



# Beaver Valley Probus Club

## The Grapevine

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### Current Activities

by Viv Alper

[\(details\)](#)

Backroads Cycling  
Birding  
Book Club Chapter One  
Book Club Chapter Too  
Book Club Chapter Three  
Canasta  
Canoe/Kayaking  
Casual Dining  
Computer  
Cue Sports  
Digital Photography  
Euchre  
Euchre 2  
Gardening  
Hiking  
Nordic Pole Walking  
Recreational Cycling  
Scrabble  
Stitch & Bitch  
Table Tennis  
Target Shooting  
Travel  
Wood Carving

**"Please be advised that all events and activities of the Beaver Valley Probus Club are organized for the benefit and enjoyment of its Members. Individuals who participate do so at their own risk and are responsible for their own safety".**

### President's Message

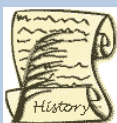
Here we are at the mid point of an "interesting" summer – especially with all the rain and heat. However, just look and enjoy the wonderful flower gardens and great "veggies". We have never seen our vegetable gardens produce in such abundance and so early! The lawns are another thing; they can alternate between lawn and hayfield which seems to happen almost over night.

Summers, for many of us, mean travel and visiting old friends; some we see yearly while others are delightful reunions after several years apart. However, the most important for many of us is family gatherings, whether it's at someone's cottage or just a family barbeque.

As you will note in this newsletter, we have a busy September coming up with "Putt and Lunch" September 12th and the Car Tour slated for September 25th. I understand that both events are already well subscribed. In addition, there are the regular Club activities – hiking, biking etc. that carry on through the summer.

Enjoy the rest of your summer and we all look forward to getting together, not only with our regular activities but also at the September 24th meeting. See you there.

*Peter Armstrong*



### Bits and Pieces of our Rich Local History

*This month combined with*

## Cool Websites

### A Brief History of Georgian Bay

written & compiled by Graham Ketcheson for White Squall

Georgian Bay was known by many names before its current incarnation, assigned in tribute to King George IV by early 1800s British surveyor Lieutenant Henry Bayfield.

Today we know the Bay as a unique landscape with a rich, layered history. Weathered and glaciated billion-year-old rocks, countless shipwrecks concealed in her depths, and ghost towns with lingering spirits.

Paste - [A Brief History of Georgian Bay](#) onto your browser and view this fascinating and interesting PDF.

*Submitted by the Editor*

## Upcoming Club Events

[details](#)

Aug. 14, 2013 @ 2p.m.- Johnny and June, a Tribute, King's Wharf Theatre in Penetang - contact Vicki Kellar

October 1 Fiddler on the Roof at the Festival Theatre in Stratford – check the details as a waiting list has been started - contact Stella Zahradnik



[Click here](#)

For new/used items for sale

### Singles Gourmet

For the schedule of Dinners for 2013 – 2014

[Click here](#)

### Activity Group Diary



#### Computer group

After breaking for the summer, meetings of the Computer Group will resume on the second Tuesday of each month. The September meeting will be held at the L.E. Shore Library, Thornbury on Tuesday, September 10 from 1 p.m. to 3 p.m.

## Message Board

### Breaking News: BVPC Bylaw Change Approved

In June the Membership approved a bylaw change to read: **Annual membership fees are payable on a date set by the Management Committee. The Management Committee may terminate the membership of any member whose annual membership fee remains unpaid 30 days following the payable date.**

Bylaw #2, Membership, point 6

So what happens now?

The only difference for the current Members is that renewal notices will be sent out earlier in the fall with the due date for returning in **mid December**.

If you have any questions regarding this bylaw amendment please contact the Membership Chairs, Terry and Vicki Kellar.

### **CAR TOUR on SEPTEMBER 25<sup>th</sup>**

Come and join fellow Probus members in a Fun Car tour on the afternoon of Wednesday September 25.

The Tour will be similar to a car rally except speed is not important. We will not be using GPSs. You will interpret rally-like instructions, answer several questions (to show you followed the route), enjoy the fall countryside, arrive at the destination eventually and hopefully still be speaking to each other. You do not have to team up with your spouse/partner. The route will be about 80 km, take about 2 hours (if you don't mess up), and end at a watering hole.

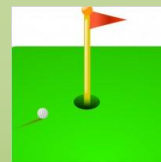
There is a limit of 80 people (20 cars, with 4 people in each). 14 of the 20 cars (56 people) are now filled.

Make up your own foursome if you wish or ask us to put you on a team. Non-members are accepted only if members don't take all the spaces.

Enrollment deadline is Sept 13 if not full before.

The entrance fee is \$5 a person, due Sept 1.

Contact Bob or Gayle Smithson



### Putt and Lunch

Just a reminder golfers!!! Thursday 12<sup>th</sup> September is the date for our Putt and Lunch at Georgian Manor. Starting at 11 am, we putt on an 18-hole "real turf" putting course and then we return to the patio for lunch. Here is where we share our famous "golf tails of woe" of how the ball almost went in the hole if it weren't for....you fill in the details!!!

Total cost is \$25, with your bar beverages extra.

Please contact [Ron Hartlen](#) or [Bev Wright](#) to sign up.

Payment is due by September 3<sup>rd</sup> at the latest.

See you on the green!!!!

## The Master Gardener's Corner

Things to do in your garden each month taken from the Ontario Master Gardener Calendar by John Hethrington, Past President, Master Gardeners of Ontario. For more information, or your copy of the 11" x 17" calendar of the full year's tips for a \$1 contribution to Master Gardeners, call John.

### August:

- Sow fall vegetable seeds e.g. spinach, some varieties of lettuce
- Tidy up plants and shrubs with a little judicious pruning early in the month.
- Order spring flowering bulbs.
- Plant fall flowering perennials e.g. mums.
- Water and weed as necessary.
- Start to dry flowers and herbs.
- Collect seeds that have matured but not fallen from the plant. Once they have completely dried, store them in air tight containers in a cool location.

### FROM THE EDITOR'S DESK

It is now six months since I took over this role from Sharon and I am now starting to feel comfortable in getting the newsletter together, compiled and sent off for publication.

I think it is true that most of us do not know fully what is involved with this, I must admit that I certainly did not comprehend the extent of the work that Sharon and before her Seija had put into this task. Well done ladies you laid a rich foundation upon which I am now able to build.

The biggest challenge that is faced each month is trying to get members to submit material. I understand that for many it may appear daunting but it need not be. Anything which you feel is of interest to you and may be to others can be submitted. If you cannot type then hand written material is OK. I am happy to compose it, providing it is legible and sent before the end of the month. Or if it is something which can be accessed on the web then just let me know where to find it.

After all this is YOUR Grapevine so why not contribute and help to make it so.

*David*

### EXERCISE FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.

Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.



### Support Group

**Do you know of a member who needs encouragement to get through a difficult period?  
Please don't hesitate to call:**

**August: Joan Uglow**

September: Pam Muir

or any one on the Management Team

### In Memoriam

John Borden, one of our founding members, passed peacefully on July 27<sup>th</sup>, 2013, surrounded by his children.

Craig Stewart, husband of member Jackie Stewart, passed away July 19th after a long illness



## SEPTEMBER SPEAKER

Our guest speaker for September 24<sup>th</sup> is Doctor Karin Euler a local GP, with a presentation on Medical Missions to Ukerewe Tanzania.

Dr. Euler has been a family physician since 1992, first in Guelph, Ontario and since 2007 in Clarksburg as a member of the group practice there.

She received her Doctor of Medicine from the University of Western Ontario in 1991. As a medical student she worked in Angola for three months. She now travels to Tanzania every fall as part of the Canadian African Community Health Alliance, to lead medical missions for the people of the island of Ukerewe located in the south east corner of Lake Victoria. Travelling out to different villages every day, treating on average 600 patients at every stop.



submitted by David Morgan

[Click here](#)

for a chance to win

???????

For the answers to last month's quiz

[Click here](#)

And for a list of those who got it right

[Click here](#)

## OCTOBER SPEAKERS FOR THE BEAVER VALLEY BRUCE TRAIL CLUB



Jack Morgan



Joelle Martin



Stew Hilts

Jack is a long time volunteer with the Beaver Valley BT Club and is presently the Club's Land Securement Secretariat representative. He lives in Meaford

Joelle is Past President and Activities Director of the Beaver Valley BT Club. She is a long time volunteer and at one time or another has held most of the executive level positions in the club, including that of Bruce Trail Board Director. Joelle lives in Meaford.

Stew is the Beaver Valley BT Club's Land Steward Director and a retired Professor Emeritus from the University of Guelph. He is also President of the Grey Highlands Probus Club. Stew lives at Hutchison's Corners.

### Newspaper Team

#### Editor

David Morgan

#### Reporter

Your name here?

#### Distribution

Barb Thompson

#### Website Maintenance

Sharon Black

#### Technical Advisor

Terry Kellar

Look forward to seeing you at our meeting at the Community Centre

September 24th

Starting with Fellowship at 1-1:30

### *The Last Word*

submitted by Vicki Kellar

***Do not take life too seriously. You will never get out of it alive.***  
[Elbert Hubbard](#) (June 19, 1856 – May 7, 1915) an [American](#) writer, publisher, artist, and philosopher.