



Asquith Mixed Probus Club BULLETIN

President’s Letter.

A big thank you to Vice President, Jim Jeffries for chairing our May meeting whilst I was away in the beautiful western district of Bathurst, enjoying the various weather patterns and playing golf. In four days, we had rain, wind, sunshine and cold, 1 degree at 8.a.m. on the way home to Sydney was indeed cold.

A very big thank you to Judy Thompson for putting on the Big Morning Tea on Tuesday 22nd, at her home, it was a beautiful day, the sun shining, lots of wonderful eats and great company. Some very interesting conversations ensued around the various groups i.e., how to bake an apple pie, what pastry to use, how to decorate it and so on. Thank you, Jim, for making parking available in your area, certainly made it easy for our members.

On another note, I joined the walking group for the walk from the Fish Markets to Jubilee Oval, ending up at Bicentennial Park, Glebe. Such a scenic harbour foreshore walks, 4 Ks long at an ambling pace. Beautiful weather, with the harbour sparkling. Thank you, Diane, and Kevin.

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.

<p>Meeting Dates at Magpies</p> <p>General Meetings</p> <p>Thursday 1st June 2023</p> <p>Thursday 6th July 2023</p> <p>10am for 10.30am start.</p> <p>Website:</p> <p>https://www.asquithmixedprobus.org.au</p> <p>Email: info@asquithmixedprobus.org.au webmaster@asquithmixedprobus.org.au</p>	<p>Bulletin: Editor: Sylvia Gratton</p> <p>Asquith Mixed Probus Club Inc.</p> <p>The Secretary AMPC, 9 Warruga Crescent, Berowra Heights 2082</p> <p>Formed by the Rotary Club of Berowra on 2 October 2008.</p> <p>Club No: 9003799</p> <p>District: 9685 PD3 Inc. No.: 9890687</p> <p>Bendigo Bank details for deposits.</p> <p>BSB No: 633-000 Account No.: 139 637 029</p>	<p>PRIVACY: In accordance with the Privacy Act 1988 and recommendation from Probus South Pacific, this newsletter is private and confidential for members of Asquith</p> <p>Mixed Probus Club use only and is not to be used for any other purpose.</p>
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COMMITTEE NOTES - JUNE 2023

1. **Magpies** have assured us once again that the Sound System will work at our next meeting! But just in case we are looking at bringing a backup system.

It was good to see a third Tea & Coffee Station set up, and making it gluten free is an added bonus. Magpies does not supply decaf coffee, we suggest you bring a decaf coffee bag with you.

2. **As has been the case** in the past, the **Immediate Past President** will be seeking Members to act as Guest Observer at our Committee Meetings. Meetings are held the week following our General Meeting, and it is a way of seeing the work done in the background, who knows, you may like to take on a Committee position in the future.

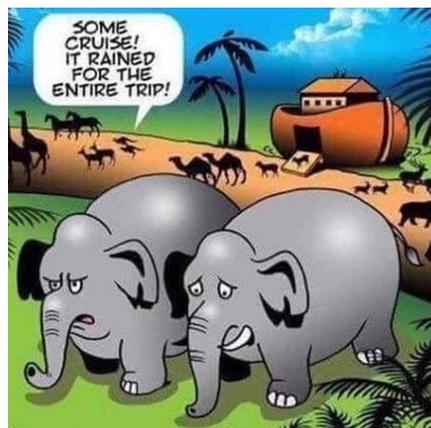
3. **Mal** has put a Whiteboard in our room which members can use to advertise any outings they would like to go to, encouraging others to go with them, or you may find some other use. It is for the members, so take a look, maybe someone is looking for a friend to go to a show perhaps.

4. **Something** that came out of the suggestion box was new people missing out on old excursions and hoping for a repeat of these outings. This is where the White board could be used, if you have heard of a great excursion, why not put it on the whiteboard inviting other new members to join you on an outing.

5. **Rhonda Wilson** is getting into the swing of Hospitality, making bookings for the Birthday lunch and yes, our Christmas lunch! We are now half way through the year.

Pam Slater

Secretary



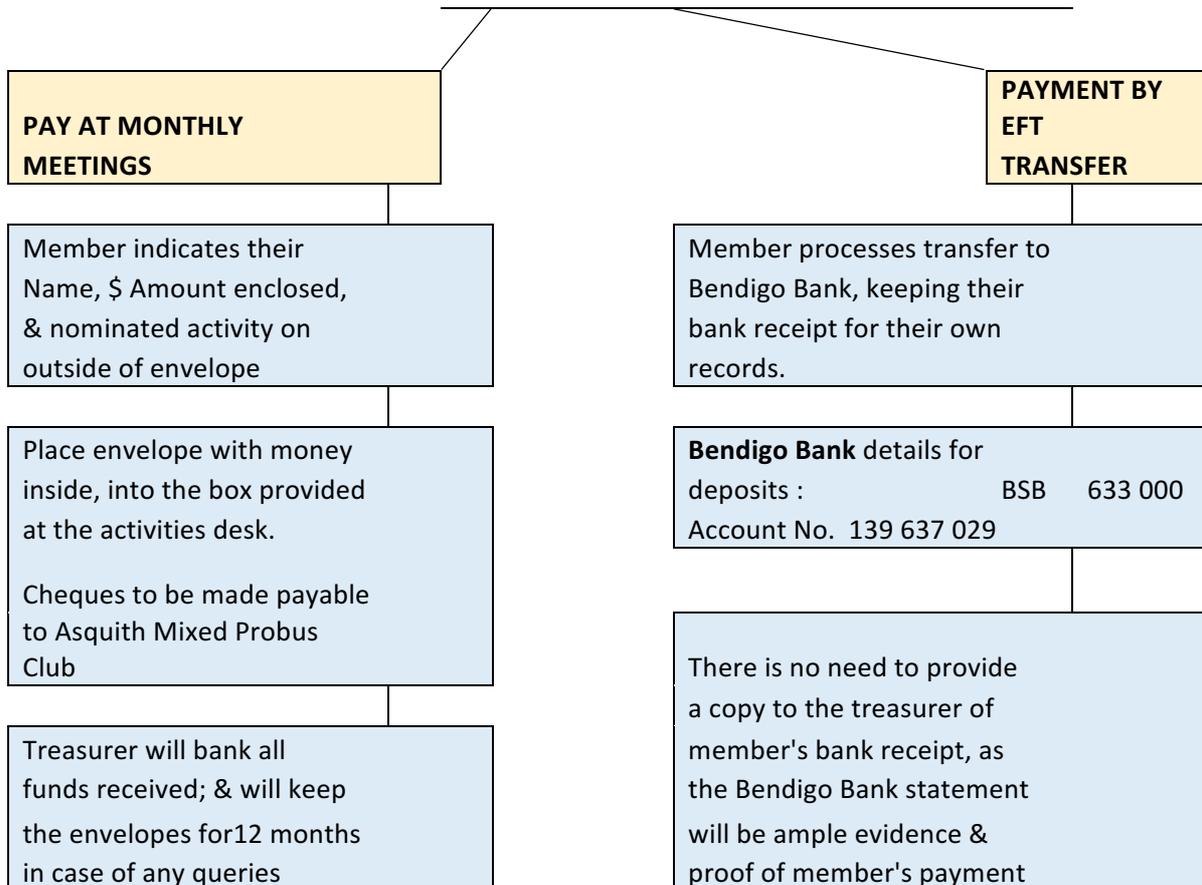
Treasurer's Report as at 6 May 2023

Money received so far, this year	\$9,861.00
Less Club's costs	\$5,329.72
Leaving the money we have so far, this year	<u>\$4,531.28</u>
Add money from previous years	<u>\$10,065.56</u>
Leaving members money available	<u><u>14,596.84</u></u>
This is the money we have in the bank	\$18,210.84
less – what we owe- mainly member pre-payments	<u>\$3614.00</u>
Total member funds	<u><u>\$14,596.84</u></u>



Asquith Mixed Probus Club PAYMENT FOR ACTIVITIES OR MEMBERSHIP FEES

MODE OF PAYMENT



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 Carol Channon.

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
Auditor	Robert Allison	5 th Thursday BBQ	Lance Williamson
Books DVD	George Gates	Mah-jong	Pam Clarke
Jigsaws	Robert Montgomery	Theatres	
		Walks	Laurie Keaton
Cards 500	Mary Glasby	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		
Historian/Public Officer	Sandra Death		
Past President	John Davies		

Discovery Day

Our day at the Children's Medical Research Institute was extremely interesting and informative. The advances being made in the understanding of genetic diseases & cancers in children are phenomenal.

Jennifer Philps' talk was enthusiastic and instructive as she explained about the structure of our cells, genes, DNA and chromosomes. Stem cell technology, as described by Dr Anais Gonzalez-Cordero left us wanting to hear more about the development of organoids in the endeavour to cure genetic blindness and other diseases.

We split into 3 groups to tour different laboratories and talk with the scientists. Some of us observed fascinating cells through scanning microscopes whilst others collected DNA from strawberries. Our day was punctuated with numerous cups of tea, a delicious morning tea and scrumptious homemade lunch that was provided by volunteers. Jennifer has thanked us for our donations of over \$300 in merchandise sales.

"Miracles Happen" was the very positive note on which we finished our visit as we viewed a video introducing us to some of the children who have received treatment. An inspirational excursion which we hope to repeat next year for those who unluckily missed out.



Day Trips

June 15th TOUR OF ARCHIBALD, WYNNE AND SULMAN EXHIBITION @ NSW Art Gallery

This outing is FULL to capacity and we have a waiting list, should anyone cancel.

- **8.20am train from Hornsby platform 3**, changing at Central, to arrive Martin Place at 9.10am
- **15min stroll** to Art gallery across the Domain

9.30am 1 hour guided private group tour of the exhibition. The gallery does not open to the general public till 10am.

- Options to explore the Galleries and new North building at your leisure after the tour.
- Return walk to Martin Place Station OR bus 441 from Gallery steps to QVB at Town Hall

July 20th

Morning Tea @ Glenorie Bakery

change of time, **now 10.30am** not 11am

Coffee, cake and conversations

Option to continue over the road with lunch at the Glenorie RSL, if anyone is interested.

August 17th COACH TRIP TO BELGENNY FARM, CAMDEN

\$95pp

Nomad Tours luxury coach will pick us up from Hornsby Station at 8.00 a.m. and take us to the historic "Camden Park" property, located in Camden in Sydney's south west. It was once home to wool pioneers John and Elizabeth Macarthur.

On arrival, we will enjoy a Devonshire tea in the Friends Tea Room. Then we will have a 1.5 hour Historic Tour of the Property with a guided tour of the Belgenny Cottage.

We will travel to the Camden Valley Inn for a 2 course lunch.

After lunch, we will call into Razorback Ridge Wines for a tasting and talk about wine before arriving home at approximately 5.00 p.m.

Please sign up with a \$50 deposit, payable as soon as possible. Balance will be due by July meeting.



Would you like some company?
Share your outing idea with other members by attaching a notice on our community whiteboard at the next meeting



Wednesday June 21st

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

997 Pacific Highway, Berowra (opposite railway station)

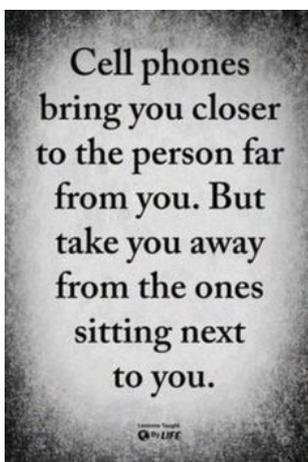
Only \$7 including tea and biscuits

Berowra District Mixed Probus Club invites any of our members who are interested to attend their monthly trivia afternoon. They promise an afternoon of friendship, fellowship and fun, with Quizmaster Keith Carson.

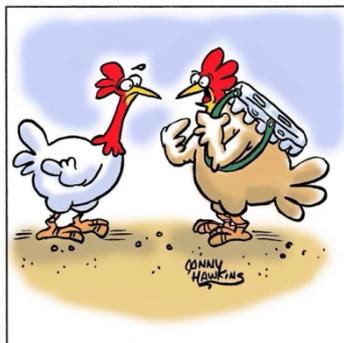
The quiz consists of 4 rounds of 12 questions, plus True & False, and Dead or Alive competitions. The standard team size is 4 or 5, and teams may be formed in advance, or you can join a team on the day.

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:



Country Chuckles by Jonny Hawkins



“And I found this neat infant carrier that seats a family of 12!”

© 2017 Jonny Hawkins



Walks

Special thanks to Dianne and Kevin for the Fabulous outing to Glebe Tram sheds.

This was our biggest attendance in the history of the club on a walk. Please note we have early starts for the next two walks due to travel times. For the Bundeena walk. Payment for the Bundeena lunch please at/after the June Meeting with a closing date of the July Meeting. Menu will be available at the June Meeting.

Thursday 22 June

Where: Narrabeen Lakes Thursday 22 June.

Leads : Barry and Gai Brown.

What:

- 1. Short Walk:** Coffee at the Tram shed on arrival. 2.2 km walk Jamison Park and return. Total distance 4.4km. Flat and easy **Lead Gai.**
- 2. Long walk:** Grab take away coffee and depart. 8.4 km around Narrabeen Lake. 5Km per hour pace on a flat course. **Lead Barry**

Travel: CCN Train 8.14 Berowra 8.20 Hornsby Plat 1 Cars 3-4 arrive Wynyard & Transfer to B Line bus. Arr Narrabeen approx 10.15.

Bring: Light Morning Tea. Lunch at the Sand Hotel or your choice

Thursday 27 July

Where: Bundeena

Leads : Laurie , Jeffrey and Paul (Long)

What:

- 1. Short Walk:** Ferry Wharf and 1.2m street walk to Jibbon Beach Walk & Return - Beach walk at Leisure Return to RSL by 12.15pm
- 2. Long walk:** Continue to the end of the Jibbon Beach proceed towards Port Hacking Point – Unformed and Exposed track. Possible turn round point is the Viewing Platform ([4 Walk 37 Sydney's Best Harbour and Coastal Walks](#)).

Travel: CCN Train 8.05 Hornsby Plat 3 Arr Redfern 8.39 Dep 8.52 Arr Cronulla 9.38. 10.30 Ferry to Bundeena.

Lunch: \$22 prepaid group lunch. Choice of 4 main meals, Cake coffee
Payment and registration closes July Club meeting.

Dear Members

It's now been 12 months since my lovely David lost his battle with his illness and I'd like to (belatedly) express my gratitude to the many members who have shown support throughout his illness, and afterwards.

Your kindness has helped to make this difficult time a little easier, thank you so much.

Sandra Lees



A huge thankyou to Judy & Jim for the hard work and hospitality, to those who attended, and a massive thankyou to all who generously donated towards raising \$550 for the Cancer Council Morning Tea held this morning.

A lovely morning amongst friends eating scrumptious goodies over a cuppa made for a perfect day. Well done everyone. THANK YOU

Rhonda

UPCOMING SPEAKERS

June Speaker

In June, our Speaker will be Norman King

His talk and slide presentation will briefly tell the story of the discovery, restoration and the flight back to Australia, of a Qantas's first jet airliner, a Boeing 707 purchased in 1959-

A project that took over 3 years of delicate negotiation, 15,000 volunteer manhours and close to two million dollars to complete.

This historic airliner VH-XBA, is now on static display at the Qantas Founders Outback Museum in Longreach, Queensland.

July Speaker

Next month Erin Stubbs will be our speaker.

Erin will describe a program to help reduce falls and build strength and confidence to remain independent at home.

The program consists of seven sessions consisting of exercises, falls prevention and health maintenance.

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	
1 st June	Probus Meeting	Sandra Death		
7 th June	Dolls	Barbara Williamson	4	
8 th June	Committee Meeting	Sandra Death		
15 th June	Tour of Archibald	Mal Steel	6	
22 nd June	Narrabeen Lakes	Laurie Keaton	8	
29 th June	5 th Thursday BBQ Galston	Lance Williamson		
6 th July	Probus Meeting	Sandra Death		
12 th July	Dolls	Barbara Williamson	4	
13 th July	Committee Meeting	Sandra Death		
18 th to 27 th July	Eyre Peninsular	Mal Steel		
20 th July	Morning Tea Glenorie Bakery	Lula Andersen	6	
27 th July	Bundeena Walk	Laurie Keaton	9	

10 Years Membership

Welcome to AMPC



Akhter Rahman



Congratulations Robin Doohan