



Denmark River Probus News

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Hello all,

If you thought it was too late to celebrate Chinese New Year do not despair. Although the start of the New Year was February 16th celebrations traditionally go on for two weeks.

This year is the year of the Dog.

Rumour has it that people born in the year of the Dog (1934, 1946, 1958, 1970, 1982) are conservative and full of justice. Because of their loyalty, Dogs are valued in the workplace. They rarely break rules, except for people important to them. In life, they only wish to live quietly with their family.

The Chinese Horoscope 2018 predicts that this year of the Brown Earth Dog is going to be a good year in all respects, but it will also be an exhausting year. You will be happy, yet frustrated, rested, yet tired, cheerful, yet dull!

Planning, postponing and negligence are words you will need to remove from your vocabulary during this year.

Refreshed and regenerated, the Dog will accelerate the initiation of all things, but this will bring, in the same time, pressure and stress in the everyday life.

According to Chinese astrology, 2018 is a very good year regarding the financial aspects, but a little difficult from a health point of view. Actually, in the year of the dog, all zodiac signs will want to pay special attention to their health. Year 2018 is the ideal time to start eating healthy, doing sports and getting rid of bad habits

A Sneak Peek Of What Year 2018 Will Be Like For You:

 **Rat** – The year will be kind to you. It is a fairly good year for you.

 **Ox** – It may appear to be a good harvest for the Ox, but do take some precautions.

 **Tiger** – You can expect the year to be a very good year for you. Dog year for you will be extremely wonderful! You will prosper this year when involved in projects.

 **Rabbit** – It is not exactly a good year nor is it a bad year. Be careful in all business ventures.

 **Dragon** – This is generally not a good year for you. If you must travel, do be careful.

 **Snake** – It is a great year for the Snake.

 **Horse** – A great year for the Horse to enjoy themselves.

 **Goat** – A great year for the Goat!

 **Monkey** – It is a good time for your hard work as they will all be recognised.

 **Rooster** – If you need to make good decisions, make it now. Generally, quite a good year.

 **Dog** – It is your year, so do be careful in whatever you wish to do.

 **Pig** – It is a year of fulfilment for you. You might do well this year.

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NEXT MEETING

7th March 2018

10h00

Denmark Country Club

Lunch = Denmark Hotel

Speaker = Kevin Bradby
CEO Godwana Link

February Birthdays



17th Trish Edmonds
 19th Stuart Hoskins
 19th Wendy Wildman
 24th Derris Lund



**Alzheimer's
WA
Hawthorn
House
Albany**

Guest speakers Jeanette, Shirley and Lorraine

The well supported attendance at our recent meeting was testimony to concerns that we, as senior members of the community, share about our general health and wellbeing.

Of particular concern is the possibility of being diagnosed with dementia, something we would prefer not to think about.

But, who amongst us has not forgotten the name of someone well-known to them. Or has set off on a mission to locate something in another part of the house and have returned to the starting point, empty handed without having a clue of what we have been looking for? Or why we were looking?

Do we now begin to stumble over the spelling of familiar words? Do we now detect subtle changes in our everyday behaviours?

Who has not been touched by the effect of dementia on families and friends?

We were privileged to welcome Lorraine Benson, Programme Manager from Hawthorn House operating as part of Alzheimer's Australia WA. Lorraine briefly outlined the role and the scope of Hawthorn House which is based on the 10 Eden Principles. (search Eden Principles on line)

Our speakers, Jeanette and Shirley, both having been diagnosed with Alzheimer's, have acquired skills in public speaking enabling them to explain, from the own experiences, how Alzheimer's affected their lives, and the lives of family and friends.

Their presentations alluded to the first Eden principle which reads;

- The three plagues of loneliness, helplessness and boredom account for the bulk of suffering among our Elders.

Both speakers revealed how these factors have impacted on their day to day lives.

Common threads were:

- The shock of diagnosis and the gradual acceptance that Alzheimer's has no cure.
- The impact on family and friends
- Ongoing Indecision and loss of automatic habits

- Exhaustion from concentrating and engaging in conversation
- Jumbled words in reading and writing
- Unable to drive, loss of independence and the need to rely on others
- Difficulty in going out, loss of familiarity
- The emergence of uncontrolled bad language through frustration.
- Loss of motivation and interest
- Loss of awareness of time

In a broader context:

- This condition is not easily recognised by others
- Withdrawal from social situations due to being ignored
- The avoidance of eye contact from others
- A sense of not being wanted, no longer needed
- Being made to feel contagious
- The disappearance of friends
- Being criticised

Jeanette read a short verse she had written, encompassing how Alzheimer's affects her life.

Shirley read a short piece that reinforced an ongoing daily plea ...

We Do Not Need Sympathy, Just Understanding.

Both ladies spoke from the heart, with emotion and humour.

During an extended question session Lorraine expanded on the services provided by Hawthorn House. These include Carer Support, Day Club operating six days a week with transport and meals provided, Friendship groups for people with dementia and their carers, for enjoyment and companionship. (Art/craft, Men's Shed, fishing, Lunch and Laughter social groups.)

One of the key functions provides up to four nights stay at Hawthorn House within a peaceful homelike and supported environment. During these times the guests are able to generate an "at home" lifestyle, gardening, bringing along hobby activities and accessing support to go out. (Jeanette and Shirley indulge in their passion for Op-Shopping)

Clare invited the ladies to stay for lunch providing an informal opportunity to meet socially. Resulting conversations were engaging and filled with humorous anecdotes ... a perfect conclusion to an uplifting and enlightening interlude, greatly appreciated by all.

Trevor Morse





Fran's" Coffee Morning

Come join us at Mrs Jones
Tuesday 20th February 10.00am
All members invited.



Derris taking the Pledge of Commitment



Wine Appreciation Group

Wine tasting **22nd February**
5 p m - 7 p m Garden Room
Community Resource Centre.
Theme - White/Red wine for blind
tasting.
Bring plate of nibbles
\$3.00 towards hire of room.



Walking Group

February's walk will be on
Tuesday, 27th. Meeting at Sylvia
and Mike Travers home,16
Riverbend Lane, at 9 am, walking
through an old growth forest for 45
minutes and returning to Sylvia
and Mike's home for morning tea. Please bring a small
plate of food to share in your backpack.



Denmark River Probus on the 21st?

Outings

The Australia Day Gods
smiled down and provided
good weather for the
celebrations, both at the park
and later at Vicki and Peter's.



Next outing will be on Wednesday **21st February**
when we sail off on the River/Inlet Cruise.
Please do not be late as this excursion leaves on time
at 5.30pm.



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More Smiles for you to groan about

Nineteen Newfoundlanders go to the cinema. The ticket lady asks "Why so many of you?"

Buddy replies, "The film said 18 or over."

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were \$70. Forget it, I thought, I can get one cheaper off the web.

I was at an A.T.M. yesterday. A little old lady asked if I could check her balance, so I pushed her over.

Statistically, six out of seven dwarfs are not Happy.

My neighbour knocked on my door at 2:30 a.m. Can you believe that! 2:30 a.m?

Luckily for him I was still up playing my bagpipes.

I was explaining to my wife last night that when you die you get reincarnated but must come back as a different creature.

She said she would like to come back as a cow. I said "You're obviously not listening."

The wife was counting all the nickels and dimes out on the kitchen table when she suddenly got very angry and started shouting and crying for no reason. I thought to myself, "She's going through the change."

My girlfriend thinks that I'm a stalker. Well, she's not exactly my girlfriend yet.

An East Indian fellow has moved in next door. He has travelled the world, has swum with sharks, has wrestled bears and climbed the highest mountain. It came as no surprise to learn his name was Bindair Dundat!

For those who enjoy the odd cute/funny video clip you can check out these sites:

Please, cuddle the Cat



https://www.youtube.com/watch?v=h0_C50VSgeg

<http://www.thebestviralvideos.com/trending-videos/road-rage-russian-style/>

A cheeky Aussie joke

NZ PM Jacinta Adern just gave a lengthy press conference in which she explained she will need to take a month and a half off around the time of the birth, and how her partner, the baby's father, will be a stay at home dad when she returns to work.

Unfortunately her Kiwi accent didn't help clarify exactly what her priorities are, when she stated: 'After sex weeks off I will be back on dick'..

Retired Person's Perspective

I'm not saying let's go kill all the stupid people. I'm just saying let's remove all the warning labels and let the problem work itself out.

I changed my car horn to gunshot sounds. People move out of the way much faster now.

You can tell a lot about a woman's mood just by her hands. If they are holding a gun, she's probably very unhappy.

You know that tingly little feeling you get when you really like someone you've just met? That's common sense leaving your body.

I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.

Dear paranoid people who check behind shower curtains for murderers: If you find one, what's your plan?

Everyone has a right to be stupid. Politicians just abuse the privilege.

Old age is not as bad as I thought. It's a good feeling when you just don't give a hoot anymore and you feel happy just to wake up in the morning.

