



January 2023 Newsletter

PROBUS CLUB OF WHITE ROCK & SOUTH SURREY Monthly Meeting Wednesday January 11, 2023

Speakers

Jan. Joslyn Young -Manager of external relations for Vancouver Fraser Port Authority. In her role she manages the port authority's relations with industry and business stake holders such as Chamber of Commerce and Boards of Trade. She is also a Board Director with the Surrey Board of Trade and serves on the Transportation and Infrastructure for the Canadian Chamber of Commerce.

Feb.

Gang crime in Vancouver presented by Dr. Kieron McConnell

March.

Memory improvement for Seniors by Graham Best



New members getting name tags



Probus activity groups leaders.

Connections

Bill Jones is handling the leadership of the Connections committee.

Activities

Appies Social Group

The White Rock/South Surrey Probus club has initiated a monthly co-ed "Appies Social Group". Both couples and singles are welcome to participate. Both couples and singles are welcome to participate.

Time: Jan. 27/2023 6 p.m. to 9 p.m.

Place: To be announced

Where: Food: You must bring one shareable appetizer, enough for 10 or 12 people. Bring your own plates and cutlery.

Drinks: BYOB including glasses.

Rules: 1) Take your leftover food and drinks home. 2) Meet people. 3) Have fun! Anyone wishing to take part should reply to Bob Pedersen at bob_pedersen@shaw.ca or by phone at 604-535-0272. Please also advise if you are willing to host an event and, if so, how many people you can accommodate.

Where: Members' homes, gardens, patios, back yards, common rooms, etc.

Suggested sizes of groups: 10, 12, and/or 20, depending on the size of the venue and the total number of guests attending.

Hosts: Hosting is optional, but encouraged. Hosts will be given ample notice of who their guests will be.

Signing up: There will be a sign-up sheet for the upcoming event at each monthly Probus meeting. You will be notified by phone four or five days before the event as to whose home you will be attending.

Rules: 1) No "trading" of houses is allowed. 2) Take your leftover food and drinks home with you. 3) Meet people. 4) Have fun!

Please advise which month you are willing to host, and also an alternate month.

Bridge Group

Dick Baker, Coordinator 604-536-4734

Al Zemrau, Assistant Coordinator

Calling all bridge players.

The Bridge group is starting up with a new option. See below for details on how to participate.

BRIDGE – TUESDAY EVENINGS – Coordinator Dick Baker

DICK BAKER wishes to inform all interested Tuesday Evening bridge players the games have resumed at the Peninsula.

Dick advises the following rules will be in place:

Games start at 6:30pm

Masks are mandatory

Sign in procedures at the front door are in effect

As a guest of Peninsula, you will be joined in the game by 8-10 Peninsula residents

Beverages and snacks will be available following the game Contact Dick directly at **(604) 536-4734** if you are planning to attend.

BRIDGE – MONDAY AFTERNOONS – Coordinators Al Zemrau and Henry Lazar

Bridge is great fun and studies have shown it is one of the best ways to maintain mental function and acuity. Aside from the occasional heckling, the social element of getting to know other Probus members is a welcome benefit.

This new Probus Group activity meets every week – Monday afternoon 1:00pm to 4:00pm.

A very modest fee is charged at each game to be paid out to the “best” and/or “luckiest” players that day.

Please email us if you have an interest in playing afternoon bridge once a week. We would welcome any inquiries.

Cheers, ♠ ♦

Al Zemrau and Henry Lazar, Coordinators

Probus Afternoon Bridge Group

Walking Groups

Probus Walking Group

The Probus Walking Group welcomes all levels of walking ability.

Our Probus Walking Group is the longest running, consecutive weekly, Probus Men’s walking group in all of Canada!

You can expect a variety of enjoyable walks once a week. Walks start at 9:30am in the summer and 10:00am in the winter. Walks are generally rated ‘easy’ to ‘moderate’ and typically, last 45 to 75 minutes (4-6km). We believe there is “No bad weather, just bad clothing” we walk regardless of weather - rain, wind, snow, or blistering sun!

Walks incorporate a strong social element with great comradery during the walk and again over coffee at the end of our walk ... where we discuss and resolve many of the world’s most pressing problems .

- Benefits of Walking – recent multi-year studies have shown that walking **contributes significantly to physical and mental well-being**. People who walk regularly often see noticeable improvement to arthritic, problematic knees and hips, and dementia. In addition to the obvious fitness component, walkers live longer and have a more positive outlook on life and retain a feeling of well-being. Walking boosts the immune system!

Monthly walking schedules are issued to “registered members” of the Probus Walking Group – please email Al Zemrau, Coordinator directly to join our group and have your name added to the distribution list.

Cheers 🚶 ,

Al Zemrau, Coordinator

Probus Walking Group

Wanderers Walking Group (WWG)

This Walking Group is designed to accommodate the “fitter” walker - those individuals who can walk 10+ km, navigate the occasional hill, and elevations up to 500 feet. More challenging walks, selected by the group, take us throughout the lower Mainland.

Routes, dates, and times vary.

Contact Al Zemrau, Coordinator directly to have your name added to the distribution list.

Mixed Walking Group

Here are the walks for the balance of January. In view of the season and the potential for inclement weather, please check your emails on Sunday mornings prior to the walk. Based on the weather at that time, the walking portion of the outing may be cancelled or delayed. An opportunity to still gather together for coffee and conversation will be offered including the meeting place. Walks will commence at 10:00 am

Jan 15 - Crescent Beach. We will meet in front of the Beecher Street Washrooms

Jan 22 - Tynehead Park. We will meet in the parking lot off of 168 Street North of 96th on the west side

Jan 29 - Nico Wynd Dike. Meet at the Stewart Farm House. 13723 Crescent Rd.

Cheers Ted

Investment Group

The Probus IDG brings together Probus members who have an interest in managing money and understanding investments – primarily cash, stocks, bonds, and real estate.

The IDG meets the third Tuesday of every month at 10:00am. Coffee and donuts make the conversations easy, friendly, and educational.

This group will be of particular interest to those who manage their own investments. Sharing our collective knowledge with each other is the cornerstone of the IDG.

Current macroeconomic and investment conditions are discussed as well as Hypothetical RIF and TFSA portfolios reviewed and analyzed. Individual asset Buy Sell and Hold discussions follow as does an educational segment.

- Group discussion leaders include Gerry Burns, Damon Bowman, and Ken Maycock.

Over the last several years, our group earned excellent “gold medal” returns on our hypothetical portfolios, easily outperforming our benchmarks.

If you have an interest and wish to join the IDG, please contact Al Zemrau, Coordinator.

Cheers 🍷,

Al Zemrau, Coordinator

Book Club Group

Looking for members.

We meet twice a every second Tuesday a month in each other's homes; we take turns.

Once a month we review a book. Once a month we choose a topic for discussion. We take turns assigning the topic.

A sample of topics we have discussed:

1. If you did not have commitments to others, how would you live your life?
2. What are three things that you are optimistic about?
3. What are three things that you are pessimistic about?
4. What is something you truly appreciate or enjoy doing that most others probably do not care for?
5. What are five things you are grateful for?
6. What public figure has inspired you?
7. What is your most treasured memory?
8. What is daily activity do you treasure more than any other?
9. Do you enjoy reminiscing about the past?
10. How much do you care about your personal space?

We are 8 at the moment. If new members join us we will divide into 2 groups and meet separately. Because of space in our homes we have agreed to try and keep the group around 6. (also gives us more air time)

The Book Club meets bi-weekly on Tuesdays at 10:00am in the homes of the members. Both non-fiction and novels covering a wide range of subjects are discussed interspersed with general topics of interest to the members.

To join us contact Harry White or Bill Jones. bjones17@shaw.ca 604-328-5360

Wednesday Morning Coffee Hour:

Wednesday Morning Coffee Hour – The Roadhouse

Coffee hour has moved to the private room at the Roadhouse House. 1781 King George Blvd. Call to get set up. 604-531-3167

Bill Jones

Monday Evening Coffee Chat:

We decided future meetings will consist of one member giving a sketch of their personal history; early beginnings, work history, family etc. Half the hour will be devoted to personal histories and the other half; who knows? We start at seven and finish around eight. Everyone's Welcome. If you can't find your invitation please contact Bill Carlson. wacinbc@gmail.com

Time: Every week on Mon, Bill Carlson sends the Zoom invite out each Sunday

Join Zoom Meeting

<https://us02web.zoom.us/j/81994169612?pwd=eWx2N0cxbThlR3p5Z296dGp4dHUwdz09>

Meeting ID: 819 9416 9612

Passcode: 906667

Theater and Dinner Group

The group normally meets every second Thursday of the month. After dinner at a local restaurant we will then proceed to a local theater and you will have the choice of two recently released movies (shows usually begin at 6:30 pm & 6:45 pm). Further details as to these two movies will be announced a week in advance by Bill Lambert.

Contact Coordinator Bill Lambert for more information.

Golf Group

PROBUS GOLF GROUP:

The Golf Group is a Probus Club sanctioned activity for any members interested in the game of golf and involves getting out several times [usually 6] each year with your Probus friends for a very informal 9-hole round on a very 'user-friendly' course, followed by some food and/or refreshments at the course.

- No cost to belong, simply pay your green fees when you come out to play.
- All you need is a set of golf clubs, some golf balls and be appropriately attired.
- Regular involvement not required – come out whenever you can.
- We usually play on 4th Thursday of the month, starting at approx. 3:00 PM.
- Our ‘go-to’ course has become Nico Wynd Golf Course, Crescent Rd., South Surrey; other courses are played occasionally, suggestions for courses to play are welcomed.
- Season starts in April, ends in September/October [weather permitting].
- No official scorekeeping, no handicaps are required, no prizes are awarded.
- Course booking and tee time arrangements require advance notice of intention to play.
- Members of the golf group receive regular email notices from the coordinator as to upcoming golf outings and requests for sign-ups for specific golf activities.
- Group members also receive via email from the coordinator, notice of player pairings and tee times in advance of the date of play.

If you have an interest in participating or simply want to be added to the mailing list in order to know what golf activity is going on and/or when, contact the Golf Coordinator, FRANK PALMER, at email frank@fgpalmer.com or phone # 604-535-8300. Your involvement is welcomed!

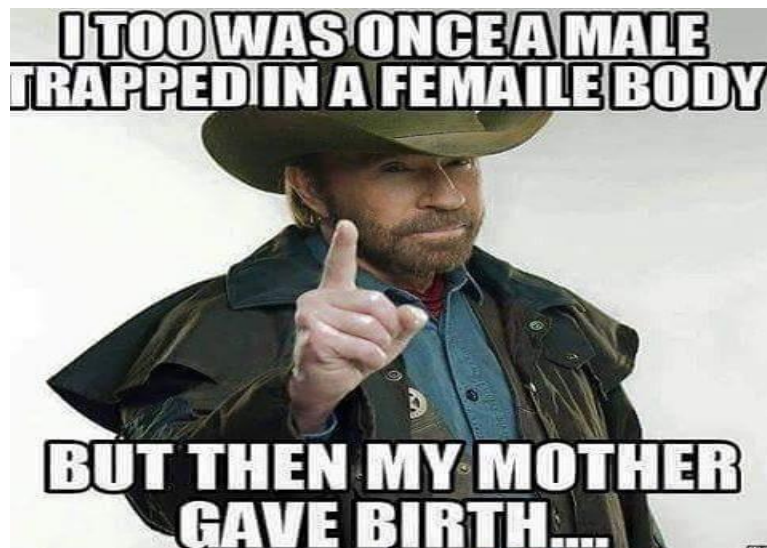
Pub Night

Pub Night is a Probus Club sanctioned activity for any members who would like to get out once a month for a social pub gathering to enjoy some good food, a refreshment or two and pleasant surroundings with like-minded Probus Club members for an early evening of fellowship and camaraderie.

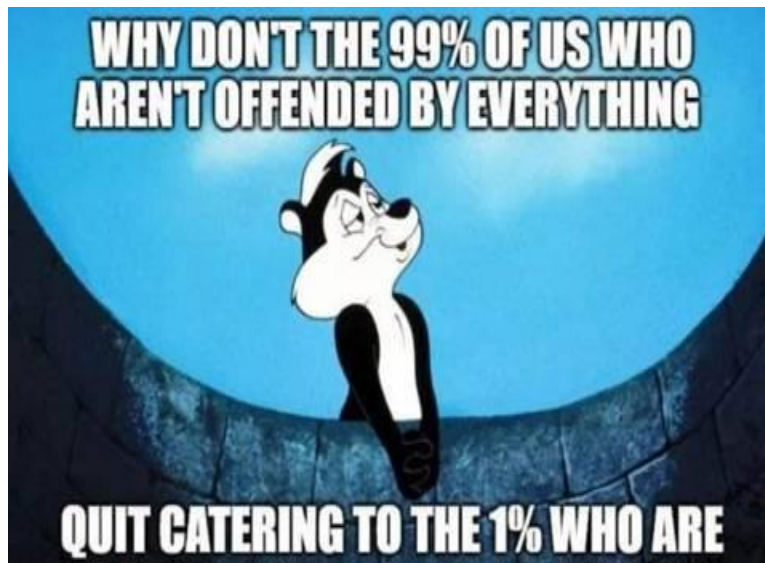
- No cost to belong to the group, just pay for your food and refreshments before you leave.
- Regular attendance is not required, come out with the guys whenever you can.
- Pub Night is regularly on the 3rd Thursday of each month, year-round, starting at 6:00 PM.
- Our 'go-to' pub has become the Ocean Park Village Pub on 16th Ave., Ocean Park. We have tried other locations but always come back to the O.P. due to its location, service, and food quality.
- Pub reservations to ensure there is adequate seating availability and wait staff available require advance notice of intention to attend.
- Members of the group receive regular email notifications from the coordinator as to upcoming Pub Night outings and requests for notices of intention as to attendance.

If you are interested in participating in Pub Night activities or you simply want to be aware of when and where the events are taking place, get your name on the mailing list by contacting the Pub Night Coordinator, FRANK PALMER, at email frank@fgpalmer.com or phone # 604-535-8300. We would love to have you join us!

Smile and Chuckles







Doctor: Due to new privacy regulations we can no longer use patient names in the waiting room...



Will the patient with the itchy vagina please follow me...

95% of electric vehicles are still on the road.
The remaining 5% made it all the way home.

-Some thoughts for entering 2023

The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.

Happiness is not having to set the alarm clock.

When I get a headache I take two aspirin and keep away from children - just like the bottle says.

Just once, I want the prompt for username and password to say, "Close enough."

Becoming an adult is the dumbest thing I've ever done.

"Your call is very important to us. Please enjoy this 40-minute flute solo".

Does anyone else have a plastic bag full of plastic bags, or is it just me?

I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.

Today's 3-year-olds can switch on laptops and open their favorite apps. When I was 3, I ate mud.

Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.

So, you drive across town to a gym to walk on a treadmill?

Old age is coming at a really bad time.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

Now, I'm wondering . . . did I send this to you, did you send it to me or have I only sent one copy?

The Commandments for Seniors.....

You don't need anger management. You need people to stop pissing you off.

Your people skills are just fine. It's your tolerance for idiots that needs work.

"On time" is when you get there.

Even duct tape can't fix stupid - but it sure does muffle the sound.

It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free...and three sizes smaller.

Lately you've noticed people your age are so much older than you.

"One for the road" means peeing before you leave the house.

HAPPY NEW YEAR.

