



## June 2021 Newsletter

### PROBUS CLUB OF WHITE ROCK & SOUTH SURREY General Meeting Wednesday June 9, 2021

#### Zoom Meeting No 14



To mark ALS Awareness Month our speaker this month was Nadine Sands, author of 2 books - Hold On, Let Go: Facing ALS With Courage and Hope & High & Wide: When Grief and Love Collide. Nadine told a stories that were at times heart breaking but also heartwarming. Nadine's first husband Mike was stricken with ALS, a fatal disease. As part of grieving Nadine wrote her first book, Hold

On, Let Go: Facing ALS with courage and hope, high & wide. One of the book's many readers was a widower named Chris, who had lost his wife to cancer. Nadine and Chris soon met, fell in love and were married. Nadine then wrote her second book: When Grief & Love Collide.

Nadine said grief is very personal. It is normal to be afraid of grief and to be in grief. She said there is a comfort that comes from mourning. She advised those in grief to find someone to talk to, someone who will listen. She concluded, "It is not about what you lost, but what you had and what you gain from that – love."

Nadine answered questions and was thanked by Ted Cartier. President Bill Jones reported he has a number of favourable comments about Nadine's presentation.



Our speaker in July is retired RCMP Staff/Sgt/Major John Buis who spent 45 years on the Force. John was badly injured when shot in the leg during a routine stop of a car on Kingsway in Burnaby in 1979. John still suffers from the physical and mental ramifications of being shot and used as a barricade by the gunman. John has endured numerous surgeries on his leg and says he has had lasting psychological trauma. John also served with UN peacekeeping mission in the former Yugoslavia but had to evacuate on short notice because of death threats. John tells his remarkable story of stress and trauma and the wonderful treatment he has received.

Our August speaker will be White Rock Deputy Fire Chief Norm MacLeod.

He will speak about the contributions of Canadian firefighters to fellow firefighters in many countries in Central and South America. Norm has visited many of those countries to help local communities with donations of used fire trucks and other equipment along with training.

## **Management Committee and Activities**

### **See the activity calendar on the [website](#)**

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### **Walking Group**

The walking group has had successful walks and will continue in the summer.

Cheers – Stay Safe – 🚶

Al Zemrau

Probus Walking Group Coordinator

Contact Al Zemrau at [azemrau@shaw.ca](mailto:azemrau@shaw.ca) to be added to the Group Distribution list. Please note that due to provincial health regulations all activities in this group maybe suspended for a period.

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## Investment Group

The Investment Discussion Group meets on the 3rd Tuesday of each month. The next meeting is scheduled for June 22th at 10:00am.

During COVID we meet via Zoom. If you wish to participate please contact me so I can have your name added to list. Once on the list you will be sent a link for each meeting & notices for any other notifications.

At this time we have evolved into having some company stock suggested by members. We are then asked to research each & come to the meeting with a recommendation as to whether we would want it in our portfolio. When this is finished we open the meeting to general discussion by those attending.

It has been suggested that, in future, we come to the meeting with a Buy, Hold, or Sell recommendation for the stocks we discuss."

The group is running again so please contact Chuck Haller at [hall9033@telus.net](mailto:hall9033@telus.net) if you want to receive an invite to the virtual meeting.

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## Book Club Group

6 of us meet every second Tuesday. Once a month we discuss a book and once a month each of us pick the topic for discussion. Here is our schedule until the end of July. Everyone's Welcome. Contact Bill Jones at [bjones17@shaw.ca](mailto:bjones17@shaw.ca) for Zoom Invitation.

June 22 Book Discussion – Humankind by Rutger Bregman (Bill)

July 06 General Discussion – Brian

July 20 Book Discussion – Black Swan– Henry by Nassim Nicholas Taleb, 2007 (Henry)

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## Wednesday Morning Zoom Coffee Hour:

Approximately 30 of us have dropped in for a visit. We say good morning and break up into small groups of three for 15 minutes. Back to the large group for a

few minutes and new groups are formed. On average we are getting 15 to 16 people. Everyone welcome.

Invitation sent out weekly.

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### **Monday Evening Chat:**

Our first session took place Monday, April 5. Seven members showed up and 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.

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### **Snowshoe Group**

Al Zemrau

Snow Shoe Group Coordinator-See you in the fall

Contact Al Zemrau [azemrau@shaw.ca](mailto:azemrau@shaw.ca) to be added to the Group Distribution list. Please note that due to provincial health regulations all activities in this group maybe suspended for a period.

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### **Golf Group**

Probus Golf Group activities got underway for 2021 in April. We will play on the 4th Thursday of each month. Those interested in having libations and/or food service after golf will be able to do so. Outings during the following months will take place at Nico Wynd and other potential locations such as Surrey Golf Course, Morgan Creek, Country Meadows and Poppy Estates. Planning is currently underway. if you wish to join contact Frank Palmer [frank@fgpalmer.com](mailto:frank@fgpalmer.com) , via text message at [\(604\) 612-2114](tel:6046122114) or phone [\(604\) 535-8300](tel:6045358300).

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## Interest of the Month

### WHO'S THAT MAN

#### AROON SHAH

Born in Nairobi, Kenya. Came to Canada as a student in 1969. Lived in Montreal for 25 years and then moved to BC.

Counselling Psychologist by profession, I have worked in psychiatric hospital, Canadian Airlines (Air Canada). Presently, I am semi-retired and continue to provide counselling and consulting services.

I am married with 2 adult children (lawyer and pharmacist) and one granddaughter.

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### Smiles and Chuckles

#### Men DO Remember Anniversaries

A woman awakes during the night to find that her husband was not in their bed. She puts on her dressing gown and goes downstairs to look for him. She finds him sitting at the kitchen table with a hot cup of coffee in front of him. He appears to be in deep thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of the coffee.

“What’s the matter, dear?” she whispers as she steps into the room. “Why are you down here at this time of night?”

The husband looks up from his coffee, “I am just remembering when we first met 20 years ago and started dating. You were only 16. Do you remember back then?” he says solemnly.

His wife is touched by tears thinking that her husband is so caring, so sensitive.

“Yes, I do” she replies.

The husband pauses. The words were not coming easily

“Do you remember when your father caught us in the back seat of the car?”

“Yes I remember.” said the wife, lowering herself into a chair beside him.

The husband continues. "Do you remember when your father shoved a shotgun in my face and said "Either you marry my daughter, or I will send you to jail for 20 years?"

"I remember that too" she replied softly.

He wipes another tear from his cheek and says

"I would have been RELEASED today."

It's happening 🤔 just spotted these shirts that come with matching masks. 2020 fashion is wild 😂



I'M NOT BUYING  
A 2021 PLANNER  
UNTIL I SEE A  
TRAILER.

I told my wife how  
thankful I was to have  
someone I enjoyed  
being quarantined with.  
She said "must be nice."

I HAVEN'T TRIED  
YOGA, BUT I HAVE  
TRIED BENDING OVER  
More Crazy Stuff  
TO PICK UP MY KEYS,  
SO I'M PRETTY SURE  
I'D HATE YOGA.

School playground equipment  
in the year 1900.



Apparently in 1900 only the strong  
survived recess

Hunting dog for sale



**HEALTHY  
EATING  
#43**



**I PICK FRESH VEGETABLES  
EVERY DAY.  
I FEED THEM TO MY PIG AND HE  
CONVERTS THEM INTO BACON.**

**TO THE GOOD OLD DAYS,**



**WHEN WE COULD MAKE FUN  
OF EACH OTHER WITHOUT EVERYONE  
GETTING THEIR PANTIES IN A BUNCH!**

**My high school  
was so small....  
we had sex  
education and  
drivers  
education in the  
same car.**

I don't care who your dad is, this is an illegal gathering



**I'VE NOTICED  
A LOT OF  
YOU ARE NOT  
POSTING SELFIES  
ANYMORE  
SINCE THE  
BEAUTY SALONS  
HAVE CLOSED**

So how did  
all the  
earthlings  
die

They used so  
much toilet paper  
they wiped  
themselves out





**I'VE BEEN "SOCIAL DISTANCING"  
ALL MY LIFE...**

You think it's bad now? In 20 years our country will be run by people home-schooled by day drinkers...



**IT'S CALLED GOLF**

Quarantine, Day 8:



I'm giving up drinking for a month.  
Sorry, bad punctuation.  
I'm giving up. Drinking for a month.