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## GREETINGS PROBIANS!

I've been away for almost three weeks, and if I thought the hayfever was bad before I left, I was wrong! Sniffle! Achoo!

I also thought that spring had well and truly arrived, but it was just beginning. Now everything is so much more in bloom and, in the interim, the garden has gone feral. However, a quick trip around it with the tractor mower and it looks much better. But - all that cut grass . . .

**Achooooo!**

I hope you are all faring better than I am.

Read on ...

*All the Best*

*Joyce*



## FROM OUR PRESIDENT

Hi every one, and welcome to another sunny Sunday.

Now, something I know you all look forward too, only three weeks to the start of the silly season. Melbourne Cup on the 3<sup>rd</sup> of November, then onward to Christmas and beyond, scary thought.

Just a reminder that all associated happenings, Fran's morning tea, singing for pleasure, kayaking and wine appreciation, were created for you to participate in, to socialize and enjoy the company of your fellow members, whilst doing something memorable. All members are encouraged to avail themselves of these events. The more the merrier.

With the weather warming up, now is the time to get out and about and enjoy who we are, and where we are, God's own country.

Stay safe, Stay well

Cheers

Stuart.

## BIRTHDAYS

22 October	Marianne Mayer
30 October	John Wildman
31 October	Louise Hoskins
1 November	Janet Hardwick
5 November	Steve Hawks
9 November	Lex Harry
30 November	Helen Young

*Happy Birthday to you all!*

## NEXT MEETING

**4 November 2020**

*10:00 am Denmark Country Club*

**Guest Speaker:** Carol Webb  
"Have you had the Conversation?"

**Lunch:** at the Tavern

## 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)

## MEMBERSHIP

There are twelve people on the waiting list.

## Guest Speaker

October's guest speaker was the very accomplished Ruth McConigley. As well as having a doctorate in nursing studies and being a university health educator, Ruth is an exercise physiologist, a new career for her, and one which she needs to explain to us, as it can be confused with physiotherapy.

An exercise physiologist is an Allied Health professional, so a doctor can refer you. Ruth is based at the Denmark Recreation Centre. She likes to focus on seniors and chronic pain. She offers movement and exercise to assist in managing chronic pain and educates people to manage their own health.



She gave many convincing reasons why we should be exerting daily. She then demonstrated some useful exercises for the commonest problems we face as we age. One of the main causes of chronic pain in the lower back, hips, knees, ankles and even shoulders is lazy gluteal muscles. We tend not to use our gluteals as effectively as we should in walking and when we get resulting pain, we stoop forward from the hips. We then arch our back to get our head in the right position. This overarching of the back results in chronic back pain. It also causes the shoulder blades to stick out, resulting in shoulder problems. Neck problems can result too.

Ruth had us tightening our glutes as we walked, stretching our arms out forward and parallel, then drawing the shoulder blades down and back and tucking our chins in so as to make a double (but not a triple) chin. Surprisingly, we had fun and probably kept the bar staff amused as well.

Anyone with chronic pain or wanting to avoid chronic pain may want to pay Ruth a visit. Her contact details are as follows:

Freedom Exercise Physiology,  
0466 712 972  
Email: [ruth@freedomexercise.net](mailto:ruth@freedomexercise.net)  
Website: [www.freedomexercise.net](http://www.freedomexercise.net)

*Thanks to Kerry Clark for that report.*

## HAPPENINGS

Lunch for the October meeting was an In-House BBQ and was apparently enjoyed by all who attended the meeting; which I missed because I was away, so I cannot attest to its excellence. Once again, we thank the catering crew who do such a good job on our in-house meals. See some photos below from the occasion.

The 1<sup>st</sup> of October was officially Probus Day. In order to celebrate the occasion, Carmel searched her photo records and presented the meeting with a rolling montage video and selected printed photos taken at various functions/events of members over the last six years.

Members were very impressed and showed their appreciation, although some thought their photo did not do them justice. 😊



Well – the last happening – the Wildflower Tour, was reported in the last newsletter; and our next outing – the WOW Cruise in Walpole will be taking place next Wednesday. Nothing else has happened in the interim, other than the usual meeting of our social groups. So, there is nothing more for me to report on. There are, however, several things coming up for our amusement, so check out the “Forthcoming Events” section below.

## 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 boardwalk during summer.

Next meeting **3 November**, 2020 at the Boardwalk. For more information contact Val Ball



### 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 22<sup>nd</sup> October**, 5-7pm at the CRC Garden Room. 26 November will be our Xmas wind up.

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.

The next one will be on the **20 October** at the **Green Pantry**. Then 17 November at Reminisce café.



### 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 23 October - 9:00am in the water; then 13<sup>th</sup> and 27<sup>th</sup> November.**

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

**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 – your choice.

## 19 November – Croquet

**NB – this is a Thursday.**

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

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

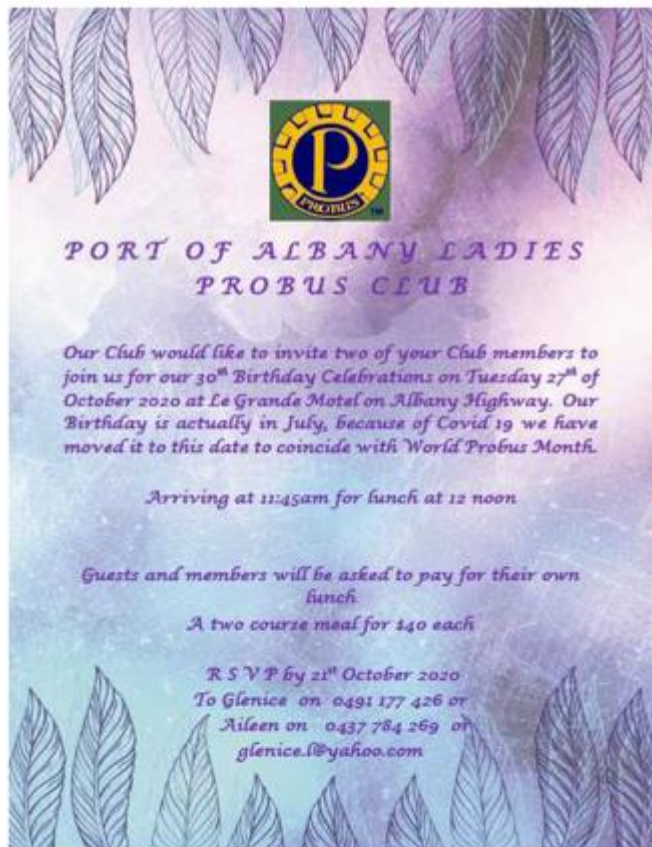
**Cost:** \$10/pp includes game and morning tea. Non-players \$5 for morning tea only. Payment on the day.

**NB – Wear flat soled shoes.** No heavy tread shoes will be permitted. This is to protect their turf.

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@denmarkriverprobud.org.au](mailto:Louise.secretary@denmarkriverprobud.org.au)

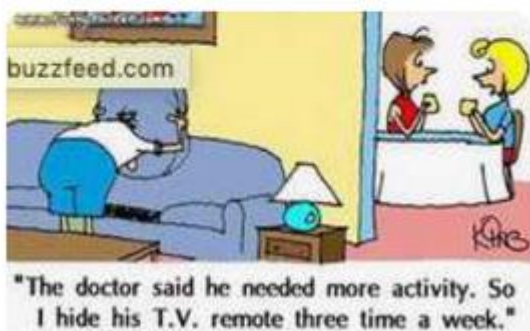


The invitation card features a purple and blue background with a pattern of stylized leaves. At the top center is the club's logo, a yellow circle with a blue 'P' and 'PROBUD' written around it. Below the logo, the text reads: "PORT OF ALBANY LADIES PROBUD CLUB". The main body of text says: "Our Club would like to invite two of your Club members to join us for our 30<sup>th</sup> Birthday Celebrations on Tuesday 27<sup>th</sup> of October 2020 at Le Grande Motel on Albany Highway. Our Birthday is actually in July, because of Covid 19 we have moved it to this date to coincide with World Probud Month." Below this, it says: "Arriving at 11:45am for lunch at 12 noon". Further down, it states: "Guests and members will be asked to pay for their own lunch. A two course meal for 140 each". At the bottom, it provides contact information: "R S V P by 21<sup>st</sup> October 2020 To Glenice on 0491 177 426 or Aileen on 0437 784 269 or glenice.l@yahoo.com".

Billion dollar idea.

A smoke detector  
that shuts off  
when you yell

"I'm just cooking!"



# HALLOWEEN



So October 31 is Halloween! What are your favourite memories of Halloween?

I was born in Ireland and the celebrations I remember included trying to eat an apple on a string that was tied to the top of the kitchen doorway – it was a very wide opening, bigger than any normal door, so there was absolutely nothing one could brace against. Another activity involving apples was trying to pick up an apple floating in a basin of water without your using your hands. We did not do the American Trick or Treat thing. We were too young anyway.

The celebration also included a traditional Irish cake called a Brack. It is a fruit cake and the Irish word means speckled. That cake is still one of my family's favourite cakes. The fruit is soaked in cold tea overnight along with the sugar before being baked the next day.

In the Brack baked for Halloween were a number of charms. If you managed to get one of those charms in the piece of cake that you were eating, it meant one of several things. If you got a coin, it meant that you were going to be rich. If you got a button, it meant that you would be a bachelor. If you got a horseshoe, that meant good luck. A thimble meant you'd be a spinster. A tiny piece of rag meant you would be poor.

I always enjoyed eating the Brack and the charms added a lot of fun to the experience.

Here is the recipe.



## IRISH TEA BRACK

- 350 ml cold strong tea
- 200 g sultanas
- 150 g mixed fruit
- 230 g plain flour
- 1 heaped tsp mixed spice
- 2 level tsp baking powder
- 2 level tbs dark brown soft sugar
- 1 large egg
- Butter for greasing the tin

## Instructions

1. Soak the fruit in the tea overnight or at least for a couple of hours.
2. Pre heat the oven to 160 degrees C, I use a fan assisted electric oven, please adjust according to your own oven.
3. Grease a 1 lb loaf tin liberally with butter.
4. Add the flour, baking powder, spice and sugar to a large mixing bowl and stir together, make a well in the centre then break the egg into the well.
5. Add the fruit, keeping the tea, and mix well using a wooden spoon. You should have a wet sticky dough, if it's too dry add some of the reserved tea.
6. Spoon the dough into the prepared loaf or round tin and bake on the middle shelf of the oven for 50 - 60 minutes. The Brack is done when it is a rich golden colour, you can test it by piercing it with a metal skewer, it should come out dry.
7. Leave to cool in the tin for a few minutes then transfer to a cooling rack to cool completely.

It is delicious when eaten while it is still warm, and buttered. Yum!

**Happy Halloween Everyone!**

