



# Deepdene Combined Probussouthpacific.org Club

## Volume 12 Issue 10

For Events please deposit amount into Probussouthpacific.org Account with reference: 'yournameEvent' (Space for 18 letters available.)

Payments for events may be made through Bank BSB: Acct:

Probussouthpacific.org Secretary: Janet

Probussouthpacific.org Treasurer: Angela

Welfare Officer: Maureen

Anything you would like to put into the newsletter? Please send to editor: Marian

**Guest Speaker:**  
**Monday 17th November:** Bronwyn Davis  
**Topic:** Stained glass windows in greater Camberwell/Melbourne

Only one club meeting to go to see out 2025, as December there is no meeting instead we get to celebrate another enjoyable year of welcoming new members and enjoying a variety of interests, at our Christmas luncheon.

As I mentioned at this month's meeting Boorondara have organised a Spring Open Day at the Seniors Exercise Park in Kew on Tuesday 28th October. Details are listed in last month's newsletter. We are constantly being told the importance of exercise for our general and mental health especially in our senior years. If you are looking for something different to do outdoors now the weather is improving, this may be for you.

Next week Marian and I are having coffee with the President of Maling Probussouthpacific.org Club to swap ideas. I will share the outcome of our meeting with you next month.

Do you have any ideas to contribute to your club to enhance your enjoyment? Please let us know. In the meantime stay safe and healthy. Cheers

Cheers,

*Wendy*



### Orionid Meteor Shower

The Orionids meteor shower from 2nd October up until 7th November, but it'll be at its peak in the early morning of Wednesday 22 October. It's best viewed between 3.00 am and 5.00am [AEDT]

### Please look up our expanded Webpage!

The URL of The Deepdene Combined Probussouthpacific.org website is:  
<https://www.probussouthpacific.org/microsites/deepdenecombined>

Our website is run by the Web Master Michael. He has taken on the task of maintaining our website and ensuring it is kept current.

If you have a query or a suggestion to make, please let Michael know at XXXXXXXXXX. Feed back is very welcome. It's your web site not the committee's.

*Michael*



# Deepdene Combined Probud Club

## GUEST SPEAKER

Today's guest speaker was **Jenny Moran**, past President of the Rowville-Lysterfield Rotary Club. Her talk today addressed *Dignity Kits* for Women in Africa and *Days for Girls*, as well as her volunteering journey.

Way back when teaching at Tintern Girls she met future husband Daryl and both she and Daryl became Rotary office bearers over an extended period. They have been fortunate to conduct numerous overseas trips on behalf of Rotary while shoring up international community projects in underdeveloped countries.

Thinking about how her volunteer days started Jenny goes back to her days as a Brownie and being involved with 'Bob-a-job'. This gave her a strong sense of service and justice. Justice, not quite as intended, as for her first bob-a-job wood for one shilling. However, she was a little miffed when a fellow Brownie arrived at her family's house and received two shillings for sweeping their pavement and a slice of cake!

She posed the question why do people volunteer? For many families it may begin by supporting their children at sport activities. She recalled other events where she too volunteered –her involvement in childbirth education, her children's kindergarten, then school tuck shop duty, community delivery of meals and more recently, The Knox Rotary Art exhibition.

She showed through graphs statistical information regarding volunteering. Her group recently made a submission to local council who valued the work output to be \$43.00 per head. Overall, the volunteering value to the Victorian State Government and society each year is 31.5 billion dollars.

She also hoped to dispel some Rotary myths - they're not just group who raises money at Bunnings barbecues, nor do they have any religious affiliations, as some think. And you do not have to have 100% attendance at meetings to remain a member as occurred some 30 years ago. Today, Rotary tries to appeal to a broad spectrum of people and there are no barriers to joining. Its core values are service, fellowship, integrity and leadership and its goals are to provide humanitarian service, promote world understanding and goodwill and to advance peace and prosperity in communities around the world. Their Rotary Club has been involved in recent initiatives such as: Backpacks for Kids; addressing community food insecurity; an annual art show; the distribution of Christmas hampers to the underprivileged; and Clean Up Australia. To encourage younger people to join Rotary in their mature years they promote and run an EarlyAct club.

Further afield they are supporting projects in Bali and Uganda. A school was set up in war torn Uganda so that children could live and study in harmony away from the memories of war. The children are now excelling in their participation in the National Certificate for Education. One recent supporting project was to provide solar panels and a battery to the school.

Another aspect of local philanthropy is the provision of hygiene kits to remote parts of Australia, especially those sufferers from eye disease. Each member of the family has a different coloured face washer which limits cross contamination and disease spreading throughout family members. For Kiriwina Island, Papua New Guinea, the club funded a motorboat so that the community could fish for better yields and create an income for fuel. They also provided a rescue boat that helps when the local dugouts get swamped. They funded a new engine recently for the rescue boat plus life vests. Eight people to date have been rescued by the boat. Rotary's global reach is both trusted and highly regarded. They are involved in World Health in Pakistan and Afghanistan and with polio immunisation world-wide.

A major project is *Days for Girls*, founded in 2008 by Celeste Mergens with the Australian chapter commencing in 2012. It assists girls and women during their periods and who often do not have the facilities to cater to their menstruation. Jenny relayed one story where the women of a community are made to sit in a room on recycled cardboard for up to five days. Where menstrual pads are not available, girls sometimes gather moss or leaves to stop the flow of blood. All up there are up to 500 million people, world-wide who cannot manage their periods, this results in missed education and the inability to contribute to their economy. It also exposes girls to stigma and isolation. She told of one menstrual hut, where a girl was bitten by a snake, but because of the stigma attached to leaving the Hut, they could not get any respite or help for her. The girls, often due to inadequate facilities, must deal with health problems such as urinary tract infections. UNESCO recognises that educating girls benefits all, especially menstrual equality.



'Menstruation huts'



Girls in Togo, Africa, attended a menstrual pad workshop







# Deepdene Combined Probud Club

Days for Girls



At DfGAL, our mission is fuelled by our deep passion: to empower women and girls by providing access to menstrual health products, educating communities, and advocating for menstrual equity.



We believe that every girl deserves to embrace her health and potential without shame or interruption. When girls are given the resources they need to manage their periods, they thrive—and when girls thrive, entire communities rise.

Days for Girls



Jenny demonstrated one of the kits. The kits continue to evolve, and feedback has been good with the kits lasting up to five years. Many countries now distribute the kits with an education program and flip charts in local language to assist knowledge about menstrual periods. This is sometimes accompanied by a session, 'Men Who Know' where contraception is included. This has given a degree of autonomy to the women who now realise that they can defend themselves and have a right to say no.

What has been achieved? There are now 85 teams in Australia preparing the kits and 47,000 kits have been distributed to 25 countries. Overall, there have been 2.5 million kits distributed since the inception of Days for Girls in Australia. Social enterprises have been set up in Africa to produce the kits as well, and this has offered paid work to the women as part of the support system.

Getting back to volunteering. Jenny suggests there is a healing power in doing good and being part of a social environment. We all need a sense of purpose and with connection comes, cause and effect, we benefit from the release of endorphins ("helper's high"), better self-care, increased resilience and mental clarity and focus. She noted too that it is often said that volunteers live longer as well. Thank you, Jenny for your informative talk.

Susan

## MONTHLY MEETINGS, GROUPS, OUTINGS & WALKS

### What we have done....

### WALKS

**Thursday 18<sup>th</sup> September**

**BARNSBURY ROAD TO CAMBERWELL**

What great weather we had for our walk today. Eleven members met at Barnsbury Road to walk to Camberwell along the railway paths. We were enchanted by the local gardens that opened out onto the railway paths as well as the variety of eclectic displays the locals have created. We noticed outdoor communal seating on a grass verge, a doll's house sized book repository to share novels with locals, as well as enchanting flower boxes to brighten communal areas.

Our doggy mascots, Coco, Milly and Sonny, were beautifully behaved, maintaining a brisk pace for the walk, setting a high example for their human companions!

Our pit-stop was at Collective Espresso, where we enjoyed great food in the outdoor area of the café.

Another great Probud outing!

**Monday 6<sup>th</sup> October**

**MANEE CAFÉ (RED BRICK CAFE) TO ACORN NURSERY**

What a change in weather after two days of over 25 degrees, and then a top of 16 degrees.

The five members who met were rugged up against the cold blast of wind that whistled down the laneway on our walk. We were quick paced so we could reach Acorn Nursery and enjoy a warm drink.

Three other members joined us at Acorn so it was a merry group of eight who enjoyed a great lunch.

The walk back was along the same route but the weather had cleared so it was a jubilant group that returned along the lane ways.

A lovely walk with a great group!

Julie

### OUTINGS

**Thursday, 25<sup>th</sup> September 2025.**

**Outing to the Police Museum**

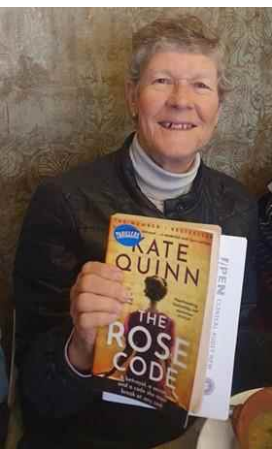
We all had a great day out beginning with the *Police Museum* in Spencer Street. Although only small, it was packed with information, history, the training of the horses and dogs and the great variety of incidents animals and police encounter. Even special mention was given to the cats that keep an eye on the mice in the horse stables!

There were lots of interactive screens, even an 'identikit' which was popular. The museum would need more than the hour we gave it, as we succumbed to trying to cover too much and were spent.



September's book was ***The Rose Code*** by American author Kate Quinn. Kate Quinn is an American author whose books focus on the unexpected roles women play in history.

In this case her novel is centred on *Bletchley Park*, one of the main code breaking centres in England during WWII and the crucial and historically significant role, but often overlooked, role of the women who worked there and their contribution to the war effort. These women came from many walks of life, working in confined and difficult quarters, confronted by the information they were privy to and the burden of silence by the official secrets act.



The plot revolves around three women from very different backgrounds and the deep friendship that develops between them. Osla the debutante who translates the German messages, Mab who is desperate to escape the poverty of her East End background and works the code breaking machines, and Beth a local girl and brilliant crossword solver abused by her mother who breaks the codes.

But the friendship is challenged and breaks in the face of the secrecy at Bletchley Park. But when a dangerous traitor is discovered, will they come together to solve the last code, the Rose code, and uncover the source of espionage?

The group thoroughly enjoyed the book and rated it a 9.2 out of 10. There was a lot of discussion on various topics raised by the book and peoples' personal experiences.

*Leslie*

COLIN FARRELL MARGOT ROBBIE

**A Big Bold Beautiful Journey**

REISYNDICUS FRAAS  
CHANNÉE YOUNG FOTOST

**23 SEPTEMBER**  
ALLEEN IN DE BIOSCOOP

On Wednesday 24<sup>th</sup> September four of us went to see *A Big Bold Beautiful Journey*. The story slowly unfolded, even if a little obtusely, to tell the stories of two self-sabotaging people, who meet at a wedding. And after the wedding, whilst heading to their respective homes, their rental cars with its unique guidance system (think *Kit* from *Knight Rider*) conspire and plot the wedding guests drive/paths home. It is a shared journey of alternating life lessons/past situations revisited in the hope of them both gaining insight into missed opportunities or life lessons to be learnt. And it is told using 'doorways' from their past, set up in the middle of nowhere, which they must walk through.

Invariably they both see their life lessons to take forward into their lives; possibly together... or maybe not.

It was an interesting film, albeit very long to tell this story. I could not really recommend it. As I said earlier, a little too obtuse.

I would give it 6 out of ten.

After the movie three of us had a relaxed lunch and chat at Aquellos.

*Marian*

**Thursday, 25<sup>th</sup> September 2025.**

### *Outing to the Police Museum*

We all had a great day out beginning with the *Police Museum* in Spencer Street. Although only small, it was packed with information, history, the training of the horses and dogs and the great variety of incidents animals and police encounter. Even special mention was given to the cats that keep an eye on the mice in the horse stables!

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# Deepdene Combined Probud Club

We then walked through the city to lunch at *The Mail Exchange Hotel* in Bourke St. We had a leisurely drink in the comfy lounge and then a meal which everyone enjoyed.

*The Mail Exchange Hotel* is on the site of land Sir Robert Hoddle acquired in 1837. He built a house which he lived in until his death in 1881. He was responsible for setting out Melbourne's grid of streets. It became the Post Master General's office when it was rebuilt in 1917. After various lives, it became *The Mail Exchange Hotel* in 2010 and is now a popular venue today.

The whole day was full of new experiences for all 10 of us as we realised how much building had gone on in Melbourne in recent years and how it had changed from when many of us once worked there.

## Wednesday, 15<sup>th</sup> October 2025

OUTING: Ferry to Portarlington

Nine of us had a grand day out on Wednesday, 15th October to Portarlington.

A sunny morning greeted us as we met at *Docklands* and caught the Port Phillip Ferry; a large and comfortable vessel. Our ferry moved slowly down the Yarra and the docks, with views of the city which looked resplendent in the morning light. Once clear of Williamstown, we moved quickly across the bay to Portarlington which has the largest mussel fleet in Australia although it looked pretty sleepy when we were there.



We ladies had a great time visiting and buying up in the varied clothing shops as they were a bit different to what we get in the city. We had a mid-morning coffee at the bakery, then a substantial lunch at the Portarlington Hotel, followed by ice-creams at the local parlour and then a gentle stroll to the headland for views of the Port and bay.

We had no trouble filling in the day and before we knew it, it was time for the return journey and we were back at Docklands about 5.00 p.m. It was a sparkling and invigorating outing. Thanks to all for making it such fun.

Lucy

## KOGO

What a lovely way to celebrate our KOGO success this year with a lunch at *Tru Coffee Balwyn* on Monday 29<sup>th</sup> September.

We celebrated surpassing our last year's contribution to KOGO by managing to double our number of knitted squares, as well as completing a number of beanies to add to our donation.

We all agreed to continue in the same vein next year and maintain, if not increase, our overall contribution to KOGO and therefore support Hope in a Suitcase.

A fantastic way to acknowledge this year's effort to support KOGO.

Well done team!



Julie

## POST MEETING LUNCHEON

On Monday 20<sup>th</sup> October, eleven of us met for lunch, post meeting at *Tesoro*, Balwyn North. Seated in a room reminiscent of a *Marque al la Arabian Nights*. A good menu but more focused on an evening dining experience. Never-the-less we all selected some yummy dishes. Good conversation as per usual.

Thanks for organising Susan.

Marian



# Deepdene Combined Probud Club

## MONTHLY MEETINGS, GROUPS, OUTINGS & WALKS Coming up.....

### MOVIES

**Wednesday, 22nd October @ 11.00 a.m.**

#### ***After The Hunt***

A college professor finds herself at a personal and professional crossroad when a star student levels an accusation against one of her colleagues, threatening to expose a dark secret from her own past.

**Running time:** 2h 19m

**Diary dates for 2025** are: October 22<sup>nd</sup>; & November 26<sup>th</sup>.

These Outings to the *Golden Years* screenings on the 4<sup>th</sup> Wednesday of the month. **Meet** at Ticket Office @ 10.45 a.m. and buy your own ticket. We may arrange lunch afterwards among yourselves.

Co-ordinator: Marian

### BOOK CLUB

Book for October (Wendy)

***The Five Wishes of Mr Murray McBride***

by Joe Siple

Date- 27th October @ 11.00 a.m.

Book for November (Susan)

***The Secret World of Connie Starr***

by Robbi Neal

Date—24th November @ 11.00 a.m.



Book Club's end of year lunch will be held on Monday 1<sup>st</sup> December @ *The Boulevard Restaurant*, 369 Mont Albert Rd, Mont Albert VIC 3127, at 12.00 p.m. Please let Neva know if you're coming as we need to book our Table.

Co-ordinator: Neva

### WALKS

**FRIDAY 31ST OCTOBER** (LONG WALK w mixture of asphalt and gravel)

**Start:** 10.00 a.m.

**Meet:** corner of Burke and Harp Roads at Stradbroke Park

#### ROUTE

We will follow the walking trail through Stradbroke Park and behind Kew High School.

Crossing at High Street we continue to Kilby Road and then to Frater St to enter Hays Paddock. We will circumnavigate the park and exit along Longstaff Street to walk back to Kilby Road. After crossing Kilby Road we will continue along either Oswin Street or Irymple Avenue to High Street.

We will return down along High Street to the pedestrian crossing at Kew High School and return along the previous route to our starting point and lunch at *Tru Coffee Balwyn*, 1058 Burke Rd, Balwyn.3103.

**WEDNESDAY 12TH NOVEMBER** (LONG WALK)

**Start:** 10.00 a.m.

**Meet:** corner of Creswick Street and Church Street, Hawthorn (Yarra Bank Reserve seating)

#### ROUTE

There is four hour parking there and a public toilet. If driving, enter Creswick St via Denham St. (Tram 48 goes right to the river stop)

We go across the Yarra River at this point along Bridge Road then on to the river path at Amora Hotel, Richmond. We walk a flat path to Victoria Street/Barkers Road. We continue walking along the path until we get to "*Frankie Says*" for our pit-stop in Abbotsford. This has inside and outside seating so suitable for dummies.



# Deepdene Combined Probud Club

We then return to the river path, walking along to Barkers Road Bridge, cross the river and go down the steps to the path on the other side. The narrower path goes along the river via Pridmore Park and the Creswick Reserve back to Creswick Street where we started from.

**THURSDAY 20TH NOVEMBER** (SHORT 3KM WALK w gravel)

**Start:** 10.00 a.m.

**Meet:** 179 Station St, Burwood VIC 3125 in rear car park at the back of the Bennettswood Bowling Club.

## ROUTE

Entrance to the car park is almost opposite Boardman Close on Station Street. (Make sure you park in the area allocated to the Gardiners Creek walk and not the Bowling Club. Parking is limited so if possible car pool)

Please note that you will need to inform me if you are participating in the luncheon at Box Hill Golf Course as a booking is required.

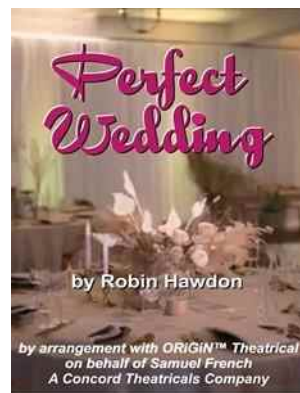
Co-ordinator: Julie

## PLAYS

### MALVERN THEATRE – 2.00 p.m. MATINEE SATURDAY 8th NOVEMBER

Our last Malvern Theatre play for 2025 is **Perfect Wedding**. It's described as a frantic farce with wild misunderstandings, hilarious mishaps, and loads of laughs.. There is **one** reserved seat still available, which I'll allocate on a first come first served basis. Apart from that the theatre is completely booked out.

**IF YOU WOULD LIKE TO ATTEND, PLEASE LET ME KNOW AS SOON AS POSSIBLE BY EMAILING ME AT xxxxxxxx by no later than Thursday 30th October** as I need to finalise and pay for our booking with the theatre on the next day. The cost is \$27.00. Just reimburse me on the day.



Please note that we don't yet know what next year's schedule of plays will be. We'll put the details in our Newsletter when we know them.

Co-ordinator: Michael

## OUTINGS

### Thursday, 13th November 2025

10 Pin Bowling at *Healthways* followed by lunch.

Where: 1 Arcade Rd, Mont Albert North VIC 3129

Time: 10.30 a.m.

Followed by Lunch @ *Mister + Miss*,

Where: 713 Whitehorse Rd, Mont Albert. VIC. 3127

Time: 12.15 p.m.



### Monday, 8th December 2025

*Christmas Luncheon & The Quiz* at the Templestowe Hotel Bistro

Where: 23 Parker Street, Templestowe Lower. VIC. 3107

Time: 12.00pm

Sharpen up your general knowledge for our traditional quiz.



### Early next year....

A mystery trip is being worked on for early next year involving the Heidelberg School painters who painted in the open air around Eaglemont and Heidelberg. This will incorporate a walk and a viewing of eight paintings at the Ivanhoe Gallery.

We will stop for lunch then walk down Burgundy St, Heidelberg.

Co-ordinator: Lucy





# Deepdene Combined Probus Club

## NEXT MEETING

**Monday 17th NOVEMBER 2025, meeting commencing at 10.00 a.m.**

**Venue:** *St Aidan's Church*, 17-21 Duggan Rd, Balwyn North.3104

**Guest:** Bronwyn Davis

**Topic:** Stained Glass Windows in greater Camberwell/Melbourne

Bronwyn will have her book for purchase. Expensive but beautiful.

## MORNING TEA ROSTER

DATE	NAME
17-11-2025	Jenny

**We really need some people to sign up for Morning Tea 2026 Volunteers please.**

Co-ordinator: Neva

## NOTICES

### A Special Event. Play: *Come From Away* on Friday 12th December

Russ Dawe from Greythorn Probus is organising a substantial party of Probians to attend the musical "*Come From Away*" being presented by OSMaD. He has extended this invitation to Deepdene Probians.

This company is seen as "pre-professional" and productions are always excellent!

OSMaD had its origins in the Old Scotch community and, while the company performs at the excellent Geoffrey McComas Theatre at Scotch College, Hawthorn, it is NOT a school production. The adult cast members are drawn from far and wide – and not limited to those with a Scotch College connection.

*Come From Away* tells the true story of how the small town of Gander, Newfoundland, became the unexpected host to thousands of stranded passengers on September 11th, 2001. After 38 planes were diverted to Gander's airstrip, the isolated community welcomed the travellers, overcoming cultural and language barriers with music, open bars, and a sense of global solidarity.

Winner of four Olivier Awards, including Best New Musical (London), and the Tony Award for Best Direction of a Musical (Broadway), the show has captured hearts worldwide, sharing the stories of 7,000 passengers cared for by the townspeople.

The standard ticket price is Adult \$59-00 and Group concession \$45-00. For a substantial group we've been offered tickets @ \$40-00 each. (We have reserved 50 tickets for Friday 12th December).

**RSVP: by email, phone call to me or Sign-up Sheet at October meeting.**

Co-ordinator: Marian

## Event for October from Boroondara Council

### Spring Open Day at the Seniors Exercise Park

The Seniors Exercise Park has a range of outdoor exercise equipment designed to help improve balance, strength, functional movement, range of motion and mobility.

Join us at our open day, where Seniors Exercise Park volunteers who have trained with the National Ageing Research Institute (NARI), will demonstrate how best to use the equipment and the ways in which it can improve your balance, strength and mobility.

**Tuesday, 28th October**

**10am-12pm**

**Victoria Park, 450-500 High Street Kew**

Register for an open day session. There are 3 session times to choose from and each session is 20 minutes. <https://www.boroondara.vic.gov.au/events/seniors-exercise-park-spring-open-day>

Enjoy a complimentary snack and coffee before or after your session.

Kind regards

Maree

**Happy International Wombat Day, October 22nd**

**Maree Guthrie** (she/her)

Active Ageing Partnerships & Projects Officer

Community Development | Community Services

