



Beaver Valley Probus Club

The Grapevine for January 2018

Box 148, Clarksburg, Ontario N0H 1J0

Volume 18, Issue 1

E-mail address: beavervalleyprobus@beavervalleyprobus.com

Web-Site: www.beavervalleyprobus.com

Current Activities

by Convener Kathie O'Malley

(Details)

Backroads Cycling
Book Club one
Book club two
Book club three
Book club four
Birding
Canoeing and Kayaking
Casual Dining
Cooking Together
Cue Sports
Digital Photography
Dining around town
Dining with Flair
Euchre
Euchre 2
Hiking
Marsh Street painters
Nordic Pole Walking
Pottery
Recreational Cycling
Scrabble
Singles Gourmet
Ski Legends
Snowshoeing
Stitch & Bitch Crafts
Support Group
Travel
Wood Carving

Activity groups are self sustained.
Participate – Volunteer
But above all - have fun and enjoy

"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

John Dick



Our February 27th meeting is also our Annual General Meeting where a new slate of officers is appointed for the coming year and the Management Team of returning and new members is introduced.

The meeting will be preceded by a light luncheon at 12:45 for current members. Please see the volunteers at the back of the hall at the January meeting to make your reservation as it is necessary to know how much food to prepare.

While I have duties to perform at the February meeting, January will be MY last full meeting as President. The year has gone by very quickly. I have had a chance to get to know a lot of our members, and I have enjoyed working with our Management Team. I encourage everyone to share their talents by helping Activity Coordinators or volunteering for the Management Team or Club Executive. Our Club is very well organised so the time commitment to assist or fill these positions is usually only an hour or two each month and is very rewarding. Many of our members have filled these positions for years and eventually must retire. Please consider stepping forward so our Club remains the vibrant, active Club we all enjoy.

Be sure to check out all the Club's "winter" activities and sign up for those of interest at the January meeting or, alternatively, call or email the coordinator to become part of the group.

80th BIRTHDAY PARTY

Everyone born in 1938 will be
"four score" years old this year
Let's celebrate now in case we don't make a century.
If you are a Probus member and born in 1938
Please email John Dick.
Fourteen names are now on our list.
When we have all the names, we can decide
how and when to mark this momentous occasion.

Probus Canada National Website

The National website is a source of lots of valuable information for Probus members. One of the useful links for individual members is Travel insurance. A simple "Probus Canada" will lead you to the site. The Board of Directors of Probus Canada is encouraging all members to try out the website.

Activity Group Updates

GEORGIAN PROBUS TRAVEL GROUP: 4 trips are being presented this year to enable members to travel together and encourage inter-club friendships.

1. Ireland, 15 days, 04 May 2018. Contact Gloria 705 429 9455
2. Danube river cruise, 21 Sept, 15 days, Amsterdam to Budapest. Contact Doug at 705 293-0930
3. Danube River cruise, 23 Oct, 15 days, Budapest to Amsterdam. Contact Doug 705-293-0930
4. Croatia, boat and bike tour, 16 Sept. Contact Doug at 705-293-0930

Gloria Thompson

SKI LEGENDS: Upcoming Events

1. Mix and Meet Breakfast at TSC, Tuesday January 9th from 8:30 am until 10:00 am.
2. Dinner Dance at Alpine Ski Club, February 7th from 5.30 pm until 11.45 pm, cost \$70.00
3. Private Ski Club Days
January 10th at Craigleith Ski Club
January 18th at Devil's Glen
February 15th at Osler Ski Club

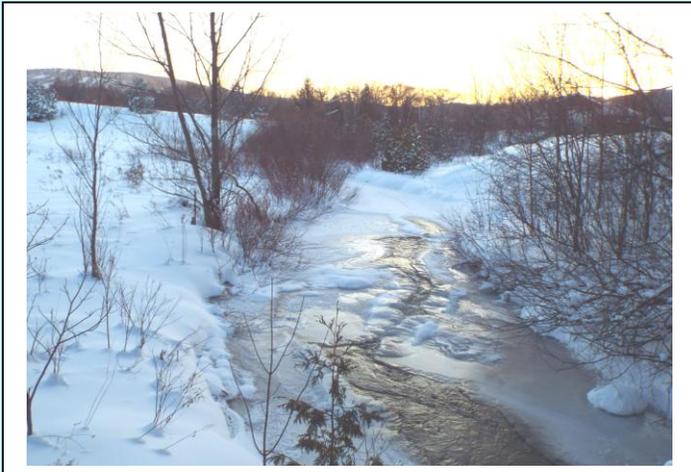
All Private Ski Club Days start at 8.30 am, and if you buy your tow ticket that day the Ski Legends will give you \$10:00 towards the cost, all ski legend members skiing that day will get a \$5.00 coupon for a morning snack.

Please remember to check our web page for more detailed information: www.probuskilegends.ca

Louise Donegani, Bruce Trimbee and Wilf Phillips

DINING AROUND TOWN: The next venue for Dining around Town will be at the Pottery in the Blue Mountain Inn Wednesday January 10.

Ann Parsons and Barb Edwards



A Grave Encounter

After trick-or-treating, a teen takes a short cut home through the cemetery. Halfway across, he's startled by a tapping noise coming from the misty shadows. Trembling with fear, he spots an old man with a hammer and chisel, chipping away at a headstone.

"I thought you were a ghost," says the relieved teen. "What are you doing working so late?"

"Oh, those idiots," grumbles the old man. "They misspelled my name!"

Our Speaker on January 23

Dr. Mike Stephenson: What is Travel Medicine and why do we need It?

Dr. Stephenson, a Beaver Valley Probus member, is a family physician involved in travel medicine since 1991, both clinically and academically. He ran the Ancaster Travel Clinic that provided both pre and post travel assessments. Dr. Stephenson has tropical medicine training and is a frequent traveller who at last count has travelled to over 40 countries. This leaves a lot for the future. This should be an interesting presentation, for at this point in time of our lives many of us have more time to enjoy travel.

Radon

Radon is the second- leading cause of lung cancer in Canada. It's the leading cause of lung cancer for non-smokers.

What is radon?

Radon is a radioactive, colourless, odourless and tasteless gas that comes naturally from the soil. It builds up in indoor spaces, like your home or place of work, by entering through openings, like cracks in the foundation and floors, gaps around pipes and floor drains.

Although radon is invisible, it's hardly something that should be ignored. As radon breaks down, it forms particles that you breathe in and can damage your lungs. This damage to your lungs can sometimes cause cancer. Health Canada estimates that about 16% of lung cancer deaths in Canada are linked to radon – that's about 3,300 deaths each year.

The good news is that there are things you can do to lower your risk.

The Canadian Cancer Society encourages you to test your home for radon for at least 3 months during the winter using a do-it-yourself kit that you place in the basement. Test kits are available at Canadian Tire and Home Hardware.

Stratford 2018

Come and enjoy "The Comedy of Errors" by William Shakespeare, at the Studio Theatre in Stratford on Thursday Oct 11, 2018, 2:00pm matinee. "Separated in infancy, two pairs of twins are now in the same city, each unaware of the presence of their long-lost counterparts. Hilarity mounts as the look-alikes are repeatedly mistaken for each other – till unexpected reunions bring happy endings for all." The cost is \$120, which includes theatre, bus and lunch at Anna Mae's in Millbank. Sign up sheets will be at the back of the room at our January meeting. PAYMENT BY CHEQUE ONLY please.

Stella Zahradnik

Morris, an 82-year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc - 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said, '**You've got a heart murmur - be careful.**'"

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 519-599-5846.

Things to do in or for your garden in - January 2018

- Inspect houseplants for white flies, spider mites and aphids.
- Apply insecticidal soap and spray with water.
- Inspect spring bulbs in storage. Discard soft or mouldy ones.
- Not a problem yet this winter, but if there is a thaw and the snow melts, mound any remaining snow over roses and tender perennials. It's the freeze/thaw cycle that kills the plants.
- Expand personal knowledge through library visits, courses, catalogues, etc.
- Think about and start planning your garden for next spring.
- Google "Seed Catalogue Websites" and see hundreds of seed sources.
- Order flower and vegetable seeds. Decide which seeds should be started inside.
- Try forcing amaryllis and paperwhite narcissus for winter bloom.
- At the end of the month, start the slowest germinating seeds like begonias and geranium, also seeds for early spring bloom e.g. pansy, verbena, alyssum and dianthus.

Bed, Bath, and Way, Way Beyond

In the hardware store, a clerk asked, "Can I help you find anything?"

"How about my misspent youth," joked my husband.

The clerk shot back, "We keep that in the back, between world peace and winning lottery tickets"

Book and DVD Exchange

Bring the best books you read over the holidays to the January Probus meeting and exchange them for more good reads.

Books should be in good condition and current.

If you bring a book/DVD you are required to take a book/DVD.

Nancy Hart

Grapevine Team

Editor

Chris Rickard

Reporters

Opportunities for you!

Distribution

Barb Thompson

Website Maintenance

Barb Thompson

Cheryl Besley

Technical Advisor

Mike Seagram

Support Group

Do you know of a member who needs encouragement to get through a difficult period?

Please do not hesitate to call **Eileen Scott** who is the contact for January or any one of the Management team.

The February contact is Louise Lamont.

Carol Hethrington, coordinator

The Last Word

Submitted by Past President Joanne Vivona

With the new day comes new strength and new thoughts

Eleanor Roosevelt