



## Denmark River Proboscis News

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Hello all,

For those bemoaning the cold let me bring some cheer to your hearts. This is not as cold as it gets! The lowest temperature this month was 7.3°C whilst back in 1927 it fell to a chilly 2.4°C.

This is the season of rainbows and I would like to encourage members to submit any photos of rainbows they have taken for inclusion on our website.

Please would you all welcome our new members Elspeth Marshall, Garry Marshall and Helen Okamoto



Walking the Kwoorabup Trail end to end from the Kwoorabup Community Park and back again was a very pleasant experience, perfect weather, dappled sunshine as one wandered along amongst the trees, little wind

and a good number of walkers to enjoy a memorable morning. The Kwoorabup trail actually starts on the other side of the river opposite the Community Park and follows the Denmark River most of the way before following an old road easement to the bottom of East River Road. East River Road will most likely be extended along this easement to the new bridge located by River Bend Lane on the other side of the river.

Next walk will be on Tuesday 31st May.



Next Wine appreciation meeting will be on Thursday 23rd June 4-6pm More details to follow.



There may have only been four avid coffee drinkers this month however the enjoyment of meeting up with friends was not abated. Next meeting



Next outing will be to Shapland's Military Museum on Wednesday May 25th 10.00am

Cheers

Carmel Stott - media

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### PRESIDENTIAL ADDRESS

Greetings to one and all! The tide of emotions emanating from ANZAC Day activities never seems to abate, it just swells year on year, maybe, one day it will encompass more and more of mankind so maybe there will be less conflict, we can but live in hope.

The welcoming of new members Selma, Jack, Clare, Poly and Cyril was very pleasing and we extend to them our hand of friendship. The new hospitality crew, of Kay & Glenice, are providing absolutely fabulous morning teas, thank you ladies. It makes coming to the meeting just for the morning tea well worthwhile everything else will be a bonus.

Cliff Frewing as guest speaker was a very charming and knowledgeable speaker. We now know a little more officially about Denmark. Thank you Ian for your efforts.

It was good to see the efforts of Rosemary and Neville come to fruition with the first meeting of the wine group being held. A very enjoyable time was had by all, we will raise a glass to that, well done.

Till next time smile and be happy

Stuart

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### NEXT MEETING

**1st June 2016**

**10h00**

**Denmark Country Club**



**Jill Gow with her Rescue Dog**

Be prepared to be rescued!

**May Speaker  
Mr Cliff Frewing**



As part of his introduction Mr Frewing... Acting CEO Denmark Shire posed three questions:

- What do we like about Denmark?
- What don't we like about Denmark?
- What would we like to change?

This set the stage for what was to become a very informative and interactive presentation.

Mr Frewing outlined his previous experience city and regional appointments. His intention to retire in Denmark was highjacked when asked to take on Shire CEO in an acting capacity for 4 months, during which a new CEO would be appointed. As no appointment has been finalised his temporary appointment has been extended for another four months.

On a humorous note he related a previous temporary four month appointment was extended to 2 years and 4 months until a permanent placement could be made. He hopes that history does not repeat itself here in Denmark to thwart his retirement plan.

Some of the main points discussed were:

**Funding:** Royalty for Regions, Lottery grant, Regional Development funds which facilitate provision of amenities which could not be otherwise funded by Shire without rate increases.

**The Plane Tree Project** as part of beautification of The Strickland St precinct

**Denmark East Development Precinct** including the East river Bridge Project and relocation of Industrial sites. These projects provide revised access to town through a modified and updated east –west road system. This also forms part of the plan for emergency evacuation routes.

**Future planned residential zones** for expansion of Denmark's population including the point that towns should grow over time but always within a range of monitored sustainability.

- Questions from audience included:
- Public transport between Denmark and Albany.
  - Emergency bushfire access to Weedon Hill
  - Connecting Ocean Beach with direct road access to the main highway as an essential escape route in the case of fire and other emergencies in the area.

Mr Frewing answered all questions as fully as possible while making the point that there will always be some dissension: that not everyone will be pleased decisions despite best of intentions.

In his comments he highlighted the level if community interest in council business and encouraged ongoing interest by attending council meetings and accessing information regularly appearing in Bulletin and on the Shire website.

The general feeling was that Mr Frewing was the man for the job .... look no further. Unfortunately this is not part of his retirement lifestyle plan for moving to Denmark.

At the end of his presentation and affirming comments, there was a general feeling was that all is well in the home we call Denmark.



- May**  
26th Bruce Smith  
30th Gavin Gray
- June**  
15th Carmel Stott

# Boost Your Health by Staying Social in Retirement

By Brihony Tulloch

Social isolation can have a negative impact on your physical and mental health and wellbeing. Retirees, and even people who work from home, are particularly vulnerable.

However, there are simple changes you can make to improve your life (and your health).

Let me show you how...

## The facts

According to [BeyondBlue](#), there are three million Aussies living with depression, and people who lack strong social connections are most at risk of developing it.

Between 10%-15% of older people experience depression. The rates of those living in residential aged care are believed to be much higher, at around 35%.

Losing friends and loved ones is an unfortunate and difficult part of getting older. But that doesn't mean you have to spend your retirement feeling lonely.

In fact, it's vital to your health and wellbeing that you surround yourself with good company.

## How it can help you mentally

Loneliness is accompanied by a feeling of sadness and being overall withdrawn.

Some of the benefits of remaining social include:

- Better quality of life and overall satisfaction
- Delayed progress of dementia and mental decline.

## How it can help you physically

When you think of depression, you probably think of the mental side effects. But, it can manifest physically as well.

Studies show people who are socially isolated are:

- More likely to be admitted to hospital
- Have double the risk of obesity
- More likely to have high blood pressure and double the risk of heart attack.

Studies also show just how beneficial social connections can be for our physical health.

Those with a strong social network:

- Need less domestic support and enjoy greater independence
- Have better overall health.

## What you can do about it

### Make a plan:

First, set some goals you think will help strengthen your social circle.

Next, create an action plan. This will help you think about the steps you need to take to reach your goals.

### Research your options:

After you have your steps in place, research how you could achieve them. For example:

- Visit or call your local council to find out about local groups or programs.
- Read your local newspaper or pamphlets for upcoming activities, events and other opportunities in your area.
- Visit your local centres, such as senior centres, libraries or community spaces, to find out what they offer.

## Physical activity:

The positive impact exercise can have on your mood is well documented. It's also a great opportunity to mingle and make new friends.

Getting involved in a bit of sport doesn't have to break the bank either.

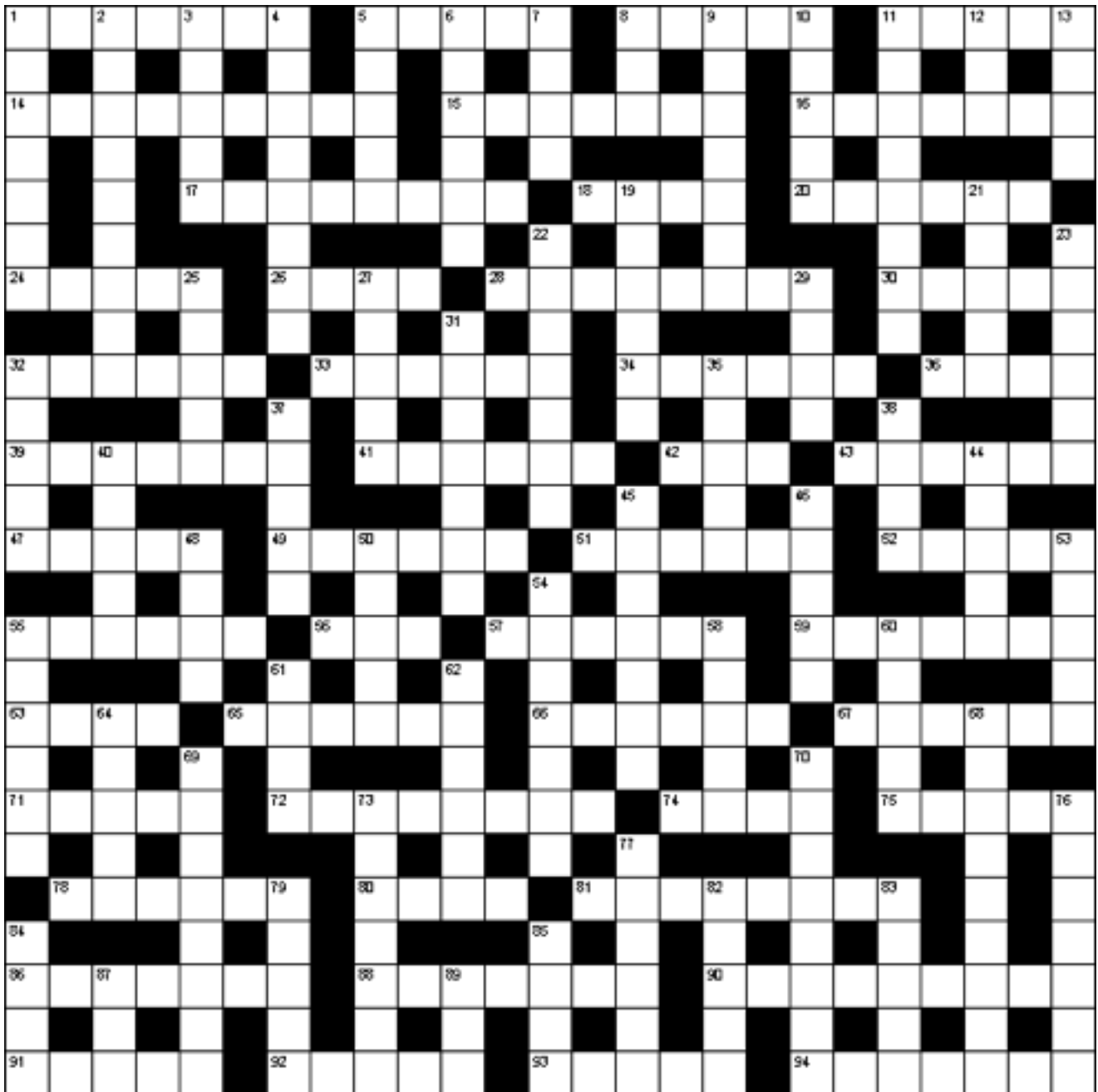
- While you're on the phone to your local council, ask them about exercise programs in your area.
- You can also check out [Living Longer Living Stronger](#) and [Strength For Life](#). These are Australia-wide programs run by Council on the Ageing (COTA) groups.

## Other places that can help

Here are some other places you can find more information on how to stay happy and healthy in retirement.

- [My Aged Care](#)
- [Seniors Information Line](#)
- [Council on the Ageing](#).





### Across

- |                       |                            |                              |
|-----------------------|----------------------------|------------------------------|
| 1. Lackadaisical (7)  | 34. Tripods (6)            | 66. Communicate (6)          |
| 5. Lariat (5)         | 36. Border (4)             | 67. Concealed (6)            |
| 8. Cranium (5)        | 39. Confused (7)           | 71. Type of lizard (5)       |
| 11. Warning (5)       | 41. Emphasis (6)           | 72. Five-sided polygon (8)   |
| 14. Riddle (9)        | 42. Rear of a ship (3)     | 74. Unguent (4)              |
| 15. Stone pillar (7)  | 43. Gracefully slender (6) | 75. Bird of prey (5)         |
| 16. Countries (7)     | 47. Loiter (5)             | 78. Sacred songs (6)         |
| 17. Withstood (8)     | 49. Allow (6)              | 80. Assist in wrongdoing (4) |
| 18. Particle (4)      | 51. Rabbit colony (6)      | 81. Copies (8)               |
| 20. Lure (6)          | 52. Respond (5)            | 86. Implement (7)            |
| 24. Youngster (5)     | 55. Consternation (6)      | 88. Previously (7)           |
| 26. Chances (4)       | 56. Poem (3)               | 90. Questionably (9)         |
| 28. Word for word (8) | 57. Armed robber (6)       | 91. Leg joint (5)            |
| 30. Fear (5)          | 59. Large ape (7)          | 92. Heading (5)              |
| 32. Hot spring (6)    | 63. Charts (4)             | 93. Part of a play (5)       |
| 33. Shut (6)          | 65. Marine mammal (6)      | 94. Encrypted (7)            |

