



COOGEE BEACH PROBUS CLUB

September 2025 Newsletter

A message from your Management Committee:

Wow!! We are welcoming new members and visitors all the time and our email is running hot with enquiries. Well done to everybody for spreading the word and making our Club a success in such a short period of time!! We still have room for more so we encourage you to continue to spread the word and to invite guests to our monthly meetings or to our lunches, outings and activities. Guests can join us on three occasions before signing up as a member - and it's worth noting that new members will pay a pro-rata membership fee for the remaining membership period so there's a definite benefit if they want to sign-up in the coming months.

The meeting on August 12th 2025 was followed by a another enjoyable lunch on Level 1 of the Coogee Legion Ex-Services Club – 20 people just enjoying good food and good company, everything that Probud is meant to be. Let's see if we can encourage a few more people to stay on for lunch after the next meeting and again, our continued thanks to the Board and Management of the Coogee Legion Ex-Services Club for their ongoing support.

We've got lots of exciting things on the horizon so keep reading ... and remember that our Club and groups are for everybody so just come along if you see something that interests you!! We're still hopeful that somebody will take a lead with the Golf and Art Clubs and we are here to help you get things started. We also love hearing your ideas for our Club so email us with any further suggestions for shared interest groups, activities and outings - E: secretarycbprobud@gmail.com

Did you know that Probud offers a lot more than just friendship and fun? Under the Member Benefits Scheme you can access discounts and special offers just by producing your Probud Membership Card. Take a look at where you can save on everything from travel, insurance, entertainment and health and lifestyle products ...
https://probudsouthpacific.org/pages/members_offers_member_benefits_scheme

We also encourage you to sign-up for Probud'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://probudsouthpacific.org/pages/about_active_retirees_digital_subscriptions

We're looking forward to seeing you all at the meeting on 9th September 2025 – or hopefully sooner for lunch at the Shakespeare, out walking in Monterey or on our next outing to the NSW State Parliament!!

Club Business

We're still holding onto a number of Membership Cards and name badges so try to come along to the next meeting and see Cate to claim yours!

Just a reminder that we are not accepting cash for day trips, outings and other pre-paid events. You can either pay direct into our bank account (see details below) on or before the due date or alternatively, you can pay electronically at our meetings but note that this method of payment will incur a small transaction fee.

Account Name - Coogee Beach Probud Club Inc
BSB 633 000 - **Account Number** 229 915 442

Go to the Club website for more information about us and we encourage you to take a look and give us feedback <https://www.probudsouthpacific.org/microsites/coogeebeach>

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: secretarycbprobud@gmail.com

Dorothy Evanoff
Treasurer
M: 0414 991 532

Dolores Brooker
Outings and Activities Officer
0488 397 716

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

Cate Doolan
Membership Officer
0409 516 800

Sue Sternberg
General Committee
0408 285 473

Publicity Officer
Vacant

Quote of the Day

"Aging is an extraordinary process where you become the person you always should have been."
(David Bowie)

Hot off the press!!



The walking group enjoyed a stroll from Matraville to La Perouse and then back again. Despite an overnight downpour, the morning turned out perfectly for a scenic walk and coffee.



The Entertainment Club also had their first outing to the Ritz where they enjoyed a viewing of "Four Letters of Love" from the Niall Williams novel. A beautiful story and a wonderful cinematic adaptation. Go see it!!

Sue and Dolores walked across the Harbour Bridge and visited the Big Dig in the Rocks before spending what sounds like a lovely afternoon at Pancakes on the Rocks.

Guest Speakers

Our guest speaker in August was Susan Ackroyd who shared some interesting insight into how our most well-known nursery rhymes mirror history with many originating as political satire of the time. Who knew that Humpty Dumpty was actually, a very powerful cannon during the English Civil War? Or that the three blind mice are thought to be persecuted clergy? Let's not even get started on the deep and dark origins of "Ring a Ring O' Roses"!! A fascinating and entertaining talk!! <https://www.susanackroyd.com/>

Our speaker in September is Peter Swan from Bendigo & Adelaide Bank who will give us some useful and timely tips about spotting financial scams and what we can do to protect ourselves!!

Do you know someone who could be a guest speaker? Or do you have a story to share with us? Contact Helen Bofill and have a chat!!

Where to find us!

Join us on the second Tuesday of the month at 11.00a.m. on L2 at Coogee Legion Ex-Services Club, 200 Arden Street, Coogee

Upcoming Meetings

09/09/2025 at 11.00 a.m.
14/10/2025 at 11.00 a.m.
11/11/2025 at 11.00 a.m.
09/12/2025 at 11.00 a.m.

There is a \$5.00 fee for each meeting (cash accepted) and please consider bringing your own reusable cup for morning tea. We will also be enjoying lunch at Coogee Legion Ex-Services Club for those that want to hang around after the meeting (optional a self-funded lunch)

Coogee Legion is a Registered Club so non-members will need Photo ID to sign-in on the day ...or why not make explore the benefits of being a member?

<https://www.coogeelegionclub.com.au/the-club/>.

Morning Tea



Thank goodness morning tea calories don't count!! A huge thanks to all the bakers for a wonderful spread at morning tea and well done to those that displayed true Probian spirit and braved my pastry ...

Fancy sharing some of your delights at the next morning tea?

Interest Groups

Everybody is invited to participate in our groups so just come along if you see something you think you would enjoy!!

Save the Date(s)

Book Club - 19th August, 2025 at 11.30 a.m

Walking Group – 20th August 2025 at 9.30 a.m.

"Si Mangia a Tavola" – 27th August 2025 – Lunch at Doyles

Walking Club

Meet at 9.30 a.m. in the car park opposite the Solander Hotel in Monterey on Wednesday 20th August 2025. We will be walking to "Kiss the Barista Café" in Sandringham for a well-earned coffee break before heading back to the Solander - about 50 minutes each way. The walk is flat and easily accessible so suitable for all!!

Book Club

Our next meeting will be at 11.30 a.m. on 19th August 2025 at the Royal Hotel in Randwick. There are a lot of good reads about so come along and join us over some drinks and nibbles to discuss what we've been reading. We're also compiling an online library of book recommendations so that we can share, swap and recycle our favourite books.

Entertainment Club

Watch this space for information about upcoming movies, stage shows and plays or do you already have a movie, show or other fun ideas in mind? Feel free to share them with us on our WhatsApp group chat

Art Club – do you like wandering around galleries or finding a nice spot to sketch or do you just want to capture that special moment on film? We have quite a few people that feel the same so let's get together and plan some days out!!

Golf Club - a bucket of balls at the driving range or an actual round of golf? Or maybe aspirations of a CBPC invitational day? This idea was floated via the suggestion box during the June meeting so let's see if we can get this off the ground in time for the return of the warmer weather!!

"Si Mangia a Tavola" Recipe and Food Club

Sharing food experiences and favourite recipes with friends

Lunch at Doyles on The Beach 27th August 2025 – last chance to enjoy the Winter Specials with a great view of the Harbour so let us know via WhatsApp if you want to join us as we'll need to book <https://www.doyles.com.au/doyles-on-the-beach-restaurant/winter-specials-menu/>

Got something else in mind? E- secretarycbprobus@gmail.com or contact us via our WhatsApp group

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	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
Monthly meeting 11.00am Coogee Legion Club Book Club - 11.30 a.m. at the Royal Hotel in Randwick Walking Club - 9.30 a.m. at the carpark opposite the Sclander in Montserrat Lunch at the Shakespeare Hotel Surry Hills - 1.00 p.m. Guided tour of NSW Parliament - 10.30a.m.						

Coogee Beach Probus Calendar of Events						
September 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
Monthly meeting 11.00am Coogee Legion Club Full Day Trip to Royal Tulip Time Festival - 9:00 a.m to 4:00 p.m. Lunch at a venue to be determined. 1.00 p.m.						

Coogee Beach Probus Calendar of Events						
October 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
Monthly meeting 11.00am Coogee Legion Club Lunch at a venue to be determined						

Upcoming and Recurring Club Activities

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

Remember to register your interest in attending lunches and outings as this enables us to contact you if plans change.

Monthly Lunch - contact Sharon 0435 115 039

Our next lunch will be at the newly renovated Shakespeare Hotel at 200 Devonshire Street on Friday 15th August 2025 – meeting at 12.30 p.m. for lunch at 1.00 p.m. Getting there – Light Rail to the Surry Hills tram stop and a short 1 minute walk to the pub. Top-notch pub food in a lovely iconic venue!!

Our September lunch will be on 19/09/2025 at a venue to be determined so keep watching this space and also the website

Activities and Outings - contact Dolores on 0488 397 716

Friday August 22nd 2025 – a guided tour of NSW Parliament at 10.30a.m. Meet on the corner of Martin Place and Macquarie Street at 10.00 a.m. - please note that entry into Parliament is via a security screening station. Lunch to follow at the Public Café (a reservation has already been made) or you may choose to fine-dine at Strangers Restaurant. Please advise Dolores by 18th August 2025 if you wish to attend.

<https://parliamentarycatering.com.au/experience/strangers-restaurant/>

Life happens!! What if you can't make an event?

Please let us know if you have committed to an event but cannot attend. Either contact the organiser or message on or WhatsApp group

What else is on the horizon?

Watch this space for information on trivia but also what else you want? E - secretarycbprobus@gmail.com or contact us via our WhatsApp group

"Tis (nearly) the Season to be Jolly "

We have some wonderful festive treats lined up so save the dates and watch this space for more details closer to the time!!

Friday 14th November, 2025 – the Lindesay House Christmas Gift Fair at Carthona Avenue, Darling Point. There's a free shuttle bus from Edgecliff Station and a small \$5 entry fee but you will be the best Santa ever with some wonderful unique Christmas gifts. <https://www.nationaltrust.org.au/event/lindesay-christmas-gift-fair-2025/>

Thursday 27th November, 2025 – The "CBPC Jingle and Mingle" drinks and nibbles evening at a venue to be determined. P/P fee for finger food and buy your own drinks. We're asking for interest now so that we can book a suitable venue – and lots of places are already booked - so please advise me by 31st August 2025 if you intend to join us and if you want to bring a partner or friend

Friday 5th December, 2025 – Our monthly lunch at a venue to be determined. Meet-up for a wander around the wonderful Christmassy QVB (optional) and then onto lunch!!

Tuesday 9th December, 2025 – a Christmas-themed morning tea to kick-off our final monthly meeting of the year.

Got something you want to share?

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