

Edition 112 - January 2024

DENMARK RIVER PROBUS NEWSLETTER

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NEXT MEETING 7th February 2024

Hi everyone,

Hope you are all back to normal after the silly season. The weather is a talking point all round. The poor holiday makers left early as the wind blew them back home. Greens Pool has quite a few left as the cars were parked for miles. The water was freezing so not many in the water!!

Regards Trish

BIRTHDAYS

JANUARY 25th Moya Ivanac
FEBRUARY 4TH Lyell Edmonds
17th Chris Watkins
20th Glenice Smith
25th Ken Richards



There are 13 people on the waiting list.

Name Badges - Please remember to wear your name badges so that everyone can get to know everyone.

Guest Speaker

GLEN CAPPELLI



Glenn Capelli gave a very interactive presentation. Early in his talk he asked us to work out among our seating group what the meaning of "neoteny" might be. After we had talked among ourselves, he got us to give our guesses, then explained that neoteny is aging, while retaining childlike qualities such as spontaneity and a sense of wonder, but whilst also gaining wisdom. This was his core message. He spoke of his parents and the challenges posed by his mother's bipolar disorder and how they made it through the hard times with teamwork and optimism. He used the music of our era and lessons he has learned from his life of motivational speaking to put across philosophical messages which can help us to age in a

more positive way.

These include:

Kai-zen, which translates as change, gently and gracefully.

Learn how to roll when you're rocked.

Learn to do the things you can manage.

Live today rather than looking back at yesterday.

Live life with appreciation and gratitude.

So...

May you tarry a while

Come together

Exemplify neoteny among the gum trees

Travellin' side by side

Knowing that little things mean a lot

That kaizen is a little bit of improvement every day

Roll when life rocks you- Flow

Turn yesterday into saying yes to today

Moving and flowing with a good vibration:

That's amore!

Live life with appreciation and saying thankyou.

This is from Kaye White (President)

Hello everyone

Happy New Year everyone. Hard to believe we are half way through January 24. A reminder that we will require more members for the committee for the coming year.

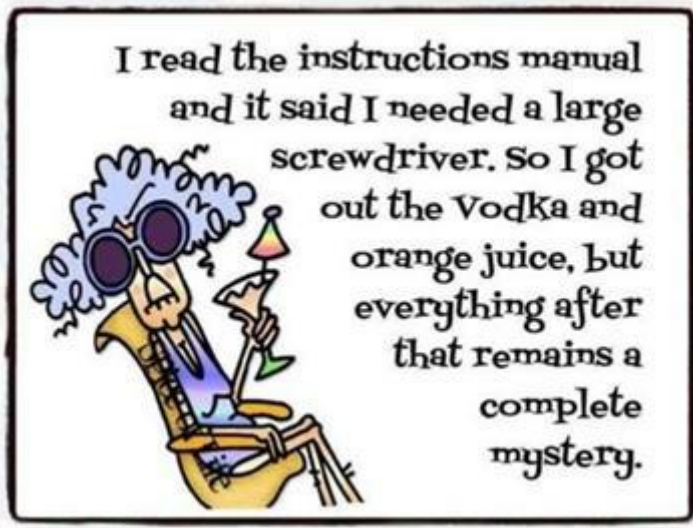
President, Treasurer, Kitchen and assistants., Guest speaker.

We hope members will step up and help out, particularly if they haven't been on the committee before.

There will be plenty of help available to guide you, should you need it.

Take care of each other and heres hoping!!

Cheers Kaye White



WINE APPRECIATION GROUP

The wine appreciation group meets from 5-7pm on the 4th 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.



Kayaking

Kayaking is held on the 2nd and 4th Fridays (weather permitting) at 7:30 am - in the water - launching from the boat ramp at the Denmark Rivermouth Caravan Park. Coffee is enjoyed afterwards at the Reminisce Café on site. For more information contact Warrick Gates or Stuart Hoskins.

Forthcoming Events

Pardelup Prison Farm is 62 kms from Denmark. Allow at least 50 mins to get there. Travelling to the prison is your responsibility so please arrange your car pool if you need transport. It is well signposted on the left side of the road. Please arrive 10.15 sharp. No stragglers as this is a prison and all must be accounted for when they do a roll call. Because of the high numbers going to this event morning tea and lunch is not possible so we will have a light lunch (sandwiches) etc after the tour. Please advise asap if you no longer want to go for whatever reason.

March Outing

Albany croquet with lunch at Emu Point. Flat soles shoes please. \$10 per person includes morning tea. \$5 for non players.

For further information please contact our secretary at secretary@denmarkriverprobust.org.au

Committee

President: Kaye White president@denmarkriverprobust.org.au

Vice President: vacant

Secretary: Julie Nayda secretary@denmarkriverprobust.org.au

Treasurer: Brian Rushton treasurer@denmarkriverprobust.org.au

Activities: Robin Levet & Helena Wragg events@denmarkriverprobust.org.au

Hospitality: , Margaret Norcross, Kevin Wragg

hospitality@denmarkriverprobust.org.au

Membership: Linda Falls members@denmarkriverprobust.org.au

Guest Speakers: Chris Watkins speakers@denmarkriverprobust.org.au

Media: Trish Edmonds contact@denmarkriverprobust.org.au