



## Denmark River Proboscis News

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### Greetings Proboscians

As I sit here beginning this newsletter, the rain is lashing down. Well, that is spring for you. Beautiful one day, freezing cold and/or lashing rain the next. I am all too well aware that the weeds are loving all this rain, I just hope my precious plants also appreciate the drenching. It is just so frustrating that I am being prevented from going out to deal with the weeds and other jobs that need doing around the garden.

One such job is continuing to establish new garden beds that have been created by some work that Denmark by Design has done for me. That work has greatly improved the look of several garden beds in my front yard, making one that I did not like much look very pretty. I have achieved some progress in the garden, so I should not grizzle too much.

All the best

Joyce.

**next meeting**

**6 October 2021**

**10:00 am Denmark Country Club**

**Guest Speaker:** Dale Frewing – History of Group Settlement in Denmark.

**Lunch:** BBQ + Salad

#### Committee

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### FROM OUR PRESIDENT

Hello everyone

Do we have Spring at last?

And of course, that implies the occasion for snakes to appear – though I certainly hope not to be anywhere near one. This is a little story from Harry Butler whom I am sure many know as one who was well into Australian wildlife, including snakes.

*In the early 1960's Harry was doing a film on 'Reptiles of Western Australia'. He selected a medium sized Dugite, punched a shallow hole in a sandbank, put the snake in and closed the hole with the flat of his hand.*

*With the cry of 'action' he took his hand away. The snake started to emerge. The camera man cried out that his camera had jammed and so Harry put his hand back over the hole and the snake's fangs bit into his thumb. He put the snake back into the bag, a tourniquet was applied and anti-venene administered. Lots of sensations then followed with vision impairment, hallucinations, acute hearing which gradually became too much, and he became deaf, then unconscious.*

*The crew got Harry to RPH, and he came around as a young doctor was asking details, appeared mildly interested and left. Hearing voices outside the ward curtains Harry drew them back and saw three concerned doctors looking at books on snake bites. When asked, one replied, 'We don't see many snake bite cases and we usually refer them to our local expert, but he's not answering his phone.'*

*A horrible suspicion crossed Harry's mind. 'Oh,' Harry asked, 'Who is your expert'.*

*'Harry Butler', came the reply. 'You're not related, are you?'*



Apparently, there is a lot of difference between HARRY BUTLER and WILLIAM HENRY BUTLER, even if they are the same person.

Hopefully, seeing so many years have passed since this episode, our health system is not still relying on the 'late Harry Butler' for snake info!

Cheers.

Julie



## FORTHCOMING BIRTHDAYS

Suzanne Yates	Saturday 25 September
Laurence Robinson	Thursday 30 September
Claudia Hart	Thursday 21 October
Marianne Mayer	Friday 22 October
John Wildman	Saturday 30 October



## MEMBERSHIP

*There are 12 people on the waiting list, several of whom have completed their 3 visit trial and are now simply waiting for a vacancy to arise.*

## Guest Speaker

### David Scriven – Exercise Physiotherapist.

David previously worked for South Coast Sports Medicine as a physiotherapist in Albany but has recently set up his own business in Denmark.

He believes in treating his patients holistically and his talk took into account the fact that our group are likely to have issues related to ageing. He stressed that all of the effects of ageing can be helped by exercise but pointed out that it is important to do exercise that you enjoy.

His recommendation was to do 150 minutes of moderate exercise per week, i.e., 30 minutes a day, 5 days a week. On top of this he suggests twice a week doing strength and balance exercises.



He spoke of the most common disease of older people as being arthritis and how it is possible to minimise the issues of arthritis with exercise and only turn to surgery as a last resort, e.g. if the knee is locking.

He also spoke of the benefits of weight loss for joints. Even a kilo lost can help significantly.

He obviously enjoys his work and is very personable, which assures him of a successful business future in Denmark.

*Thanks, to Kerry Clark*

## HAPPENINGS:

### **BIRTHDAY CELEBRATIONS.**

In September we celebrate our birthday – this year our 7<sup>th</sup> Anniversary.

Many Thanks to Sheila Blunt for making our birthday cake which we all enjoyed. Carmel Stott and Kelsay Bateman, two of our longest serving members, were asked to cut the cake.



### **15 SEPTEMBER - OLD POLICE STATION, MOUNT BARKER**

The visit to the old police station in Mount Barker was like a trip down memory lane. Although many of the pieces displayed dated from the late 19<sup>th</sup> to early 20<sup>th</sup> centuries, when I definitely was not around, those same pieces became known to me upon arrival in Australia the 1950's. We had left a modern electrically powered home in Dublin to come to a farm in New South Wales in an area where nobody had power supplied to their homes, so all those ancient artifacts became necessary tools. It was quite a culture shock for us. My mother had to learn many new housekeeping skills in order to take care of our home. We felt like we had stepped back in time by about 100 years. Such was the difference between life in a city and life on a farm with no power.

So many of the things I saw in the Old Police Station Museum reminded me of those early days in NSW. I even found a bed that was almost identical to



the one I slept in. It was a lovely Victorian iron and brass bed with a cut glass mirror set into the bedhead and the foot of the bed. Although the bedhead was not as high as the bed I slept in, and did not have curtains on it, I have not seen another such bed with the same cut-glass mirror since.

I was not the only one walking around saying "Oh, I remember that;" or "We had one of those." Many of us had also seen such things or used such things in the dim distant past of our younger lives.

The museum consists not only of the old Police Station, but several sheds containing interesting items relating to the growing of apples: and the fighting of fires, among other things. There were also two old schools to investigate – one of the very first schools ever set up because a couple of families had enough children to warrant the appointment of a teacher; and a larger two roomed school that reminded me of the first school I attended in Australia.

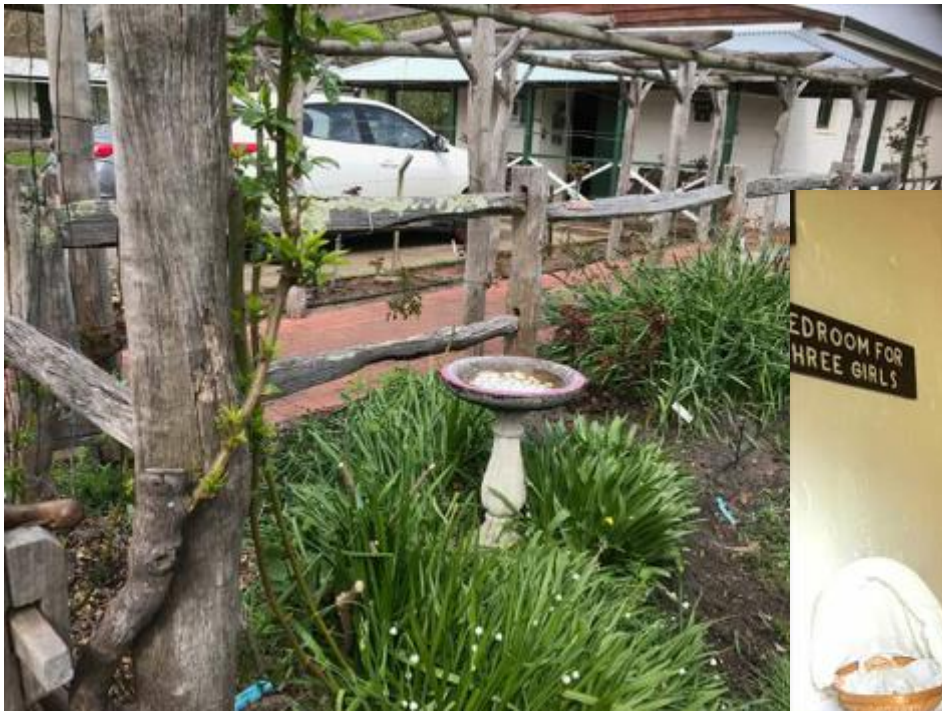
Another building was the home of the Mason family that had been moved from West Kendenup to the site. The walls of that house were made of heavy hessian coated in whitewash. The house contained 3 rooms and an entry. Cooking took place over a stone hearth placed one third of the way along the main room with cooking utensils suspended from an iron tripod. The floor covering consisted of crushed termite mound. Apparently, termites never return to an old mound and crushing one up to use on the floor also discourages other termites from entering.

Our visit began with a delicious and abundantly supplied morning tea made by local volunteers. We were then guided around the displays by 3 volunteer guides, our party having been divided up into 3 groups.

It is a well-appointed museum well worth the visit.







## SOCIAL GROUPS



### Singing for Your Own Pleasure

On hold for the foreseeable future. If interested, contact Val Ball.



### Wine Appreciation Group

Held every **4<sup>th</sup> Thursday** of the month at the Community resource Centre  
The next Wine Appreciation Group get together will be on **Thursday 23 September**.  
**For more information contact Peter Lumia**



### Fran's Coffee Mornings

Meets at **10:00** every **3rd Tuesday** of the month at various venues.  
Next – **21 September at Tea House Books**.  
Then – **19<sup>th</sup> 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. **Next – 24 September- weather permitting.**

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 wildlife, generally just soaking up nature at its best.

For more information contact: Warrick Gates or Stuart Hoskins

## FORTHCOMING EVENTS

### **20 October – Denmark Heritage Cider Co.**

**11:00 a.m.** at 218 Glenrowan Road, Scotsdale.

**Lunch.** – Duckett's Mill Wines and Denmark Farmhouse Cheese, 1678 Scotsdale Road.

### **18 November (Thursday) – Croquet.**

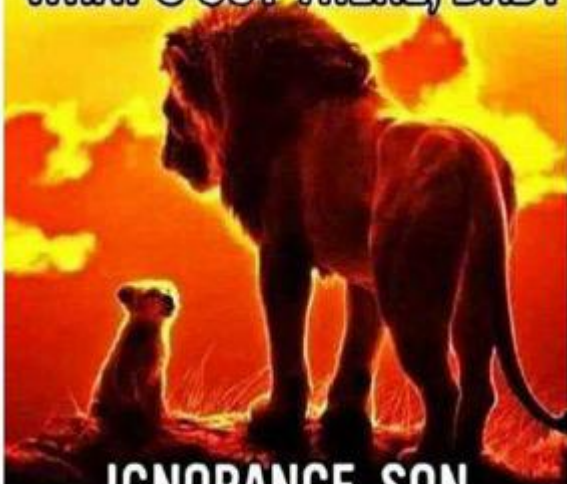
**9:00 am** Croquet at Gomm Park, 646 Lower King Road, Albany. \$10/person – includes game and morning tea. Non-players \$4 for morning tea only. Payment on the day.

Lunch – 12 Noon at Six Degrees

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



WHAT'S OUT THERE, DAD?



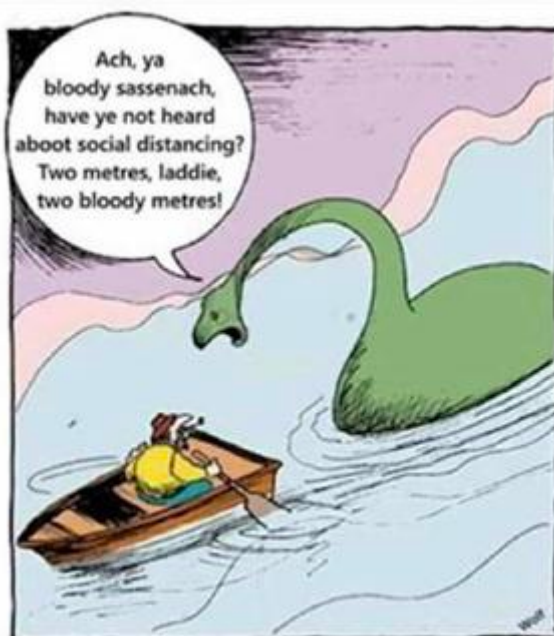
IGNORANCE, SON.  
IGNORANCE ON A SCALE  
I'VE NEVER SEEN BEFORE.

Struggling to  
get your wife's  
attention?

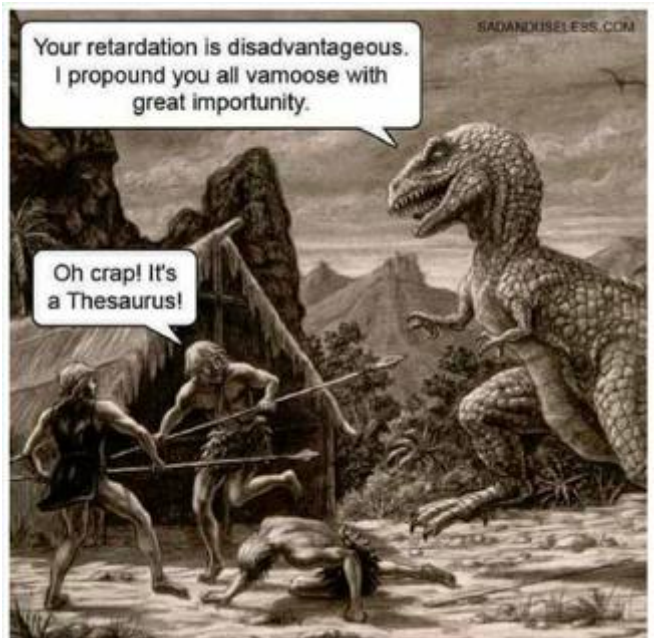
Just sit down and  
look comfortable.



The Bikini 2020



THE LOCH DOWN MONSTER





# freedumb

noun

- 1) the belief that your personal freedom outweighs others' personal safety.



# 10 REASONS WHY ENGLISH IS WEIRD

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.

Although COVID-19 spreads mostly via the mouth and nose, scientists now conclude that the greatest risk comes from assholes.



**YOU SEE, PEOPLE DON'T WANT TO HEAR YOUR OPINION**

**THEY WANT TO HEAR THEIR OPINION, COMING OUT OF YOUR MOUTH**



The best times in our lives were not about what we had, but who we were with.