Denmark Community Guide

We Support, Empower and Engage our Community

26th July - 8th August 2024 Issue #294





ON SATURDAY AUGUST 3RD!



COME ALONG AND
FIX YOUR BROKEN
BUT MUCH LOVED
APPLIANCES,
FURNITURE,
CLOTHES, TOYS
AND MORE!

IF YOU WOULD LIKE TO VOLUNTEER YOUR FIX-IT SKILLS, CALL 9848 2842.

Pizza and Games Night at The Hangout

Join us for an evening of fun and delicious food at the Hangout on **Friday**, **August 9th**, **from 4pm to 7pm** in the Garden Room at Denmark CRC. This event is FREE and open to all from Year 6 to Year 12. Come along and enjoy a variety of games and free pizza! Please **RSVP by August 1st** to Denmark CRC on 9848 2842 or reception@denmarkcrc.com.au.

Dying to Know Day

Have you discussed your final arrangements?

In the spirit of the 2024 'Dying to Know Day' theme - Personalising Final Arrangements - you are invited to join a morning of information and conversation at Denmark CRC on **Tuesday 27th August from 10am-12nm**.

Design Your Eulogy - Local Funeral Celebrant & facilitator of Denmark Write People, Leanne Mifflin, will take you through an easy step-by-step guide to write or prepare for someone to write your eulogy and select music for your end of life celebration.

Understand & Prepare Legal Documents - Local lawyer, Laura Polak, will share her professional knowledge on the differences and importance of particular legal end of life documents and what is required to get them in order.

Please **RSVP by 22nd August** to reception@denmarkcrc.com.au. Tea/coffee and cake provided - see you there!

Become a Champion for the Forget-Me-Not Memory Café!

The Forget-Me-Not Memory Café is on the lookout for dedicated champions to host and support our local cafés.

As a champion, your role includes greeting members, setting up tables with name tags, information boards, and activities, and being a welcoming face for the community.

This is a fantastic opportunity to make a positive impact and support those affected by dementia.

For further information, please contact Von on 0429 409 122 or email von@denmarkcrc.com.au.







Denmark Community Resource Centre is a not for profit organisation who is managed by a committee of community members on a voluntary basis. Its' key role is to be responsive to the needs of the Denmark community, provide access to government information and services and to link people together in meaningful and positive ways.

Day to day management of all programs is the responsibility of the Manager but the Committee is responsible for overseeing the planning, policies, financial health and adherence to all related laws and regulations.

The Committee meets on a monthly basis for a couple of hours, either in person or by Zoom or Teams, usually early evening but the times and day depends on the availability and preference of Committee members.

This year, a new strategic plan will be adopted at the same time as a new Committee is elected, so it is an ideal opportunity to get involved in a some new directions, based on the identified needs of our community.

All Committee positions become vacant at the AGM in October, and a new committee, comprising Chair, Secretary, Treasurer and 4 committee members is elected. There are ample opportunities for training and support, and to contribute in a worthwhile manner to our great organisation.

If you are interested in becoming involved with the DCRC in this manner, please reach out to our Manager, Petra, 98482342, or the current Chairperson, Von – von@denmarkcrc.com.au.







Saturday, 3rd Aug 10am - 12pm

> **Bike Repairs & Maintenance Knife Sharpening Electrical Appliances Clothing and Textile Mending**

Glue & Screw Toys, Small Furniture, etc

Denmark Community Resource Centre







The Denmark Cooking Circle

- · Build confidence and develop new skills
- · Cook a healthy meal to take home
- · All ingredients and equipment supplied
- · Weekly education sessions from WA Country Health Service
 - · Connect to services, training and volunteering opportunities



Each Thursday from 18th July - 22nd August 2024



9.30am - 1.00pm



Denmark CRC, 2 Strickland Street, Denmark WA 6333



To register scan the QR code call (08) 98482842 or email reception@denmarkerc.com.au



Have you discussed your final arrangements?

In the spirit of the 2024 'Dying to Know Day' theme, 'Personalising Final Arrangements' you are invited to join a morning of information and conversation...

'Designing your Eulogy'

Local Denmark Funeral Celebrant and facilitator of 'The Denmark Write People', Leanne Mifflin, will take you through an easy step-by-step guide to write or prepare for someone to write your eulogy and select music for your end of life celebration.

'Understanding and Preparing your Legal End of Life Documents'

Local Denmark lawyer, Laura Polak, will share her professional knowledge on the differences and importance of particular legal end of life documents and what is required to get them in order.



WHERE: Denmark CRC - The 'Garden Room' WHEN: Tuesday 27th August 2024, 10 am - 12 pm COST: Gold coin donation Tea/coffee and cake provided



RSVP: reception@denmarkcrc.com.au - by Thursday 22nd August 2024

First Tuesday PARENTS'

"The best way to predict the future is to create it". Abraham Lincoln.

What future are you helping your child to

Come along to our FREE parent discussion groups. Celebrate successes. Discuss issues. Learn from each other.

Facilitated by Ingrid Jansen-Neeling experienced educator and school leader.

When - 5:30pm - 6:30pm First Tuesday of every month August to December, 2024.

Where - Writers' Room. Community Resource Centre, Denmark.

Contact Ingrid on 0409 680 617 to book.

<u>ingridjansenneeling.com</u> <u>peacefulschoolsproject.com</u>

Youth Events

















Would you be a champion?

Forget-Me-Not are looking for champions for each of our Memory cafe's.

Feel like you've got what it takes to host a Cafe?

The roll of Champion is to greet members, set up the tables with provided name tags, information boards and activities and be the familiar face for your local cafe.

Information on our Champions can be found on our website: www.forgetmenotmemorycafe.com under our 'Meet the Team' page.

or more information, contact us today!

VON 0429 409 122 or von@denmarkcrc.com.au







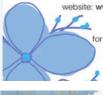
FRIDAY 26TH JULY 11:30-1PM 9 MITCHELL ST, DENMARK

\$15 PER PERSON

JOIN US FOR A BOTTOMLESS BOWL OF SOUP, BREAD, CAKES & SLICES









CW a Dermark

Craft Day

Third Wednesday of the month

10am - 12pm

CWA Hall, 9 Mitchell St

Bring along a current craft you may be working on, join the ladies on a group project or even just come for a cuppa & a chat!



NANNA'S NEXT DOOR

INTERGENERATIONAL PLAYGROUP

Welcoming seniors and toddlers 0 - 4

Second Wednesday of the month

10 am - 12 pm at the CWA hall, 9 Mitchell St

Gold coin entry



ANDRE STEYL GALLERY

PRESENT

ART EXHIBITION

of original works by

Duncan Wallace (Northern Ireland) Mark Henderson (Denmark WA)



FEATURING

- Mosaics and sculpture made with found object & recycled materials
- Ilustrations & portraits of members
 of Denmark's Man Shed
- of Denmark's Men Shed

 Acrylic paintings
- Printmaking

GALLERY HOURS

TUESDAY - WEDNESDAY - THURSDAY



ANDRE STEYL GALLERY
DENMARK ARTSHOUSE
2A Strickland St
DENMARK





6.30-7.30pm: Swing Lesson 7.30-8.30pm: Social Dancing

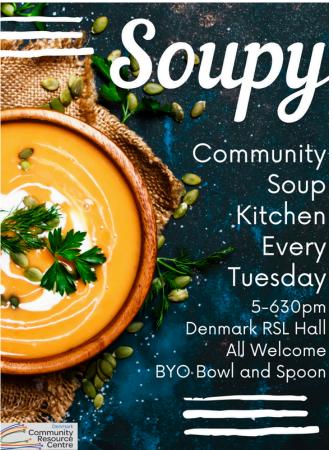
Cost: \$10



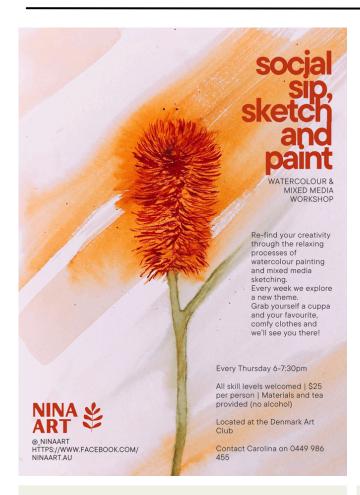














DENMARK WRITE PEOPLE

A writing group to motivate and develop skill in each other writing and give constructive feedback

Open to all levels of writing skill

CONTACT LEANNE MIFFLIN -LEAMIFF@GMAIL.COM OR RECEPTION@DENMARKCRC.COM.AU

Kindy & Pre-Primary Art Class

Term 3 - Ages 4-7 years



This is a fun, creative and playful class for the little ones to learn the basics of painting, drawing and crafting in a supportive, hands-on environment.

Let's create together!



Every Wednesday 10-Ilam at the Denmark Art Club
All materials provided
\$25 per class
Contact Carolina - 0444 986 455

STORY WRITING AND ILLUSTRATING CLASS

Term 3 - Ages 8+ years



Always wanted to write and illustrate your very own book? This class is for you! We will learn to create unique characters, a creative plot, write and illustrate an original story.

By the end of the term, you will walk away with your very own printed book!

Every Wednesday 4:30–5:30pm at the Denmark
Art Club
All materials provided

\$25 per class

Contact Carolina - 0449 986 455



@_NINAART HTTPS://WWW.FACEBOOK.COM/NINAART.AU





From the Sandpit to Adulthood: **Helping Today's Children to Thrive**

Parenting Connection

This FREE parent talk is packed full of common sense and inspiration for parents and communities raising children throughout their childhood and adolescence. Every parent wants their children to thrive - to grow up happy, healthy, strong, kind, and capable of realising their full potential. Maggie explores the 10 keys to parenting that support this goal.

She acknowledges there is no 'perfect', and that challenge. adversity and failure can actually help our kids grow stronger and smarter.

Join us for a free online event with **Maggie Dent**

1 - 3pm AWST Sunday 28 July 2024

Booking Essential https://bit.ly/MAGGIEONLINE











Put Yourself Over the Pits -What is the Fast Track Pit Stop?

BY THE REGIONAL MEN'S HEALTH INITIATIVE

A lot of blokes would appreciate the hard work and effort that goes into maintaining somethink we love, whether it's a new car, a valued piece of machinery, or our weekend toys (boat, motorbike, 44%). If we don't service and look after our machines regularly it will eventually affect their performance and easy-fix problems may be compounded, costing us time and money.

So why is this any different to our wellbeing and health? To put it simply, if we neglect our wellbeing and health (whether it be physical; mental or social/spiritual) it will eventually sental up with us and could cost us more than just time and money. Do we think about the way this flows on to affect other facets of our lives, whether it be our relationships (family, work or business), not function or participation in the things we enjoy?

It is important to recognise that the ageing process throws up all sorts of changes and complications. Sometimes illness and diseases can't be avoided, however, something as simple as a 'routine service visit' or discussion with our CP or treating health professional may assist in the early detection and prevention of certain health and wellbeing issues.

At RMHI we have a simple but effective program that aims to empower men and communities to take responsibility for their wellbeing and health. The Fast Track Pit Stop® is related to the servicing of a vehicle and is a non-clinical, non-invasive way of helping us men become more aware and take charge of our own health and wellbeing. It involves a 3-Point Health Awareness Check:

- Waist Measurement/Chassis: A waistline of more than 102cm (men) and 88cm (women) gives us an increased risk of developing Type 2 Diabetes, some cancers, stroke, heart disease and high blood pressure. Long term storage of internal fat surrounding the heart, liver, pancreas and kidneys is just one indicator;
- indicator; Blood Pressure/Oil Pressure: According to the Heart Foundation, high blood pressure is one of the main risk factors for heart disease, stroke and blood vessel disease.

- So, it's important to firstly know our blood pressure, but also take steps to manage it if it's getting high;

 Coping Skilfk/Shockies: We are all affected by life's ups and downs; participants are given 10 questions to help identify stress levels. Encouraging communication and help seeking is part of the problem-solving process.



We think it's about being there, allowin blokes to have a conversation, and listenin Life is hectic, people are busy, but it's about taking a minute to sit down, have a break ar think about OUR health and wellbeing.

RMHI delivers the Fast Track Pit Stop® program across rural and regional WA and can be set up on the back of the ute, under a marquee or in a hall. Field days, agricultural shows and a whole range of community events and festivals provide our organisation with the and festivals provide our organization with the opportunity to go where the blokes are, so look out for our red utes and come and have a chat. It's time to start thinking about our service schedule habits!

As always, remember _ before it all gets too much... Talk to a Mate®!!







Learn how to do an



on your home

We'll also do a cook up to see how much electricity different cooking equipment uses

SATURDAY 10 AUGUST

11:30AM - 2:00PM



Denmark address

Tickets \$10

https://events.humanitix.com/ home-energy-audit



Green Skills Inc

This workshop is facilitated by Green Skills and supported by the Shire of Denmark Community Environment Education Projects Grant and Denmark Sustainability Fund Inc.





The truth, the lies and the unbelievable story of the original superfood

Matthew Evans, Tasmanian Chef, Farmer, Food Writer and Broadcaster is the author of MILK, a deep dive ino the noble liquid and what makes it one of the most nutrient dense original superfoods. An exploration of the politics, history and science of what makes mammals different to any other life form on earth.



Monday 12th August 2024

5.30 - 7.00 pm

Denmark Community Resource Centre

\$10 General Admission

\$5 Denmark Environment Centre Members Register your attendance by booking online at https://events.humanitix.com/matthew-evans-milk-booktalk or in person at the Denmark Environment Centre. All other queries can be directed to Sally on projects@denviron.org.au





PETITION NOW
OPEN
CALLING FOR
MINIMUM
STANDARDS FOR
TRAIN LIGHTING

SIGN THE PETITION HERE & SAVE LIVES



OR VISIT

WWW.APH.GOV.AU/EPETITIONS/PETITION/EN6369

SIGN BEFORE 31 July 2024

HOW?

Scan the
Code with
your phone

OR

✓ Visit & follow the link

My brother Christian Jensen and two of his friends, Jess Broad and Hilary Smith were killed 23 years ago at an unlit passive level crossing near Jennacubbine in the WA wheatbelt when a grain train loaded with 28 wagons of wheat struck them on their way to a 21st birthday party on July 8, 2000.

A 'perfect storm' of factors contributed to this tragic triple-fatality at a notorious crossing that had already claimed the life of another young man just three years prior.

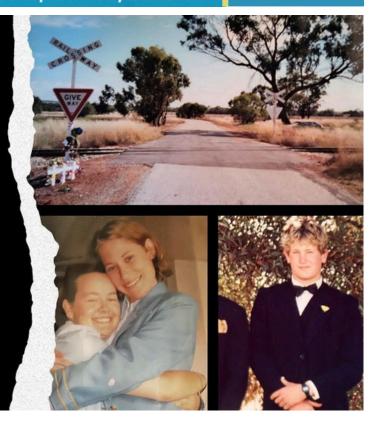
My brother was not speeding or under the influence of alcohol or drugs, he was an experienced, careful, and conscientious bush driver who took the responsibility of having passengers on board extremely seriously.

The 28-wagon loaded grain train hit them in darkness at the crossing (that was protected only by a Give Way sign) and was positioned on an obscure angle. There were conflicting tractor lights adjacent to the unlit crossing (spraying was taking place in nearby paddocks), the roadside vegetation on approach to the crossing was overgrown and the signage at the crossing "was not sufficiently conspicuous to warn motorists of the presence of a railway crossing" in the words of an independent consultant who gave evidence to the coronial inquest.

My brother's vehicle was pushed for over a kilometre before the train could come to a complete stop.

A year after the accident, WA State Coroner Alastair Hope concluded in the 2001 inquest into my brother and his friends' deaths that "the train was not lit with any form of alerting lights" and that "inadequate train lighting was a factor in the crash and resulting deaths." This observation formed the basis of his recommendations that all locomotives be fitted with external auxiliary lighting in addition to ditch lighting to effectively warn motorists of oncoming trains. These recommendations were completely ignored by the rail industry.

Lara Jensen, Christian Jensen's sister









CHESS AT THE TEAHOUSE

EVERY THURSDAY MORNING FROM 11AM TO 1PM

COME ALONG AND ENJOY A GAME WITH A FRIEND OR ONE OF OUR MEMBERS.

TUITION AVAILABLE FOR BEGINNERS.

80ARDS AND PIECES SUPPLIED



Denmark Branch CWA

New Members Welcome

Meeting Days = 1st Wednesday of the Month 10am Start

"Nanna's Next Door"
Intergenerational Play Group = 2nd Wednesday of the Month
10am Start

Craft Days = 3rd Wednesday of the Month

10am Start

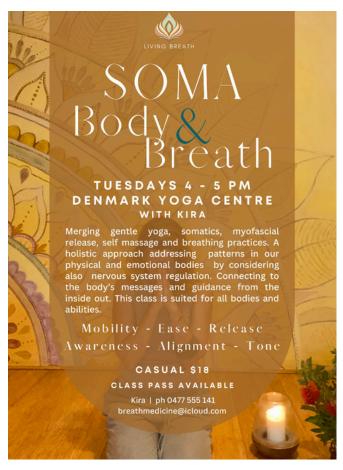
CWA House 9 Mitchell Street DENMARK WA 6333

Age is no barrier. More than Tea and Scones. Help us Help our Community.



0431 775 649







Gather around the hearth with us for a a day of tending your inner fire and spirit with the practises of Yoga, meditation, workshops, delicious Ayurvedic food and deep winter nourishment! We will cocoon and connect at our beautiful retreat home in the heart of the Nullaki Conservation Area.

For more details and bookings, scan the QR code or go to denmarkyogaretreats.com.au







DENMARK EMBROIDERY GROUP

Sub-group of the The Embroiderers' Guild of Western Australia Inc.

When

Meet 1st and 3rd Tuesday of the month 10:00am till 2:00pm

Where

Community Resource Centre (CRC) 2 Strickland Street, Denmark

What we do

All types of embroidery stitch techniques embraced. Come and join us. Experienced and non-experienced welcome. Learn something new, try something new. Tutors / teachers on hand to assist.

Contact

Linley Radalj 0407 944 063 or Louise Hoskins 0419 916 131



<u>DENMARK</u> **EMBROIDERY** <u>GROUP</u>

The Embroiderers' Guild of Western Australia Inc.

We are a very friendly group of approximately 20 members who meet the 1st and 3rd Tuesdays of the month at the Community Resource Centre, in the centre of Denmark township.

We have an annual program that is flexible to meet the demands of the members. Usually, a focus on a particular type of embroidery is encouraged by way of workshops on a regular basis. Occasionally a Tutor from Perth visits us to hold workshops.

We hold Stitches by the Sea every third year at a local venue - and invite the two Albany Groups to join us.

We have a small library that is growing all the time.





Soil testing to support better fertiliser decisions

Expressions of interest now open!



Join more than 1600 farmers working to increase farm productivity and improve the health of our waterways!

The program is open through Healthy Estuaries WA to beef, dairy and sheep grazing enterprises that are over 40ha of arable land in one of the funding catch ments: Peel-Harvey, Leschenault, Vasse-Wonnerup, Geographe, Hardy Inlet, Wilson Inlet, Torbay Inlet or Oyster Harbour.

- Soil testing, advice and support valued at almost \$5000
- Soil sampling and chemical analysis of all eligible paddocks
- Results and advice at a local workshop One-to-one agronomic advice Plant tissue testing

Go to estuaries.dwer.wa.gov.au/soiltesting Ph: 0427529077



#WAestuaries



Orenda Trio House Concert



August 3rd at 5 Payne Road, Denmark.

The Orenda Ensemble was created out of a shared desire to express the divine moments of musical joy and connection experienced when performing. With it's usual intrumentation of Viola, Piano and Flute, exisiting works have been arranged and adapted to create a new musical conversation within the language of the compositional greats.

Tickets are available through trybooking: https://www.trybooking.com/events/landing/1241454

Come and enjoy the concert and a glass of bubbly!

For the Love of Owls Art Exhibition

See the works of our amazing artists as we celebrate everything 'owls'

Brought to you by the Denmark Bird Group to raise awareness amongst the community of the lethal effects on our Owls and Raptors caused by the use of Second Generation rat/mice Poisons





Saturday 3rd August 1.30pm

Running for 3 weeks

Community Resource Centre (CRC) Art Gallery 2 Strickland St Denmark

> All artwork for sale

Enter our raffle for fabulous prizes



Scan the code for ongoing updates

https://www.denmarkbirdgroup.org/owl-artexhibition/

As part of the 'For the Love of Owls' campaign

The Denmark Bird Group also bring you a RAFFLE - \$5 a ticket

Available for sale throughout the Art Exhibition – 3rd to 23rd August and at the Denmark CRC front desk (CRC cash only)



4 delightful and kindly donated prizes to win!

- 1st Boobook Owl Photograph by local John Anderson ready to hang 42 by 42 cm
- 2nd Coffee table book Birds of Prey by **David Hollands** www.davidhollandsbirds.com/au
- 3rd Coffee table book Birdland by Leila Jeffreys www.leilajeffreys.com
- 4th And a bit of bling gold coloured Owl Earrings by Denz

Raising awareness amongst the community of the lethal effects on our Owls and Raptors caused through use of Second-Generation





To be drawn at the end of the Exhibition on the 23rd August. Prizes can be collected in Denmark but cannot be posted



www.denmarkbirdgroup.org/owl-art-exhibition/



Denmark Kwoorabup Community Garden Workshops



September to December 2023



Workshops



- 2-4pm Sat 9 Sept with Neal Collins
- 2-4pm Sat 7 Oct Garden Permaculture Outing with Megan Hall
- 2-4pm Sat 4 Nov with Neal Collins
- 3-5pm Sat 25 Nov Garden Outing Visit
- 3-5pm Sat 16 Dec with Neal Collins

Busy bees from 2pm on other Saturdays, weather dependent.

Meet at the back of the
Denmark CRC, on Strickland Street.
(Please park at the front)



By Donation (Recommended \$10)

For Info contact: Basil 0429481019 basilschur@gmail.com or Don 042744665



These workshops are supported by Green Skills, Denmark Community Foundation, Shire of Denmark, Mt Lindesay Farm and Denmark CRC





