

Palmerston Combined Probus Club Inc.

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

Club Number 9003978

Accreditation Number 2489

Founded 18th October 2012

Postal Address: PO Box 3460 PALMERSTON NT 0831

For Active Retirees



Meet at Cazalys Palmerston Club
on 3rd Thursday of each month
at 10.00am for 10.30am
(Unless otherwise advised)

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

2017-2018 Probus South Pacific Limited Chairman
2018/19 Palmerston Combined Probus Club President

Douglas Geekie
Christine Ilic

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>cil10277@bigpond.net.au</i>
	<i>Secretary</i>	<i>marilyn1974@gmail.com</i>
	<i>Treasurer</i>	<i>ibondnt@gmail.com</i>

Friendship, Fellowship and Fun

Volume 07 Issue 11 1st February 2019



Christine's Chatter

Dear Members,
Here we are in another New Year 2019 let's hope it is Healthy, Happy & Prosperous for everyone.
I have been away in Adelaide visiting relatives and friends it was lovely to see everyone but quite hot towards the end when the temp got to 46.7 on the last day with a nasty northerly wind. Anyway we all survived and now back to the humidity of Darwin. Nice to see rain when I got back, but has dried up again.
Looking at our Probus year ahead I hope you have thought about joining our Committee or lending a hand as we need your ideas to conduct a well balanced club with lots of activities for our members. The more the merrier they say and fresh ideas are always welcome.
See you at the next meeting.

Regards
Christine

Senior Snippets

- **Car Thefts** – Darwin last year had 664 car thefts it is pleasing decrease of 11.9% but still too high. Please ensure vehicle are locked valuables aren't left unattended and houses are secured with your car keys kept out of sight.
- **Healing Properties of Spices** – Ginger anti-viral antioxidant, anti-inflammatory and anti-bacterial properties of ginger make it useful protection against migraines, nausea, asthma and arthritis and even extends to heart disease and cancer.
- **Convict Relatives** – it has been raised that 4 million Australians have a convict in their past history, I wonder how many of our Probus members have a convict past.
- **Review VOCA and VOCRAS Acts** – relating to Victims of Crime – some 94 question to be sent to Director Legal Policy Dept. of the Attorney General and Justice GPO Box 1722 Darwin NT 0801 or email policy.AGD@nt.gov.au
- **Beware Scammers access your computer & Bank Account** – Scamwatch reported significant increase in 2018 with 8,000 reports and losses totalling \$4.4million.
- **Aged Care Quality & Safety Commission (ACQSC)** – for any aged care concerns contact ph. 1800 951 822 or agedcarequality.gov.au
- **Dementia** – UK Scientists have found the higher level of daily movement even if housework may protect themselves against the effects of dementia. Study found the higher level of daily movement were associated with better memory skills
- **State of (older) Australian Report** - Highlights of the report include:
 - 80% of older Australians feel younger than their current age
 - 46% feel less valued than when they were younger
 - Health is the number one factor that impacts whether older Australians have a high or low quality of life
 - 84% support legislation for assisted dying • More than a quarter (28%) of those in paid employment want more paid work but 1 in 5 have experienced employment-related age discrimination
 - 29% of working older Australians don't expect they will ever retire • 12% are struggling with overdue bills
 - More than half of older Australians undertake unpaid work in an average week, including volunteering and caring for family and friends
 - Only one in five (19%) older Australians feel valued as a voter
 - Dental services were identified as the most difficult to access for older Australians.
 - NT has the smallest proportion (over 65) 5.3% of these 19% are Indigenous way over the National average of 5%
- **COTA-NT** – 2019 they will be commemorating 50 years in the NT.

Ken Cohalan AOM



Notices for February



Dining Out

Thursday 28th February 12 Noon

**Santa Fe Restaurant
Harvey Norman Complex
Stuart Highway**



**Guest Speaker
Thursday 21st Feb**

**Frank Linnett
Speaking on Cyber Security**



**Movies will commence again 12th Feb
I will email Movie, Time, Place**



Birthdays February

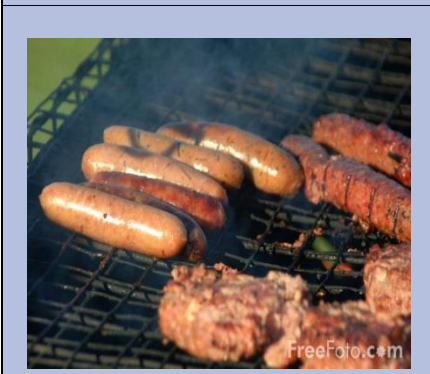


**Ila Heskins 16/2
Margaret Lee 23/2**



**Garden Club
13th February 10.30am
Please bring a plant for the raffle
Trailer Boat Club
Happy Gardening until then**

BBQ at Dot's 17/1/19



Thank you Dot for hosting our Club for a get together BBQ good company & a wonderful night





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Top End Probus Clubs

Hope you note the new heading. Been busy and with two possibles on the go.

East Timor Timor Leste April/May?

We have now have approximate costs. Can't finalise until we hear back from Rotary Timor Leste as to their preferred date as cost of flights depends on dates. Land cost is shared twin \$1720 solo \$2345. Tour includes accommodation Timor Plaza Hotel, Dili, Lauhata Beach Resort, Railaco – Tibar – Liquica, Balibo Fort Hotel, Balibo. Work on about \$600 flight and a visa is required \$30. If interested please let me know as soon as possible and I will forward more details E mail address please.

South East Asia 24/'02/2020 to 09/03/2020

I have booked this for myself and when I was reading all the confirmation documentation I realised how unique this cruise is so I invite members to join me. The cruise is ex Singapore and goes to Kota Kinabalu, Sandakan, (both these ports to see the orange tangs) , Ho Chi Min City, Ko Samui, Bangkok and back to Singapore. The ship is Vasco da Gama (Cruise Maritime). The cruise line is independent British; ship takes 1200 passengers (ex Holland America and P&O) nothing real flash no water slides and other goodies found on the mega cruisers but very friendly. I sailed with them ex Adelaide to Tasmania and enjoyed the trip. One of the attractions to me was the single cabins – I have booked an Ocean view cost \$3309 and have asked for twin costs.

If you require any further info give me a yell

Wish everybody and merry and safe Christmas and especially a safe 2019

Ray Grimshaw

0412806714

ray_nan_grimsgaw@bigpond.com



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Secretary	Judy Berry	Phone:	Email:	probuscharles.darwin@gmail.com

Contact for Probus Club of Marrara

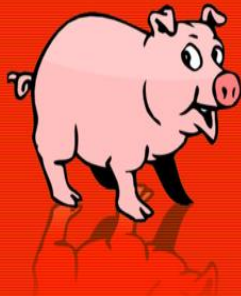
President	Ken Cohalan	Phone: 0434 429937	Email:	Kcohalan1@bigpond.com
Secretary	Ray Anderson	Phone:	Email:	rayanderson@bigpond.com

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

Happy Chinese New Year!
Year Of The Pig



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The Bombing of Darwin

19th February 1942



Lest We Forget

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

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