



# Asquith Mixed Probus Club BULLETIN

## President's Corner.

Yes, it is now the second month of Autumn, such crazy weather, when I look at the daily forecast, I see such a variety of weather patterns, however this does not stop our members attending the wonderful activities that the Activities Organiser's arrange.

I was delighted to see so many of our members enjoying the dining options after our last meeting at Magpies. The Kitchen has a good range of dishes, the Lucky Magpie Asian Cuisine with excellent Asian food and Peggy's Café for a light meal or a cup of coffee or tea.

Please do not forget to wear your name badge, it is most helpful when our new members are being made welcome and one can't remember your name.

As you all know the Suggestion Box sits on the table in front of everyone, if you have suggestions and ideas, place them in the Box for the Committee to act.

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.

May the month of May be full of happiness and good health.

Sandra Death

President AMPC

Dangar Island Trip



<b>Meeting Dates at Magpies</b>  <b>General Meetings</b> Thursday 4 <sup>th</sup> May 2023 Thursday 1 <sup>st</sup> June 2023 <b>10am for 10.30am start.</b>  Website: <a href="https://www.asquithmixedprobus.org.au">https://www.asquithmixedprobus.org.au</a>  Email: <a href="mailto:info@asquithmixedprobus.org.au">info@asquithmixedprobus.org.au</a> <a href="mailto:webmaster@asquithmixedprobus.org.au">webmaster@asquithmixedprobus.org.au</a>	<b>Bulletin: Editor: Sylvia Gratton</b> <b>Asquith Mixed Probus Club Inc.</b> The Secretary AMPC, 9 Warruga Crescent, Berowra Heights 2082 Formed by the Rotary Club of Berowra on 2 October 2008. Club No: 9003799 District: 9685 PD3 Inc. No.: 9890687 <b>Bendigo Bank details for deposits.</b> BSB No: 633-000 Account No.: 139 637 029	<b>PRIVACY:</b> 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.
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## COMMITTEE NOTES - APRIL 2023

1. **Magpies** have assured us that the sound system is now working after some major electrical work was done.

We can also expect to have a third Tea and Coffee Station in operation at our May meeting.

2. **As has been the case** in the past, the **Immediate Past President** will be seeking Members to act as Observers at 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 and Suellen** are organising some great excursions and tours, put your name down and make your payment to be assured of a seat.
4. **Rhonda Wilson** is getting into the swing of Hospitality, so check out the Bulletin.
5. **Robert Allison** suggests those members who are on Face Book, join the Asquith Probus page. Laurie and Kevin put photos of the walks they are going to do which gives you a good idea of the terrain etc. Our club should make use of this medium. You just need a member to "friend" you to join. See Robert for advice if you are unsure.

***Pam Slater Secretary***



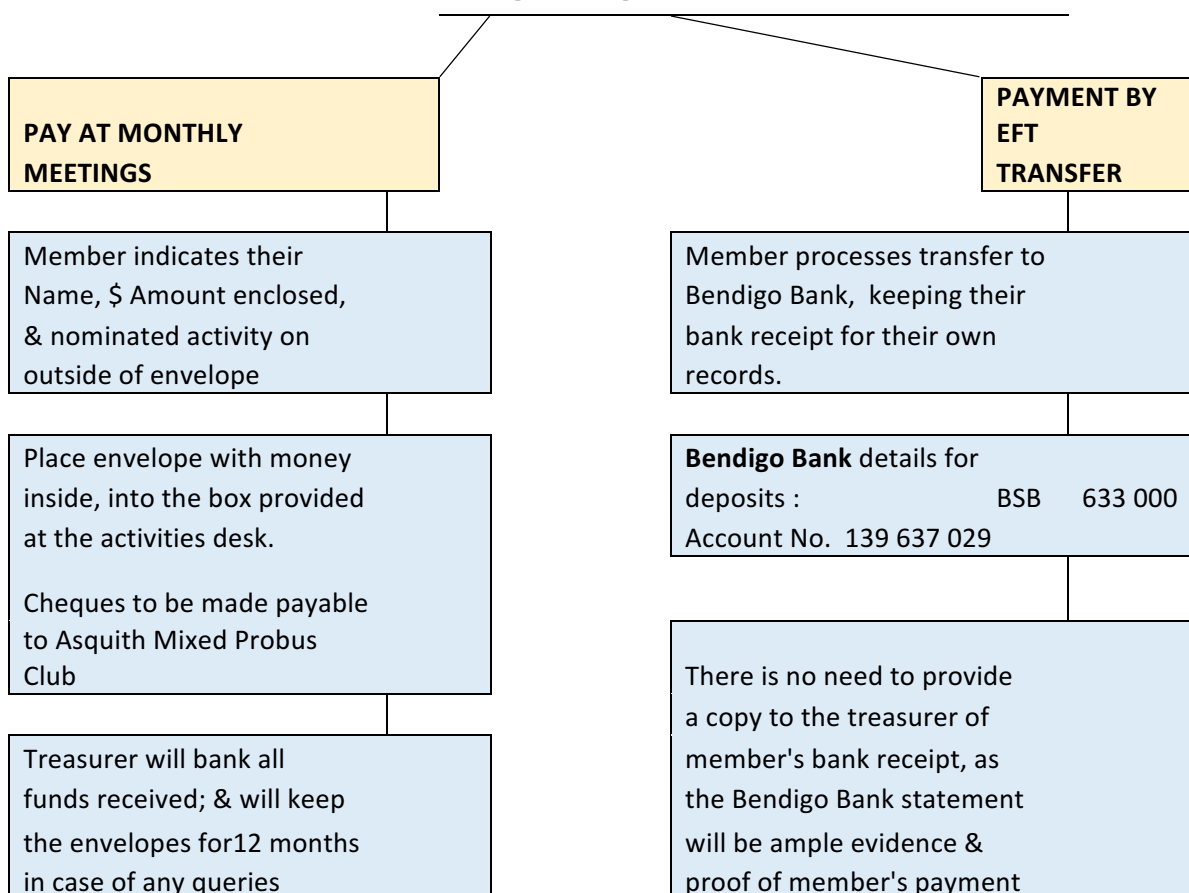
## Treasurer's Report as at 11 April 2023

Funds received so far, this year	\$9,813.00
Reduced by our expenses of	<u>\$2,174.00</u>
Leaving funds available so far, this year	\$7,639.00
Add all previous year's surplus funds	<u>\$10,065.00</u>
Leaving members funds available	<u><u>17,704.00</u></u>
... The above funds consist of cash	\$18,311.00
less - mainly member payments for future activities	<u>\$607.00</u>
Total member funds	<u><u>\$17,704.00</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 Barbara Williamson

**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 1<sup>st</sup> and 3rd 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

AMPC Men's Group	Robert Allison	Dolls	Barbara Williamson
Auditor	Robert Allison	5 <sup>th</sup> 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		
	<b>Committee</b>		
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		

## Mayfield Gardens & Oberon Trip Away

16 members had a fabulous time, accompanied by a very compatible group from Galston Garden club.

Mayfield Gardens were spectacular. The private chapel was beautiful. We had fun in their maze, wandered the colourful herbaceous gardens, the stylish glasshouse & fruit orchards, enjoyed seeing the “Chook Hilton” & the sculptures made from tree stumps. Even though we had 3 hours to roam the many pathways, bridges, water-gardens and see the autumn-coloured foliage and flowers we each probably saw only half of the gardens.



Our trip up and back through the Blue Mountains took us to the historic terraced gardens of the Everglades as well as the trendy shops of Leura. Mt Wilson’s classic “Windyridge” was very pretty and Mt Tomah provide an opportunity to view some enormous cool climate gardens.

Our accommodation in Oberon was very comfortable and the meals excellent. We were well looked after by Hans, our coach driver whose many jokes kept us chuckling.



*A great time was had by all.*





## **Day Trips**

**May 18<sup>th</sup>**     **DISCOVERY DAY AT WESTMEAD**  
Children's Medical Research Institute     10 -2pm

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

- **8.35am** train from **Hornsby** to Strathfield, and on to Westmead arriving **9.34am**
- **711 bus** at **9.46am** to Westmead Hospital Precinct
- Talk/lecture on 'What is in our genes?' in Conference room, small group tour through laboratories meeting and talking with researchers of diseases such as cancer, epilepsy and genetic disorders
- **Includes** delicious homemade morning tea and freshly made sandwiches for a light lunch, tea and coffee     **(Please speak to us about dietary needs)**
- Option to walk 10 mins/750m back to Westmead Station or catch the bus
- Disabled Parking available for a couple of cars for those with limited mobility who find train and bus travel difficult

**June 15<sup>th</sup>**     **TOUR OF ARCHIBALD, WYNNE AND SULMAN EXHIBITION**     **\$27**  
@ NSW Art Gallery

**Sign up and pay to secure your spot.**

24 members have paid. **16 spots remain**, as we are limited to 40 people.

**Please pay by May meeting**

- **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 20<sup>th</sup>**     **11am Morning Tea @ Glenorie Bakery**

Coffee, cake and conversations and/or an irresistible pie for the hungry ones.

**August 17<sup>th</sup> 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**

## **Dangar Island**

A dismal, showery day could not deter 24 determined members from exploring Dangar Island.

The café buzzed with conversations over morning tea, after a crowded ferry ride to the island. There was opportunity to wander the pathways and discover the beach before enjoying a delicious lunch in the cosy café by the river.

A great day out for everyone.



## Walks

The May walk is almost full and has Special Conditions. Your Registration will only be completed when you reply to the special conditions which will be mailed after this month's meeting. We do have issues with bussing at Edgecliffe. Please be prompt and attentive to Lead's instructions. The Walk is rated professionally and **MODERATE** means a number of our group will have problems. A Bus option to Nielsen Park is available for a small group.

## Thursday 25 May

**Leads:** Kevin Watson and Laurie

**Where:** Kambala School Rose Bay to Watson's Bay

**What:**

1. Hermitage Foreshore walk (2.5km) to Nielsen Park + extension to Watson's Bay **Rated Moderate.**
2. Hermitage Foreshore walk (2.5km) to Nielsen Park 325 Bus To Watson's Bay. **Rated Moderate.**

## Special Conditions:

The walk is one of Sydney's most Scenic but it **requires special attention from participants**. These will be e-mailed to registrations and require a reply.

**Walk Cap:** 20 per walk total 40

**Travel:** CCN Ber 8.56 Hornsby 9.04 Plat 3 Cars 2/3 arrive Redfern 9.41 change to Plat 11 for Edgecliffe: Buses 324-325 to Kambala Stand D.

**Bring:** Light Morning Tea. Lunch at the Bay or picnic in the Park.



## Thursday 22 June

**Where:** Narrabeen Lakes Thursday 22 June.

**Leads :** Barry and Gai Brown

**What:** 1. **Short Walk:** Coffee at the Tram shed. 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



Wednesday May 17<sup>th</sup>

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:

137 367 892. Keith Carson

## DINING OUT



We thought we would try something different - an ***all you can eat Japanese Restaurant*** at Pennant Hills. Details

WHEN: Tuesday 30 May

TIME: 6:00

WHERE: Okami Japanese Restaurant

Shop 12&13, 4-10 Hillcrest Rd. Pennant Hills.

On the outside of Pennant Hills Shopping Centre - IGA end

Where the Old Library was

PRICE: \$36

BOOK & PAY BY: 17 MAY

Menu: <https://www.okamirestaurant.com.au/menu/>



Thanks to the generosity of our members helping to raise \$590 for the Cancer Council last year Judy Thompson is opening her home up for another Morning Tea. You and your friends are invited to join us for a cuppa on;

MONDAY 22nd May

FROM: 10:00

AT: Judy Thompson's home.

Everyone welcome

## UPCOMING SPEAKERS

### May Speaker

Our Speaker this month is Matt Murphy- a part time historian and teacher.

His previous book, *Weight of Evidence*, is about the longest civil court case in New South Wales. Matt's younger self

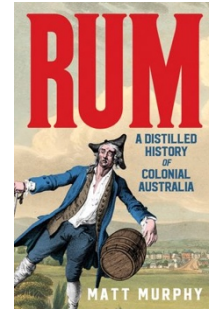
His latest book- *Rum a distilled history* looks at not just how much was drunk in colonial Australia (a lot!), but also the lengths people went to get their hands on it,

the futile efforts of the early governors to control it, and

the often disastrous consequences of its consumption.

His talk is a light-hearted look at our early history.

His book will be on sale afterwards



### 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.



I hate it when people act all intellectual and talk about Mozart, while they've never even seen one of his paintings...

## 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	
4 <sup>th</sup> May	Probus Meeting	Sandra Death		
10 <sup>th</sup> May	Dolls	Barbara Williamson	4	
11 <sup>th</sup> May	Committee Meeting	Sandra Death		
18 <sup>th</sup> May	Discovery Day at Westmead	Mal Steel	6	
25 <sup>th</sup> May	Rose Bay to Watsons Bay Walk	Laurie Keaton	8	
30 <sup>th</sup> May	Okami Japanese Restaurant	Rhonda Wilson	10	
1 <sup>st</sup> June	Probus Meeting	Jim Jeffries		
7 <sup>th</sup> June	Dolls	Barbara Williamson	4	
8 <sup>th</sup> June	Committee Meeting	Sandra Death		
15 <sup>th</sup> June	Tour of Archibald	Mal Steel	6	
22 <sup>nd</sup> June	Narrabeen Lakes	Laurie Keaton	9	

So, let me get this straight. I go to the Grocery store and buy 250grams of sliced ham wrapped in plastic, a loaf of bread in a plastic bag, 2 litres of milk in a plastic bottle, a pack of napkins wrapped in plastic, a Greek salad in a plastic container, a plastic bottle of mustard and a plastic bottle of ketchup and they won't give me a plastic bag to carry it home because the plastic bag is bad for the environment???

I may be getting old, but I can still spot safety violations. This man has no hard hat, no safety glasses, no hearing protection and no gloves!





NSW POLICE FORCE CRIME PREVENTION SERIES

## Protect yourself against scammers

With the advances in electronic communication, criminals don't necessarily need to be face to face to steal from you. Scams are constantly evolving and scammers can go to great lengths to cause people to part with money or information.

Scammers may pretend to be from your bank or a service provider, offer sports betting or short term investment opportunities. They can claim the ability to return owed monies from overseas, often romance and dating opportunities plus numerous other approaches. On the surface these **may** appear to be genuine.

Here are some simple steps to help protect yourself against scammers.

### If it sounds too good to be true . . .

- **NEVER** send money or give credit card or online account details to anyone you don't know and trust.
- **ALWAYS** seek independent financial and/or legal advice before making any investment or purchasing decisions.
- **NEVER** rely solely on advice from the person trying to sell you the service or investment.

### Door to door sales or 'Tradie scams'

- **DON'T** be pressured into signing or paying up front.
- **ALWAYS** research a company or service provider prior to paying or agreeing to a contract.
- **ALWAYS** read any contract or service paperwork carefully prior to paying for any work.

### Protect your personal information

- **NEVER** give your personal or bank account details to people you don't know and trust.
- **ALWAYS** contact your bank, financial institution or service provider if you have been contacted by a scammer.
- **DON'T** use the numbers provided on the email to confirm an email's legitimacy before replying.

### Don't take things on face value

- **DON'T** be fooled by an email that looks legitimate or appears to link to a genuine website.
- **DON'T** open suspicious or unsolicited emails (spam) – ignore them.
- **ALWAYS** beware of 'Cold Calling' and confirm who you are actually talking to.

If you believe you have been a victim to a cyber related offence – report it immediately on **[www.acorn.gov.au](http://www.acorn.gov.au)**

For more crime prevention information visit us on **[www.police.nsw.gov.au](http://www.police.nsw.gov.au)**



Justice



**Triple Zero (000)**

For emergencies or life threatening situations.



**Police Assistance Line (131 444)**

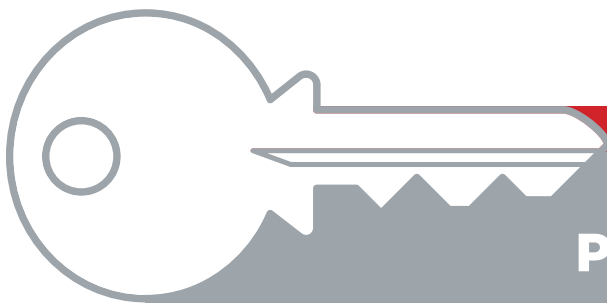
For non emergencies.



**Crime Stoppers (1800 333 000)**

To provide crime information. It can be anonymous.

Protect yourself from fraud



NSW POLICE FORCE CRIME PREVENTION SERIES

## Protect yourself online

The everyday use of mobile telephones, tablets and personal computers is now common place in most people's lives. We use these devices to verbally and visually communicate, for business, for financial transactions and as multipurpose storage devices which we are now even more reliant upon.

These devices hold key information that can be targeted in several ways including: scam emails, false representation of a service provider, inadequate software protection or password security.

These are just some methods used by criminals to obtain your personal details and those of your family which can lead to the theft of your identity. Here are some simple steps we can all take to help protect ourselves against this type of crime.

### Protect your password

- **DON'T** use the same password for all your devices or access systems.
- **DON'T** use names or words easily linked to you (eg: family, pet or school names) in your password.
- **CHANGE** your password regularly.
- **DON'T** GIVE YOUR PASSWORD TO ANYONE.

### Protect your computer or mobile device

- **INSTALL** reliable anti-virus protection for all your computers and mobile devices.
- **UPDATE** your anti-virus protection regularly.
- **DISABLE** unwanted applications – if you don't use it, lose it.

### Protect your identification online

- **DON'T** let anybody else access your personal information or your devices.
- **DON'T** give anyone remote access to your devices.
- **DON'T** access emails senders you don't know.
- **DON'T** share your personal or financial information online such as driver's licence details, date of birth, etc.

If you believe you have been a victim to a cyber related offence – report it immediately on [www.acorn.gov.au](http://www.acorn.gov.au)

For more crime prevention information visit us on [www.police.nsw.gov.au](http://www.police.nsw.gov.au)

Protect yourself from fraud



Justice



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