

# Palmerston Combined Probus Club Inc.

Patron: The Honourable Lia Finocchiaro Deputy Opposition Leader & Member  
for Spillett

Club Number 9003978

Accreditation Number 2489

Founded 18<sup>th</sup> October 2012

Postal Address: PO Box 3460 PALMERSTON NT 0831

Sponser Club: The Rotary Club of Litchfield/Palmerston Rotary International District 9550

## *For Active Retirees*



Meet at Cazalys Palmerston Club  
On 3<sup>rd</sup> Thursday of each month  
at 10.00am for 10.30am  
(Unless otherwise advised)

*Visiting Probians, Members Guests and  
Prospective Members always welcome*

2019-2020 Probus South Pacific Limited Chairman  
2019-20 Palmerston Combined Probus Club President

Margaret Drake  
Jim Wright

## *Around the Water-tower*

*PROBUS is an association of active retirees who join together in clubs. Its basic purpose is to provide, for its members regular opportunities to keep their minds active, expand their interests and to enjoy the fellowship of new friends.*

<i>Emails:</i>	<i>President:</i>	<i>jimwright107@bigpond.com</i>
	<i>Secretary</i>	<i>marilyn1974@gmail.com</i>
	<i>Treasurer</i>	<i>ibondnt@gmail.com</i>

*Friendship, Fellowship and Fun*

**Volume 08 Issue 11 December 2019**



### **December Potpurri**

The Festive Season is upon us already!

Started last month with the Melbourne Cup Luncheon which saw most of us miss out on the sweep prizes. Not much in the way of winnings by members either from what I hear but, wasn't it great to see an Australian horse win.

We did not do as well as usual at the Tea and Trivia night – the tea was great but, our Trivia effort was dismal in November. A reminder that Golf is now in recess until March or April next year – the weather has become just too hot, humid and plain uncomfortable to play any of the courses.

For those who have booked, our Christmas Dinner is coming up – on Thursday 12<sup>th</sup> December at Howard Springs Tavern.

The Committee met last month as usual and Jenny has planning for next year well under way but, is still looking for responses to her Survey for new and fresh ideas.

The 'occasional' Past and Current Presidents Meeting has been cancelled until next year, but our group of local clubs are close enough both physically and through interaction that this will not be an inconvenience. Plus, I will be visiting each of the other clubs in December (*with Rotary Cakes and Puddings for delivery and sale as you probably found out at our last meeting!*).

We need a few more members to put their names down for attendance at the January 'Aussie Barbecue' meeting at Gwen's place so that all can enjoy some New Year Friendship, Fellowship and, with the 'reprise' of Jack and the Beanstalk, some Fun.

I hope those who have been hospitalised or been otherwise poorly over the last month are back on their feet, or at least well on the road to recovery and back with us very soon.

I would like to wish all of our members a Safe and Happy Christmas and hope the New Year brings health, wealth and happiness to



all. *Merry Christmas and a Happy New Year Everyone!*

*Jim*

## *Senior Snippets*

- NT Senior Recognition Scheme – new payment option, introducing prepaid card \$500
  - For members with unused travel vouchers from December 2017
  - All other members effective from 1 July 2020
  - Cover travel, accommodation, fuel from approved merchants
  - NT approved business list will be available through [www.ntconcessions.nt.gov.au](http://www.ntconcessions.nt.gov.au)
  -
- Palmerston Regional Hospital (PRH) – has 116 beds and cover a range of services.
- Royal Darwin Hospital – Consumer Feedback 2019 details covering 5 sections
  - Compliments 122 with suggestions and enquiries 43
  - Complaints 117 with 71.6% acknowledgement within 5 days
  - Most common issues – Communication/Information
  - Ron the Flagman is in RDH Lorraine Brennan section these are short-term accommodation like a good motel room.
  -
- Older People – should up their exercise level to help cut their risk of heart attack and stroke – new research suggests.
- 
- Portrait of a Senior Territorian Art Award -The Portrait of a Senior Territorian Art Award and exhibition celebrates the significant contributions senior Territorians make to our community and recognises outstanding Territory artists. The 2019 exhibition will be hosted in the NT Library at Parliament House from 9 November to 15 December
- Sidney Nolan's Ned Kelly series Darwin Museum -16 November 2019 – 23 February 2020 Sidney Nolan's 1946-47 paintings depicting the 19th century bush ranger Ned Kelly are among the most significant Australian paintings of the 20th century. Charge \$10
- Active Retiree Dec/Jan – Page 74 good to see some Probus members that worked on COTA Seniors Expo. - Probus booth.
- NT Men's Forum – organised by Territory Families 19 November it appears as if there is no Men's Policy, record of Men's Health issues, communication is poor with Men's Groups. It was recommended that ongoing forums be held with development of policies.
- Dog Quotes – The reason a dog has so many friends is that he wags his tail instead of his tongue.

**Ken Cohalan OAM**

***NOTICES FOR DECEMBER***



**Christmas Dinner  
Buffet  
Howard Springs Tavern  
Thursday 12<sup>th</sup> December  
6.00pm  
\$29 P/P  
Pay on the day**



**Next Meeting  
Cazalys  
January 16<sup>th</sup> 2020  
10.30am  
Guest Speaker  
Gwen Leggett**

.....



**Gwen's Place  
Aussie BBQ  
Thursday January 23<sup>rd</sup>  
12 Noon  
18 Wieserer Court  
Woodroffe**



**Movies  
Tuesday 11<sup>th</sup> February  
I will email Movie,  
Time, Place**



**Durack Retirement Village  
Cota Run  
Armchair Aerobics Tuesdays 9am  
Community Hall  
Gold Coin Donation  
All Welcome  
Runs until mid Dec  
Then back Feb**



**Uta Vorst 10/12  
Christine Ilic 14/12  
Julie Booth 19/12  
Shirley Bowker 23/12**



**Garden Club  
12<sup>th</sup> February  
Ron & Sue Wright  
Howard Springs  
10.30am**

*Melbourne Cup Luncheon Cazalys 5/11/19*





**Probus Members enjoyed a Special Speaker last meeting  
Our own Ian Dawson  
Giving a talk on his life experiences as a Chaplain with the Military Forces.**

**Rod Edwards thanks Ian with Chocolates**



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**Darwin Probus Club Activities**

*(which we are invited to join)*

Date	Time	Activity	Contacts		
2 <sup>nd</sup> Mon	08.30am	Golf	John Scott	0407 865 220	ian.scott7@bigpond.com
1 <sup>st</sup> Mon	11.00am	Book Club	Beverly Barnes	0434 866 226	bev007barnes@gmail.com
2 <sup>nd</sup> Wed	10.30am	Garden Club	Bev Aitken	0412 196 032	bev.aitken@bigpond.com
3 <sup>rd</sup> Wed	09.30am	10 Pin Bowling	Shirley Porte	08 8942 1330	tutank@westnet.com.au
3 <sup>rd</sup> Wed	06.30pm	Dining Out	Janet Elliott	0432 154 306	ejanet51@gmail.com
2 <sup>nd</sup> Wed	TBA	Tripe Club	Jenny Parish	0424 341 616	jenny_prsh@yahoo.com.au
3 <sup>rd</sup> Tues	11.00am	Writing Group	Casuarina Club		

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www.darwinpodiatry.com.au Facsimile / 8941 9950

  
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## Palmerston Combined Probus Club Inc

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<b>Treasurer: Iris Bond</b> Mbl: 0419 801 930 Email: ibondnt@gmail.com.	<b>Welfare Officer: Dot Chapman</b> Ph: 08 89327527 Mbl: 040947438 Email: Dot38@bigpond.com
<b>Attendance/Welcome: Julie Booth</b> Ph: 08 89 322217 Email: beauttitude2216@gmail.com	<b>Guest Speaker/Tours: Ray Grimshaw</b> Mbl: 0412 806 714 Email: ray_nan_grimshaw@bigpond.com
<b>Dining Out: Chris Edwards</b> Mbl: 0421 325380 Email: rodnchris2@gmail.com	<b>Activities Co-Ordinator:</b> <b>Jim Wright</b> Mbl: 0419 090 852 Email: jimwright107@bigpond.com
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### Contacts for Darwin Probus Club Inc.

President	Peter Pusterla	Phone: 0408 947 890	Email: peter.pusterla1@bigpond.com
Secretary	Gwenda Smallacombe	Phone: 0458 676 940	Email: secretaryprobusdarwin@hotmail.com

### Contacts for Probus Club of Charles Darwin

President	Joyce Chin	Phone: 08 89819 752	Email:	probus.charles.darwin@gmail.com
Secretary	Judy Berry	Phone: 0408 842 116	Email:	probuscharles.darwin@gmail.com

### Contact for Probus Club of Marrara

President	Ken Cohalan	Phone: 0434 429937	Email:	Kcohalan1@bigpond.com
Secretary	Ray Anderson	Phone:	Email:	rayanderson@bigpond.com

## Palmerston Combined Probus Club Members Are welcome to join any of the following Darwin Probus Activities

Darwin Probus Club Activities (which we are invited to join)					
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2 <sup>nd</sup> Mon	08.30am	Golf	John Scott	0407 865 220	ian.scott7@bigpond.com
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2 <sup>nd</sup> Wed	TBA	Tripe Club	Jenny Parish	0424 341 616	jenny_prsh@yahoo.com.au



### Christmas Wreath



**We Wish all our Members a very Merry Christmas & A Happy New Year**

#### Privacy Statement

The information collected in relation to members shall be held in accordance with the information privacy principles contained in the Privacy Act ( Privacy Act, Australia 1998 ). Each Probus Club shall ensure that it complies with such information privacy principles and shall not disclose any such information, except in accordance with the Privacy Act.

#### Insurance

All financial members of the Palmerston Combined Probus Club

Inc. are covered by Probus Insurance. Insurance covers members, visitors and guests whilst attending or participating in a recognised Probus activity function or meeting (age restrictions may apply). Prior conditions may be taken into consideration

#### DISCLAIMER

This Directory of Members is for the exclusive use of members of the Palmerston Combined Probus Club Inc. and should not be made available to Non-Members. The information contained in this publication

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### Plant Party

The unusual, the classics, the hanging, the colourful and the trendy! Let's celebrate how wonderful indoor plants are and also how beneficial they are to our health and wellbeing! Indoor plants can help brighten up the living room, and add colour to the bathroom or kitchen, whilst cleaning the air and bringing life to any room.

Many studies have shown that adding indoor plants to the home can have a dramatic effect on health and well being. Plants have a calming effect and give a feeling of optimism. They can help reduce stress, blood pressure, fatigue, headaches, dry skin and cold related illnesses. Studies have also shown adding indoor foliage to an environment can help increase productivity, memory retention and creativity.



Email: [info@alloragardensnursery.com.au](mailto:info@alloragardensnursery.com.au)

