



PROBUS CLUB OF MARRARA INC

Probus Club of Marrara Inc is not for profit and non-fundraising. It is non-sectarian. Its objects are to stimulate thought, interest and participation in activities at a time of life when it is easy to become complacent and self-centred

PRESIDENT
KEN BARNES OAKE
0418 835 644

NEXT MEETING

ACTING SECRETARY
EAN THORNE OAM
0417 082 182

THURSDAY 12th JULY, 2018

PATRON
Kate Worden MLA
Member for Sanderson

PROBUS CLUB OF MARRARA INC # 29004202
PO BOX 39185, WINNELLIE, NT. 0821
Sponsored by Rotary Club of Darwin South Inc.
Web Page

8th JUNE 2018
Volume 1 # 2

MEETINGS HELD ON THE SECOND THURSDAY OF EACH MONTH (EXCEPT JANUARY), 9:30 FOR 10:00 AM AT THE PINT CLUB, 165 ABALA ROAD, MARRARA, NT. 0812
If not delivered please return to: PO Box 39185, NT. 0821

Photo courtesy Mark Christie of MKT Aerodrome

KEN'S KOMMENTS (FROM THE EDITOR'S DESK)



Some of you will be aware that our Foundation President Ken has not been too well of late. I've spoken with Ken a few times lately and he is very positive and hopes he will be well enough to join us at the July meeting. We wish Ken all the best and understand his situation.

On behalf of Ken I wish to thank all the members for their support and concern about his illness.

Our first major task is to see solid growth in our first year. I would like to see the Probus Club of Marrara reach a membership of somewhere between 20 and 25 members in the 1st year of the club. That's not an impossible target. Also from the July meeting I hope all members will support the Incorporation of the Club. Incorporation gives all members financial protection. Lets get behind this positive move.

You will also notice in this publication that our Secretary has obtained a grant for a Seniors Month event. **A two (2) hour Darwin Harbor Cruise (includes a fine morning tea and a continuous commentary provided by Alan Mitchell) on Tuesday 21st August, 2018. You can follow the instructions in the advertisement, go online, book, pay and receive your ticket.**

Here's to the development of your new Probus Club. The editor on behalf of President Ken.

PROFILE RON JAMES ADM



I was born at Arncliffe private hospital in Sydney. Educated at Kogarah High school for first and second year, then Industrial High in Brisbane to Senior level. My father was an Aeronautical and Mechanical Engineer and owned his own businesses both in Sydney and Brisbane.

I wanted to be a metallurgist, however, after my mother was killed it was not to be. Joined the Royal Australian Army Medical Corps, and was trained by them at Royal Prince Alfred Hospital and other institutions in nursing, i.e. casualty, general nursing, ICU, theatre, obstetrics and gynecology went on to UNSW to study Tropical Disease

and Technology.

Also, I am a qualified sniper in long and side arms by choice. I was a martial arts instructor after attaining a fairly high qualification in my chosen art.

Worked on the last two dams of the Snowy Mountains Hydro Scheme, Blowering and Talbingo and then as a family, we moved to Darwin for a look and I'm still looking.

Worked for Com Works in the engineering laboratory as a tech officer, then police and prisons as a tech officer, then police and prisons. . Then ordained as a Pastor until retirement.

My wife was a chef by profession, a great wife and mother, she was my soul mate, she went home to be with the Lord in 2016.

Until recently there were five generations of us here in Darwin.



OUR FIRST GUEST SPEAKER
BOB BEADMAN
Bob has recently retired and is an excellent Guest Speaker
NEXT MEETING
THURSDAY 12th JULY, 2018
VOTE OF THANKS
RON JAMES ADM

BIRTHDAY WISHES FOR JULY 2018



INGRID SNOEK
Happy Birthday Ingrid

SPECIAL INTEREST GROUPS — 2018

BOOK CLUB MONDAY 6th AUGUST MEETS



AT THE CASUARINA CLUB
(in conjunction with the PCDI)
AT 11:00 AM
Contact Sheena Short
08-8985 4406

GARDENING CLUB WED 8th AUGUST 2018



at
GOVERNMENT HOUSE
BY INVITATION ONLY
(in conjunction with the PCDI)
Start 10:30am
Phone Bev Aitken 0412 196 032

DARWIN TRIPE CLUB WED 8TH AUGUST, 2017



12:00 noon for 12:30pm
ASIAN GATEWAY RESTAURANT
58 Aralia St, Nightcliff 0810
ENJOY TRIPE COOKED THREE DIFFERENT
WAYS WITH BAKED
VEGETABLES.

PLEASE BOOK EARLY
\$30.00 PER PERSON

10 PIN BOWLING WED 18TH JULY 2018



PLANET 10 PIN BOWLING
9:30 for a 9:45am START
(in conjunction with the PCDI)
69 Progress Drive, Nightcliff,
\$8.50 per person
(includes shoe and ball hire)

Morning Tea at "The Groove" after

GOLF MONDAY 30TH JULY 2018



GARDENS PARK GOLF CLUB
8:30 FOR 8:45 AM START
(in conjunction with the PCCDI)
\$12.50 GREEN FEES
\$25.00 BUGGY HIRE (2 PROBARIANS)
HOPE TO SEE YOU THERE—PP ROS POCOCK

DINING OUT TRAILER BOAT CLUB

THURSDAY 2nd AUGUST 2018

8 Atkins Drive Fannie Bay

6:30 FOR 7:00PM

LICENCED AND YOU CAN PAY SEPARATELY



IF YOU WISH
TO WATCH
THE SUNSET
PLEASE
ARRIVE
AT 6:00PM



SENIORS MONTH, PROBUS CLUB OF CHARLES DARWIN INC

DARWIN HARBOUR CRUISE
10:00 AM TILL 12:00 NOON

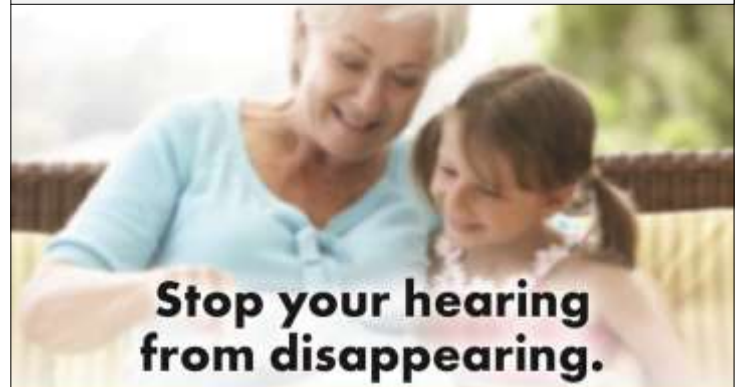


INCLUDES MORNING TEA & EXPERT COMMENTARY
TUESDAY 21ST AUGUST 2018

CRUISE LEAVES FROM CULLEN BAY FERRY
TERMINAL. BE THERE AT 9:00AM

BOOK AND PAY FOR YOUR TICKET AT:

<https://www.eventbrite.com/e/seniors-month-probus-darwin-harbour-cruise-tickets-47005186779>



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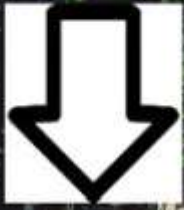
*Adults 26 years and over only.

LUNCHEON — POST MEETING



"The Table of Knowledge" will meet post meeting luncheon. Simply join the other members in the dining area of the Pint Club, solve the problems of the world, have a relaxed lunch, get to know your fellow Probus members and enjoy.

THE 5TH BEATLE



thehill.com



WHO WAKES UP ONE DAY
and says, "We're going tubing...get the cat"

My brother



from another mother.

DEAR DIARY



DATES TO REMEMBER

11th JULY **DARWIN TRIPE CLUB**
ASIAN GATEWAY
WEDNESDAY 8TH AUGUST
12:00 FOR 12:30
BOOKINGS ESSENTIAL

12th JULY **NEXT GENERAL MEETING**
PINT CLUB 9:30 FOR 10:00 AM
Guest Speaker

18th JULY **10 PIN BOWLING** (IN CONJUNCTION WITH PCDI)
WEDNESDAY 15th JULY AT THE PLANET 10 PIN
BOWLING CENTRE, NIGHTCLIFF
9:30 for 9:45am START

30th JULY **GOLF GROUP**
GARDENS PARK GOLF CLUB MONDAY 30TH JULY
8:30 FOR 8:45AM START
\$12.00 GREEN FEES
\$25.00 BUGGY HIRE (FOR 2 PROBARIANS)

2nd AUGUST **DINING OUT** **TRAILER BOAT CLUB**
8 Atkins Drive Fannie Bay
THURSDAY 5TH JULY
6:30 FOR 7:00PM

6TH AUGUST **BOOK CLUB** (IN CONJUNCTION WITH PCDI)
1ST MONDAY OF EACH MONTH (6th August)
CASUARINA SPORTS CLUB
ALL INTERESTED BOOK PEOPLE ARE ALWAYS WELCOME

8th AUGUST **GARDENING CLUB** (IN CONJUNCTION WITH PCDI)
WEDNESDAY 8th AUGUST AT
GOVERNMENT HOUSE
BY INVITATION ONLY
STARTS 10:30AM

EVERY SATURDAY **ZUMBA GOLD FOR SENIORS**
CDU FITNESS CENTRE—LAKESIDE DRIVE
8:45 to 9:45am—\$10.

SORRY, WE DIDN'T RECEIVE THE GRANT FOR THE TIWI ISLAND BOAT TRIP. DO YOU WISH FOR ME TO RE-APPLY FOR A GRANT NEXT YEAR?

Retirement



twice as much husband,
half as much money



BLACK MAGIC CAKE

Ingredients:

- 2 cups sugar
- 1 3/4 cups all-purpose flour
- 3/4 cup rich cocoa powder
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup buttermilk or sour milk*
- 1 cup strong black coffee OR 2 teaspoons powdered instant coffee plus 1 cup boiling water
- 1/2 cup vegetable oil
- 1 teaspoon vanilla extract

Directions:

1. Heat oven to 350°F. Grease and flour two 9-inch round baking pans or one 13x9x2-inch baking pan.
2. Stir together sugar, flour, cocoa, baking soda, baking powder and salt in large bowl. Add eggs, buttermilk, coffee, oil and vanilla; beat on medium speed of mixer 2 minutes (batter will be thin).
3. Pour batter evenly into prepared pans.
4. Bake 30 to 35 minutes for round pans, 35 to 40 minutes for rectangular pan or until wooden toothpick inserted in centre comes out clean.
5. Cool 10 minutes; remove from pans to wire racks. Cool completely.
6. Finish with Chocolate Ganache.

* Note:

To sour milk: Use 1 tablespoon white vinegar plus milk to equal 1 cup



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E: info@curbysnt.com.au

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DARWIN PODIATRY CLINIC,
3A/24 Litchfield Street,
Darwin City and Berrimah
Phone: 08 8941 9955

Darwin Podiatry is a specialist clinic, that deals exclusively with conditions affecting the foot and ankle, as well as treating problems associated with the shins, knees, hips, and lower back which result from the influence of foot function.



Unit 8
51 Pruen Rd
Berrimah NT
0828

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"ask the outdoor specialist"



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WINTER BOOTS

(Anyone who has ever dressed a child will love this)

Did you hear about the teacher who was helping one of her pupils put on his boots?

He asked for help and she could see why. Even with her pulling, and him pushing, the little boots still didn't want to go on. By the time they got the second boot on, she worked up a sweat.

She almost cried when the little boy said, 'Teacher, they're on the wrong feet.'

She looked, and sure enough, they were. Unfortunately, it wasn't any easier pulling the boots off, than it was putting them on. She managed to keep her cool as, together, they worked to get the boots back on, this time on the correct feet. Continued next column

He then announced, 'These aren't my boots.'

She bit her tongue, rather than get right in his face and scream, 'Why didn't you say so?' like she wanted to. Once again, she struggled to help him pull the ill-fitting boots off his little feet. No sooner had they got the boots off when he said,

'They're my brother's boots. But my Mom made me wear 'em today.'

Now she didn't know if she should laugh or cry. But she mustered up what grace and courage she had left to wrestle the boots BACK onto his feet again. Helping him into his coat, she asked, 'Now, where are your mittens?'

He said, 'I stuffed 'em in the toes of my boots.'

She'll be eligible for parole in three years.



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SENIOR SNIPPETS *by Ken Cohalan OAM*

Smart Energy Grants – 50-50 co-contribution basis up to \$1000 for approved NT Senior Concession 25% instead of 50%. Example more efficient smartenergy.nt.gov.au Solar energy systems have dropped in price 5kW system now approx. \$5,000

Senior Moments - new certified medicine to reduce the development . “Redimind” has been tested in USA being 45% more efficient than Placebo. Need to check with your Doctor.

Carers Nomination – now open www.carersnt.asn.au/events/carer-friendly-business-awards-2018/ Nominations close on Aug 31st If you know carer do not hesitate to nominate.

Shower over bathtub – advised by a motel owners to place a bath towel in the bathtub before hopping in for your shower. This reduced the likelihood of you slipping.

Prostrate Cancer – given a reprieve. Trials in Britain 38% Of 258 men with very advanced cancer were given the drug “Pembrolizumab” and tumours had not grown in 11 percent

Senior Recognition Scheme (SRS) - Minister Dale Wakefield MLA launched the program at COTA NT 12md 21 June 2018 All Senior Territorians over 65 yrs. and lived in the NT 183 days. Make sure you are registered for your \$500/year concession for Travel or Water or Electricity. More information ph. 1800 777 704 or email: pensionconcessionunit@nt.gov.au or visit Palmerston Community Care Cnr Temple Tce and Roystonia Ave

NT Senior Forms – Connie and I went to the Casuarina Office picked up forms (4 pages) completed at home (although can do there) returned and they entered the details. They are very helpful.

As you age – the neurons in the brain react less to negative experiences. This means that as each year passes you feel more positive and it's easier to be happier.

The Nigerian football team were so disappointed with Saturday's performance that they have said they will personally refund all expenses to fans who travelled to support them. All they need to do is send bank details, sort codes & PINs, & they will transfer the money directly...



Parents hold
their
children's
hands a
while
and their
hearts
forever



Combined Probus Sports Challenge

Probus Clubs of Darwin, Palmerston, Charles Darwin and Marrara
Wednesday, 29 August
Tracy Village Verandah
10:00am



face cream, nearest the pin,
stack of nuts, suck it up, horseshoes,
tic tac toe, hoop ball, thong throw,



Come and join in the fun.
Whatever your level of fitness and ability
there'll be a game for you.

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 Probus Club of Darwin 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 considerations)

DISCLAIMER

This Directory of Members is for the exclusive use of members of the Probus Club of Darwin Inc and should not be made available to Non-Members. The information contained in this publication is "Private and .Confidential " to Members' and is not to be used for any other purpose.