



Asquith Mixed Probus Club BULLETIN

PRESIDENT'S CORNER

Hello to all our members. I hope you are all keeping well as winter draws near.

We were saddened with the passing of our foundation member Peter Nancarrow on Monday 18 May. He was a very active member, conversations with Peter were always interesting and he often had questions for our guest speakers. Our thoughts and prayers are with Helen Nancarrow and her family at this sad time.

By the time you get this Bulletin, Ruth will have a new secretary's email set up. It will now be ampc.sectry@gmail.com for anything to do with her secretary's role.

The committee is obtaining lots of flyers from Probus, highlighting our club. Please think about where you might be able to pass them on to prospective new members.

Jim has lined up a wonderful mix of speakers for the months ahead, giving us a great chance to bring visitors along so they can enjoy the talks and experience the friendly vibe of our club.

Wishing you all the best.

Mal

<p>Meeting Dates at Magpies</p> <p>General Meetings: Thursday 4 June Thursday 2 July Thursday 6 August</p> <p>10am for 10.30am start.</p> <p>Website: https://www.asquithmixedprobus.org.au Email: info@asquithmixedprobus.org.au webmaster@asquithmixedprobus.org.au</p>	<p>Bulletin Editor: Sandra Lees</p> <p>Asquith Mixed Probus Club Inc. The Secretary: Ruth Barwick</p> <p>Formed by the Rotary Club of Berowra on 2 October 2008. Club No: 9003799 District: 9685 PD3 Inc. No: 9890687</p> <p>Bendigo Bank details for deposits. 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 Mixed Probus Club use only and is not to be used for any other purpose.</p>
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COMMITTEE NOTES

JUNE 2026

1. Trish does a fantastic job organising tours/excursions and circulates the Tours agenda well in advance. However, occasionally there are clashes with other activities and some tours have fixed dates where there is no flexibility possible. We do consider our members when planning what is a full program of activities.
2. A reminder that tables are booked in the Pavilion for lunch after the General Meeting. There's not much time to chat during the meeting, so please join us if you can. It's a good chance to socialise and a nice way to finish up the morning.
3. Thank you to the volunteers to meet and greet new members and visitors. Two super friendly ladies with big smiles, Judy Thompson and Beryl Simpson, perfect!
4. We extend our condolences to Helen Nancarrow and family on the passing of Peter. Peter was a Foundation member and will be greatly missed at AMPC. We hope that Sylvia's surgery will resolve her ongoing eye problems and that Lorraine, who has had an unfortunate series of mishaps, will have a quick and full recovery.
5. What a stimulating and challenging talk on climate change from Speaker Dennys Angove at the May Meeting. The effects of increasing temperature on climate and the oceans is deeply concerning but it is heartening to learn of all the research and work going on in this area. Thank you Jim for another great Speaker.
6. Mal is keen to promote and grow our wonderful club. We have examined flyers, cards, trifold leaflets and posters which can be ordered free from PSP and distributed around the community to places like doctor's surgeries and libraries.
7. We will be having a 'Biggest Morning Tea' to raise funds for the Cancer Council on a date to be announced.

Ruth Barwick, Secretary



Mal welcomes Karen Fail as a new member of AMPC

TREASURER'S REPORT
Asquith Mixed Probus Club
as at 30 April 2026



Funds received so far this year	8,002.25	
Reduced by club expenses	(4,011.77)	
Net earnings to date	3,990.48	3,990.48
 Add: Previous years' surplus funds		 12,744.59
Leaving members funds available		\$16,735.07
 The above funds consist of cash at bank	 18,027.07	
Less: Advance tour deposits and members' payments for these future activities and tours	(1,292.00)	
TOTAL MEMBERS FUNDS	16,735.07	\$16,735.07

Members' Funds increase when new applicants are accepted. There was one new member in May.

Capitation Fees: \$2,150 - paid in April at \$21.50 per member.

Venue and Morning Teas: \$1,415 year to date.

Advance Tour Liabilities will vary month to month depending on impending tours.

Treasurer's Report as at 30th April 2026.



ACTIVITIES

DOLLS' GROUP meets on the first Wednesday following our monthly general 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 0412 399 991.**

MAHJONG GROUP meets every Wednesday afternoon from 1.30pm at Asquith Bowling Club. **Contact Pam Clarke for more information 0416 216 962**

CARDS' 500 GROUP meets 1st and 3rd Wednesday of the month at 10am at Magpies. New players welcome. **Phone Mary 9482 8114**

MEN'S GROUP meets 3rd Wednesday of the month at 10am in the Pavilion at Magpies. **Contact Robert Allison On 0412 196 943.**

CARERS' GROUP meets 3rd Tuesday of the month at 12.30pm. **Contact Yenda by email at yenda33@bigpond.com**

AMPC Men's Group	Robert Allison	Dolls	Carol Channon
Auditor	Robert Allison	5th Thursday BBQ	Carol & John Channon
Books/DVDs	George Gates	Mahjong	Pam Clarke
Jigsaws	Robert Montgomery	Walks	Laurie Keaton
Cards 500	Mary Glasby	Website	Robert Allison
Carers' Group	Yenda Holland	Assist. Tours/Excurs.	Yenda Holland
Public Officer & Historian	Sandra Death	Assist. Tours/Excurs.	Jim Thompson

AMPC Committee Members	
President	Mal Steel
Vice-President Elect	
Vice-President	John Davies
Secretary	Ruth Barwick
Treasurer	Kevin Watson
Committee	
Bulletin	Sandra Lees
Hospitality	Jane Platts
Membership	Denise Mayhew
Assist. Membership	Robyn Lee
Speaker Co-ordinator	Jim Jeffries
Tours/Excursions	Trish Taylor
Welfare	Nita Shields
Assistant Secretary	Jim Jeffries
Assistant Treasurer	
Walks Co-ordinator	Laurie Keaton
Assistant Walks	Jim Jeffries
Past President	Barry Willick

TRIPS AWAY

*A friendly reminder that there are still vacancies available for the **Royal Princess Cruise**. If you would like to join this cruise please contact Alison Lord as soon as possible. Deposits paid are now non-refundable. Please note that **final payment is due mid August**.

PROBUS CRUISE ROYAL PRINCESS - 10 NIGHTS

25TH NOVEMBER - 5TH DECEMBER, 2026

We are planning to join a **Princess Line Cruise** on 25th November, 2026. The itinerary is as follows:

ROYAL PRINCESS – 10 nights

Depart Sydney with stops at Airlie Beach, Yorkey’s Knob (Cairns), Port Douglas, Willis Island, Brisbane and return to Sydney.

Prices range from \$6,238 for two people to \$8,266 for two people (price will vary depending on choice of cabin). *Please note prices are subject to change.

No passport needed – Driver’s Licence or Photo ID required.

If you are interested in joining this cruise, please book **as soon as possible** with:

Alison Lord
Travel Associates Cruise Boutique
Shop 5, 5-7 Rohini Street
Turrumurra NSW 2074

02 9440 8727
alison_lord@travelassociates.com

Any questions please contact Jim Thompson
thstokes@ihug.com.au

FOLLOW THE MIGHTY MURRAY

10 days from 1-10 April 2027

Following a flight to Adelaide we spend two nights in Goolwa. There is a lot of history along the river which should be very interesting. Day 2 the mouth of the Murray at Hindmarsh Island with a cruise on the PS Oscar W, an authentic wood-fired paddle-steamer. Day 3 we make our way to Murray Bridge and Mannum. Day 4 is Walker Flat, one of the most spectacular spots on the river, then on to Renmark for the night. Day 5 is Mildura, a cruise and the inland Botanic Gardens. Day 6 takes us to Wentworth where the Darling and Murray Rivers meet, then Swan Hill for the night. Day 7 is Barham then Echuca for the

night. Day 8 we drive through rich fruit growing areas to Rutherglen then on to Albury for the night. Day 9 we continue to Khancoban for lunch and then to the headwaters of the Murray before arriving in Thredbo for the night. Day 10 we drive to Cooma, then Canberra for our flight home.

The price of this tour is \$6,240 with a single supplement of \$1,072.

If you are interested in joining this tour, please see Yenda.

YENDA

DAY TRIPS

NSW ART GALLERY

ARCHIBALD, WYNNE AND SULMAN EXHIBITION

THURSDAY, 18 JUNE, 2026

\$37.00 per person

***NOW CLOSED**

Please make your own way to the NSW Art Gallery. We will meet at the main front entrance Naala Nura. **Please arrive by 9.45 am** for entry to the Gallery for our 10.00 am private tour.

15 min walk to Art Gallery across the Domain.

10.00 am - 1hour guided, private group tour of the exhibition. We will meet our guide in the Kalder Hall of Naala Nura, opposite the welcome desk.

Option to explore the Galleries at your leisure after the tour.

Return walk to Martin Place/Wynyard Station OR bus 441 from Art Gallery to QVB at Town Hall.

TRISH

**SECRETS OF THE CITY CIRCLE
WALKING TOUR**

**THURSDAY, 16TH JULY, 2026 AT 10AM
\$25.00 PER PERSON**

***NOW CLOSED - WAITING LIST ONLY**

MAXIMUM 30 PEOPLE

***FINAL PAYMENT DUE 4TH JUNE, 2026**

This unique tour uncovers the hidden stories, quirky history and surprising secrets of Sydney's iconic City Circle train loop. We explore each station's design, forgotten features and fascinating tales - all while travelling on regular trains in a fun, hop-on hop-off format.

Key details:

- **Starting/End Point:** Central Station Platform 1
- **Duration:** Approximately 3 hours
- **Style:** Hop-on, hop-off format visiting all City Circle stations
- **Walking Level:** Low amount of walking, some stairs involved at some stations
- **Transport:** You'll need an Opal or contactless debit/credit card to tap on/off trains

Catch the **8.49 am** train from Hornsby (platform 3), arriving at Central 9.26.
Return CCN trains 1.20 pm., 1.50 pm, 2.20 pm, 2.50 pm, 3.20 pm.

TRISH

EATING IN THE 60's

Pasta was not eaten.

Curry was a surname.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

Calamari was called squid and we used it as fish bait.

A Big Mac was what we wore when it was raining.

Oil was for lubrication, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

None of us had ever heard of yoghurt.

Healthy food consisted of anything edible.

People who didn't peel potatoes were regarded as lazy.

Muesli was readily available, it was called cattle feed.

Water came out of the tap.

Prunes were medicinal.

The one thing that we never had on our table in the sixties... elbows or phones.

THURSDAY, 20th AUGUST, 2026
\$100.00 per person

Pick up: Rofe Park, Hornsby Heights, 8.30 am - return approximately 5.00 pm

***FINAL PAYMENT DUE 2ND JULY, 2026**

The Australian Nuclear Science and Technology Organisation (ANSTO) is home to some of Australia's most critical scientific infrastructure including the nation's only research reactor, a suite of neutron beam instruments, particle accelerators, cyclotrons and the Australian Synchrotron.

The education officers will explain how through applying their knowledge of the basic building blocks of our universe, scientists are helping solve the big issues surrounding health, climate change and innovation for industry. The tour is customised for our group with non-technical explanations and minimal walking.

Following our tour at ANSTO, we will enjoy a relaxing two-course lunch at the Woronora Boat Shed, a picturesque riverside venue. If time permits, we will finish the day with a visit to Hazelhurst Art Gallery.

***Each member must bring their ID with them on the day.**

***Enclosed shoes must be worn - no open toe sandals.**

Tour includes:

- Morning Tea
- Guided tour of Lucas Heights Discovery Centre
- 2 course lunch at Woronora Boat Shed
- Coach transport

***PLEASE ALSO FILL OUT YOUR DETAILS ON THE ANSTO TOUR BOOKING SHEET.**

TRISH



TOUR OF NEW SOUTH WALES PARLIAMENT AND HIGH TEA

18TH SEPTEMBER, 2026

\$70.00 per person

***MAXIMUM NUMBER 24**

***PLEASE NOTE THIS IS A FRIDAY TOUR**

TOUR - 11.30 AM FOLLOWED BY HIGH TEA - 12.30 PM

Step back in time into one of Sydney's oldest buildings. Over one hour visit to the historic legislative chambers, experience the beautiful colonial architecture while learning more about the role, history and work of Parliament. The tour concludes in the Strangers Restaurant at NSW Parliament where high tea will be served - including a chef's selection of sweet and savoury items, tea and coffee. The restaurant will cater for Gluten Free and Vegetarian requirements - dairy free is not available.

We will catch the 10.12 am train from Hornsby (Platform 1) to Chatswood station arriving 10.36 am, change to Metro 10.40 am (Platform 2) arriving 10.52 am Martin Place station (Platform 3).

TRISH



I once lived just a stone's throw away from a family who all died of mysterious head injuries.

WALKS

There were 27 members and one guest who attended the Drummoyne walk followed by an enjoyable lunch at the Sailing Club. A traffic controller with a paddle pop who had no idea where she was added to the distance the short walkers completed.

Thursday 25 June 2026, MEADOWBANK and CABARITA PARKS

Leads Laurie + to be advised for longer walk.

- WHERE:** Composite Walk: Meadowbank Park, Riverside Walkway to Kissing Point Wharf, ferry to Cabarita Park and walk at leisure to lunch venue.
- WHAT:** **Long walk:** 4.5km-5km including Cabarita. Via Meadowbank Park and Anzac Path, follow Riverside path to Kissing Point Wharf.
Shorter Walk: 3.5-4km in well-spaced segments. Mainly flat but some sections have steps.
- TRAVEL:** **Hornsby Platform 3, 9.09, arrive Meadowbank 9.34.**
Depart Kissing Point Wharf 11.16 or 11.36.
Return ferry to Barangaroo or Meadowbank.
- LUNCH:** Morning coffee at the Meadowbank Wharf coffee cart. Lunch is BYO, fish/chips from kiosk or sit down at outdoor cafe if available.

Thursday, 23 July 2026, EDGECLIFF to ROSE BAY

Leads Laurie + to be advised

- WHERE:** Edgecliff Station to Lyne Park, Rose Bay, plus Point Piper extension.
- WHAT:** **3.2 km or 4.5 km with optional Point Piper loop.**
Scenic Redleaf Pool, Seven Shillings Beach, Rose Bay Promenade, Lyne Park and ferry trip back to the Quay. Additional walks of your choice in Lyne Park

One set of steps and short hill on the 3.2km walk.

Point Piper Loop involves challenging steps at Duff Park Lookout, a hill and narrow footpath.
- TRAVEL** **Hornsby Platform 3, 9.04, arrive Central 9.40.**
Change to Platform 24, 9.49 to Edgecliff Station
- MORNING** Scenic Redleaf Pool
TEA: 30 minutes
- LUNCH:** Sugar and Spice, Lyne Park. Details at meeting re pre-booking of meals.

BUILDING UP THE PHOTO GALLERY ON OUR WEBSITE

Robert Allison has been improving the website. The latest changes involve removing very old images from the website and replacing them with newer images.

Robert doesn't have a lot of new photos to work with and would like more good quality photos for the Web page gallery. Good quality means both interesting as well as large, clear and sharp. Ideally, they will be originals from your phone, not copied from social media.

If you have any photos that could be added to the gallery, please send to Robert Allison at bob_allison@optusnet.com.au.



SPEAKERS



Scientists are generally considered to be poor communicators, rarely explaining what they do.

Our speaker last month, Dennys Angove, was an exception outlining clearly the enormous research effort being made to understand the effects that carbon dioxide has on our climate.

This coming month Julie Evans will discuss the structure and future plans of the Sydney Harbour Trust.

The extraordinary places managed by the Trust have significance on a national and international scale.

Julie has been a volunteer with the Trust since 2007 and her presentation will include North Head Sanctuary, Headland Park (Mosman), Cockatoo Island, Sub Base Platypus (North Sydney), Woolwich and Macquarie Lightstation (Vaucluse).

In July we will welcome Margaret Russell. Margaret has over 28 years of experience in the aged care sector.

Margaret will provide an overview of the new Support at Home program and its implications for maintaining independence in the home environment.



HOSPITALITY

Lucky Jane is on holidays at the moment so here is a recap of her coming events which you can put your name down for now.

Probus Birthday BBQ: On 15 October, at 12 noon, we will have our annual birthday BBQ at Bobbin Head in the pavilion. Sausages and salad will be provided. Please bring your own cutlery, plates, glasses and drinks. Cost is \$20 per person.

End of Year Lunch: On Thursday 19th November at 12 o'clock we will have our end of year lunch at Asquith Bowling Club. There will be a two-course lunch consisting of a main and a dessert. Cost is \$50 per person.

Members: Here is an invitation for your friends. All visitors are welcome.



Invitation to Asquith Mixed Probus Club's June meeting

Asquith Mixed Probus has enjoyable outings, great walks and speakers that spark your curiosity. Social connection and regular activity help improve your mental health — and Asquith Mixed Probus gives you all this and more.

Enjoy Sydney's stunning harbour? Then don't miss our June 4th meeting, where volunteer Julie Evans will share the remarkable places cared for by the Sydney Harbour Trust and the stories behind them. Or perhaps put your name down for a fascinating tour of the Lucas Heights Nuclear facility.

We meet at Magpies Club, Waitara on the first Thursday of the month at 10:15 for 10:30.
Contact Denise: ampcmembers@gmail.com



DATE	ACTIVITY	CONVENOR	PAGE
Every Wednesday	Mah-Jong Asquith Bowling Club	Pam Clarke	3
1 st & 3 rd Wed 10am	500 Cards Magpies	Mary Glasby	3
3 rd Wed of Month	Men's Group Magpies	Robert Allison	3
3 rd Tuesday of Month	Carers' Group	Yenda Holland	3
4 June 2026	General Meeting	Mal Steel	
11 June 2026	Committee Meeting	Mal Steel	
10 June 2026	Dolls	Carol Channon	4
18 June 2026	NSW Art Gallery Tour	Trish Taylor	6
25 June 2026	Meadowbank and Cabarita Parks Walk	Laurie Keaton	10
2 July 2026	General Meeting	Mal Steel	
9 July 2026	Committee Meeting	Mal Steel	
8 July 2026	Dolls	Carol Channon	4
16 July 2026	Secrets of the City Circle Walking Tour	Trish Taylor	7
23 July 2026	Edgecliff to Rose Bay Walk	Laurie Keaton	10
30 July 2026	5 th Thursday BBQ	Channons	