

DENMARK RIVER PROBUS NEWSLETTER

October 2024 - Edition 121



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Hello everyone!

Our BBQ lunch at this month's meeting was a great success with many compliments on the array of salads provided by committee members, along with the devilled eggs, sliced baguettes, the delicious Korean chicken and the tongue twister Bondi Beef Beetroot Burgers, the star of the show, made by Kevin and Helena. This has been until now a guarded family secret, but our generous friends have agreed to share with us. See the back page for the recipe, just in time for your next BBQ. Shoutout to all the members who contributed dishes, to our super efficient hospitality team and to the volunteers who helped out on the day. My glass of Duke's Riesling available for \$8.00 from the Country Club bar was an added bonus.

Did you know October is Probus month, when we recognise the role Probus serves of fostering fun, friendship and a sense of belonging among members? It certainly has been a busy month for our activities with even more planned, as we approach the end of the year. Next we can look forward to our combined picnic at Kwoorabup Park with Denmark Probus Club rain or shine, but hopefully no hail this time!

Warmly,
Susan



Our celebratory cupcakes in Probus colours

Guest Speaker ~ Dr George O'Neil, Clinical Associate Professor, UWA Medical School, Psychiatry



We were honoured to have Dr George O'Neil, an esteemed obstetrician and professor of psychiatry, as our guest speaker this month.

Dr O'Neil is a medical innovator, known for his pioneering work with Fresh Start Recovery Programme, an initiative dedicated to treating addiction.

His groundbreaking contributions include developing naltrexone implants, which help block opioid receptors for up to 12 months, aiding recovery from addiction, unlike methadone treatments which keep users addicted. He has also made significant progress in treating Parkinson's disease and benzodiazepine addiction using flumazenil. One patient with severe Parkinson's Disease and no balance regained his full balance and movement after completing the programme.

Accompanying Dr O'Neil was his wife Chris, who has played a vital role in supporting his work and their shared mission to better the lives of individuals struggling with addiction. Both have overcome significant health challenges, aggressive prostate cancer for George and over 40 melanomas for Chris. Together, they have positively impacted countless lives, and we are privileged to learn from their experiences and insights.

For more information or to donate, visit www.freshstart.org.au.



I can see a rainbow ~ view from Stephanie and Ed's

This month's events

Corkescrew Gallery



Who would've thought that at the end of a long country road in Mt Barker we would find such a treasure trove? Master craftsman George Corke creates stunning one of a kind furniture and sculptures, working with Western Australian hardwoods and steel. His creations, ranging from unique dining tables to exquisite chests of drawers are truly works of art.



During our visit with 42 members, we explored George's workshop and the grounds set on 21 acres with a small herd of very spoilt cattle. We admired his collection of vintage cars and motorbikes, before wandering around the two acres of beautiful gardens surrounding the house. The gardens are filled with colourful quirky sculptures that make you smile, like The Ship of Fools anchor with boat, which would not look out of place at Cottesloe Sculpture by the Sea.



We enjoyed the Japanese garden and teahouse, the phone box at the edge of the world where you can send a message to a loved one who has passed, red Torii gate and black circular moon gate.





George's wife Sue works in many media forms and has her own workshop in the goat house with the bright red metal goat sculpture outside. Here she creates her artworks which include a lot of free form weaving with ornamental grape vines and other natural materials from their garden



Lunch at Plantagenet Wines

We didn't have far to travel to Plantagenet Wines for lunch, where we enjoyed efficient service and dishes like boeuf Bourguignon or regional platters washed down with a glass of wine or two.

Wine Appreciation Group ~

This month we enjoyed a Blind Tasting event where we had to identify six red wines, with prices ranging from \$12 to \$47. Each of us teamed up with a partner to match the tasting notes to the correct wine. Ruth and Brian were the only pair to score 100%.

The favourite on the night was the mid range Ironwood, priced at \$26.

Colour: Deep purple

Aroma: Berry notes

Palate: Mulberry, raspberry, strawberry and spice flavours, with a hint of oak and smooth tannins.

Peter and Vicki put together a great selection for the evening, including bottles from local wineries, an Italian wine, and even one they brought back from Bali. Peter's research and engaging presentation always make for an entertaining evening that we all appreciate.

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 afterwards at Reminisce Café.

There are spare kayaks available for you to try out. Contact Warrick, Ed or Neville if interested.

Diary dates!

Thursday 21 November 4.00pm ~ combined picnic in the park with Denmark Probus. Kwoorabup Park, 502 Scotsdale Road. BYO food and drinks! A chair might be a good idea.

Extras

Membership ~ There are currently 70 members and 17 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.

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

This month's Birthdays (21 October to 21 November)

Dorothy Davies	4 November
Robin Levet	4 November
Steve Hawks	5 November
Lorraine Cotton	7 November
Lex Harry	9 November
Kaye Husking	10 November
Susan Lane	12 November
Harley Lane	14 November





Looking braw, Barry!

Member Spotlight ~ Barry Barton

Before moving to Australia when he was seven with his parents, grandfather and little sister, wee Barry Robertson Barton spent the first seven years of his life in Hamilton, Scotland, just 16 kilometres south of Glasgow. He spent his early school years at Auchinraith Primary School, where he has fond memories of daily hot lunches, always followed by a sweet serving of custard - a treat he still enjoys to this day. Another highlight was walking around the bitumen playground ringing the school bell at the end of playtime, but a hazardous job in winter when he slipped on the ice and cracked his head.

Barry's clan is Robertson. Their tartan features a red base with black, dark green and navy blue stripes, and thin yellow lines running through the design, like his tam o' shanter pictured below.

Years later, Barry worked for ten years with BHP in the mines as a shovel operator, a skilled heavy equipment operator responsible for safely operating a hydraulic excavator to load ore or rock into haul trucks for transportation.

For 29 years Barry worked in rope access and vertical rescue, working at heights before moving to work in the prison system. He presently divides his time between Pardelup Prison Farm and Albany Regional Prison, where he works mainly with prisoners who are in on drug related charges, notably one young man and across the corridor his father. His current job is training prisoners in the safety aspects of working at heights plus confined space training to give them qualifications on their release.

Barry still volunteers with the SES Vertical Rescue Squad, which involves abseiling down cliffs to rescue people trapped in hard to reach places or sometimes to retrieve a body.

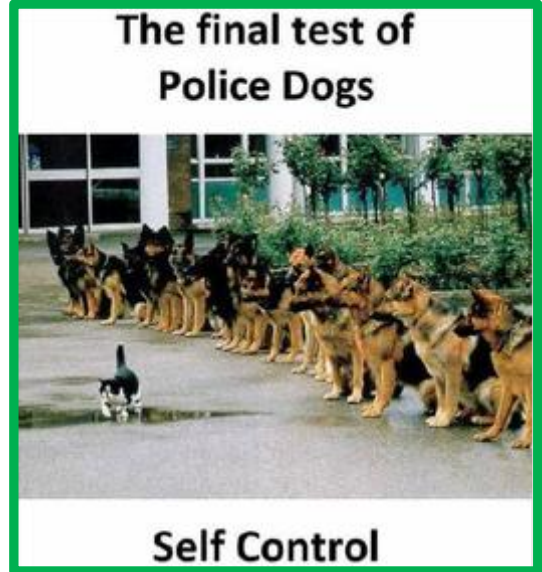


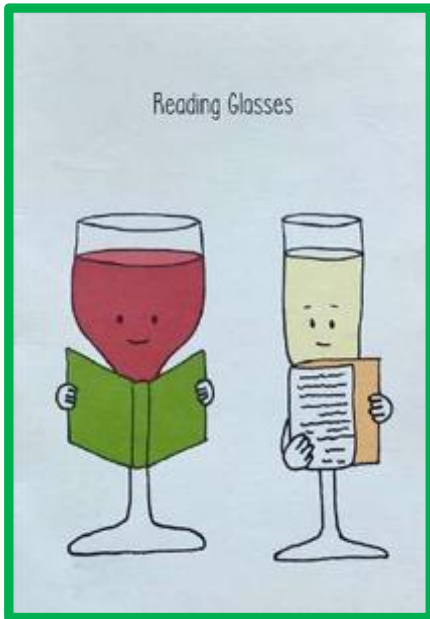
39 storeys above St George's Terrace, Perth



Tracey and Barry happy in Bali







Recipe of the month

HELENA & KEVIN'S BONDI BEEF & BEETROOT BURGERS



500g beef mince
250g pork mince
150g raw, grated beetroot
60g grated hard feta
20gm finely chopped flat parsley

Mix all ingredients together, season to taste, shape into patties and barbecue

Enjoy!

YOUR 2024 COMMITTEE

President: Warrick Gates – warrick.gates@bigpond.com

(Don't use president@denmarkriverprobus.org.au. It doesn't work)

Secretary: Julie Nayda - secretary@denmarkriverprobus.org.au

Treasurer: Brian Rushton - treasurer@denmarkriverprobus.org.au

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Guest Speakers: Chris Watkins - speakers@denmarkriverprobus.org.au

Media: Susan Lane - contact@denmarkriverprobus.org.au

Hospitality: Lorraine Cotton, Kevin Wragg - hospitality@denmarkriverprobus.org.au



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



Congratulations Linda & Jamie
50 years anniversary