



Denmark River Proboscis News

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GREETINGS PROBIANS!

March – the official start of autumn. It has always amused me that the year should be divided up neatly into three-month blocks and each block assigned to a particular season as if nature is going to take any notice of man's neat little arrangement.

Those of you who have lived in Perth will understand what I mean. Summer does not cease just because some weather forecaster on television tells us that now that it is March, it is autumn.

However, as though on cue, the leaves on my Silver Birch trees decided at the beginning of March that it is indeed autumn and now is the time for them to turn yellow and fall off. Who flicked their switch?

Over the last week or so, it certainly has not felt like autumn one bit - summer seems to have returned for one last blast; the heat, the humidity and the chorus of crickets I hear as I go to sleep all belong to summer. (Haven't the *Beaufortia Sparsas* been lovely along the roads lately?)



This month we have a new committee to introduce to you.

All the Best Joyce

next meeting

7 April 2021

10:00 am Denmark Country Club

Guest Speaker: Mark Walsh – Staying Active Beyond 50.

Lunch: In-house – Casserole & Hot Dessert

Committee

President: Julie Nayda president@denmarkriverproboscis.org.au

Vice President:

Secretary: Louise Hoskins secretary@denmarkriverproboscis.org.au

Treasurer: Rose Robson treasurer@denmarkriverproboscis.org.au

Activities: Vicki Lumia & Tracey Barton

events@denmarkriverproboscis.org.au

Hospitality: Ros Gates and Joy Hawes

Media: Joyce Edmonds contact@denmarkriverproboscis.org.au

FROM OUR PRESIDENT

GETTING THE LION'S SHARE

Two lions escaped from the zoo and one was quickly captured and returned to its cage. The other was at liberty for a couple of months but, was finally caught and also returned to the zoo. The first lion asked the second one how he had managed to escape capture for so long.

"Well," said the lion, "I went over the freeway into the city and hid in a cupboard in a building which housed Government ministers and their advisers. Every couple of days I slipped out and ate an adviser and no-one missed them."

"Then I made a fatal mistake – I ate the tea lady – and here I am back inside."

I hope everyone is well and enjoying this late spell of rather "warm" weather. I will be rather glad when it cools down and I can get back into the garden more. Easter, and therefore school holidays, is rapidly approaching, and I wonder if the weather will be nice for all the tourists who head this way.

I look forward to the year as your President and would like to re-iterate my thanks for the previous committee and those who have offered their services to stay on, and those newly elected, for the coming year. Their work has been, and will be, invaluable to make this a smooth running and very enjoyable club.

Regards,

Julie



BIRTHDAYS

Glenda Lord

Joy Hawes

Joyce Edmonds

Julie Nayda

Wednesday 24 March

Tuesday 6 April

Thursday 15 April

Thursday 22 April



MEMBERSHIP

Due to the resignation of a number of members, many who have been waiting patiently for some time have now been offered membership, and some will be inducted at our next meeting. There are, however, still 8 on the waiting list. Please welcome the new members.

NB MEMBERSHIP RENEWAL is DUE NOW - 7 APRIL

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

NEW COMMITTEE



Here is our new committee for 2021-2022. Left to Right – Ros Gates - hospitality; Joyce Edmonds – media; Linda Falls – membership; Bev Farrell – guest speakers; Vicki Lumia – activities; Rose Robson – Treasurer; Julie Nayda – President; Louise Hoskins – Secretary; and Inset, Joy Hawes – hospitality and Tracey Barton – activities.

Guest Speaker

Vivienne Gardiner, Albany Compassionate Communities

Vivienne works for W.A. Primary Health Alliance on a project that seeks to promote greater choices for in-home care.

She spoke about our treatment choices as we approach end-of-life. Research has shown that asking for help from friends, neighbours and associates can be difficult for people at any time, but even more so as they become vulnerable. Many would rather seek professional help than be what they perceive as a burden, or not coping. The goal of this project is to bring people's attention to end-of-life issues and enable them to plan - for example, by having an Advance Health Care Directive in place.

We watched the video that Vivienne produced which told the story of Tony, who, with the support of his wife Heather, the Albany Over 50's Cycling group and others, was able to die at home. Group members helped with shopping, household chores and sitting with Tony while Heather went out to the gym. The cycling group continued their support for Heather after Tony's death. The journey towards and beyond Tony's death was an enriching one for all concerned.

After the video, we talked in our groups about the benefits of dying at home where possible, and our responses to the film. Probus members were moved by the way the group rallied around the couple and there was discussion at my table about offering such support in our Probus group, although we decided that we would need to be aware that some members would not want such support.

Those wishing to contact Vivienne can do so at vivienne.gardiner@wapha.org.au

Thanks to Kerry Clark.



HAPPENINGS:

A VISIT TO STRAWBERRY HILL FARM, BARMUP, ALBANY 17 MARCH 2021



A group of 27 people from our club made their way to Albany to visit the old Strawberry Hill Farm. We were asked to arrive early to allow time for the checking in procedure; however, the number of road works along the road from here to Albany makes getting anywhere in Albany on time somewhat harder than normal. Nonetheless, a large number did get there with ample time, but it was still a tricky business getting ourselves checked in and organised into groups of 7 for the tour of the farm.

That all organised, it was very interesting listening to our guides telling us about the history of the farm. It was one of the earliest to be established in colony. I found it all the more interesting as I am currently reading Mary Durack's "To be Heirs Forever" which talks about the same time period and the establishment of the Swan River colony.

Here is what the National Trust has to say about it on their website.

"Long before European settlement, Barmup was a meeting place for Menang people.

A Government Farm was established at Strawberry Hill in



1827 as part of the first European settlement at King George Sound. In 1833, Sir Richard Spencer was appointed Government Resident at Albany. He purchased the Government Farm and resided there with his wife Ann, seven sons and three daughters. They lived in a pise cottage until, in 1836, the current two-storey stone house was built adjoining the older home.

By 1836 the well-established gardens were producing blood oranges, grapes, raspberries, gooseberries, asparagus, figs and almonds. The new house was the centre of the district's social life.

After a period of neglect, it was purchased in 1889 by Francis and Augusta Maude Bird who restored the house and farmed the land. In 1956 the property was purchased by the Government as a historic monument but fell into another cycle of neglect. Transferred to the National Trust in 1964, the property is being conserved to appropriately reflect its significance." (www.nationaltrust.org.au). Mrs Bird commented on the neglected state by saying that "the kitchen was a fearsome sight."

Afterwards we went to the Vancouver Street Café for lunch. It was St. Patrick's Day and a number of people were indeed seen to be wearing o' the green. It also happened to be Trish Edmonds' birthday – a lass from Galway. A piece of cake with candles on it were produced to mark the occasion. A thoroughly enjoyable day.



SOCIAL GROUPS

Don't forget our regular get togethers.



The Singing Group – on hold until further notice.

For more information - contact Val Ball

Wine Appreciation Group



Held every 4th Thursday of the month at the Community resource Centre

Our next meeting will be - **Thursday 25 March**, 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 – **20 April** at **Reminisce Café at Rivermouth**



Kayaking

Kayaking – is held 2nd & 4th 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. **26 March, 9 and 23 April.**

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

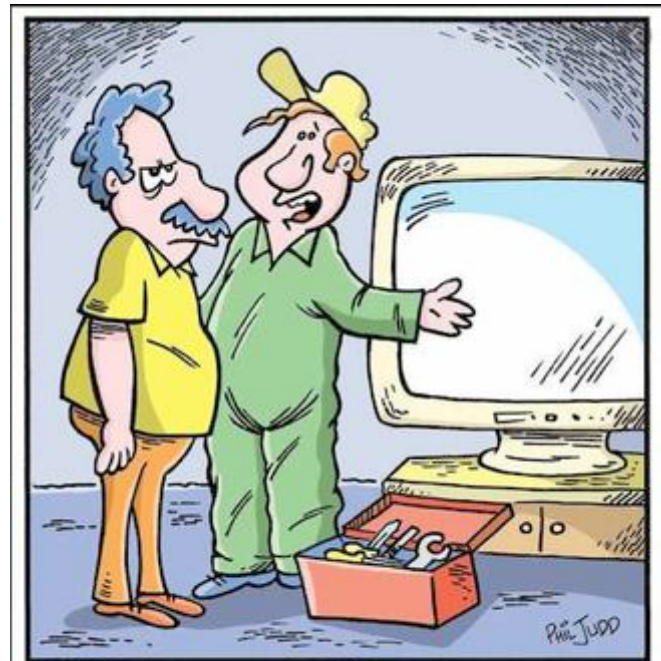
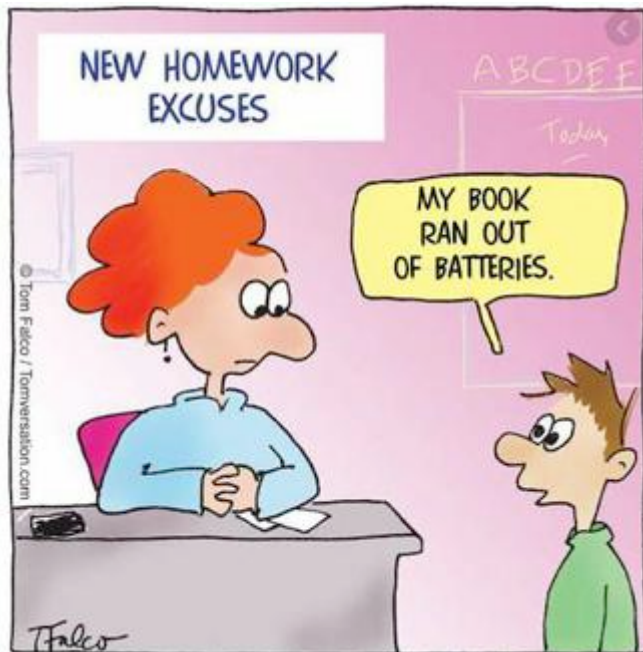
FORTHCOMING EVENTS

27 March – Progressive Dinner - Fully booked.

21 April – 9:30 am - A Visit to Shapland's War Memorabilia Collection 51253 South Coast Highway – the Concession rate of \$25 includes morning tea of tea/coffee & scones. Lunch will be at the Boston Brewery at 1 pm.

For any other queries please contact: Louise secretary@denmarkriverprobos.org.au





"The problem isn't your high definition television, it's your low definition eyes."

