



Asquith Mixed Probus Club BULLETIN

PRESIDENT'S CORNER

Hello members,

The weather is certainly nicer than last month and we have had some amazing outings and walks organised by Trish's and Laurie's groups, thank you both. If you haven't yet done the Parliament House tour I can highly recommend it.

At the last meeting we inducted five new members. Last week four more visitors joined us and they will be inducted as members at the October meeting. Please keep encouraging visitors to come along.

Also at the last meeting Nita advised of the hidden cost of ambulances if you don't have adequate health cover. Some health insurance policies do not automatically include it. The Commonwealth Seniors Health Card (CSHC) can help here. Following some lobbying by seniors' groups, more self-funded retirees can now obtain the CSHC as the rules have been greatly relaxed. There are also many other cost savings to be enjoyed by having the CSHC.

The committee is prioritising the update of our Emergency Contacts List after an incident last month. If your Emergency Contacts have changed in the last four years, please send the details to secretary Ruth. If you are not sure of the date, please send them anyway.

Our October meeting marks the 50th Anniversary of Probus. Please **wear blue and gold** if you can.

Enjoy the lovely Spring weather.

Mal

Meeting Dates at Magpies

General Meetings:

Thursday 1 October

Thursday 5 November

Thursday 3 December

10am for 10.30am start

Website:

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

Email: info@asquithmixedprobus.org.au

webmaster@asquithmixedprobus.org.au

Bulletin Editor: Sandra Lees

 Mob:

Asquith Mixed Probus Club Inc.

The Secretary: Ruth Barwick

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

1. I thank Pam for acting as Secretary in my place at the September meeting. We are very happy to hear that she is recovering well after having a nasty fall. We send her our best wishes.
2. The ladies who make the dolls for the Children's Hospital do an amazing job, they have made thousands of these cute hand-made dolls. Donations have slowed though so Carol Channon has made a request that the club subsidise the cost of materials, which was agreed to by the committee. It was also decided to make the Donation Box available at every meeting. Your help is greatly appreciated.
3. The budget was discussed. At the October committee meeting we will finalise the 2027 budget. This will be presented for approval to the next general meeting in November.

We foresee that as costs are constantly rising there may be a small increase in fees. This will be balanced against our capacity to absorb some of the costs.

4. Nita urged everyone to ensure that you have Ambulance cover. If you are a pensioner or a Commonwealth Seniors' Health Card holder you are covered. If you have private health cover, please check with your fund as ambulance cover is not automatically included and the cost can be very high.
5. Nita has been doing a wonderful job visiting and contacting members when unwell, attending funerals, sending get well and sympathy cards. Please think about whether you could volunteer to take on this Welfare role next year.
6. We have gained more new members which is great. Well done everyone and thanks to Mal for his enthusiastic membership drive.
7. Please remember to update your emergency contact details if anything has changed. In the event of an accident or medical emergency, correct information is vital.
8. The Walks program is drawing to a close as we approach the end of the year, with the Greenway Walk in October and then the End of Year Walk and Lunch in November. Thanks to Laurie, Jim and leaders for this activity which is important to our wellbeing.
9. AI is in the news every day at the moment and is concerning to many. Peter Thorpe, who has written a book about AI, will speak at the October meeting. Our last Speaker for the year, Robert Green, will talk about the history of Hornsby Heights. He has several publications on this subject.
9. Thank you to new member Marlene Gillies for attending our committee meeting as Observer and for her positive contributions.

Ruth Barwick, Secretary

Asquith Mixed Probus Club

FINAL Treasurer's Report as at 31st August 2026



Funds received so far this year	8,589.75	
Reduced by club expenses	(6,644.60)	
Net Earnings To Date		1,945.15
Add: Previous years' surplus funds		12,744.59
Leaving members funds available		\$14,689.74

The above funds consist of cash at bank	19,116.74	
Less: Advance tour deposits and members' payments for these future activities and tours	(4,427.00)	
TOTAL MEMBERS FUNDS		\$14,689.74

Capitation fees paid in April, \$21.50 per member approximating \$2,150.
Fees payable on new members.

Venue and Morning Teas paid to date totalling \$3,330. Possible budget saving \$700.
September Invoice \$510.

Morning Teas and Capitation Fees represent 82% of current expenses.
79% of budgeted costs.

Total Unpaid Liabilities for future member activities amounting to \$4,427.
Outings \$1,780, Hospitality \$2,330, Others \$417.

Current surplus will diminish over the months to December for a potential small deficit.

Treasurer's Report as at 31st August 2026



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!

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

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

MEN'S GROUP meets 3rd Wednesday of the month at various venues. The next meeting will be at **9.30am at Cheltenham Recreation Club**.

CARERS' GROUP meets 3rd Tuesday of the month at 12.30pm.

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	Pam Slater
Walks Co-ordinator	Laurie Keaton
Assistant Walks	Jim Jeffries
Past President	Barry Willick

SOCIAL GROUPS

Last Wednesday I visited the two groups who meet at Magpies, the 500 Cards Club and the Men's Coffee Group.



Cards

Mary's card group is going well but they really need some more players. Lots of members were away due to illness this month. More players will help to make the cards even more enjoyable.

Men's Group

The men's coffee group have decided to shake up their meetings. There are lots of fun locations away from Waitara, and they will have coffee mornings at more interesting venues, or at interesting activities like Woodwork shows and Men's Sheds, starting with the October meeting. See the following report from Robert with details.

Mal Steel

AMPC MEN'S GROUP

We have been meeting at the same place for a long time. We have decided to branch out a bit and meet in different venues, as we did before COVID. The next meeting will be on **21 October at Cheltenham Recreation Club at 9:30am**. Cheltenham is a twelve-minute train ride from Hornsby and the club is a four-minute walk from the station. Parking is available.

This club has a pleasant atmosphere and overlooks its croquet lawn. It recently opened the only Real Tennis court in NSW. Men in our club are most welcome.

Robert Allison



DAY TRIPS

WOY WOY HOTEL

33 The Boulevard, Woy Woy

THURSDAY, 21 JANUARY 2027, 12 Noon

Join us for a train ride and a relaxed lunch at the Woy Woy Hotel, right on the edge of Brisbane Water. The hotel is just a short walk from Woy Woy station, take in the waterfront views and enjoy a meal from the bistro.

We will catch the 10.56 am CCN train (platform 4) arriving at Woy Woy 11.31 am. Approximate 8-minute walk to the hotel.

Return trains 2.42 pm, 3.10 pm, 3.41 pm, 4.10 pm.

THE GREAT ZIG ZAG RAILWAY

THURSDAY, 18 FEBRUARY, 2027

\$119.00 Per Person

Pick up from Rofe Park, Hornsby Heights 7.30 am, approximate return 5.30 pm.

***PAYMENT DUE BY 7/01/2027**



The Zig Zag Railway was built between 1866 and 1869 and acclaimed a major engineering feat of its time. It was regarded as one of the engineering wonders of the Victorian Age. The Zig Zag consists of a series of sloping tracks forming the letter "Z" with reversing stations at Top and Bottom points.

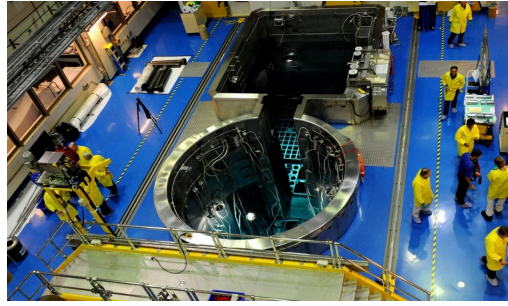
On arrival at Clarence Station we will enjoy morning tea before boarding the Zig Zag Railway for a 1.5 hour train ride to Bottom Station and return. Lunch will be a main course and ice cream for dessert at The Alexandra Hotel at Leura before some free time to explore this pretty village.

Tour includes: Morning Tea, train ride on the Zig Zag Railway, 2 course lunch and luxury coach transport.

*Please note - Prices are subject to change for 2027.

Trish

REPORT ON LUCAS HEIGHTS DISCOVERY CENTRE



We departed Rofe Park early morning for our day trip to the Australian Nuclear Science and Technology Organisation (ANSTO) in southern Sydney. Lucas Heights is about 40km southwest of Sydney.

The Lucas Heights reactor is Australia's only operating nuclear reactor. Officially named the OPAL (Open Pool Australian Lightwater) reactor, this 20 megawatt multi-purpose facility is run by ANSTO which has over 60 years of experience in nuclear science and technology. The OPAL multi-purpose reactor produces vital nuclear medicines, conducts scientific research using neutron scattering and ion accelerators, and provides industrial and environmental solutions.

It's main uses are:

Health: Creates vital radioisotopes used in roughly 12,000 weekly medical procedures across Australia for cancer and heart disease diagnosis.

Industry: Produces neutron transmutation doped (NTD) silicon for clean energy and global electronics.

Science: Provides neutron beams for advanced materials research and scientific analysis.

On arrival we enjoyed a welcome morning tea and then separated into two groups. Our guides were very knowledgeable and took us through several of the laboratory areas. ANSTO carries out a wide range of research involving nuclear physics. Much of the research is very technical and covers a wide range of activities. For example it uses nuclear physics to investigate faulty railway tracks. Another project was to use nuclear physics to examine the internal structure of fossilised crayfish.

A major activity of ANSTO is the production of radioactive isotopes for the detection and treatment of many different types of cancers. These isotopes are exported to many countries.

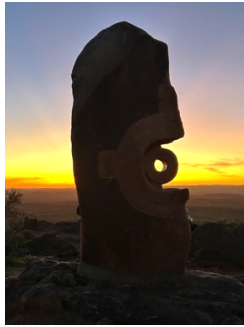
The work and infrastructure at ANSTO is recognised as world leading. The ANSTO researchers are also globally recognised. Lunch then followed at the Woronora Boat Shed.



After lunch we visited the Hazelhurst Art Centre. This art centre featured exhibitions highlighting local and regional artists plus also offered art classes. It was then homeward bound. An interesting and informative day for our members.

Trish & Jim Thompson

REPORT ON AWAY TOUR TO BROKEN HILL



Eleven of our members recently embarked on a long but relaxing train journey to Broken Hill where we joined a coach for the Broken Hill Outback Wanderer Tour. There were nine other people on the tour, six of them from Illawong Probus Club. Some highlights of our four night stay in Broken Hill were a visit to a mining museum; the Line of Lode Miners Memorial; Pro Hart's Gallery; a tour of the Palace Hotel (from the Pricilla movie) and drinks, nibbles and panoramic views during sunset at the Living Desert Park, against a backdrop of 12 magnificent sandstone sculptures.



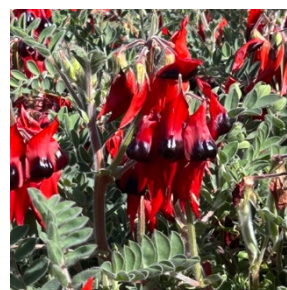
Next we had an overnight stay in White Cliffs, where we explored an underground house as well as Australia's first solar power station. Built in 1981, it provided power to the town until it was connected to the grid 1996. We also learnt how difficult life was for early miners and families there, many of whom perished, particularly children, due to disease and lack of water.

After White Cliffs it was time to head towards home via Cobar for lunch and a visit to the museum there before driving on to Dubbo for an overnight stay. Next morning we visited the Western Plains Cultural centre and then boarded the coach for the last leg of our trip.



On the way home we stopped at Abercrombie House in Bathurst where we were given lunch and an interesting talk on the history of this historic home by Christopher Morgan, whose family have owned it and have been restoring it since 1969.

It was an interesting and enjoyable trip.



Cheers to a great trip!

WALKS

Some happy snaps from the beautiful Federation Walk Watson's Bay in August.



GREENWAY WALK

Thursday, 22 October 2026

WHERE: Starting at Dulwich Hill light rail stop. The total track is about 6km long. You will be able to choose you start and finish point at any one of the Light Rail stations.

TRAVEL: 8.43am Berowra, 8.57am Hornsby, 9.21am Chatswood. Change to Metro for Sydenham and then bus, or metro to Dulwich Hill, (if open.) Then take light rail to your preferred start point, or start the long walk from Dulwich Hill.
Short guided walk likely to be from Marian light rail stop.

🎄 WALKS CHRISTMAS GET TOGETHER 🧑🎄

Thursday, 26 November 2026, Lunch at Berowra RSL

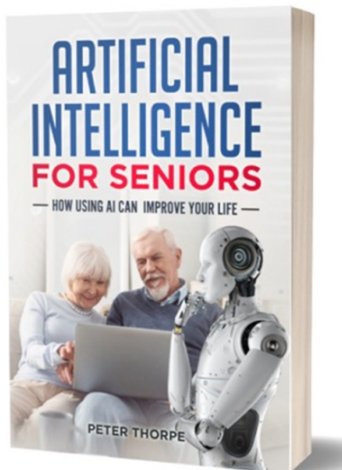
10.00am – 12.00pm Morning tea and local walk Mount Kuring-Gai.
12.00pm for 12.30pm Lunch at Berowra RSL – **See menu on page 14**



*Mal welcomes
Peter Morgan
as a new
member of
AMPC*

SPEAKERS

OCTOBER



Many experts consider Artificial Intelligence to be one of the greatest developments of this century.

It has accelerated breakthroughs in almost every field of science, including medicine, and engineering.

Peter Thorpe, our speaker shown opposite talking to friends, will show you how you can easily embrace AI.

AI might seem complex and intimidating at first glance. but Peter will unlock new opportunities for learning, creativity and fun, using non-technical language.

NOVEMBER

Next month Robert Green will discuss the fascinating history of Hornsby Heights.

He is the author of a three-volume history on behalf of the Hornsby Historical Society.

He looks back to the first acquisition of land in 1831 and to the first home which was built in 1892.

The first subdivision of Hornsby Heights took place in 1859 and Samuel Gray bought three portions (209 allotments) for \$390.00 at that time.

5th THURSDAY BBQ

The next 5th Thursday BBQ will be held on Thursday 29 October at the Galston Community Recreation Reserve, off Galston Road, adjacent to the Galston Indoor Aquatic Centre. A large undercover barbeque area is provided with gas fired stainless steel BBQs. Tables and chairs are provided but you may like to bring your own picnic chairs. Please bring your own food and drinks.

John & Carol Channon



Members: Please invite your friends.

All visitors are welcome.



Invitation to Asquith Mixed Probus Club's October meeting

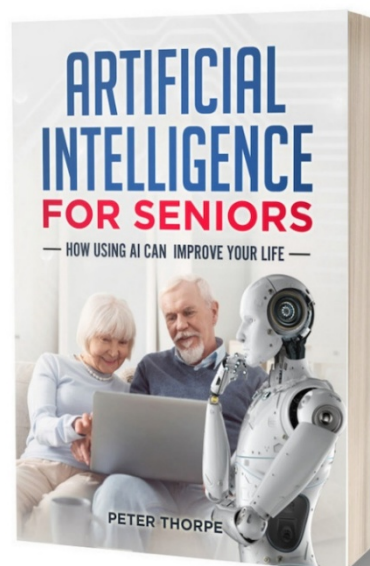
De-mystifying AI. A Gentle Introduction to AI for Curious Seniors

Asquith Mixed Probus is proud to host guest speakers who spark our curiosity and keep us learning. Our next speaker, 82-year-old Peter Thorpe, is helping older Australians confidently step into the world of AI. He shows how this new technology can make everyday life easier — and a little fun.

Asquith Mixed Probus is a wonderful way for retirees and semi-retirees to make new friends and enjoy fun activities. We offer an inclusive variety of outdoor and social outings every month.

Please contact Denise: 0416 179 383 or ampcmembers@gmail.com.

See you on October 1st @10.15 at Magpies Waitara.



HOSPITALITY

PROBUS BIRTHDAY BBQ LUNCH

will be held at the Pavillion, Bobbin Head, on
Thursday, 15th October 2026, 12 noon.

- All food will be provided: Sausages, Salad, Bread Rolls and Birthday Cake.
- Please bring your own plate, cutlery, drinks and glass.
- Cost is \$20 per person. Payment is now due, thank you.

END OF YEAR LUNCH

will be held at Asquith Bowling Club on
Thursday, 19th November 2026, 12 noon.

Two course meal. First course is Entrée:

- Salt & Pepper Squid
alternating with
- Grilled Haloumi and Cucumber

Second course is the Main meal:

- Chicken Supreme with roasted pumpkin, garlic beans and creamy lemon mustard sauce.
alternating with
- Crispy Skin Salmon with wilted baby spinach and romesco sauce.

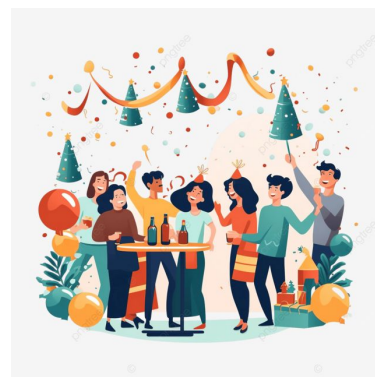
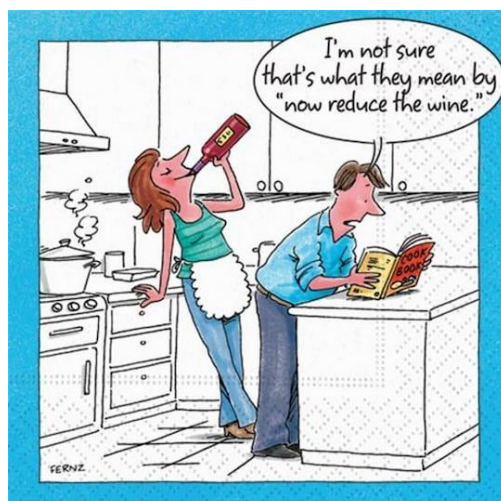
****All meals are Gluten Free****

Cost is \$50 per person, payment is now due, thank you.

I look forward seeing you all enjoying your lunches with friends.

Cheers,

Jane Platts



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
1 October 2026	General Meeting	Mal Steel	
8 October 2026	Committee Meeting	Mal Steel	
7 October 2026	Dolls	Carol Channon	4
15 October 2026	Probus Birthday BBQ	Jane Platts	7
21 October 2026	Men's Group: Cheltenham Recreation Club, 9.30am	Robert Allison	5
22 October 2026	Greenway Walk	Laurie Keaton	9
29 October 2026	5 th Thursday BBQ	Channon's	11
5 November 2026	General Meeting	Mal Steel	
12 November 2026	Committee Meeting	Mal Steel	
11 November 2026	Dolls	Carol Channon	4
19 November 2026	End of Year Lunch Asquith Bowling Club	Jane Platts	11
26 November 2026	Walks Christmas Get-Together	Laurie Keaton	9

I was walking in the jungle and saw a lizard on his hind legs telling jokes.

I turned to a local tribesman and said 'that lizard's really funny'.

The tribesman replied 'that's not a lizard...

he's a stand-up chameleon'

The wife said:

'Here's \$20, get the dog a jacket.

If there's any money left over buy yourself a beer'.



WALKS CHRISTMAS GET-TOGETHER MENU
BEROWRA RSL

PROBUS MENU



MAINS

Half Chicken Schnitzel [GF] *\$22*
With Chip's / Salad / Lemon Wedge

Fish & Chips [GF] *\$27*
Choice of Battered or Crumbed
Fries / Salad / Tartare / Lemon

Salt & Pepper Squid [GF] *\$29*
With Chips / Salad / Tartare / Lemon

Beef Burger [GFA] *\$23*
Lettuce / American Cheese / Tomato
Pickles / Onion Relish / Aioli

BBQ Meatlovers Pizza [GFA] *\$25*
BBQ Sauce / Cabanossi / Shaved Ham /
Pepperoni / Bacon / Chicken

Chicken and Camembert Pizza [GFA]
Napoli Sauce / Spinach / Bacon /
Chicken / Camembert / Hollandaise Swirl

DESSERT

Apple Crumble Pie [GF]
Served with custard

Sticky Date Pudding [GF]
Served with butterscotch sauce & ice cream

Layered Baileys Mousse [GF]

HOT DRINKS

Cappuccino

Latte

Flat White

Long Black

Hot Chocolate

Tea

English Breakfast / Earl Grey /
Peppermint / Green Tea / Chamomile

COLD DRINKS

Willowglen Chardonnay

Willowglen Semillon
Sauvignon Blanc

Willowglen Cabernet
Merlot

Schooner Of House Beer

Schooner Of Soft Drink

Schooner Of Juice

INCLUDES



*1 meal +
complimentary drink*

A GREAT WAY TO ENJOY LUNCH WITH FELLOW PROBUS MEMBERS

DESSERT

\$16
MEMBERS

\$21
GUESTS

