

DENMARK RIVER PROBUS NEWSLETTER

November 2024 - Edition 122



This newsletter is Private and Confidential for Probus use only and is not to be used for any other purposes.

Hello everyone!

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

At this month's meeting we inducted Carol and Roy Allmond into the club. We welcome you both and hope you have an enjoyable time getting to know all our members, and experiencing all that our club offers.

As 2024 draws to a close, we are looking forward to celebrating our last get together of the year with our Christmas lunch at the Country Club! Be sure to come dressed in festive attire.

Now is the time to start planning for 2025, not only our monthly speakers and excursions but also to prepare for the AGM in March. A major focus will be nominating and electing a new President for a one year term. While we will miss Warrick's leadership, we are confident that someone will step forward to take on the role for next year. Stephanie and Susan will continue as Membership and Media coordinators, and Lorraine and Kevin as Hospitality, which leaves us still with vacancies for Treasurer, Secretary, Events and Guest Speakers. If you are interested in bringing fresh ideas and enthusiasm to one of these positions, please let us know. Serving on the committee is a rewarding experience and a great way to connect with fellow members and make a positive impact.

See the following page for a tongue in cheek report card for our outgoing committee members.

Warmly,
Susan



Committee meeting at Denmark Chocolate Company

ANNUAL REPORT CARD
 ~ Denmark River Probus 2024 leadership team ~

ANNUAL REPORT CARD	DENMARK RIVER PROBUS 2024 COMMITTEE MEMBERS
Warrick Gates <i>PRESIDENT</i>	A+ for strong leadership and clear communication while restraining from his usual colourful language A for keeping us all entertained without losing the gavel!
Brian Rushton <i>TREASURER</i>	A++ for keeping the books balanced and the club out of financial trouble B- for creative collection methods and dealing with members treating deadlines like suggestions.
Julie Nayda <i>SECRETARY</i>	A+ for keeping us organised and for promptly sending out the colourful Minutes B deciphering Julie's shorthand was sometimes like solving a fun mystery!
Lorraine Cotton Kevin Wragg <i>HOSPITALITY</i>	A+ for keeping us well fed and happy! B- for not refilling our wine glasses as quickly as our lunch plates.
Robin Levet Helena Wragg <i>EVENTS</i>	A+ for creativity and planning events with flair and excitement B- for transportation logistics! The bus breaking down may have been a little too much adventure for our taste!
Chris Watkins <i>GUEST SPEAKERS</i>	A+ for speaker selection - booking speakers who kept us wide-eyed and (mostly) awake. Still wondering how you managed to find someone who could make a physio sound interesting! B+ for making sure we didn't nod off!
Stephanie Wierobiejska <i>MEMBERSHIP</i>	A for effort B+ Needs to repeat next year. Stephanie has spent her first year as Membership Coordinator charming new members. Another year in the same role will help her turn those new members into committee members with ease!
Susan Lane <i>MEDIA</i>	A for effort B+ Needs to repeat next year. Marks for trying - after all, practice makes perfect! One more year should help Susan have the newsletter polished enough to be up for a Walkley award.

This month, we were privileged to have two guest speakers.

Guest Speaker ~ Yvonne Hortin

Community Transport Coordinator and Ambassador for St John



Yvonne joined us to shed light on the importance of defibrillators in cardiac emergencies. With a background in nursing, Yvonne explained that defibrillators are designed to stop and restart the heart, much like rebooting a mobile phone, helping to restore normal rhythm during a cardiac arrest. She highlighted that there are over 30 defibrillators available across Denmark, including at public sites like the Shire Office, Greens Pool and outside IGA.

It was interesting to learn that the defibrillator tells you what to do step by step. If the patient's heart is back in the right rhythm, the device will indicate that a shock is not needed, and no one should touch the patient.

Yvonne encouraged members to consider the First Responder app, which provides quick access to nearby defibrillators and guidance on what to do in an emergency.

Guest Speaker ~ Michelle Cresdee

Education Officer for Child Protection and Family Support (CPFS)



Michelle works with CPFS care teams, supporting children in care, and front end teams, offering intensive support for families to prevent the need for care placement. With over 23 years of teaching experience and specialised training in psychology, she assists students who have been suspended from school due to challenging behaviour caused by trauma. She has extensive experience with children and teenagers affected by trauma, which impacts their emotional wellbeing and behaviour, and can lead to multiple placements, that may further traumatise them.

Michelle shared that CPFS currently supports about 150 children, with extended foster care available up to age 25. This includes assistance with housing, employment and education to help young people in care move towards their independence.

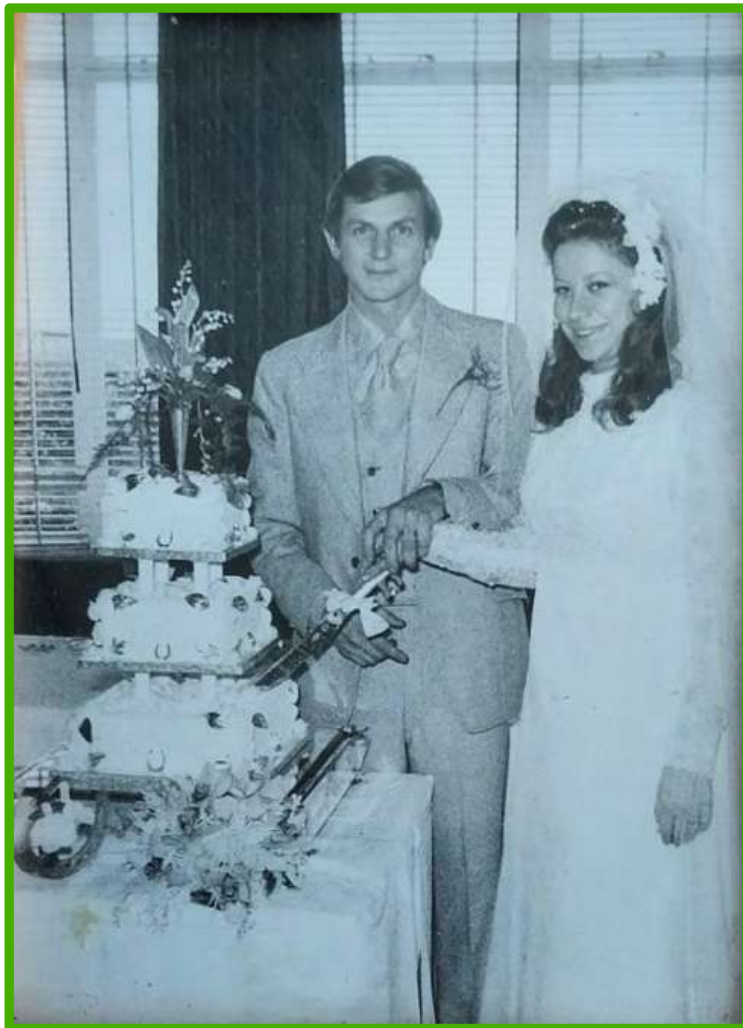
If you have concerns about a child's welfare, contact the Central Intake Team on 1800 273 889.



Boston Brewery lunch with Leanne and Peter



Welcome to the club Carol and Roy!



Happy Anniversary Sue & Bob - 54 years

This month's events

The weather was a little unpredictable for our Probus Combined picnic at Kwoorabup Park, but it didn't dampen our spirits! We enjoyed chatting to members of Denmark Probus, including their President Jenny, Secretary Nel, Social Team members Robyn and Ron Edwards and the vibrant Eleanor who is in her mid 90s. The afternoon was filled with lively conversation, Bocce games and a spread of shared snacks.



Aurora from Stephanie and Ed's place

This month's Birthdays (22 November to 31 December)

Helen Young	30 November
Kaye White	15 December
Dexter Warne	17 December
Grant Ball	19 December
Carol Harry	24 December
Kaye Murray	30 December
Rob Norcross	31 December



Diary dates!

Wednesday 4 December 10.30am ~ Our next general meeting at the Denmark Country Club will be followed by our Christmas lunch catered by Andy. Prizes for the best hat, mask or other headwear. **Note the later start! 10.30am, not 10.00.**

There will be no outing in December.

Extras

Membership ~ There are 71 members in the club plus 1 life member, and 15 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, Glenice and Kerry visited Marianne at Gwen Hardie Lodge. They enjoyed a half hour stroll together and reported she is in good spirits and very appreciative of all Bruce does for her.

If you are in Albany, you may like to stop by and say hello and perhaps join Marianne for a short walk around the scenic Emu Point area.

Visit Marianne at:
67 Mermaid Point
Gwen Hardie Lodge
Emu Point



Monastery Landing, Franklin River

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.

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



Rudyard Beach

We regularly paddle the inlet Rivermouth to Pelican Island, Rudyard Beach, Springdale Beach and back to Rivermouth.

Last month we paddled Franklin River from Nornalup until we couldn't go any further up the river. The paddle was 14 kilometres. Returning home, we stopped at Bow Bridge for burgers for lunch. Cheers, Ed.



*Nornalup and kayak launching area for disabled and infirm.
Great selfie, Ed!*

Wine Appreciation Group ~

BELLISSIMO

ITALIAN CUISINE

STARTERS

Peter's Sicilian pizza
Grazing Platter

MAINS

Polpetti (Italian meatballs)
Penne with tomato & Basil
Passata
Pasta 'Ncasciata (Sicilian Baked
Pasta)
Florentine Potato Bake
Vegetable lasagne
Panzanella salad
Cutlets (Crumbed Pork &
Chicken Fillets)
Garlic Bread

DESSERT

Tiramisu
Cannoli & Profiteroles
with Peter's home made
limoncello

Our Italian themed night was a great success with delicious food (see menu) and Italian music. Prize winners for the Italian trivia quiz were Robin and Helena, who took home a bottle of champagne for their winning answers. A special mention goes to Sue Allan, who had the most entertaining response to the question: *Which Roman gladiator led a slave uprising?* Her answer: Russell Crowe!

Guests brought along a varied selection of Italian wines. We reminisced about how in the 70s, we would put drippy candles into the empty raffia-wrapped Chianti bottles for that perfect romantic touch.

We finished the evening with Peter's homemade limoncello and a singalong of *That's Amore* with Dean Martin.

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.



Member Spotlight ~ Trish Edmonds



Trish and Lyell

What is your full name and maiden name?

Patricia Marion Edmonds née Kavanagh
Patrican Ni Charmhanaigh (Irish name)



Fun on the farm ~ Trish's Dad and the kids on a hay bale

Would you tell us a little about your early life in Ireland?

I was born in 1954, about ten miles from Galway, on a dairy farm along the shores of Loch Corrib. My parents had a 30 acre farm with a herd of Friesian cows. Life on the farm was hard but rewarding. I remember, even if my mother came home from a wedding dressed in her best, she would change immediately and head out to milk the cows. We didn't just focus on dairy though - we also sold hay, potatoes and beets.

What are some of your fondest memories growing up in Ireland?

I grew up with four older sisters - Noreen, Mary, Triona and Carmel – and then there was William, the baby of the family. We spent our days playing outside with our cousins who lived just down the road. We'd climb trees, search for frogs and play games like hopscotch, ring-a-ring-a-rosies and Hide the Spoon. In winter, we'd slide across the frozen lake to school, quite dangerous when the ice cracked. I even had to pull our poor dog out once when he fell through.

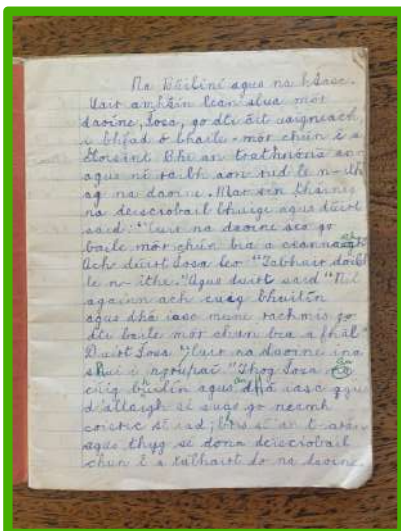


L to R - Noreen, Trish, William, Carmel

What was school like for you growing up?

School at Headford Catholic was quite the experience! Discipline was strict. The nuns kept us all in line, and you learned quickly not to get a maths question wrong, or you'd get a sharp slap on the hand with a stick. When I wore my uniform too short, my punishment was to stand with my back to the wall for the whole lesson.

The picture is from Trish's school storybook written in Irish, a page about Jesus feeding the 5000, translating the biblical story into Irish.





Trish with her parents in London

What brought you to Australia?

After leaving school, I worked in London for a year before coming to Perth to be Mary's bridesmaid. Mary was my oldest sister, who had been a nun for eight years in Ireland, and came to Australia when she decided to leave the convent. She had to move far away due to the social stigma.

I met Lyell at a pub in Ongerup with my sister Noreen and her boyfriend. Lyell later visited our family in Ireland and we returned to Australia together.



Trish and Mary in Kings Park

What do you enjoy most about Australia, and what do you miss about Ireland?

I love the weather here and the chance to enjoy a healthy outdoor lifestyle. You can get ahead and be better off financially than in Ireland.

What I miss most is the nightlife – the lively pub atmosphere, the craic as we call it with all the singing and dancing. We'd go out around 9.30pm and have fun with friends till 1.00 or 2.00am. And of course, we'd finish the night with a big fry up, when we got home.

Are there any Irish traditions you have held onto over the years?

Yes, especially at Christmastime! We keep the Irish spirit alive with a traditional feast - turkey, ham and all the roast vegetables followed by plum pudding.

You still have your Irish lilt. Do you have any Irish expressions you still use?

Well, I don't say Top o' the morning!

Well, I do notice you say, That's grand! What about Off with the fairies?

No, but I do remember people using colleen for a girl and boreen for a narrow road, and one funny saying, Did you lift anyone? meaning Are you seeing him again?



L to R Noreen, Lyell & Trish, their mother, Mary and little ones

How often do you get to see your family or speak to them now?

Sadly, Noreen passed away in 2007, but I still visit my sister Mary here in Perth. Every three years or so, I make the trip back to Ireland to see Carmel, Triona and William.

Thank you, Trish. It's been grand hearing about your Irish background.



I get road rage walking behind people.

I am absolutely delicious and I hate that mosquitoes know it.

I have a bumper sticker saying "honk if you think I'm sexy" some days I just stay at a green light until I'm feeling good about myself.

I hate when my wife gets mad at me for being lazy.

It's not like I did anything.

If you spell the words "absolutely nothing" backwards, you get "gnihton yletulosba".

Which, ironically, means ... absolutely nothing.

My wife texted me, "Your great", and I replied, "No, you're great".

She's been really happy and smiling at me all weekend.

I just corrected her grammar. Don't need to be so excited.

Recipe of the month

LINDA'S SWEET POTATO CAKE



Mix together:

2 cups raw grated sweet potato
300 grams brown sugar (250g maybe better)
125 grams sultanas
100 grams mixed peel (optional)
100 grams crushed pineapple

Mix together and add to mix above:

350 grams plain flour
2 teaspoons baking powder per cup of plain flour

Beat together and add to mixture:

300mls vegetable oil
3 eggs

Pour into round tin or ring tin lined with baking paper
Bake 1 hour in preheated oven at 180 degrees.

Icing:

2 oz Philadelphia cream cheese
125 grams icing sugar
1 tbs butter
1 tsp vanilla essence

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

Activities: Helena Wragg, Robin Levet - events@denmarkriverprobus.org.au

Membership: Stephanie Wierobieje - members@denmarkriverprobus.org.au

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.