

# 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

## *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*

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 12 1<sup>st</sup> March 2019**



### Christine's Chatter

Dear Members,  
March is here and the dry not far away. Everything seems to be gathering pace. February was a quiet month for me did not do much at all. I did do a bit of gardening and had to water again as no rain forthcoming. Qld has had its fair share of ours I think.

It was good to see everyone again at our Feb meeting. I hope you are all looking forward to our AGM on the 21<sup>st</sup> March and that some of you will nominate for positions on our Committee. Most positions are not time consuming and it helps with new ideas to build a healthy club full of activities Friendship & Fun is what it is all about. Looking forward to seeing you all.

Regards  
Christine



### Senior Snippets

- **NT Senior Card** – I believe that 20,000 have been issued but leaves 8,000 if that is you or your friend I encourage to obtain Senior Card from COTA Smith St. I am told the Best & Less give a good senior discount, BP Fannie Bay gives 4 cents per litre, Red Rooster 10% discount plus many others I use the card for free Public Buses.
- **Healing Properties of Spices** – Turmeric Cucumin the active compound in turmeric is a powerful anti-inflammatory and rich in antioxidants. Many studies have demonstrated amazing healing properties including anti-cancer effects, treatment of high blood pressure protection against allergies and relief of eczema.
- **Telstra** – I paid our account Mitchell Centre and one of the staff Mr Andre Nunes asked did I have time to check the account. He made some changes which resulted in a saving of \$50/month.
- **Darwin Regional Community Engagement Group** – I was voted Chair (DRCEG) if you have any concerns regarding Hospital or health please advise [kcohalan1@bigpond.com](mailto:kcohalan1@bigpond.com)
- **Pill to end senior moments** - such as forgetting faces, losing keys, why you entered a room – promising research may soon be possible to restore youthful vigour to brain cells it is hoped a daily pill could keep older brains sharp.
- **2019 Senior's Beautiful Garden Competition** – Looking forward to many nomination shortly – complete judging late July Award event early August 2019
- **Memory of Two Brave Squadrons** – 75% and over 200 were lost in during the bombing of Darwin in 1941-43. Citation unveiled by last surviving aircrew member Flight Lieutenant Brian Winspear AM who is older Senior of 99 years.
- **COTA-NT – 2019 Senior Expo** will be in Palmerston Recreation centre 10am to 2pm Friday 31<sup>st</sup> May open to all seniors.

Ken Cohalan AOM



## NOTICES FOR MARCH



### Dining Out

**Red Lantern Chinese Restaurant**  
**3 Mansfield St**  
**Palmerston**

**Thursday 28<sup>th</sup> March 6.30**



### Movies

**Tuesday 12<sup>th</sup> March**  
**I will email Movie, Time, Place**



**Carmen Tester 8/3**  
**Iris Bond 23/3**  
**Anne Evans 24/3**  
**Jim Wright 26/3**



**PALMERSTON COMBINED PROBUS CLUB Inc**  
**AGM**

**Thursday 21<sup>st</sup> March**

**10.30am**

**Please help your Club & Nominate for a position**

.....

**Annual Fees Now Due**

**Single \$50**

**Couple \$75**

**New Member \$10 extra for Badges**

**Club Bank Account No.**

**BSB: 015-891**

**ACC: 187792692**



### Garden Club

**13<sup>th</sup> March 10.30am**

**Please bring a plant for the raffle**  
**Trailer Boat Club**

*Palmerston Combined Probus Club Meeting 21/2/19*



**Guest Speaker Frank Linnett  
Topic Cyber Security**



**Dot Chapman Thanks & Presents  
Probus hat to Frank**



**Meeting 21/2/19**



**Meeting 21/2/19**

**The Year that Was 2018**



**Ray Grimshaw thanks Wayne  
Zerbe  
15/2/18**



**Fannie Bay Goal Visit 23/5/18**



**Visit to Parliament House 14/6/18**



**Rod Edwards thanks Jan Young  
Speaker on Bendigo Bank 20/9/18**



**6<sup>th</sup> Anniversary Celebrations 18/10/18**



**Inaugural Service Award  
presented  
To Shirley Collins by President  
Christine Ilic 18/10/18**



**Christmas celebrations Cazalys  
13/12/18**



**Christmas 2018**



# Darwin Podiatry

**Sally Sunits**  
BSC(Pod)MAPODA(WA)  
Principal Podiatrist

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3A/24 Litchfield Street Darwin 0800  
reception@darwinpodiatry.com.au Telephone / 8941 9955  
www.darwinpodiatry.com.au Facsimile / 8941 9950

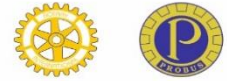


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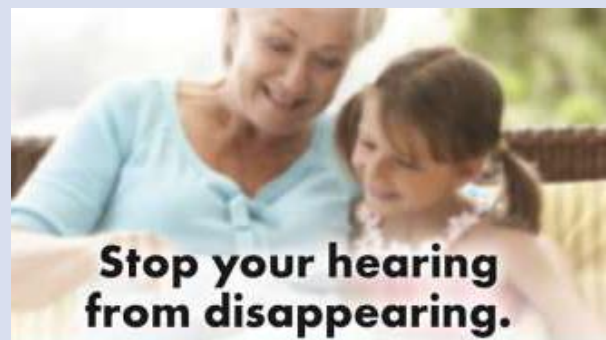
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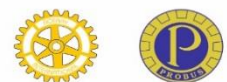


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**Top End Probus Clubs**

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

Ray Grimshaw

0412806714

ray\_nan\_grimsgaw@bigpond. Com

**Top End Probus Clubs**

As I have been “press ganged” into preparing touring for the four Top End Clubs this month I will be sending you all a questionnaire as to the type of touring you would like. Please complete the form and send it back to Chris. We will then have some idea of what you would like to do and plans accordingly

Thanks for you help

If you require any further info give me a yell

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# PEARL

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### Plant of the Month



Book Leaf  
Pine



*"For everything flora go to Allora"*  
ph: 8984 4006

#### March at Allora Gardens

is all about preparing your garden for the dry season - come in and ask our staff for advice.



### Kokedama Workshop

On 17 March, 10:30am

Learn about creating a garden on a verandah or balcony by elevating a few plants through the art of kokedama making.

These marvellous mossy makes can carry a variety of plants, including bromeliads, orchids and succulents.

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



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1 Sadgroves Crescent, Winnellie PO Box 4644, Darwin NT

## Palmerston Combined Probus Club Inc

<b>President: Christine Ilic</b> Ph: 08 89 312 430 Mbl: 0417 868 598 Email: cil10277@bigpond.net.au	<b>Secretary: Marilyn Roberts</b> Ph: 08 89 322916 Mbl: 0450 527 915 Email: marilyn1974@gmail.com
<b>Treasurer: Iris Bond</b> Mbl: 0419 801 930 Email: ibondnt@gmail.com.	<b>Welfare Officer: Dot Chapman/Welcome</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>Vice President / Activities Co-Ordinator: Jim Wright</b> Mbl: 0419 090 852 Email: jimwright107@bigpond.com
<b>Newsletter Editor/Photographer: Christine Ilic</b> Mbl: 0417 868 598 Email: cl10277@bigpond.net.au	<b>Movies: Christine Ilic</b> Mbl: 0417 868 598 Email: cil10277@bigpond.net.au

### Contacts for Darwin Probus Club INC

President	Fred Barlow	Phone: 0407 379 916	Email: fthbarlow@gmail.com
Secretary	Gwenda Smallacombe	Phone: 08 89 2730 05	Email: secretaryprobusdarwin@hotmail.com

### Contacts for Probus Club of Charles Darwin

President	Ron Strachan	Phone: 0418 835 644	Email:	flagman@nationalflags.com.au
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 <sup>nd</sup> Mon	08.30am	Golf	John Scott	0407 865 220	ian.scott7@bigpond.com
2 <sup>nd</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
TBA	TBA	Tripe Club	Jenny Parish	0424 341 616	jenny_prsh@yahoo.com.au

## Top End Probus Clubs

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Thanks for your help.

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0412806714  
ray\_nan\_grimshaw@bigpond.com

## March Blooms



### 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

"Private and Confidential" to Members and is not to be used for any other purpose.

6/3/19

