



Asquith Mixed Probus Club BULLETIN

President's Letter

We noted with sadness the passing of Sandy Potter a well-known and highly regarded member of the Club.

We celebrated the birthday of Mary Power- our most senior member with a special certificate, a cake and a tribute by Sandra Death.

It is now the second month of Autumn, with a strange mix of good and bad weather but that did not stop the Victorian High country excursion from being a big success.

The Chinese Banquet at Joyful House Restaurant on May 22 was most enjoyable.

Please wear your name badge as it is most helpful when meeting our new members and the Suggestion Box is on Barry's table, any suggestions or ideas are always welcome.

President

Jim Jeffries



Meeting Dates at Magpies

General Meetings

10am for 10.30am start.

Thursday 6th June 2024

Thursday 4th July 2024

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

Email: info@asquithmixedprobus.org.au
webmaster@asquithmixedprobus.org.au

Bulletin: Editor: Sylvia Gratton

☎ Mob:

Asquith Mixed Probus 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

PRIVACY: In accordance with the Privacy
Act 1988 and recommendation from
Probus South Pacific, this newsletter is
private and confidential for members of
Asquith

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

COMMITTEE NOTES – MAY 2024

1. The presentation for Mary Power's 100th Birthday was most enjoyable. Congratulations Mary! Thanks to Denise for the delicious cake and Sandra for your appropriate words.
2. The visit to Vanilla Cream Café was enjoyed by 18 attendees with a great variety of Breakfast and Morning Tea options to choose from, as well as many tempting food and homewares items to purchase!
3. The Victorian High Country Tour was a great success, with 28 AMPC members being joined by some from Castle Hill Probus. The beauty of the countryside and the magnificent Autumn colours were mentioned as highlights of the trip.
4. If you take a hard copy Bulletin at the Meeting, please collect from the Registration desk.
5. Laurie has requested that people register if coming on a walk and also for meals following the walk.
6. Please contact Barry if you have any change to your Emergency Contact information.

Ruth Barwick Secretary



Asquith Mixed Probus Club

Treasurer's Report as at 6 May 2024.

Funds received so far this year	\$10,217	
Reduced by our expenses of	<u>\$5,891</u>	
Leaving funds available so far for this year		\$4,326

.... The above funds consist of cash		\$22,695
less accumulated Member's Equity	\$10,906	
less - mainly member payments		
for future activities	\$7,463	\$18,369
		<u>\$4,326</u>

Treasurer's Report as at 6 May
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		

High Country Tour Report

28 members boarded their very comfortable coach early May 7 for a 5-day tour of the Victorian High country. We shared the experience with a smaller group from a Castle Hill Probus.



We soon realized that our driver Cam had an extensive and broad knowledge, as he provided an interesting commentary of the history, farming and trees of the regions we passed through, on our way to Myrtleford, our base for the first 3 nights.

After an extremely informative historical bus tour of Beechworth by a local guide, we set out to explore on foot over several hours. Beechworth Bakery beckoned many with their country style meat pies and specialty cake, the 'beesting'. An audio-visual presentation of Ned Kelly's trial at the Historical Courthouse brought some local characters to life.

We visited the Woolshed Falls, a popular place during the gold rush, just out of Beechworth on our way to Yackandandah. Here, we wandered down the quaint main street.

The views from Mt Buffalo were magnificent. The autumn colour in the trees was breathtaking especially around Bright where we spent a couple of hours exploring. Feeding the deer and ostriches at the Red Stag farm was fun for some.

As we drove to Tumut for our final night's stay, we visited the man from Snowy River Museum in Corryong which housed extensive wartime exhibits and memorabilia. Our lunch & wine tasting at Courabyra Wines was very enjoyable.



At Tumut Broom Factory, we learnt the art of straw broom making and an appreciation for this old craft. Our last stop, before arriving home, was Cooma Cottage in Yass where we had lunch and a guided tour of this very old home of the explorer Hamilton Hume.

These 5 days truly reflected the fun, friendship and fellowship motto of Probus as we enjoyed a terrific holiday and our time together.

Suellen & Mal Steel

DISCOVERY DAY AT WESTMEAD

Our visit to the Children's Medical Research Institute was fascinating and educational.

The researchers at CMRI are working tirelessly to understand children's genetic diseases. This work leads to better diagnosis, improved and more efficient treatments, cures and where possible, prevention of the devastating conditions that can affect our children.

Our introductory talk by Jennifer Philips helped us better understand our cells, genes, DNA and chromosomes. Also, our talk by Prof Ian Alexander on Gene Therapy was inspirational and he explained that after many years of research, exciting breakthroughs may not be too far away.

We were then split into separate groups and given a tour of the laboratories and viewed machinery and scientists at work.

An extremely interesting day. We came away with hope for the future and admiration for these extremely intelligent and talented scientists and clinicians. Their research has the capacity to improve the future health of every man, woman and child world-wide.

Trish Taylor

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

LORD HOWE ISLAND

23-30 MARCH 2025

Application for Lord Howe Island is now closed, however there could be a possibility of obtaining another room if someone else wanted to come.

Lord Howe Island is an offshore island. Roads are often uneven and gravelly and may not be suited to people who do not have good general fitness and mobility. Transport is limited and tourists get around the island by walking or pushbike. Group flights are limited to 20 people.

Cost for a twin share standard apartment with kitchenette is around \$4,339 (single supplement \$1,440). Cost for a superior apartment is \$4,469 (SS \$1,580) so, as accommodation on the island is limited, cost will depend on room availability at time of booking.

These prices include Qantas flights to and from the island, breakfast and dinner each day plus a daily tour. Lunch can be purchased at a café or made in your apartment.

A non-refundable deposit of **\$255 per person is required when booking**. It is highly recommended that travel insurance be taken out, although substitutions can be made.

If you are interested in coming along, please email Yenda or telephone , as soon as possible.

YENDA

DAY TRIPS

WESTERN SYDNEY AIRPORT/WARRAGAMBA DAM DAY TOUR

19th JUNE, 2024

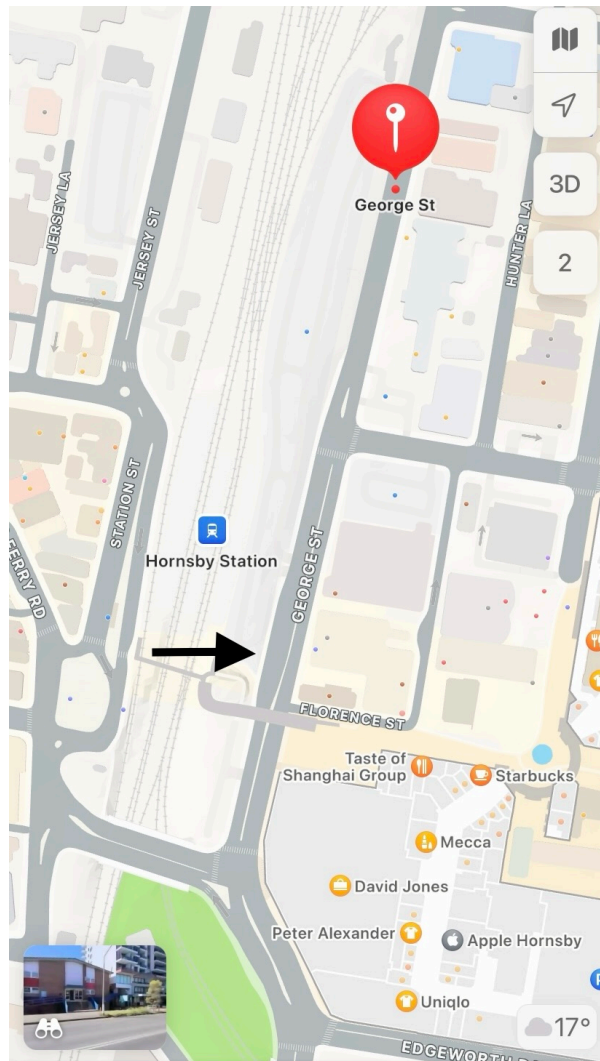
\$75.00 per person

***PAYMENT NEEDED BY THE 31ST MAY, 2024**

APPLICATION IS NOW CLOSED

NOTE THIS IS A WEDNESDAY TOUR

Bus pick up from **Hornsby Station 8.30 am** - time has now been confirmed.
Pick up will be from the **George Street side of Hornsby Station heading north**



- Visit to Warragamba Dam, Morning Tea, Visitor Centre, Dam Lookout.
- Lunch Wallacia Hotel
- Western Sydney Airport and WSI Experience Centre

TRISH

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 11.15 platform 6, arriving at 11.18 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 AUGUST MEETING

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



BIGGEST MORNING TEA

to raise funds for Cancer Research

on Tuesday 11th June from 10.30am--1pm

at Judy & Jim Thompsons, Unit 159 in E Block

Enter from Leonard Street, behind the SHELL Service Station.

Donations by Cash or QR Code by phone accepted, even if you cannot come.

All welcome, even if you didn't sign up.

Speaker's Report

Our Speaker this month will be the Hornsby Deputy Mayor- Nathan Tilbury.

He has served as President of Hornsby, Ku-ring-gai and Hills District Cricket Association and on the Executive of the Ku-ring-gai Netball Association.

He has been involved in many activities including the setting up of the Hornsby Ku-ring-gai Women's Shelter and is VP of Hornsby Historical Society hence his interest in one of Hornsby's most celebrated sons- Sir Tannatt William Edgeworth David.

Edgeworth David led the first expedition to reach the South Magnetic Pole accompanied by some younger explorers including Douglas Mawson.

He discovered the major Hunter Valley coalfield in New South Wales and used his tunneling experience to undermine German positions in WW1.

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.

Jim Jeffries

Barbara Williamson would like to thank everybody for their support and well wishes over the past few weeks. 🌻

WALKS

Aspects of both June and July will be confirmed in final notes to registrations only.

Some arrangements have yet to be finalised

FUTURE WALKS

JUNE 27 THURSDAY

LEADS: Laurie Anne Russ. Train Marshal Hornsby Anne

WHERE: PARRAMATTA RIVER WALK 2. OLYMPIC PARK WHARF -SILVERWATER.

WHAT: 10-15minute walk from Meadowbank station to ferry to Olympic Park Wharf. Flat Walk/Easy to Silverwater Hotel. Total 3.2km
Extension to the Armory and later circuit of Silverwater Park. Add 1-1.5 km on return journey depending on your mode of travel.

TRAVEL: 9.56 Berowra change To **Plat 4 HORNSBY 10.16 CAR 6 T9** Arr Meadowbank 10.43 Ferry Departs 11.00 am Arr Olympic Park Wharf 11.03.
Return Bus to Eastwood (hourly service only) or 325 to Newington & change to 326 to Rhodes. Alternatively Walk to Rydalmere Ferry Wharf and catch ferry back to Meadowbank.

BRING: Morning tea: BYO. The Armory Cafe is temporarily closed.

LUNCH: **BYO** & use Silverwater Park or eat at Silverwater Hotel, formerly the Dooley Club. No Reservations will be made but if attending the hotel advise Laurie out of courtesy to the hotel.

JULY THURSDAY 25 JULY

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

WHAT: **Walk 1: Easy** Short walk 3.2 loop plus 10 min walk each way to start point from Tempe Station.

Walk 2: Short loop plus out and back to Beaman Park. **6Km walk TBC.**

TRAVEL: **Hornsby 9.04 CCN Train Platform 3. Cars 2/3** Change at Redfern Plat 12 for Tempe Train.

Activity 5th Thursday BBQ.

When: 30th May 2024

Where: off Galston Road at the Community Recreation Reserve adjacent to the Galston indoor Aquatic Centre.

A large undercover barbeque area is provided with 4 Gas fired stainless steel BBQs.

Tables and chairs are provided you may like to bring your own picnics chairs.

Bring your own food and drinks.

John & Carol Channon

UPCOMING EVENTS

DATE	ACTIVITY	CONVENOR	PAGE	PHONE NO
Every Wednesday	Mah-Jong Asquith Bowling Club	Pam Clarke	3	
1 st & 3 rd Wed 10am	500 Cards Magpies	Mary Glasby	3	
3 rd Weds of Month	Men's Group Magpies	Robert Allison	3	
30 th May 2024	5 th Thursday BBQ	Channons	12	
6th June 2024	Probus Meeting	Jim Jeffries		
11 th June 2024	Biggest Morning Tea	Judy Thompson	9	
12 th June 2024	Dolls	Carol Channon	3	
13 th June 2024	Committee Meeting	Jim Jefferies		
19 th June 2024	Sydney Airport/Warragamba	Trish Taylor	6 & 7	
27 th June 2024	Parramatta River Walk	Laurie Keaton	11	
4 th July 2024	Probus Meeting	Jim Jeffries		
10 th July 2024	Dolls	Carol Channon	3	
11 th July 2024	Committee Meeting	Jim Jeffries		
18 th July 2025	Doyles	Vicki McPherson	7 & 8	
25 th July 2024	Two Valley Trail	Laurie Keaton	11	