



PROBUS CLUB OF DARWIN INC #355594

Sponsored by Rotary Club of Darwin North Inc

The Probud Club of Darwin 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

December Bulletin

Volume

19

Issue

9

PATRON

His Honour Professor the
Honourable Hugh Heggie AO PSM
Administrator of the NT

PO Box 40452

CASUARINA NT 0811

Web Page: www.darwinprobus.org

Email: secretaryprobusdarwin@hotmail.com



Next meeting

Christmas Lunch at Silks

Wednesday, 4 December, 2024

11:15am - in lieu of General Meeting

Merry Christmas to all of our
valued members of Probud
Club of Darwin from President
Tony and the Management
Committee.



Many thanks to the office of Koda Patel MLA, member for Casuarina, for the printing of our bulletin this month.

Tony's Titbits

Tony's Titbits Wow! It's December already, it seems like only a few weeks ago we were celebrating New Year. Time just flies when you are having fun or are a Probarian, or both.

The past year has been a busy one for members, the standouts being a day trip to Crab Claw Island and a five-day Adventure to Timor Leste, even meeting the President Jose Ramos-Horta.

The Social Committee have been busy arranging Dinners and Morning Teas all around Darwin. The Oysters at Sea Food on Cullen were exceptional, and the Goat Curry at the Bowling club was to die for. And if you want a Morning Tea/Breakfast you cannot go past Café 21 or Doctor's Gully. Well done, Rowena, Patti, and friends.

The Travel Committee was also very active starting with a P&O Cruise from Darwin to Singapore, where we stopped over for a couple of days before flying back to Darwin. Much fun was had by all including a celebration of Mary Father's birthday and a Gatsby dress up night. Some fifty people went by ferry to Crab Claw Island where, an enjoyable meal was eaten, and great fun was had by all. The trip to Timor Leste was a terrific success with a group of twenty-nine people going along. Lots of things to see and do although some of the travel conditions were onerous. Later in the year a small group of travellers joined a cruise from Darwin to Fremantle on the Queen Elizabeth. A touch of elegance to be enjoyed by all. Many thanks to Bronwyn, Janet and their happy band of fellow travellers who are already arranging lots of trips for next year.

If you find yourself getting bored there are lots of other activities to be a part of including the book club, the garden club, the craft group, the writing group, Friday drinks, ten pin bowling and board games at Pearl. We have only recently been made aware of the shenanigans going on at board games, it must be worth a visit.

Our final event of the year is the Christmas lunch at Silks, which should be frivolous and fun. See you there.

A poem depicting change, the doggie bag line got me:-

We used to go to weddings, football games and lunches;
Now we go to funeral homes and after-funeral lunches;
We used to go out dining and never get our fill;
Now we ask for doggie bags, go home and take a pill;
We used to go to nightclubs and drink a little booze;
Now we stay home at night and watch the evening news;
That my friend is how life is and now my tale is told;
So, enjoy each day and live it up before you are too old.



Slainte
Tony

For Word Lovers

The Macquarie dictionary's word of the year is "enshittification". Meaning is "slow decline in service quality that many have experienced at the hands of profit hungry corporations."

This was closely followed by "brainrot"- which is "low quality social media content and supposed diminished mental capacity triggered in consumers."

Interest Groups

December at a glance

Event Date	Meeting/Event
Monday Dec 2 - 11:00 am	Book Club at Cas Club coordinator Bev Barnes
Wednesday Dec 4— 11:15am	Christmas Lunch Silks' Restaurant, Fannie Bay
Friday Dec 6 10:15 am	Craft Group at Cas Club. (Occurs each Friday), coordinator Bev Barnes
Wednesday Dec 11-	Garden club in recess until February
Friday Dec 13 —5:00 pm	Friday Drinks at Greenhouse Cafe
Tuesday Dec 17 11:00am	Writing group at Cas Club coordinator Ron Ninnis
Wednesday Dec 18	Bowling in Recess till February 2025
Wednesday Dec 18—	Dining Out in Recess till January 2025
Tuesday Dec 31—	Games in Recess till January 2025
Friday Dec 27—	Morning Tea in Recess till January 2025

ALERT

Next meeting at Tracy
Village will be
8 January

Probus Club of Darwin

Christmas Lunch

Silks Restaurant

Wednesday, 4 December, 11:30am



Ken Cohalan OAM

Seniors' Snippets

Palmerston Probus Club 12th Anniversary Meeting

What a great meeting. A good cake supplied by their patron, Chief Minister Lia Finnochiaro. It coincided with my 84th birthday. Great day for everyone.

Aged Pension. Pensioners received an overall increase of 2.47% increase in October. Better than nothing but less than cost increases.

New Minister for Seniors. Hon Jinson Charls MLA. Has advised that his office at Northlakes is available for committee meetings and interest group gatherings.

Probus leaflets. Secretary of Darwin Probus club, Jill Kuhn, gave me a bundle of these to be distributed to the offices of the 5 new MLAs.

Wishing all Probus members a very Merry Christmas and a Happy New Year.



TEN PIN BOWLING

This was our final gathering for the year enjoying our pre game coffee and cake at the Caramello Coffee shop before we headed off to Kingpin for bowls.

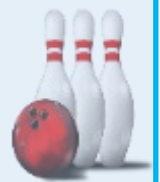
Fifteen bowlers and three cheerleaders gathered for a very competitive game with most bowlers achieving their personal best scores.

Notable scores were bowled by Roz Pocock on 101 pins and Robyn Wright and Anne O'Connor who drew on 105 pins each.

Ron Wright was the top scorer with a commendable score of 122 pins.

We look forward to meeting you all again on 19 February 2025.

Merry Christmas and
a Happy New Year to all.
Maxine



Golf

Contact

Jeff Mosel ph 0422 187 263



Table Tennis Interest Group in

Every Thursday 9.00 am—11.00 am

\$5— 3 hours including bat and ball hire.

Organised by Charles Darwin Club.

Contact Chris 0429171326.



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Out and about in November



Out and about in November



Out and about in November



Literature, Lunch and Laughter

Another great get together with engaging conversations.

Read October discuss November
The Light Horsemans Daughter
Good read

Someday Soon. By : David Crookes
 Still reading and enjoying the storyline.

Runaway By: Peter May
 Reasonable read but Not recommended

The Stone Yard Devotional By: Charlotte Wood
 Confusing read.

Read November discuss December
Ladies Midnight Swimming Club By: Faith Hogan
Storm Child By: Michael Robotham
The Mothers By: Brit Bennett

Read December discuss January
Sharp Objects by Gillian Flynn
Limberlost by Robbie Arnott
Cold Enough for Snow by Jessica Au
Horse by Geraldine Brooks

Stay well. Stay safe and happy reading, Beverley Barnes



GARDEN CLUB

Thirty garden lovers attended Casa di Biisk Nursery on a very hot morning. Thank you all for making the effort.

Thanks to Andy and Jodie, the new proprietors of the nursery for making us all welcome.

Andy gave an interesting talk on the infamous mealy bug that's wrecking our gardens in the NT.

Thanks Lyn for helping Bob with attendance as Kay is still unwell.

Howard Springs Tavern was great for lunch in the air conditioning.

Next meeting will be on Wednesday 14 February (Valentines Day for all our hearts and flowers members). at a venue to be advised at the next Probus Meeting in January.

Merry Xmas to all and see you in 2025 Bev Aitken—Coordinator
 ph 0412 196 032



Travel Group

Upcoming travel events

There will an option for a small group to go to **Sri Lanka** mid-March 2025. Two weeks of travel, flights and land content cost approx \$4,000. The trip to be capped at 10 people .

Cambodia tour—.Tour now suggested for around February 2026.

Member Travels sent in by Barb Pollock

My visit to Sri Lanka was TripaDeal's 'Wildlife and Adventure'. In a group of 9, we journeyed for 14 days in a semi circuitous route heading north east to Wilpattu, National National Park then winding our way through the Highlands back to Colombo. Our first stop was Negombo, coastal area where fishing is the main industry.

Then Wilpattu National Park where our 'glamping' experience was marred by higher humidity than even experienced Darwinites could tolerate. What a relief to start our upward

journey into the beautifully scenic hill country. No wonder the British, Dutch and Portuguese colonials made this area a genteel holiday destination. Now a new generation of tourists is using it as an extreme sport destination. Commercial visits to a

spice garden, tea plantation and jewellers are sure to be part of every tour.

Currency...like Bali, just take off the last 2 numbers but then divide by 2. You soon get used to it.

Dried fish, important export.

Wonderful up-close to elephant drive.

Kandy

Buddhism is main religion integrated with Islam and

Christianity. Whatever, it's obvious that religious practices are very important in everyday life.

In conclusion, in spite of the past economic and political difficulties, Sri Lankans seem optimistic for the future. With the new government promising an end to corruption, international aid projects may be reinstated.





Writing Group

A small but enthusiastic group of writers met to read and discuss what they had written on the set topic. ("The elephant in the room. ") As usual, there was lots of fun and laughter.



We all had a go at our 7 minute exercise, on the topic "on times gone by. " It is always amazing what can be written when there is a deadline, and everyone surprised themselves.

The next topic was chosen by Wendy, and is "A present ", a topic very suitable for Christmas.

+There is one more meet-up this year. It on :

Tuesday, the 17 December at 11 am at the Cas Club. (always the third Tuesday of the month)

Stay after the meeting for Christmas lunch, if you like .

Ron Ninnis

The elephant in the room by Ron Ninnis, Probus Writing Group

He knew that he was forgetting things. Things such as car keys, or door keys, or whether he had taken his tablets in the morning. These things were once automatic.

He sat down with his ever-patient daughter, and his not so patient son, for the usual Sunday family evening roast, and he sat down at the head of the table as he had always done. "When's Mary coming? She should be here by now."

His daughter looked at him, and smiled: " Mum's not coming Dad. She passed on last year."

After the meal, he went up to bed, but he could still hear his two children in the kitchen below.

"That's the first time that he has forgotten Mum."

"We will have to do something."

"Missing keys are one thing, but our mother is something else. "

This is the elephant in the room: it is so big that no one noticed it. His son had helpful suggestions before: colourful stickers on the fridge, and also reducing the clutter in the house. Although the ideas were good, they did not work because their father refused to admit that he forgot anything.

"He will need looking after sooner rather than later."

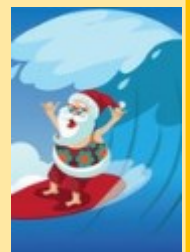
The elephant was not going to go away. He was starting to realize this.



Each year Probus Club of Darwin participates in collecting items to donate to the Salvation Army Christmas Appeal.

This collection is usually very well supported by our members and very much appreciated by the recipients. We have missed the opportunity to collect through a meeting this year so if you would still like to donate non perishable foods and other grocery items as well as gift items please take to the reception desk at **Salvation**

Army Cnr Lee Point Road and Yanyula Drive ANULA. Advise the receptionist the donations are from Probus Club of Darwin. Maybe groups of members in the retirement villages could get together to make delivery easier. Donating to the Salvation Appeal is a voluntary activity but very much appreciated by all involved.



December Anniversaries

Maureen & Jack Burr
Judy & Colin Beard
Annabelle & Ron Lawford
Kevin & Rita Cluley

Hope you enjoy your
special day



December Birthdays

Neriza Goodrem
Hendrika Carlow**
Beverley Aitken
Dr Hunter McEwen***
Majella Graham**

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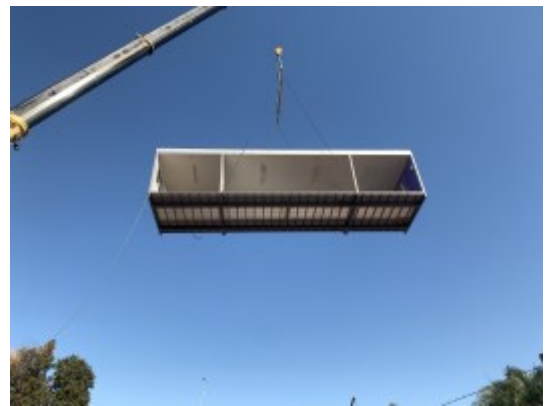
Working together for Seafarers sent in by Mary Martin

Thank you to Probus Darwin and Probus Marrara Club members and others for their donations to Mission to Seafarers (MtS) Darwin throughout 2024. MtS Darwin is one of the more than twenty MtS centres operating around Australia and part of a family with a presence in 200 ports and 50 different countries worldwide. All of which have the focus of supporting the women and men working at sea regardless of race or religion. Your generosity is greatly appreciated not only by the seafarers but also by the Darwin MtS volunteers who work to provide some comforts of home to the seafarers.

As an island nation Australia is very dependent on shipping to deliver most of the things that sustain our lives and lifestyle. Those of us who venture to sea on cruise ships also enjoy the services seafarers provide while we holiday. How many of us stop to think about the lives and welfare of those who work on these vessels?



MtS Darwin operates from a demountable on the East Arm Wharf on land leased to Port Darwin and is within walking distance of the berths. The location, within the port's secure area, means the centre can safely open 24/7 even when there are no volunteers on site. We provide seafarers with a small, comfortable air-conditioned area with TV, free Wi-Fi access, free secondhand clothing, toiletries, snacks and tea and coffee. It doesn't matter what time a seafarer comes off shift, they can walk into the Centre, access the Wi-Fi and spend quality face to face time with their loved ones back home.



While being within a secure zone is a benefit of our location on the commercial wharf, our location demands the business of the Port comes first. A need for the Darwin Port to extend its "hard stand" for a planned increase in container traffic meant the Centre had to move. This saw the demountable lifted in three pieces and "fly" to a new location 100 metres away. While the relocation process went smoothly, thanks to the expertise of crane teams, engineers and staff from the port, getting the Centre fully operational has been a challenge. However, despite many hurdles, MtS Darwin reopened its doors to seafarers within three weeks of the move.

Giovani Maduro, our Catholic Chaplain, dedicates two days a week to the seafarers. Giovani is ideal fit for this as he was born in the Philippines. Most of seafarers visiting the Darwin MtS Centre are Christian and Catholic and the majority of them are Filipino. Most of Giovani's time is spent ship visiting. He talks to the seafarers and officers on board, discusses matters relating to their families and their employment and holds prayers for them on board. Over the last 12 months, at the request of visiting seafarers and with the support of ordained Catholic ministers, Mass has been held for seafarers both on board the ships and in the MtS Darwin Centre.

The generosity of our Christian fellows doesn't stop there. Both the Uniting Church's Living Waters op shop and Vinnies provide us with secondhand clothing for the seafarers. Coats, jackets, parkas and other items of winter clothing have proven very popular. We learned that this is because many seafarers come from countries with tropical climates and, clothing wise, they are ill equipped for the cold climate countries their ships often visit. Our Probus club members have also been generous with donation of clothing, hand sewn and knitted goods and toiletries for the seafarer care bags.

While there is joy in serving and supporting our seafarers, we also share some of the pain they experience. Our work and that of Chaplain Giovani includes supporting seafarers who experience tragedy, sickness and injury while at sea. This year, among many other incidents, we supported seafarers whose shipmate passed away suddenly, a seafarer who



Continued over

was injured while loading cattle onto one of the livestock carriers, a young lady who was medivaced from one of the cruise liners and another, who experienced breathing problems while his vessel was in port. This seafarer was transported to the Royal Darwin Hospital by ambulance, assessed and then medevaced to Flinders Medical Centre in Adelaide. There he underwent successful bypass surgery. Giovanni was by with this seafarer as he was moved onto the plane to fly to Adelaide. As MtS has a limited present in Adelaide, we passed his care onto Stella Maris in Adelaide and, their Filippino community and other volunteers gave him the best possible support during his hospital stay and rehab. Pleasingly this seafarer recovered sufficiently to return to his home.

MtS Darwin is fully dependent on donations and volunteers and our resource constraints limit what we can do. Currently, we can only support seafarers whose ships berth at the East Arm Wharf and the small number who experience medical episodes and are medivaced to Darwin. Our vision is that one day MtS in the Territory will have sufficient resources to support all seafarers who come to Darwin on cruise ships, fishing boats, LNG tankers, and beyond that those on ships loading minerals in the other remote Territory ports. Thank you all for helping us do what we do.




Enthusiastic Volunteers!

Walking together towards a healthy mind, body and heart

The **Heart Foundation** is looking for more **volunteer Walk Organisers** to lead **FREE walking groups** right across the Territory.

Being a volunteer Walk Organiser is fun and easy, and doesn't require any experience or qualifications. You name the day, time and venue and we will support you.

You will receive:

- great training, support and resources from the Heart Foundation
- free Heart Foundation T-Shirt
- rewards for reaching walking milestones, and
- **best of all it's all FREE!**

To find out more about becoming a Walk Organiser in your local area please visit walking.heartfoundation.org.au/start-a-group or contact your NT Walking Program Officer, Julie-Anne on 8982 2709 or julie-anne.orell@heartfoundation.org.au

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Christmas Bucket List

Be

1. **BUY PRESENTS**
2. **WRAP GIFTS** *someone in a hug*
3. **SEND GIFTS** *love*
4. **SHOP FOR FOOD** *Donate*
5. **MAKE COOKIES** *memories*
6. **SEE THE LIGHTS** *Be*




Our AGM will be held at the meeting on Wednesday, 5 March 2025

at Tracy Village Social and Sports Club,
Tambling Terrace, Wanguri

Nominations will be accepted for the following positions during January and February

President

Vice President

Secretary

Treasurer

Management Committee

Can you help?

As there is so much need at present for items to help the Mission to Seafarers to assist the mariners coming in to Darwin it has been decided to keep the collection boxes going for a while longer.

If you are able to help out, the following items are most needed :

Toiletries—soap, razors, toothbrush and paste

Clothing—smaller size underwear, t shirts, socks and beanies.

The boxes will be at the next meeting and the items taken into the Mission.



Walking together towards a healthier heart

Walking is a great way to be social, stay active and feel connected to your community!

Join a **FREE** Heart Foundation walking group in your area!

Walking Group	Contact - Walk Organiser	Walk Times
Casuarina Walk Group	Janet - ejanet51@gmail.com	Monday 7.30am
Get Walking at Gateway Shopping Centre	Jenny - jenny.conelius73@gmail.com	Wednesday 7.30am
Multicultural Walking Group INACTIVE	Natalia - nmunozrodriguez@anglicare-nt.org.au	Wednesday 8.30am
Bunnings Warehouse Walk INSIDE INACTIVE	WALK ORGANISER WANTED - PLEASE CONTACT - julie-anne.overell@heartfoundation.org.au	
Nightcliff Coastal Walk	Alisha - alysa9027@gmail.com	Wednesday 6.00pm
Berry Springs Walking Group	Jamie - jamie@raintreeah.com.au	Thursday 8.15am
Get Active In Palmerston Shopping Centre FREE COFFEE	Jenny - jenny.conelius73@gmail.com	Friday 8.30am
Mitchell Centre (Darwin City)	Cheryl - cheryl.mckeen@gmail.com	Friday 7.30am
Darwin City Steppers	Gabby - gabbybrown@gmail.com or 0412951544	Saturday 8.00am
Yanyula Park Walk COMMENCE TBA	Judy - 0438 827 039	Sunday 7.30am
Walking on Water at SWELL	Ashley - astephens3@belgravialeisure.com.au	Wednesday 10.00am

Scan the QR code to search for a group near you!

OR visit our website walking.heartfoundation.org.au/walking to register. We suggest contacting the Walk Organiser to start walking. Also join our Walker Recognition Scheme to be rewarded!



Free Personal Walking Plan!

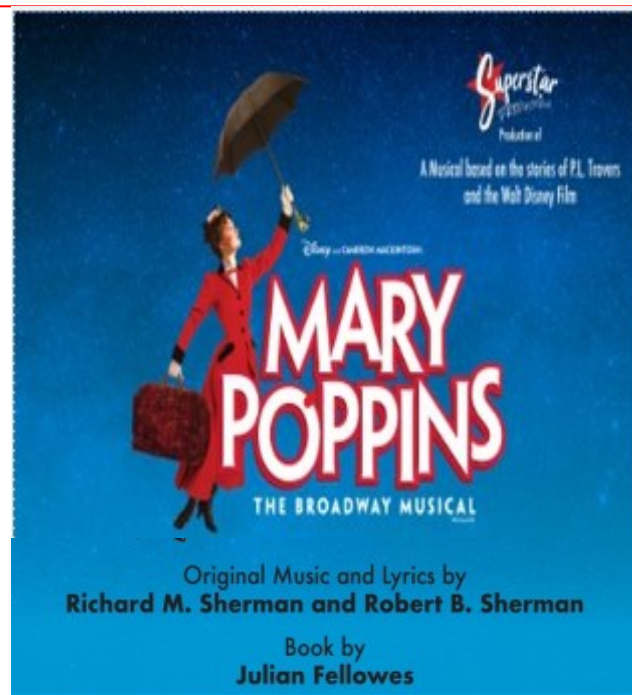
You can also sign up for a to receive an easy-to-follow tailored program to suit your level of fitness with direct support to keep you on track.

No group close enough?

Why not become a Volunteer Walk Organiser and lead a Heart Foundation Walking group in your community. Heart Foundation provides training, access to your online profile, a thank you gift for signing up, ongoing communications and invites to events and workshops.

If you require support with the above please contact Julie-Anne the State Walking Program Officer NT on 8982 2709 or julie-anne.overell@heartfoundation.org.au

This flyer is current November 2024



FROM THE ARCHIVES

Extracts from the Minutes 1 November 2000 Held at the Darwin Bowls Club

Present: Messrs Dally, Simmons, Blackmore, Fisher, Penhall, Kerr, Johnstone, Chin, Bromich, Short

Apologies: Taylor, Washington, Dimery, Roberts, Scott, Steven, Plew, Upton; Thompson

Minutes: The meeting adopted the Minutes of the previous meeting.

Correspondence: Dr Conn advising his new address in NSW; Tambling Report; Clare Martin Newsletter' Probus Centre Annual Report; Museum and Art Gallery NT; Office of Communications and Science Advanced Technology

Inwards—Outwards—Nil.

Treasurer's: Report
October Closing Balance \$343.96.
Income \$140.00. Expenses \$7.20.
Closing Balance \$476.76.

General Business: President informed the meeting that no meeting will be held in January 2001.

Xmas lunch at Darwin Sailing Club—14 members and spouses were treated to a delightful Xmas luncheon. Season greetings were exchanged. The function ended at 2:30.

Next meeting—Wednesday, 7 February 2001

President Tony winning the best dressed male at a Melbourne Cup function.



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 consideration.

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