



**MEETING VENUE:** Prahran RSL Memorial Hall, 301 High St, Prahran  
**MEETING DAY/TIME:** **Friday 4<sup>th</sup> of July 2025, 10:00am**  
**PRESIDENT:** Anne Hope 0408 742 565 [armadaleprobus@outlook.com](mailto:armadaleprobus@outlook.com)  
**SECRETARY:** Mara Dennis 0403 734 307 [smdennis2@bigpond.com](mailto:smdennis2@bigpond.com)  
**TREASURER:** Annie Sykes 0411 100 870 [amsykess@gmail.com](mailto:amsykess@gmail.com)  
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### FROM THE PRESIDENT

Winter has arrived and we are now fully into chilly mornings.

I do hope our Walking groups are a good incentive to inspire you to get some exercise for the day.

The friendly Monday morning coffee group, at Prickly Pear, is also a great way to warm up and stay connected with Club members.

Some changes were made at our last APC meeting to our seating. We do hope sitting at tables will give a more friendly atmosphere, with an opportunity to engage and meet club members you have not met before. There were several positive comments regarding having your morning tea sitting down, which definitely suits some of our members who are not fully mobile.



Thank you to all the generous kitchen volunteers and set up crew for co-operating and making this work.

Our secretary Mara Dennis is overseas for 6 weeks and we are urgently recruiting for an assistant secretary for our Club.

If you are able to take on this role, please contact me.

Our Club is very dependent on your generosity to volunteer and give some of your time to keep our committee and Probus Club strong and operating.

Keep warm and Enjoy! **Anne Hope**

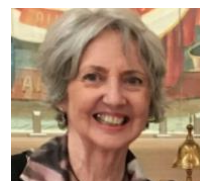
### DOOR PRIZE – JUNE

Won by Pam Webster

### OUR GERDA HONOURED

We were thrilled to see that Gerda Evans, our Founding Secretary ('20-21), President ('22) and our current Membership Officer ('23-25), was awarded an OAM for services to breast cancer awareness in this year's King's Birthday Honours.

She has represented Breast Cancer Network Australia and worked with national and international medical researchers for 30 years.

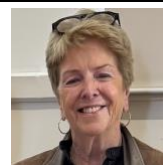


#### **Congratulations Gerda OAM**

So very well-deserved Gerda and also thank you for your stella commitment to our Club.

And may we boast? We now have 4 of our members who have been honoured for service to our communities.

### MAY INDUCTION: CAROLE GREGSON



We welcome Carole and have been getting to know her at the many activities that she has been joining.



## JULY EVENT: CHRISTMAS IN JULY



The Malvern Bowls Club has invited Armadale Probus Club to join them for a "Christmas in July" Lunch.

**When:** Sunday 20th July at 12 noon

**Where:** Malvern Bowling Club,  
14 Coonil Crescent, Malvern.

**Cost:** \$35.00

**Book:** Please click on this link to book.  
<https://www.trybooking.com/DCXSS>



### GUEST SPEAKER JULY

**Speaker:** Dr Virginia Holmes

**Topic:** Venice with Virginia

**Bio:** Dr Holmes was an Associate Professor in the Melbourne School of Psychological Sciences at the University of Melbourne.

Retirement has allowed her to indulge her travel bug even more. She first travelled to non-European countries, then turned her attention to Italy, developing an affection which deepened as she progressed with learning Italian. She has now explored many different parts of Italy.

Dr Holmes will share some of the snapshots she took on two recent visits to Venice: an unforgettable city which has a fascinating history, and is a mecca for art lovers.

## SPECIAL MID-YEAR LUNCH

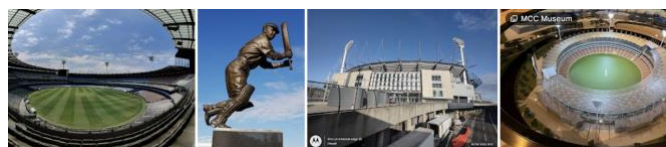
**Contact:** Pam Knoff: [knoffp@hotmail.com](mailto:knoffp@hotmail.com)  
0407 998 661

**When:** Monday 7<sup>th</sup> July from 12 noon to 2:00 pm

**Where:** Kooyong Lawn Tennis Club

**FULLY BOOKED**

## AUGUST EVENT: TOUR OF MCG & SPORTS MUSEUM



**Contact:** Norma Simonds 0448 989 916

[nodosi@bigpond.com](mailto:nodosi@bigpond.com)

**When:** Wednesday 25<sup>th</sup> August @ 9:45am

**Where:** Meet at Gate 3, MCG at 9.45AM

**What:** A 2 hour MCG Tour & the Sports Museum followed by lunch at Trumble Bar & Café

**Cost:** Tour only: \$32.50

**Book:** Please click on this link to book:

<https://www.trybooking.com/DCTBH>

**Hurry!!! – We are limited to 20 people.**

**Lunch:** Norma will send the lunch menu to you when you have booked the tour.

There is a wide selection of hot meals and snacks available for your choice.

**Travel:** Train preferable; then there is a 15 min walk to the MCG from Richmond station.

## FRIDAY MOVIE CLUB

**Contact:** Marita 0411 440 284 (for Eleanor)  
[Moosh.ok18@gmail.com](mailto:Moosh.ok18@gmail.com)

**When:** Friday 18th July

Each 3rd Friday of the month

The chosen movie along with the time and details are emailed to registered members

**Where:** Palace Cinema, Como.

*To register your interest, contact Marita*

## APC FILM NIGHTS

**Contact:** Gael Huntingford 0419 318 521  
[gaelhunt17@gmail.com](mailto:gaelhunt17@gmail.com)

**When:** July 9<sup>th</sup> (2nd Wed each month)

**Time:** approx 5.30 – 6pm depending on film selected.

**Where:** Cinema Como

An email will be sent on the Tuesday prior to all who have registered their interest with Gael or Anne.

Watch your emails for details. Join us for a Meal and Drink after the movie somewhere nearby.

## MONDAY LUNCH

**Contact:** Cheryl Cohan 0417 348 332  
[cherylcohan@helpinthehome.com.au](mailto:cherylcohan@helpinthehome.com.au)

The next lunch will be Monday 4<sup>th</sup> August.



## MONDAY COFFEE

It is a most enjoyable catch up, please feel free to join us if you haven't been to a morning coffee previously

**Contact:** Cheryl Cohan 0417 348 332  
[cherylcohan@helpinthehome.com.au](mailto:cherylcohan@helpinthehome.com.au)

**When:** Monday @ 10:30AM – except July 7th

**Where** **Prickly Pear Café, 75** Glenferrie Rd  
Near corner of Wattletree and Glenferrie  
towards Dandenong Road, city side.

Trams 5 or 16, Carpark at Malvern Central

**No need to RSVP:** Walk through to the covered and heated courtyard. Order and pay at the counter on arrival before sitting down. Any queries, please give me a call.

## APERITIVO

**Contact:** Pam Knoff ( in Mara's Absence)  
0407 998 661 [knoffp@hotmail.com](mailto:knoffp@hotmail.com)

Mara has been organising the very enjoyable Aperitivo nights that many of us have been enjoying in the last few months. They are small groups of us meeting in various local wine bars.

This is a part of our group at Toorak Cellars in Beatty Ave on the 22<sup>nd</sup> of May. We had a great night, with the bonus that the pizza shop next door delivers quite delicious orders to the Bar.

So, if this event appeals, talk to Pam and pop your name on the list. You will be advised when your turn arrives to have a great night out and get to know some more of your Probus friends. **Next event July 24<sup>th</sup>.**



Eleanor, Dennis, Steve

## LIBRARY BOOK LOVERS CLUB

**Contact:** Gerda Evans 0432 478 125

**Where:** Malvern Library meeting room,  
1<sup>st</sup> floor; with lift, easy parking,  
tram # 6 De La Salle stop

**When:** Wednesday 16<sup>th</sup> July 1:00 – 2:00pm

We're using Malvern Library's 'Bag of Books' for this meeting. There are 3 more copies available if anyone else wants to join, please contact Gerda.

Book for July is 'The Librarians of Rue de Picardie' by Janet Charles. New members welcome.

## THURSDAY BOOK CLUB

**Contact:** Derek Whitehead (0412 996 025)

**Where:** Fergus, 301 Wattletree Rd, back room

**When:** Thursday 10th July

Lunch @ 12:30 (advise Derek for booking)

Discussion @ 1:45

**Book:** Tomorrow and Tomorrow and Tomorrow  
by Gabrielle Zevin.

## ARMADALE WALKERS

### Caulfield Park Walking Group

**Contact:** Trish McCosh (0417 370 372)

**When:** Every Monday @ 9:30

**Where:** Caulfield Park. Cnr Hawthorn & Inkerman.

### Alma Park Walking and Coffee Group

**Contact:** Margaret Long (0419 371 699)

**When:** Every Tuesday @ 10:00

**Where:** Corner Williams and Dandenong Rds

### Malvern Gardens Walking Group

**Contact:** Gerda Evans (0432 478 125)

**When:** Every Wednesday @10:0

**Where:** High St entrance, meet at Tram stop 46

### NEW: Central Park Coffee & Walk Group

**Contact:** Txt Trish McCosh to join. (0417 370 372)

**When:** Every Thursday @ 10:00

**Where:** Central Park. Cnr Wattletree & Burke.

## REPORT: NEW MEMBERS MORNING TEA

On Tuesday morning, 27th May, we held a Special Morning Tea for some of our new Members. Pam Knoff generously offered her home for the morning and made everyone welcome.

It was a great opportunity to supply information on our Club, and to get to know more about the interests and expectations from our new Club Members.

A great way to meet and chat in a relaxed atmosphere. Thank you to Pam, Norma and Ray for helping on the day.

**Anne Hope**



Carole G, Caz, Norma, Anne H, Ray, Margrit,  
Pamela W, Robyn





## REPORT: FOOTY TIPPING

Armadale Probus Footy Tipping Competition.

John Smith from Probus has set up a Footy Tipping Competition and we have just completed Round 14 with 9 Rounds to go. Unfortunately, it is too late to enter for this year. But watch out for next year 2026. Don't miss out !!

We have set up a Comp. in the ESPN AFL Footy Tipping Website called the Creaking Bones Mob Comp and we have 23 Members from Probus each paying \$10 to join. The operation of the Comp. is easy – anyone can do it !!

End of season prizes are as follows :- First \$150, Second \$70 and last \$10.

It has been a lot of fun tipping the Winners each week. Some of us know what we are doing but I'm sure many others have no idea what we are doing !! Each week, some people climb up the Ladder and some people go down the Ladder !! The hard part is trying to pick all 9 winners each week. Everyone is enjoying the challenge.

I have included below, this week's summary of our Comp. highlighting the current leaders, etc on the Ladder.

This summary is provided each week and obviously changes each week.

*Hi Footy Tippers. Round 14 is now complete (10 Rounds to go) and we still have an outright leader leading the Pack on 89 (David Creaking Bones). Watch out David, Theresa is catching up to you. She is now only 3 behind you after winning the top score of 7 this week !! (Go Theresa !!) The next best Tippers are on 83 (Jules and Pam K) followed by 2 Tippers on 82 (Beth and Peter) not to mention 1 Tipper on 81 (Go Gerda) (so it is still very close tipping !! There was only 1 Tipper with the highest score of 7 out of 9 games (Theresa Magpie 1) but there were 7 Tippers with a score of 6 out of 9 games !! Not sure what Norma and Doug are doing, but they are cruising towards the bottom of the Ladder ?? Have a nice day everyone and Happy Tipping. From your favourite Admin Guy. Go Pies. (Who tipped 6 out of 9 games and is improving from 12th to 11th, still a drongo !!)*

**John Smith**

The oldest computer was owned by  
Adam and Eve.

It was an Apple with very limited memory.  
Just 1 byte and everything crashed!

## REPORT: NORFOLK ISLAND TOUR



Famous for its pine trees and the 1789 "Mutiny on the Bounty", scenically there was no shortage of beautiful forests, valleys, and look outs over craggy shorelines to the stunningly blue Pacific Ocean.

The highlights of the trip, apart from an amazing Cyclorama painted by 3 local artists and depicting a 360° viewing of the Bounty's voyage, were meeting and mixing with the locals. Most of our guides and hosts were 7th or 8th generation descendants of Bounty mutineers, including many with the surname Christian. They are proud of their heritage and never seem to tire of sharing their history with visitors. They are quirky, proud, self-sufficient and very happy people, good senses of humour with many tales to tell. Some stories did have variations depending on the driver of the day. We dined in their homes and were entertained by some very talented singers, guitar players, dancers and a Tahitian princess (there is not space to describe Princess Alison, you can ask one of us about her).

We dined on local fresh fish, beef, salads and vegetables in season, avocados grow in abundance but tomatoes and potatoes due to weather conditions were in short supply, sweet potatoes were plentiful. Fresh milk @ \$20.00 a litre was also in short supply, we survived on long life. Cows roam freely along the roadsides but it is not profitable to run a dairy farm and they are farmed for beef. We did have an interesting morning doing a "Farm to table tour" I did hear it referred to as Steak and Eggs.

I'm sure my travel companions would agree it was a fun, enjoyable and historically informative trip. I haven't even mentioned the ghosts!

**Pam Knoff**



Felicity, George, Anne B, Flip, Pam K, Penny H, Helen B, Bruce



### JULY ACTIVITIES AND EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 <b>Walk</b> <i>Alma Park</i>	2 10:00 <i>Walk</i> <i>Malvern Gdns</i>	3 10:00 <b>Walk</b> <i>Central Park</i>	4 10:00 <b>APC Meeting</b> Book Table	5
6	7 9:30 <b>Walk</b> <i>Caulfield Park</i> 12:00 <b>Lunch:</b> <b>Kooyong</b> <b>Tennis Club</b>	8 10:00 <b>Walk</b> <i>Alma Park</i>	9 10:00 <b>Walk</b> <i>Malvern Gdns</i> <b>TBA: APC</b> <b>Film Night:</b>	10 10:00 <b>Walk</b> <i>Central Park</i> <b>Thursday</b> <b>Book Club:</b> 12:30 <b>Lunch</b> 1:45 <b>Discuss</b>	11	12
13	14 9:30 <b>Walk</b> <i>Caulfield Park</i> 10:30 <b>Coffee Club:</b> <b>Prickly Pear</b>	15 10:00 <b>Walk</b> <i>Alma Park</i>	16 10:00 <b>Walk</b> <i>Malvern Gdns</i> 1:00 <b>Library Book</b> <b>Lovers</b>	17 10:00 <b>Walk</b> <i>Central Park</i>	18 <b>TBA: Movie</b> <b>Club:</b> Como	19
20 12:00 <b>Xmas in July</b> <b>Lunch</b>	21 9:30 <b>Walk</b> <i>Caulfield Park</i> 10:30 <b>Coffee Club:</b> <b>Prickly Pear</b>	22 10:00 <b>Walk</b> <i>Alma Park</i>	23 10:00 <b>Walk</b> <i>Malvern Gdns</i>	24 10:00 <b>Walk</b> <i>Central Park</i> 6:00 <b>Aperitivo TBA</b>	25 8:00 <b>Newsletter</b>	26
27	28 9:30 <b>Walk</b> <i>Caulfield Park</i> 10:30 <b>Coffee Club:</b> <b>Prickly Pear</b>	29 10:00 <b>Walk</b> <i>Alma Park</i>	30 10:00 <i>Walk</i> <i>Malvern Gdns</i>	31 10:00 <b>Walk</b> <i>Central Park</i>		

Further Details and Booking Instructions for activities and events are found in this Newsletter.  
**Watch your emails** for notice of **Events, Dinners, Book Club, and other activities** as they come up.

### COMING UP

	WHAT	WHERE/DETAILS
Aug Fri 1st	<b>Monthly Meeting</b>	Prahran RSL Memorial Hall
Aug Wed 20th	Dinner	Malvern Hotel @6pm
Aug Wed 27th	MCG Tour & Lunch	MCG
Sep Mon 8th	Morning Melodies	Bernadette Robinson: They Sang at Carnegie Hall



## HYBRID ZOOM MEETINGS

**CONTACT:** Jenny Martin 0400 061 169. [jennyinrichmond@gmail.com](mailto:jennyinrichmond@gmail.com)

### JOIN OUR CLUB MEETING WITH ZOOM FROM YOUR OWN HOME

All our meetings are now hybrid zoom meetings which means that if you are not well or can't physically get to the RSL hall you can attend your club meeting on your phone, tablet or computer. You will be warmly welcomed and will be able to hear and see what's going on during the meeting and hear the Guest Speaker.

### HOW TO JOIN THE MONTHLY MEETING WITH ZOOM

- RSVP to the Notice of Meeting saying that you intend to join via ZOOM.
- You will receive an email prior to the meeting which will include a link to the meeting.
- Click on this link and this will automatically connect through to the club meeting.
- Our Friendly Tech Team will then let you join the meeting from approximately **09.55am** onwards.

**When joining the meeting remember you can see and hear us AND we can all SEE AND HEAR YOU.**

**Remember to select MUTE so as not to interrupt the meeting.**

## ADMINISTRATION

### ARMADALE PROBUS CLUB INC

Established February 2020

No: A 0109627Y ABN:74 523 303 217

PO Box 109 Malvern Vic 3144

**NON ATTENDANCE:** Please register your apology with **Mara Dennis** on [armadaleprobussouthpacific@outlook.com](mailto:armadaleprobussouthpacific@outlook.com) or arrange for an attending member to apologise for you.

**N.B. Members are required to attend 50% of meetings or tender an apology to maintain their membership.**

**CONTACT DETAILS:** Please advise **Gerda Evans** as soon as possible with any change of your contact details.

**WELFARE:** Advise **Colleen Salvado** if you know of any member who is unwell or in need of support from Probussouth Pacific.

**FEES:** Joining Fee: \$90 (Application Fee \$40 + first year's membership \$50)  
Membership Renewal Fee: \$50 - **due on 1st April and should be paid no later than 30th April.**

**BANKING:** All payments to the club should preferably be made directly to the club's bank account.

Bendigo Bank: **BSB 633-000** Armadale Probussouth Pacific a/c: **172824831**

Ref: **reason for payment / your name**

Payments may still be paid by cheque made out to Armadale Probussouth Pacific and mailed:

C/o The Treasurer, **Annie Sykes, PO Box 109 Malvern Vic 3144**

<b>PRESIDENT:</b>	Anne Hope	0408 742 565	<a href="mailto:anneart66@icloud.com">anneart66@icloud.com</a>
<b>VICE PRESIDENT:</b>	tba		
<b>SECRETARY:</b>	Mara Dennis	0403 734 307	<a href="mailto:smdennis2@bigpond.com">smdennis2@bigpond.com</a>
<b>TREASURER:</b>	Annie Sykes	0411 100 870	<a href="mailto:amsykess@gmail.com">amsykess@gmail.com</a>
<b>Activities:</b>	Pam Knoff	0407 998 661	<a href="mailto:knoffp@hotmail.com">knoffp@hotmail.com</a>
<b>Events:</b>	Norma Simonds	0448 989 916	<a href="mailto:nodosi@bigpond.com">nodosi@bigpond.com</a>
<b>Membership:</b>	Gerda Evans	0432 478 125	<a href="mailto:armadaleprobussouthpacific@outlook.com">armadaleprobussouthpacific@outlook.com</a>
<b>Newsletter:</b>	Trish McCosh	0417 370 372	<a href="mailto:yestrich@icloud.com">yestrich@icloud.com</a>
<b>Guest Speakers:</b>	Gael Huntingford	0419 318 521	<a href="mailto:gaelhunt17@gmail.com">gaelhunt17@gmail.com</a>
<b>Welfare:</b>	Colleen Salvado	0417 577 637	<a href="mailto:colleen.salvado@gmail.com">colleen.salvado@gmail.com</a>
<b>Audio/Visual:</b>	Ross Martin	0416 184 154	<a href="mailto:rosshmartin@hotmail.com">rosshmartin@hotmail.com</a>
	Jenny Martin	0400 061 169	<a href="mailto:jennyinrichmond@gmail.com">jennyinrichmond@gmail.com</a>
<b>Assistant Secretary:</b>	tba		

<https://www.probussouthpacific.org/microsites/armadale>