

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 10 1st January 2019



Christine's Chatter

Dear Members

Hello again, I hope you all had a lovely Christmas & New Year Celebrations. Thank you to all who came to our Christmas Dinner at Cazalys, it was good to celebrate the end of year with you all.

Well as you all know there is no meeting in January, but those who are not away can meet at Dot's on 17th Jan for a BBQ. Thank you Dot for having us once again it's a lovely venue.

Please keep in mind that our Annual General Meeting is in March, as all positions become Vacant. It would be nice to have some new faces on our committee and new ideas so think about putting yourself forward for some of the positions. Marilyn has nomination forms available for you which she will send out. I wish everyone a Happy & Prosperous New Year.

Regards
Christine



Senior Snippets

- **Vaccine against Alzheimer's** – step closer scientists succeeded in preventing build-up of toxic brain proteins link to the disease.
- **Minister's Advisory Council for Seniors (MACST)** – have you been informed or asked your views? These are the seniors representing you.
 - Ms Morag McGrath – Alice Springs
 - Ms Lilia Cercarelli – Palmerston
 - Ms Lindy Coats – Darwin
 - Ms Delma Harlan – Katherine
 - Mr Gary Manison – Darwin
 - Mr Geoffrey Boynton – Palmerston
 - Mr Peter May – Darwin
 - Mr Pirrawayingi Pununtatameri – Tiwi Island, and
 - Representation from COTA-NT and National Seniors
- **The Secret Diary of Hendrik Groen** – 83 ¼ year old retiree living in a Dutch Retirement Village. Book on loan from Darwin Library many of his experiences sound familiar to some of our Probus members.
- **Respecting Seniors** – Labor's plan to support older Territorians distributed prior to election – Nine items – my comments two implemented, five part, two no action known.
 - Cost of Living Concessions – to restore to all retirees – in part
 - Senior Concessions – introduced in part – slow advice and payment
 - Power & Water Concession – implemented
 - Bus Travel – implemented
 - Health – Aged Care beds – discussion but minimal improvement
 - Better Housing Options – Planning and Retirement Villages – part
 - Age Friendly Planning & Communities – part
 - Elder Abuse – funding, agency – achieved – results unknown
 - Seniors in the work place – have not heard of any results.
- **Laugh** – Children laugh approx. 100 times per day but Seniors only about 15 Research undertaken on seniors in Europe.

Ken Cohalan AOM



Notices for January



**BBQ at Dot's Place
Thursday 17th January 5.30pm**

**Meat & Salads
Supplied by Probus
Please**

**BYO Drinks & Chairs
3 Mcphee Place
Gunn**



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

Birthdays January



**Gerry Maguire 2/1
Daniel Fior 7/1
Marilyn Russell 10/1**



**Guest Speaker
Thursday 21st Feb**

**Frank Linnett
Speaking on Cyber Security**



**Dining Out
Thursday 28th February 12 Noon
Santa Fe Restaurant
Harvey Norman Complex
Stuart Highway**



**Garden Club
Will be back in February
13th February
Trailer Boat Club
Happy Gardening until then**

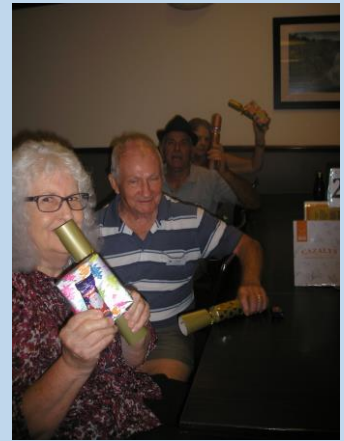
Christmas Dinner Cazalys 13/12/18



Palmerston Probus Meeting 20/12/18



**Guest Speakers
Sam Moynihan & Amy Trezise
From Greenfields Living
with Ray Grimshaw**



Darwin Podiatry

Sally Sunits
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Principal Podiatrist

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www.darwinpodiatry.com.au Facsimile / 8941 9950

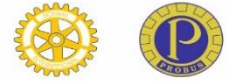


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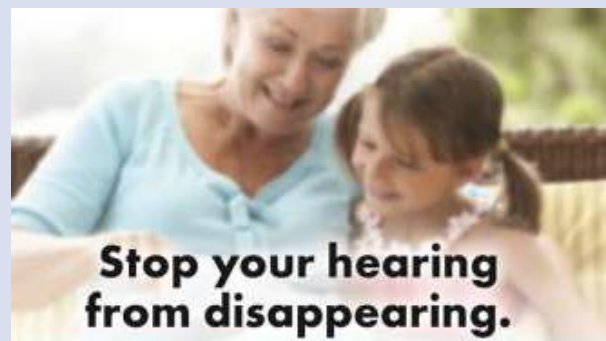
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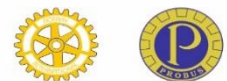


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Top End Probus Clubs

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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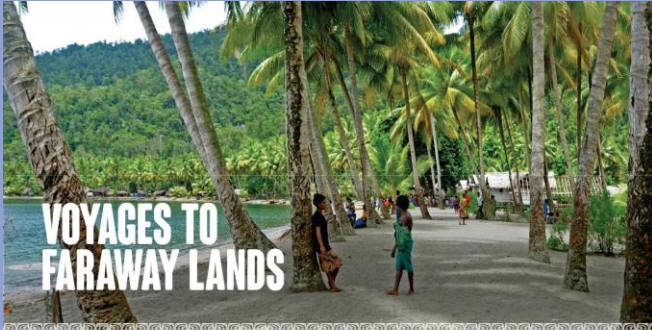
Contact for Probus Club of Marrara

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



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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

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