

Volume 2 # 2
Date February 2019



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

Photo courtesy Mark Christie of MKT Aerodrome



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)



Our guest speaker June Tomlinson Hon Sec Genealogical Society of the Northern Territory was very interesting on how to go about finding out about your past family interesting backgrounds

I spent some time investigation the Cohalan background and found the name originated in County Cork Ireland. I corresponded with a John Cohalan in Ireland and Beatrice in USA, but I also found it interesting that there is a breed of horse in Russia called the Cohalan breed.

When Connie and I visited Ireland, we met up with Cohalan Real Estate the owner was Greg Cohalan. The Australian Cohalan came to Australia in 1856 on the ship named "Alice" this was during Ireland potato famine. There are now more Cohalan's in Australia than in Ireland, USA, Canada and Europe.

I, Googled Kenneth John Cohalan the other day and 17 came up interesting most looked younger than me. It is interesting following up on your family history and be one up on the younger generation.

Darwin Probus have set up new interest club – Board Games to be held last Tuesday of each month 1pm to 3pm at Pearl Retirement Recreation Centre. If interested do not hesitate to attend.

As I mentioned 2019 Arafura Games 26th April to 4th May will showcase 1,500 local, national and international athletes across 16 sports and 11 venues. Looking for 1,000 passionate and enthusiastic volunteers to join the team if interested contact Larissa Jackson Volunteer Coordinator Energy House (Ground Floor) 18-20 Cavanagh Street ph. 08 8999 5025.

I look forward to your nominations for positions on the Club Management Committee. We need more involvement for ideas and replacement of current positions.

SENIOR SNIPPETS by Ken Cohalan OAM

- NT Senior Card – I believe that 20,000 have been issued but leaves 8,000 without a senior card if that is you or one you or your friends, I encourage you to obtain a Senior Card from COTA Spillet House Smith St. I am told the Best & Less give a good senior discount, BP Fannie Bay gives 4 cents per litre, Red Rooster 10% discount plus many others I use the card for free Public Buses.
- Healing Properties of Spices – Saffron contains chemical crocin. Studies have shown that saffron is effective in treating depression and may help prevent Parkinson disease. No wonder why it is the world's most expensive spice
- State of (older) Australian Report - Highlights of the report include:
 - 80% of older Australians feel younger than their current age.
 - 46% feel less valued than when they were younger.
 - Health is the number one factor that impacts whether older Australians have a high or low quality of life.
 - 84% support legislation for assisted dying • More than a quarter (28%) of those in paid employment want more paid work but 1 in 5 have experienced employment-related age discrimination.
 - 29% of working older Australians don't expect they will ever retire • 12% are struggling with overdue bills.
 - More than half of older Australians undertake unpaid work in an average week, including volunteering and caring for family and friends.
 - Only one in five (19%) older Australians feel valued as a voter.
 - Dental services were identified as the most difficult to access for older Australians.
 - NT has the smallest proportion (over 65) 5.3% of these 19% are Indigenous way over the National average of 5%.
 -
- COTA-NT – 2019 they will be commemorating 50 years in the NT.
- Telstra – I paid our account Mitchell Centre and one of the staff Mr Andre Nunes asked did I have time to check the account. He made some change which resulted in a saving of \$50/month.
- Darwin Regional Community Engagement Group – I was voted Chair (DRCEG) if you have any concerns regarding Hospital or health please advise kcohalan1@bigpond.com

Meet our New Members

Here we are in 2019 and we need to build up our membership. We have initiated a 'Bring a Friend' strategy for our events and luncheons to give others an insight into what we do and what we can do when we have more members. Members are encouraged to introduce friends and colleagues into the Probus fellowship.

Watch this space as our membership grows.



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

OUR GUEST SPEAKER FOR MARCH

Elected President to talk on the way forward for Probus Club of Marrara

BIRTHDAYS FOR FEBRUARY/MARCH

February seems to be our quiet month for birthdays. Although Chris Armitstead has his birthday coming up in early March, so here's an early Happy Birthday Chris.

Monthly Meeting Guest Speakers

February

We were pleased to have June Tomlinson, Hon. Secretary of the Genealogical Society of the Northern Territory (GSNT), attend our meeting to talk on tracing your family history. June is an accredited Research Officer with a long history of running how to classes in family history as well as organising seminars/conferences including being the Convenor of the 11th Australasian Congress on Genealogy and Heraldry held in Darwin in June 2006.

June provided an informative overview of Researching family histories and provided information on the tools and resources available both in the GSNT library and online for researching family history along with hints and tips on where to look for clues as to a family's past.

Family research can be a satisfying hobby and allows you to become the family detective as you sort out fact from fiction, family myths from truth and brings history to life as you get to understand the times that your family lived through and can allow you to find lost relatives and perhaps even meet up with relatives from diverged family lines. It is a very interesting journey.

For those interested in learning more, GSNT is located at 84 Smith St, Darwin City NT 0800.

GSNT library hours are:

- Monday and Tuesday 9.30 am to 5.15 pm
- Saturday 1pm to 5.30 pm

A vote of thanks was given to June by the President and a Certificate of Appreciation was presented.



Meeting Snippets

1. The President spoke on the Annual General Meeting, to be conducted in March where the new Management Committee will be elected. All members are encouraged to participate in the club by assisting the Committee or volunteering for nomination as a Committee member for 2019/2020. More hands make light work and members will find that the roles do not take up much time out of your daily lives. The President encouraged members to nominate.
2. The President spoke on a Rotary Club invitation for volunteers to assist Arafura Games in 2019. Arafura Games is looking for 1000 volunteers to assist in making the Games a great experience for all. It was suggested that volunteers may be interested in providing 'home stay', for athletes and officials. This was thought to be an excellent initiative and Ken took it on board to mention to the Minister (Hon Natasha Kate Fyles MLA).
3. The Secretary spoke on a membership drive commencing with 'Bring a Friend' for the February Luncheon and future luncheons and events. Members to invite a non-member friend who may be interested in what Probus does. It was reinforced that the best marketing is word-of-mouth.
4. The President spoke on the issue of multi club membership and the costs incurred. This has been an ongoing issue and will be discussed in further detail at a future meeting. The President requested that it be added to the Agenda (this will be for the April meeting).
5. The Secretary reminded members on the upcoming members and guests' luncheon at Fiddlers Green on Thursday, 28th February 2019. Meeting at midday at Fiddlers Green.
6. A suggestion was made that the club could be marketed by having a stand, with some members, at local shopping centres. This suggestion was accepted and will be actioned.
7. A suggestion was made that the club should print off a brochure that markets the club, for handing out at local shopping centres. It was accepted that there are generic brochures that promote Probus but it was believed that the club needed a brochure to highlight Marrara Club. This suggestion was accepted and will be actioned.
8. The President spoke on increasing support to the PINT Club through attendance by members and families for lunches, dinners etc. Members are encouraged to support their local club.

Monthly Meeting in Focus



Upcoming Club Events and Outings

Members and Guests luncheon – 28th February 2019

Members and guests are invited to attend our February Members Luncheon that, this month, will be held at Fiddlers Green on Thursday, 28th February 2019.

Fiddlers Green boasts relaxed dining and an extensive selection of international and tap beers, perched in the stunning location of Darwin's Waterfront Precinct.

Members and guests can avail themselves of a selection from the \$15 lunch specials or select from the mains menu.

This will be the final event hosted by the current Management Committee before our AGM and election of a new Committee in March and we look forward to your joining us to celebrate our achievements over the past year.

Parking is available at the multi-storied parking area with the first 2 hours free. Those requiring transport to join us, are encouraged to contact Connie or Ken by email or speak to us at the February Monthly Meeting.

Fiddlers green is located at 3A & 3B Building 1, 19 Kitchener Drive. Darwin Waterfront NT 0800.

For those who did not register at our February meeting, please advise us of your attendance by email to Connie at kcohalan1@bigpond.com by NLT 21 February 2019.



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2019
Seniors
EXPO

Friday, 31st May 2019
at the
Palmerston Recreation Centre



Add it to your Diary

WOW!

High Tea



The Probus Club of Marrara Inc. is currently working with the PINT Club to offer a 'High Tea' style afternoon tea on Thursday, 21st April to be held at the PINT Club Marrara.

More details will follow once costs are worked out.



DEAR DIARY

DATES TO REMEMBER

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14 MARCH 2019

ANNUAL GENERAL MEETING

PINT CLUB 9:30 FOR 10:00 AM

We will not have a guest speaker for March as we will have our new President speak to us on how he sees the club move forward in 2019/2020.

Subject: 'The Probus Club of Marrara – The way forward for 2019/2020'

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21 FEBRUARY 2019

MEMBERS AND GUESTS LUNCHEON

AT FIDDLERS GREEN – DARWIN WATERFRONT.
MEET UP AT MIDDAY

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Special Interest Groups - 2018

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

Sport, genealogy - family research, model aircraft flying, craft, sewing, quilting, music appreciation, even cooking groups. Its limited by your craft, interest, skill and imagination.

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

Annual General Meeting

14th March 2019



Hands up for Nominations at our AGM in March.

Members are reminded to keep our meeting in March in mind as this is our Annual General Meeting where we will elect our new Committee to take us through 2019-2010.

The 2019 Annual General Meeting (AGM) will be held on Thursday, 14th March 2019 and will elect the Management Committee for 2019/2020.

For those with drive and initiative, we encourage you to nominate for a position on the Management Committee, to help our club improve and be able offer members a positive experience.

Have you got ideas that can improve our club and its activities, check out the sub committees that may be of interest to you in getting these ideas up and running?

Emails have been sent to all members providing details of positions, responsibilities and a Nomination Form. Members are encouraged to share their experience and nominate for Committee positions to help our club improve its membership and activities and be able offer members a positive experience.

Be part of our future, as a dynamic club for active seniors and nominate for a position on the 2019/20 Probus Club of Marrara Management Committee.

The key to a successful Club is effective leadership and regular activities. The Management Committee's overall responsibility is to provide opportunities for friendship, fellowship and fun through a wide range of activities that engages its membership.

Official nominations for office bearer positions will close on 7th March 2019 although being a small club, we can accept voluntary self-nominations on the day, so give it a go and make our club the local club of choice for fellowship, friendship and fun.

Let's Cook up a Storm

Cooking for Seniors: How to Make Great Tasting Food for the Senior Palate

By : *Sarah Stevenson*

<https://www.aplaceformom.com/blog/2013-7-01-great-tasting-food-for-senior-nutrition/>

One of the ongoing challenges for caregivers is contending with the changing reality of seniors' nutritional needs. Older adults need a different balance of nutrients to ensure physical and mental health, and there are also medications to consider that can interfere or interact with the drugs seniors take. On top of all that, the elderly may have trouble processing some foods, as senses of smell and taste get weaker with age. All of this can add up to major frustration for caregivers and family members trying to provide older loved ones with enough nourishment.

Fortunately, healthy senior meals don't have to be devoid of flavour or excitement.

Whilst taking medicines, eating healthy foods will also assist in maintaining health.

1. Amp up the Flavour Without Adding Salt

Fresh herbs, spices, onions, garlic, ginger and cooking with wine or acidic flavours like citrus or vinegar can all add an intense kick of flavour without relying on the less healthy standby of adding salt.

2. Incorporate Soft, Moist Foods like Soups, Stews and Braises

The changes that seniors experience as they age can lead to difficulty chewing and swallowing — from reduced saliva as well as dental changes like dentures or lost teeth. Moist foods don't require as much chewing and can be a lifesaver. As a bonus, many stews and soups can be made in a slow cooker, which frees up time and provides leftovers. Lastly, soups are good for hydration.

3. Substitute Potato for Cream in Creamy Dishes

Cream is high in fat and calories, even though it tastes so good. Fortunately, you can get that same thick, rich feel by adding peeled, diced potato to your soup during cooking. Once it's pureed, you'll have a soup with all the creamy texture but almost none of the fat.

4. Have Your Loved One Choose the Recipes

Buy a simple recipe cookbook or food magazine with lots of pictures and allow your loved one to choose recipes that are appealing to him or her. You can always adapt the recipes to align more closely with appropriate senior nutrition.

5. Include Comfort Foods in the Meal Rotation

One of the problems caregivers may encounter is a lack of appetite or interest in eating. Fortunately, nutrition research is yielding some insights into how to address this issue. According to a 2012 study in Sweden, “habits and preferences that are formed during childhood and youth are difficult to change in adult life,” meaning seniors often gravitate towards foods they grew up with. So, an option is to rely on comfort foods that they used to eat when they were younger or repeat recipes they particularly like. Just remember to make healthful substitutions as needed to ensure proper nutrition.

6. Replace Unhealthy Fats with Good Fats

Just because mum or dads on a heart-healthy diet doesn't mean they can't eat any fats at all. The key is to avoid trans fats and saturated fats and replace them with monounsaturated and polyunsaturated fats that help raise “good” cholesterol and protect against heart disease. Some sources of good fats include olive oil, avocados, salmon, flaxseed, canola oil, nuts, soy milk and tofu.

7. Supplement Meals with Healthy Snacks and Smoothies

Smoothies are one of the best ways to “sneak in” extra fruits and vegetables, especially if you have trouble getting your loved one to eat their daily allotment. Smoothies are tasty, sweet, and easy to drink, making them ideal for seniors who have problems with oral health. They are also a fantastic way to increase hydration and protein intake, especially if you add protein powder.

8. Add Naturally Sweet Foods Instead of Sugar

If your loved one has a sweet tooth, try this tip from HelpGuide.org: Older adults tend to retain the ability to distinguish sweet tastes the longest, leading some to overindulge in sugary foods and snacks. Instead of adding sugar, try increasing sweetness to meals by using naturally sweet food.

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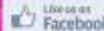
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INSURANCE

All financial members of the Probus Club of Marrara 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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