



# 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
- Cooking Together
- Cue Sports
- Digital Photography
- Dining About Town
- Euchre
- Euchre 2
- Gardening
- Gourmet (not really)
- Hiking
- Nordic Pole Walking
- Recreational Cycling
- Scrabble
- Stitch & Bitch
- Table Tennis
- Target Shooting
- Travel
- Wood Carving

## President's Message

We had an excellent May attendance to hear Ron Hartlen [extra chairs had to be brought in!]. I could have listened to him for hours on his in-depth critique on the major issue of wind power that we all have so much to learn about. Ron was a great help in sorting out "fact from fiction" which was appreciated by all of us. The ongoing problem continues to be the in-house sound system. To this end, we have made arrangements to try out a very compact "wireless" system that several of us heard in early June at the Community Centre, listening to Mary Jo Leddy. The sound reproduction was excellent in all regards and we hopefully look forward to trying it out at our September meeting.

Our Activity groups continue to expand as we now have 3 Book Clubs and a re-vitalized computer group which is at capacity, while the popularity of the gardening group was so well reflected in the success of the May plant sale. Again, huge thanks to all the volunteers that make all of these activities such a success.

This is a busy month with the golf tournament June 17 and our regular meeting June 25, followed by the Picnic and Bocce tournament on Thurs June 27 at Rice's Pond. Be sure to pick up your Picnic tickets at the June meeting.

Just a reminder that there are no meetings in July and August. So have a great summer.

*Peter Armstrong*

## Bits and Pieces of our Rich Canadian History



This area was once densely forested with mature trees that were harvested to feed the sawmills in the area and to construct the first houses. That clearing however was nothing compared to what went on in the USA and western Canada for interesting pictures [click](#)



## Cool Websites

Submitted by the Editor

### The Science behind How Meditation Reduces Anxiety

Scientists at Wake Forest Baptist Medical Center have identified the brain functions involved in how meditation reduces anxiety.

The team wrote in the journal Social Cognitive and Affective Neuroscience about how they studied 15 healthy volunteers with normal levels of everyday anxiety.

For more and other scientific information check out [www.redOrbit.com](http://www.redOrbit.com)



*"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".*

## 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

June 27<sup>th</sup>, Beaver Valley Probus will be having a bocce tournament and picnic at Rice's Pond – see details below

### BOCCE - PICNIC

June 27<sup>th</sup>, Beaver Valley Probus will be having a bocce tournament and picnic at Rice's Pond located on the 10<sup>th</sup> Line, Fire # 416266. Bocce participants are to assemble at 2:30 for a 3:00pm start. Dinner will begin at 5:30pm and will be catered by TK's Kitchen and Catering. The menu, served buffet style, will include 3 different salads, pulled pork on a bun, salmon filets, half a corn, condiments and assorted squares and cookies. Dishes and cutlery will be provided. Beverages are not included, so please bring your own water, juice, soda, coffee or alcohol. Be sure to also bring a lawn chair. There will be some picnic tables available. The cost is \$20.00 per person. The cut-off date for signing up is Friday June 21<sup>st</sup>.

### Message Board

*It is club policy that community announcements to the membership at the monthly meetings are made by the Vice President.*

*If you have community announcements and items of interest, be they educational, musical, theatrical, municipal, environmental, etc. then give them to me before the monthly meeting. Please call or email me and I shall be happy to make the announcement.*

*Brochures outlining the event may also be placed on the community table.*

*Catharine Pepper*

## Activity Group Diary

### Gardening Group

Thank you to everyone for the wonderful support of our plant sale at the May 28<sup>th</sup> meeting! The workers, the plant donors and the purchasers all contributed to the \$280 we made in support of garden group activities.

Our bus tour to 2 Mulmur gardens with lunch at the Terra Nova Public House takes place on Monday, June 17<sup>th</sup>. There is a waiting list so if anyone wishes to cancel please let me [Barb Thompson] know ASAP.

Those who have not paid yet [\$32/person] can bring their cheques to the BVCC where they will be collected before you board the bus! There will be an email reminder with details to garden group members one week before the trip. Our carpool trip to Artemisia Daylily nursery and a second garden in the afternoon is planned for Wednesday, July 24<sup>th</sup>. Finally it is OK to plant!!!!

*Barb, Marie and Louise*

### Stitch and Bitch Crafts.

Since the start of the group we have been talking about going to the annual Spinrite Tent Sale in Listowel. Well, this year it finally became an event. A carload of us took off at 9 a.m. in the morning of Thursday, May 23<sup>rd</sup> and headed west. Luckily our driver, Sylvia Ridgley, was very familiar with the route and we arrived in good time.

The tent was there, filled with huge quantities of the big balls of yarn in every colour imaginable. We were handed a large green garbage bag at the entrance and we saw some customers filling them up. Leaving the tent, we went into the Spinrite store and found more wonderful yarns, patterns and notions. We all left the store feeling we had made some good purchases.

Before leaving Listowel we had lunch at Crabby Joe's, which was an excellent choice, (thank you Brenda Harris for this recommendation). We arrived back home at 4 p.m. full of new ideas for future projects. All in all, a successful and enjoyable day.

*Seija & Margaret*

To view some photographs [click here](#)

## 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 calendar of the full year's tips for a \$1 contribution to Master Gardener.

### JUNE GARDEN TIPS

- Fertilize perennials, roses, shrubs and vegetables according to package instructions.
- Prune spring blooming shrubs and trees (lilac, forsythia) after they have flowered.
- Prune evergreens and hedges.
- Finish removing all daffodil and tulip flower stems. Leave leaves. Add a little bone meal around bulb clumps to promote growth.
- Stake or cage tomato plants, dahlias, gladiolas etc.
- Thin vegetable seedlings and plant successive crops. (Plant a second crop as first is maturing e.g. lettuce, spinach, radishes.)
- Seed flowering cabbage/kale into garden rows for later transplanting.
- Plant seeds of fast growers such as cosmos, marigold, calendula, etc.
- If desired, move houseplants outside to protected areas.
- Deadhead faded blooms on plants such as petunia, rose, verbena, etc. This will promote continuous blooms and bushy plants throughout the second half of the summer season.
- Weed and water garden beds as needed.
- Cut back by a third, late bloomers such as mums and asters. This will make them bushier and give them a mounded shape.
- Turn compost regularly and check moisture level.
- Take cuttings of perennials, shrubs, roses, etc. for rooting.

### New Fast & Easy Access:

For your interested friends and family the new **BVPC Membership Application Package** can now be downloaded from the BVPC website.

Simply go to our website at [www.beavervalleyprobus.com](http://www.beavervalleyprobus.com), click on 'Questions' on the left side and for the first question "How do I join this club?" just click for the Beaver Valley Probus Application Package.

The Package is also accessible in the Contacts section.

*Terry and Vicki Kellar, Membership*



My 85 year old Dad was taking his daily walk through the park when he heard a tiny voice calling to him. **"Hey, mister! Pssst, mis-ter!"**

Dad looked all around, and spotted a little frog sitting in the grass looking up at him. **"Hey mister,"** said the frog. **"A wicked witch cast a spell on me, and turned me into an ugly frog. If you'll just kiss me I'll turn back into a beautiful princess and be forever grateful."**

Dad reached down, picked up the frog, put it in his pocket, and proceeded to walk on. The frog called out to him again, **"Hey! Did-n't you hear me? I said if you'll kiss me, I'll turn into a beautiful princess and be forever grateful."**

**Dad replied, "I heard you, but at my age, I'd rather just have a talking frog!"**

### A Round of Putting, and Lunch Sept 12

Georgian Manor Resort, Hwy 26 Collingwood the "Superstitions" Putting Course is a challenging and enjoyable layout on immaculate real turf grass.

Mid / Late morning start, followed by Lunch.

Cost for Golf and Lunch \$25

Contacts: Ron Hartlen or Bev Wright



[Click here](#)

For new/used items for sale

### Support Group

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

**June – Mary Anne Lawrie**

July – Barb Thompson

or any one on the Management Team

## Kristen Martyn, Speaker for June



Kristen Martyn is a Birder, Naturalist, an expert in Ecotourism and a Bird Feeding Specialist. Her strong passion for the natural world, led her to pursue a BSc. in Zoology and complete a Post-Graduate course in Ecotourism and Adventure Tourism Management. Kristen is the Owner of Natura Tours Inc. a bird watching and nature tour company. She is also an Owner of Wild Birds Unlimited Barrie, a backyard bird feeding and nature shop. Kristen greatly enjoys teaching people about our natural world and how we can be better stewards for wildlife and our natural world. Her presentation is entitled *Becoming an Ecotourist*

*Our thanks to Wayne Bryant for an excellent cadre of speakers.*



### FOR JUNE

*It's all about movies*

*Submitted by the Editor*

[click here](#)

*to see if you know the answers and a chance to win a prize*

### MAY QUIZ

So not one person submitted answers, or even tried. I guess it was either too hard or nobody wanted to be embarrassed by sending in the wrong answers.

1. Is this a painting or an old photograph? **A photograph**
2. Where is the location? **A lake near Yellow Knife**
3. What time of year is it? **New Years Eve 2012**
4. What time of day is it? **Noon**
5. Who is he related to? **Mary & Wayne Bryant**  
*It is their Son*

Hopefully you will find this month's quiz fun and less challenging

### Newspaper Team

#### Editor

David Morgan

#### Reporter

*Still vacant*

#### Distribution

Barb Thompson

#### Website Maintenance

Sharon Black

#### Technical Advisor

Al Black

Look forward to seeing you at our next  
meeting  
June 25<sup>th</sup>

In the Community Centre  
Starting with Fellowship at 1–1:30

### *The Last Word*

Submitted by Vicki Keller

"Don't cry because it's over, smile because it happened." — [Dr. Seuss](#)