



MEETING VENUE: Prahran RSL Memorial Hall, 301 High St, Prahran
MEETING DAY/TIME: **Friday 5th of September 2025 @ 10:00am**
PRESIDENT: Anne Hope 0408 742 565 armadaleprobus@outlook.com
SECRETARY: Mara Dennis 0403 734 307 smdennis2@bigpond.com
TREASURER: Annie Sykes 0411 100 870 amsykess@gmail.com
Proudly supported by the City of Stonnington

CONTENTS

Club Events

September Event	1
Dinner	2
Monday Lunch	2
Monday Coffee	2
Movie Club	2
APC Film Night	2
Armadale Walkers	2
Thursday Book Club	2
Library Book Club	2
Report: Monthly Dinner	3
Calendar for September	4
Administration & ZOOM	5

FROM THE PRESIDENT

As we transition from Winter into Spring, we are all ready for exciting blossom displays and sunshine !!

We have our September Event to Mt Macedon coming up which will take us on a lovely Country outing.

Our monthly lunches and Dinner Nights are very popular as was our Wednesday Film/dinner evening. Do make sure you follow up when the Newsletter is sent out on the 25th, to book the Events and Activities you are interested in.

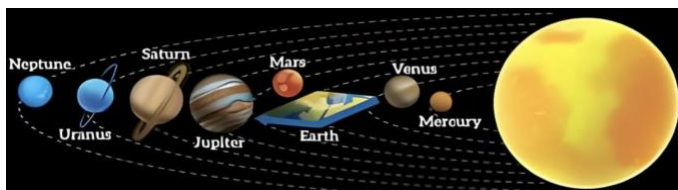
September is also all things football in Melbourne. For our 5th September meeting you are asked to wear your favourite Club colours. So, find those scarves, beanies or any other garments to make it a colourful and fun day.

We will also have John Smith give an update on all things Footy Tipping for the season, which the Club has participated in.

Pam Knoff has organised a special "Club Tipping Group" lunch as well, on Sunday 21st September at the Racecourse Hotel.

Do ENJOY !

Anne Hope



Well, this is awkward!

SEPTEMBER EVENT: MT MACEDON WINERY

Contact: Mimi Millar maralynmillar@live.com.au

When: Friday 12th September, 2025 @ 10:45 sharp

Where: Malvern Town Hall at 10.45 **SHARP**
for **11:00 am Departure**

What: Luxurious coach trip to Mt Macedon Winery. Enjoy a delicious three course luncheon surrounded by 88 acres of beautiful farmland. Discover a new way to enjoy wine at Mount Macedon Winery – a premier destination for wine lovers and food enthusiasts in the heart of Woodend

Cost: **\$139** (inc. Booking Fee) includes three-course lunch, a glass of bubbly and coach trip. (Wines not included).

Book: **BOOKED OUT:**

Note: Name badges would be a good idea.



GUEST SPEAKER: AUGUST

Speaker: Alix Bradfield

A former career strategy consultant working in the field of corporate change management, she was also relationships counsellor and Herald Columnist as well as Lauriston School Council's Chair for 6 years.

Topic: Energy for Life

As Alix states, this is not her book but rather the advice of professionals who offer their experience to help us remain healthy and fit at any age.

Bio: Alix's parents were the oldest couple in Australia at 206 years and since neither family tree claimed longevity, curious about their lifestyle habits, her research led her to ponder the significant contribution daily choices can make.

Her interest is not lifespan but healthspan. Alix learned a lot from her parents and from the contributors to this book, all of whom helped her adopt lifestyle habits which, now that she is 81, influence her zest for life and the fitness to enjoy open water swimming, pilates and skiing.



DINNER — SEPTEMBER

Contact: Marita O'Keefe 0411 440 284

Moosh.ok18@gmail.com

When: Wednesday 17th September @ 6:00pm

Where: Nakorn Thai

233 Glenferrie Rd, Malvern

Parking: Plenty of parking in nearby streets

What: This is a prepaid 3 course set menu -
delish and generous Thai cuisine with
choices of chicken beef and vegetarian
dishes to share

Drinks: BYO alcohol will incur a \$10 corkage per
bottle but drinks available for purchase at
the bar

Cost: \$60 per person

Bookings: Please click on the link:

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

Email me with any dietary requirements or queries.

Looking forward to another fun-filled night!

Marita O'Keefe

MONDAY LUNCH

Contact: Cheryl Cohan 0417 348 332

cherylcohan@helpinthehome.com.au

When: Monday 1st September @ 12 pm

Where: Giorgios 1235 High St, Armadale

Cnr. High St. and Glenferrie Rd. Malvern

Booking Essential:

RSVP Cheryl by 2:00 pm Fri 29th August

You order and pay on the day for what you have – no
transfer of money prior to the day.

Looking forward to catching up with everyone.

MONDAY COFFEE

Contact: Cheryl Cohan 0417 348 332

cherylcohan@helpinthehome.com.au

When: Monday @ 10:30AM – 8,15,22,29 Sep

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: We will be sitting inside the café.
It is suggested that you order and pay at the counter
on arrival before sitting down.

If you have any queries, please give me a call.

FRIDAY MOVIE CLUB

Contact: Eleanor Starkey dennisstarkey@hotmail.com

When: Friday 19th September

Each 3rd Friday of the month. The chosen movie
along with the time and details are emailed to
registered members. Register with Eleanor.

Where: Palace Cinema, Como.

APC FILM NIGHTS

Contact: Anne Hope 0408 742 565

anneart66@icloud.com

When: September 10th (2nd Wed each month)

Time: approx 5.30 – 6pm depending on film.

Where: Palace Cinema Como

Watch your emails for details. An email will be sent to
those registered on the Friday prior to movie week.
Join us prior to movie at the Meat & Wine Co bar for a
drink/ snack.

**To register your interest contact Anne as Gael is
away this month**

THURSDAY BOOK CLUB

Contact: Derek Whitehead (0412 996 025)

Where: Fergus, 301 Wattletree Rd, back room

When: Thursday 11th September

Lunch @ 12:30 (advise Derek for booking)

Discussion @ 1:30

Book: Love from Venice by Gill Johnson

A lovely memoir of a summer with the Brandolini
family at their palace in Venice in 1957.

LIBRARY BOOK LOVERS CLUB

Contact: Gerda Evans 0432 478 125

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

When: Wednesday 17th September 1:00 – 2:00pm

Book: The Visitors by Jane Harrison

New members welcome

ARMADALE WALKERS

Caulfield Park Walking Group

Contact: Pam Knoff (0407 998 661)

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 @ 10:00

Where: High St entrance, meet at Tram stop 46

Central Park Walk and Coffee Group

Contact: Jenny Martin. (0400 061 169)

When: Every Thursday @ 10:00

Where: Central Park. Cnr Wattletree & Burke.



REPORT: DINNER AT THE MALVERN HOTEL

A large and chatty group of us enjoyed a good night out at the Malvern Hotel.

Why not join the next one?



Lizzie, John S, Bryan, Doreen, Carol S, Lorraine, Teresa



Yvonne F, John F, Penny G, Margrit, guest, Carole G, Jenny M, Ross



Pat, Norma, Therese, Marita, Dennis, Eleanor, Doug, Cheryl



LIBRARIES WITH A DIFFERENCE



In Ankara, Turkey, garbage collectors transformed discarded books into a public library. Initially meant for fellow sanitation workers and their families, the collection grew, attracting public interest and donations. The library, now a community hub, is housed in a restored brick factory and offers a diverse collection, including books in English and French, and even extends its reach to schools and prisons.

And, here at home, at the Maribyrnong Aquatic Centre:



Patron : So one of the horses will be drawn from the side and the other will be from the front.

Medieval artist : From the... front?

Patron : Yes. You know how to draw horses from the front, right?

Artist : Y-yeah, totally.





SEPTEMBER ACTIVITIES AND EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Walk Caulfield Park 12:00 Lunch: Georgios	2 10:00 Walk Alma Park	3 10:00 Walk Malvern Gdns	4 10:00 Walk Central Park	5 10:00 APC Meeting Book Table	6
7	8 9:30 Walk Caulfield Park 10:30 Coffee Club: Prickly Pear 11:00 Morning Melodies	9 10:00 Walk Alma Park	10 10:00 Walk Malvern Gdns TBA: APC Film Night:	11 10:00 Walk Central Park Thursday Book Club: 12:30 Lunch 1:30 Discuss	12 10:45 Coach Trip Mount Macedon Winery	13
14	15 9:30 Walk Caulfield Park 10:30 Coffee Club: Prickly Pear	16 10:00 Walk Alma Park	17 10:00 Walk Malvern Gdns 1:00 Library Book Lovers 6:00 Dinner: Nakorn Thai	18 10:00 Walk Central Park	19 TBA: Movie Club: Como	20
21 Footy Tippers Lunch Racecourse Hotel	22 9:30 Walk Caulfield Park 10:30 Coffee Club: Prickly Pear	23 10:00 Walk Alma Park	24 10:00 Walk Malvern Gdns	25 8:00 Newsletter 10:00 Walk Central Park	26	27
28	29 9:30 Walk Caulfield Park 10:30 Coffee Club: Prickly Pear	30 10:00 Walk Alma Park				

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
Oct Fri 3rd	Oct Monthly Meeting	Prahran RSL Memorial Hall
Oct 11 – 19 th	Cruise	Performing Arts Cruise to Noumea
Oct Thu 16 th	October Event	Trip to Geelong for the Archibald Prize
Oct Tue 21 st	Lunch	City to the Bush Friendship Day lunch - Booked out
Oct Fri 31st	Nov Monthly Meeting	And Pre Cup Day Luncheon RSL Hall
Nov 24 th	November Event	Visit to Government House



HYBRID ZOOM MEETINGS

CONTACT: Jenny Martin 0400 061 169 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@gmail.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 Probuss.

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 31st May.**

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

Bendigo Bank: **BSB 633-000** Armadale Probuss Club a/c: **172824831**

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

Payments may still be paid by cheque made out to Armadale Probuss Club and mailed:

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

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

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