



Denmark River Probus News

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PRESIDENT'S POST

Wow its mid-December and hasn't the year just flown by. This month brings lots of social activities, both within the club and otherwise. By the time Boxing Day arrives, we are all ready just to relax, stretch out and enjoy reading a jolly riveting tale.

Last month I mentioned the fires burning in the Eastern States. NSW is still experiencing catastrophic fires and the smoke and embers from these fires has caused great concern amongst residents of Sydney. & Surrounds. Just this week in WA we have our own fair share of devastation, with fires raging in Yanchep, Margaret River, Dardanup, Menzies and more. Living in Denmark does cause us all some concern re fires, and we must be ever vigilant.

Whilst looking for Dorothea Mckellar's Sunburnt Country I came across this little ditty. [The Aussie Spirit](#)

I love a Sunburnt country, a land of sweeping plains.

But I've gotta tell ya mate, I like it better when it rains.

The countryside is dying and there's just no end in site, and just to rub salt in the wounds, the bush has caught alight.

The landscape is on fire from Brisbane to the Gong

And everybody's asking "where the hell did we go wrong?"

But we can get through this one if we help each other out, take care of your neighbour , that's what Aussies are about

The rain is going to fall again , the good times will return. But living in Australia means at times it's going to burn.

So if you need a helping hand, just give a mate a call. We're all hear to help you out and catch you when you fall.

The RFS, the SES, the firey's, and police, all put their lives upon the line to help to keep the peace.

So hats off to these hero's and thanks for all you do

And I hope when this is over we can make it up to you



NEXT MEETING

8th January 2020 10h00

Denmark Country Club

Speaker - Simon Clark

Taming your Passwords and other things

Lunch will be at the Tavern.

JANUARY BIRTHDAYS

10 Shirley Warne

14 Brian Levet

16 Wally Pederick

24 Wendy Olsen



On the Home front we have enjoyed Our Clubs' Christmas meeting and lunch. Once again Rose and Trish provided us with an excellent meal. Thank you. Christmas Carols sung, Christmas Quiz completed, friendship and fellowship prevailed and the day was pleasurable.

Last week 37 DRP members joined 37 Denmark Probus members to enjoy the combined Christmas Lunch. That also was very entertaining and we thank Jill Smith and her Committee for their hospitality.

Our club is very appreciative of Graham Buckland's assistance throughout the year. (manager of the Country Club). He is always willing to ensure our meetings have full use of the facilities and if any issue arises, he is always willing to fix it for us. Thank you Graham.

The AGM will be in March and we need members to seriously consider a term on the committee. Without a committee we wouldn't have a club. And let's face it, our club is very

special! It is very beneficial to be on the committee. It gives one an idea of the behind the scenes planning that takes place, scheduling events that we all look forward to; and it also helps to become an integral part of the club. Being a member does not always mean that you get to interact with all other members, but being on the committee gives one that opportunity.

We have 70 members and this year we need 6 new people to complete the committee of 10. Please put your name forward, no need to wait to be nominated. Contact any of the current committee to commit.

May I take this opportunity to wish everyone a safe and Happy Festive Season and I look forward to seeing the good things that 2020 will bring to us.

Thought for the day:
If all is not lost, then where the heck is it?

Val Ball





**What Your
Local St
John's can
do for You-
As well as
Saving Your
Life!**

We were treated to “doppelganger” with our Guest Speaker Yvonne Henderson from the St Johns Community Vehicle joined by two “vollies” from the Denmark St Johns Sub-centre.

Tony introduced us to the Organisation known as St Johns Ambulance in W.A. which has 160 depots, 120 Substations and 30 hybrid depots. Denmark is a Volunteer Sub- Centre. We have 3 ambulances operating on a rotation basis, with 30 volunteers on roster. To become a valuable member of the team (Emergency Medical Officer) requires an initial training programme, and further ongoing training is all part of the commitment.

Yvonne gave us an insight to the use of the Community Transport Vehicle. It is specifically selected as to accessibility for the Elderly and people with disability.

The Vehicle is operated with a roster of Volunteer drivers who must have a St Johns First Aid Certificate and a National Police Clearance, and a Working with Children Clearance. The Vehicle is available for people who require transportation for medical purposes and is not a taxi for a shopping spree. It is available for passengers ranging from Babies to the Elderly, however, those under 16 years of age require a carer or support worker to accompany them. The fees for this service range from \$10 per hospital visit to \$25 to Albany for medical appointments. Should a passenger require transportation to the airport for medical

Appointments in Perth there will be a \$25 charge. Yvonne gave us a sometimes amusing insight into the use of a defibrillator, particularly when the machine took over proceedings and insisted on talking over her! With these small and smart machines stationed in several strategic

places within our community it was valuable to know how to access them and get them working. Martyn the second “Ambo” took to the floor and followed in Tony’s style of injecting some humour to the presentation. Seriously, I thought “stand up comic” was a prerequisite to becoming a “vollie”? However, Martyn took us through some very poignant points in the process of offering medical assistance.

For instance, in the case of resuscitation, should the patient have an Advanced Health Directive, which may mean they do not wish to be resuscitated, was a matter of importance. This information can be sought from the CSB – Clinical Support Bureau. Just one of the benefits of this modern age – The Internet! Also, the importance of House numbers and the Green Street Numbers which are vital when an ambulance is called to a destination. Martyn’s introduction to the St Johns

First Aid Responder App was something that I took away from this meeting. Not having heard of this before, I immediately downloaded this app and feel it is something everyone should do. In closing, Tony could not resist tossing us the sweetner - that becoming a “Vollie” not only has many social benefits aside from the rewarding aspects of the role. And there are the benefits of being a paid member of St Johns which become all too obvious when one requires the service of St Johns Ambulance and is faced with a hefty bill. We are indeed very fortunate to have a collective of very gifted and generous people willing to serve the community in this way and remind us also that this is an opportunity available to all of us

Helena Wragg



Happenings



Wine Appreciation Group

Have you booked?

19th December

5.30-7.30pm

CRC Training Room

BYO bottle of wine

Catering by Wholly Local
(finger food)

Cost \$20.00

Glasses provided

Booking and payment required

All Probus members welcome.



1st January 6pm.

You are all invited

to the White's

98 South Coast Highway

**Bring Chair, plate of food to share,
drinks and glasses**

Please let Kaye know you are coming



Singing

4.00pm 7th January

The Board Walk at the
Wetlands

NOTE: Venue and time change



Fran's" Coffee Morning

Come join us at Ravens

Tuesday 17th December

10.00am



Outings

Australia Day Breakfast

Time: 8.00am to 10.00am

Venue: Berridge Park,
Hollings Road, Denmark

Bring your Chair

Plate, cutlery and Cup

Gold coin donation towards RFDS

Join fellow members at this community event

Later

5pm you are invited to 6 Harpendene Rise for
Sundowners. (The Robinson's)

Map available on Website under events

**Bring: Chair, plate of food to share,
drinks and glasses**

OPERA IN THE FOREST – SATURDAY, 30TH NOVEMBER.

18° the forecast daytime temperature; what could we expect for the evening and night time?

Half past five and the carparks were full, queues of cars, four wheel drives, camper vans parked along the side of the road leading to the venue. Lines of patrons making their way to carpark No. 2, our venue for the evening, with their hampers, rugs and warm clothing. Five minutes to seven and still people were arriving looking for a seat. And then, quietness! The entertainment about to begin.

Our compare introduced the two female and two male singers, and the quartet, and gave an outline of the opera their first piece was taken from and the show began.

The voices, the environment, the lighting were superb and the compare was very entertaining too giving the patrons information about each opera. The weather, although cool, stayed dry. Occasionally, the new moon shone through the fast moving clouds and branches of the magnificent karris and tingles. All adding to a magical night.

All of the operatic pieces were short and well known; the first half sung in Italian and the second in English. There was much merriment and singing in the crowd and some would have danced if there had been room.

The finale included Christmas songs and carols; however the crowd did not want the night to end and their loud voices and stamping feet were rewarded with an encore.

Wendy Wildman

Theatre Outing

On the evening of Thursday 12th December, six members of our PROBUS club met in Albany to enjoy a pre-theatre dinner at The Venice Restaurant. Alan and I arrived in good time and immediately double-checked the booking with the restaurant manager but we then made the mistake of waiting by the street entrance, for the others in our group to join us. Here we studied the menu in the window so as to have some idea of what we wanted to choose when we sat down. (I am notoriously bad at making up my mind about such things.) We were happily drooling at the menu when the manager came rushing out to say that he thought our friends had entered the restaurant via the back door, the existence of which we were blissfully unaware. And he was right. We hastily joined the others to enjoy a glass of wine, a hearty meal and some lively conversation.

Later, we were joined by Helen, at the Albany Entertainment Centre, for the show entitled A Celtic Christmas. We had chosen our seats carefully so as to be in a good position, but not too handy to be chosen as volunteers to make fools of ourselves on stage. However we need not have worried as the performers managed to make fools of themselves without asking for assistance from the audience – they gave us some comical renditions of certain Christmas carols.

We had no preconceptions concerning the content of the show although we thought the title of it suggested the theme. The storyline was rather weak and not particularly seasonal.

There was plenty of music, singing and dancing and I think we all enjoyed the performance. Unfortunately Alan and I were feeling tired before the show had even started and we found just watching the pace of dancing quite exhausting. A couple of times we had to nudge each other when we realised one or the other of us had 'nodded off'.

We soon came to our senses when we left the theatre and stepped out into the fresh night air. And what a beautiful night sky awaited us, with a magical full moon beaming down. We drove home in the moonlight with the Irish music replaying in our heads. Yes, despite our tiredness, it had been a worthwhile evening.

Kathy Brooks





MORNING EXERCISE... GETS ME GOING...

In recent years arthritis has caused my knees to stiffen up.
So, to loosen them, every morning for about **4 minutes**
I do the exercise in this video.

Give it a try I hope you find it helpful.

[cid:8B9AD472-E1E8-483B-B8FB-005930E13C7D/
E2F00B4C-BEC6-4A59-BD39-
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RALPH'S STILL TALKING

Aphorism: A short, pointed sentence that expresses a wise or clever observation.

1. The nicest thing about the future is that it always starts tomorrow.
 2. Money will buy a fine dog, but only kindness will make him wag his tail.
 3. If you don't have a sense of humour, you probably don't have any sense at all.
 4. Seat belts are not as confining as wheelchairs.
 5. A good time to keep your mouth shut is when you're in deep water.
 6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
 7. Business conventions are important because they demonstrate how many people a company can operate without.
 8. Why is it that at class reunions you feel younger than everyone else looks?
 9. Stroke a cat and you will have a permanent job.
 10. No one has more driving ambition than the teenage boy who wants to buy a car.
 11. There are no new sins; the old ones just get more publicity.
 12. There are worse things than getting a call for a wrong number at 4 a.m. - - - for example, it could be the right number. (Think about this one)!!
 13. No one ever says "It's only a game" when their team is winning.
 14. I've reached the age where 'happy hour' is a nap.
 15. Be careful about reading the fine print - there's no way you're going to like it.
 16. The trouble with bucket seats is that not everybody has the same size bucket.
 17. Do you realise that, in about 40 years, we'll have thousands of old ladies running around with tattoos?
 18. Money can't buy happiness, but somehow it's more comfortable to cry in a Cadillac than in a Ford.
 19. After 70, if you don't wake up aching in every joint, you're probably dead.
 20. Always be yourself because the people that matter don't mind, and the ones that mind don't matter.
 21. Life isn't tied with a bow, but it's still a gift.
- And REMEMBER...."POLITICIANS AND NAPPIES SHOULD BE CHANGED OFTEN AND FOR THE SAME REASON!



After being married for 50 years, I took a careful look at my wife one day and said, "Fifty years ago we had a cheap house, a junk car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep with a hot 23-year-old girl every night.

Now, I have a \$500,000 home, a \$45,000 car, a nice big bed and a large screen TV, but I'm sleeping with a 69-year-old woman. It seems to me that you're not holding up your side of things."

My wife is a very reasonable woman. She told me to go out and find a hot 23-year-old girl and she would make sure that I would once again be living in a cheap house, driving a junk car, sleeping on a sofa bed and watching a 10-inch black and white TV.