

Probus August 2023 Newsletter
By George Garrett and Friends

(George is getting out of hospital today and will be back doing the newsletter next month)

Reminder that our Christmas lunch will be held Wednesday, December 13th in a restaurant at the former Peace Portal Golf Course, now called the Hills at Portal Golf Club.

This month's guest speaker was Joanne Marlow who talked about the challenges with having up to five generations of employees in the workforce at the same time. (Dialogue Between The Decades)

Membership Chair Bob Pedersen welcomed new members Brian Wilson and Lee Chadwick as well as guest John Cullen. Bob reported we now have 97 members.

Appies Social Group.

The 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. Where: To be announced 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.

Evening Bridge Group

Dick Baker, Coordinator 604-536-4734

Calling all bridge players. 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.

Probus – Afternoon Bridge Group

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 ‘friendly’ heckling, the social element of getting to know other Probus members is a welcome benefit.

This Probus Group activity meets every week – Monday afternoon 1:15pm 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 from new players.

Cheers, ♠♦

Al Zemrau and Henry Lazar, Coordinators
Probus Afternoon Bridge Group

Walking Groups

1) 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

2) Mixed Walking Group

Coordinator: Ted Cartier tedcartier@gmail.com Check with Ted for upcoming walks.

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. All walks begin at 10:00 am

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 investments are discussed in a round table format.

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 email Al Zemrau, Coordinator.

Cheers 🏆💰,

Al Zemrau, Coordinator

Probus Investment Discussion Group

Book Club Group

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. Book Club Group Looking for members. We meet 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?

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

At about 7pm some of us check into the zoom house provided by the management. The entrance is easy and we are free to talk about anything or nothing. No rules, no expectations, just conversations.

It's a great way to share information, ideas, and concerns. And ask a lot of questions. So join us Wednesday evening by just clicking the link on the weekly newsletter and have some fun. Contact Lyle Chase for more information (lylechase@shaw.ca)

Monday Evening Coffee Chat:

Every Monday evening at about 7 pm some of us check into the Zoom house provided by the Management.

The entrance is easy and once in we are free to talk about anything, everything, or nothing. No rules, no expectations, just conversation.

It's a great way to share information, ideas, concerns, and share pictures. And ask a lot of questions.

So join us Monday evening by just clicking the link in the weekly newsletter and have some fun.

Contact Lyle Chase for more information. 'Lyle Chase' lylechase@shaw.ca

Zoom Meeting: see the Probus Weekly Events email for the current meeting code or link

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 welcome

Pub Social

August 17 [Thursday] 6:00 PM - OCEAN PARK VILLAGE PUB.

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.

Jim's Funnies are taking a break this month