

# DENMARK RIVER PROBUS NEWSLETTER



*May 2025 - Edition 128*

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## ***Hello everyone!***

Welcome to the May edition of Denmark River Probus newsletter.

At this month's meeting, Stephanie had the pleasure of presenting badges to our newest members, Peta and David Gornall. They moved to Denmark 5½ years ago and are delighted to now be part of our club. A warm welcome to you both. We hope you enjoy everything the club has to offer.

Our suggestion box is proving popular. It has already sparked some lively and constructive discussions, which were resolved with good humour and cooperation. It is wonderful to see such thoughtful contributions from our members.

Wishing you a happy month ahead.

Warmly,  
Susan



Peta and David

**Guest Speaker**  
**Dor Shira ~ Happy Moves**



Dor Shira from Moving Creatures and co-host Bella shared with us the benefits of Dance Movement Therapy. Representing Denmark's Dance Academy, Dor spoke about the power of playful movement as a holistic approach to wellbeing, especially for those of us aged 50 and over. His Happy Moves program helps to improve balance, strength, flexibility and cognitive function. Drawing inspiration from martial arts, yoga and dance, Dor's interactive movement games had us balancing batons, sharpening hand eye coordination with Jenga blocks and responding to numbered movement cues. It was fun, challenging, and not as easy as it sounds!

For more information, contact Dor at [movingcreaturesonline@gmail.com](mailto:movingcreaturesonline@gmail.com).



Holistic movements that connect body and mind



Jenga fun

***This month's event ~ Mt Barker Police & Folk Museum and Sobrane Gallery***



Nineteen members of our club enjoyed a day out in Mount Barker, beginning with a visit to the Police and Folk Museum, where the group explored the town's rich history through stories of early rural life. We had a knowledgeable and passionate guide who told us all about Constable Wall, the officer in charge of the Mount Barker Police Station from 1887 to 1901, and the extensive duties of early policemen, whose responsibilities ranged from patrolling vast areas on horseback to conducting census and mail deliveries. The group then visited the new Sobrane Art Gallery in the 100 year old heritage listed bank, and admired her collection of vibrant and uniquely Australian artworks. This was followed by a relaxed lunch and easy conversation at Little Bit of Barker.



## June Birthdays

Ruth Rushton	5 June
Bruce Grieve	11 June
Carmel Stott	15 June
Mal Dickie	19 June
Brian Rushton	19 June
Helena Wragg	22 June
Wendy Lind	29 June
Neville Thorn	29 June
Barry Barton	29 June
Kevin Stone	30 June



## Diary Dates

Wed 4 June	General meeting, followed by inhouse lunch of soup and crumbles for dessert
	Guest Speaker ~ to be advised
Wed 18 June	Ten pin bowling, 10.30am, \$25.00 for two games, followed by lunch at The Barrel Farm, booked for 12.30pm.

## Extras

Membership ~ There are 70 members in the club plus 1 life member, and 15 on the waiting list.

Please remember to wear your name badge, so everyone can get to know you. Let's keep our club friendly and inclusive.



Welfare ~ If you know a member who could use a card or friendly call, please let Vicki Lumia know.

### YOUR 2025 COMMITTEE

*President: Helena Wragg – [helenajo@westnet.com.au](mailto:helenajo@westnet.com.au)*

*Secretary: Val Ball - [secretary@denmarkriverprobus.org.au](mailto:secretary@denmarkriverprobus.org.au)*

*Treasurer: Ros Gates - [treasurer@denmarkriverprobus.org.au](mailto:treasurer@denmarkriverprobus.org.au)*

*Events: Robin Levet, Malcolm Dickie - [events@denmarkriverprobus.org.au](mailto:events@denmarkriverprobus.org.au)*

*Membership: Stephanie Wierobiej - [members@denmarkriverprobus.org.au](mailto:members@denmarkriverprobus.org.au)*

*Guest Speakers: Lyell Edmonds, Jamie Falls - [speakers@denmarkriverprobus.org.au](mailto:speakers@denmarkriverprobus.org.au)*

*Media: Susan Lane - [contact@denmarkriverprobus.org.au](mailto:contact@denmarkriverprobus.org.au)*

*Hospitality: Lorraine Cotton, Kaye White - [hospitality@denmarkriverprobus.org.au](mailto:hospitality@denmarkriverprobus.org.au)*



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

## ***Kayak Club ~***



Our kayaking group meets at 7:15am every Monday and Friday, weather permitting, at the boat ramp by the Denmark Rivermouth Caravan Park. When conditions are favourable, they paddle across the inlet. On less ideal days, they stay in the calmer waters of the river. They enjoy coffee and a chat afterwards at Reminisce Café.

New paddlers are always welcome!

## ***Wine Appreciation Group ~***



With Peter and Vicki away cruising the top half of Australia, Mal stepped in to lead our Wine Club social night. Members brought their own drinks and snacks, and the evening was filled with lively conversation and good cheer. A special thanks to Rosemary for the Kies port and Mal for the Penfolds FATHER Grand Tawny.

Wine Club meets from 5.00 to 7.00 pm on the fourth Thursday of each month at the Denmark Men's Shed. If you are interested in joining, contact Peter Lumia to be added to the waiting list.



## Spotlight on Roy Allmond ~ Side Car Racing

Roy's passion for motorbikes began at just 16, growing up in the southwest of the UK.



*What bikes did you ride in the early days?*

I spent eight years racing classic bikes like Triumphs, BSAs and Maicos.

*How did you get into side car racing?*

After moving to Western Australia, a mate who was short of a passenger asked if I would "swing" for him.

*Where did you race?*

We competed at Barbagello Raceway in Wanneroo, as well as on street circuits across Albany, Bunbury Back Beach, Collie, Donnybrook, Geraldton, Mingenew and Kalgoorlie.

*Why is the side car passenger called "the monkey?"*

Side car racing is the only motorsport where both the driver and the passenger steer the bike at high speeds. The passenger, often called the monkey or the swinger, has to shift their body weight around the bike like an acrobat. We had to climb all over the outfit to keep it balanced, stable and pointing in the right direction.



*What is your most memorable experience while racing?*

Meeting Barry Sheene, the legendary British motorcycle racer and TV presenter, at Barbagello Raceway was a real highlight. As for racing, the most memorable event was in Kalgoorlie, where we placed third against some tough competition from the Eastern States.

*Have you ever had any close calls or funny moments while riding?*

One of the funniest was at a street meet in Collie. While we were loading the bike, a big Bikie walked up to me and asked if I was the "swinger". I said yes, and he shook my hand and laughed, "That's the first time I've ever shaken the hand of a f...ing Idiot!"



These days, Roy has swapped two wheels for three, and enjoys cruising on his Can-Am Spyder. He and Carol are active members of our local Black Dog Riders, who combine social rides with raising awareness for mental health.

Not everyone was born to cook.

I personally was born to hold conversations with someone who's cooking.

Know your strengths.

**Sometimes I use big words I don't always fully understand in an effort to make myself sound more photosynthesis.**

**The correct spelling of "school" is "school", not "school." Some people put the second "O" before the first "O" and that is incorrect.**

**I'm not saying I'm old... but when I was in school, we made ashtrays for our parents in art class.**

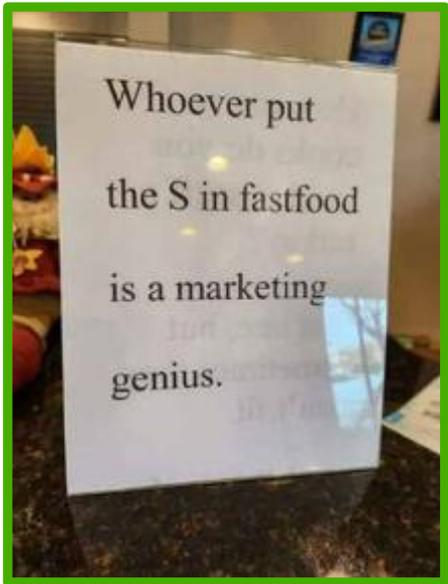
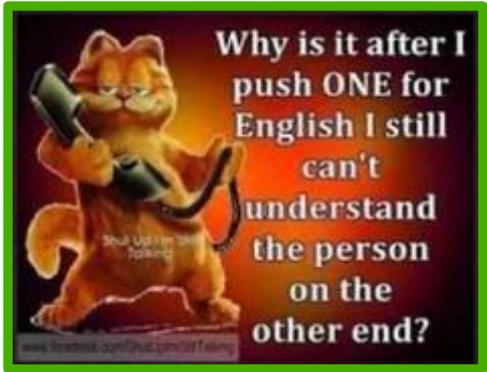
Me as a kid: [Falls 10 feet from the monkey bars] I'M OK

Me now: I tried to scoop ice cream that was just a little too frozen and I dislocated my shoulder.

The awkward moment when you drive your Chevy to the levy and the levy isn't dry.



*This is what happens when you're drinking whiskey and rye.*



## ***Recipe of the month***

### **ROSEMARY'S QUESADILLAS**

~ cheese and pumpkin with a hint of chilli ~



1/3 cup (55g) pitted Kalamata olives, chopped  
1 long red chilli, seeded, chopped  
1/2 cup (125ml) extra virgin olive oil  
500g pumpkin  
1 teaspoon smoked paprika  
2 cups (300g) grated mozzarella cheese  
1 cup (150g) crumbled fetta cheese  
12 16cm wheat tortillas  
100g baby English spinach leaves

Preheat oven to 200°C (180°C fan-forced).

Put the olives, chilli and oil into a blender and blend to form a flavoured oil.

Peel, then dice the pumpkin into small pieces and place onto a baking tray. Brush with a little of the chilli oil and sprinkle with the paprika. Bake for 30 minutes or until golden brown and soft.

Put cheeses into a bowl; toss to combine.

Put one tortilla onto a clean board.

Sprinkle with a liberal coating of the mixed cheeses, some of the roast pumpkin and a scattering of spinach leaves. Cover with a second tortilla, brush liberally with the flavoured oil and set aside.

Repeat with the remaining ingredients

Put the quesadillas onto an oiled baking tray and bake for 7 minutes. Turn and cook for a further 7-8 minutes.

Remove from the oven and slice into quarters. Serve immediately.

## ***New Community Bus Service on trial period for Denmark locals***

There is a new community bus service available in Denmark, and we are encouraging members to consider using it, especially during the trial period. If it is not used, we may lose this valuable service.

The service aims to reduce social isolation and help people who struggle with transport to get out and about. It is not for medical transport (St John's still covers that), but it is perfect for social outings, shopping or visiting friends.

### ***Weekly service every Wednesday into Albany***

- Departs Denmark around 10.00 am, returns by 1.30 pm (timing is flexible).
- Picks up from home or central locations like the CRC.
- Usual drop off is Albany Plaza, but other stops like Bunnings, Spotlight, museum, hospital for visiting can be arranged with the driver.
- Donation of \$20 return appreciated.

### ***Friday Local Runs***

- Brings locals into Denmark for shopping or CRC activities.
- Similar time frame. Donation of \$10 return.

### ***Private hire***

The bus can be hired for private outings, such as movie trips or group swims at the Albany Leisure Centre. If there is interest, a small group from our club might want to use the service for a fun Wednesday outing!

Wheelchair accessible

The bus has 7 passenger seats, fewer if using the wheelchair ramp.

Please bring your own carer if you require assistance.

Bookings are essential. Call the CRC on 9849 2842 by midday the day before.

