

# DENMARK RIVER PROBUS NEWSLETTER

June 2024 - Edition 117



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## ***Hello everyone!***

Welcome to a different version of our Denmark River Probus Club newsletter.

Harley and I have just returned from our trip through Scandinavia, which included a four day train trip over the snow covered mountains with a few days in Oslo and Bergen at each end. We then went on a cruise, which included stopover ports in Berlin, Germany, and Gdańsk, Poland, followed by ten days in Turkey before flying home.

In my absence, Joyce, Kerry, Carmel, Vicki, Helena, Robin and Ros have taken on the task of writing guest speaker reports, covering events, and capturing photos. Thank you, friends. I love delegating!

Four new members were inducted this month ~ Dorothy and Doug Davies, and Rosalie and Ian Melrose. Welcome to our Club! We hope you enjoy our meetings, outings and the friendships you make along the way.

Hope this finds you all well. Sounds like the Light Opera night was a hit!

Warmly, Susan



## ***This month's Birthdays*** (23 June to 21 July)

Barry Barton	29 June
Wendy Lind	29 June
Neville Thorn	29 June
Kevin Stone	30 June
Cynthia Bush	10 July
Anne Peterson	17 July
Tracey Barton	20 July



## ***Guest Speaker***



***~ Report by Kerry Clark ~***

Our guest speaker this month was Juliet Grist, who heads up Denmark Futures Ltd in a voluntary capacity. Juliet was accompanied by her friend May.

Denmark Futures began as a result of Covid, and the need for a coordinating body for the many local not for profit organisations. The current focus of Denmark Futures is to find out what seniors in Denmark need in order to thrive. Considering the fact that there are more people in Denmark over 55 than the State average, and that this group is growing faster than the State average, it is timely to look at this group's needs.

To get feedback from seniors themselves, Denmark Futures hosted a forum at the Civic Centre recently. As a follow up, they came to speak to our club in order to garner our thoughts on the subject. Juliet informed us that a pressing problem for seniors in Denmark is rental housing, especially downsizing options near to town. Another significant problem for this group is food, with 15% of those seniors attending hospital being malnourished.

Access to specialist health and knowing what is on offer is also a problem, and to address this, the group is publishing an information booklet for seniors.

Lack of available transport is an issue and to address this, the CRC is investigating providing an electric bus, which can be driven by car licence holders.

Juliet feels that there is a need for an aged citizens' advocate in Denmark. There was previously an Over 50s group, but we currently have no organisation to promote our interests. Denmark Futures looks after the full range of Denmark citizens, but cannot champion our interests alone.

Chris Watkins thanked Juliet and suggested that as Probus members, we could go along to Shire Council meetings and make Councillors more aware of our needs. It is certainly in our interest to see that some of the issues of our eldest citizens are dealt with to make Denmark a more livable town for those who have become vulnerable.

## ***This month's events***

### ***Albany Light Opera ~ We Will Rock You!***

#### ***~ Report by Helena Wragg ~***

Our Albany Light Opera and Theatre event in May certainly topped the charts! Our grateful thanks to Shirley for stepping in and taking care of the bookings, and organising her son-in-law Dave the bus driver.

The show was amazing with such talented cast who were as local as Denmark/Albany as well as Perth and Interstate. There was an excellent live band banging out the memorable tunes of the era, together with the great vocalists within the cast, stunning costumes, and makeup and stage sets. Yet one was also aware of the enormous commitment of all the participants of this amateur theatre company to produce such an outstanding show. The Q&A with cast and crew was a great opportunity and gave us some valuable insights to the production process.

Dinner at Joop Thai was enjoyed by all and a great finale to what was a memorable day out with friends.





## ***The Marron Tale***

***~ Report by Robin Levet ~***

Thirty five of us visited the Marron Tale in Bow Bridge. It was a perfect day. Debbie, the proprietor, a self-described “Marronaire”, gave us a fascinating talk with a few crusty little friends on hand to demonstrate as she went along. The females can be a most brilliant blue, the males can only boast of blue balls. We learnt so much about the marron life cycle and I’m not sure whether that enhanced their flavour or made us feel a little guilty eating them! The meals were delicious and I think we all had a great time. Debbie and her staff were so friendly and obliging. We left with a new respect for marron farming. It’s a tenuous business, lots can go wrong and there’s a lot of work entailed. It helps to explain the cost of a marron lunch!





## **Wine Appreciation Group ~**

**~ Report by Vicki Lumia ~**

It was a fabulous night at Wine Appreciation May meeting with 19 imbibers attending. Our newbies, Trish & Lyell, were welcomed to the group. It was a BYO night with a few fun games of Bingo with Warrick calling out the numbers. Those lucky enough to have had a win or two, hopefully walked away happy with their prizes.



A few jokes told by Peter, of course.

Mal chose 2 ports for us to taste and included a great short presentation. The Port came from Kopki in the Douro Superiore region of the Douro Valley Portugal. Oldest Port House in Portugal, we tried a Ruby Port and a Tawny Port. The Ruby Port won hands down.

The next meeting will be on 27th June. We are having an in-house curry night with pairing wines. It should be lots of fun.

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 if you would like to be on the waiting list.



**Kayak Club ~** Our kayaking group meets 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!**

Wednesday 3 July 10.00am ~ our next general meeting at the Denmark Country Club followed by lunch at Boston Brewery if you wish.

Wednesday 17 July ~ Albany Convict Jail, followed by lunch at The Earl of Spencer

## **Extras**

Guest speaker for July ~ Clare Campbell, Wild Life Asia

Membership ~ There are 14 people on the waiting list. Two new members will be inducted next month.

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.

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

## ***Member Spotlight ~ Steve Hawks***



Stephen Lancaster Hawks was born in Mount Lawley, Perth, nearly 80 years ago. He and his partner Kerry Clark were founding members of Denmark River Probus, where he served as treasurer and she as the events organiser, both for two years.

In 1979, while on long service leave from teaching science, Steve travelled across the UK and Europe with his young daughter in a Combi camper. They spent some time at John Seymour's self-sufficiency farm in Wales. Inspired by this experience, Steve transferred his teaching job from Perth to Albany and purchased a 75 acre farm in Denmark WA in 1980. He commuted from the farm to teach at Albany Senior High School until he retired.



Steve met Kerry, a fellow school teacher and single parent, on a blind date in 1990, and they have been partners ever since. The couple enjoyed travelling extensively during school holidays to various destinations including the UK, Europe, Canada, the USA and New Zealand. They married in 2014 and moved into town two years ago, while Steve's daughter and granddaughter took over living at his farm, where he remains actively involved.

Kerry's son, partner and daughter reside in Perth, and Stephen and Kerry frequently visit them. They also enjoy road tripping in their off-road camper or caravan during the cooler months.





# Reflections of a Boomer

I've seen fire and I've seen rain.

I've been through the desert on a horse with no name.

I've gone to Kansas City, I sang in the sunshine.

I've been on the road again, with Georgia on my mind.

Like a rolling stone, I've given peace a chance.

I've put a camel to bed and danced the last dance.

Mr. Tambourine man played a song for me,

I've whispered words of wisdom, let it be.

I've fallen into a burning ring of fire and walked the line,

To all the girls I've loved before, you were always on my mind.

I've been everywhere, I've been so lonesome I could cry,

I've driven my Chevy to the levee when the levee was dry.

I've been to Itchy coo Park in a yellow submarine.

I've made the scene in a time machine.

I've done the Hokey Pokey and turned myself around.

I've welcomed baby back to the poor side of town.

I've followed the tracks of my tears down a long and winding road.

I've kept on searching for a heart of gold.

I've sought shelter from the storm, I've sat on the dock of the bay.

I've rocked around the clock, on a sunshiny day.

I've knocked on Heaven's door, while blowing in the wind.

Joy to the world, those were the days my friend.

Lay lady lay, in crimson and clover.

It's been a hard day's night, the party's over.

Thanks to Kevin Stone for providing these jokes!



"High sodium, high cholesterol, lots of toxins - your blood test is remarkably similar to a potato chip."



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"Forget about organic food. At your age, you need all the preservatives you can get!"



"The doctor will be with you in a few minutes. He's trying to figure out what disease goes with your insurance."



## Recipe of the month

### STEPHANIE'S LEMON SYRUP CAKE



~ 24cm ring tin ~

150g unsalted butter, soft

3 lemons, zest only

1/2 vanilla pod, seeds only

3 eggs

160g SR flour

50ml milk

#### Syrup

120g icing sugar

3 lemons, juice only

#### Serve

300ml thickened cream, lightly whipped

20g pistachios, finely chopped

Preheat oven to 165C, line and grease cake tin and set aside.

In a clean bowl, beat butter, sugar, zest and vanilla until pale and fluffy, 3 to 5 minutes.

Add eggs, one at a time, making sure each is incorporated before the next is added.

Fold in flour, followed by milk, mixing until combined.

*If the mix is a little stiff, add a dash more milk.*

Pour mix into tin, spreading evenly.

Pop into oven and bake 40 to 50 minutes or until skewer comes out clean.

Remove from oven and allow to stand in tin.

To make syrup, heat, sugar, and juice over medium heat, cooking until liquid reduces by half.

Using a skewer, randomly prick holes into top of warm cake. Gently pour syrup over whole of cake and leave to cool. Once cool, remove from tin and top with cream and pistachios.

#### YOUR 2024 COMMITTEE

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