

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

Sponser Club: The Rotary Club of Litchfield/Palmerston Rotary International District 9550

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*

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 8 1st September 2019



Presidents Potpurri

Well, since our August meeting, what a busy time starting with the Seniors Fortnight - and if you attended all the activities available you would have been exhausted (*as Jenny and myself know full well!*). The Committee of the **Palmerston and Litchfield Seniors Association** are to be congratulated for an excellent program and their management of same.

On 25th August, three of our members were honoured as **Seniors of Excellence** at a function at the Trailer Boat Club. Past President Ray Grimshaw, Secretary Marilyn Roberts and Shirley Collins join a select group recognised for their contribution to the welfare of people in their community and beyond. Congratulations to each of you - it is well deserved.

Golf is gaining the interest of members from each of the local Probus Clubs with a game at Gardens Golf Links on 26 August where Darwin/Palmerston were victorious over Charles Darwin/Marrara (*Ambrose scores of 34 to 43 over 9 holes*). An approach to **Palmerston Golf Club** has resulted in gaining similar conditions/fees to the other two venues we use. The first outing to Palmerston will be on 23 September, then on the first Monday each month. (*See me for further details if you are interested in joining the golfing group.*)

The **barbeque at Dot's** on 29 August was again a success with those attending having a great evening of fellowship.

Our "Thespians" have been rehearsing for the upcoming **FFF Revue** – on 12 September – and should 'get their act together' in time. It should be an educational, entertaining and hilarious event if our contribution is any guide!

Hope to see everyone at our meeting on 19th September.

Jim



Senior Snippets

- **5 Simple Steps to Maximise Brain Health**
 - Look after your heart
 - Do some kind of physical activity
 - Mentally challenge your brain
 - Follow a healthy diet
 - Enjoy social activity (Probus)
- **Recycling drink Containers** – we bought a separate bin and collected our drink containers – first month some 42 containers took them Tomra Recycling Centre 11 Tang St. Coconut Grove. Put them through their reverse vending machine received a voucher, cashed \$4.20. Not a lot of dollars but helps.
- **Top End Health Services – Dental Services** – Seniors with Concession Cards are eligible could be up to 3 months wait times. Further details www.NTGOV.AU
- **Senior Beautiful Garden Competition 2019** – 3 categories Small, Large and Rural Gardens. It has been very interesting and meet very positive Seniors. Some points noted.
 - Paw Paw bearing well, why not more Seniors growing
 - Power water checking for leak and providing advice on irrigation.
 - Corner House - Change of Street address when main road too busy
 - Some very good vegetable gardens – Tomatoes, herbs
 - Increased fence height by a meter.
 - Darwin City Council high pressure cleaning footpath
 - Senior 87 yrs. still working 3 days/week with good garden
 - Electricity using solar panel reduced from \$1700 to cheque for \$800/qtr.
 - Some excellent outdoor entertainment areas
 - Positioning of fold up ironing board to get the breeze
 - Hand rails where footpath change of level.
 - Solar securing on poles at entry to units.
- **Interesting Discussion** – while travelling around doing Senior Garden Judging, public toilets were discussed
 - It was noticed that Men's toilets were on the right closest to the road.
 - One judge thought that was because men need to get to the toilet quicker,
 - I thought it was because men built the toilets so they looked after them self

Ken Cohalan OAM

NOTICES FOR SEPTEMBER



**Chicken & Champagne/ Juice
Brunch
Marlow Lagoon
9am
Cost \$5 p/p
Sunday 22nd September
BYO Chair**

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**Trivia Night Cazalys
Wed 4th September
Dinner 6.30 Trivia 7.30**



**Movies
Tuesday 10th September
I will email Movie, Time, Place**



**Fiona Scott 15/9
Betty Donnelly 19/9**



Guest Speaker

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**Meeting
Thursday 19th September
10.30am
Carol Maxwell
from
Audika Hearing Clinic**



**Probus Clubs of the Top End
Probus Clubs of Darwin, Palmerston, Charles
Darwin and Marrara invite you to a night of
Fun, Frivolity and Friendship
with a Dinner and a Revue
At Marrara Golf Club
On Thursday, 12 September 2019, from 6:30pm
\$45 per person**



**Garden Club
Wed 11th September
10.30am
Coffee Shop Bunnings
Palmerston**

Probus Meeting 15/8/19



Guest Speaker Athina Pascoe Bell



Mayor of Palmerston



Dot's BBQ 29/8/19



Marilyn in Tassie lunching with Anne Harding

**Many thanks Dot for hosting our BBQ once again. Also for the wonderful trifle you always make.
Thanks to Jim for cooking the snags & hamburgers yummy.
Thanks to all who bought along salads & sweets
We were very spoilt.**



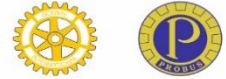
 **Darwin Podiatry**

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

19/641 Stuart Highway Berrimah 0828
3A/24 Litchfield Street Darwin 0800
reception@darwinpodiatry.com.au Telephone / 8941 9955
www.darwinpodiatry.com.au Facsimile / 8941 9950



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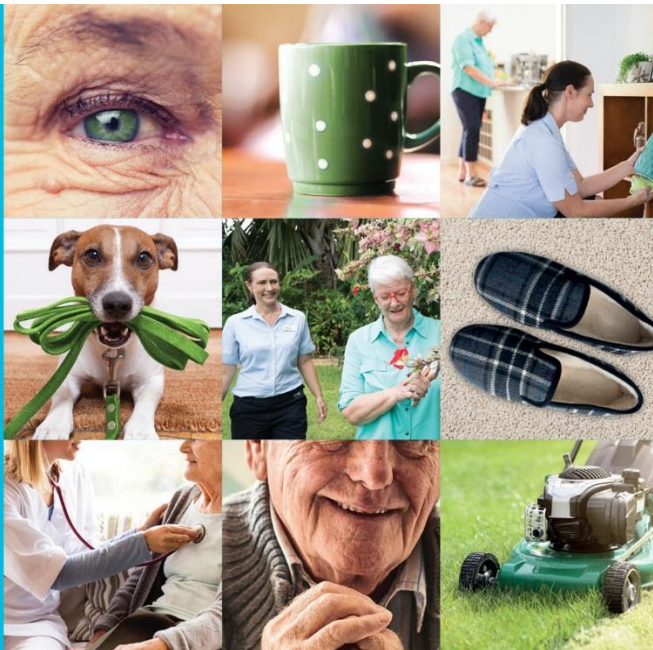
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Darwin Probus Club Activities

(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
1 st 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
2 nd Wed	TBA	Tripe Club	Jenny Parish	0424 341 616	jenny_prsh@yahoo.com.au

Palmerston Combined Probus Club Inc

President: Jim Wright Mbl: 0419 090 852 Email: jimwright107@bigpond.com	Secretary: Marilyn Roberts Ph: 08 89 322916 Mbl: 0450 527 915 Email: marilyn1974@gmail.com
Treasurer: Iris Bond Mbl: 0419 801 930 Email: ibondnt@gmail.com.	Welfare Officer: Dot Chapman Ph:08 89327527 Mbl: 040947438 Email: Dot38@bigpond.com
Attendance/Welcome: Julie Booth Ph:08 89 322217 Email: beauttitude2216@gmail.com	Guest Speaker/Tours: Ray Grimshaw Mbl: 0412 806 714 Email: ray_nan_grimshaw@bigpond.com
Dining Out: Chris Edwards Mbl: 0421 325380 Email: rodnchris2@gmail.com	Activities Co-Ordinator: Jim Wright Mbl: 0419 090 852 Email: jimwright107@bigpond.com
Newsletter Editor/Photographer: Christine Ilic Mbl: 0417 868 598 Email: cl10277@bigpond.net.au	Movies: Christine Ilic Mbl: 0417 868 598 Email: cil10277@bigpond.net.au

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

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2 nd Wed	TBA	Tripe Club	Jenny Parish	0424 341 616	jenny_prsh@yahoo.com.au

1st September



September Blooms



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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

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