

# Palmerston Combined Probus Club Inc.

Patron: The Honourable Lia Finocchiaro Leader of the Opposition & 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*

2019-2021 Probus South Pacific Limited Chairman  
2019-21 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 9 Issue 7 September 2020**



**PRESIDENT'S POTPOURRI SEPTEMBER 20**

**Last month was the first meeting back for Jenny and I since being “hijacked” in Brisbane.**

**What a great feeling to be back with family and friends again. Again, our thanks to everyone for your thoughts and prayers while we were away.**

**I know that many members took part in activities during August's**

**“Seniors Month”**

**and particularly the Palmerston and Litchfield “Seniors Fortnight” from 9<sup>th</sup> to 23<sup>rd</sup> August**

**-an exhausting couple of weeks if you attended every event!**

**A ‘smallish’ group of us ventured to the Humpty Doo Tavern on Thursday 27<sup>th</sup> August**

**And had a most enjoyable meal and plenty of friendship and fellowship with a bit of fun thrown in.**

**Our Brains Trust has not been challenged in the last month as the trivia quiz nights at Cazalys**

**Have either been cancelled or booked out. By the time this Newsletter reaches you, we will have had**

**Our “Workshop” at the Chocolate Factory so, who knows what sweet treats might have been invented!**

**I was pleased to see a couple of members come forward to assist Jenny on the Activities Committee.**

**Looking forward to our next meeting (17<sup>th</sup>) and hearing about the various activities that our members are attending as well as upcoming events of interest. In the meantime, look after each other and take care.**

*Jim*



## ***Senior Snippets***

- **Rotary District Probus Chairman** – congratulations to Jim Wright has been reappointed
- **Rapid Response Medical Team** Royal Darwin Hospital – Code Blue Data – their involvement has increased significantly from 132 in 2011 to 1008 in 2020. Range of reasons but some of the highest – High Heart rate, low blood pressure, concerned, low stats. Most 79% remain in the ward after treatment other are moved to other hospital section with only 1% deceased. It is very pleasing to have this level of medical service in the NT

- **Visitor restrictions continue at RDPH and screening**

- Visitor numbers are two visitors per patient at all TEHS hospitals.
- Visiting hours are 10am-12 noon and 5-7pm. These hours also apply to staff on shift, visiting patients in other clinical areas.
- Options for compassionate or clinical-based decisions regarding visitor numbers and hours, including opportunities for family meetings, palliative care considerations and so on remain.
- These are ward-based decisions, and any patient or visitor is able to request special consideration
- RDPH are working to keep our Territory safe from COVID-19. To keep our screening staff safe they will be donning surgical masks due to the inability to maintain a 1.5 metre distance. All screening staff have been provided education and training on screening processes with competency assessments

- **NT Territory Families** – Current Minister Dale Wakefield was not voted in.

- Created in 2016 covers children, families, communities and seniors
- 880 staff members, 21.5% are Aboriginal
- Child Protection – 302 foster care, 231 Kinship care, 358 Home based care – 78 residential care
- Domestic Violence – provides 6000 clients with crisis accommodation
- 15,000 eligible members of the NT Senior Recognition Scheme receive \$500 annual payment.
- Senior and carers \$33.38 million

- **How your Chocolate habit may be boost in your health**

- Loaded with antioxidants – good for your heart.
- Lower blood pressure
- It could be good for your cough.
- It may be able to reduce stress.
- It can boost your brain power.

- **Palmerston Council** – It was note that the council advertise for 5 very senior executive position to improve living conditions for residents.

**Ken Cohalan OAM**

**NOTICES FOR SEPTEMBER**



**DINING OUT**  
**THURSDAY 24<sup>TH</sup> SEPTEMBER**  
**DINNER K-TONG THAI & CHINESE**  
**RESTAURANT**  
**PALMERSTON**  
**6.30PM**



**NEXT MEETING**  
**THURSDAY 17<sup>TH</sup> SEPTEMBER**  
**CAZALYS 10.30AM**  
**GUEST SPEAKER**  
**SALLYANN LEWIS**  
**"DAY FOR GIRLS"**



**FIONA SCOTT 15/9**

**GARDEN CLUB**

**Wednesday, 9 September,**  
**10:30am**  
**at Harry Fracking, Humpty Doo**  
**Harry will talk about and show his**  
**Bromeliads**  
**Bring along plant for the "free" plant raffle**  
**Please bring a chair**

**MOVIES**  
**SECOND TUESDAY OF THE MONTH**  
**CHRISTINE WILL EMAIL YOU MOVIE & TIME**  
.....  
**THURSDAY 3<sup>RD</sup> SEPTEMBER**  
**CHARLOTTE'S WEB CHOCOLATE FACTORY**  
**WORKSHOP 11AM**  
**LUNCH AT FACTORY \$30 PP**  
**PLEASE CONFIRM TO JENNY WRIGHT**



**TRIVIA**  
**CAZALYS**  
**WED 2<sup>ND</sup> SEPTEMBER**  
**6.30PM DINNER**  
**7.30 TRIVIA**

**GOLF**  
**PALMERSTON GOLF COURSE**  
**1<sup>ST</sup> MONDAY OF MONTH**  
**2<sup>ND</sup> MONDAY MARRARA GOLF CLUB**  
**3<sup>RD</sup> & 4<sup>TH</sup> MONDAY GARDENS PARK GOLF**  
**8.15AM FOR 8.30 START**



**CONGRATULATIONS**  
**TO**  
**JIM WRIGHT**  
**FOR HIS RE-APPOINTMENT**  
**AS**  
**ROTARY DISTRICT PROBUS CHAIRMAN**  
**FROM ALL MEMBERS**

**Probus Meeting 20/8/20**



**Vice President Ian Dawson re- inducts President Jim Wright after his absence in Brisbane**



**Dot Chapman gives a talk On her memories of the 2<sup>nd</sup> World War**

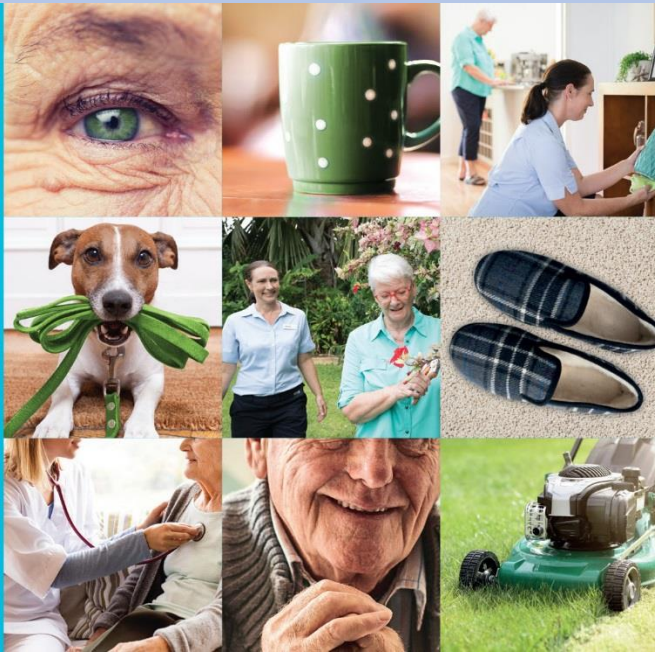


**President Jim Wright Told us a little about his time In Vietnam**



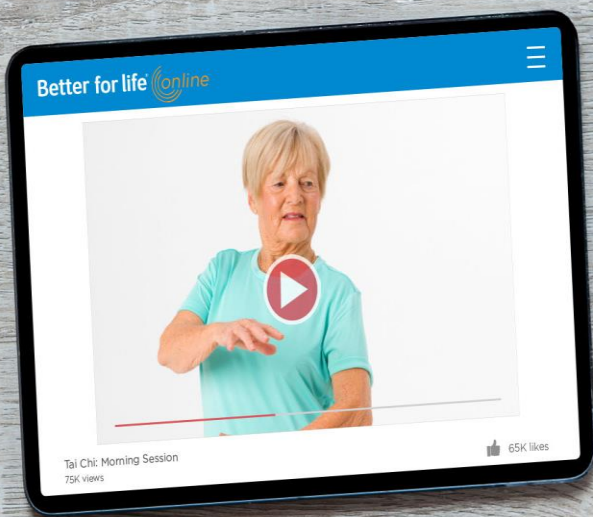
**Humpty Doo Tavern  
27/8/20**





# It's the little things that make a big difference.

Regis Home Care Darwin, 11 Creswell Street Tiwi  
 Visit [regis.com.au](http://regis.com.au) or call 1300 188 740



Introducing our new online services. Improving your health & wellness in the comfort of your own home.

Start with our new series of FREE online exercise videos for older adults. Our staff will guide you through a range of fun activities, from Tai Chi to dance and even yoga!

We're also offering Telehealth appointments with our allied health team, including our dieticians and exercise physiologists.

Start your online journey by visiting [southerncrosscare.com.au](http://southerncrosscare.com.au)



Southern Cross Care (SA, NT & VIC) Inc.  
 ARBN 129 895 905, South Australia, liability limited



## Springtime





## Greenfields Living offers two unique Seniors Living Communities.

Properties now available.  
Ask about our flexible finance options.



### Tiwi Gardens - Tiwi

Private and secure independent living homes for Senior Territorians. The community environment is one built on friendship, experience and respect for one another.

### Durack Gardens - Palmerston

Our most recent development, offering a mix of two and three bedroom luxury homes. Nestled in 'The Heights' Durack Gardens, Palmerston.



Call our friendly Village Manager today 1300 669 755

◆ Private appointments available ◆



[www.greenfieldsliving.com.au](http://www.greenfieldsliving.com.au)

**NationalFlags**  
THE TOP FLAG COMPANY IN AUSTRALIA

Ronald C. Strachan  
1 Edmunds Street, Darwin NT

Phone: 08 8981 6343 M: 0418 835 644 Email: [flagman@nationalflags.com.au](mailto:flagman@nationalflags.com.au)

 **Darwin Podiatry**

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

19/641 Stuart Highway Berrimah 0828  
3A/24 Litchfield Street Darwin 0800  
[reception@darwinpodiatry.com.au](mailto:reception@darwinpodiatry.com.au)  
[www.darwinpodiatry.com.au](http://www.darwinpodiatry.com.au)

Telephone / 8941 9955  
Facsimile / 8941 9950

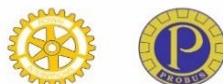


PH: 8948 2110

E: [info@curbysnt.com.au](mailto:info@curbysnt.com.au)

100% Local for over 40 years

SUPPLIERS TO



BADGES

TROPHIES

SHIRTS

## Stop your hearing from disappearing

Call **1800 940 951** and mention this ad to book a **FREE\* Hearing Check** at **Audika Fannie Bay or Palmerston**

\*Adults 26 years and over only.



## Writing Club

### Moonlight

**My name is Moonlight and I am the moon fairy. I am very beautiful, even if I do say so myself, I sparkle and glitter and generally scintillate. Some people call me cold but actually I am just very, very cool in the best possible way. I am a bit of a party girl resting all day and glowing all night, the life, soul and queen of the whole cosmos of stars.**

**Of course I am nothing like the Sun Fairy who is all show and, to be honest, a bit brassy. Far too bold in my opinion and so hard on the eyes. I am much more subtle, elegant and understated. Although I must admit she puts on a great welcome for me each night before I rise. And how many poems or songs have been written about her? That's right! Every night, all over the world, people look up to me and some even worship me. Understandable because I can be quite changeable and influence so many things, notably the tides. The fishermen and seamen in particular always keep a close eye on me, very gratifying.**

**Of course when I am shining in my full glory I do tend to send people mad but I am not responsible for my magnetism. And, of course, the wolves are a bit annoying. Really all that howling! And then there are the werewolves, a very mixed bunch and so hairy. The thing I love most about being the Moon Fairy is the matchmaking. The lovers are drawn to the romance of my soft glow. I make them look beautiful to each other. I sprinkle them with moonlight and they shine.**

**I have to admit I do have down times when my glow wanes a bit and very rarely I have a blue episode. Not so long ago I was quite angry. Did you see me? I was very red in the face but my mooning didn't last long and I was soon back to my sparkling self. Well, unfortunately, enough about me I must go and rest now to prepare for tonight. After all I am the star – no I'm not I am much brighter than any star, I am Moonlight.**

**Marilyn Roberts**





**workshops**

Want to learn more about gardening?

**Allora**  
GARDENS NURSERY  
"For everything flora go to Allora"

Beginner Bonsai Class  
Sunday 30th August  
4:30pm - 5:30pm  
\$66 per person

Fairy Garden Workshop  
Saturday 3rd October  
10:30am - 11:30am  
\$66 per person

Fruit Tree Workshop  
Sunday 27th September  
10:30am - 11:30am  
\$66 per person

Fairy Garden Workshop  
Sunday 4th October  
10:30am - 11:30am  
\$66 per person

Bookings and pre-payment essential.  
Call 89 844 006 or pop in store to register your spot today.

ph: 8984 4006  
Email: [info@alloragardensnursery.com.au](mailto:info@alloragardensnursery.com.au)

Like us on Facebook

### 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.

### Palmerston Combined Probus Club Inc

<p><b>President: Jim Wright</b> Mbl: 0419 090 852 Email: <a href="mailto:jimwright107@bigpond.com">jimwright107@bigpond.com</a></p>	<p><b>Secretary: Marilyn Roberts</b> Ph: 08 89 322916 Mbl: 0450 527 915 Email: <a href="mailto:marilyn1974@gmail.com">marilyn1974@gmail.com</a></p>
<p><b>Treasurer: Iris Bond</b> Mbl: 0419 801 930 Email: <a href="mailto:ibondnt@gmail.com">ibondnt@gmail.com</a> <b>Assistant Treasurer: Gwen Leggett 0477 854 884</b></p>	<p><b>Welfare Officer: Margaret Pinney</b> Ph: 08 8932 3576 Mbl: 0488 280 472 Email: <a href="mailto:meggs@muddles@hotmail.com">meggs@muddles@hotmail.com</a></p>
<p><b>Attendance/ Welcome</b> <b>Julie Booth Ph: 08 89 322217</b> Email: <a href="mailto:beattitude2216@gmail.com">beattitude2216@gmail.com</a></p> <p><b>Welcome: Dot Chapman Ph: 0409 474 389</b></p>	<p><b>Guest Speaker</b> Mbl: Email:</p>
<p><b>Dining Out: Jenny Wright</b> Mbl: 0417 822 372 Email: <a href="mailto:jennywrightemu@bigpond.com">jennywrightemu@bigpond.com</a></p>	<p><b>Activities Co-Ordinator:</b> <b>Jenny Wright</b> Mbl: 0417 822 372 Email: <a href="mailto:jennywrightemu@bigpond.com">jennywrightemu@bigpond.com</a></p>
<p><b>Newsletter Editor/Photographer:</b> <b>Christine Ilic Mbl: 0417 868 598</b> Email: <a href="mailto:cl10277@bigpond.net.au">cl10277@bigpond.net.au</a></p>	<p><b>Movies: Christine Ilic</b> Mbl: 0417 868 598 Email: <a href="mailto:cl10277@bigpond.net.au">cl10277@bigpond.net.au</a></p>

### Contacts for Darwin Probus Club Inc.

President	Bronwyn Russell	Phone: 0414 894 547	Email: <a href="mailto:esparcat@gmail.com">esparcat@gmail.com</a>
Secretary	Gwenda Smallacombe	Phone: 0458 676 940	Email: <a href="mailto:secretaryprobusdarwin@hotmail.com">secretaryprobusdarwin@hotmail.com</a>

### Contacts for Probus Club of Charles Darwin

President	Joe Loudon	Phone: 0427 905 916	Email: <a href="mailto:probus.charles.darwin@gmail.com">probus.charles.darwin@gmail.com</a> <a href="mailto:joseph.loudon@bigpond.com">joseph.loudon@bigpond.com</a>
Secretary	Judy Berry	Phone: 0408 842 116	Email: <a href="mailto:probuscharles.darwin@gmail.com">probuscharles.darwin@gmail.com</a>

### Contact for Probus Club of Marrara

President	Ken Cohalan	Phone: 0434 429937	Email: <a href="mailto:Kcohalan1@bigpond.com">Kcohalan1@bigpond.com</a>
Secretary	Ray Anderson	Phone:	Email: <a href="mailto:rayanderson@bigpond.com">rayanderson@bigpond.com</a>

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

Darwin Probus Club Activities <i>(which we are invited to join)</i>					
Date	Time	Activity	Contacts		
2 <sup>nd</sup> Mon	08.30am	Golf	Jeff Mosel	0422 187 263	<a href="mailto:sportster.jeff@gmail.com">sportster.jeff@gmail.com</a>
1 <sup>st</sup> Mon	11.00am	Book Club	Beverly Barnes	0434 866 226	<a href="mailto:bev007barnes@gmail.com">bev007barnes@gmail.com</a>
2 <sup>nd</sup> Wed	10.30am	Garden Club	Bev Aitken	0412 196 032	<a href="mailto:bev.aitken@bigpond.com">bev.aitken@bigpond.com</a>
3 <sup>rd</sup> Wed	09.30am	10 Pin Bowling	Shirley Porte	08 8942 1330	<a href="mailto:tutank@westnet.com.au">tutank@westnet.com.au</a>
3 <sup>rd</sup> Wed	06.30pm	Dining Out	Janet Elliott	0432 154 306	<a href="mailto:ejanet51@gmail.com">ejanet51@gmail.com</a>
2 <sup>nd</sup> Wed	TBA	Tripe Club	Jenny Parish	0424 341 616	<a href="mailto:jenny_prsh@yahoo.com.au">jenny_prsh@yahoo.com.au</a>
		Board Games	Maxine Dienelt	0424 283 537	<a href="mailto:bdmax@adam.com.au">bdmax@adam.com.au</a>
2 <sup>nd</sup> Tues	11.00am	Writing Club Cas Club	Ron Ninnis	8927 9459	<a href="mailto:ronninnis@bigpond.com">ronninnis@bigpond.com</a>