



Denmark River Probud News

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Hello all,

Our event for August was a visit to the National Anzac Centre in Albany. The Centre opened in November last year and is dedicated to honouring the men and women of the first world war.

Although the Centre is fascinating and well worth the visit I found the nature of it's design fragmented the group and did mean that we split up very shortly after we arrived.

As you move through the complex you are given the opportunity to follow the story of one of 32 Anzac identities. I was given access to the story of Sister Olive Haynes from Adelaide She was 26 years old when she sailed from Australia and she served for 3 years before being forced to resign as she had married her sweetheart and was no longer eligible to remain in service. Olive died in 1978 aged 90.

Our September meeting is our First Anniversary meeting so lunch will be at Durban Country Club. It will cost \$10 per person.

Carmel Stott - media
contact@denmarkriverprobud.org.au

NEXT MEETING

2nd September 2015

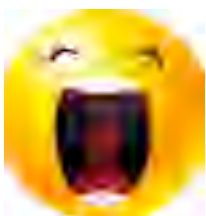
10h00

Denmark Country Club



September Speaker

Elisabeth Bohun,
 Financial Services,
 Centrelink.



PRESIDENTS REPORT

Hi Members,

My goodness hasn't it been cold!!!!

Thank you to everyone who attended the meeting last week. It was great to see so much interest and questions directed to Ian our guest speaker from Palmerston.

Thank you to Wally and helpers for offering to do the BBQ for October. I'm sure it will be a treat.

Trevor we hope all goes well for your operation in September.

Remember: It would be fantastic if there is someone who would volunteer to do a Christmas skit or tell a great Christmas story for the December meeting.

Thank you once again Wendy Lind for being Treasurer and Carmel for stepping up to fill the vacancy.

Take care of each other.

Kaye - President
president@denmarkriverprobud.org.au



Upcoming Birthdays

August:

27th Kerry Clark

September:

5th Peter Lumia

11th Glenys Richards

**AUGUST SPEAKER
IAN PEGDEN**



Our featured speaker at the August meeting was Ian Pegden from the Palmerston Association – a body which supports people with alcohol and other drug issues in Western Australia

Ian began his talk by asking us to list all the drugs we could think off. We started off well but it took a couple of ‘toasts’ from Ian with his tea cup before we thought to add caffeine and sugar to the list.

There were lots of interesting snippets of facts including the long history drug abuse over time and we were asked to reflect on the fact that many mind altering substances had formerly not been regard as ‘drugs’. An early Bayer Pharmaceutical advertisement promoted Aspirin and Heroin – the last as a cough mixture. During the 2nd World War bomber pilots were given Methamphetamine and amphetamine to ward off fatigue. In the 50’s the use of addictive pep pills and slimming pills was regarded perfectly acceptable

To quote from the handout we were given “very broadly speaking, a drug is a substance which changes the way you think, feel or behave”.

In drug abuse “people get divorced from themselves”. Ian had been told by a user that taking powder cocaine made you feel God like but if you took crack ‘you are God’.

As an average Australian audience we have been urged towards subscribing to the more confronting popular clichés about drugs, the drug culture and the ‘war on drugs’. Ian’s talk and the hand out made it plain that society still pays the greatest price of all for the abuse of alcohol. The statistics show there is no huge epidemic of drug abuse and of the last 20

years, 1998 was the worst in terms of the illicit use of any drug.

Palmerston House (98922100) offers a free and confidential service. Referrals are not. Their aim is to help their clients reengage with themselves. They are short of funding so unfortunately have long waiting lists of members of the community who could benefit from their support.

HEALTH MESSAGE (please give me a break)



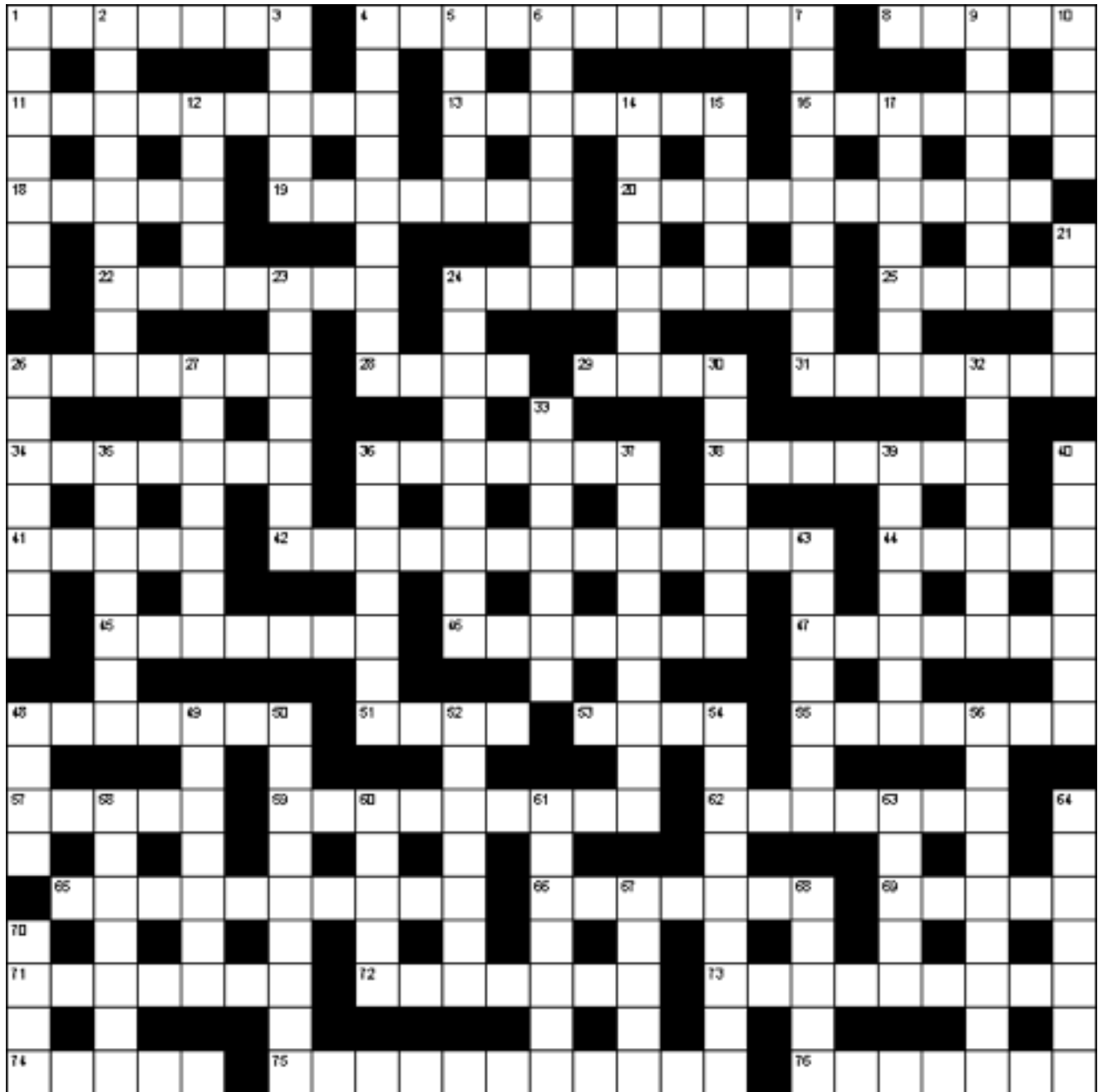
As I was lying in bed pondering the problems of the world, I rapidly realized that I don't really give a rat's ass.

It's the tortoise life for me!

1. If walking/cycling is good for your health, the postman would be immortal.
2. A whale swims all day, only eats fish, drinks water, and is fat.
3. A rabbit runs and hops and only lives 15 years.
4. A tortoise doesn't run and does nothing, yet it lives for 450 years.

And you tell me to exercise?? I don't think so.

I'm retired. Go around me!



Across

- | | | |
|----------------------------|------------------------------|-----------------------------|
| 1. Sumptuous (7) | 28. Unit of length (4) | 53. Molecule (4) |
| 4. Put together again (11) | 29. Vipers (4) | 55. Type of rock (7) |
| 8. Fatigued (5) | 31. Lived (7) | 57. Fusillade (5) |
| 11. Sapient (9) | 34. Uncommon (7) | 59. Operated by water (9) |
| 13. Difficult to catch (7) | 36. Stifles (7) | 62. Methods (7) |
| 16. Disperse (7) | 38. Cure-all (7) | 65. Hoodwinked (10) |
| 18. Prepared (5) | 41. Young nocturnal bird (5) | 66. Disregard (7) |
| 19. Environment (7) | 42. Presentation (13) | 69. Mistake (5) |
| 20. Forgeries (10) | 44. Book of maps (5) | 71. Accomplish (7) |
| 22. Percussionist (7) | 45. Inscrutable (7) | 72. Speech (7) |
| 24. Not connected (9) | 46. Illustration (7) | 73. Exactly alike (9) |
| 25. Animal (5) | 47. Buccaneers (7) | 74. Accolade (5) |
| 26. Abbreviated (7) | 48. Ocean trips (7) | 75. Self-generated (11) |
| | 51. Period of time (4) | 76. Diplomatic building (7) |

Down

- | | | |
|--------------------------------|---------------------|--|
| 1. Notice (7) | 23. Confused (7) | 49. Farewell (7) |
| 2. Unprotected (9) | 24. Crude (9) | 50. Large beer glasses (9) |
| 3. Part of a gear (5) | 26. Strident (7) | 52. Bestowed (7) |
| 4. Woody bramble (9) | 27. Nation (7) | 54. Enigmas (9) |
| 5. Highly skilled (5) | 30. Young tree (7) | 56. Impedes (9) |
| 6. Amble (7) | 32. Pamphlet (7) | 58. Detested (7) |
| 7. Threw away (9) | 33. Tableland (7) | 60. 4th letter of the Greek alphabet (5) |
| 9. Aerial (7) | 35. Unfortunate (7) | 61. Lamp (7) |
| 10. Tale (4) | 36. Apery (7) | 63. Throw out (5) |
| 12. South American rodent (5) | 37. Datum (9) | 64. Aromatic herb (7) |
| 14. Frozen spears of water (7) | 39. Humiliation (7) | 67. Zest (5) |
| 15. Decree (5) | 40. Helps (7) | 68. Topic (5) |
| 17. Affable (7) | 43. Bibs (7) | 70. Unguent (4) |
| 21. Rivet (4) | 48. Immense (4) | |

