



Denmark River Proboscis News

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Hello all,

My mind is still on holiday this month so thought I would just show you a couple of photos I took on my recent visit to the Goroka Show in PNG.
Carmel

PRESIDENTS REPORT

At last some sunshine for most of the day, ensuring everyone can garden, exercise or just sit and enjoy.

Wendy Wildman and I went to a combined great southern Proboscis meeting last Thursday in Albany. Our club is ahead of most other clubs locally in our use of the internet. Some don't use it at all. One club has a membership of only 25 and its members do not want numbers to grow. The majority present are satisfied to keep membership at the present numbers. We have a combined meeting on the 3rd October. Please come along and make our guests welcome.

Neville



NEXT MEETING

3rd October 2018

10h00

Denmark Country Club

Lunch = In House - BBQ

Guests from Villa Carlotta

October Birthdays



- 03 Clare Thallon
- 28 Kathy Brooks
- 30 John Wildman
- 31 Louise Hoskins



Katie Bewley – Walking the Bibbulmun Track

Katie had her first thought about walking the Bibbulmun Track when her two boys were 3 years and 6 months old. But with two young boys it was

put out of her mind as she raised her family. Then in 2009 Katie and her partner Jim bought a house in Denmark and their move from Perth to Denmark took on a new opportunity to revisit the plan to walk the track. At this point they had 3 boys aged 11, 8 and 4 years old. With the house in Perth sold, they decided they would WALK to their new home. Being in transition was the way they looked at the time. Preparation included 3 months of cooking and dehydrating food for the trek. Although they had done little practice walks, the “Free Fivers” as they called themselves were dropped off in Kalamunda by friends and began the adventure. They had sent Town Boxes ahead and so at each town they had clean clothes and other supplies waiting for them.

It was a hot dry start (late October) and for the first section to Dwellingup they walked about 10kms per day. Katie and Jim woke early each day at around 4:30 and did some stretching before waking the kids. The images she shared were great, most amusing as the expressions of her boys faces were priceless. Each afternoon they stopped at the huts and were amazed how clean (no garbage and well swept) they were. Occasionally friends would meet them along the way and bring fresh food and share a meal with them. Some of the people they met on the track walked with them for a while and added some entertainment for them all. Her youngest boy did not have a pack, but by the end of the track he was occasionally helping to carry his brother's pack. The boys found plenty of time to play on the track, while mum and dad carried double packs, and when arriving at each hut there was time for games and fun before it got dark. Some days were harder than others, (especially the sand Dune part) but Katie said knowing they couldn't just walk out of the bush and go home (Perth house sold and packed up), kept them going. At first they were excited to get to a town, but the closeness and solitude they felt on the track meant the further they travelled the less they wanted to be in the towns. Picking up their boxes, showering and washing clothes and packing back into the boxes to send to

the next town and then they were back on the track as soon as possible. Photography became something both she and Jim focused on, but when they review their images there is a real contrast. Katie got into micro photography with wonderful pictures of insects and flowers and Jim focused on the macro – the beautiful scenery they passed.

The trip took 9 weeks and with the boys out of school for some of that time. Each was encouraged to keep a journal and there were lots of life lessons along the way. A tip Katie shared is to have a great story book with you. They chose Lord of the Rings, and each night Jim would read to the family. As books are heavy they used the read parts to begin their fire each night. (Katie did add it went against her usual self to rip up a book). Their eldest boy is now 19 and in University studying Environmental Science, so the time on the track had a huge impact on him.

On January 3rd 2011 the Free Fivers arrived in Denmark, both happy and sad it had come to an end. This walk was not about finishing the Bibbulmun Track but walking to their new home. They finally finished the Denmark to Albany section several years later. Asked how they adjusted back into civilization, Katie shared that staying on her parents hobby farm on Scotsdale allowed the boys to slowly integrate back before school started. And finally when asked would



Happenings



Fran's" Coffee Morning
 Come join us at Mrs Jones
Tuesday 16th October
 10.00am
 All members invited.



Wine Appreciation Group
 Wine tasting **27th September**
 2018 -5:00pm to 7:00pm
 Garden Room Community
 Resource Centre
 Any wine of your choice.
 Bring plate of nibbles.
 \$3.00 towards hire of room.



Walking Group
 Walking with Probus.
Tuesday 25th September
 9:00am - 11:00am
Details still to come.
 Or contact the co-ordinator
 Ian Sefton
iansef48@gmail.com
 or
 Marilyn Overheu
m.overheu@bigpond.com



Outings
 Awaiting news re Melbourne
 Cup

Photos from past outings can be found at:
<http://www.denmarkriverprobus.org.au/gallery.html>



POLITICS

Former prime minister John Howard has called for more women to join the Liberal Party's parliamentary ranks, while speaking at an exclusive club that doesn't allow female members

It can be hard to keep up with the leadership changes in Canberra, but for some it's really tough.
<http://www.abc.net.au/news/2018-09-22/puppets-out-of-pace-with-prime-ministerial-changes/10280742>



Toy Story gang helps explain Australia's political, leadership crisis.
<http://www.abc.net.au/news/2018-09-02/leadership-troubles-can-be-tough:huw-parkinson/10192660>



RALPH'S SAY

A poem to which some of us can relate.

I remember the corned beef of my Childhood,
And the bread that we cut with a knife,
When the Children helped with the housework,
And the men went to work not the wife.

The cheese never needed a fridge,
And the bread was so crusty and hot,
The Children were seldom unhappy,
And the Wife was content with her lot.

I remember the milk from the bottle,
With the yummy cream on the top,
Our dinner came hot from the oven,
And not from a freezer; or shop.

The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.

I remember the shop on the corner,
Where biscuits for pennies were sold
Do you think I'm a bit too nostalgic?
Or is it, I'm just getting Old?
Bathing was done in a wash tub,
With plenty of rich foamy suds
But the ironing seemed never ending
As Mum pressed everyone's 'duds'.

I remember the slap on my backside,
And the taste of soap if I swore
Anorexia and diets weren't heard of
And we hadn't much choice what we wore.

Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

Author, Unknown...

The Importance of walking

**Walking can add minutes to your life.
This enables you at 85 years old
to spend an additional 5 months in a nursing
home at \$4,000 per month.**

KEVIN'S FUNNIES

Fishing - In your dreams

