



## Denmark River Proboscis News

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### GREETINGS PROBIANS!

*February already! February – the month I used to fear whilst living in Perth because it was the hottest month; but now I find that there is nothing to fear. In fact, over the last couple of weeks the weather has varied so much that it was necessary for me to wear a warm woolly jumper one day, and I was sitting in my living room with a rug over my knees. In February? Unbelievable! However, we have also had some really lovely days as well where I have been able to sit out in the garden enjoying the world.*

*Hope your world is just as enjoyable.*

*All the Best                  Joyce*

### next meeting

**3 March 2021**

**10:00 am** Denmark Country Club

**Annual General Meeting**

**Guest Speaker:** Vivienne Gardiner –  
Compassionate Communities

**Lunch:** at the Tavern

### Committee

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

**Vice President:** Wendy Wildman

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

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

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

**Activities:** Glenys Richards and Robin Rogers

[events@denmarkriverproboscis.org.au](mailto:events@denmarkriverproboscis.org.au)

**Hospitality:** Ros Gates and Joy Hawes

**Media:** Joyce Edmonds [contact@denmarkriverproboscis.org.au](mailto:contact@denmarkriverproboscis.org.au)

### MEMBERSHIP

Membership numbers have reduced recently with the resignation of various members and now stands at 66 members. The good news is that makes way for some of those anxiously waiting to join us.

### FROM OUR PRESIDENT

Gosh, where has the past year disappeared to. All too quick for most of us I feel. It seems, the older one gets, the faster time flies. Best enjoy it.

As the Proboscis year comes to an end, I would like to thank all of you, for your patience, and understanding, in travelling this past challenging year, and making it such a success. Togetherness conquers all.

I would like to take this opportunity to thank your outgoing committee for their efforts throughout the year. A great bunch of Ladies and a pleasure to work alongside of.

I wish the incoming President, and Committee, the very best for the coming year.

Thank you all again,

Stay Safe, Stay Happy.

Stuart.



### BIRTHDAYS

Glenice Smith	Saturday 20 February
Ken Richards	Thursday 25 February
Warrick Gates	Saturday 13 March
Jamie Falls	Saturday 13 March
Trish Edmonds	Wednesday 17 March
Stuart Hoskins	Friday 19 March
Wendy Wildman	Friday 19 March



### MEMBERSHIP RENEWAL NOW DUE

The preferred method of payment is by bank transfer. See Website for details.

## Guest Speaker

*Jeff Atkinson and Kit Bewley – End of Life Doula and Advance Health Directives*

Kit Bewley is an end-of life doula. Jeff Atkins is a lawyer for HFM Legal, specialising in wills and other end-of-life documentation, such as Enduring Power of Attorney, Enduring Power of Guardianship and Advance Health Care Directives.

Kit, as an end-of-life doula, supports the dying person and their family through the transition to death. Her role covers non- medical emotional support and end of life planning. She will provide support if the person decides to die at home and be there for the bereaved afterwards.

Kit was a child when her mother died of bowel cancer. She was there to see her mother's peaceful transition to death and seemed to find it a very natural experience. In contrast to this was the funeral, during which nobody spoke to her and after which she felt that people avoided her. From this experience she has developed a desire to help people enjoy a better experience than she had during the transition to death and afterwards.

Jeff tries to strike a balance between emotional and practical support during the bereavement process. He refers people to Kit when he feels they would benefit from her skills. He also refers people to her where she can assist with forms such as the Advance Health Care Directive, as she can do so at less cost.

This was a very interesting talk, and judging by the amount of discussion generated, it was very relevant to the Probus audience.

Both Jeff and Kit can both be contacted in Denmark.

*Reported by KerryClark*



## HAPPENINGS

### **LUNCH AND A NATTER AT DUCKETT'S MILL**

As I approached the building, I could hear the merry chatter of many voices emanating from somewhere above my head. Everyone involved in creating the pleasant sound were out of sight, hidden by the building being further up the slope, and a hedge of greenery. I might have been approaching some large birdcage filled with Rainbow Lorikeets for all that I could see. It was clear from the sounds that filled the air that everyone was having a good time interacting with their fellows.

Rounding the corner into the building I was greeted by a happy sight and was readily welcomed with an offer of a seat at the table immediately. Further down the long table were more vacant seats awaiting those who had not yet arrived. It was not too long before those seats too were filled, and platters of delicious fare ranged along the length of the table. The platters consisted of a lovely selection of cold meats, locally made cheeses from the Denmark Farmhouse Cheese and other delights in condiments and fruit. It was a well thought out combination accompanied by cracker biscuits and delicious bread. Many also enjoyed a glass or two of wine to wash it all down.

A number of us finished off our meal with some equally delicious ice cream, also made on the premises. Many avoided a particularly bright purple one, but that was the one I chose as it was made from blueberries. It may have made my lips blue, but it was yummy. I also went home with a bag full of chocolate goodies from the wide selection for sale. Also for sale was a wide variety of Denmark Farmhouse Cheeses made on the premises. A very pleasant outing.

*Joyce*

## SOCIAL GROUPS

**Don't forget our regular get togethers for the new year.**

**The Singing Group – on hold until furth notice.** For more information - contact Val Ball



### **Wine Appreciation Group**

Held every 4<sup>th</sup> Thursday of the month at the Community resource Centre

Our next meeting will be - **Thursday 25 February**, 5-7pm at the CRC Garden Room.

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

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.

Next - **16 March** at **Tea House Books**.



## 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. **February 26, then 12 and 26 March.**

All types of paddle craft are fine – sit in, sit on, canoe type – it is paddling for pleasure on our beautiful river. 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

**3 March** – 10:00 am *Annual General Meeting* –

**March 17<sup>th</sup>** –. 10:00 am Strawberry Hill Farm, 174 Middleton Road, Mira Mar, \$7.00 (pay on the day)

12:00 noon – Lunch at the Vancouver Café, Vancouver Street.

For any other queries please contact: Louise [secretary@denmarkriverprobos.org.au](mailto:secretary@denmarkriverprobos.org.au)





**I finally did it!**  
**Bought a new pair of shoes with memory foam insoles.**  
**No more forgetting why I walked into the kitchen.**

**The main function of the little toe on your foot is to make sure that all the furniture in the house is in place.**



**On average, a Panda feeds for approximately 12 hours per day.**  
**This is the same as an adult at home under quarantine, which is why we call it a "Pandemic"**

