



Beaver Valley Probus Club

The Grapevine for May 2018

Box 148, Clarksburg, Ontario N0H 1J0

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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
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
Romeos
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

Pat Wright

Toronto Strong

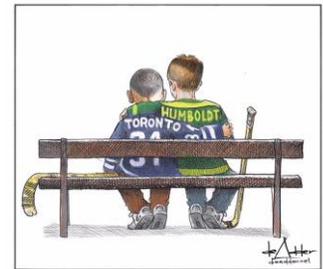


I know that many of our members are from the Toronto area and they, like our other members, were deeply affected by the tragic and senseless attack that took place in Toronto on April 23rd.

On behalf of the Board of Directors I offer my heartfelt condolences to the loved ones of the 10 victims who were killed, and my thoughts for a fast and full recovery

to those 15 victims injured.

We must also acknowledge the first responders at the scene who managed this extremely difficult situation with courage and professionalism. They faced danger without hesitation and their efforts - especially Constable Ken Lam - no doubt saved lives and prevented further injuries.



As one member said "we are very fortunate to live in such a beautiful area, far from the "madding crowds" but we must be watchful of events, and be mindful of our neighbours- near and far."

Aga Khan Museum Visit

A combined gallery and architectural tour of this museum is booked for Wednesday May 30, 2018. Twenty four are confirmed to go. Lunch is not included in the price of \$58.25. There is a café and the Diwan Restaurant on the premises. Reservations are necessary for the Diwan. Please check the website www.agakhanmuseum.org for their menu. Those confirmed will be contacted with further details.

Stella Zahradnik

Theatre Outing – Come from Away

Two buses with 24 people in each have been confirmed to see this show at the Royal Alexandra Theatre in Toronto on Wednesday Oct 24, 2018, 1:30pm matinee. A waitlist sign-up sheet will be available at the back of the room at our May meeting. The cost is \$146 per person which includes the production and the bus. Lunch is not included.

Stella Zahradnik

Activity Group Updates

GEORGIAN PROBUS TRAVEL GROUP: 30 people from 8-10 Probus clubs are leaving shortly on a great trip to Ireland. Let's hope the sun shines on them!

There are still places available on the following trips:

Danube river cruise from Amsterdam to Budapest, 2 weeks starting 21 September, 2018. This trip is filling up very well. Call Doug 705-293-0930

Danube river cruise from Budapest to Amsterdam, 2 weeks starting 23 October, 2018. There is lots of space in the group block. Call Doug 705-293-0930

Croatia bike and B&B, 1 week, approximate date 23 September, 2018. Call Doug 705-293-0930

Gloria Thompson

DINING AROUND TOWN: Everyone had a great evening, with a family style meal, at the new Steakhouse Social Eatery May 2nd in Collingwood.

Ann Parsons and Barb Edwards

HIKING: Finally spring is truly here, and among all the many wonderful things that it brings is hiking. Spring flowers and foliage are starting to burst through and we've got lots of inspiring hikes lined up (starting with some gentler ones to warm up those lazy winter muscles). If you'd like to join us, please call Cynthia Sampson or let us know at probusbvhiking@outlook.com and we will gladly provide information or add you to our email list. Happy trails!

Cynthia Sampson



Our Speaker on May 22nd

Dr. Shelby Worts

"I became a naturopathic doctor because I love to help people feel better. I believe the key to longterm health is learning about our own bodies so that we can make educated choices for ourselves." - Shelby

Dr. Worts is a licensed and registered doctor of naturopathic medicine who has been practising in Collingwood since 2004.

As a naturopathic doctor, Shelby's medical training included a focus on preventive medicine as well as using safe and effective techniques to restore health to your body. On May 22nd she will be addressing some common health concerns and providing tips on daily habits that can have a positive impact on your energy, sleep, mental focus, and physical mobility.

These 4 questions from her site may also help our members understand what she will be talking about:

- Do you want to be an active participant in your healthcare?
- Do you worry about being dependent on others &/or medications in the future?
- Are you tired of refilling the same medications without actually getting better?
- Do you want to make educated decisions about the health of yourself & your family?

Annual Probus Picnic

Our annual picnic and bocce tournament will be held on Tuesday, July 10 at Rice's Pond located on 10th line, fire no. 416266. Bocce participants are to assemble at 2:30pm for a 3:00pm start. Dinner will begin at 5:30pm and will be catered by Roadrunner Foods. The menu is 1/4 rotisserie chicken, roasted potato, coleslaw, Caesar salad, rolls and butter and for dessert a brownie garnished with chocolate sauce. Beverages are not included so bring your own. Be sure to bring a lawn chair. There are some picnic tables available but you may want to bring your own table. The cost is \$25 per person for members, guests are welcome at \$35. Sign up sheets will be at the back of the room at our May meeting. Please no pets allowed. **CHEQUES ONLY PLEASE.**

Stella Zahradnik

Bocce @ "The Picnic" July 10th, 2018

" Captains organize your teams "

Once again Bocce is part of the Annual Beaver Valley Probus Picnic. We are limited to 16 teams (of 4) to compete for the coveted trophy, in annual competition since 2003 (one rainout).

Registration will start at the May 22nd Probus meeting. Team Captains can register their team and pay the \$10.00 fee (\$2.50 per person). We will assist interested individuals to match with a team whenever possible.

We are looking forward to a lovely warm July day - see you at the Picnic.

Ken Kelley and Peter Zahradnik

PROBUS CANADA WEBSITE

On Thursday March 29th at a special meeting of the PROBUS Canada Board of Directors, the hiring of a new website designer was approved. The name of the organization that will design the site is **Firespring**. It is a large company specializing in website design and maintenance. All their customers are not-for-profit organizations. Beginning in the first week of April, they expect to have the design finished within 4 to 6 weeks. During this period we will be working at producing some of our material on the new site. An important aspect of the new site will be a focus on marketing our PROBUS organization by adding pictures of activities of our members. Firespring has a training program and some of our own members, with knowledge of websites, will be updating your club information onto the site. Most districts will have someone from within their own district doing this updating. District Directors will advise their clubs when to start this process and to whom to send their new information such as newsletters and executive changes. Special thanks go to the website task force of 5 PROBUS Club members, for all their input and participation. Thanks for your patience over the last 3 months as we worked through the redesign of our website and searched for the company that would best meet the PROBUS goals for the new website, <http://www.probus.org/canada.htm>

Bob Boone
Vice President PROBUS Canada

Speakers Committee

Our Speakers Chair Ann Parsons is looking for several members to assist with researching, recommending and contacting potential speakers for our monthly meetings. If you have an interest in quality presenters and can help with this all important task, please contact Ann directly.

The Master Gardener's Corner

Lots of things to do in your garden in **May, now that Spring is finally here:**

- Clean up winter debris in the garden as soon as the soil is dry enough to work. Dig in manure or compost around perennials and shrubs and weed well. An extra hour weeding now will save 3 later in the summer. Use a line to cut sharp straight edges for your beds, or for curved edges, run hot water through a hose to soften it up and lay out a smooth curve. Watch you don't chop the hose.
- Take coloured pictures of your spring bulbs in the gardens so you will know where they are when you plant more bulbs in the fall.
- Plan to plant early blooming bulbs like snowdrops and crocus in the fall at places close to where you come in and out of the house. You will be greeted by early colour next spring.
- Add 3" to 4" of mulch to flower beds and shrubs to conserve moisture. Shredded cedar bark is best, but expensive.
- Don't walk on or roll lawns that are still full of water. It compacts the soil.
- If already compacted, rent an aerator and dig plugs out of the lawn. Let the plugs dry and rake them in as a top dressing.
- When dry, rake lawns vigorously to remove dead grass and thatch.
- Spread weed-free topsoil on patches in your lawn. Apply grass seed, roll and water. Keep seed moist, but don't flood.
- Prepare containers and pots and fill with a mixture of compost and potting soil. Be creative in plant choice. Mixtures of plants such as herbs, perennials and annuals can be quite successful as long as they have the same sun and water requirements.
- If you have very big or deep pots or planters, put some empty plastic water bottles in the bottom of the pot to take up space the roots will never get to. It makes the planter or pot lighter and easier to move, if needed.
- Pot up your extra perennials for spring plant sales at least 2 weeks before the sale. Use your best compost, not garden soil. Add plant labels with name (botanical, if possible), colour, sun exposure, height, bloom time, etc. Water well and keep in the shade.
- Harden-off seedlings for at least a week before planting. Find the last frost date for your area and allow at least 2 weeks more before planting tender transplants such as tomatoes and corn. This year, probably into early June.
- Plant beans directly into the garden as they quickly germinate and will grow as long as the soil is warm. Maybe mid-May this year.
- Cage peonies before they start to grow.
- Monitor for the presence of slugs, cutworms, earwigs and tent caterpillars.
- Control weeds in the lawn by hand pulling. Use nematodes to control grubs which eat the grass roots leading to brown patches in the lawn in summer.
- Prune roses according to type.
- Dead head faded tulips and daffodils and other spring bulbs **but do not cut or pull the leaves out until they are brown and decayed.**
- If you have any fritillaries or lilies (day lilies are beetle free), now is the time to watch for the red lily beetle (adult, larva and eggs). So far, removal by hand is the best and only way to reduce the problem.

Grapevine Team

Editor

Chris Rickard

Reporters

Opportunities for you!

Distribution

Barb Thompson

Website Maintenance

Barb Thompson

Cheryl Besley

Support Group

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

Please do not hesitate to call Lynn Corrigan who is the contact for May or any one of the Management team.

The June contact is Joan Hutton.

The Last Word

Submitted by Past President John Dick

Experience is not what happens to you. It's what you do with what happens to you.

Aldous Huxley