



Asquith Mixed Probud Club BULLETIN

President: John Channon
Vice President Elect: John Davies
Secretary: Pam Slater
Treasurer: Yenda Holland
Dianne Watson, Vicki McPherson,
Denise Mayhew, Mary Potter,
Jim & Judy Thompson Barry
Willick Sandra Death, Rhonda
Wilson.

President's Comments

A lot of activities will remain in lockdown until members have at least had their first Covid vaccine.

I hope many members have had their second Jab, we need our return to freedom!

Hope you are all well.
Cheers.

S. John Channon



Apparently we can't visit our relatives homes but estate agents can buy and sell houses. So i've put my house on the market and mum and dad are coming for a viewing at 3.30 😂😂

Meeting Dates

Thurs 2 September 2021

Zoom Meeting 10.30am

Thurs 7 October 2021

Time Unknown

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Bulletin: Editor: Sylvia Gratton



Asquith Mixed Probud Club Inc.

The Secretary AMPC, 9 Warruga Crescent, Berowra Heights 2082
Formed by the Rotary Club of Berowra on 2 October 2008.

Club No: 9003799

District: 9680 Inc. No.: 9890687

Bendigo Bank details for deposits.

BSB No: 633-000 Account No.: 139 637 029

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COMMITTEE NOTES - AUGUST 2021

1. The Committee met in August for a Zoom meeting. Due to Lockdown, there will be a Zoom Meeting in September.
2. Unfortunately, the Car Fun Run and Bowral coach trip have had to be cancelled for the moment.
3. Although we have booked the Pavilion at Bobbin Head for mid-October, we will have to wait to see if this can go ahead.
4. The walks programme has been suspended for the moment.

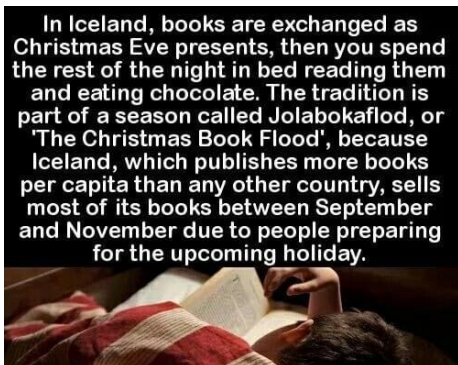
Please note ***"Member's Obligations for Probus Walks and Activities"*** published in this Bulletin.

5. Succession Planning was again discussed. Please think about positions on the Committee that you may be able to assist with. New blood is required at our AGM in March.

Pam Slater Secretary

CONGRATULATIONS INDRA PATEL ON

10 YEARS MEMBERSHIP OF AMPC



Treasurer's Report as at 6 August, 2021

Income received for year to date	\$7,272	
Offset by expenses of	<u>\$5,269</u>	
Year to date surplus balance		\$ 2,003
Add previous year's surplus of		<u>\$ 9,881</u>
Gives an overall member surplus of		<u>\$11,885</u>
This surplus consists of cash of		\$13,583
Less liabilities – mainly activities paid in advance		<u>\$ 1,689</u>
Total member equity		<u>\$11,885</u>

Yenda Holland 10 August 2021



ZOOMING IN

There were several notable features about the August Meeting of our Club. We had a visitor, who is the president of another Probus Club that has not been meeting at all during the Covid 19 Lockdowns. She joined us by Zoom, to see how meetings were possible, and how they worked. She was very impressed with the informal session before the meeting as members joined in and chatted with one another, and then how we managed with the rest of the meeting.

The formal Business section of the meeting had a few glitches, but we got through it successfully. We have managed to get almost everyone's name displayed correctly on the screen, so we can not only see our members' faces, but can identify who they are, (a big plus for those like me, whose memory is not working as well as it used to!) Some members' screens are restricted, and they are not able to see everybody at the same time, but there are ways around that, that we are exploring. The majority of our outings, walks, etc., have had to be cancelled, because of the Lockdown restrictions, so the Business meeting was shorter than in the past.

The Speaker, Graham Spindler was excellent, and his presentation was enhanced by being on Zoom. We realised that the words and images that he displayed were clearly seen on our computer/pad screens, but would have been very difficult for the majority to see clearly on the screen at our normal meeting in the Golf Club.

Of course, we all miss the personal face-to-face relationships of our normal meetings, but Zoom has opened up other plusses, that will, it seems, be our only option for some time ahead. One further option to be explored, is having a "Chat Room" segment, where smaller groups can chat informally for 5-10 minutes.

The one big disappointment of our Meeting was that only about a third of our membership attended. We are happy to help and encourage those who are fearful of, or struggling with Zoom, and hope to see many more next month.

John Davies, Vice President

ACTIVITIES CANCELLED UNTIL FURTHER NOTICE, DUE TO COVID LOCKDOWN.

Men's Group	Robert Allison	Dolls	Barbara Williamson
Auditor	Robert Allison	5 th Thursday BBQ	Lance Williamson
Books DVD, Jigsaw	Sunny Dougall & Robert Montgomery	Mah-jong	Pam Clarke
		Theatres	Rhonda Wilson
Dining out	Vicki McPherson	Auditor	Robert Allison
Cards 500	Mary Glasby	Walks	Laurie Keaton
Pot Luck Meals	Anne Heaton	Web Site	Robert Allison
Public Officer & Historian	Sandra Death	Assist. Tours/Excurs.	Sandra Lees
Assist. Tours/Excurs.	Trish Taylor	Assist. Tours/Excurs.	Lula Andersen

AMPC COMMITTEE MEMBERS 2021-22

AMPC Committee Members		Phone	Email
President	John Channon		
Vice-President			
Elect	John Davies		
Secretary	Pam Slater		
Treasurer	Yenda Holland		
	Committee		
Bulletin	Sylvia Gratton		
Hospitality	Vicki McPherson		
Membership	Barry Willick		
Programme	Mary Potter		
Tours/Excursions	Jim & Judy Thompson		
Welfare	Denise Mayhew		
Assistant Secretary	Sandra Death		
Assistant Treasurer	Dianne Watson		
Historian/Public Officer	Sandra Death		



If you believe all this will end and we will get back to normal once we reopen everything... Raise Your Hand. Now slap yourself with it.



WELFARE REPORT

Jan Wilson is recovering well, having recently had surgery to her cheek and eye, for the removal of a cancer. Initially, Jan had been discharged home with the use of only one eye. I'm happy to report, that after another (shorter) surgery, Jan now has the use of both eyes making it much easier for her to move around her home and much loved garden. All the best while you are recuperating

John Britten had an unfortunate incident last week, in that he tripped on an uneven footpath and fell quite heavily, knocking his head, landing heavily on his arm which caused extensive bruising and finding out a couple of days later he'd broken a rib. John tells me people came to his aid immediately and were extremely helpful, making sure he was okay and then escorting him to his home

It is with great sadness we have been advised that Wendy Wooller passed away last Sunday night. Our sincere condolences go out to her husband Kelvin and their family.

To other members who aren't 100% fit or well at this time, take care, rest easy and with luck you'll be feeling 'on top of the world' again very soon.

Happy Birthday to everyone celebrating his or her special day. I don't think we need to add this year to our age; after all, we haven't really used much of it

Thank You

Asquith Mixed Probus Club

Our sincere thank you for your [tribute](#), condolences, thoughts, cards, letters, phone calls and prayers we received on Henry's passing.

It has been overwhelming

Over [almost three years since joining Asquith Mixed Probus Club](#)

Henry had suffered ill health, [however He thoroughly enjoyed our trips away and the Friendships we have made as new Members.](#)

As a Family, we feel very blessed to have such [caring Friends](#)

This has given us great support and comfort at this time.

[Sincerely](#)

Noelene and Family

Regards,
Noelene



MEMBER'S OBLIGATIONS FOR PROBUS WALKS AND ACTIVITIES

Heat Policy: If walks/activities are scheduled for days when the heat may rise to 35 degrees C then members are responsible for self-assessment that they are physically capable of completing the task without undue stress. The event organiser cannot be responsible for an individual's wellbeing under these circumstances.

In order to ensure that the safety and comfort of everyone on a walk/activity is paramount, the following guidelines are put forward. These guidelines are all about personal responsibility. Everyone is expected to be realistic regarding their physical capability. This also means considering the comfort of (effect your limitations may have on) fellow members on each walk/activity.

Bear in mind that walks/activities are often conducted away from major roads which make a medical incident worse as outside assistance may not be readily available. In some cases, public transport is a long distance away. Your health and safety is our number one priority.

Please note that walk/tour leaders only carry basic first aid materials. They can deal with occasional bumps/bruises or sprained ankles, etc. Any more serious injuries or illnesses may require a higher level of care i.e. paramedics and/or helicopters.

It is a requirement under Appendix 4.0 (c) that any incidents/accidents be recorded and if necessary, be reported to Probus South Pacific Limited.

The organiser must be assured by the member taking part, that he/she is capable of completing the walk/activity without undue stress.

- Please assess your level of fitness and health for the walk/activity. Make enquiries as to the degree of difficulty of the walk/activity; i.e. number of steps up/down, steep inclines and declines, long distances between rest stops. If in doubt, take the easier option or just take the lunch only option.
- Members must be aware of any impediment they may have on the enjoyment of their fellow walkers and ensure they are grouped with people of similar ability. If in doubt members should seek, and accept, the advice (based on past experience) of the walk/activity leader as to their capability to keep up with others.
- Dizzy spells, falls and other short-term inconveniences can happen to anyone at any time. Should these incidents occur on two separate occasions you will no longer be eligible to attend that walk/activity.

Some couples have different fitness levels; i.e. one is really fit and can deal with whatever they encounter whilst the other has issues with knees, backs, etc. If this applies to you we suggest you split up – you can still meet up for lunch. You definitely won't be the only couple facing this dilemma, plus you get to talk to other members whilst your spouse is scaling mountains.

Please consider your fellow members when faced with these issues – you would probably feel awful if you thought you were holding up other members on a walk/activity. Also, medical help may take some time to arrive should you need it and could put your health at further risk.

**DON'T FORGET TO TAKE PLENTY OF WATER WITH YOU
PLUS, ANY MEDICATIONS YOU MAY NEED**

SPEAKERS

We were entertained at our August meeting by Graham Spindler using video and music. We learnt the back stories of "Old Man River", "Doing the Lambeth Walk", "She's leaving Home" (a Beatles song), and "The Lion Sleeps Tonight". Once again, we find out that what we thought we knew, in fact we didn't, and with a little digging, the true facts emerge.

This segues into the topic of our September speaker, Ian Thompson, namely "Quackery - a brief history of the worst ways to cure everything".

Mary Potter

ACTIVITIES JIM & JUDY THOMPSON

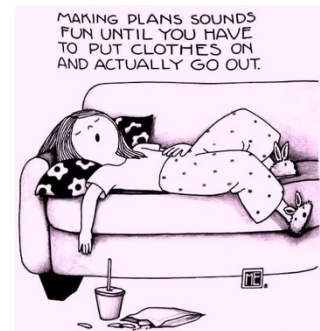
DUE TO COVID, THE TRIPS TO BOWRAL AND JINDABYNE HAVE BEEN CANCELLED!

Regards

Jim Thompson

WALK ACTIVITIES LAURIE KEATON

No walk activities scheduled yet!



HOSPITALITY/DINING OUT.

Well, our French Frolic and our trip to Doyles are both a distant memory and it looks like our birthday picnic won't happen, we'll wait a bit and see on this one. If you'd like to put your name down for the picnic just email me.

Our Christmas lunch on the 2nd of December at the Golf Club is still a possibility at this stage, so if you would like to attend

please send me an email

Stay COVID safe

Big hugs Vicki.



THEATRE GROUPS CANCELLED DUE TO LOCKDOWN.

MEN'S GROUP NOW MEETING ON ZOOM. SAME LINK AS GENERAL MEETING.

SERIOUS LOCK DOWN ADVICE

Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my Pepsi, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share with the fridge, cause he's been acting cold and distant! In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic... told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!!

Pass it on - gotta keep the humour! 😂😄😊