



GLEN IRIS PROBUS CLUB

June 2025 Newsletter #004

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

Julie Wurf
M: 0422 099 031

Outings & Activities Officer

Edda Williams
0408 206 909

General Committee

Rosemary Rose
M: 0417 591 469

Lana Levi

M: 0435 134 941

Joan Goode

M: 0402 004 876.

Positions still to be filled:

Publicity Officer

President's Message

Please come and enjoy our walks!

Since the formation of our Club, regular walks have been offered to all members. To date these walks have taken place at Ferndale Park Gardens, although other locations will be offered in the future.

Typically lasting only 30 minutes, the walks are followed by coffee at the Pantry café. If you have mobility issues please don't be deterred, as some members choose to only go part of the way and then meet the others at the cafe. This is a great opportunity to socialise with other members and to enjoy a little exercise.

If you would like to join this group, feel free to show up on the day and sign on on the spot. The leader is Peter Baird and/ or Peter Dalrymple.

June Guest Speaker – Ernie Brigham

Our speaker for Friday June 20 is a man well known in Probus circles. He is the recent past President of the East Malvern Probus Club. Ernie is a very amusing, interesting speaker as experienced by members of over 20 Probus Clubs around Victoria. Ernie will give us an interesting insight into the basis of a good Probus club. Several of us have had the pleasure of hearing Ernie speak at the East Malvern Club and recently at a Probus seminar.

Ten minute Speaker

Ian Phillips – All abilities bike riding



SAINT JAMES
ANGELICAN 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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MEMBERSHIP REPORT

We now have 44 members of the Glen Iris Probus Club. Four new members have joined during or after the May meeting and we welcome:

- Valerie Brown
- Patricia Griffiths
- Judy Seymour
- Ros Argent

All members are encouraged to wear their 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. There are still Probus South Pacific Ltd cards and name badges to be collected by some members – please collect from the membership desk when you sign in at the June meeting.

Medical Cards – Probus South Pacific Limited provides medical cards for all Probus members which we will be distributing at the June meeting. It is the responsibility of the Probus member to complete the card and carry it with them at all times. It would be extremely helpful if you all completed and carried these cards with you at 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.

Please contact me if you have any membership questions and especially if you have friends or relatives that are interested in joining our club.

Please notify me if you are unable to attend any meeting.

My email is: bronrchambers@gmail.com or text/phone 0419355737.

A big welcome to our visitors and new members!!!

Bronwyn Fitzgerald

Membership and Welfare Officer

June Meeting

Door Greeters: Bron Fitzgerald, Joan Goode

Behind the urn: Peter Webster, Helen O'Connor

Setting up and packing up the hall – All offers of help accepted

June Birthdays

5th Gail Hessel, 12th Helen O'Connor, 29th Rosemary Rose, 30th Richard Mulcahy



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JUNE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6 Coffee Group 2pm Degani cafe 255 Waverley Rd, Malvern East	7	8
9	10	11 Book Group 2.30pm Ros Argent Mr Burton cafe Ashburton Initial meeting	12	13	14	15
16	17	18	19	20 Monthly meeting 10am ST James Church Hall 1461 High Street, Glen Iris	21	22
23	24	25	26	27 Walk n' coffee 10am Walk Ferndale Park 10.30 Coffee The Pantry Card Group 2pm-4pm Anne Williams Private home	28	29
30						

July Walk n' coffee

Central Park Malvern East for a walk with coffee after at Xander at 134 Burke Road on the last Friday in July.

[FREE Cochlear implant Information session](#)

Event details

When: Monday 23 June 11am–12pm (AEDT)

Cost: Free

Bookings are essential—once you have registered, you will be provided with a link to join the virtual session.



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ACTIVITIES REPORT MAY 2025

****With the cold winter nights drawing in, the committee is putting out the idea of having **a lunch after the 18th July meeting - at the Caulfield Racecourse Hotel**. Think of it as a Christmas in July lunch! There will be an EOI list at the June meeting to gauge how many are interested in attending.

If you were not at the last meeting and won't be at the next, please send me your group nominations and I'll arrange for you to join your group/s. eddawill@gmail.com

Activity Leaders: There are some responsibilities that need to be fulfilled.

Collect contact information for your group members.

**Please be mindful of our members' privacy when sharing emails / phone nos.

Contact your group a couple of days in advance of each regular session.

Take care of any bookings related to your group's activity.

Keep your group updated if plans change.

Ensure attendance "sheet" is completed and sent to Edda Williams: scan & send to eddawill@gmail.com. Attendance can also be sent as a list in an email or an sms to 0408206909. This needs to be done promptly, preferably before your meeting/activity so that you will be covered under the Probus Insurance policy should any issues arise.

Check group members wear their Probus badges during the activity.

Brief - 2-3 sentence - report to Edda for the monthly newsletter – by the 8th of the month about your activity: Where? When? What? Who attended? Any funny moments?

Take photos of your activity and send to Julie Wurf for inclusion in newsletter: jayb.wurf@gmail.com . Remember to add a suitable caption/ description.

Thanks everyone for your enthusiasm as we get our activities underway. Naturally, if you have an idea for an activity, contact me so we can make it happen.

May Dinner



The Malvernvale Hotel hosted 20 of us at our 2nd club dinner on May 28. Another great night of making connections, good food and making of memories.



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At the last club meeting, those present formed activity groups. Thus far, we have:

Book Club: Swap & Share

Leader: Ros Argent

Meetings: Monthly –

Members:

Anne Williams
Helen Hardman
Edda Williams
Lana Levi
Julie Wurf
Helen O'Connor
Barb Bennett

Cards:

Leader: Helen Hardman

Meetings:

Members:

Anne Williams
Helen O'Connor
A Tanner
Barb Bennett
Rosemary Rose

Casual Dining:

Leader:

Meetings:

Members:

Ursula Craggie
Ros Argent
Su O'Hanlon
Shirley Bradley
Denis Bradley
Richard Mulcahy
Rose Mulcahy
Patricia Griffiths
Helen Hardman
Sue Waldren
Lana Levi

Fine Dining:

Leader: Edda Williams

Meetings:

Members:

Sue-Virginia O'Hanlon

Card Group:

Leader: Anne Williams

Members: 4 members

Walk n Coffee Group

Leader: Peter & Peter

Meetings: Monthly - 4th Friday 10am

Members:

Joan Goldie
John Goldie
Shirley Brady
Denis Brady
Helen Hardman
Helen O'Connor
Ros Argent
Rose Mulcahy
Patricia Griffiths
Lana Levi
Bron Fitzgerald
Barb Bennett
Ken Bennett

Friday Coffee @ Deganis

Leader:

Meetings: Monthly – First Fridays 2pm

Members:

Open to all members

** Leader needed for this group*

** Need to advise leader of attendance*

Culture Group

Leader: Ursula Craggie

Meetings:

Members:

Helen Hardman
Anne Williams
Judy Seymour
Carol Reidell
Joan Goode
Ros Argent
Allyson Tanner
Rose Mulcahy
Richard Mulcahy
Susie McMinn
Denis Brady
Shirley Brady
Patricia Griffiths
Helen O'Connor
Edda Williams
Sue Waldron
Lana Levi
Bron Fitzgerald
Barb Bennett
Ken Bennett



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Cream of Tomato Soup

Serves 2-4

Source: Soups cookbook

8-10 Roma tomatoes (or 2 x 440 cans tomato, with juice)

2 teaspoons sugar

1 teaspoon salt

2 tablespoons plain flour

1 tablespoon vegetable oil

2 teaspoons ground coriander

2 teaspoons cumin

½ teaspoon cayenne pepper or chilli , or to taste

250mls double cream

fresh ground black pepper, to taste

chopped coriander or basil leaves for garnish

chopped fresh tomato for garnish (optional)

1. Puree tomatoes, sugar, salt and flour in a food processor
2. Heat oil in saucepan. Add the spices and cook until fragrant, about one minute.
3. Add cream and pureed tomatoes.
4. Simmer stirring for few minutes, until slightly thickened. Season with pepper.
5. Serve sprinkled with cilantro or basil and fresh tomato for garnish, if desired.

Variation

For tomato and coconut soup, replace the cream with 1 cup of coconut cream.

May Mug of the Month Winner

Valerie Brown (there is a prize awarded)

May Raffle Winner Ros Argent

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



Brain at 3AM: I can see you're trying to sleep, so I would like to offer you a selection of every memory, unresolved issue, mistake, or thing you should have said or done today or in the past 40- years!