



Asquith Mixed Probud Club BULLETIN

President's Corner

The AGM will be held next month when members of both Committee and non- Committee will be elected for the coming year; nominations are now finalized.

We are lucky to have Jim Thompson who will give the Occasional address at the Meeting.

This is an important part of the Club's procedure so make sure it is in your diary.

We are looking forward to a number of interesting excursions including visits to the Maritime Museum and the historic Female factory. 30 members enjoyed a wonderful day on the the Nepean River trip.

Walks are well underway with ever popular programs planned.

Our breakfast at Bobbin Head was successful as usual and we are looking forward to an evening at the local Japanese restaurant.

We had a mystery speaker last month but will have the real McCoy in April which will be in the spirit of Anzac.

Best regards,

Jim

The Nepean Bell Paddle Wheeler



Meeting Dates at Magpies

General Meetings

10am for 10.30am start.

Thursday 6th March AGM Entertainment Lounge.

Thursday 10th April 2nd Thursday of month.

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org.au

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☎ 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

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Probud South Pacific, this newsletter is

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Asquith

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COMMITTEE NOTES MARCH 2025

1. With the AGM coming up at our General Meeting in March, the Committee processed Nomination Forms for the 2025-2026 Committee and other roles in the many activities undertaken by AMPC.
2. The Committee discussed possible alternate venues for our meetings and/or the Christmas Lunch after mixed feedback from our December function. Everyone agreed however, that Vicki McPherson's organisation of the event was second to none.
3. Angus provided us with his usual summary of the club finances which he manages so competently. We can all be very confident that our treasury is in excellent hands.
4. Some interesting and varied tours and excursions coming up, with good numbers of members already booked. One to look forward to, (this time next year) is a Newcastle Harbour Lunch Cruise. Please be aware that refunds may not always be available for late notice cancellations when venues have been paid in advance.
5. We welcome new member Debra Warsow whose application was confirmed by the Committee. Debra met a number of our members at our last 5th Thursday Barbeque and attended the February Meeting.
6. We thank Judy for organising a fun morning at Bobbin Head Inn for Breakfast, attended by 36 who enjoyed the good food and friendly service. This year's Biggest Morning Tea for the Cancer Council will kindly be hosted by Jane Platts.
7. We also thank those who have committed to lead walks in the coming months, including the Gates, Watsons and Bowers, and of course Laurie who will lead the Gladesville Bridge Walk previously cancelled due to bad weather. Laurie is to be congratulated for his dedication to Walks over a long period of time and the enormous amount of time and effort he has devoted to this much loved activity of AMPC.
8. The Committee thanked Jim for a great job stepping in for the cancelled OzHarvest speaker at the February Meeting. We look forward to the interesting talks Jim has arranged for the remainder of 2025. We also expressed our appreciation for his excellent leadership of AMPC as President for this past year.

Ruth Barwick

Secretary



Asquith Mixed Probus Club

Treasurer's Report as at 10 February 2025.

Funds received so far this year	\$7,969.00	
Reduced by our expenses of	\$1,475.00	
Leaving funds available so far this year		\$6,494.00
 Add all previous year's surplus funds		<u>\$11,654.54</u>
Leaving members funds		<u><u>\$18,148.54</u></u>
 The above funds consist of cash	\$27,477.04	
Less, mainly members payments for future activities	\$9,328.50	
		<u><u>\$18,148.54</u></u>

Treasurer's Report as at 10 February 2025: Angus Dougall.

Speaker

In April - the Anzac Day month, we will have Noel Phelan discuss the little-known role of the Navy at Gallipoli.

In May, Faye Yarroll and her furry assistant will talk about Hearing dogs.

In June John Cameron will warn us of the danger of computer scams and how to avoid them.

In July, we will hear where spices come from are how they are used- courtesy of Ian Hemphill of Herbies Spices.

Jim

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**

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 On 0412 196 943**

AMPC Men's Group	Robert Allison	Dolls	Carol Channon
Auditor	Robert Allison	5 th Thursday BBQ	Carol & John Channon
Books DVD	George Gates	Mah-jong	Pam Clarke
Jigsaws	Robert Montgomery	Walks	Laurie Keaton
Cards 500	Mary Glasby		
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.	Jim Thompson

AMPC COMMITTEE MEMBERS 2024-25

AMPC Committee Members		Phone	Email
President	Jim Jeffries		
Vice-President Elect	Barry Willick		
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 Taylor		
Welfare	Nita Shields		
Assistant Secretary	John Davies		
Assistant Treasurer			
Walks	Laurie Keaton		
Past President	Sandra Death		



Enjoying the Trip on the Nepean Belle



NEPEAN BELLE LUNCH CRUISE REPORT

On a slightly drizzly day our members joined our lovely OnCourse coach and commenced our journey through the Hills District to our destination - a Paddlewheeler, the Nepean Belle on the Nepean River. Our driver Peter Osborne gave us an interesting commentary along the way.

Our first stop was at Nurragingy Reserve where we enjoyed a welcome cup of tea/coffee and yummy Anzac biscuits.

We continued our journey on to Jamisontown where we boarded the Paddlewheeler, Nepean Belle. We then embarked upstream through the spectacular Nepean Gorge. The rock formations carved out by the Nepean River were stunning. We enjoyed our lunch as we travelled through the tranquil and picturesque Nepean Gorge which is at the base of the Heritage Listed, Blue Mountains National Park.

After our cruise, we again boarded our coach and Peter gave us a drive by tour of the Penrith area, including Panthers Penrith Leagues Club and its water sport facilities, the Sydney International Regatta Centre, the Penrith White Water Stadium and Penrith Beach. All very impressive.

Peter was a very friendly and informative driver and certainly helped make our day enjoyable. We arrived at Rofo Park around 5.30 p.m. with a smile after enjoying our chats, lunch and cruise on the Nepean River and seeing the Penrith area. We were all impressed, especially after seeing the facilities which hosted the 2000 Summer Olympics.

TRISH

TRIPS AWAY

APPLICATION FOR THIS TRIP NOW CLOSED

AWAY TRIP – SAPPHIRE COAST –9 NOVEMBER 2025

\$1,595 pp, Single \$1,970 (see below)

PLEASE NOTE: Coach Holidays and travel apologises and advises that there has been an increase of \$30pp for this tour due to the fact that planning was done prior to supplier pricing being finalised. **The new prices are \$1,625 pp and singles \$2,000**

This tour stays at the Coachmans Motel, Eden and travels out each day. All meals, including a cooked breakfast, are supplied.

Day 1 travel via Canberra to Eden.

Day 2 visit the National Trust village of Tilba Tilba which includes a stop at Tilba Cheese then Bermagui for lunch followed by a flower and citrus farm in Cobargo.

Day 3 is a scenic drive to the Merimbula Aquarium for a tour then Tathra, lunch and free time in Merimbula.

Day 4 is an Eden town tour, a lunch cruise on Two-Fold Bay and a visit to the Killer Whale Museum.

Day 5 we cross the border to Mallacoota, place of the dreadful 2020 fires, and visit the WW2 Operations Bunker. Lunch will be provided at the Mallacoota Pub.

Day 6 we visit Mogo Zoo before heading home.

As accommodation is limited, I would be pleased if you would email me your intention to join this tour as soon as possible so I can secure accommodation. An itinerary is available at the back desk.

Yenda

Balance to be paid at the October meeting.

YENDA

DAY TRIPS

MARITIME MUSEUM SYDNEY

***PAYMENT DUE 6TH MARCH, 2025**

THURSDAY, 20 MARCH, 2025, 10.30 am

\$16.00 per person

9.04 am train from Hornsby platform 3, arriving Central station 9.41 a.m. Catch the 9.52 am Light Rail L1 (Exit 1 Grand Concourse) to Pyrmont Bay, arriving 10.02. Short walk to Maritime Museum.

Each of these tours is about 1hr in duration. After the tour, you are free to explore the rest of the vessels and exhibitions at your own leisure. There are numerous places to have lunch at Darling Harbour or coffee/lunch at the Museum's Cafe.

HMAS VAMPIRE

HMAS Vampire is a tour onboard a navy destroyer. Access onto the vessel is conditional based on mobility. Pushers are not allowed on any of the vessels for safety reasons. Walking sticks are permitted, however, please note that there are steps and slopes that need to be navigated, so it might be difficult.

OR

GALLERIES OVERVIEW TOUR

The volunteer guide will show visitors the different parts of the galleries and some of the highlights in each one. Because objects get rotated for conservation, these tours differ slightly depending on which exhibitions/objects are on display during the visit. This tour is suited for visitors with accessibility needs and is friendly for those with mobility difficulties.

TRISH

PARRAMATTA FEMALE FACTORY

***PAYMENT DUE 6TH MARCH, 2025**

17th APRIL, 2025

11.00 am

\$10.00 per person

This Governor Macquarie & Francis Greenway site was once home to at least 5,000 convict women transported “*beyond the seas*”. Hear the inspiring stories of the women’s lives, learn about their survival, their legacy and much more.

Tour duration 1hr - 1.5 hrs. Closed-in walking shoes must be worn. There are a few places on the site where the ground is uneven, or you need to step over a gutter. Make sure if it is hot to bring water, hat and sunscreen.

Catch the 9.19 am train from Hornsby (Platform 3) to Strathfield - arrives 9.42 am. Change to Platform 6 for the 9.46 am train to Parramatta - arrives 10.00 am.

Walk to Macquarie Street to catch Parramatta Light Rail – **Parramatta Square Station** alight at **Ngara Station**, then short walk to the Parramatta Female Factory.

Return trip to Hornsby – **Bus 600**. Bus stop directly outside Parramatta Leagues Club.

***Lunch will be at Parramatta Leagues Club. Please indicate in the separate column on attendance sheet if you wish to be included in the bookings at the Leagues Club. TRISH**

BARE ISLAND & LA PEROUSE MUSEUM

14TH MAY, 2025

***PAYMENT DUE 3RD APRIL, 2025**

***NOTE THIS IS A WEDNESDAY TOUR**

Pick up: Rofe Park, Galston Road, Hornsby Heights - 8.30 am - returns approximately 4.30 pm

\$91.00 per person

***Please note 2024 price, may change in 2025**

Includes:

- Morning Tea before our 1.5 hr guided tour of Bare Island. Bare Island Fort is situated at the mouth of Botany Bay. The fort was built in 1885 to protect the “back door” of Sydney from attack by sea.
- Two course lunch at Yarra Bay 16’ Sailing Club followed by tea or coffee.
- Return to La Perouse for a guided tour of the La Perouse Museum. The museum is housed within the historic Cable Station building, once Australia’s only link to the rest of the world. Almost 2,000 items across several rooms of exhibits document the 1787-1788 expedition of French explorer the Comte de Lapérouse.

TRISH

COCKATOO ISLAND TOUR

THURSDAY 19 JUNE, 2025 - 11.00 am

We will have a 1 hour conducted tour of this historic island in Sydney Harbour.

Catch the 8.57 a.m. train from Hornsby down the North Shore line. Get off at Wynyard and walk to Barangaroo wharf 1. At 10.18 a.m. catch a ferry to Cockatoo Island where there will be time for a coffee and a toilet stop before the guided tour starts at 11.00 a.m. The walk involves irregular surfaces and steps.

At the end of the tour you can go back to Circular Quay (ferries depart 01, 21, 41 minutes past the hour) or catch a ferry to Meadowbank (ferries depart 06, 26, 46 minutes past the hour). At Meadowbank there is a short uphill walk to the station.

Payment is \$16.00. to be paid on or before 6 June, 2025.

JIM THOMPSON

QUARANTINE STATION MANLY

20th NOVEMBER, 2025

\$98.00 per person

Pick up: Rofo 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**

HOSPITALITY

36 of us enjoyed a delicious breakfast at Bobbin Head Inn, all beautifully presented and enjoyed.

Our next outing is DINING OUT at TORU JAPANESE RESTAURANT in Hornsby

March 10th at 6pm

\$25.00 pp to be paid by 6th March.

It is BYO with \$3 corkage.

A fun night with delicious food.

BIGGEST MORNING TEA for CANCER RESEARCH

19th MAY 10-12noon

at the home of Jane & Ron Platts

Come along and enjoy great company & great food and help with a donation to this very worthy cause.

Judy Thompson

Walks

Thursday 27 March Central Coast

Leads Stan and Kevin.

What: Scenic Bus Trip Woy Woy to Kincumber & a 3.5km easy flat walk to Davistown including Various historic sights.

Travel: 0926 Train Platform 5 Hornsby 0935 Berowra Arr Woy Woy 1004

Bus Rte 64 at 1011 To Kincumber Maccas arr 1109

Ferry from Davistown (About 1420) Fare about \$5 with concession card. TBC. Return Train 310 From Woy Woy. Arr Berowra 337. Hornsby 349.

Lunch/Morning Tea : Quick stop at Maccas Kincumber Lunch at your cost Davistown RSL

Photo ID for the club entry is required.

Thursday April 24 Hills District.

Where: Kellyville to Rouse Hill

Kevin and Diane

What: Walk: easy 4 km Woodlands Walk (Kellyville to Rouse Hill Stations). Lead Kevin & 0402 118 122 Diane Watson 0414 623 560. Flat and easy

Travel: Berowra 9.37 CCN Train Hornsby 9.49 Plat 3 Car 2 & 3

Arr Epping 10.00 Change to 10.16 Metro to Bella Vista or Kellyville

Morning tea: **Coffee Cart at Kellyville.** *Please ensure you alight from the train at Kellyville.*

Lunch: **Lusso Italian Restaurant opp. Rouse Hill Station.** (L Pizzas from \$18 or Mains from \$25. Wines reasonably priced).
www.lussoitalian.com.au There are many other local eateries available and a food court.

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	
6 th March 2025	Probus Meeting & AGM.	Jim Jeffries		
10 th March 2025	Toru Japanese Hornsby	Judy Thompson	9	
12 th March 2025	Dolls	Carol Channon	4	
13 th March 2025	Committee Meeting	Jim Jeffries		
20 th March 2025	Maritime Museum	Trish Taylor	6 & 7	
27 th March 2025	Central Coast Walk	Laurie Keaton	10	
9 th April 2025	Dolls	Carol Channon	4	
10 th April 2025	Probus Meeting	Barry Willick		
10 th April 2025	Probus Committee Meeting	Barry Willick		
17 th April 2025	Parramatta Female Factory	Trish Taylor	7	
24 th April 2025	Kellyville to Rouse Hill Walk	Laurie Keaton	10 & 11	



An Invitation to Probus members who have Hearing Loss.

My name is Chris Hunter, and I am a member of Berowra Mixed Probus Club. I have severe hearing loss, wear two hearing aids and I am heavily involved in advocating for people with hearing loss. I do this through my involvement in several hearing advocacy organisations that focus on improving services for people who are hard of hearing, such as Hearing Matters Australia, Deafness Forum Australia and the Hearing Hub at Macquarie University. I also give presentations on Hearing Loss Management to interest groups by invitation.

I know that there are several members of most Probus Clubs who either,

- ☐ experience hearing loss but have not done anything about it but may like to know more,
- ☐ experience hearing loss and wear hearing aids (and maybe a few who don't, but would benefit from them) and/or
- ☐ live with a person with hearing loss,

so, I would like to extend an invitation to them to join with some members from Berowra Mixed Probus at our monthly Hearing Ace Coffee & Chat group, to engage with others who experience/live with hearing loss and who understand the communication challenges it presents.

During 2024 I successfully ran a Hearing Ace Coffee and Chat group with several members of Berowra Mixed Probus. The general program was loosely based on the Active Communication Education (ACE) program which was originally developed by the University of Queensland (UQ) in 2001, and which has recently been revised. The overall focus of this approach is to assist those with hearing loss to better manage their hearing loss and to provide them with strategies for better hearing, listening, and communication in daily situations.

At our 'Hearing Ace' meetings we relate typical experiences of others in the group and share and learn from each other the communication tricks and tips we discover. We also reflect and at times laugh about some of the more challenging hearing situations we may have found ourselves in the past and identify what we could do differently next time. I've aimed to make these meetings light-hearted, where those attending feel they are in a non-threatening environment where they can share with others who 'get it'.

Probus members from local Clubs would be most welcome to join our sessions in 2025. We meet from 1:45pm til 4pm on the second Tuesday afternoon of each month in the front room of at the Berowra Community Health Centre, 123 Berowra Waters Road, Berowra. If you are interested and would like more details, or even just a chat, please email me at chrisann1360@gmail.com. or phone or text me on 0421013977. Please also register your interest in attending by email or a phone call.