

DENMARK RIVER PROBUS NEWSLETTER



February 2025 - Edition 125

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Hello everyone!

Welcome to the February edition of Denmark River Probus newsletter.

This month's in-house lunch featured a Mexican theme. Members enjoyed a variety of dishes, including chilli con carne, shredded chicken, and Mexican meatballs, accompanied by a colourful salad, avocado salsa, sour cream, tortillas and corn chips. The Hospitality team greatly appreciated the extra help cleaning up. Thank you, Jamie, Kaye, Bob and Roy.

Thank you to Helena and Robin for another interesting event at Teahouse Books, where we enjoyed delicious platters and wine while engaging with Andrew Green and his wife Diana visiting from Hertfordshire, UK, along with their friend Brian Wolfenden, a Denmark local. During his long career as a BBC radio presenter and producer, Andrew has conducted many interviews, including with two Prime Ministers, two Archbishops of Canterbury, Paul McCartney, Cliff Richard and World Cup-winning striker, Geoff Hurst.

We look forward to more enjoyable events planned for the year ahead.

Warmly,
Susan

This month's Birthdays (1 to 31 March)

Murray Bolitho	8 March
Warrick Gates	13 March
Jamie Falls	13 March
Trish Edmonds	17 March
Wendy Wildman	19 March



Guest Speaker

Graham Paget ~ Understanding Dementia



Graham and his wife Rose

Graham's presentation covered key aspects of dementia, including what it is, and what it isn't, the various types of dementia, the history of the condition, its risk factors, ways to reduce those risks, and the role of therapeutic drugs in offering hope for the future.

Many of us worry about developing dementia, but Graham clarified the difference between normal age related forgetfulness and dementia. For example, going out to the shed and forgetting why you went there, getting distracted, and doing something else instead, that is just a "senior moment".

Dementia, on the other hand, is far more serious. It is not just forgetting why you went to the shed, it is reaching the shed and not knowing what it is or how to find your way back to the house. Dementia involves a significant decline in cognitive abilities that can affect memory, reasoning and social skills, such as attention span.

SIGNS & SYMPTOMS OF DEMENTIA

Short term memory loss	Anger or aggression
Depression	Insomnia
Agitation	Delusions
Social indifference	Self neglect
Social withdrawal	Wandering
Mood swings	Loss of inhibitions
Paranoia	Language difficulties

RISK FACTORS

Risk factors of developing dementia include obesity, high blood pressure, type 2 diabetes, high cholesterol, lack of social or physical activity, cardiovascular issues, personality type (stressed and anxious), depression and social isolation, hearing loss and vision problems, which can both be helped with proper care.

HOW TO REDUCE THE RISK OF DEVELOPING DEMENTIA

Reduce the risks of developing dementia with a healthy diet, such as the Mediterranean diet, regular physical activity, moderate alcohol intake rather than abstinence, do not smoke, get seven hours of quality sleep a night and social interaction is important. Staying up to date with vaccinations has been shown to lower dementia risk.

For more information, you can go to the Dementia Australia website: www.dementia.org.au

This month's events

Soirée at Teahouse Books

We were delighted to host Andrew Green, Senior Researcher and Lecturer at Hertfordshire University and former BBC presenter, who captivated us with his fascinating talk, *Murder in the Family*. Andrew recounted the story of the 1853 murder of his great great great uncle Thomas Samuel Toller, bringing history to life with his storytelling.

Charles Saunders 32, a most forbidding, morose looking man according to the news articles of the time was charged with the wilful murder on the turnpike road between London and Romford. He was tried at the Old Bailey, London, found guilty and sentenced to death. The sentence outcome is unknown.

Guests enjoyed a relaxed atmosphere with delicious grazing platters prepared by Julie and her team. The platters were complemented by Forest Hill wines.

It was a delightful evening of conversation, food and wine.



Wine Appreciation Group ~



Our first wine club meeting of the year got off to a great start with each member bringing their own bottle of wine and snacks. Peter led a lively discussion about our plans for the year ahead. By the end of the session, our whiteboard was filled with ideas, including a West Cape Howe wine tour, both a horizontal and a vertical tasting, a wine and chocolate pairing and an ambitious year long project, making our own wine, which was enthusiastically received.

Wine Club meetings are held from 5.00 to 7.00pm on the fourth Thursday of each month at the Denmark Men's Shed. Contact Peter Lumia if you would like to be on the waiting list.

Kayak Club ~



Our kayaking group meets at 7:30 am every second and fourth Friday of the month, weather permitting, at the boat ramp by the Denmark Rivermouth Caravan Park. They usually enjoy coffee and a chat afterward at Reminisce Café.

There are spare kayaks available for you to try out. Contact Warrick, Ed or Neville if interested.



Ed's kayak heading into the inlet

Corporate Bowls at Riverside Club

Denmark River Probus had quite a few players in the Corporate Cup competition on their Fancy Dress night. Some of our members who entered into the spirit included Julie Nayda as Marcel Marceau and Kaye Murray as Dolly Parton. The Rat Pack featured Peter Lumia as Dean Martin, Kevin Wragg as Frank Sinatra, Barry Barton as Sammy Davis Junior and Harley Lane as Peter Lawford.



Spotlight on Kaye Husking ~ Ukulele is one of her many interests



Having previously played guitar, Kaye was drawn to the ukulele because of its compact size, making it a perfect travel companion on her many caravanning road trips. What she enjoys most about the ukulele is playing with others, especially the shared experience of singing together.

Her favourite songs to play include Flowers by Miley Cyrus and Waitin' on a Sunny Day by Bruce Springsteen.

If she could play a duet with any musician, Kaye would choose American guitarist and songwriter Chris Stapleton, admiring his incredible storytelling through music, like Fire Away and Tennessee Whiskey.

Kaye has performed at local events like the Denmark Festival of Voice and the Christmas Stage, describing both as exciting and rewarding experiences. As a member of the Denmark Ukulele Rabble, she proudly wears the group's uniform: a black T-shirt with a colourful cartoon photo of the group on the front, usually paired with black pants.

A memorable experience for Kaye was her first time on stage at the Mandurah Ukulele Festival. She much prefers playing with a group, appreciating the shared effort that goes into rehearsing and performing together.

Kaye is currently enrolled in a TAFE music course in Denmark.



Mandurah Ukulele Festival

My wife made me
coffee this morning and
winked at me when she
handed me the cup.

I've never been more
scared of a drink in my
life.

Mumbling
is the glue
that holds a
marriage
together.

Me driving at night:

"I hope this is the road"



shared by silversurfers.com

I CAN'T REALLY
WALK THE WALK
OR TALK THE TALK, BUT IF
YOU NEED SOMEBODY TO
DRINK THE DRINK,
I'M ALL YOURS

putting me on speaker phone is
taking a huge risk 🤔

Chondale



Thanks to Kevin S for these jokes!



**9 out of 10 times
when I lose
something...
it's because I put
it in a safe place.**



Rare image of a shark stepping on a Lego.



Recipe of the month

WENDY L'S THAI CHICKEN IN LETTUCE LEAF CUPS



- 8 large iceberg lettuce leaves
- 1 tablespoon kecap manis
- 1 tablespoon fish sauce
- 1 tablespoon sesame oil
- 1 tablespoon fresh lime juice
- 1 large zucchini, grated coarsely
- 1 medium carrot, grated coarsely
- 2 green onions, sliced thinly
- 1 medium red capsicum, sliced thinly
- 3 cups (480g) shredded barbecued chicken
- 1 tablespoon finely chopped mint
- 2 tablespoons coarsely chopped fresh coriander
- 2 tablespoons sweet chilli sauce

Trim edges of lettuce leaves with scissors. Place leaves in a large bowl of iced water; refrigerate.

Combine kecap manis, oil and juice in a large bowl. Add zucchini, carrot, onion, capsicum, chicken, mint and half the cucumber; toss gently to combine.

Drain lettuce and pat dry with paper towel; divide among serving plates. Top with chicken mixture, drizzle with chilli sauce and sprinkle over coriander. Serve.

Diary Dates

Wed 5 March	General meeting & AGM, followed by lunch at Boston Brewery, if you wish.
	Guest Speaker ~ Joel Colgate, Silver Chain
Wed 19 March	Oranje Tractor Wines ~ tasting & food pairing \$28.00 per person (limited to 26)

Extras

Membership ~ There are 71 members in the club plus 1 life member, and 20 on the waiting list.

Name badges ~ Please remember to wear your name badge, so everyone can get to know you. And a gentle reminder to mingle with others. There are seventy one of us in our Club, so it is important to move out of your comfort zone and meet others, not just sit at the same table every month.



Welfare ~ If you are aware of someone who needs a card or a call, please contact Glenice Smith or Kerry Clark.

Our annual membership fees of \$45.00 are due for renewal by 1 April.

Bank transfer details: BSB 036-609 Account No. 038409

In reference box please indicate reason for transaction and your surname. Our Treasurer Brian will then send you an email receipt.

Cash payments can only be paid directly to Brian

YOUR 2024 COMMITTEE

President: Warrick Gates – warrick.gates@bigpond.com

(Don't use president@denmarkriverprobus.org.au. It doesn't work)

Secretary: Julie Nayda - secretary@denmarkriverprobus.org.au

Treasurer: Brian Rushton - treasurer@denmarkriverprobus.org.au

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

Membership: Stephanie Wierobiej - members@denmarkriverprobus.org.au

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

Media: Susan Lane - contact@denmarkriverprobus.org.au

Hospitality: Lorraine Cotton, Kevin Wragg - hospitality@denmarkriverprobus.org.au



Check our website <https://www.denmarkriverprobus.org.au> for more news, events, outings, photos, recipes and lots more.