

Edition 109 – OCTOBER 2023

DENMARK RIVER PROBUS NEWSLETTER

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Hi everyone.

At last it feels like summer. The bottlebrushes are looking the best for years. This is the best time of year in Denmark. The blue wrens are busy feeding their young and the maggies wait to be fed. Our bees are busy making honey for everyone. What an amazing creature that can work all day, contribute to the world so much, and after six months dies. If only people were like them but live longer.

Happy living
Trish

NEXT MEETING

1st November 2023

10.00 at the Denmark Country Club

Guest Speaker: Karen Cussons; Fire readiness for summer

Lunch: Boston Brewery



BIRTHDAYS

October

Rosmary Lowe	20
Marianne Mayer	22
John Wildman	30
Louise Hoskins	31

November

Robin Levet	4
Steve Hawks	5
Lorraine Cotton	7
Lex Harry	9
Kaye Husking	10
Susan Lane	12
Harley Lane	14
Helen Young	30



MEMBERSHIP

There are 13 people on the waiting list

Name Badges - Please remember to wear your name badges so that everyone can get to know you.

ARTICLES FROM MEMBERS

Val Ball's story

I was born in Kalgoorlie District Hospital in 1948. Mum took me home to 5 Dorothea Street, I was number four in a family of 8 children. Dad worked as a machine miner on the gold mines.

Life in Dorothea street holds all sorts of memories. Mrs Regan lived across the road and she had a dog called Bojo, which was vicious and barked if anyone walked past the fence. God help us if it had ever got out!

Skeet Roberts drove the baker's cart, a small cart pulled by a horse. When he opened the doors of the cart to get the bread out, a wonderful, unforgettable aroma exuded. Lots of crusty brown crumbs always fell out too. Every few days a man would come around in a small van, selling blocks of ice for the ice chests that everyone had. No refrigerators for the average man in the street, just a hessian water bag to keep water cool- usually kept on the back verandah, and the ice chest for meat and milk. Fruit and vegetables were delivered by an open van, which slowly traversed the neighbourhood, with Mums hurrying out to catch him, so as not to miss this important service.

Our lavatory, as we used to call them, was situated along the back fence, near the corner of the yard. A great big pepper tree overhung ours, and little pink and red

berries were everywhere. Newspaper that hung on a wire hook was used as toilet paper, and the foul smell enticed many flies. Red back spiders found the underside of the seat a perfect spot to make their home and you always had to be mindful of the risk of being bitten by them. The night man used to come once a week to change the pan, and that was always the best day to use the lavatory. Quite an experience to visit the loo.

During my school years, I went to 9 different schools . We moved around a bit in Kalgoorlie and then lived in Wundowie, Dad had bad lungs from underground so we moved to Wundowie and he was a wood cutter for the smelter. The woodcutters went on strike and life was a struggle. Wundowie was not a good move so off to Ravensthorpe, then Norseman, and onto Gwalia.

Gwalia had 2 school classrooms, with grade 1-3 being in one room and grade 4 to third year high in the other. I was the only student in third year and did lessons by correspondence. The Gwalia mine closed in 1963, so we moved back to Kalgoorlie. We were extremely poor and faced quite a few challenges along the way. I gave up school at this stage, as my schooling had been messed around.

Back in Kal, Mum was unwell and when I was 17, she passed away. My little brother was 7 and once again life was turned upside down.

I worked at a little Safeway shop just down the road from home and then took the Post Master General's telephonist exam and in February 1965 I became PMG telephonist-I spent 11 happy wonderful years at the telephone exchange. I was introduced to Grant by a mutual friend in August 1964 and we married in 1969. Grant was a mine surveyor and went underground about 5 days out of every 10. In 1972 after the birth of our first child, he left the mines and became a technical engineering officer for the local shire council.

By 1976 we were blessed to have 2 children and as the Kalgoorlie gold mine industry was shaky, we moved to Perth in 1977 to give our kids greater opportunities. For a period Of 25 years I worked as a medical receptionist in the Midland to Mundaring area.

Then I made the most enjoyable move of all... I worked as an Electorate Officer for a State Labor- M P Jaye Radisich. Such an interesting job with many different problems coming across my desk. Amazing that we could advocate on behalf of some, and very often sort out the issues for constituents. Going to Parliament was fascinating, sitting in the bench seat at the back of the Legislative Assembly, watching the various members debate robustly. Sometimes Jaye would take her staff to lunch at Parliament House. Very fine dining and wondrous.

Our children had grown into adults, my son playing AFL for West Coast Eagles for 8 years, as well as learning the stockbroking trade. He then transferred to Sydney Swans for a further six years. His last game was the GF: Sydney against WCE. Sydney won after a 72 year drought. Jason then went on to further his career as a Stockbroker working for Macquarie Equities and Ord Minnet. He remains in Sydney and is the proud father of 3 adult children, all have university degrees.

My daughter Amanda gained a BSc at UWA and then joined the police force with the intention of working in Forensics. This she did but was not happy there so she moved to other areas within the force, such as Child Exploitation and teaching at the Academy. After 23 years in the force -her final 4 ½ years was spent at the Denmark Police Station. It was time to focus on her daughter Molly.

In 2016 Grant and I made the move to Denmark and have very much enjoyed the Denmark Lifestyle.

Thanks Val

Guest Speaker

Christine Zambonetti from Advocare

This month's guest speaker was a bubbly American Aussie who advocates for social justice among older Australians. She is employed by Advocare, an organization that has been around for 27 years.

Christine is Albany-based with an office at Lotteries House. Her role is to help older people understand their rights and get the services they need, eg home care packages. She does home visits and on the second Thursday of each month she is available from 10 am to 3 pm at Denmark CRC.



If you want to get on the My Aged Care register, Christine will help.

She put an emphasis on elder abuse and how we can protect ourselves against this problem which affects as many as one in four older Australians. It is particularly difficult, as often family members are the perpetrators. Older people can be reluctant to ask for help, out of embarrassment, guilt or fear of reprisal and may be unaware of their rights, but it is essential that we protect ourselves. An important way of doing this is to keep social connections going and avoid becoming dependent.

Christine suggests that if we lend money to family members, we get a formal agreement set up. If a family member is being abusive, you can get help to stop the abuse, and also get help for the abuser.

Some important documents to put in place are:
Power of Attorney for legal decisions
Power of Guardianship for lifestyle and treatment decisions and
Advance Health Directive for medical decisions towards end of life.

If you have a problem in regard to elder abuse, you can report it to OPAN (Older People's Advocacy Network) on 1800 700 600
or call the WA Elder Abuse Helpline on 1300 724 629.
To contact Christine, call 08 6252 3561

And from Joyce some details about Elder abuse.

Elder abuse - the top form of elder abuse is financial, and family are the worst offenders. Abuse occurs where there is an expectation of trust. Trust can be broken when a family member takes advantage of an elderly person's finances, or in not caring for their physical, mental or medical needs. Once trust has been broken it can lead to higher disease rates, death or psych damage. The elderly person becomes withdrawn, and become a s hell of themselves. Power of attorney is abused a lot. If they use your money for anything for themselves. It is theft Very little of elder abuse gets reported. Children move in with parents but do not take care of them. Physical and sexual assaults also take place, often in aged care facilities. Sexual abuse can also take the form of showing sexually explicit material to an elderly person.

Other forms of elder abuse include giving them technology that they don't understand or know how to use. If an older person is given a mobile phone, for example but they don't know how to use it, that is a form of abuse. Other forms are selling their property, or unneeded medical treatment. Do not let anyone tell you what to do with your body that you don't want to do. Coercive control. Repeated put downs. Psychological abuse.

If we see something going on we can approach Advocare but they cannot do anything without the person's consent. People change when they are abused. You will notice the difference.

Risk factors - Dependency. So keep up your social contacts. Carers become exhausted

Ageism - perception that you are incapable of doing something because of your age. Never describe yourself as an old person. Advocare lobbyies against ageism. A person may be frail but they are not stupid. Barriers for asking for help - the older person is embarrassed or humiliated; don't realise that what is happening is abuse, can't speak the language, or feel guilt. It is important to report instances of abuse so that things can change. When someone goes to Advocare, Advocate first identifies the type of abuse that is taking place; they affirm the person's rights, and notify them of how to get services in to help, they try to solve the problems. Power of Guardianship - is a document nominating someone to make decisions for you if you lose capacity. Power of Attorney can do the job even if you still have capacity to make your own decisions. You can ask them to do financial things for you. It is best to have some one you trust to give Power of Attorney to. Advanced health direction - is a document setting out exactly what your wishes are under certain circumstances. For example, "Do not resuscitate if quality of life is likely to be poor". Having such a document makes it known exactly what you want to do if you cannot tell them yourself. Wills Do not give any money to family without making it a formal agreement.

Advocare can help every step of the way to going into aged care. Fees, how it work etc.

Setting boundaries - tell people how you want to be treated.

HAPPENINGS



This photo is from the lunch outing at the Premier Hotel In Albany.



WINE APPRECIATION GROUP

The wine appreciation group meets from 5-7pm on the 4th Thursday of the month at the Denmark Men's Shed, just past the Rivermouth Caravan Park on Inlet Drive.

For more information contact Peter Lumia.



Kayaking

Kayaking is held on the 2nd and 4th Fridays (weather permitting) at 7:30 am - in the water - launching from the boat ramp at the Denmark Rivermouth Caravan Park. Coffee is enjoyed afterwards at the Reminisce Café on site. For more information contact Warrick Gates or Stuart Hoskins.

Forthcoming Events

November 15th – Lawn Bowls at Denmark Riverside Club. Please ensure that flat soled shoes are worn.

Lunch at 12:30 at Reminesce Café Rivermouth Caravan Park. ,

Funnies



For further information please contact our secretary at secretary@denmarkriverprobus.org.au

Committee

President: Kaye White president@denmarkriverprobus.org.au

Vice President: vacant

Secretary: Julie Nayda secretary@denmarkriverprobus.org.au

Treasurer: Brian Rushton treasurer@denmarkriverprobus.org.au

Activities: Robin Levet & Helena Wragg events@denmarkriverprobus.org.au

Hospitality: , Margaret Norcross, Kevin Wragg

hospitality@denmarkriverprobus.org.au

Membership: Linda Falls members@denmarkriverprobus.org.au

Guest Speakers: Chris Watkins speakers@denmarkriverprobus.org.au

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