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## GREETINGS PROBIANS!

Spring is sprung and with it come the sneezes. My nose has been reminding me of the fact by twitching and tickling; so, yes, I have had to resort to the anti-histamines on occasion. I hope you are all faring well in that department and not suffering too much.

I am really quite thankful that I do not suffer more from hayfever than I do – I was worried about what it would be like when I moved to the country because when I lived in Canberra – the bush capital – I was miserable from October to March with hayfever; but so far it has not been too bad here. Therefore, I was able, with a happy group of others, to take part in a trip to admire our beautiful wild flowers. Read on ...

*All the Best*

*Joyce*



## FROM OUR PRESIDENT

Hi to everyone on this wet and wild Sunday, gosh, nearly the end of September already, doesn't time fly when you're having fun?

October 1<sup>st</sup> is the official newly promoted World PROBUS Day, this is the day when they want everyone to celebrate all things PROBUS.

As not all, or if any, Probus Clubs actually meet on that day, PSPL have designated October as Probus Month.

At Probus meetings during October, members are being asked to celebrate the joy of being part of such a warm and friendship orientated organisation. To socialise in such a welcoming way, is basically, what Probus is all about.

Old Chinese saying - Give and You Shall Receive.  
Looking forward to summer,  
Stay warm, Stay safe.

Stuart.

## BIRTHDAYS

Suzanne Yates	Friday 25 September
Laurence	Wednesday 30 September
Robinson	September
Clare Thallon	Saturday 3 October
Marianne Mayer	Thursday 22 October
John Wildman	Friday 30 October
Louise Hoskins	Saturday 31 October
Janet Hardwick	Sunday 1 November

*Happy Birthday to you all!*

## MEMBERSHIP

There are twelve people on the waiting list.

## NEXT MEETING

**7 October 2020**

*10:00 am Denmark Country Club*

**Guest Speaker:** Ruth McConigley  
Freedom Exercise Physiologist

**Lunch:** In House - BBQ

### Committee

**President:** Stuart Hoskins [president@denmarkriverprobus.org.au](mailto:president@denmarkriverprobus.org.au)

**Vice President:** Wendy Wildman

[vpresident@denmarkriverprobus.org.au](mailto:vpresident@denmarkriverprobus.org.au)

**Secretary:** Louise Hoskins [secretary@denmarkriverprobus.org.au](mailto:secretary@denmarkriverprobus.org.au)

**Treasurer:** Rose Robson [treasurer@denmarkriverprobus.org.au](mailto:treasurer@denmarkriverprobus.org.au)

## Denmark River Probosc = 6<sup>th</sup> Anniversary

September was our 6<sup>th</sup> Anniversary and it was celebrated with a lovely cake made by Kaye who was given the honour of cutting it. It was enjoyed by all with a cuppa.



## Guest Speaker



Chris Walker from the Rostrum organisation was our Guest Speaker for September.

Chris arrived in Albany from the UK in 1981. In 1982 he joined Rostrum. Apparently there used to be a Rostrum club in Denmark – No. 58, but two of the key leaders left Denmark and the club did not survive. In 1982 Chris also joined a band and played guitar and sang. He still does.

Chris worked for T & G Mutual Life and you cannot work for them unless you join Rostrum. He went along to a meeting. That was OK, but after being to 3 or 4 meetings you have to give a 5 minute speech. That terrified Chris, but you were allowed to use palm cards that you can refer to in the course of giving the speech. Chris wrote his whole speech out on the palm cards so that rather than holding a few cards with just the key points mentioned, he was holding something more akin to a pack of cards. However, his speech went well and when he heard the applause he received at the end, he discovered that he enjoyed the experience. He was on his way to becoming a public speaker.

Public Speaking is all about Communication. It is a two-way communication between you and your audience. When you see your audience react you know that they are listening. If you get no feed back from them as you speak, you do not know whether your speech has been successful.

It is so much better than text messaging. In a text message you cannot see their facial expressions, you cannot see their body language. Text messages are also wide open to misinterpretation. Public speaking is about communication with your audience and seeing their reaction to it.

### Tips for Powerful Presentations

1. **Know** what you are talking about. When you know your subject matter well it becomes easy. Define your purpose. What is it that you want to communicate? You can inform and/or entertain by adding some humour; and you can also persuade via a presentaion. Sometimes a speech is all three. Public speaking is being aware of your purpose.
2. **State your message in a nutshell.** It is vital that you write your final paragraph word for word. Finish on a positive note.
3. **Identify** your **main** points. Trim your information to the time allowed **before** you get there.
4. **Illustrate** your main points. Sometimes you need visual aids. Beware of “death by Powerpoint”. Do not labour your points or read out what is on the screen. Your audience can read.
5. **Introduction.** Briefly tell people about yourself.
6. **Final paragraph.** Write it first. Make sure it does the job you want it to.
7. **Rehearse.** Rehearse. Rehearse. If you get lost, you will be able to re-centre yourself if you have rehearsed.
8. **Perform.** If you stand still and just talk your audience will fall asleep in no time. Move. Engage with you audience. Practice your performance. Enjoy it. Don't be afraid. Your audience is willing you to succeed. They know how hard it is to get up there and talk. They want you to have fun and enjoy it.
9. **Nerves** – how to overcome them. Adrenalin is flowing through your body. You are in fight or flight mode; but if you can calm down those nerves your presentation will be dynamic.
  - a. Focus on something other than yourself. Take note of things about your audience.
  - b. Breathe deeply.
  - c. Rehearse your opening line. Do not make it huge – rehearse it until you know it well.
  - d. Convince yourself that you are going to be good. A positive attitude will carry you through, but a negative one will kill your presentation.
  - e. Arrive a bit early so that you can settle in so that by the time you do your presentation you already know a few people.
  - f. How do you overcome emotion – when giving the eulogy at a funeral, for example.
    - i. Take a small pause, and when you can, continue.
    - ii. Emotion is natural and everyone understands it.
    - iii. It is not a weakness to show emotion.
    - iv. But don't let emotion get the better of you. Pause long enough to regain your composure, then continue.
  - g. You need to feel comfortable in the space you are operating in. Make sure that you are in control of the space. Have a glass of water handy. Warm your voice up. Know how the microphone works.
  - h. Scan the room. Look at people. If you only look at one place, you will lose the connection. Make sure that during your presentation you manage to look at every person in the room. If you do that people will be more willing to ask questions at the end. Make eye contact – that makes you presentation feel sincere.

- i. Stance – Be mobile, but not too much.
- j. Gesture is important but don't go overboard. Use it appropriately. It is a very personal thing. We all know how much Italians use gesture. Be natural in the way you use it.

Chris also gave us the following to sum it all up -

- S — Smile
- O — Open posture
- F — Forward lean – a slight lean forward says “I'm listening”.
- T — Touch (hand shakes where possible)
- E — Eye contact
- N — Nod (small visual encouragement that you are listening)

[Notes taken by Joyce Edmonds]

## HAPPENINGS

### Wildflower tour



A busload and several cars worth of intrepid Probian's set out on Wednesday 16 September to explore the forest near Mount Barker in search of our elusive, but very pretty wildflowers. We were ably led by Margaret Norcross who has a long history of association with the native wildflowers of Western Australia starting when she worked for the Wildflower Nursery that used to be along Wanneroo Road in Perth. She continued to work in the industry after the Wildflower Nursery was taken over by Waldeck's Garden Centres. Margaret then went on to do some work with Kings Park where she learnt a lot more about our beautiful wildflowers.



The weather was not exactly kind to us during the trip. The day before would have been perfect, but rain had arrived. We were caught in quite a heavy shower as we walked through the bush, but we had all come prepared with raincoats and umbrellas. That cleared up and we were not bothered by the rain after that. We were fortunate too that the ranger from the park came by and told us of another place where there were a lot of orchids flowering; so off we went and found them. They were indeed lovely and we saw a lot. On the way back from there we passed a patch where a lot of red *leschenaultia* were flowering. They looked

pretty specky. Many photographs were taken during the course of our wanderings.

Lunch was enjoyed at Plantagenet Wines. After lunch we came home via the Narrikup Cricket Club to view their fence of cricket bats.

A most enjoyable day despite the weather.



## SOCIAL GROUPS



### The Singing Group

The singing group meets on the **1st Tuesday** of the month in the Sanctuary at 3:30 pm during winter (cost \$3), or the wetlands during summer. For the latest information on location contact Val Ball

Next meeting **6 October**, 2020.

### Wine Appreciation Group



The wine appreciation group is held every **4<sup>th</sup> Thursday** of the month at the Community resource Centre. Our next Wine Appreciation Group will be meeting on **Thursday 24<sup>th</sup> Sep**, 5-7pm at the CRC Garden Room.

BYO nibbles, \$10 per drinker, \$3 for non drinkers. Surprise tasting.

We will be voting on what and when to have our xmas function this year, some options will be presented but if you have any suggestions please put them forward on the evening, hope to catch you all on the night.

For more information contact Peter Lumia

### Fran's Coffee Morning



Meets at **10:00** every **3rd Tuesday** of the month at various venues. Come along and Socialise! At a safe distance, of course.

The next one will be on the **20 October** at the **Green Pantry**.

### Kayaking



**Kayaking** – is held 2nd & 4<sup>th</sup> Fridays (weather permitting) 9:00am in the water. Launching from the boat ramp at the Denmark River Mouth Caravan Park. Afterwards coffee at the Caravan Park's Reminisce Café.

**NOTE: the next paddle is Friday 25 September - 9:00am in the water**

All types of paddle craft are fine – sit in, sit on, canoe type – it is paddling for pleasure on our beautiful river and if weather is nice, out on the inlet. Paddle time is up to you, but normally, usual paddle time is about 1-1 ½ hours it is entirely up to the individual paddler. It is for the pleasure of being out on the water, soaking up the peace and quiet, admiring the wild life, generally just soaking up nature at its best.

For more information contact: Warrick or Stuart

# FORTHCOMING EVENTS

## 21 October - The WOW Cruise at Walpole

The cruise has now been re-booked for the 21<sup>st</sup> October. There are still vacancies, but [payment](#) should be made immediately, or at the next meeting on 7 October.

Assemble at 9:45 for 10:00 am departure from the WOW Jetty on the corner of Boronia Avenue and Jones Street, Walpole. The cruise will be completed by 12:30. Morning tea is included. Lunch will be at either one of the cafés in Walpole; or Nornabar Café in Nornalup.

## 19 November – Croquet

NB – this is a Thursday.

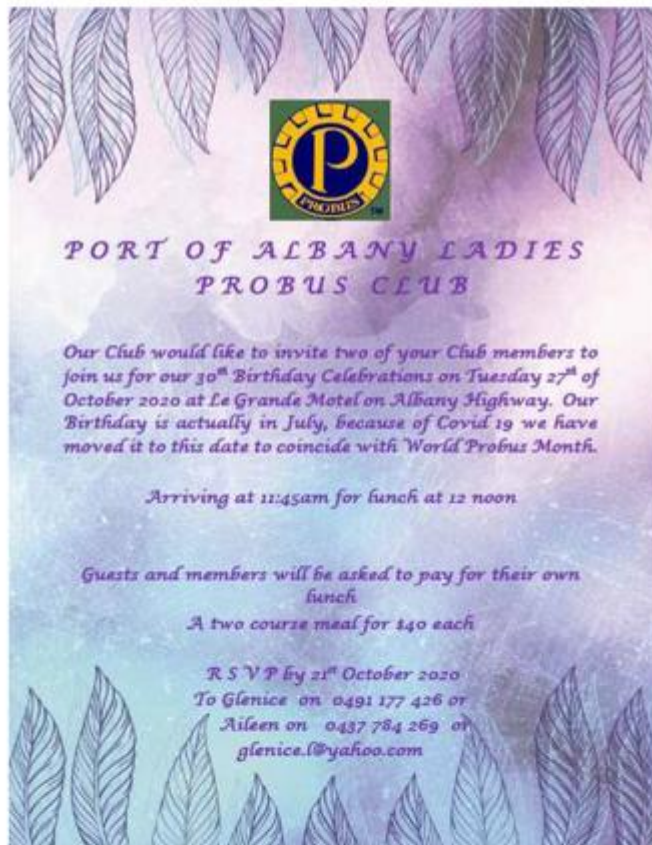
**Where:** Gomm Park, 646 Lower King Road, Albany, WA

**When:** 9:00 a.m. Drive yourself.

**Cost:** \$10/pp includes game and morning tea. Non-players \$4 for morning tea only. Payment on the day. Lunch at Hooked Fish and Chips, Unit 12/20 Adelaide Crescent, Middleton Beach.

## 9 December – 12 Noon, Combined Christmas Party. [Save the date!](#)

For any other queries please contact: [Louise \[secretary@denmarkriverprobus.org.au\]\(mailto:Louise\_secretary@denmarkriverprobus.org.au\)](mailto:Louise_secretary@denmarkriverprobus.org.au)



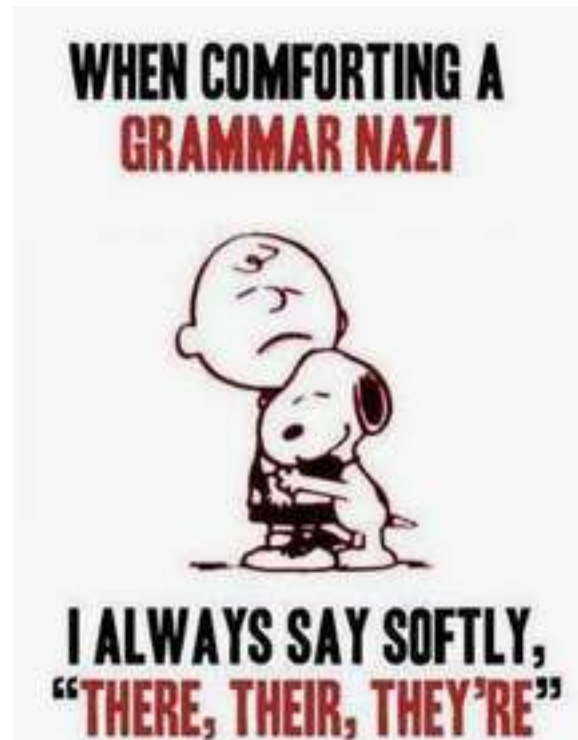
## CLEVER PARAPROSDOKIANS

(A paraproisdokian is a figure of speech in which the latter part of a sentence is unexpected and oft times very humorous.)

- If I had a dollar for every girl who found me unattractive, they'd eventually find me very attractive.

- I find it ironic that the colors red, white, and blue stand for freedom, until they're flashing behind you.
- Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.
- Artificial intelligence is no match for natural stupidity
- I'm great at multi-tasking: I can waste time, be unproductive, and procrastinate all at once.
- If you can smile when things go wrong, you have someone in mind to blame.
- Take my advice, I'm not using it.
- *Hospitality is the art of making guests feel like they're at home when you wish they were.*
- Behind every great man is a woman rolling her eyes.
- Ever stop to think and forget to start again.
- Women spend more time wondering what men are thinking than men spend thinking.
- He who laughs last thinks slowest.
- Is it wrong that only one company makes the game Monopoly.

- *Women sometimes make fools of men, but most guys are the do-it-yourself type.*
- Men say women should come with an instruction manual; but since when has any man stopped to read the instructions.
- *I was going to give him a nasty look, but he already had one.*
- Change is inevitable, except from a vending machine.
- *I was going to wear my camouflage shirt today, but I couldn't find it.*
- If at first you don't succeed, skydiving is not for you.



(If only people knew which one to use when! Sigh!)



Eeeeeeeek!



**Markers??? For me it was a new watch – my first ever!**