



February 2023 Newsletter

PROBUS CLUB OF WHITE ROCK & SOUTH SURREY Monthly Meeting Wednesday February 8, 2023

Speakers

Feb.

Gang crime in Vancouver presented by Dr. Kieron McConnell

Guest speaker Dr. Kieron McConnell, a long time drug cop in Vancouver spoke about criminal gangs in BC and around the world. He said gangs have always been with us, even at Barkerville in the Gold Rush in the 1800's. Kieron, who has several degrees and teaches at Simon Fraser University said drug gangs will always exist. People attracted to gangs, mostly young people and are two types: Misfits who have been abused in society and those who want to be part of something big. He said drugs should not be considered a criminal matter, they are a health issue. His advice is to focus on keeping young people occupied with sports or some other activity. He said if kids hang out on the street they are likely to wind up in trouble. There is big money in drug dealing but many die young or wind up in jail.

March

Ashley Gowanlock Her story, 2x Paralympian
Surrey's Girl's Story of Courage and Perseverance

April.

Memory Improvement for seniors by Graham Best Author & Memory Dynamic
Expert

Club News

All the tables were taken up with good attendance at the regular monthly meeting of the Probus Club of South Surrey/White Rock, February 8th.

President Steve Banham welcomed visitors Michael Kouznetsoff and Shawn Murray.

New badges were presented to Roy Vine, Rob MacWilliam, and Mark Wilson. Membership Chair Bob Pedersen reported we now have 100 members.



Our oldest member Percy Smith will turn 100 on May 10th. Percy told us stories of his postwar travel including a visit to Buckingham Palace where he was invited to a garden party. The sandwiches were covered on a table in a tent on the beautiful palace grounds. Percy was so hungry he made his way to the table and pulled out

a couple of sandwiches and quickly ate them. He saw the Queen and Prince Philip, but only from a distance.

Jamie Fear reported plans for our summer barbecue – July 16th at Sunrise Golf Club - #10 Highway & 188th Street, Surrey.

Our Christmas Party will be held at The Hills at Portal Golf Club (formerly known as Peace Portal) on December 13th. Jamie said it was necessary to make reservations early so we get the dates we want.

President Steve reported the Management Committee has set the membership fee at \$60 for the year(2023-2024). Payments can be made at the March meeting by credit card, cheque or cash. Online Payments maybe made from Feb 16.

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: xxx/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

We are initiating a Monday Afternoon Bridge game every Monday..

Bridge players must pre-register their firm commitment to play on a certain day by emailing either Al or Henry.

The following rules will be in place:

Maximum 2 tables will be available (ie: 8 players)

Players must pre-register their firm commitment to play

Entry fee of \$2

Location of game will be announced to registered players prior to game day
Masks optional

Thanks,

Al Zemrau azemrau@shaw.ca

Henry Lazar 44orca@gmail.com

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

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

All walks begin will be at 10:00 am. . Hi Everyone

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

Feb 12 - Crescent Beach. We will meet in front of the Beecher Street Washrooms.

Feb 19 - Campbell Valley Park. Entrance is off of 16th Ave at about 204th.

Feb 26 - Nico Wynd Dike. Meet at the Stewart Farm House. 13723 Crescent Rd.

Starting time will be 10:00 am.

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.

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 at 7 pm, Bill Carlson sends the Zoom invite out each Friday.

Join Zoom Meeting

<https://us02web.zoom.us/j/89026078008?pwd=eXlJVzJVZG5pUUw0cGYwS3hhQ3F3UT09>

Meeting ID: 890 2607 8008
Passcode: 376670

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

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

THURSDAY, FEB 16th - Ocean Park Village Pub @ 6:00 PM.

Please advise me ASAP whether or not you plan to attend

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



These are so 'true' it's scary....



  **Law of Mechanical Repair** - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.



  **Law of Gravity** - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.



  **Law of Probability** - The probability of being watched is directly proportional to the stupidity of your act.

  **Law of Random Numbers** - If you dial a wrong number, you never get a busy signal; someone always answers.




  **Variation Law** - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.




  **Law of the Bath** - When the body is fully immersed in water, the telephone will ring.

  **Law of Close Encounters** - The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.



  **Law of the Result** - When you try to prove to someone that a machine won't work, IT WILL!!! (Applies especially to auto mechanics.)

  **Law of Biomechanics**- The severity of the itch is inversely proportional to the reach.

   **Law of the Theater & Hockey Arena** - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very *surlly folk*

   **The Coffee Law** - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

   **Murphy's Law of Lockers** - If there are only 2 people in a locker room, they will have adjacent lockers.

   **Law of Physical Surfaces** - The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.

   **Law of Logical Argument** - Anything is possible IF you don't know what you are talking about.

