

Edition No. 102 – March 2023

## DENMARK RIVER PROBUS NEWSLETTER

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### **Congratulations to the New Committee for 2023-24.**

**President:** Kaye White

**Secretary:** Julie Nayda

**Treasurer:** Brian Rushton

**Activities:** Robin Levet and Helena Wragg

**Newsletter Editor:** Trish Edmonds

**Guest Speakers:** Chris Watkins

**Hospitality:** Sue Allen, Margaret Norcross, Lorraine Cotton and Kevin Wragg.

**Membership:** Linda Falls

## NEXT MEETING

**5 April 2023**

**10:00** am at the Denmark Country Club

**Guest Speaker:** David Patterson re Prison Outreach.

**Lunch:** In House - Lasagne with salads & garlic bread. Cheesecakes with fruit to follow.

## BIRTHDAYS

Trish Edmonds	Friday 17 March
Stuart Hoskins	Sunday 19 March
Wendy Wildman	Sunday 19 March
Joy Hawes	Thursday 6 April
Joyce Edmonds	Saturday 15 April
Julie Nayda	Saturday 22 April
Ed Wierobie	Saturday 22 April



## MEMBERSHIP

Due to the resignation of two of our longest standing members Jo Wittaker and Kelsay Bateman, two new members - Harley and Susan Lane will be inducted at the April meeting.

There are 12 people on the waiting list, some of whom have completed three visits.

Please remember to **WEAR** your **name badges** so that we can all get to know you.

**DON'T FORGET** Your Annual Subs of **\$40** are due by the **1st of APRIL.**

**Bank transfer details:** BSB 036-609 / Account No. 038409  
WESTPAC Strickland Street, Denmark.

## Guest Speaker

### PROFESSOR GEORGE BURNS

*This month's guest speaker was Professor George Burns, talking on the subject of nature-based therapy. He pointed out the benefits of spending time in nature, for our mental and physical health, and how this translates into significantly reduced statistics of depression, crime, domestic violence, and physical ailments.*



*George had us fill out a "sensory awareness inventory". This involved listing things that give us pleasure, under the headings: sight, sound, smell, taste, touch and activity. Many of the responses were related to time spent in nature.*

*It was eye-opening to hear just how important it is to our well-being to get out into natural environments. I am sure we all felt very lucky to live in Denmark where we don't have to go far to enjoy natural places. It was concerning on the other hand to hear how far behind other cities Perth has become in its amount of green space.*

*Having just returned from Perth I was shocked to see how closely packed the homes are in many new suburbs. I was also struck by how the amount of green belts seem to reduce with distance from the coast, and how much hotter the inland suburbs seem to be.*

*I hope city planners are giving thought to the ideas of George Burns in planning cities in the future.*

[Kerry Clark]

**On St. Patrick's Day an abundance of Irish jokes appear but it would seem that our cousins across the ditch are not much better judging by the following.**

**"Colonial Capers** - Early newspapers often ran *Local & General* columns reporting interesting, humorous and sometimes quirky news items." Here is one of them.

"It is a practice on New Zealand railways to allow church men to ride ½ fare, and one of the cloth wrote asking the manager, 'if he could embrace his wife also.' The manager replied that he thought he could, but did not want to say positively until he had seen the parson's wife, as he was 'a little fastidious in his tastes.'" [From *Whimsical Tales of Old Wanganui* by Murray Crawford.]

## HAPPENINGS:

Our most recent outing was to Albany to play a couple of games of croquet which I am sure would have been a lot of fun, but I was not there, so I can't tell you about it. [Joyce]



## SOCIAL GROUPS



### WINE APPRECIATION GROUP

The wine appreciation group meets from 5-7pm on the **4<sup>th</sup> Thursday** of the month at the **Denmark Men's Shed**, just past the Rivermouth Caravan Park on Inlet Drive.

For more information contact Peter Lumia



### Fran's Coffee Mornings

Meets at **10:00** every **3rd Tuesday** of the month at various venues.

Next: **21<sup>st</sup> March - Tea House Books**  
**18<sup>th</sup> April - Kebab Café**



### Kayaking

**Kayaking** – is held 2nd & 4th Fridays (weather permitting)

**8:00am in the water.** Launching from the boat ramp at the Denmark River Mouth Caravan Park. Afterwards coffee at the Caravan Park's Reminisce Café. Contacts - Warwick Gates and Stuart Hoskins

## FORTHCOMING EVENTS

**April 19<sup>th</sup> – Machinery Restoration Group** 11 am Inlet Drive (gold coin donation) with lunch at Reminesce Café – pre-order lunch.

For any other queries please contact: Julie at [secretary@denmarkriverprobus.org.au](mailto:secretary@denmarkriverprobus.org.au)

#### Committee

**President:** Kaye White [president@denmarkriverprobus.org.au](mailto:president@denmarkriverprobus.org.au)

**Vice President:** vacant

**Secretary:** Julie Nayda [secretary@denmarkriverprobus.org.au](mailto:secretary@denmarkriverprobus.org.au)

**Treasurer:** Brian Rushton

[treasurer@denmarkriverprobus.org.au](mailto:treasurer@denmarkriverprobus.org.au)

**Activities:** Robin Levet & Helena Wragg

[events@denmarkriverprobus.org.au](mailto:events@denmarkriverprobus.org.au)

**Hospitality:** Sue Allen, Margaret Norcross, Lorraine Cotton and Kevin Wragg [hospitality@denmarkriverprobus.org.au](mailto:hospitality@denmarkriverprobus.org.au)

**Membership:** Linda Falls [members@denmarkriverprobus.org.au](mailto:members@denmarkriverprobus.org.au)

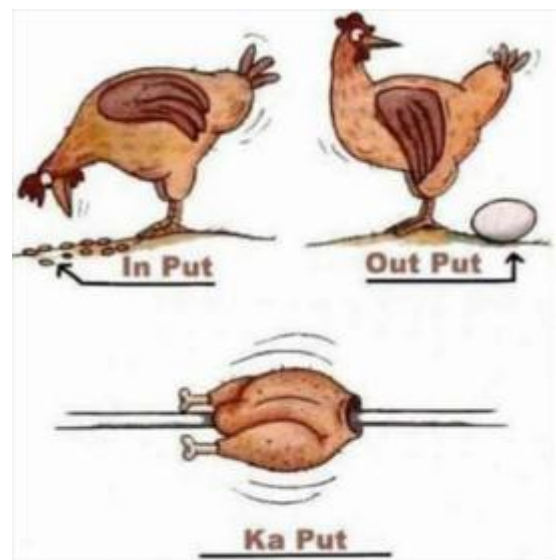
**Guest Speakers:** Chris Watkins [speakers@denmarkriverprobus.org.au](mailto:speakers@denmarkriverprobus.org.au)

**Media:** Trish Edmonds [contact@denmarkriverprobus.org.au](mailto:contact@denmarkriverprobus.org.au)

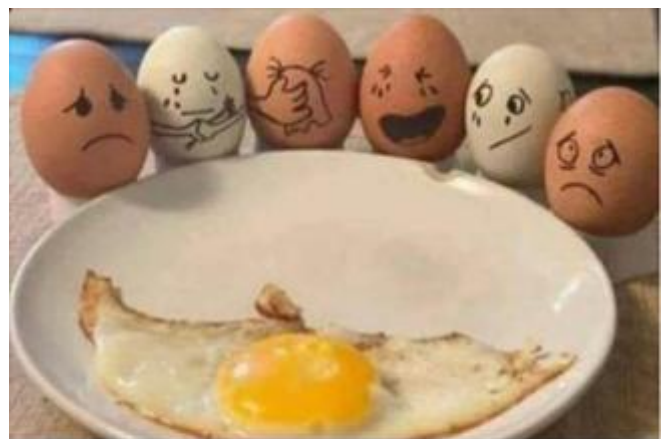
**Teacher says to little Paddy...**  
*Keep Calm And Oh Feck It Enjoy Some Craic*  
**"The essay you wrote about your dog is word for word the same as your brothers"**  
**"Of course it is" said Paddy. "It's the same dog"**

Paddy wanted to sell his car so his mate told him to wind the mileage back a bit and he would get a better price for it.

He saw him a few days later and asked how he'd got on. Paddy said when he finished winding it back it only had 7000 on the clock so he decided to keep it !



**Paddy buys a Automatic BMW X5 sport.**  
**He drives the car perfectly well during the day, but at night it just won't go.**  
**He tries driving the car at night for a week but no joy.**  
**Really angry he calls the BMW dealers and they send out a technician to him.**  
*Keep Calm And Oh Feck It Enjoy Some Craic*  
**He asks, "paddy, are you sure you are using the right gears?"**  
**Angry paddy replies, "Of course, I'm not that feckin stupid, I use D for the Day and N for the Night..."**



He died last fry day. Thank God he wasn't beaten. Don't worry, he went over easy. He's now on the sunny side. He's definitely in a better plate.

Thank you to all who contributed jokes for the newsletter.