



October 2022 Newsletter

PROBUS CLUB OF WHITE ROCK & SOUTH SURREY General Meeting Wednesday October 12, 2022

Speakers &

Oct.

Sean Hernandez Cummings

Seán has worked as a location manager and scout in British Columbia on more than 30 projects including feature films, television movies and series. In addition to the abundance of experience and knowledge of motion picture physical production, Seán brings a diverse background to more than six years experience with Creative BC, including time in client services management, finance, real estate appraisal, professional theatre management, teaching, and organized labour. This unique insight enables Seán to play an important role in client services and issues resolution as part of the Provincial Film Commission team.

Nov. Remembrance Day meeting with bagpipes and a movie.

Dec. Christmas Luncheon at Hazelmere Golf Course \$50 per person Guest invited.

Jan. To be announced.

Feb.

Gang crime in Vancouver presented by Dr. Kieron McConnell

March.

Memory improvement for Seniors by Graham Best



Gerry Burns _Receives life membership award

Management Committee

Past Presidents Fall Meeting



Christmas Lunch

When-December 14, 2022

Where-Hazelmere Golf Course

18150 8 Ave, Surrey, BC

MUSIC BY: Greg Hampson – Solo Entertainer

CLASSIC BUFFET

Start-Assorted dinner rolls

Salads-Heritage Green Salad of lettuce with dressings & vinaigrettes,

Classic Caesar Salad with shaved parmesan, garlic lemon aioli,

Greek Pasta Salad with feta cheese, orzo and red wine vinaigrette

Asian Noodle Salad with hoisin and cilantro

Pesto Potato Salad with red nuggets, basil vinaigrette

Platters-Stuffed eggs baby shrimp, scallions and paprika

Assorted sliced deli meats, turkey, honey ham, pepperoni

Pickled vegetables, olives, gherkins, pearl onions

Vegetable Crudite with chef's selection of vegetables with in-house dip
Hot items-Carved AAA Baron of Beef with a selection of mustards, horseradish, au jus

Grilled BC Chicken Breast with creamy mushroom and bacon gravy

Wild Sockeye Salmon with dill-yogurt sauce

Penne Marinara with parmesan, fresh basil, plum tomatoes

Roasted Potato Medallions with green onions, shredded cheese

Rice Pilaf with fresh parsley and peppers

Steamed Vegetables honey butter

Desserts-Assortment of Dessert Squares

Assortment of Fresh Fruits

Beverages

Freshly Brewed Coffee & Tea

Price \$50 per person. Members and guest are invited to this function.

Confirmation of attendance will be by your purchase of the Lunch by credit card or cheque. No sales at the door. **We need to have the purchases in by Nov.30** to advise the facility of the number of people coming. If you need to cancel before this date your money will be refunded. After this date NO refunds.

We request that if you are joining us for the Christmas Lunch that you please confirm by making a purchase ASAP to help us get a clear picture of how many are attending.

BY Credit Card: Please follow this link to the Probus Purchase page of our Probus WRSS website:

-----> [Purchase Christmas Lunch Tickets](#) <-----

Click on the Christmas Lunch image below the Website Banner on the Left of the screen

Select 1 or 2 Tickets

Click add to cart,

Click View cart,

Click Checkout and follow the secure CC payment process that follows.

If your paying by Cheque: Please mail your Cheque to:

Bruce Sinclair

5344 Spetifore Crescent,

Delta, BC V4M 4H6

After you place the order your purchase will be confirmed by email from the website. No physical tickets will be given out. When you arrive at the luncheon we will check off your name on our master list. If you have a problem contact Jamie at jfear@telus.net

There are a limited number of seats available so do not leave to the last minute.

Regards,

Your Management Committee

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: 6 p.m. to 9 p.m.

Where: This month The Appies Night will be on October 28 at 6 p.m. **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

The Bridge Group meets every Tuesday evening at 6:15 pm at the Peninsula Retirement Home.

Both experienced and new players are welcome.

Players are asked to advise Dick and Al if they plan to attend, as it is important to know the exact number of tables for set up purposes.

Note: Snacks and beverages are provided and form an important part of this fun evening.

Walking Groups

Probus Walking Group

Our Probus Walking Group welcomes all levels of walking ability.

You can expect a variety of enjoyable walks once a week. Walks start at 9:30 am and typically last 45 to 75 minutes. Walks incorporate great comradery and always end with coffee... where we discuss and resolve many of the world's most pressing problems (does anyone in power listen ? 😊).

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 a feeling of well-being.

A Word on Ticks

BC has more than 20 species of ticks, most prevalent in heavily forested area. To decrease the likelihood of tick bites:

- Wear pants and tuck pants into socks
- Apply 'Deet' insect repellent
- Avoid overgrown and closely lined trails
- Examine yourself closely upon walk completion

For more information talk with Bill Carlson, our resident tick authority.

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

PROBUS - Walking Group - Outings 2022

All walks start at 9:30 am sharp, rain or shine.

Contact: Al Zemrau if you have questions.

Walk #	Day	Date	Description	Meeting Location
269	Sunday	16-Oct	Crescent Park & Forest	Pking Lot off Crescent Rd - 129st & 28ave

270 Sunday 23-Oct Co-ed - Kwomais Park & Ocean Pk Loop 128st
& Marine Dr - Kwomais Pking Lot

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

Oct 16 - Nico Wynd Dike. Meet at the Stewart Farm House. 13723 Crescent Rd.

Oct 23 - White Rock Promenade. We will meet at the East end of Marine by the Spirit Bear. This is just across the street from the Promenade Hotel at 15611 Marine Drive.

Oct 30 - Campbell Valley Park. Entrance is off of 16th Ave at about 204th.

All walks begin at 10:00 am. See you there.

Cheers Ted

Investment Group

Probus IDG (Investment & Discussion Group))

You may already know we have a very active ‘Investment Discussion Group’ - this is your invitation to join the group in 2022.

Probus Investment Discussion Group (IDG)

The IDG, meets the third Tuesday of every month at 10:00 am.

Next meeting at the Crescent Housing Society.

Find out what to do with your portfolio of investments in these times of rising interest rates and challenging stock and real estate markets.

Contact Al Zemrau, Coordinator for more information.
available.

Book Club Group

Presently 6 of us meet every second Tuesday @ 10:00am. Once a month we discuss a book and once a month each of us pick the topic for discussion. At this time we are on Zoom every second Tuesday. Contact Bill Jones at 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

Golf Group

See you next year.

The Probus Club Golf Group is a group of members who have identified a desire to take part in some golf activity with other members during the summer months, or at least be made aware of the current and ongoing golfing activities, even though they may not actively participate on a regular basis. Being part of the Golf Group does not require any member to participate in any of the events. No costs are involved in being part of the Golf Group. Costs are incurred only when members participate in a specific event, i.e. green fees, cart fees, etc.

The normal golf day is the 4th Thursday of each month [identified on the Club Activities Calendar], with group members being advised of each event approx. 2-3 weeks in advance by the coordinator, with follow-up calls for involvement up to a few days before the event. The 'go-to' location has become Nico Wynd Golf Course in recent years, however for 2022 that has been altered somewhat due to major on-site re-construction of the clubhouse which has hampered the usual social gatherings following golf; as a result we have begun attending at other local course which offer 9 hole bookings.

Any Probus Club member wishing to take part in the Golf Group activities or at least being placed on the mailing list, should contact the coordinator, Frank Palmer [604-535-8300], email frank@fgpalmer.com at any time.

In addition to the regular 9 hole golf activities, a new venture has been undertaken in the form of playing in local Par 3 courses with in addition to or in lieu of participation in the regular 9 hole events. This activity is currently being organized by Rob Leeson, with at least one event already concluded. Those with an interest should contact Rob Leeson, whose contact information may be found in the Probus Club Directory.

Anyone wishing to become part of this activity should contact the coordinator, Frank Palmer, at frank@fgpalmer.com

Pub Night

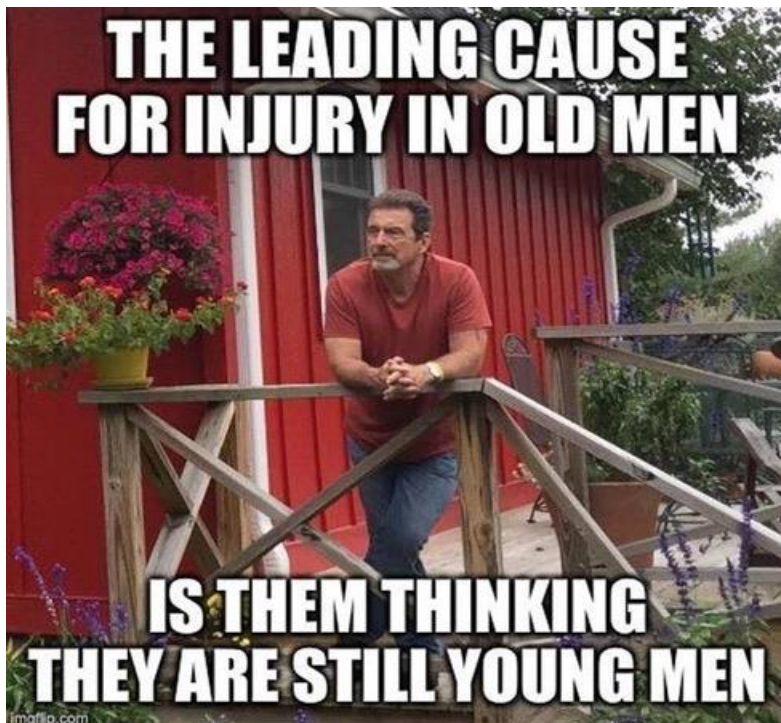
Our next Pub Night was scheduled for Oct 20 at the TAP & BARREL, 207-3211 152nd Street, Surrey, at our usual time of 6:00 PM.

This is a new and recently opened venue behind the Keg Restaurant [in The Professional Centre building adjacent to Hwy #99], with access from 152nd St. [northbound] and 32nd Ave. Diversion [eastbound]. I anticipate those attending will enjoy the experience. The facility is on the 2nd floor level with access via elevator or stairs from the main entrance at the east end of the building. Lots of free parking. It is a large site which can accommodate up to 500 patrons; its menu is diverse and my visit for lunch recently was quite pleasant.

Check it out on-line at tapandbarrel.com. >locations>South Surrey.

This will be a one-time venture. If the general view of those attending is that it is a good Pub Night location, we will consider a repeat outing, otherwise we will return to the Ocean Park Village Pub for our November gathering.

Smile and Chuckles

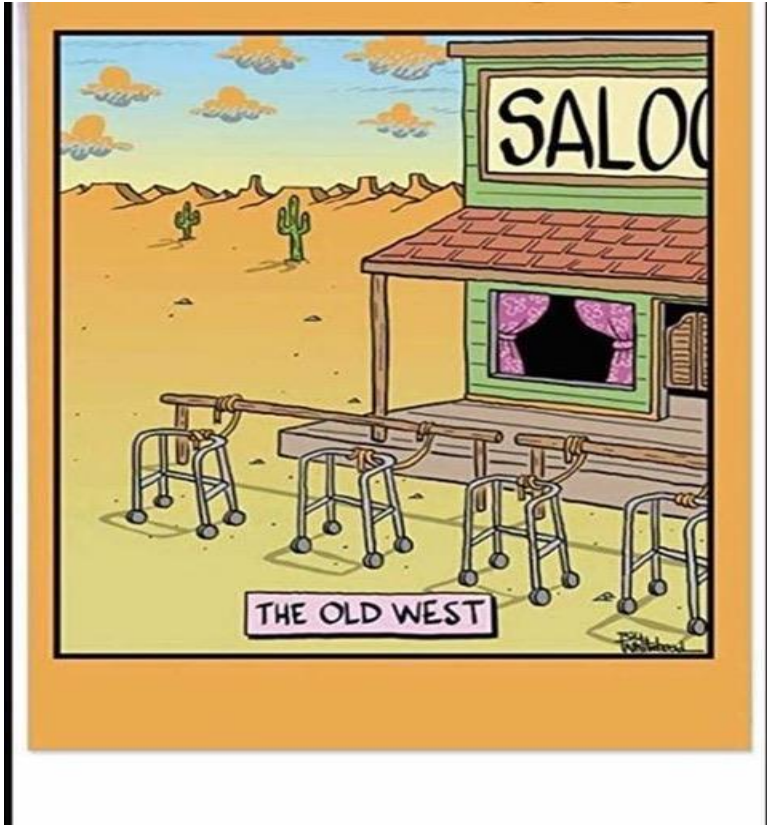


It'll Might Be Funny



**WHEN GRANDMA
DECIDED TO UNFRIEND
SOMEONE**





I NEVER USE TURN SIGNALS



**IT'S NOBODY ELSE'S BUSINESS
WHERE I'M GOING**

**I REALLY DON'T
MIND GETTING
OLDER, BUT MY
BODY IS TAKING
IT BADLY.**

**I'M SO OLD
I REMEMBER
MULTIPLICATION
f Oldtimers
WAS CALLED
"TIMES TABLES".**

**It's not my age that bothers me;
it's the side effects**