



GLEN IRIS PROBUS CLUB

August 2025 Newsletter #006

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

Ken Bennett
M: 0411 544 394

Membership & Welfare

Bronwyn Fitzgerald
M: 0419 355 737

Newsletter/Website

Julie Wurf
M: 0422 099 031

Outings & Activities

Edda Williams
0408 206 909

Publicity/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 our club website

President's Message

Christmas in July lunch held for members

In our July meeting we had an outstanding presentation from Zali Reynolds of Shelter Real Estate. In a most informative presentation, Zali outlined issues to be considered when investigating downsizing. We also heard about her generous philanthropic work helping disadvantaged people in Cambodia. Zali was a most welcome guest at our meeting, and I am sure many of us were inspired by her talk and her important work.

After the meeting a number of members went to the Racecourse Hotel for a Christmas in July lunch. We were treated to a wonderful meal featuring Turkey and Plum Pudding at a most reasonable price. Service was also excellent.

Your committee took the decision to hold a lunch after our monthly meeting rather than having an evening meal during winter. If you can find the time, please come and join us at our next lunch at the end of August.

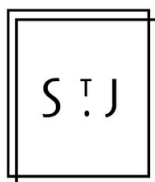
It is a great opportunity to get to know your fellow members.

Guest Speaker

Dmitry Levin, Co Founder of KISA. This company offers innovative assistive technology, ensuring safety and connectivity for Elderly, kids, NDIS participants & those with disabilities.

Ten Minute Speaker

Dr Alison Tokita- Exploring
Japanese Music



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

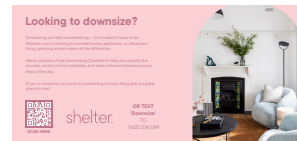




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After Zali's recent very informative talk on downsizing many questions were asked. Where (and how) can we move on goods locally that we no longer need.



Edda has kindly researched and found a variety of variety of sites where we can donate our unwanted items to

RIMERN: Rotary Inner Melbourne Emergency Relief Network

RIMERN is a multi club Rotary project operating Inner Melbourne, providing furniture, appliances & homewares to welfare agency clients who have experienced homelessness, domestic violence, incarceration, refugee displacement and other crises.

<https://www.rimern.org.au>

Balwyn Rotary Refugee Family Support

Recycle your unwanted items for needy new arrivals in Melbourne.

Our Refugee Families Support project is progressing well and as of February 2023, we've sent 100 truckloads of donated goods that have helped thousands of families settle into their new homes. It's thanks to many generous donors who have committed their redundant household goods to us rather than landfill.

<https://www.rotarynorthbalwyn.com.au>

You Matter

Supports women and children who have experienced family violence by supplying and setting up the contents of their long-term accommodation.

<https://youmatter.org.au/>

FaceBook Groups

Boroondara Hard Rubbish Re-home

Boroondara Hard Rubbish Re-home (BHRR) supports the local Boroondara community and circular economy by promoting the repair, recycling, repurposing and re-homing of pre-loved items through sharing, education and events. BHRR aims to help keep pre-loved items in and out of landfill, rethink the need to buy new, build meaningful community connections and provide local, sustainable solutions. BHRR seeks to flip the narrative from one of "waste" to one of "resources".

<https://www.facebook.com/bhrr.vic>

Ashburton and Glen Iris Support Your Neighbour

This private Facebook group aims to connect members of the Ashburton and Glen Iris community (in Victoria, Australia), to build supportive and friendly community networks.

<https://www.facebook.com/ashburtonandgleniris>

Glen Iris and Surrounds Buy Sell Give Away

This group is designed to help re-home used and handmade items at an affordable price.

<https://www.facebook.com/glenirisand surrounds>

Stonnington Save Our Stuff - new group

A new community facebook group creating a space for Stonnington and surrounding residents to re-home, repurpose, reuse and recycle their unwanted items.

<https://www.facebook.com/stonningtonsaveourstuff>

Buy Sell Swap Stonnington

Stonnington BUY SWAP & SELL is a community based site for all members to enjoy. Covering all local areas not only Stonnington area.

<https://www.facebook.com/stonningtonbuysellswap>



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Activities Report

Most groups are up and running, having set up their WhatsApp groups and planning their gatherings.

For future reference, 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

Bike Rides: Ian Phillips: iphillip987@gmail.com

Cards: Helen Hardman: hhardman54@gmail.com

Casual Dining: Ros Argent

Fine Dining: Haven't quite got going yet

Walking Group: Peter Dalrymple p.dalrymple@bigpond.com & Peter Baird
lindapeter.baird@outlook.com

Whiskey Appreciation: TBA

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

As a member of one of our groups, we care about your wellbeing. Should you be expected at an event and can't make it, please contact the leader, just so we know that everything is ok.

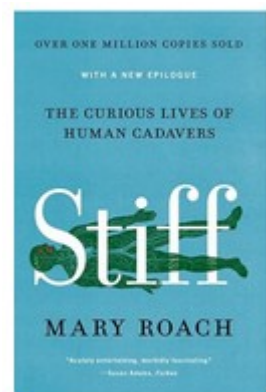
A huge thank you to the leaders who have started their group's activities. Our activities keep us moving, connected and entertain and inform us. They're important for our wellbeing. Without our leaders we'd be left floundering. So thank you to those who put their hands up.

We'll be having lunch on August 15th after our meeting. If you'd like to join in please send me an email by 13 th August to be added to the list.

Book Club

Book Club meets 2nd Wednesday of the month. It's casual group of like minded readers sharing about the book that they are currently reading. No time pressures to read a book, no specific agenda of books selected. New members welcome.

Looking for your next read? *Stiff: The Curious Lives of Human Cadavers* by Mary Roach





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Casual Dining is off and running!

A great lunch was held at The Malvern Hotel.



Walk N' Coffee is proving to be a great success. Approx seventeen people showed up for the July walk – we had such a great time we forgot to take a picture! Thanks to the Two Peters for organising this activity. BTW it's a gentle walk – and you also have the option of meeting up with the group at the meeting point ... then getting an early start on your coffee.

Book group did a quick trip to The State Library



Call for Future Groups

Call out to any Crafty people

Do you have a craft that is portable? Would you like to meet up with like minded crafty people for a crafting session?

Email Julie Wurf and we'll see if we can make this happen jayb.wurf@gmail.com

Is there an activity you would like to see in the club that hasn't been started up yet? Contact Julie Wurf to add a note in the next newsletter/sign up sheet and see how many people would like to join in.

All you need to do is keep an attendance sheet, book your venue and let Julie know so it can be added to the newsletter. Edda can add it to her list



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MEMBERSHIP REPORT

Glen Iris Probus Club now has 48 members and we will hopefully have over 50 members after our August meeting. Two new members Julie-Anne Ashby and Alison Tokita will be inducted at this meeting.

A big 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. 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. I will be an apology for the September and October meetings due to a trip to Europe. Rosemary Rose will be Membership and Welfare Officer while I am away.

Bronwyn Fitzgerald
Membership and Welfare Officer

Notice from the Newsletter Officer

As our activities take off can I ask that all leaders email me the details of their activity for inclusion in the newsletter calendar. I know we are getting WhatsApp up and running, and while I'm on a number of groups I'm not going to be on all of them.

I need a date for your activity and the name of the leader so members know who to contact.

For bigger activities (for inclusion in the newsletter) I will need date, time, venue and an address. And cost if needed

Activity details need to be emailed by the end of each month

TIA
Julie



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August Diary

- Fri 1 Afternoon coffee Degani Cafe 225 Waverley Rd, Malvern East 2pm
- Fri 15 Club meeting St James Church Hall 1461 High St Glen Iris
- Lunch at Caulfield Racecourse Hotel after the meeting – contact Edda to be added
- Fri 22 Walk n' coffee Hedgley Dene 10am -with coffee after at Little Chloe on Malvern Road at 10.30am. Contact Peter Baird for the meeting point for the walk.
- Sat 23 Culture Group – Malvern Theatre The Humans 2pm Contact Ursula
- Fri 29 Card Group Private home - Anne Williams 2- 4pm

** August Probian Peddlers deferred til late in the month

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
- Wed 10 Book group 2.30 Venue TBC contact Ros Argent if you wish to join
- Fri 19 Club meeting St James Church Hall 1461 High St Glen Iris
- Lunch at Caulfield Racecourse Hotel after the meeting – sign up sheet at Aug meeting
- Fri 26 Walk n' coffee Venue TBC
- Card Group Private home - Anne Williams 2- 4pm
- Sat 27 AFL Grand Final Day

PLEASE NOTE

No book group in August

Sign up sheets at the August meeting for

- September lunch after the meeting
- Christmas lunch

**** note we have cancelled the Friday afternoon coffee at Degani Cafe – it appears to be a bad time for everyone. An alternative should be found soon.



Christmas Lunch

Riversdale Golf Club
200-280 Huntingdale Rd, Mount Waverley VIC 3149
\$80 a head for a two course lunch



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Sign up sheet at meetings

Meet and Greeters: Joan Goode, **Another helper needed**

Membership: Bron Fitzgerald, Rosemary Rose

Raffle: Lana Levi, Julie Wurf

Newsletters: Valerie Brown

Packing up – all help accepted

Behind the urn: Mark Rehn and Helen Rehn

*** Behind the urn helpers please be there early to set up



Winner: Ursula Craigie

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





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This is an email received from a nearby club – Greythorn (they meet in North Balwyn). There will be a sign up sheet at the August meeting in case anyone is interested.

Greetings,

As I've previously indicated, I'm putting together a substantial party of Probians to attend the musical "Come From Away" being presented by OSMaD.

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

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 11, 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 and Group concession \$45. For a substantial group I've been offered tickets @ \$40 each. (I've reserved 50 tickets for Friday 12 December).

I'd be grateful if you could enquire if members of your club would be interested in joining this extended Probus group and perhaps give me an indication of the number interested so I can, if appropriate, increase the ticket reservation. I'm sure we'll all have a great night.

Regards

Russ

Russ Dawe

Greythorn Probus Club

(Personal: PO Box 6168
Hawthorn West Vic

Phone: 0431 241 600

Email: russ@invybiz.au)



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Chocolate Molten Mug Cake

Serves: 1

Source: Woolworths Fresh Ideas

3 Tbs plain flour
¼ tsp baking powder
2 Tbs raw sugar
1 egg, whisked
1 Tbs extra virgin olive oil
3 Tbs milk
1 tbs cocoa powder
1 Tbs dark chocolate chips

¼ cup Vanilla Bean ice cream

- Add flour, baking powder, cocoa powder and sugar to a 300 capacity mug and mix well.
- Add beaten egg, oil and milk
- Whisk until it forms a smooth batter
- Using a spoon gently stir chocolate chips into the batter.
- Microwave on high for 1 minute and 30 seconds.
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- Serve with a dollop of ice cream

