

# DENMARK RIVER PROBUS NEWSLETTER

March 2024 - Edition 114



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*Hello everyone!*

Welcome to the March edition of our Denmark River Probus Club newsletter. This is Susan taking over from Trish who did a fine job keeping us informed with her 2023 newsletters.

Sincere thanks to the past year's Committee members and congratulations to the new line-up voted in at our AGM, Warrick Gates (President), Brian Rushton (Treasurer), Julie Nayda (Secretary), Helena Wragg, Robin Levet (Activities), Stephanie Wierobiej (Membership), Chris Watkins (Guest Speakers), Susan Lane (Media), Lorraine Cotton, Kevin Wragg (Hospitality). Assistants not on the Committee are Glenice Smith, Kerry Clark (Welfare), Rosemary Lowe, Harley Lane (Hospitality), Carmel Stott (Photography). Thanks for stepping up to keep Denmark River Probus the vibrant Club it is. We look forward to the new ideas that you will bring to our Club.

Sadly, we have to say our goodbyes to Fran Pederick, who is resigning due to health issues. Fran has been a valued member of our Club for ten years and will be missed.

I welcome any photos you take of our beautiful little corner of the world for inclusion in the newsletter and look forward to hearing from you if you have any contribution you would like to make.

Warmly,  
Susan

## *This month's Birthdays*

Warrick Gates	13 March
Jamie Falls	13 March
Trish Edmonds	17 March
Stuart Hoskins	19 March
Wendy Wildman	19 March
Joy Hawes	6 April
Joyce Edmonds	15 April
Julie Nayda	22 April
Ed Wierobiej	22 April



## Guest Speaker

This month, we welcomed Albany At Ease co-ordinator Veronique Derschow, who is committed to supporting Australian Defence Force Veterans dealing with mental and physical health challenges. Albany At Ease provides respite packages, including heavily discounted or donated holiday accommodation, generously provided by community members for Veteran families, and on arrival hampers filled with local produce, vouchers for restaurants and local attractions. The organisation, sponsored by many groups including our Black Dog Riders, allows Albany (Home of the ANZACS) to express gratitude to our Veterans.

To get involved, please contact Veronique Derschow on 0410 503 682.



Ex-Chief Petty Officer Steve Edmonds, a Veteran of 20 years, highlighted the dangers he faced in the Navy and the importance of Albany At Ease in supporting Veterans and their families. Steve appreciated the skills and training he received in the Navy, and received many commendations. Some of the dangers he faced were stopping people smugglers from Indonesia, being the target of terrorist attacks in the Middle East, confronting 100 foot waves in the Antarctic, dangling 40 feet below a helicopter, losing his best friend of twenty years to suicide, which he found out by reading on Facebook, and his own PTSD. Steve, who was accompanied by his wife Nicole, now serves as a welfare advocate for the organisation, and says gratitude goes a long way in Veterans' healing.

A heartfelt thanks was shared by one Veteran who found solace in Albany At Ease: "Thank you for providing light in the darkness."



## Movie recommendation

THE GREAT ESCAPER, starring Michael Caine and Glenda Jackson is an entertaining, emotional and uplifting true story about loyalty, honour, the 'can do' spirit of a disappearing generation and an enduring love story spanning 70 years.

Veteran Bernie Jordan escapes from his care home in England to attend the 70th Anniversary of the D-Day Landings in France.

Showing for a short time at Orana Cinemas in Albany

## *This month's events*



### *Anyone for croquet?*

Thank you to Helena and Robin for organising another fun outing for us. We couldn't have had a more beautiful day. The sun was shining, and the breeze was light. On arrival, we were greeted by enthusiastic, friendly members of the Gomm Park Croquet Club who served us morning tea before introducing us to some of the basics of the game. When we were able to hit more than miss, we started a game. Sixteen Probus croqueters enjoyed two rounds of croquet. Some of us had never swung a mallet, while others were showing off their tactical moves and strategies. Highlights of the play included Peter and Harley each getting a hole in one, but the clear winners on the day due to a mix of luck and talent were Ken and Kevin W.







*Lunch at The Emu Point Cafe*

After our two rounds of croquet, fifteen of us shared happy conversation over lunch by the bay at The Emu Point Café, family owned and operated, serving local produce and environmentally conscious!







**Wine Appreciation Group** ~ For our first meeting of the year each member brought their own bottle of wine and a plate to share with the group. Peter led a lively discussion on our agenda for the year ahead. We ended up with some great ideas on the whiteboard, including an Italian themed evening complete with food and wine pairings, a port tasting night, a French wine presentation and our regular blind tasting which is always entertaining. Plus lots more!

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 adventurers meet at 7.30am on the water every second and fourth Friday of the month, weather permitting, launching from the boat ramp at the Denmark Rivermouth Caravan Park. Coffee is enjoyed afterwards at Reminisce Café.

Contact Warrick Gates or Stuart Hoskins for more information.

### **Diary dates!**

Wednesday 3 April 10.00am ~ our next general meeting at the Denmark Country Club

Wednesday 17 April 10.00am ~ Denmark Chocolate Company, 2023 South Coast Highway

Morning tea choices include scones baked on site, tea, coffee, or their amazing hot or iced chocolate, and for the more daring maybe a liqueur on the side. Note that it is now too late for any new bookings. We are at full complement. You may wish to continue on to Boston Brewery for lunch or The Dam.

Wednesday 15 May (time TBC) ~ The Marron Tale, 5284 South Coast Highway, Bow Bridge followed by lunch there, if you desire.

### **Extras**

Membership ~ There are currently 15 people 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.

Guest speaker for April ~ Steve from the Denmark Country Club, Bush Stories and Poetry

Guest speaker for May ~ Dor Shira from Moving Creatures, Dance Movement Therapy TBC

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

Our annual membership fees of \$40.00 are due for renewal by 7 April.

Bank transfer details: BSB 036-609 Account No. 038409

In reference box please indicate reason for transaction and your surname. Our Treasurer Brian will then send you an email receipt.

Cash payments can only be paid directly to Brian

## Member Spotlight ~ Moya Ivanac

Favourite quote: *"Life must be celebrated"* ~ on Heart Surgeon Victor Chang's memorial wall



As a Probus member, Moya values companionship and engaging speakers.

Highlights of Moya's life include her time as a teenager being part of a synchronised swimming team, trained by Kalgoorlie Olympic diving champion Pat Reby in precision artistic swimming routines choreographed to music ~ diving, handstands, legs waving, and much splashing to the music. Routines mainly involve the swimmer holding their legs out of the water. And no nose pegs in those days to stop water going up your nose underwater! Team members made their own white bathing suits with a red lightning strike on the front. An exciting time for a seventeen year old to be chosen for the team, and a fun time for all.



Porcelain painting was a significant part of Moya's life. In the 1950s, as porcelain art gained popularity in Western Australia, she completed a certificate course and later taught in Perth and Albany. Moya's talent in porcelain painting was showcased at exhibitions such as the Royal Show, various galleries, and notably at International Conventions. Moya has made many lifelong friends from her painting days.

*Moya's gift to daughter Gabrielle, 1979*



*Moya with one of her china painting students*



*Cocos Island, Moya with sons John and Simon*



Just got pulled over  
by a cop.  
He asked me if I had a  
silver surfers  
police record.  
Apparently "Roxanne"  
was not the answer  
he wanted to hear !

That amazing  
moment when you  
hear a song you  
haven't heard in  
years and you still  
know every word.



**Kids today will never know  
the struggle...**

**...of landing that needle  
perfectly between two songs**

*Molly O'Connell*

I hate it when  
I'm singing and  
the artist gets  
the words  
wrong.

**PLAY THAT FUNKY MUSIC**



Can you perform  
under pressure?

No, but I'll give  
Bohemian Rhapsody  
a go.



## Recipe of the month



### ED'S LEMON BLISS BALLS

~ easy to make, freezer friendly, taste AMAZING! ~

- 1 cup cashews or other nuts
- 1 cup desiccated coconut
- 15 dried pitted dates
- Zest and juice of 2 lemons or 3 for extra tangy
- 1 tsp vanilla extract
- 1 tsp maple syrup or honey

Process all ingredients in food processor, roll into balls and then roll in coconut. Enjoy!



### YOUR 2024 COMMITTEE

*President: Warrick Gates – [president@denmarkriverprobus.org.au](mailto:president@denmarkriverprobus.org.au)*

*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: Helena Wragg, Robin Levet - [events@denmarkriverprobus.org.au](mailto:events@denmarkriverprobus.org.au)*

*Membership: Stephanie Wierobiej - [members@denmarkriverprobus.org.au](mailto:members@denmarkriverprobus.org.au)*

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

*Media: Susan Lane - [contact@denmarkriverprobus.org.au](mailto:contact@denmarkriverprobus.org.au)*

*Hospitality: Lorraine Cotton, Kevin Wragg - [hospitality@denmarkriverprobus.org.au](mailto:hospitality@denmarkriverprobus.org.au)*



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