

DENMARK RIVER PROBUS NEWSLETTER

July 2025 - Edition 130



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Hello everyone!

Welcome to the July edition of the Denmark River Probus newsletter.

Sadly, we lost our dear friend and member Harry White this month. Harry and Kaye have been a valued and active part of our club since its beginning. He will be greatly missed.

This month we were fortunate to welcome Dr Alex Sleeman as our guest speaker. His story of resilience, recovery and gratitude following a serious tractor accident was both moving and inspiring. We also visited the Albany Model Railway Club, where the detailed displays and enthusiastic volunteers gave us plenty to enjoy, followed by a relaxed lunch at our old favourite, the Earl of Spencer.

Here's to another enjoyable month ahead.

Warmly,
Susan



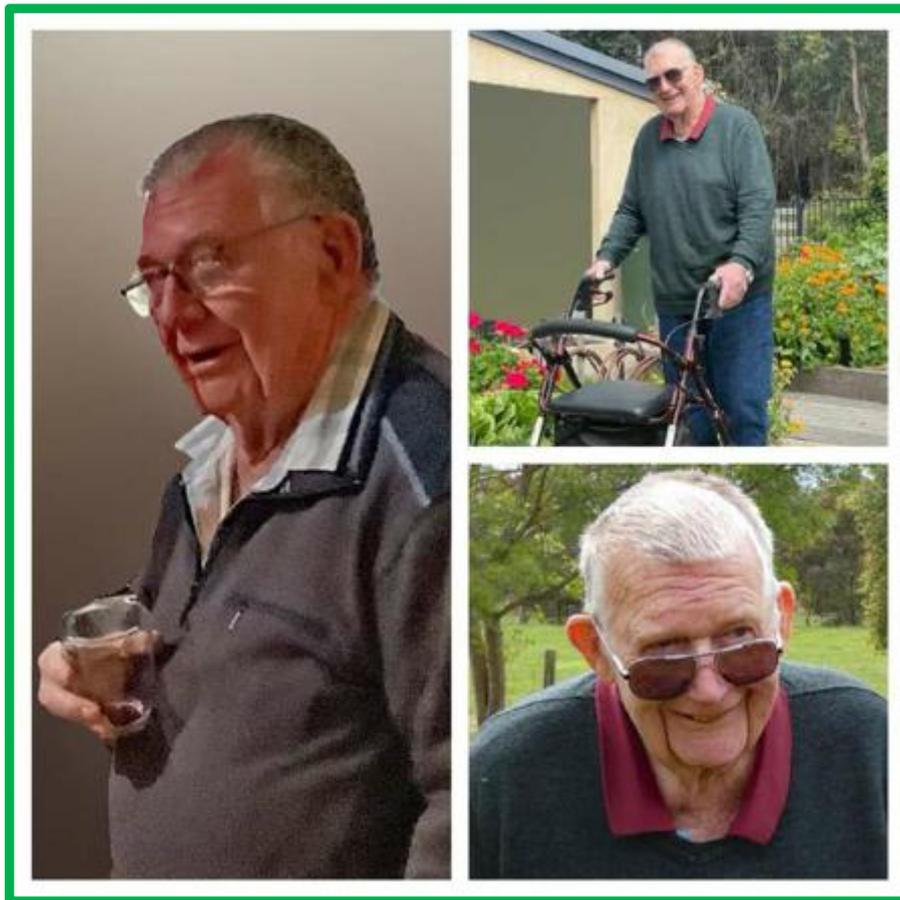
RIP Harry

Vale Harry White

We were saddened to hear the news that our very dear friend Harry White passed away on Friday 4 July, aged 82. Our heartfelt condolences go to Kaye.

Harry and Kaye were Foundation members of our club and have been active and much loved participants over the years. Many of us have fond memories of Harry's company on club outings, lunches and wine club gatherings over the years.

Rest in peace, dear Harry. Your Probus friends remember you with warmth and gratitude.



Guest Speaker ~ Dr Alex Sleeman ~ The Other End of the Stethoscope



Huge thanks to Dr Alex Sleeman, local GP and Peace Street resident, for sharing his remarkable story at our July meeting – with honesty and plenty of humour.

After a serious tractor accident in September 2024 left him with major spinal and pelvic injuries, Alex was rescued thanks to the quick thinking of his son Pablo and good friend Dr Brett Lamb, and the life-saving efforts of the Royal Flying Doctor Service. What followed was six months in hospital in Perth, including five weeks in a spinal unit, months of lying flat, rehab involving wheelchairs, crutches, Pilates, hydrotherapy - and a few daring escapes in his wheelchair to his father's 80th Birthday party, a boat ride with friends on the Swan River and Zambrero Bar for Mexican food and red wine!

He was determined to walk out of hospital, and after six months of intensive rehabilitation, he did just that. To celebrate life, he hosted a lawn party for the community with 300 to 400 guests, a heartfelt thank you to all who supported him.

We wish Alex and his family all the best as his recovery continues, and thank him again for an inspiring and entertaining talk.



This month's event ~ Albany Model Railway Club



Our visit to the Albany Model Railway Club was a real delight. The club members made us feel very welcome and were happy to share stories about how the layouts were built or their own trainspotting memories. We enjoyed looking at the detailed displays, which included tiny towns, timber mills and winding tracks through miniature landscapes, many of which reflect WA themes. The craftsmanship is impressive and full of small, humorous details, and watching the trains in action brought back childhood memories. Afterward, we had a hearty lunch and plenty of laughs at the Earl of Spencer.





Queens Park Rotunda

Lunch at the Earl of Spencer



August Birthdays

Roger Seeney	6 August
Val Ball	11 August
Robert Allan	11 August
Kevin Ivanac	19 August
Bev Farrall	20 August
Kerry Clark	27 August
Stephanie Wierobiej	30 August



Diary Dates

Wed 6 August	General meeting, followed by inhouse lunch of casseroles and dessert
	Guest Speaker ~ Carl O'Callaghan, ex Police Commissioner
Wed 20 August	Denmark Historical Historical Society 10.30am, followed by lunch at Ducketts Mill, booked for 12.30pm.

Extras

Membership ~ There are 70 members in the club, including one 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

Secretary: Val Ball - secretary@denmarkriverprobus.org.au

Treasurer: Ros Gates - treasurer@denmarkriverprobus.org.au

Events: Robin Levet, Malcolm Dickie - events@denmarkriverprobus.org.au

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

Guest Speakers: Lyell Edmonds, Jamie Falls - speakers@denmarkriverprobus.org.au

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

Hospitality: Lorraine Cotton, Kaye White - 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 ~ 7 French wines and 7 French cheeses presented by Brian



From Vicki:

“Brian did an absolutely amazing job last night, his slide show was so detailed, he spent so much time and effort in putting it all together. Everyone was very quiet, all interested in what he had to say. We almost had a full house.”

Robin and Brian did a great job pairing the wine with the delicious French cheeses.”

Photo (left) courtesy of Carmel

These wines and cheeses pair well together ~ Rosé with soft goat’s milk cheese, Champagne with Brie, Pinot Noir with Pont L’Evêque Côte de Rhône with Compté cheese, Bordeaux with Mimolette and Sauterne with Roquefort.

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 Kerry and Glenice ~ Martial Arts

Kerry and Glenice, along with Susan A, Peta and Malcolm, recently attended a free ten week martial arts course for seniors offered by the Shire at the Recreation Centre.

The course focused on building core strength, balance and self-defence skills, with the added bonus of social connection and a fun, inclusive atmosphere.



Each one hour class started with warm-ups and stretching, followed by core strengthening exercises and martial arts techniques including hammer fists, basic punches, knife hands, front kicks and defensive manoeuvres. Abdominal work was also included to improve core stability, a key factor in preventing falls.

Participants learned to target vulnerable areas such as the eyes, nose, throat and groin, using parts of their own body like clawed fingers for eye gouges, knife hands to the throat, and clenched fists with tucked in thumbs for effective strikes. Defensive moves included how to escape wrist or waist grabs and how to deliver a well aimed kick to the groin.

For Kerry and Glenice, one of the most valuable lessons was learning how to fall safely, a skill that could prevent serious injury.

Tip: If you are falling backwards, tuck your chin down to your chest, extend your arms with palms down. If you land on your palms, you won't hit your head.

The safest way to land is on your side, with one arm straight and the other bent with your hand shielding your face.

Despite quite a few bruises picked up during partner practice, both agreed the course helped improve their confidence, strength and balance. They found it not only educational and enjoyable, but also a great mix of fun, friendship and renewed resilience.

I used to wonder what it'd be like to read other people's minds... 🧠
Then I got a Facebook account - and now I'm over it. 😂📱

My wife just opened a jar of pickles by herself... and it's got me wondering if my days around here are numbered.

There's a bear in there 🐻

THE MOST INTENSE DECISION WE HAD TO MAKE AS KIDS



Me: Your shoes are on the wrong feet.

3-year-old grandson: I don't have any other feet.

Me: Fair enough. 👟😂👦



We're getting older, but at least our hearing's fine!

Sure, I'd love some wine!

The rose patterned bed sheets that I bought didn't quite turn out as I had hoped.



**The meteorologist who
devised the wind chill
factor has died.
He was 86, but he felt
like 75.**

**I'm getting to the age
where it's rude to pull
out a bottle of ibuprofen
if I don't have enough
for everyone**

**Whoever came up
with the spelling
for "receipt" was
an idiot.**

**Cashier: Will that be all?
Me: No, I need to buy
more stuff. I just wanted
to show you what I've
got so far.**

**You know you're over
40 when you now clean
your house to the music
you used to get drunk
to.**

**I think my wife has
started to show the
first signs of dementia...
She said she can't
remember what she
ever saw in me!**

Recipe of the month

ROS'S OVERNIGHT DATE & BRAN MUFFINS



1 1/4 cups plain flour
1 teaspoon bicarb soda
1 teaspoon cinnamon
1/2 cup sugar
1 3/4 cups unprocessed bran
125g dates
1/2 cup oil
1 1/2 cups buttermilk
1 egg
freshly grated ginger or chopped uncrystallised pieces

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

Sift flour with soda, cinnamon and sugar, stir in bran and finely chopped dates, freshly grated ginger or chopped uncrystallised pieces.

Make a well in the centre of the dry ingredients, add oil, buttermilk and lightly beaten egg - mix only until combined, cover and refrigerate overnight.

Next day, put mixture into well greased deep muffin tins.

Bake for 20 to 25 minutes.

Serve hot with butter.

Serve with a bowl of honey whipped butter with orange stirred through

The muffins can be made and cooked on the same day, but are not as nice as if the mixture is left to stand overnight.