



Denmark River Probus News

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Hello all,

I did fleetingly think of sending a newsletter for May whilst I was swanning around the pubs and breweries of Ireland. The thought was so fleeting that that the fairies are still flying around Killarney trying to catch it.

There is one thing that really struck me while I was travelling and that was the extensive use made of free messaging and phone apps such as WhatsApp.

Everyone I was in contact with both in South Africa and in the UK used this on a daily basis. They all commented on the savings they achieved using the app and the ease of using the app.

You do have to have a smart phone and access to WiFi to use the app, to date I have not had any surcharge from my service provider for using the service and it was incredibly useful whilst I was travelling.

Information can be found at:
<https://en.wikipedia.org/wiki/WhatsApp>
<https://www.whatsapp.com/>

Many members do not enjoy having a lot of the correspondence we receive forwarded to them. With this in mind future newsletters from other clubs etc will be available on the website under news for those who do wish to see them.

Remember that all this information contained in this newsletter can also be found on:
<http://www.denmarkriverprobus.org.au>

Carmel Stott - president
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NEXT MEETING

5th July 2017

10h00

Denmark Country Club

Lunch = Join in at Denmark Hotel



Speaker Vanessa Hillerman
From Albany Legal Services



June / July Birthdays

June	July
23rd Fran Pederick	06th Carol Woods
29th Wendy Lind	25th Kevin Nayda
29th Neville Thorn	28th Susan Allan
	28th Ian Hardwick

We wish Peter Lumia a speedy recovery from his recent surgery
and
Trevor we hope that rest and recuperation helps with your foot problems.



MAY SPEAKERS

Black Dog Rides

Bev and Rodger Seene came to talk to

us about the Black Dog Rides. Every Denmark resident must be aware of the Annual ride which starts off Kwoorabup Community Park then roars offsomewhere.. We probably knew that the rides are to raise awareness of male depression in our society and to lift the unwillingness of males to seek help.

It was shocking to hear the statistics underlying this problem. Suicide is the leading cause of death in under 45 year olds and 80% of suicides are men. Steve Andrews started the rides in 2009 as a reaction to the loss of his own mother and then a friend and was supported by the Lions to ride around Australia. He took with him the iconic toy – a small stuffed black dog which he named Winston after the reference of Winston Churchill to his own depression characterised by the presence of “the black dog”

With the growth of the Black Dog Ride movement all over Australia a request came from America to help with something similar there. There was a particular reference to the need to appeal to “first responders” whose jobs puts them in a very precipitous position with depression a common risk factor. We watched Rodger’s footage of the 70 Aussies arriving in the USA to collect hired new or near new Harley Davidsons and, with escorts from police who organised road closures where appropriate and some ‘first responders’ they found their way right across the country and clearly had a great time. There was a lot of local radio coverage and Rodger asked one interviewer the size of his audience and was told that he would reach six and a half million people.

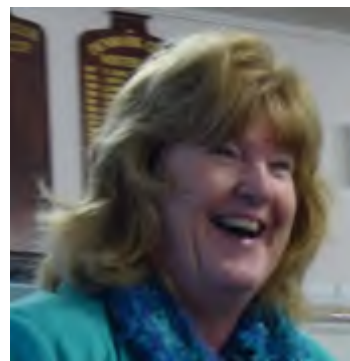
We were told that Black Dog Rides had raised a lot of money for their cause in Australia. Their main mission is to make men aware that admitting to depression and asking for help is the best thing to do and a motor bike rider would be an attractive male role model. The Club does not have the expertise to offer help directly but they fund Mental

Health First Aid Training courses and particularly target schools.

Roger and Bev had organised their talk so that there was a stream of short blocks of information from Roger, a short film to highlight what he had said and then Bev would give additional background. It was a novel and dynamic way to make the presentation and they must be complimented on it. The difficult topic was treated with sensitivity and their efforts are to be applauded.

BeyondBlue 1300 22 4636

Lifeline 13 11 14



JUNE SPEAKER

Linda Bettenay

Linda came to talk to Probus about her books. I think the talk could easily have been described as

Performance Art.

This enthusiastic and dynamic West Australian author shared with us her path from growing up in Karragullen, her career as a teacher, which included marrying a fellow teacher from the same part of the world, and her change of career to work with the Roleystone Courier.

She has used her insider’s family knowledge to write her books

The Apple Core Wars

Secrets Mothers Keep

Wishes for Starlight

and she managed to have us hanging on to anecdotes from each of these books then stopped short with the recommendation – “you’ll have to read the book”.

This author is passionate about the need for West Australians to collect and write down their stories while they can and before these stories are lost. She discussed the need for accuracy but contrasted that with the need to engage one audience – perhaps by being a little free with the “truth”

especially if you are writing a novel.

In Linda's case the real life raw material in each of her books is rich and vivid – two rival school boys enlist and go off to war together in "The Apple Core Wars", Wishes for Starlight's story is based on a young aboriginal boy who, deaf and mute, had been abandoned. He was rescued by two other small boys who took him home and so Linda has the skeleton for another story actually experienced within her immediate family. Secrets Mothers Keep tells about a family legend that had had one man supposedly dying on the Western Front. In fact he had come home to his family and was then the victim of a mentally unstable labourer who had been deprived of the medication that had kept him relatively stable up to that point. A murder occurred. A chance discussion about the "Wubin Murder House" led to Linda's research and an Ancestry.Com alert which brought the whole story finally to light.

We were challenged to consider writing our own story. Linda talked about having to collect about 10 thousand words to produce a 400 word story. Her own writing practice is that she could write a book in about four months that would take about two years to adequately edit.

Books were for sale after Linda's engaging talk and for anyone not present they can be obtained on lindasbooks.com.au.

The following was received from Linda:

Hi Clare (and Stuart)

Thanks so much for having Mike and I at your meeting last Wednesday. Our visit was most enjoyable - thanks for all of your efforts. We loved our bottle of wine too.

So sorry we could not stay for soup - it smelt delightful

Here are some photos and an article. (For your newsletter or facebook page.) Feel free to modify it and send it off to the local press if you want.



The post is up on my facebook page <https://www.facebook.com/lindasbookswa> so share this post if you like.

And once again my thanks and good luck with your future events. I hope you get the microphone issue sorted.

Linda Moore.



Walking Group

Now held on the 4th Tuesday of the month. Details to be forwarded when received.



Wine Appreciation Group

In May the theme was German wines Vicki also organised an outing in the form of a Fish & Chips river cruise on 11th April.

Photos taken on the cruise can be seen at: <http://www.denmarkriverprobus.org.au/social/wine.html>

The next meeting will be: 5 – 7 pm on Thursday, 22nd June at the Denmark Community Centre – theme – Wines from Argentina. One bottle of wine between two people, \$2.00 to cover hire of room and a small plate of nibbles. All members welcome.



Fran's" Coffee Morning

10 am on Tuesday, 20th June at Ravens. All members invited.



Outings

"Game On" Wednesday, 17th May unfortunately had to be cancelled.

A Popup outing to Cirque

Africa was organised by Vicki.

Eleven members travelled to Albany and met for dinner at Due South before moving over to the Entertainment Centre to enjoy a festive atmosphere of modern circus acrobatic performances.

Next outing – 10am, Wednesday, 21st June. to the **ALPACA FARM**.

(Carpooling 9.30 ish over the road from the small IGA for those who want to)

\$10.00 per person entry – facilities to make tea/coffee. Lunch 12 pm at Mrs Jones



KEVIN'S FUNNIES



Ralph has a say.

QUOTES FROM BRITISH MILITARY ANNUAL STAFF APPRAISALS

His men would follow him anywhere but only out of curiosity.

This man is depriving a village somewhere of its idiot.

This Medical Officer has used my ship to carry his genitals from port to port, and my officers to carry him from bar to bar.

Works well when under constant supervision and cornered like a rat in a trap.

This man hasn't got enough grey matter to sole the flip-flop of a one legged budgie.