



Our next Probus General Meeting

Will take place on Thursday,

June 15th, 2023

At 10:00 am,

via Zoom.

The Invitation & Link will be sent a day or two before the meeting, by email.

PLEASE NOTE!

Our invited speaker is;

Lindsey Willis

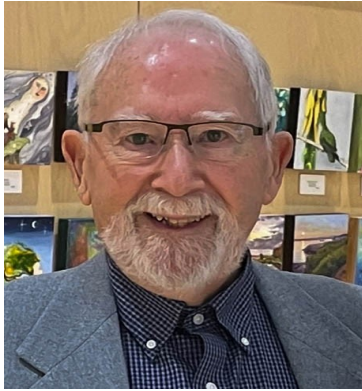
Topic:

Ridge Meadows Hospice Society



Probus Club of Maple Ridge

President's Message and Program



Sam Lewindon, President

Fellowship Can Be Contagious!

The US Surgeon General, Vivek Murthy, recently released an 82-page advisory on the issue of loneliness, wherein, it stated that loneliness can be a symptom of psychological disorders such as depression. Loneliness also has a wide range of negative effects on both physical and mental health according to the study.

Our Probus Club is doing its part in helping to eliminate this condition in our community! Consider last month's message on our Club's activity planning and you can see why we are trying to make a difference to combat loneliness! New members are being drawn to us by our activities, while others are being referred to us by members who proudly speak of, "how busy I am with the Special Interest Groups and a membership that I enjoy"! What a commendation!

Is there someone you know who can be helped by joining in with our activities? Remember, we are, after all, a Social Club known for; *Fellowship, Friendship and Fun!*

As you will note from our page 7 story, we also have a few extra activities for members taking place, and these are in addition to the regularly scheduled events. And speaking of Activities, get ready for the Summer Outdoor events, these are well into the final planning stages now. We hope that these events meet the same level of participation as previous years, and perhaps you may consider volunteering to help out with a task or two? Volunteers can contact; Renate, Marie, Aline or Josine to be part of the 'action'!

Probus Meeting, Program

June 15th, 2023

9:40	Sign -in
10:00	Welcome
10:05	Introduction of Guest Speaker
10:10	Guest Speaker
10:40	Q & A
10:55	Thank you
11:00	Club speaker
11:20	Club business
11:45	Meeting closes

Spring Being A Tough Act To Follow, God Created June—Al Bernstein



Introducing our Guest Speaker:

Prepared by Michael Buckingham

Lindsey Willis



Lindsey Willis has served the Ridge Meadows Hospice Society for almost 15 years, first as the coordinator of palliative services and now leading a team of staff and volunteers as Executive Director.

She has a tremendous passion for fulfilling the mission statement of providing compassionate care and support to those facing death, dying, grief and loss.



Speaker's Notes:

by Marie Slessor

Madison Mailey, today's speaker, helped Canada's women's 8 rowing team to qualify for the 2020 Olympics, and they then went on to win Gold in Japan.

Madison's talk was entitled "Mastering a Resilient Mindset". She told us although this is her third Probus presentation, it is her first virtual one. She showed a picture of the gold medal team and said she had dreamed of this for 12 years, and it was a very fulfilling moment. She also showed us a video of the 5 years leading up to the Olympics – training in snow and ice, but always with the goal of the Olympics in mind, in a boat where every woman felt empowered and confident.

Madison told us that rowing is a beautiful but tough sport. They usually rowed 30 km in the early morning, then did weights between 11 and 12, and then rowed another 15 to 20 km in the afternoon. She said it is a repetitive sport and you are around the same people constantly. Her team found a way to have a beautiful harmony and be able to work together and function at a high level. Madison competed in the women's 4's in Olympic qualifications where you had to qualify your country for all boat classes. In March 2020 she received the news that she was selected to row in the women's 8, only to learn 2 hours later that the Olympic Games had been postponed due to Covid.

Her question was "What next?" 12 years of her life had been spent on this dream, and now, her life, along with those of her boatmates, had been turned upside down. She moved home with her bike and an indoor rowing machine, and felt like a runner who was tripping at the finish line. Her team psychologist formed a team chat group called Minds of Steel, and this allowed them to feel like they were working together towards something. Madison took a break from rowing and took up road biking until she began to miss the camaraderie of her boat friends. She then fell back in love with the sport of rowing and did online workouts with the team. She suffered from her internal voice beating herself up until she realized her results were no worse than anyone else's.

After Covid, they came back together and trained in small boats, competing daily against each other. There was no racing against other countries until 40 days before the Olympics, they were simply racing against standards. A week before they left for Japan, they were up at Strathcona Lake. The team went for a bike ride after a morning 30 km row, and 3 of her team mates crashed. Kasha had a broken scapula, the others bruises and concussion. Their spare rower, Bekka, joined the team and they rowed in smaller boats until they left for Japan.

Once in Japan, they once again were in the 8 boat, with Madison in the 6th seat, along with the three injured team mates who had made amazing recoveries, especially Kasha. The races were pushed ahead 2 days because of an approaching typhoon, but the Canadians proved to be resilient and not let this bother since they had already been through so much. She said they had learned strategies to deal with their differences, which gave them power. Madison then showed us the video of the Gold Medal race, which she said brought back wonderful memories, with Canada beating New Zealand for the Gold.

After the games, she left rowing to transition into something different. She knew her skills were transferrable and she joined her family's Wealth Management business. Madison left us with several lessons for making a resilient mindset – they were:

The people around you really matter, the right people will push you to succeed

Kindness is a super power – spread kindness

It is important to be part of something bigger than yourself.

The best version of yourself exists, you just need to find it.

She closed her presentation by showing us her 2-pound Gold Medal, of which she is justifiably proud.

Questions included what kind of water she prefers (flat with a tail wind); role of the Coxswain (they are the eyes and ears of the boat and also steer), and how much does the boat weigh (200 pounds)

Simon thanked Madison by saying it was his pleasure to express our thanks to a real Gold class of speaker.

June is “Rose” Month



A Brief History of Rose Growing

By Sam Lewindon

Roses have a long and colourful history. They have been symbols of love, beauty, war, and politics. The Rose, according to fossil evidence, is 35 million years old. In nature the genus *Rosa* has about 150 species spread throughout the northern hemisphere. Garden cultivation of roses began some 5,000 years ago, probably in China. During the Roman period, roses were grown extensively in the Middle East. They were used as confetti at celebrations, for medicinal purposes, and as a source of perfume. Some Roman nobility were known to have established public rose gardens just South of Rome. After the fall of the Roman Empire the popularity of roses seems to rise and fall depending on the various cultures of the time. *

During the 15th century the Rose was used as a battle symbol in the struggle for control of the Kingdom of England between the houses of Lancaster and York, With the White Rose symbolizing York while the Red Rose symbolized Lancaster. This conflict became known as the “War of the Roses”.

Roses were in such high demand during the 17th century that royalty considered them as legal tender - this included both roses and rosewater, and they were often used in barter and as payments. It wasn't until the late 18th century that cultivated roses were introduced into Europe from China - most modern-day roses can be traced back to this ancestry. These new varieties were repeat bloomers, making them unusual and of great interest to hybridizers, setting the stage for breeding work with native roses to select for growth hardiness, distinct fragrances and a long blooming season.

My first rose garden in Canada was planted in 1964 with 6 ‘bare root roses’ imported from the McCready growers in Ireland. The intention was to grow “Show Roses” for the annual Vancouver Rose Show. However, having recently arrived from England, and not knowing that North Vancouver – where we had purchased our house, was much cooler and with less sun than downtown, (especially at the elevation we were at), my blooms were about two weeks behind the other growers! So, no prizes - but the blooms did look lovely!

Retiring to White Rock after living in North Van for 35 years, better growing conditions allowed for my second rose garden to be planted. However, with the arrival of grand children, in a few years we were destined to relocate to Maple Ridge - and into a town house. With little or no garden space, growing my third rose garden in containers was the preferred option – until the deer found them! With the ongoing construction in the area causing the deer to find new food sources, I hope I now can maintain a suitable container rose garden to raise ‘Beautiful Blooms’ again!

**Courtesy of the University of Illinois*

Through the Lens

Curated by Rick O'Doherty

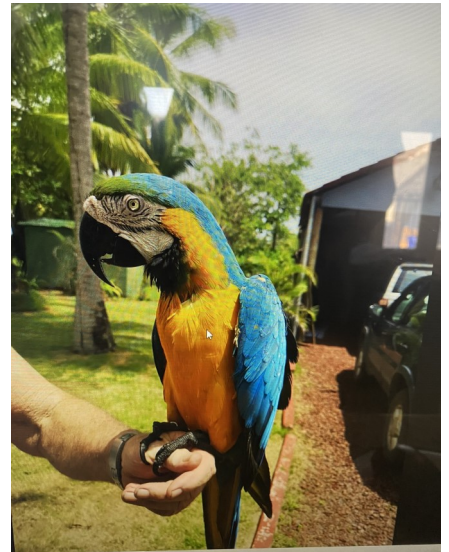
Birds



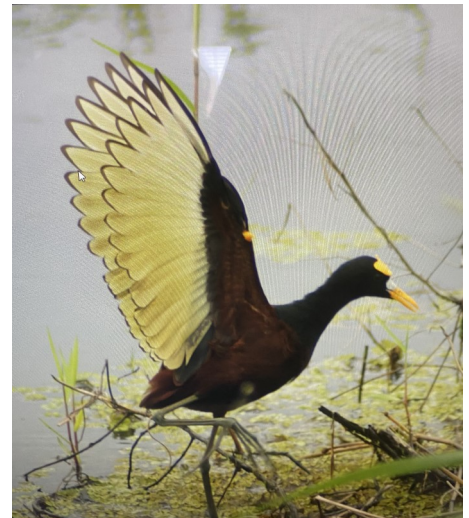
Towhee, on thin ice *by Simon*



Song Sparrow in winter *by Simon*



Varied Thrush *by Simon*



Birds of Peru *by Michaela*



Graceful Barn Owl *by Theo*



Male Rufous Hummingbird *by Bruce*



Northern Flicker *by Sandie*



Mom and Baby White Crowned Sparrow *by Sandie*

Member Happenings

Camera Settings Workshop

By Simon Modera

A few members of the Computer Special Interest Group talked about changing camera settings and venturing beyond using automatic exposures. Questions included 'how to get a blurred background'.

So we arranged a 'workshop in the park' and a few 'cheat sheets' were distributed.

Absolutely fearful of being thrown into the river for being an incompetent teacher I reached out to Howard Done, a past president of the now closed Clear Focus Camera Club (CFCC). Howard is now a member of Probus, which brings to Probus 3 past presidents of the camera club and 5 members in total. Many are members of other camera clubs.

Simon thrown in the river by Bruce, by using photoshop

Howard is a 'natural' and effectively demonstrated the 'Exposure Triangle' using the 'live view' on his camera. He very ably showed the effects from adjusting the triad of shutter speed, aperture and ISO settings. He explained the situations when each adjustments would or could be used.



It was a lovely sunny day and some participants tried out some of the suggested camera setting combinations to achieve things like frozen river rapids and movement to give the 'candy-floss' effect.

It is always an adventure adjusting the settings to find the ideal combos under the prevailing conditions to capture great scenes and situations. Indeed I often find it therapeutic and fun when in the company of others.

Some attendees have asked if there will be additional workshops. Feel free to suggest other topics via email.

Howard Done demonstrating the exposure triangle settings.



Photos courtesy of Bruce Pitt-Payne

Member Happenings

Ladies "Venice Carnival" Night!

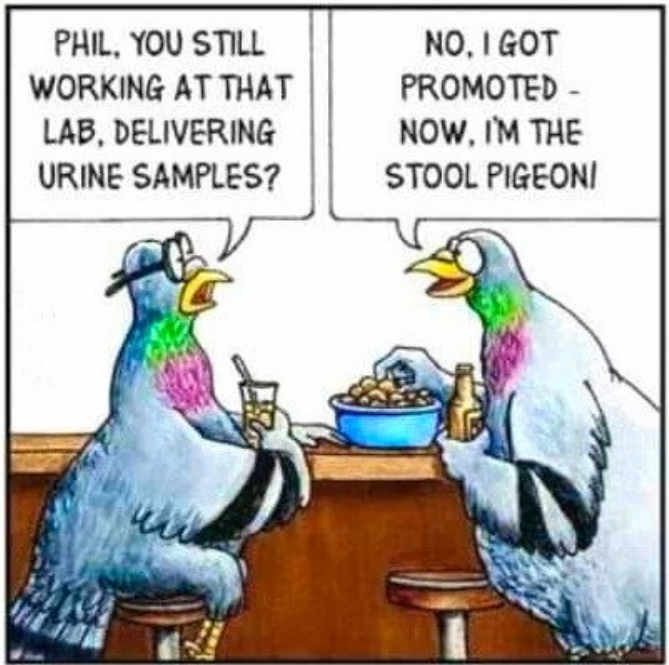
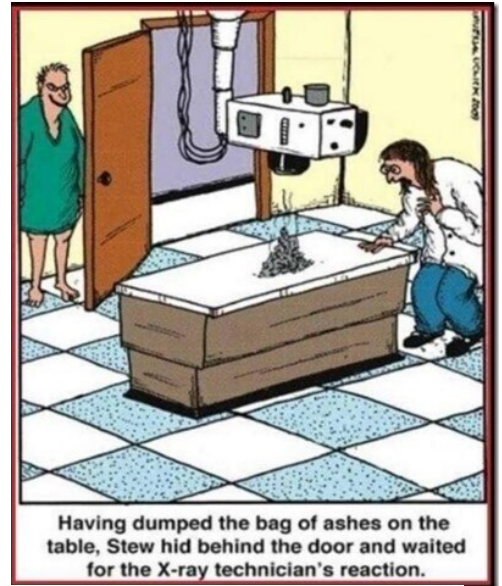
Eight Probus members joined in the fun at the Haney Rotary Club's 'Ladies Night' event, held at the Swaneset Bay Resort, on Wednesday May 24th, the dress theme was '*Masquerade*'!



As can be seen here, a great time was had by all!



Monthly Mirth



"Did you see a large woman on a bike go past here?"



Messages, Notices and Information

Wanted:

Stories for:

Memory Lane:

Contact Josine at: eikelenboom@telus.net

Photos for: **Through the Lens**

Contact Rick at: micricgoingplaces@gmail.com

Probus in-person 'Coffee Morning'

First Wednesday of the month, at 10am

Next meeting: June 7th

Introducing New Members

Welcome:

Howard Done

Paul and Margo Ellegood

Howard has attended a couple of our Coffee Mornings and liked what we are doing.

Paul and Margo are new to our area, but seasoned Probus members of Probus Club 'Orca'

Origin of the Phrase:

CURFEW

definition :Control during the night!

The word "curfew" comes from the French phrase "couvre-feu", which means "cover the fire". Early homes with no fireplace built a fire in the center of the room. To make sure a fire did not get out of control during the night, all fires would be covered with a clay pot called-a "curfew".

Special Interest Groups

Book Club: *Convenor, Carla Reed*

Meets 1:30pm, second Tuesday, monthly

Bridge: *Convenor: Kathleen Spiess*

Meets, 1:30pm First & third Monday, monthly

Camping: *Convenor: Michaela O'Doherty*

Computer/Photography:

Convenor: Simon Modera

Meets, 10am, fourth Wednesday, monthly.

Crafts: *Convenor, Michaela*

micricgoingplaces@gmail.com

Dining: *Convenors: Marie Slessor/Carla Reed*

Meets 6pm second Thursdays, monthly

Dine Away: *Convenor, Michaela*

Meets 6pm third Tuesdays, monthly

Discussion: *Convenor, Theo Rathonyi Reusz*

Meets, 10am first Thursday monthly

Lunch: *Convenor. Aline Drew*

Meets, noon last Thursday, monthly

Table Tennis: *Convenor; Michael Buckingham*

Meets, Monday and Friday mornings, weekly

Walking: *Convenor, Renate*

Meets 9am Tuesdays, weekly

Wine Club: *Convenor: Sam Lewindon*

Meets, 5pm last Friday, monthly

Word Weavers: *Convenor, Tracey Lewindon*

Meets, 2pm second Monday, monthly

"Groaner" of the Month:

The Middle Ages were called the Dark Ages because there were too many knights.