

# DENMARK RIVER PROBUS NEWSLETTER

May 2024 - Edition 116



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## ***Hello everyone!***

Welcome to the May edition of our Denmark River Probus Club newsletter.

Petrichor ~ the earthy scent produced when rain falls on dry soil ~ is my new favourite word. Hopefully, the rain keeps falling for our gardens, and more importantly for our farmers and growers.

Harley and I will be away from mid-May to mid-June, travelling around Scandinavia with a week in Turkey to break up the return trip. I thought it would be fun to send the June newsletter from the other Denmark, but on second thoughts have decided it might be a little tricky to send a bulk email when I am not sure of the internet reception we will have. Still, your newsletter will come out on time with a little help from my friends!

Wishing you a happy month ahead.

Warmly,  
Susan

## ***This month's Birthdays (24 May to 22 June)***

Ruth Rushton	5 June
Bruce Grieve	11 June
Carmel Stott	15 June
Malcolm Dickie	19 June
Brian Rushton	19 June
Helena Wragg	22 June



## Guest Speaker

### Dor Shira from Moving Creatures, interactive Dance Movement Therapy



Presenter Dor Shira introduced us to the power of playful movement as a holistic approach for a happy and healthy life. His movement games draw inspiration from martial arts, dance and yoga.

One of the games we played, The Conductor, involved mimicking the movements of the conductor's batons as guided by Dor, emphasizing that movement involves changing our physical geometry and encouraging the use of our entire bodies. He highlighted the most important movement is to SMILE, suggesting that we walk down the street with a big smile on our face.

Dor was motivated to create this project after his father passed away at 66 from complications related to obesity, sedentarism, diabetes and cancer. His goal is to make movement fun and engaging for people of all ages, promoting serious play as essential for mental and physical health at all ages, not just for children.

He praised Probus for its role in reducing feelings of loneliness by bringing people together for interesting talks, conversation and outings.



## Anzac Day in Denmark

Anzac Day always captures the community spirit of Denmark. It is heartwarming to see such a huge turnout in our little town to honour those who have served and those who continue to serve. Thank you for your service.



*Our Rob Norcross  
Ex RAAF & British Army*



*Peter Lumia  
DFES, Fire & Rescue volunteer*

The note on the floral tribute reads ~

In memory of Flt Sgt Alan James Edwards 🌹  
129 Squadron RNZAF

1920-1942

Shot down and died of exposure in the Channel near Cherbourg, 18 August 1942

Interred at Felixstowe Cemetery, Suffolk, UK

~ Alasdair and Robyn Millar



*In the long line, waiting to lay a wreath on the Cenotaph*



*Some of the wreaths from Denmark Police, Denmark Shire, St John Ambulance, Ali Walmsley for her father, and many more.*



### ***Wine Appreciation Group ~***

Congratulations to Helena for her perfect score on our blind tasting quiz and for guessing correctly that a Nebuchadnezzar is a 15 litre bottle of wine. We are looking forward to this month's session where Malcolm will guide us through a tasting of three different ports.

Wine Club meetings are held from 5.00 to 7.00pm on the fourth Thursday of each month at the Denmark Men's Shed. Contact Peter Lumia for more information.



***Kayak Club ~*** Our kayakers Warrick, Ed and Neville meet at 7:30 am every second and fourth Friday of the month, weather permitting, at the boat ramp by the Denmark Rivermouth Caravan Park. They usually enjoy coffee and a chat afterward at Reminisce Café.

Contact Warrick Gates if you would like to borrow a kayak to try it out.

### ***Diary dates!***

Sunday 26 May ~ Light Opera & Theatre Company, We Will Rock You, by bus, followed by dinner at Joop Thai. Bookings closed.

Wednesday 5 June 10.00am ~ our next general meeting at the Denmark Country Club followed by an inhouse lunch ~ lasagne with surprise dessert.

Wednesday 19 June 11.00am ~ The Marron Tale Café and Farm, 5284 South Coast Highway, Bow Bridge ~ presentation talk followed by lunch at the Marron Tale, if you desire.

### **Extras**

Membership ~ There are 14 people on the waiting list.

Name badges ~ Please remember to wear your name badge, so everyone can get to know you. And a gentle reminder to mingle with others. There are seventy of us in our Club, so it is important to move out of your comfort zone and meet others, not just sit at the same table every month.

Guest speaker for June ~ Brendan from the CRC, VoLTE and Scams

Welfare ~ If you are aware of someone who needs a card or a call, please contact Glenice Smith or Kerry Clark.

## ***Member Spotlight ~ Kerry Clark***

Kerry and Steve were foundation members of Denmark River Probus and love being part of this Probus community.

**Favourite quote:** Kerry's favourite quotes are those that express gratitude for life. One of her favourites is the verse from Robert Louis Stevenson's poem Requiem, which is engraved on his headstone in Samoa, and talks about coming home after a journey, something that resonates deeply with her.

This be the verse you grabe to me.  
Here he lies where he longed to be;  
Home is the sailor, home from sea  
And the hunter home from the hill.



*Kerry in Canada*

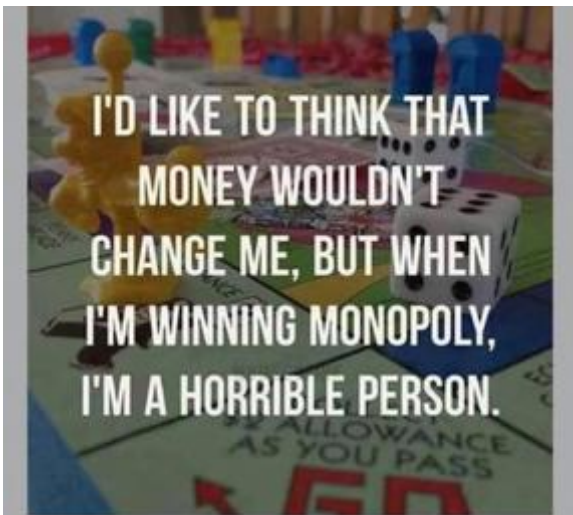
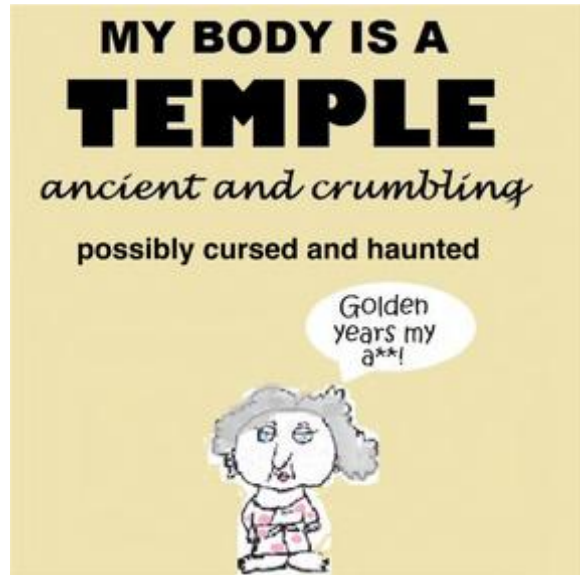
Kerry grew up in Kellerberrin, a small town in the WA wheatfields and kept her maiden name Clark when she married Steve Hawks. She trained to become a primary teacher at Churchlands Teachers' College, sadly demolished after only 25 years to make way for high end housing.

A highlight of her teaching career was going on exchange to Canada for a year. It was quite a change leaving summer in sunny Perth for winter in snowy Ontario, where she enjoyed skiing, skating, eating out and travelling around the country. Her school day started at sunup and ended at sundown. Kerry remembers being excited in spring when the temperature reached zero degrees Celsius and the sun was shining. She felt it was quite balmy. During the holidays she travelled to British Columbia, east to Prince Edward Island and Nova Scotia.



*Kerry in Tonga*

Another teaching highlight was being part of the Australian Volunteers Abroad program in Tonga, where she taught English in a rural village high school. The Tongans were a generous people, and all aspects of life flowed into one another. Kerry attended church feasts and fundraisers, Birthday celebrations, funerals and visits from nobles. Her take home gift from Tonga much later was her son Sean.



## ***Recipe of the month***

### **SUSAN'S MEDITERRANEAN CHICKEN**



~ colourful & tasty, baked in the one pan, served with side of greens ~

Olive oil

8 chicken thighs or drumsticks, with skin and bone

8 small chat potatoes, parboiled or slices of pumpkin and sweet potato

2 cloves of garlic, crushed

1 green and 1 red capsicum, sliced into eighths

1 large red onion, quartered

400g can of crushed tomatoes

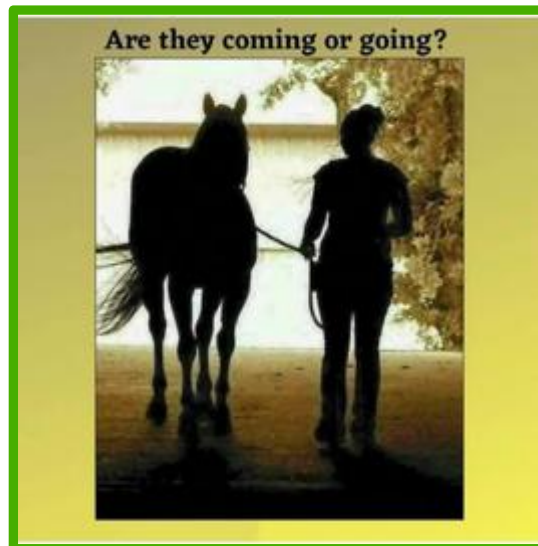
Oregano leaves, chopped

Feta cheese

Black olives

Place everything in an oiled baking dish, except cheese, olives and some of the oregano leaves. Season with salt and pepper and drizzle with a bit more oil. Bake at 200 degrees for about an hour. Sprinkle with feta and olives and serve. Too easy!

*How good are your eyes?*



#### **YOUR 2024 COMMITTEE**

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*Check our website <https://www.denmarkriverprobus.org.au> for more news, events, outings, photos, recipes and lots more.*