



COOGEE BEACH PROBUS CLUB

July 2025 Newsletter

A message from your Management Committee:

Community interest in our Club is just wonderful and largely because we are all spreading the word!! We welcomed a couple of new members in our June meeting and have lots of interest from folk who want to join this fantastic group of people. We're still open for new members and encourage you to continue speaking to your friends and neighbours and to invite guests to our monthly meetings or to our lunches, outings and activities. Guests can join us on three occasions to see what we're all about before signing up as a member and it's worth noting that new members now will pay a pro-rata membership fee for the remaining membership period so a definite benefit if they want to sign-up.

We're busily establishing our interest groups based on your wonderful ideas for what can keep us active and socially engaged. That's what this is all about – having fun!! We thank you again for your enthusiasm in developing new ideas for our Club and feel free to email us with any further suggestions – we'd love to hear them!!

secretarycbprobust@gmail.com

We also encourage you to sign-up for Probust's free e-newsletter – Active Retirees. It's a fantastic read for those that are already retired and those transitioning to retirement or semi-retirement. <https://probussouthpacific.org/forms/display/newsletter-signup>

We're looking forward to seeing you all at the meeting on July 8th 2025 – or hopefully sooner for lunch, out walking or on our next outing to the Garvan Institute!!

Club Business

Thanks to Dorothy we can now all pay fees and amounts due for meetings and activities electronically. Of course, you can continue to pay cash but please note that you will be charged a small transaction fee for any payments made electronically.

Welcome to our Club website. Just by visiting the site you can find information about the Club and the Standing Resolutions, the programme of upcoming events and activities, our interest groups, copies of newsletters and who to contact if you want more information or have ideas for future events. We encourage you to take a look and give us feedback <https://www.probussouthpacific.org/microsites/coogeebeach>

We're also establishing a WhatsApp group so that we can communicate quickly with each other, particularly useful for last minute changes to planned events or where the weather conspires against us. Plus we are structuring social media pages which we can use for promotional purposes.

Just a reminder that we also have a new home!! Going forward we will be meeting at **11.00 a.m. on Level 2 of the Coogee Legion Ex-Services Club at 200 Arden Street, Coogee**. We have secured a lovely space in the Club and we thank the Directors and Management of the Legion for their generosity and support!! Just be aware that it is a Registered Club so if you're not a member, you will need Photo ID to sign-in on the day or possibly explore the benefits of becoming a member <https://www.coogeelegionclub.com.au/the-club/>.

Management Committee

Helen Coggan
President

M: 0400 399 533

Tony Carr
Vice President
M: 0400 194 233

Mary Crumblin
Secretary
M: 0418 603 766

E: secretarycbprobust@gmail.com

Dorothy Evanoff
Treasurer
M: 0414 991 532

Dolores Brooker
Outings and Activities Officer
0488 397 716

Pam Harvey
Activities Officer
0419 333 530

Rosemary Skinner
Assistant Secretary and
Welfare Officer
0412 608 852

Sharon James
Newsletter Officer
0435 115 039

Helen Bofill
Guest Speaker Officer
0412 693 047

Catherine Doolan
Membership Officer
0409 516 800

Sue Sternberg
General Committee
0408 285 473

Publicity Officer
Vacant

Quote of the Day

"Age is just a number. It's totally irrelevant unless, of course, you happen to be a bottle of wine."

(Joan Collins)

Hot off the press!!

Lunch at the Belvedere Hotel was a lovely occasion. Eight of us took refuge from the pouring rain and windy conditions to enjoy a lovely Mediterranean-themed lunch and few beverages. The Hotel staff were fantastic and it could well be a returning venue in future so watch this space – or simply try it for yourself!!

<https://thebelvederehotel.com.au/>

Note that the day out to Cockatoo Island was postponed until we get back to warmer weather so keep an eye on the

Upcoming and Recurring Club Activities section of the newsletter and website for the new date

Interest Groups

Book Club

Our first meeting will be at the Bat Country on the Spot (opposite the Ritz Cinema) on Tuesday 24th June at 11.30 a.m. In this meeting we will be agreeing the format of the Club plus the place, time and frequencies of meetings. It's a quirky little bar and they serve food and drinks all day so come along and join us over coffee and a nibble to get the ball rolling!!

Movie and Live Shows Club

Our first meeting will be at X74 Café at 10 Bream Street Coogee (near Carrington Road) on Tuesday 17th June 2025 at 11.00a.m. We will be discussing what's coming up in the world of entertainment and the meeting places, times and frequencies for the Club. X74 does a lovely all day breakfast and sweet treats so come along for coffee and let's make plans to get the popcorn popping!!

Other Groups

We are also in the progress of establishing several other Group and Clubs so looking for interest in participating in one or more of the following;

A Photography and Art Club – got an eye for beautiful things and capturing them on film or canvas? Or do you just want to admire the efforts of other people that can do that? Or are you thinking of taking up a new hobby? If you answered “yes” to any of the above then the photography and art club could be your thing. Let us know and we'll put you in touch with other people that share your passion!!

Golf Club (no pun intended!!) – be it a bucket of balls at the driving range or an actual round of golf? Or perhaps you want to take up golf as a hobby? You decide how you want structure it but we have several like-minded members who are interested in establishing a golf club. Let us know and we can make it happen!

Extended Walking Club – this is a separate group to the monthly scenic walks so we're gauging interest to see how many people would like to meet up for a regular walk and coffee.

“Si Mangia a Tavola” Recipe/Food Club

Don't we all enjoy good food? Why not share our favourite recipes and food tips and at the same time, create our own little CBPC cookbook?

Got something else in mind? Contact Pam on 0419 333 530 or E: secretarycbprobud@gmail.com

Guest Speakers

Huge thanks to Helen Bofill who has developed an interesting programme of people and groups to attend our meetings.

Our guest speaker in June was Geoff Rayner, a recently retired Superintendent of the Aviation Rescue Fire Fighting Service out at Kingsford Smith Airport. What a valuable service these people provide to the travelling and indeed the broader community. Who knew that these fine folk also respond to emergencies immediately outside the airport perimeter or that they are the first responders for medical emergencies and incidents in and around the airport itself. Most people run away from danger so we all owe a huge debt of gratitude to those that run towards it!!

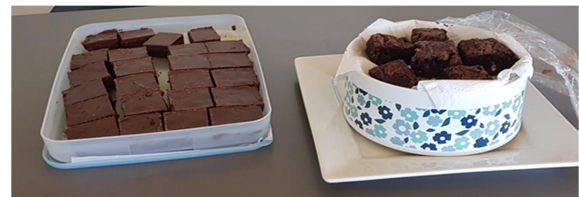
For more information, go to their website

<https://www.airservicesaustralia.com/about-us/our-services/aviation-rescue-fire-fighting-service/>

Our speaker in July will be Bill Avery who will be sharing his knowledge and enthusiasm for fabulous walking experiences in Sydney, including a few hidden gems to explore!!

Thanks!!

A big thanks to Helen C and Mary for our morning tea treats in the June meeting. Fantastic!!



Do you want to share your delicious delights and recipes with the Group at morning tea? Please let us know

Where to find us!

Join us on the second Tuesday of the month at 11.00a.m on Level 2 at Coogee Legion Ex-Services Club, 200 Arden Street, Coogee

Upcoming Meetings

08/07/2025 at 11:00 a.m.

12/08/2025 at 11.00 a.m.

09/09/2025 at 11.00 a.m.

14/10/2025 at 11.00 a.m.

There is a \$5.00 fee for each meeting and please consider bringing your own reusable cup for morning tea!! We will also be enjoying lunch at Coogee Legion Ex-Services Club after each meeting (this is a self-funded lunch).

Got something you want to share?

Just contact your **Newsletter Officer** if you have something you would like to be included in your newsletter!!

Coogee Beach Probus Calendar of Events						
June 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Monthly Probus Meeting at 11.30am	11	12 Walk from CQ to Barangaroo - meet at 10.00am at Wharf 6	13	14
15	16	17	18	19	20 Lunch at the Shakespeare Hotel at 1.00pm	21
22	23	24	25	26	27	28
29	30 Garvan Institute - meet at 9.45am + coffee at Tropicana	1	2	3	4	5

Coogee Beach Probus Calendar of Events						
July 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8 Monthly meeting 11.00am Coogee Legion Club	9	10 Monthly walk - Harbour Bridge. Meet at Milsons Point	11	12
13	14	15	16	17	18 Monthly lunch - venue to be advised	19
20	21	22	23	24	25	26
27	28	29	30	31 Opera House - Meet on Lower Concourse at 10.15am	1	2

Coogee Beach Probus Calendar of Events						
August 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12 Monthly meeting 11.00am Coogee Legion Club	13	14 Monthly walk - venue to be advised	15 Monthly lunch - venue to be advised	16
17	18	19	20	21	22 Guided tour of NSW Parliament	23
24	25	26	27	28	29	30

Upcoming and Recurring Club Activities

Please note that all lunches or coffee dates are self-funded

Monthly Lunch – contact Sharon 0435 115 039

Our next lunch will be at the Shakespeare Hotel on Devonshire Street, Surry Hills on 20th June 2025 – meeting at 12.30pm for lunch at 1.00pm. Getting there – Light Rail to the Surry Hills tram stop and a short 2 minute walk to the pub

Save the Date!! Friday 18th July at a venue to be determined but looking at a Christmas in July theme!!

If you have a favourite venue we could try then please tell us!! secretarycbprobus@gmail.com

Upcoming and Recurring Club Activities (cont'd)

Please note that all lunches or coffee dates are self-funded.

A big thanks to Dolores and Pam who have some great outings organised for us so let's get out there and start enjoying our wonderful City!!

Monthly Scenic Walks

Thursday 12th June 2025 – a wonderful scenic walk from Circular Quay to Barangaroo. Meet at 10.00 a.m. at Wharf 6 on Circular Quay and we'll meander around the Harbour shore to Barangaroo where we will enjoy coffee or lunch though the walk can also be extended if you feel like stretching your legs. Contact Dolores on 0488 397 716

Thursday 10th July 2025 – enjoy a really iconic walk across the Harbour Bridge. Meet at 10.00 a.m. at Milsons Point Station (near the exit barriers) then head south to enjoy fantastic views of our beautiful harbour and a visit the Historical Big Dig Archaeology Site at the Rocks. Note that lifts are also available at each end of the walkway so you can take in beautiful views of the harbour. We will also enjoy coffee or lunch at Pancakes on the Rocks. Contact Dolores on 0488 397 716

Outings and Day Trips

Monday 30th June 2025 – it's not too late to put your name down for a complimentary guided tour of the Garvan Institute. Meet at 9.45 a.m. in the foyer for the 90-minute tour then perhaps stay on for coffee/lunch at the Tropicana Caffe? Contact Dolores on 0488 397 716

Thursday 31st July 2025 – join a tour of Sydney Opera House. Limited to 10 people at \$38.00 p/p and we still have a couple of places up for grabs. Meet at the Welcome Centre on the Lower Concourse at 10.15a.m. for a 10.30a.m. start. Payment is due at the July 8th 2025 meeting. We'll also be stopping off for lunch afterwards so watch this space for more details closer to the time. Note that bags will be cloaked in the cloakroom/bag drop at the Welcome Centre. Contact Dolores on 0488 397 716

Friday August 22nd 2025 – a guided tour of NSW Parliament at 11.00am. More details closer to the time. Contact Dolores on 0488 397 716

Monday 22nd September 2025 – A full-day bus trip to Bowral for the Tulip Time Flower Festival. We're still working through an itinerary but looking at an 8.00a.m. departure time from Coogee and returning by 4.00 p.m. The day will include morning tea in Mittagong and lunch at the Scottish Arms in Bowral. Cost will depend on numbers but to give you an idea, bus hire is \$217 and there is also a charge of \$12.23 p/p for a visit to Corbett Gardens. Contact Dolores on 0488 397 716 to register your interest or for more information.

But if you can't make an event ...

We all know that life happens!! But please remember to let us know if you have committed to an event but cannot attend.

What else is on the horizon?

We are trying the line-up wine tasting, barefoot bowls, trivia and a Christmas function. Let us know what you want!! Contact Dolores or Pam or email us at secretarycbprobus@gmail.com