



GLEN IRIS PROBUS CLUB September 2025 Newsletter #007

GLEN IRIS Probus Club was formed after an interest meeting held at the St James Anglican Church on 21st February 2025.

Management Committee

President

Richard Mulcahy
M: 0418 566 647

Vice President

Peter Webster
M: 0413 590 548

Secretary

Barbara Bennett
M: 0438 301 146

Treasurer & Guest Speaker Officer

Ken Bennett
M: 0411 544 394

Membership & Welfare Officer

Bronwyn Fitzgerald
M: 0419 355 737

Newsletter Officer/Website

Julie Wurf
M: 0422 099 031

Outings & Activities Officer

Edda Williams
0408 206 909

Publicity Officer/Website

Ursula Craigie
M: 0411 106 664

General Committee

Rosemary Rose
M: 0417 591 469

Lana Levi
M: 0435 134 941

Joan Goode
M: 0402 004 876.



Link to the club's website

President's Message

Casual dining group off and running

Our newly formed casual dining group is off and running. Great credit is due to Ros Argent who has been coordinating interested members through the WhatsApp site for this group.

Our first lunch was held at the Malvern Hotel on the corner of Malvern Road and Glenferrie Road on August 5.

Members attending were enthusiastic about holding further such get-togethers and Ros will be publishing-through our newsletter and future meetings-a schedule of planned lunches and dinners over the next six months.

Members who were at the lunch swapped ideas as to other suitable local venues for lunches and dinners and a barbecue is even contemplated over the summer months.

If you would like to participate in this group, please contact Ros via email rmargent@outlook.com or message her at 0400 577 137 with your details and you will be added to the WhatsApp group.

At each meeting we are scheduling a 10-minute segment for a member to tell their story. If you would like to volunteer, to share your story, please contact Julie Wurf at jayb.wurf@gmail.com or let her know your interest at our next meeting. We all have interesting life stories to share.

Our membership has continued to grow steadily since our formation last February and I am delighted to announce that we now have 50 members. We still have capacity to grow more, so if you know someone who would like to join please contact Bronwyn at bronrchambers@gmail.com who will send you the relevant form to sign up for membership.

I look forward to seeing you all at our next meeting.



SAINT JAMES
ANGLICAN CHURCH GLEN IRIS

Meeting day/time: **3rd Friday** of each month at 10:00am
Meeting venue: ST James Anglican Church
1461 High Street, Glen Iris, VIC, 3146



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Guest Speaker/s

Chiropractors Dr Carol Hamod and Dr Anthony Coxon from Simply Health, Camberwell will be discussing well being and giving vital hints on improving mobility. Their theme will be "Five Fundamental Movements for over 60's". You will be supplied handouts to assist in day to day practice of their tips.

Ten minute Spot Speaker

Ursula Craigie: WhatsApp and what it can do

MEMBERSHIP REPORT

I am thrilled to confirm that Glen Iris Probus Club now has 50 members!!!

Two new members, Barbara Olney and Peter Johnson will be inducted at the September meeting. Glynis and Glenn Allan will also be inducted at the September meeting, and we hope that you have had a wonderful holiday. A sincere welcome to our visitors and new members!!!

Pro-rata fees are applicable for the remainder of this Probus year for new members from July. Details available from the membership officer. Don't forget to wear your badges to all Probus meetings and other Probus activities. This is particularly important whilst we are getting to know one another and helps with remembering names!

Please note that the actual meeting starts at 10am but we encourage you to arrive between 9.30 and 9.45 to sign in and have a chat with one another.

Medical Cards – Probus South Pacific Limited medical cards have been distributed. Please bring these completed cards with you for all Probus activities. In the event of a medical emergency, your medical card would facilitate the delivery of accurate medical information to paramedics and enable us to contact your next of kin in a timely manner.

I am an apology for the September and October meetings due to a trip to Europe (18/9 to 20/10/25). Rosemary Rose will be Membership and Welfare Officer while I am away.

Thanks heaps Rosemary!!!

During this time, please contact Rosemary if you have any membership questions and especially if you have friends or relatives that are interested in joining our club. Please notify if you are unable to attend any meeting.

Rosemary's email is rosesrjhj@gmail.com or text/phone 0417591469.

Bronwyn Fitzgerald

Membership and Welfare Officer

 **Bendigo Bank**

Community Bank
Malvern East



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Speaker Snippets from August

Guest Speaker

Our guest speaker last month was Dmitry Levin, Co-Founder of KISA (Keeping It Simple Always). The company KISA have developed an Emergency Communication Device – a basic phone for seniors or people with disabilities to feel safe and keep in touch. Each phone is customised to the individual's need. Users can access the latest technology enabling them to live more independently and connect with their support network.

Spot speaker

Dr Alison Tokita, a new member of the Glen Iris Probus Club, gave us an insight into the various genres of Japanese Music and its place in traditional and contemporary Japanese society. She described it as exotic music based on 7th and 8th century medieval period.

Japan's musical traditions stretch back over centuries, and is a richly diverse tapestry of cultures, such as Japanese folk music, court music, Japanese theatrical music and Japanese instrumental music.

Dr Tokita also runs a short course at the Stonnington U3A if you wish to explore this fascinating history further.

Raffle Winner: Peter Webster



Winner Richard Mulcahy

Don't forget to bring your cup and stand a chance of winning the Mug of the Month Award- and a chocolate



September is Footy Finals time

Let's all get into the spirit of things! Come to the meeting in your team's colours.





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September Diary

Mon	1	Probian Peddlers – contact Ian Phillips for ride details
Tue	2	Duldig Studio 92 Burke Rd, Malvern East VIC 3145 @10.30
Wed	3	Committee meeting 1.30pm at Mae cafe
Wed	10	Book group – The Pantry at 2pm contact Ros Argent if you wish to join
Fri	12	Craftie Crew – coffee at Jack's House 10.30-12.30 ***
Fri	19	Club meeting St James Church Hall 1461 High St Glen Iris 10am Lunch at **Malvernvale Hotel after the meeting – sign up sheet at Aug meeting
Fri	26	Walk n' coffee Ardie Park 10am (Entrance on Waverley Rd) Coffee at Delgani Card Group Private home - Anne Williams 2- 4pm
Sat	27	AFL Grand Final Day

*** Craftie Crew – bring your knitting, crochet, embroidery etc for some social crafting. Contact Julie if interested

**** Please note change of venue for the lunch after the meeting**

October Diary

Thu	1	Committee meeting 10.30 - 11.30 @ Mae cafe, Waverley Road.
Mon	6	Probian Peddlers – contact Ian Phillips for ride details
Mon	6	Bright and Breezy Brunch @ Mr Tucci 10.00 am
Fri	10	Book group – Visit to city libraries
Fri	17	Club meeting St James Church Hall 1461 High St Glen Iris 10am Lunch after the meeting – sign up sheet at Sept meeting
Fri	24	Walk n' coffee TBC
Wed	29	Italian night @ Cucina di Gio 6pm
Fri	31	Card Group Private home - Anne Williams 2- 4pm

here are the group leaders and their emails should you want to join their group or ask some questions:

Book Club: Swap and Share: Ros Argent rmargent@outlook.com

Casual Dining: Ros Argent

Bike Rides: Ian Phillips: iphillip987@gmail.com

Cards: Helen Hardman: hhardman54@gmail.com

Walking Group: Peter Baird: lindapeter.baird@outlook.com

Peter Dalrymple p.dalrymple@bigpond.com

Culture Club: Ursula Craigie: ursula.craigie@gmail.com

Craftie Crew: Julie Wurf: jayb.wurf@gmail.com

Ideas for future groups

- * Conversational Language
- * mah jong
- * tai chi
- * movies

Fine Dining: Haven't quite got going yet

Whiskey Appreciation: TBA



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Recent Outings

DULDIG Studio

Malvern Theatre – The Humans

Walk n' Coffee

SEPTEMBER Meeting

Membership: Rosemary Rose, Joan Goode

Meet and Greet:: Ursula Craigie, Julie Wurf

Newsletter distribution: Julie Wurf, Valerie Brown

Raffle: Lana Levi

Payments: Edda Williams

Behind the Urn: Denis and Shirley Brady Please arrive earlier to set up etc

Setting up and packing up the room

It would be appreciated if everyone could assist in both setting up and packing up the room.

When packing up please place chairs according to the pictures on the walls

Can we please remind everyone to switch their phones off during meetings.



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Footy Finals Finger Food ideas

Cheese platter

mini quiches

pate and biscuits

Spinach & ricotta 'sausage' rolls

sliders

baba ghanoush

smoked salmon & avocado roulade

Vietnamese rolls

spanokopita

Prawns and seafood sauce

Drink of choice!

