLEMENT

**15-20 MARCH 2026**

Tour Price Includes: Pick up and return to Hornsby station  
Quality coach travel with seatbelts  
All entry fees & guides as per itinerary  
This tour stays at the Midcoast Motel, Macksville and travels out each day. All meals are supplied  
with the exception of lunch on the forward and return journey.

**Day 1** travel to Macksville

**Day 2** visit Yarrawarra Aboriginal Cultural Centre and Corindi Beach, drive through Woolgoolga to the Solitary Islands Aquarium

**Day 3** is a scenic drive through the Bellinger Valley to Dorrigo Mountain. Here we visit Bellingen, the Scenic Skywalk, Dangar Falls and Dorrigo Steam Trains

**Day 4** we go south to the Wauchope Creative Hub, a Fudge Factory, Douglas Vale Winery and board a port jet boat for a cruise

**Day 5** we visit Bowraville Museum then a leisurely drive to South West Rocks, Trial Bay Gaol, Gladstone Hub and Kempsey's Boutique brewery

**Day 6** following breakfast we board the coach for our homeward journey

An itinerary will be available at the back desk at the July meeting.

Yenda

A \$75 deposit need not be paid until September  
Balance to be paid directly to the motel upon arrival

**DAY TRIPS**

**NSW ART GALLERY**  
**ARCHIBALD, WYNNE AND SULMAN EXHIBITION**

**THURSDAY, 17 JULY, 2025**

**Payment of \$27.00 per person by 3 July, 2025**

Please make your own way to the NSW Art Gallery. We will meet at the main front entrance Naala Nura. Please arrive by 9.15 a.m. for early entry to the Gallery for the 9.30 am private tour.

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/Wynyard Station OR bus 441 from Art Gallery to QVB at Town Hall.

TRISH

**BOOKING YET TO BE CONFIRMED**

**HYDE PARK BARRACKS**

**21st AUGUST, 2025**

**11.00 a.m.**

Hyde Park Barracks is a UNESCO World Heritage-listed site in the heart of Sydney. Originally built to house convicts, the Barracks has also served as an immigration depot, asylum, law courts and government offices.

Discover the stories of Hyde Park Barracks through a self-guided immersive experience, using interactive audio technology. Hear the stories of male convicts, immigrants and women in need, as well as the Aboriginal nations that were impacted by colonial Australia. Duration: 1-1.5 hours.

Catch the 9.42 a.m. train from Hornsby platform 1, arriving at Town Hall Station at 10.27 a.m. Then it's an 11 minute walk via Park Street and Hyde Park to the Barracks.

**SANDRA LEES**



## **HAWKESBURY BREWING CO**

**900 Pacific Highway  
LISAROW 2250**

**18th SEPTEMBER, 2025**

**11.45 - 12.00 pm**

The Hawkesbury Brewing Co crafts beers (tastings before purchase if you wish) and drinks. They offer special food deals, including a free schooner or glass of wine with each meal. Meals range from pizzas, craft burgers & chips to chicken tenders & drummetes. They offer gluten free buns & pizza bases.

We will catch the 10.26 am Newcastle train from Hornsby, platform 4 (back 4 carriages of the train as the train is longer than the platform at Lisarow station.) Arriving at Lisarow station 11.26 am.

Approximate 20 minute walk to Brewery. Paved pathway from Lisarow station for 2/3 of the way, then a narrow, unsealed, rough section, opening to a grassy, uneven, sloping section.

**\*This walk is not recommended for those with mobility issues. It would be advisable for people with mobility issues to drive to the venue. (2 hour guest parking available.)**

**Return Trains: 1.48pm, 2.48pm and 3.48pm.**

**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.**

**TRISH**



## TRIP TO COCKATOO ISLAND

After a short ferry ride from Barangaroo we arrived at Cockatoo Island where we had a conducted tour. Cockatoo Island is a very historic site. It was first used to house convicts in 1837. Many of the sandstone buildings built by the convicts have been well preserved. The graving dock was built by convicts and it played an important role in supporting naval operations. From 1857 to 1992 the Island was a major shipbuilding and repair facility. The RAN's six Oberon class submarines were refitted on the Island. Our guide was very informative and we all learnt a lot about the history of the Island".

Regards

Jim Thompson



Wendy Velthuyzen wanted to share this photo of a beautiful blue tree she has painted in her garden with AMPC Members.



Blue Trees standing across the globe are powerful symbols of mental health awareness – silent yet unwavering reminders that you are not alone.

So “why is that tree blue?...”

This question sparks a conversation that can change everything.

If you go online to The Blue Tree Project You will find more information.

**You can even paint a blue tree in your garden**



## Walks

This month's short walk will require some alterations as we are leaving the ferry at a different wharf in Cremorne which has shortened the walk.

### CREMORNE POINT THURSDAY 24 JULY

**LEADS:** Laurie, Sandra and Suellen

**WHERE:** **Scheduled walk 45 mins - 1 hour** from **Old Cremorne Wharf** to Mosman Rowers (TBC) and then to Mosman Wharf for the return trip.

Mainly flat 2.8 km in total.

**A second much harder walk** over the Mosman Peninsular is available. It has a number of steps making the transection seem much longer. Sandra Lees and Paul Sorrell are leads. It will also finish at Mosman Rowers.

**TRAVEL:** **9.13 am Berowra 9.27 am Hornsby. Car 3 -4.** Change at Wynyard for Circular Quay 10.30 or 11.00 am ferry. (TBC)

Ferries to the Zoo Depart

**LUNCH:** Rowers Club TBC

## AUGUST

### MILSONS POINT TO BARANGAROO OR WYNARD TO BANGAROO.

Details in the next Bulletin

### 5<sup>th</sup> Thursday BBQ on 31<sup>st</sup> July 2025

Off Galston Rd at Community Recreation Reserve adjacent to the Aquatic Centre, opposite Galston High School.

Undercover area with gas BBQ's. Tables and seating provided or bring own chair. Bring own Food & drinks.

## UPCOMING EVENTS

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	
3 <sup>rd</sup> Tuesday of Month	Carer's Group	Yenda Holland	4	
3 <sup>rd</sup> July 2025	Probus Meeting	Barry Willick		
9 <sup>th</sup> July 2025	Dolls	Carol Channon	4	
10 <sup>th</sup> July 2025	Committee Meeting	Barry Willick		
17 <sup>th</sup> July 2025	Archibald	Trish Taylor	5 & 6	
24 <sup>th</sup> July 2025	Cremorne Point Walk	Laurie Keaton	9	
31 <sup>st</sup> July 2025	5 <sup>th</sup> Thursday BBQ	The Channons	9	
7 <sup>th</sup> August 2025	Probus Meeting	Barry Willick		
13 <sup>th</sup> August 025	Dolls	Carol Channon	4	
14 <sup>th</sup> August 2025	Committee Meeting	Barry Willick		
21 <sup>st</sup> August 2025	Hyde Park Barracks	Trish Taylor	6	
28 <sup>th</sup> August 2025	Barangaroo Walk	Laurie Keaton	9	

