

# 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*

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

Douglas Geekie  
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 2 1<sup>st</sup> May 2019**



### *President's Potpourri*

Well, a month has already passed and while you have all been working hard to keep our club ticking along, Jenny and myself have been off cruising aboard the Majestic Princess (along with about 3,500 others) via some interesting ports to Hong Kong. I won't go into details here, so suffice to say we had a wonderful time aboard, then a great five days in Hong Kong – a total of 25 days and only one melodramatic event.

**Back to business.** A worrying email scam related to our bank account was cut short by the Treasurer, Secretary and our system of signatures that negated unauthorised access to our funds. Thank you Iris and Marilyn for your quick action. Members should be alert to emails asking you to pay, or authorise payment of an account or to transfer funds that you are not aware of or cannot verify.

A new sub-committee is being formed to cover the organisation of our dining out, outings, events, etc. Three members have already put their hands up and I guess I will be co-opted due to my annual "Wish List" Survey and the FFF Games. How about you? Could you give just a couple of hours a month to help with club activities?

Less than six weeks until the FFF Games are on again at Tracy Village Social Club. This year we are the Organising Club, however there is little to be done in relation to the games themselves. John Scott (Darwin) and myself have the games and equipment under control, but there needs to be about 18 'Officials' to oversee the playing at each game 'site'. I anticipate we should need only a few from our club with major assistance from Darwin and Charles Darwin Clubs. I will have a list of the 'positions' at our next meeting.

Before the FFF Games, we have the Seniors Expo at the Palmerston Rec Centre on 31 May from 10.00am to 2.00pm. Only a couple of members need to do a stint at the PROBUS table, but it would be nice to see most members at least visit the Expo

Looking forward to seeing everyone at our 16<sup>th</sup> May meeting. In the meantime, *Friendship, Fellowship and Fun* should be your byword.

BBFN

*Jim*

## *Senior Snippets*

- **COTA-NT – 2019 Senior Expo** will be in Palmerston Recreation centre 10am to 2pm Friday 31<sup>st</sup> May open to all seniors.
  - Palmerston Probus will man the Probus booth – thanks,
  - Over 80 exhibitors and presentation All NT Seniors worth a visit.
- **Age Pensioner Recipients** – should have received notice of increase \$9.90 single and \$14.80 couples effective 20 March 2019. Plus energy assistance payment \$75 singles, \$62.50 couples effective 30 June 2019.
- **Healing Properties of Spices** – Chilli while the high content of Vitamin A and C, their powerful immunity boasting properties capsaicin is the compound found to increase your body's metabolic rate through thermogenesis.
- **Pneumonia** – All Australians aged over 65, and those living with chronic medical conditions should protect themselves against potential life-threatening but preventable infection. Everyone should get immunised talk to your GP.
- **COUNSELLING FOR ELDER ABUSE** COTA NT also met with Relationships Australia, who have been funded by Federal Government to provide front line services, to include counselling for those affected by elder abuse. This funding is for three years, which is very welcome as continuity of service can then be provided in this much needed area.
- **2019 Business Discount Directory** – now printed, has additional 100 business keen to trade with NT Seniors and give a discount. I will have some at our next meeting.
- **Mini Personal Alarm with Torch** – SA Police are strongly promoting for Senior for walking, avail from Jarcar Bagot Rd & Gateway \$9.95
- **Adult Meccano** – open to seniors over 70 years Royal Darwin Show 25-27 July Max base size no larger than 40cm by 40cm height limit 80cm 1<sup>st</sup> Prize \$50
- **Palmerston Contribution** – average age 30 yrs. with 50% being couples with children
  - Contributes 7% of NT economy \$1.6 billion and 3.8% annual growth
  - Economic activity construction, retail, public admin and education & training
  - 90% Council expenditure being spent locally
  - Council is forecasting to spend \$94.1 million, renewal, upgrade 7 new infrastructure over the next 10 yrs.

Regards  
Ken Cohalan OAM

## NOTICES FOR MAY



**Dining Out**  
**Kawara Training Restaurant**  
**Palmerston Uni Campus**  
**28<sup>th</sup> May 6.30pm**  
**Buffet Dinner**  
**\$42 needs to be paid by next meeting**  
**Only 10 places available**

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**Trivia Night Cazalys**  
**Wed 3<sup>rd</sup> April**  
**Dinner 6.30 Trivia 7.30**



**Movies**  
**Tuesday 7<sup>th</sup> May**  
**I will email Movie, Time, Place**



**Sarah Henderson 15/5**



**Guest Speaker**  
**Dan Richards**  
**Barramundi Farm**  
**Meeting**  
**Thursday 16<sup>th</sup> May**

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**Annual Fees Now Due**  
**Single \$50**  
**Couple \$75**  
**New Member \$10 extra for Badges**  
**Club Bank Account No.**  
**BSB: 015-891**  
**ACC: 187792692**



**Crabclaw Island Cruise**  
**Sat 25<sup>th</sup> May**  
**10am for 10.30am Departure**  
**\$70 Members \$116 Non Member**

**Seafood Lunch**  
**Buy your own drinks**  
**Ferry returns 5.30pm**  
**Bus from the Hub 9.15am**  
**Additional cost maybe \$10**



**Garden Club**  
**10<sup>th</sup> April 10.30am**  
**Venue TBA**  
**Please bring a plant for the raffle**

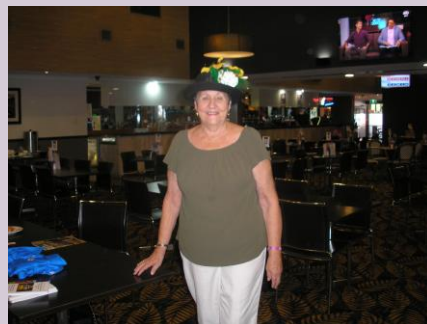
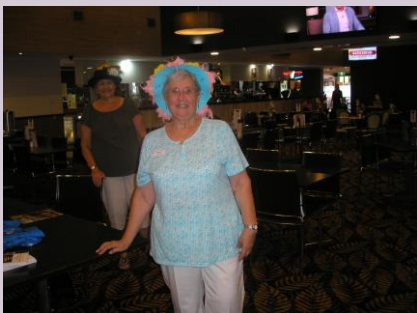
*Palmerston Probus Meeting Easter 18/4/19*



**Christine & Ian Present Lia with gift for Guest Speaker**



**Easter Bonnet Parade judged by Lia**



**Winners Ivy & Ron Pearse**



## Darwin Podiatry

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1 Sadgroves Crescent, Winnellie PO Box 4644, Darwin NT



### Cota NT Seniors Expo

**Friday 29<sup>th</sup> May**

**Palmerston Recreation Centre  
10am-2pm**

**Stalls & Information for Seniors  
Also entertainment and giveaways  
Morning Tea  
Fun for all**



## Palmerston Combined Probus Club Inc

<b>President: Jim Wright</b> Mbl: 0419 090 852 Email: jimwright107@bigpond.com	<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</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)					
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

## Mums Day 12<sup>th</sup> May



## May 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.

**We need to work on  
your KISSING skills!**

