

Volume 1 # 5
November 2018



PROBUS CLUB OF MARRARA, INCORPORATED

Club No: 29004202

PRESIDENT

KEN COHALAN OAM

PATRON

Kate Worden MLA

Member for Sanderson

SECRETARY

RAY ANDERSSON

Marrara Probus Club Bulletin



Club Information

**Probuss Club of Marrara Inc.
Club Number: 29004202
District: 9550**

Sponsored by Rotary Club of Darwin South Inc.

Email: marra@probussclubs.com.au

Website: <https://www.probussouthpacific.org/microsites/marrara>

**The Probuss Club of Marrara meetings are held on the
second Thursday of each month (except January),
9:30 for 10:00AM at the PINT Club, 165 Abala Road,
Marrara, NT, 0812**

Probuss is all about Friendship, Fellowship and Fun in retirement. Probuss provides you with the opportunity to join together in clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community.

Probuss opens the door to new experiences and friendships, you can hear wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world. Probuss offers a range of member benefits and to quote a recent Probuss Club member "the day I joined my Probuss Club, I instantly had 100 new friends" – That is Probuss, Friendship, Fellowship and Fun.

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

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



I note 100 years since the ending of the first world war. Although I was born well after that I was invited to 50-year anniversary in small town of Mapleton on the Sunshine Coast Qld. The function was for 8pm they turned off all the lights and a lone bag piper player came up from a distance it was most striking and something I well remember. There were speakers from returned servicemen from the local area.

A couple of our members had a poor experience at Malak Markets I hope it did not cost too much and you put it down to one of life experiences.

Thank Jim for making a special trip to pick up the gong and collar, much appreciated.

I look forward to having the time to get to know members better at during the trip to Batchelor Butterfly F Wed 21st Nov and Christmas Lunch Pint Club Tues 11th December. If you have senior friends and neighbour do not hesitate to offer an invitation.

Now I am sure that no Probarian would be that early doing their shopping. Here are ten commands for Christmas shopping.

- Thou shalt shop EARLY.
- Thou shalt shop COURTEOUSLY.
- Thou shalt shop CHEERFULLY.
- Thou shalt shop CONSIDERATELY.
- Thou shalt shop LOVINGLY.
- Thou shalt shop PEACEABLY.
- Thou shalt shop ABSTINENTLY.
- Thou shalt shop COMPASSIONATELY.
- Thou shalt shop BENEVOLENTLY.
- Thou shalt shop CONSERVATIVELY.

From the committee to all the Darwin Probus Members we wish you a very happy and safe Christmas and New Year. We look forward to seeing you each in the year of 2018. I leave to each of you this Blessing:



A SPECIAL AWARD

CERTIFICATE IN RECOGNITION OF

DISTINGUISHED SERVICE TO THE PROBUS CLUB OF MARRARA INCORPORATED

It was a pleasure to present the Probus club of Marrara, Certificate in recognition of distinguished service, to our Past President, Ken Barnes Oake, for excellence in his work, commitment and dedication in the foundation of the Marrara club.

The presentation was made in the presence of our Patron, Kate Worden MLA, in her electorate offices on the 15th November 2018.

Ken's work, along with Eean Thorne, was instrumental in setting up and creating the Marrara Probus club, ensuring it a great future.

The President and all members thank Ken for his commitment to the club.



Photo: Presentation of the Certificate of Acknowledgement to Ken

FAREWELL

EEAN THORNE 21 NOVEMBER 1939 - 5 OCTOBER 2018

Eean was born in Toowoomba on 21 November 1939. His family owned and operated a large cake and bread wholesale and retail manufacturing business. Eean completed an apprenticeship as a pastry cook and master baker and eventually qualified as a chef. The bakeries were sold and Eean managed and then owned restaurants in Longreach. He became involved in the Rotary Club of Toowoomba East, serving as President and formed a Probus Club in the area. After arriving in Darwin, Eean became involved with Probus Club of Darwin.

Eean was awarded an OAM in 2014 for Community Service work in Toowoomba and Darwin.

Even though suffering illness, Eean' personal strength saw him as an instrumental founder in setting up the Probus Club of Marrara, taking on the role of Secretary, bringing the fledgling club to life.

We honour him in our memories as a dynamic and honourable individual.

Rest in Peace,

OUR GUEST SPEAKER FOR DECEMBER

Sue Seears, Senior Police Auxiliary, NT
Police

Sue will give us a talk on 'Preparing your property for Christmas – Personal Safety Talk'.

In the lead up to Christmas, this is an important message for all of us as Christmas has developed into a peak time for property crime, in the NT, with many homes and apartments empty with residents on holidays.

Join us in welcoming Sue as she outlines strategies, simple preparations and case studies that we can learn from that can improve your personal and home security.

BIRTHDAYS FOR DECEMBER

- ❖ Kate Gunson
- ❖ Sylvia McGough
- ❖ Valmae van Hees

SENIOR SNIPPETS *by Ken Cohalan OAM*

- **Consumer Review** of any aged care provider across Australia and request online information from those aged care providers who elect to participate in the 'Provider Comparison' tool now available on www.AgedCareGuide.com.au a check in Darwin of Nursing homes listed the below number of beds current only 2 available
 - Regis Tiwi 135
 - Pearl 65
 - Juninga 26
 - Terrance Gardens 88
- **P.I.N.T. Club** – Probus Club of Marrara meeting site, P.I.N.T. stands for Postal Institute of Northern Territory founded in 1968 and Darwin oldest Licence Club
- **City of Darwin Libraries** – been advised that they are keen to provide easy to follow instructions for beginners on topics such as Using email, Shopping online, Using Government websites and using your smartphone or tablet. Make an appointment
 - Casuarina Library 17 Bradshaw Tce ph. 8930 0200
 - Darwin City Library Harry Chan Ave ph. 8930 0230
 - Karama Library Karama Shopping Centre ph. 8927 2505
 - Nightcliff Library Pavonia Place ph. 8930 0480
- **DCC Information web site** – They have a good web site engage.darwin.nt.gov.au Did you know that Darwin's waste management practices are lagging behind the rest of Australia? We only divert 12 per cent of our waste to recycling. This means that Darwin sends 88% of our waste to landfill. If we continue at this rate, Shoal Bay will be full by 2044. It will cost approximately \$50 million to close the facility and remediate the land, which will take decades. Most importantly, in our goal to be a sustainable city, it makes no sense to continue to create and dispose of pollution generating waste to landfill.
City of Darwin have made a start on identifying ways to manage our waste better. These are explained further in the [Background Paper](#). If you don't have time to read this document, take a look at the [Fact Sheet](#).
- **NTG Concessions** – I am concerned that some of our members may not be registered.
 - Do not hesitate to call at Territory Families Cascom Plaza Building 2B1 Scaturchio Street Casuarina

Meet our New Members

November has, again, been a quiet month for membership. As we lead up to the end of 2018, we will look forward to a membership drive for 2019. Watch this space as our membership grows.



A big welcome to our club, that is now 'your club'.

Meeting Snippets

The Probus Club of Marrara met on 8th November with twelve members and six visitors from other clubs in attendance. There was a fair bit to be covered in the meeting as we head into the Christmas break.

We were pleased to be able to issue all members in attendance with their Probus South Pacific membership cards with cards still available for those that could not make the meeting.

The President was pleased to direct members attention to a club banner that was designed and produced for the club by Ray Andersson. It can be used at events where we wish to promote the club and encourage new members.

We were also pleased to announce that the club is now approved as an incorporated association, with the certificate being on display at the meeting. Its one more step in ensuring we meet all legal obligations as a club.

Christmas is just around the corner and the President sought discussion and input from members on what they would like to have at the 2018 Christmas luncheon that will be held at the PINT Club, after the December meeting. Please let Ken or Connie know if you have any specific ideas for the luncheon, as early as possible to allow arrangements to be made.

Ron Strachan spoke of a tourist attraction that he had noticed on his travels. Ron found that the Bamboo House, located on the right, near the Darwin River Tavern, is an excellent spot to visit.

The facility displays a history of bamboo and has many varieties growing, and on display. Of interest is a large archway grown for use for weddings. Ron stated that it is quite impressive.

Lunches etc can be arranged by prior arrangement. Members may be interested in visiting the site.

Marrara Club Website

The President is pleased to announce that our Probus club website is now up and running, providing up to date information on our club.

Members are encouraged to check out the site from time to time to get up-to-date information on what is happening in your club.

Save our website link in your internet browser to make it easy to connect. Our hyperlink is: <https://www.probusouthpacific.org/microsites/marrara>

The screenshot shows the website header with the Probus South Pacific logo and navigation links: ABOUT PROBUS, MEMBERS' OFFERS, JOIN PROBUS, TRAVEL INSURANCE, LIFESTYLE, CLUB NEWS, MAGAZINES, CLUB ADMINISTRATION, and FIND A CLUB. Below the navigation is a 'MARRARA PROBUS (C) > Welcome' breadcrumb. A 'SITE NAVIGATION' sidebar lists: Welcome, About Us, Bulletins, Committee, Meetings, Calendar of Events, Activities, Guest Speakers, and Contact Us. A 'READ ON PROBUS' sidebar lists: Credit card or debit card?, Fixed income investment, Social life or friend, and Healthy living. The main content area features a large banner with the Probus logo, the word 'WELCOME' in large white letters, and 'PROBUS CLUB OF MARRARA INCORPORATED' in a black box at the bottom.

The President and members welcome you to the Probus Club of Marrara Incorporated.

Probus is for retired or semi-retired persons, interested in maintaining fellowships, friendships and being active in retirement.

We are a non-sectarian, 'not-for-profit' association with an objective to stimulate thought, interest and participation in activities at a time in life when it is easy to become complacent and self-centred.

Have a look at what we offer and you also, may be interested in joining us in making retirement fun and active.

Access to our Bulletins, meeting dates and a calendar of events and activities is easily gained through the website. It aids you in keeping up to date with whats happening in your club.

The site is a living document so it will change over time as we improve it. Events and activities will be promoted on the site, allowing you to have ready access to up to date information.

Check it out

Monthly Meeting Guest Speakers

November

Frank Linnett – *Digital Inclusions*.

Frank provided an interesting presentation on the 'Be Connected' program for seniors.

'Be Connected' is a national program, funded by the Australian Government that Good Things Foundation delivers in partnership with the Office of the eSafety Commissioner and the Department of Social Services to help older Australians to improve their digital skills. The Be Connected Network is a movement that supports older Australians to engage with digital technology in their local communities.

Statistics show that there is a gap in our senior population that is being excluded, through no fault of their own, from the digital world that can prevent them from accessing government services to that if being cut off from family and friends who may live long distances from them. Frank provided examples of issues that can arise and what the program seeks to address.

Members were interested, and several questions were raised in relation to the program, Frank provided some websites that members may wish to view to learn more about the program.

Frank indicated that he would provide further details for members to read and raise awareness of what is on offer.

- <https://beconnected.esafety.gov.au/>
- <https://www.godigi.org.au/>
- <https://www.goodthingsfoundation.org.au/home>



November Meeting in Focus



Welcome to our club meeting



Eager for the meeting to commence



Our members



Our members



Speakers Introduction by Ken



Frank Liddell's presentation

Upcoming Club Events and Outings



2018 Christmas Luncheon

Thursday 13th December 2018, after the monthly meeting. We look forward to celebrating the festive season with you.



Menu



Menu – Gluten Free

- Garden salad
- Coleslaw
- Roast pumpkin
- Roast turkey
- Gravy & Cranberry sauce
- Custard & Ice cream
- Pasta salad
- Roast potatoes
- Steamed vegetables
- Leg ham
- Rotary plum pudding
- Drinks at own cost

Fee \$22 to be collected by Connie on entering the PINT Club

DEAR DIARY

DATES TO REMEMBER

.....

13 DECEMBER 2018

NEXT GENERAL MEETING

PINT CLUB 9:30 FOR 10:00 AM

CHRISTMAS LUNCHEON

PINT CLUB MIDDAY, AFTER OUR DECEMBER MEETING



Guest Speaker FOR December is Suzanne Sears, NT Police

Subject: 'Preparing your property for Christmas – Personal Safety Talk'

Members Reports on Events and Outings

Dining Out Night – 1 November

Members of the Probus Club of Marrara were invited to join the President and his good lady at our November 'dining out' at the Ming Restaurant in Jingili.

We had 5 attend and had an enjoyable evening of discussion and good food. The meals selected for the banquet were of excellent quality and was very filling.

The service provided by restaurant staff could not be faulted as we moved through the meals, as we learnt more about each other through conversation.

We look forward to further evening 'dining out' events, to further foster friendship and fellowship through Probus.



Butterfly Farm, Batchelor visit – 21 November

Colours of butterflies – Rita Sharan

On the 21st of November a group of Marrara club members travelled the 70 kilometres to Batchelor to visit the butterfly farm and Petting Zoo with our Coach Captain, our own President Ken driving the mini bus. The whole group enjoyed the lush green countryside arising from recent rain and the new developments all the way from Darwin to Batchelor.

Once we arrived the owner, 'Butterfly man' Christopher Horne, welcomed us and took the group around for a tour of the farm. He showed us an evolving butterfly cocoon and gave us a little talk on the butterfly life cycle. We then toured around the property to the butterfly enclosure. It was an enclosed area, set out like a mini rain forest, with lots of green vines, tropical plants and flowers and colourful butterfly's big and small. Seating was strategically placed for visitors to sit, relax and enjoy the environment

Automatically, smiles of enjoyment came to our face's as we took in the sight of all the beautiful butterfly's in this tropical setting.

After the butterfly segment we moved to the petting zoo that was not only set up for children, as our little group of retirees fed and the occupants of the 'little bunnies shed'. I don't know who was happier us or the bunnies as we enjoyed feeding the carrots watching little rabbits munching on them.



Next, we visited the open are where some larger farm animals were kept. Goats sheep, pigs', piglets', chickens, ducks etc. Amongst all the animals one piglet was the cheeky one escaping through the bar of the fence. Quite cute. There were some veggies growing as well. It was a close encounter with nature and its creatures great and small.

We finished the tour of the farm, relaxing on the shaded verandas which was joined to the restaurant. It was a nice relaxed atmosphere though it was very hot and sweaty, but we didn't mind after all we are Territorians!

Lunch was served according to what we had ordered, providing a quite tasty meal with some large portions served. Just look at the size of the hamburger.



This trip was enjoyed as quality time together for our Marrara Probus group which is the newest in Darwin, having formed back in May. This was our first excursion and we look forward to many more in the future



Events, Outings and Activities

Planning for 2019

All club members are invited to propose events, outings and activities that we can all enjoy in 2019. Perhaps a talk and tour of a horticultural facility, a tour of a radio station to learn how our local stations operate, a tour of Parliament House, a visit to local and regional tourist attractions.

If you have visited an attraction that you believe may be of interest to others, let us know and it can be added to our 2019 calendar. Here are a couple of possible activities that members may be interested in.



Crazy Acres Mango Farm & Cafe

Club visit to Crazy Acres Mango Farm & Café.

Crazy Acres Mango Farm & Cafe is situated on a family run, 25-acre mango farm in Berry Springs. Only 60kms south of Darwin and an easy 20-minute drive from Palmerston, Crazy Acres is the place you will find delicious homemade goodies and a menu full of dishes that will keep you coming back.

Crazy Acres are well known for their use of the iconic Kensington Pride mango grown on the property. These can be found throughout the menu, the freezer, the preserves and even in locally made mango smelling soy candles!

Available all day is a full menu from a mango & banana smoothie bowl topped with homemade granola and Greek yoghurt, to pulled pork rolls, platters, salads and of course a delicious mango cheesecake or homemade ice cream. Washed down with a beautiful smoothie or maybe a homemade ice coffee, we can guarantee to get you through till dinner time or beyond.

With an assortment of homemade, award winning jams and sauces, local honey, frozen mango products and some exciting new mango pops this year, what better way to fill the picnic basket or esky and head off to enjoy more of this wonderful region.

Not in a hurry to get anywhere? Come and sit and soak up the peace and quiet of rural living and enjoy the view of our mango trees in a relaxing setting.



Palmerston Hobby Ceramics

Be creative around supportive social people and enjoy a fresh new experience. Retirees may wish to try out the introductory class in ceramics. This unique creative experience transforms our ready to paint ceramic pieces into decorative art.

This class introduces you to basic ceramic skills, completing a decorative piece to take home.

This class suits those with no knowledge about ceramics.

Selection of materials

Choose from the extensive bisque pieces then select 3-5 acrylic colours from the class range.

This class is up to 3 hours of guidance in one sitting from our Certified Duncan Teacher.

When your piece dries it is sprayed with ceramic sealer.

The wide range of available pieces includes statues, money boxes, trinket boxes and photo frames and more.

Allow up to 90 minutes to complete.



Seniors Security & Safety

Crime Prevention Pre-Christmas Preparation

By: Ray Andersson ASyM. RSecP. CCSMS. CATS. ICPS. FCiSCM. AFAIM



Christmas is coming to town and so are the criminals. Don't make their job any easier. Here are some simple hints to assist in making your property safer. Sue Seears will cover much more in her crime prevention and personal safety presentation.

1. Keep trees and gifts away from windows Don't openly display your Christmas tree and gifts in the front window so it's easily visible from the street. It can be tempting for criminals to smash the window and grab wrapped packages.
2. Hide presents Even if you don't have children to hide presents from, make sure criminals can't see them through your windows and doors by hiding them in cupboards and under beds. That includes gift-wrapped presents under the tree, if you won't be home.
3. Look lived in If you're going away for Christmas, make the house look lived in. Ask a friend or neighbour to keep an eye on your property, open and close curtains and put lights on. If you're going away, ask a neighbour to park their car in your driveway to make it look like someone's home.
4. Let trusted neighbours know that you will be away. As a trusted neighbour, knowing that the property should be vacant they should be alert to anything occurring that is out of the ordinary. If they see anything out of the ordinary occurring in your home or apartment, they should trust their gut feeling and advise police. If you are keeping an eye out on a neighbour's property; be alert and trust your gut feeling. You could be doing your neighbour a huge favour.
5. Triple check your locks Make sure all windows and doors are firmly shut and locked when leaving home. Leaving an entry path slightly open is a temptation for a burglar.
6. Hide packaging When you take the bins out, make sure all packaging from expensive gifts is ripped up and buried under the rest of the rubbish, so criminals can't easily see what you might have in the house.

7. Don't run electricity cords through window cracks Burglars prefer to enter through unlocked doors or windows, so an electricity extension cord running through an open window to exterior Christmas lights can be an open invitation. Hire an electrician to install an inexpensive outside plug for outdoor lights.

8. Give a trusted neighbour a spare key Burglars know to look for the hidden door key near the front entrance. Don't hide spare keys under rocks, in flowerpots, or above door ledges. Instead give the spare key to a trusted neighbour.

9. Be careful what you post on social media. If you post on Twitter or Facebook that you'll be away on holiday or visiting relatives over the festive period, you've given the green light to intruders who will know they won't be disturbed. The same goes for posting how excited you are about expensive gifts, which could help thieves start a shopping list.

CALLING ALL MEMBERS

HAVE YOU MADE A MEMORABLE PROBUS CONNECTION?

We are looking for stories for our upcoming feature on how Probus helps connect people.

Have you joined Probus and then met someone special? You might have connected with a partner, a new best friend, or reconnected with an old friend. Have you met someone famous?

If you are interested in being involved please tell us your story in 200 words or less and email us at probus@citrusmedia.com.au or get in contact with PSPL. Closing date: December 10.

Health for Seniors



Top End Health Service

Staff Information

Outpatient appointments available at PRH

1 October 2018

Palmerston Regional Hospital Ambulatory Care Unit opened its doors early September which now means that patients may have their outpatient specialists' appointments booked at either Royal Darwin or Palmerston Regional Hospital.

While most of the Royal Darwin Hospital specialists' clinics remain unchanged, the Rehabilitation and Chronic Pain services have completely transferred to Palmerston Regional Hospital.

In addition, the following specialists' clinics are now available at both Royal Darwin and Palmerston Regional Hospitals;

- Renal
- Neurosurgery
- Palliative Care
- General Surgical
- General Medical
- Urology
- Paedatric
- Chronic Pain Service
- Visiting Gastroenterology
- Diabetes
- Respiratory
- Gynae
- Liver/hepatobillary.

For inpatients at Palmerston Regional Hospital requiring specialist consultation please discuss patient needs directly with the required specialist to see if onsite consultations can be accommodated.

If you are assisting a patient who is unsure of their appointment location, please phone the central outpatient phone number on (08) 8922 8699.

Special Interest Groups - 2018



**BOOK CLUB
MEETS AT THE
CASUARINA CLUB**
(in conjunction with the PCDI)
at 11:00AM
Contact Sheena Short for details on
08-8985 4406



GARDEN CLUB
at
Trailer Boat Club
8 Atkins Drive, Fannie Bay
(in conjunction with PCDI)
Starts at 10:30AM
Phone Bev Aitken for meeting dates and
information
Q&A - Bring a plant to raffle

Do you have a special interest or hobby that members may be interested in sharing with you?

We are looking for special interest groups for 2019. Speak to the Committee and share your passion.



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.

10 PIN BOWLING Third Wednesday of each month



PLANET 10 PIN BOWLING
9:30 for a 9:45am START
(in conjunction with the PCDI)
69 Progress Drive, Night cliff,
\$8.50 per person



Zumba Gold for Seniors

Every Saturday 8:45 for 9:00AM start.

Charles Darwin University Fitness Centre.

Fee - \$10

Let's Cook up a Storm

Christmas is just around the corner and Territory Taste have some excellent recipes to tantalise the taste buds.

<http://territorytaste.com.au/category/recipes/>

Hand-made Christmas treats: Ginger Biscuits.



Ingredients

- 140g butter
- 1 cup (160g) brown sugar
- 1/2 cup (175g) treacle
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 2 eggs
- 2 teaspoons vanilla essence
- 4 cups (600g) plain flour
- 2 teaspoons baking powder Icing to decorate them
- Thin ribbon to hang

Preparation

1. Melt the butter, brown sugar, treacle, cinnamon, ginger and cloves in a saucepan over a medium heat. Set aside.
2. Stir in the eggs and vanilla essence. Stir in the flour and baking powder until smooth. Divide the dough into 3 portions. Wrap in plastic wrap and refrigerate for at least 2 hours or until firm.
3. Preheat oven to 180°C. Line two baking trays with non-stick baking paper. Roll out 1 portion of the dough to 4mm thick between 2 sheets of baking paper. Use Christmas cookie cutters to cut out biscuit shapes. Place on the trays.
4. Use the end of a piping nozzle to make a hole in the top of each biscuit. Bake for 5-10 minutes or until golden and firm. Repeat with the remaining dough portions. Transfer to a wire rack to cool.
5. Decorate with icing and thread with ribbon to serve.

ENJOY

What's in the next issue of Active Retirees

Next issue Volume 8 Issue 5 December - January 2019

Active Retirees

New
look!

Fun, Friendship and Fellowship and in Retirement

Travel

Dinosaurs of Winton
This Queensland town has preserved a slice of dino history

Hadrian's Wall by bus
An easy way to see this important historic monument



Technology

Mobile computer repairs
Having a computer geek come to you can be helpful, but keep an eye on the costs

Health

Super eating
Are so-called superfoods really all that good for you?



To increase your club's subscription to Active Retirees@magazine contact PSPL. Receive all six issues for the year for only \$10. To arrange for Probus club members individual subscription to Active Retirees@ for home delivery visit the Probus website. To subscribe to the digital version of the magazine visit the Probus website. www.probusouthpacific.org/forms/display/magazine-subscription

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THE COVER STORY

Holidays to remember: We talk to Probusians about the trips that have created lasting memories

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DURACK GARDENS
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Darwin Podiatry

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.



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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)

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