

Grey Matter

September 2025



Newsletter of the Greythorn Probud Club

Post: PO Box 85, Balwyn North, 3104

Email: info@greythornprobud.org.au

Web: <http://www.greythornprobud.org.au>



Judy's Journal

Greetings everyone from Coffin Bay, SA, where we have just waded out into the bay & shucked Pacific oysters. We then washed them down with a Prosecco or Corona.

It's a hard life but someone's got to do it & we're doing it for Greythorn! Tonight we're at Ceduna & whale cruising tomorrow.

Now it's tomorrow & I can confirm we saw so many whales with their calves we lost count!

What a fantastic trip!

Welcome to Spring & a month of Friendship, Fellowship & Fun with Greythorn Probud.

Looking forward, October is Boroondara Seniors Festival Month & Probud Month. Your committee are organising a special morning for our October 14 general meeting & asks that all our members endeavour to bring along a visitor.

Ps. . . have you thought of coming on board & joining our committee?

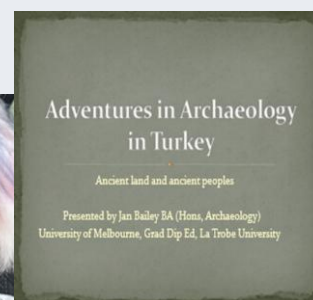
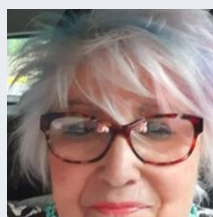
It's not scary, we're not running BHP & we need you!! Especially a Vice President, have a think about it (not for too long!) & give me a call.

*Best Wishes
Judy*

SEPTEMBER GENERAL MEETING

**Tuesday 9 September 2025 commencing
@ 10.00 a.m. will be held at
The North Balwyn Uniting Church Hall,
Duggan Street, North Balwyn**

**Our Guest Speaker is
Jan Bailey**



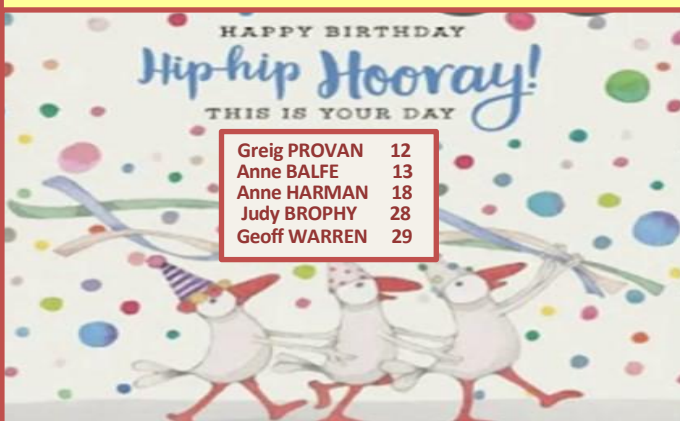
The title of Jan's talk is "Adventures in Archaeology in Turkey: Ancient Land and Ancient Peoples" which will describe the day-to-day life of an archaeologist on a dig. Two cultures will be talked about: The Kura Araxes group of people who were present in the region for more than 1500 years, from approximately 3000 BC; and the Urartian Empire, which dominated the region for 250 years from approximately 900 – 600 BC, before they were wiped out by the Scythians.

Jan is a retired teacher from the tertiary sector, who has long been a passionate student of archaeology, achieving her Bachelor of Arts (Honours - Archaeology) as a mature-age student. She works in archaeology, and until the world closed down, would make yearly visits to excavation sites in North-eastern Anatolia – in particular, Sos Höyük (with the University of Melbourne) and Ayanis Kalesi on Lake Van (with colleagues from Atatürk University).

Upon retirement, Jan was able to spend up to six months of each year in Turkey, working on projects with her colleagues, until the dreaded Covid prevented travel.

Jan continues to transcribe Turkish articles for her colleagues, for publication in English in international journals.

SEPTEMBER BIRTHDAYS



Our thanks to our Bendigo Bank Community Bank for their financial support for our 2025 activities

Bendigo Bank

**Community Bank
Inner East**

SEPTEMBER ACTIVITIES

Scrabble	1 st
Committee Meeting	2 ⁿ
Boroondara/ YMCA seniors events	2 nd & 4 th
Solo	4 th
General Meeting	9 th
Canasta	10 th
Boroondara/ YMCA seniors event	11 th
Garden Appreciation— Fitzroy Gardens	12 th
Walking for Enjoyment	15 ^h
Film & lunch	16 th
3rd Sunday Lunch	21 st
Creative Pursuits- State Library	23 rd
Investors	23 rd
Tour & Outings— Hobson Bay	24 th
Book Groups	25 th
Secret Men's Business	30 th

FORWARD PLANNING

Please see table located on page 7 of this newsletter for events scheduled in the following months in 2025.

Welfare

Choking in older adults is a huge thing!!



People over 65 are seven times more likely than toddlers to choke on food. The increased risk is largely due to ageing-related bodily changes, such as loss of muscle mass, which affect chewing and swallowing.

Cut food into small pieces and chew. Concentrate when eating. If you feel yourself choking, call 000.



Marg Steele
Welfare Coordinator

Members are also invited to pass on information about members in need of assistance or support, including those who are ill, had falls etc to the Club's Welfare Coordinator, Marg Steele. Please send information to welfare@greythornprobus.org.au

Scrabble

Monday, 1 September 2025 at 1:30 pm
Host was Liz Jericho.

Monday, 6 October 2025 at 1:30 pm
Hosts are Stanley and Theresa Petzall. Please let them know by Friday 3 October if attending.
Convenor: Glenys Chalk

GREYTHORN PROBUS MEMBERS AT AUGUST EVENTS

MYKI trip & Lunch at Victoria Hotel, Woodend



Walkers



An enjoyable and interesting walk along the Yarra from Fairfield Boathouse to the Flying Fox colony. Lovely day with a cold start. Some walkers missed the start but all enjoyed the coffee at the boathouse afterwards.

French Impressionists + Exotic Kimono Exhibition at NGV



Solo

Thursday, 4 September 2025 @ 1.30 pm

The Solo group host on 4 September was Joan Teele.

Thursday, 2 October 2025 @ 1.30 pm

Janet Cook will host this game. Please contact Janet to let her know if you intend to play.

Convenor: Denise Powell

Canasta

Wednesday, 10 September 2025 @ 1.30 pm

The September Canasta will be held at Ann Price's home. Please advise Ann if attending.

Convenor: Denise Boschetti

Garden Appreciation

Friday, 12 September 2025 @11:00am

Fitzroy Gardens, Wellington Parade East Melbourne

These historic and beautiful gardens are full of spring colour – daffodils, cyclamen, cineraria, pansies, primula etc.



There are many other historic attractions and, of course, the conservatory display. Maps and information will be provided and you may choose what you wish to see.

Meet at Kerekere Green Café at 11:00am. Trams 75 and 48 travel along Wellington Parade. Stop 10, Jolimont Rd, is the closest to the café.

Lunch will be at Kerekere where they mainly serve a variety of toasties.

Friday 17 October 2025—Government House Garden

The members who have tickets for this outing will be advised of the details by email. For more information and background on these important gardens please click [here](#)



There is a waiting list so add your name if interested – and if you're on the list - or think you might be – please contact Liz to either confirm or cancel.

Lunch has been booked at the Tea Room in the Arts Centre.

Thursday 20 November 2025 - Duneira House & Garden, Officer Lane, Mount Macedon @ 10.30am

A tour has been arranged for this historic house and garden to start at 10:30am. Please ensure your name is on the list at the General Meeting



Tour length: 1hr:45min – 2 hrs

Cost \$35 – pay on the day either cash or card.

Lunch will be at the Macedon Village Hotel, Cnr Smith & Victoria Streets., Macedon Village

Convenor: Liz Dawe

REMEMBER FOR ALL MEETINGS and ACTIVITIES

Your **Name Badge**, Probus medical card, comfy shoes, hat, sunscreen, phone and coat (rain possible).

GREYTHORN PROBUS MEMBERS OUT AND ABOUT IN AUGUST

Visit to Maranoa Gardens



A beautiful day for a visit to these wonderful gardens – probably the oldest Australian natives garden in the southern hemisphere. Some of the group lunched at Olive Lane in Balwyn after the tour.

Tour to the Great Australian Bight



Cowell SA Having a good time

Sunrise in Whyalla



Walking for Enjoyment

Monday, 15 September 2025 @ 10.00 am

Ruffy Lake Circuit Doncaster

Meet in the car park off the Boulevard. Must enter the Boulevard from George St, Doncaster. **Melway 33 F10.** Coffee to be decided.

Convenor: John Astle

Film Luncheon

Tuesday, 16 September 2025—Palace Cinema, Balwyn

Film and time will be announced at the Probus Meeting .



PLEASE HAVE CORRECT MONEY (\$12.00) IN NAMED ENVELOPE..

Optional lunch at East & Co following film.

Convenor: Joan Teele

Discussion Group

Tuesday, 16 September 2025

DISCUSSION GROUP A NEW SEGMENT THIS MONTH

"DID YOU KNOW..."

THIS IS A SPOKEN PRESENTATION OF ABOUT 30 MINUTES.

Dr Anthony Fauci was the Director of America's National Institute of Allergy and Infectious Diseases for nearly four decades, during which time he not only helped study, treat and prevent viruses such as HIV/AIDS and Covid-19. He also advised seven US Presidents, from Ronald Regan through to Joe Biden. And his complicated relationship with President Donald Trump.



Fauci in 2023



TO ACCESS THIS TALK- SCAN THE QR CODE. OR USE LINK

<https://tinyurl.com/rgp-probus>

AND HOPE TECHNOLOGY WORKS-OR RING ROY

Convenor: Roy Price

Do you order your cappuccino "extra hot"?



Sure, a warm beverage is comforting, particularly in winter (my fingers are freezing as I type this), but if you regularly down scalding hot drinks, you could be putting your oesophagus at risk of cancer.

A study of half a million adults in the United Kingdom has confirmed the link between drinking lots of hot coffee or tea and oesophageal cancer in a Western population. Previously, we mainly had evidence from South America where people enjoy the herbal drink maté at about 70°C.

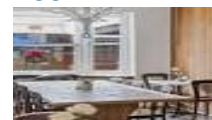
It doesn't actually matter what type of beverage it is – the problem lies with temperature. The International Agency for Research on Cancer has classified hot drinks above 65°C as "probably carcinogenic to humans".

But why? It's likely to do with regular damage to the cells that line the oesophagus, leading to cancer over time. If you're now reconsidering your coffee order, researchers have tips on how to enjoy hot drinks safely—and why the size of your sip matters, too.

3rd Sunday Lunch

Sunday, 21 September 2025 @ 12 noon

Venue: Between Us
141 Maling Road,
Canterbury 3126



For bookings contact Diane O'Brien by Friday 19th September.

Convenor: Diane O'Brien

Investors

Tuesday, 23 September 2025 @ 7.30 pm

The next meeting will be at Greythorn Hub on Tuesday 23rd September at 7.30pm.

Convenor: Charlie Boschetti

Creative Pursuits

Tuesday, 23 September 2025 @ 10.30 am

State Library - Creative Acts - Free
Coffee/Lunch - "Mr Tulk" in Library



Tuesday, 28 October 2025—details TBA
Archibald Exhibition—Geelong Art Gallery

Convenor: Elaine Provan

Book Groups

Thursday, 25 September 2025 @ 2:00 pm

Book group 1

Book Group 1 will meet at 2:00 pm at the Hawthorn Library to discuss *I Was Anastasia* by Ariel Lawhon.

Convenor: Erin Courtney

Book group 2

Book group 2 will meet at Joan Teele's place at 2.00 pm to discuss *Shakespeare - The Man who pays Rent* by Judi Dench. Please let Joan know if you are unable to attend.

Convenor: Lyn Stavretis



Our thanks to Boroondara for their support of our club and its activities



Secret Men's Business



Tuesday, 30 September 2025 @ 9.30 am

The next gathering of SMB aka 'Secret Men's Business' will be a brunch/breakfast held at 'Olive Lane, 69 Doncaster Road, Balwyn North'.

Convenor: Peter Gillett

Dine Out

Thursday, 9 October 2025 @ 12 noon

Due to popular demand, we will be returning to

THE MEAT & WINE CO
482 Riversdale Road
Hawthorn East



for our final 2025 Dine Out
The menu will consist of 2 courses
Main & Dessert and a glass of wine or soft drink.
Cost \$53.00 pp

Payment via EFT (is preferred) by 9th September 2025 to the club's account. Email Ron Johnson, Treasurer once payment has been made.

Tuesday, 2 December 2025 @ 12 noon
(SAVE THIS DATE)



**CHRISTMAS LUNCH AT
GREENACRES GOLF CLUB**

Details to follow in October's Grey Matter.

Convenors: Margaret Cox
Barbara Van Woerkom

Theatre

Grease

Saturday, 18 October 2025 @ 2.00 pm at The Round



Grease with its catchy songs and iconic dance numbers is a most beloved of musicals. Presented by Babirra Music Theatre Company, **the cost is \$54.50** and must be paid by the September meeting at the latest.

The Music of Andrew Lloyd Webber

Wednesday, 22 October 2025 @ 11 am /2.00 pm at The Round

Claire Lyon, star of Phantom of the Opera, will bring songs from the Phantom, Cats, Evita and more from his Broadway shows. **Cost is \$22 pp.**



There are now enough seats for all members on the list for either the morning or afternoon show, giving a total of 39 seats on reserve.

Please pay by the September meeting at the latest.

Here You Come Again

Thursday, 30 October 2025 @ 2.00 pm at The Comedy Theatre



A rollicking new musical featuring Dolly Parton's greatest hits, including *Jolene*, *Islands in the stream*, *I will always love you*.

Tickets have now been finalised and will be distributed at the September meeting.

The Beggars Sing The Seekers

Wednesday, 12th November 2025 @ 11 am at The Round

The Adelaide folk sensation The Beggars recreates the story and music of the Seekers, from their beginnings in Melbourne to the centre of the music world, including all their well-loved hits. **Cost is \$22 pp and must be paid by the October meeting at the latest.**



Convenor: Barbara Mathews

Rotary
Club of Balwyn



Supporting
community
activities.

Tours & Outings



Have Myki, Will Travel

Wednesday, 24 September 2025—Hobson Bay

This month we are travelling on a shorter travel journey to Hobson Bay. We are **meeting under the clocks @ Flinders Street Station at 11am to catch our train to Hobson Bay (Williamstown line).**

We will have lunch **at the Hobson Bay Hotel** and afterwards we can have a stroll around the local area before returning home.

Convenor: Pene Whiteley
Judy Bailey
Vivienne Newman

Friday, 3 October 2025 - Werribee Zoo

Meet at **Boroondara Sports Complex Belmore Road by 8.55am**. Travel time is approx, 1 hour and 20 minutes



On arrival at the Zoo, we will have a 15 minute toilet break before 2 Safari Buses (booked) are taking us on a (40 minute) general tour of the Zoo.

After our tour we will have the option of:

- Catching a bus (not booked) to take you to where the Elephant Enclosure is; or
- take a 15 minute stroll to get there, your time is your own!

There is a café at the Elephant Enclosure bus stop for coffee and lunch.

We need to be at the front gate near the souvenir shop by 2.15pm for our bus trip back to Balwyn arriving 4pm approx.

Payment of \$34 pp is required by latest 9 September 2025.

Convenors: Pene Whiteley, Judy Bailey
Vivienne Newman

NOVEMBER SUNDAY 23rd 2025

**6 DAYS / 5 NIGHTS
NORTH EAST SILO ART TOUR**



We still have some vacancies for this wonderful and adventurous tour and if you would like to join in, you are very welcome.

[Itinerary here](#)

Please let me know if you have any questions

Convenor: Pene Whiteley

**Get ready for a Bright adventure – 5 day Tour
Monday 11 May to Friday 15 May 2026**



We're heading off on an exciting 5-day tour to the beautiful town of Bright:

- **Departure: Monday, 11 May 2026**
- **Return: Friday, 15 May 2026**
- **A full week of fun, fresh air, and exploring!**

More details will be shared soon – including what to bring, where we're staying, and all the great places we'll visit.

A hyper link on this visit can be found at
[2605 Bright itinerary.pdf](#)

Convenor: Judy Bailey

Subscriptions and Payments

Direct Debit (EFT)

Please ***always*** insert your **name** and the **event** in the message/reference area.

Also email the relevant [convenors](#) or [organisers](#) and the [Treasurer, Ron Johnson](#), advising the activity/ies you have paid for into the club account.

**94.1FM
3WBC**

the community radio station for Boroondara,
Whitehorse and Manningham
supports Greythorn Probus Club
Listen to them on 94.1FM

OSMaD Performance 2025

Friday, 12 December 2025 @ 7:30pm.



Be part of our Probus club's large group at the OSMaD performance of the highly regarded musical *"Come From Away"*.

The show is based on the events in the Newfoundland town of Gander during the week following the September 11 attacks, when 38 planes, carrying approximately 7,000 passengers, were ordered to land unexpectedly at Gander International Airport. The characters in the musical are based on actual Gander residents and stranded travellers they housed and fed.

Our club members have been attending the OSMaD productions for many years – and they've all been excellent. While the show is at the Geoffrey McComas Theatre at Scotch College, Morrison St., Hawthorn it is NOT a school show. The cast are "pre-professional" – from public auditions.

We have a special price of \$40 per person for our group – normal individual \$59, group \$45 – We have a reserved block of seats – filling fast.

To be part of this year's outing ensure your name is on the list either at the September General Meeting (or preferably to Russ before then).

Footy Tipping 2025



With but 5 games to go Ros Richmond leads Phil Pitsikas by one and with four tips separating them from the field, one of these two should be the eventual winner. Roy Price holds third place but Judy Lewis and Anne Harman would fancy their chances of snatching a podium finish.

With the finals up for grabs, tipping was difficult in August and there are no perfect scores to report.

A reminder again, our competition continues right through to the Grand Final so its not yet time to remove your thinking caps and put your pencils away.

Our fourth annual Pie Night, (does that make it a tradition?) will be held on Friday 19 September. This is the date of the First Preliminary Final. So, for a night of fun and excitement, put this date in your diary. Further details will be advised later.

Convenor: Peter Harman

OCTOBER ACTIVITIES

As always, remember to check with your organizer/ convenor

for any changes to times, dates or venues.

Solo	2 nd
Tours & Outings— Werribee Zoo	3 rd
Scrabble	6 th
Committee Meeting	7 th
Canasta	8 th
Dine Out— Meat & Wine Co	9 th 1
General Meeting	14 th
Garden Appreciation- Government House Garden	17 th
Theatre— Grease	18 th
3rd Sunday Lunch	19 th
Walking for Enjoyment	20 ^h
Film & lunch	21 st
Discussion	21 st
Theatre— The Music of Andrw Lloyd Webber	22 nd
Book Groups	23 rd
Creative Pursuits- Archibald Exhibition	28 th
Investors	28 th
Secret Men's Business	28 th
Theatre— Here You Come Again	30 th

FORWARD PLANNING

Theatre- The Beggars Sing The Seekers	12 th Nov
Garden Appreciation— Duneira House & Garden, Officer Lane, Mount Macedon	20 th Nov
North East Silo Tour	23 Nov - 6 days
Xmas Lunch	2 nd Dec
Probus Club OSMaD— Come From Away	12 th Dec

OCTOBER GREY MATTER - Important reminder

Please send your details for the **October Grey Matter** to the newsletter mailbox by **Tuesday 30 September 2025**

(newsletter@ grey~~~)

Nelson Alexander

Estate Agents
278 High Street,
Kew 3101

Call Christopher Ewart 0419 897 979 or our office on 9854 8888. cewart@nelsonalexander.com.au



BRING & BUY

Don't forget your donations for our first Bring & Buy table for 2025! .. plants/seeds/bulbs, crafts, books etc & your gold coins for your purchases at the September Meeting.

FREE SENIOR EVENTS ORGANISED BY CITY OF BOROONDARA & YMCA IN SEPTEMBER & OCTOBER 2025

Tuesday, 2 September 2025 @ 10am - 11am followed by morning tea—Kew Library (Phyllis Hore Room)

The Power of Weight-Bearing Exercise Post-Menopause

Join the Y and health coach Denise Mokadsi for a free, empowering session on why weight-bearing exercise is one of the most important tools for women's health after menopause. As hormone levels shift, maintaining muscle mass, bone density, and metabolic health becomes more challenging—but with the right movement strategies, it's absolutely achievable.

To register or for more information on this event , please click on the link

<https://www.eventbrite.com.au/e/the-power-of-weight-bearing-exercise-post-menopause-tickets-1497783614109?aff=oddtcreator>



Thursday 4 September 2025 @ 1:30 pm - 2:30 pm followed by afternoon tea—Kew Seniors Centre

Healthy Brain, Healthy Body is Bolton Clarke's community information session about positive ageing.

Did you know that longevity is 30% due to genetics and 70% due to your environment? Happy people live longer, have stronger immune systems and have improved coping skills. This free one-hour information session will introduce you to the six factors of positive ageing so you can learn how to experience happiness and satisfaction at any age. **To register**

or for more information on this event , please click on the link

<https://www.eventbrite.com.au/e/healthy-brain-healthy-body-tickets-1497800845649?aff=oddtcreator>



Thursday, 4 September 2025 @ 3:00 pm- 4:00 pm with afternoon tea (from 2:30 pm until 3:00 pm) - Kew Seniors Centre

Healthy Eating and Nutrition. "Who could live without flavour? Flavour is pleasure as well as health. It's so vital to life" – Maggie Beer.

Our FREE Healthy Eating & Nutrition community information session will teach you about healthy eating habits, basic nutrition principles and how you can get the most out of your meals every day.

To register or for more information on this event , please click on the link:

<https://www.eventbrite.com.au/e/healthy-eating-and-nutrition-tickets-1497805068279?aff=oddtcreator>



Thursday, 11 September 2025 @ 10:30-12:00 (including morning tea) Kew Library (Phyllis Hore Room)

Wills and Powers of Attorney

Older adults and their adult children may find Wills and Powers of Attorney confusing and lack of information can lead to difficulties and misunderstandings. The Eastern Community Legal Centre runs free information sessions to provide introductory information on Wills and Powers of Attorney to help our community understand these documents and navigate planning for the future. While this session will focus on information provision, the Centre also provides expert advice on elder abuse including financial abuse such as misuse of Powers of Attorney.

To register or for more information on this event, please click on the link:

<https://www.eventbrite.com.au/e/wills-and-powers-of-attorney-tickets-1256183832659?aff=oddtcreator>

Boroondara Seniors Film Festival - October 2025

Join the City of Boroondara for the annual Seniors Film Festival. This popular event returns with new stories to inspire, challenge and connect us with the richness of older adult lives.

Each event includes a feature film and a curated section of Australian and international short films. All screenings are free to attend.



To book your tickets, please click on the link below

[Boroondara Seniors Festival | City of Boroondara](#)