

Volume 1 # 4  
21<sup>st</sup> October 2018



# PROBUS CLUB OF MARRARA INC.

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

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

**Sponsored by Rotary Club of Darwin South Inc.**

**Email: [marra@probussouthpacific.com.au](mailto:marra@probussouthpacific.com.au)**

**Website: <https://www.probusmarrara.com.au/microsites/marrara>**

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**The Probussouthpacific 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**

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**Probussouthpacific is all about Friendship, Fellowship and Fun in retirement.** Probussouthpacific 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.

Probussouthpacific 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. Probussouthpacific offers a range of member benefits and to quote a recent Probussouthpacific Club member "the day I joined my Probussouthpacific Club, I instantly had 100 new friends" – That is Probussouthpacific, Friendship, Fellowship and Fun.

**Probussouthpacific 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)



There have been a few changes this month. Our foundation President Ken Barnes Oake has resigned as President due to medical condition but will remain as a member. Our thanks to Ken and hope the treatment works well for you.

Our foundation Secretary Eean Thorne and good friend passed away which is a sad loss to his family and to the senior community.

I am very pleased that Ray Andersson has accepted the position as Secretary and has immediately straightened out the membership and communication with members. Thanks also to Ron James as Treasurer in keeping a tight control of our limited funds.

I thank Lina Paselli for her talk on the Malak Markets. There were some points that I was unaware of such as the cost of a booth, the type of fruit and vegetables sold and the general support of the community.

The 2018 year is near its end, the years seem to go faster as I get older. It is important at our November meeting that we get more ideas of member's wishes in regard to Guest Speakers, visits, trips, events and dining out. So, get your thinking caps on to let us know what you would like to do in 2019.

Thanks for your support in 2018 in the formation of the Probus Club of Marrara and your support in a difficult period. If I do not see you at the November 8th meeting all the best for Christmas and the New Year.





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## A WORD FROM OUR PATRON – KATE WORDEN MLA



I was delighted to be invited by our good and sadly missed friend, Eean Thorne, to be the first Patron of the Marrara Probus Club. It is a great honour for me as this is the first Patronage that I have been offered and seeing the work and passion Eean had for Probus how could I not accept!

It is also quite coincidental that as a former president of the Pints Football Club, that the club is based there and my dad, after moving recently to Darwin, had joined up after meeting Eean at one of my seniors' Christmas in July events.

Before being elected in 2016, I had been involved in lots of community groups and school councils. This is because I strongly believe that community-based organisations, like Probus, are a vital part of our social infrastructure, and in fact keep us all connected which is an important part of who we are as human beings. We are, in general, social by nature and can give each other support and strength when things are hard, learn new things together, and importantly celebrate important milestones and events together. In a nutshell, groups like Probus bring our seniors together and keep them active and connected to the broader community.

I am very keen to support the Marrara Probus Club in any way I can, including any fundraising or community efforts, and administrative support within the Electorate Office. I am also really looking forward to meeting all the members at a future meeting.

Thank you again for bestowing on me the honour of being your first Patron and I would like to pass on my sincere condolences to Eean's Probus family for his very sad loss. He is indeed already very missed.

**Kate Worden MLA**


### OUR GUEST SPEAKER FOR NOVEMBER


In negotiation with the NT Genealogical Society, to have a guest speaker talk on "Introduction to Genealogy – Tracing your family tree".

More details will be provided closer to the meeting date.

### BIRTHDAY WISHES FOR OCTOBER

Happy Birthday to:

 Ron James

 Ken Cohalan

## SENIOR SNIPPETS *by Ken Cohalan OAM*

- Lost two friends Eean Thorne and Graeme Bevis both contributed greatly to NT Seniors our condolence to their families and friends.
- Medicare – received a notice – Medicare benefits can only be paid by electronic funds transfer (EFT) bank details are needed to complete your claim. Enter bank detail using myGov account.
- Royal Darwin Hospital – has 31 seniors that should be in a nursing home (if available) Advised Tiwi Village will have 16 extra nursing accommodation available shortly.
- Community Benefit Fund (CBF) – is operating they have \$12 million per year in funds. There are 3 levels of interest – Major \$15,000 to \$250,000 – Minor up to \$15,000 and ex NYG vehicles. Must be of community benefit.
- Rotary Christmas Cakes and Puddings – Jim Wright will brief all Top End Probus Clubs with details prior to Christmas – Thanks Jim
- Victims of Crime Inc. 2017/18 Darwin Recure 130, Security Audits 112, Security Improvements 60 Palmerston about same number. If you want to be to improve your home safety contact ph. 1800 672 242 [www.victimsofcrime.org.au/](http://www.victimsofcrime.org.au/)
- Royal Commission into Nursing Homes – Senior organisation as saying there are 5 matters need immediate attention.
  1. Addition 30,00 high level home care packages
  2. Residential aged care be placed in the hands of consumers
  3. Compulsory publication of aged care staffing, price and quality.
  4. More funding to build capacity
  5. All quality inspections to be total unannounced.



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# Meet our New Members

October has 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.

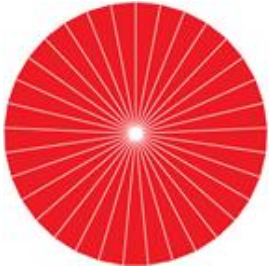


A big welcome to our club, that is now 'your club'.

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# Monthly Meeting Guest Speakers

## October



**Malak  
Marketplace**

LOCAL & ORGANIC FARMERS' MARKET

Lina Paselli Manager Malak Markets graciously accepted an invitation to speak to members and guests at our October meeting.

This wonderful community market celebrates all the tastes of tropical life in Darwin; the food, the sounds, the flavours and the diverse cultures that bring communities to life.

Lina Gave an excellent presentation on the ethos and standards that the markets apply to its membership and mentioned opportunities for members to visit and engage with the market in offering a range of suitable home-made products for sale. The opportunity of dining out at the Markets in the exciting environment of local markets was promoted.

The markets are open on Saturdays between 4:00 – 9:00PM during the Dry Season 28 April – 27 October.

The presentation finished with a group photograph.



# Upcoming Club Events and Outings

## 1 November 2018:

Members and guests are cordially invited to attend our next 'Dining Out Evening', 6:30pm at the Ming Court Chinese Restaurant, Jingili Shopping Centre, 18 Jingili Terrace, Jingili NT, to enjoy a great meal in an environment of friendship and conviviality.

SMS Connie on 0403 649 407 to confirm attendance.



## DEAR DIARY

### DATES TO REMEMBER

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### 8TH NOVEMBER

## NEXT GENERAL MEETING

### **PINTS CLUB 9:30 FOR 10:00 AM**

### **Guest Speaker—**

**We are currently in negotiation to have a representative from the NT Genealogy Society to speak on: An introduction to Genealogy – Tracing your family tree”.**

.....

# Special Events of Interest

On the **11th** hour, of the **11th** day, of the **11th** month  
**The Armistice promised peace**  
Music made the journey bearable

## *Voices* *of* *Remembrance*

A Territory story of war and peace

7:30pm, 3 November  
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Years of Armistice  
1918 - 2018

Tickets available at [www.yourcentre.com.au](http://www.yourcentre.com.au) or  
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# Members Reports on Events and Outings

Members are invited to write an article on recent events that they attended that may be of interest to other members and have it published in 'our Bulletin'.

Don't forget to include any activities that you may have attended that could be a great outing for other members.

Here are examples of some potential local activities that members may be interested in:



## Parap Pool



## Aqua Aerobics

Wednesday & Friday 9.00am

These classes are run by YMCA and are \$10 (includes pool entry fee).  
All equipment will be supplied.

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# 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

**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



## **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.



*Zumba Gold for Seniors*

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

Charles Darwin University Fitness  
Centre.

Fee - \$10

**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.**

# Let's Cook up a Storm

## Chinese Chicken and Corn Soup

**Prep** 5 mins **Cook** 5 mins **Total** 10 mins

This is a very quick to make soup, it's thick, creamy (but with no cream!), sweet from the corn, hearty and soul warming. Though this recipe is made with chicken, it is easily made vegetarian/vegan by omitting the chicken.

Course: Soup

Cuisine: Asian, Chinese

Servings: 2 , or 4 as starter

Calories: 360 kcal

Author: Nagi | RecipeTin Eats



### Ingredients

- 2 cups (500ml) chicken or vegetable broth/stock
- 1 can (16oz/420g) creamed corn
- 1 tsp soy sauce (*all purpose or light*)
- 1 tbsp Chinese cooking wine or dry sherry (*can omit*)
- 1 tsp ginger , *minced or finely chopped*
- 1 garlic clove , *minced or finely chopped*
- 1 tsp cornflour / cornstarch , *mixed with a splash of cold water*
- 1 egg , *whisked*
- 1 cup shredded cooked chicken
- Salt and white pepper , *to taste*
- 3 tbsp sliced scallions / shallots (*optional*)

### Instructions

1. Place broth, creamed corn, soy sauce, Chinese cooking wine, ginger, garlic and cornflour / water mixture in a saucepan over high heat.
2. Bring to boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
3. Adjust seasoning with salt, turn off heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup. This also thickens the soup.
4. Add the chicken, season with white pepper, and serve, garnished with scallions.

Nutrition Facts	
Serving Size 406 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 360	Calories from Fat 107
<b>% Daily Value*</b>	
<b>Total Fat</b> 11.8g	<b>18%</b>
Saturated Fat 1.4g	<b>7%</b>
<b>Cholesterol</b> 136mg	<b>45%</b>
<b>Sodium</b> 744mg	<b>31%</b>
<b>Potassium</b> 222mg	<b>6%</b>
<b>Total Carbohydrates</b> 37.3g	<b>12%</b>
Dietary Fiber 7.2g	<b>29%</b>
Sugars 14.7g	
<b>Protein</b> 31.7g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 7%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	

# Exercises for Seniors

Exercise and physical activity are good for just about everyone, including older adults. There are four main types and each type is different. Doing them all will give you more benefits.

- Endurance, or aerobic, activities increase your breathing and heart rate. Brisk walking or jogging, dancing, swimming, and biking are examples.
- Strength exercises make your muscles stronger. Lifting weights or using a resistance band can build strength.
- Balance exercises help prevent falls
- Flexibility exercises stretch your muscles and can help your body stay limber

If you have not been active, you can start slowly and work up to your goal. How much exercise you need depends on your age and health. Check with your doctor on what is right for you.

Here are some basic exercises to improve strength and balance that you can do in your own home:

## Exercise 1: Single Limb Stance



It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.

## Exercise 2: Walking Heel to Toe



You might read this and wonder, "How is walking an exercise to improve balance?" This exercise makes your legs stronger, which enables you to walk without falling.

Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.

### Exercise 3: Rock the Boat



Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.

### Exercise 4: Clock Reach



You'll need a chair for this exercise.

Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.

Lift your right leg and extend your right arm so it's pointing to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time.

Repeat this exercise twice per side.

### Exercise 5: Back Leg Raises



This strength training exercise for seniors makes your bottom and your lower back stronger.

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down.

Repeat this ten to 15 times per leg.

### Exercise 6: Single Limb Stance with Arm



This balance exercise for seniors improves your physical coordination.

Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for ten seconds. Repeat the same action on the right side.

### Exercise 7: Side Leg Raise



You'll need a chair for this exercise to improve balance.

Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise ten to 15 times per leg.

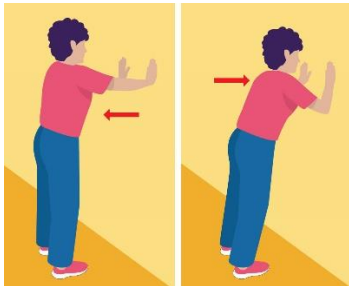
### Exercise 8: Balancing Wand



This balance exercise for seniors can be performed while seated. You'll need a cane or some kind of stick. A broomstick works well for this – just remove the broom's head before you start.

Hold the bottom of the stick so that it's flat on the palm of your hand. The goal of this exercise is to keep the stick upright for as long as possible. Change hands so that you work on your balance skills on both sides of your body.

### Exercise 9: Wall Pushups



As long as you've got a wall, you can do this strength training exercise for seniors.

Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.

### Exercise 10: Marching in Place



Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter.

Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.

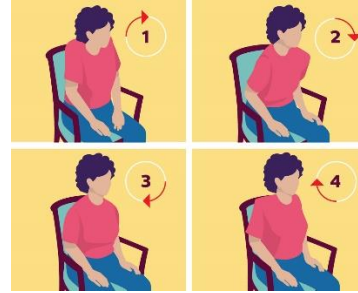
### Exercise 11: Toe Lifts



This strength training exercise for seniors also improves balance. You'll need a chair or a counter.

Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.

### Exercise 12: Shoulder Rolls



This is a simple exercise for seniors. You can do it seated or standing.

Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down.

### Exercise 13: Hand and Finger Exercises



The following are exercises to improve flexibility. You don't need to stand for these.

In the first exercise, pretend there's a wall in front of you. Your fingers will climb the wall until they're above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down.

During the second exercise, touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for ten seconds, then try with your other arm.

### Exercise 14: Calf Stretches



These strength training exercises for seniors can be performed sitting or standing.

To do calf stretches while standing, find a wall with nothing on it. Stand facing the wall with your hands at eye level. Place your left leg behind your right leg. Keep your left heel on the floor and bend your right knee. Hold the stretch for 15 to 30 seconds. Repeat two to four times per leg.

If you want to stretch your calves while sitting, you'll need a towel. Sit on the floor with your legs straight. Put the towel around the soles of your right foot and hold both ends. Pull the towel towards you while keeping your knee straight and hold it for 15 to 30 seconds. Repeat the exercise two to four times per leg.

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**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 )

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