



**Our next Probus General Meeting**

**Will take place on Thursday,**

**October 19th, 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;**

**Cameron Fielding - Fraser Health**

**Topic:**

**Falls Prevention**



# Probus Club of Maple Ridge

## President's Message and Program



Sam Lewindon, President

### What Makes A Good Newsletter?

*The following article is from the Probus Global Newsletter, it seems many Probus Clubs, around the Globe have similar concerns about connecting with their members. We would like to hear your opinion on how the **Goldeneer** meets the criteria listed in this extract? Contact Sam.*

#### **What make a Good Newsletter** *Extract from the Editorial page of the Probus Global Newsletter*

What makes a good newsletter? Most clubs have newsletters, although a few communicate with members via social media. Some editors make skillful use of programs such as Microsoft Publisher, but many, such as this one, are produced with Microsoft Word. Editors have various competencies and while it is desirable for a newsletter to be aesthetically attractive, it is more important that it serves as a communication tool that strengthens the sense of community and engagement of members.

Contents should provide timely updates and announcements regarding club activities, events, and initiatives so members stay informed and actively participate in club affairs. The newsletter should be educational with appropriate items of interest to members. The opportunity for members to contribute their own content and actively seek feedback and suggestions is also appropriate. Member achievements spotlighting their talents or skills can be reported on, but this is only possible if the relevant information is given to the editor. Sometimes it is difficult to get member contributions, but they serve to foster a sense of recognition and appreciation within the club. Ultimately, a good newsletter for club members is a comprehensive platform that fosters communication, engagement, recognition, and collaboration, enriching the overall club experience. *Probus Global: September 2023*

*I Wish That Every Day Was Saturday And Every Month Was October—Charmaine J. Forde*



# Introducing our Guest Speaker:

Prepared by Michael Buckingham

**Cameron Fielding**, B.Kin, ACSM-CEP



**Cameron Fielding is the Coordinator for the Fraser Health Authority Injury Prevention & Assessment, working with the Falls Prevention Mobile Clinic. Prior to this role, he worked as a Clinical Exercise Physiologist at various sites in Cardiac Rehabilitation, Lung Rehabilitation and Post-COVID Recovery clinic.**

**He has a wide range of knowledge in adulthood and aging and is well versed in chronic disease management exercise programs. His outside interests include playing sports (Hockey and Lacrosse), fishing, and coaching his son in various sports.**

## Speaker's Notes:

by Chris Frandsen

Michael introduced Tracey Lewindon.

Tracey is a registered Aromatherapist, Soul Garden & Sacred Self-Care Guide. She is also a member of our Probus Club.

Tracey presented us with valuable information on:

*What is Aromatherapy?*

*What are essential oils?*

*What secrets lie beneath their pleasing smell?*

Knowing a few key facts can help us be informed in choosing and working with essential oils in ways that support our wellbeing, and that of Mother Earth.

You can explore aromatherapy and essential oils through the lens of knowledge and safety, while honoring the healing power of these aromatic allies. Gain a greater understanding of safe, sustainable, and even sacred use of essential oils that allows us to know their benefits and confidently work with these aromatics to support our wellbeing.

Her approach to working with plants as healing allies stems from her lifelong love of plants, her professional Aromatherapy training, and her nature-based spiritual study and practice.

In her practice, Tracey specializes in custom blending for her clients. Her joy is creating “sacred scent stories” to support clients in all aspects of their wellbeing.

To discover the **Secrets of Scent**, Contact **Tracey Lewindon** of Nature's Heart at [www.naturesheart.ca](http://www.naturesheart.ca)

*Dick thanked Tracey for a wonderful presentation.*

## **The Relief of Leiden**

*by Josine Eikelenboom*

On October 4th, I will be in my native Netherlands, and close to the city of Leiden where I have lived and studied, and where I still have friends and family. But the city itself I intend to avoid that day, as it will be total mayhem.

Because on October 4th, Leiden is celebrating the relief of the Spanish siege in 1574! In that time, Holland was involved in a war with Spain which would last 80 years (1568-1648) with the goal to regain political and religious freedom. The leader of the rebellion was William Prince of Orange, who was later named the Father of the Fatherland.

In 1574, the Spanish army had laid siege around Leiden, which lasted for months. The citizens were starving and dying of infectious diseases. But the mayor had sworn never to give up, he even offered his arm to the hungry to eat! ( this may be a legend, but he certainly must've been an inspiring leader). William of Orange though, came to the rescue with a genius plan: to open some of the surrounding dikes, so that all the lowlands would inundate, which would bar the Spanish army from supplies, or escape. So when their feet started to be suddenly wet, they understood the trap immediately and flew as fast as they could, leaving everything behind.

Next morning, the citizens saw their enemy gone but a large kettle of hutspot ( a stew of potatoes, carrots and onions) was left behind. It must have been a drop in the bucket but to this day, in Leiden your dinner is hutspot on October 4th, to commemorate that unexpected miracle. Even here in Maple Ridge, we keep the tradition with our Dutch friends!

The day after the relief, row boats arrived to bring the starved citizens bread and raw herring. And Prince William rewarded the city with a University, one of the oldest and most famous universities of the country.

In modern days, the Relief of Leiden is still a day of celebration. The large student population mingles with the citizens for the distribution of white bread and raw herring. There are historical parades, a large street market and rollercoasters. Of course the pubs are busy, and everybody is celebrating.

Although I won't mingle, I will be near enough to hear the distant noise of the fireworks at night!

This month's theme: **Animals**



**Busy Beaver** *by Rick*



**Incognito** *by Michaela*



**Dockside Taxi** *by Michaela*



**Don't worry, it'll grow back**



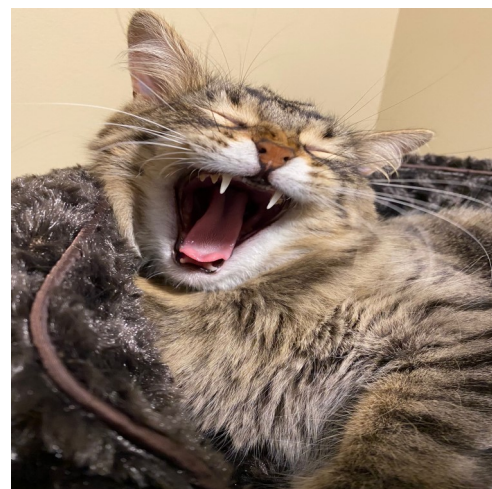
**Get ready, I'll shake a few down!**



**Thanks**



**Stylish!**



**Take a bath you say, Hah!**

### Snoring

*By Roberta Cava, Probus Club of Robina, Queensland, Australia*

Snoring can be a serious problem, particularly for couples. It has noble origins that go back to prehistoric days. For those who must put up with snorers, this knowledge probably won't make up for the hours of sleep they've missed. Nor will it make up to the snorers who've been elbowed, yelled at, and even kicked out of their own beds. A recent study suggests that we shouldn't hit a snoring man, because: He might hit back!

In his own way he may be protecting you! That roof-jarring commotion may be the remains of an ancient protective device that's outlived its use. Men snore far more, and far louder than most women. In addition, snoring occurs during a person's period of deepest sleep, when their conscious mind is least aware of its surroundings and when the snorer is most vulnerable.

Why do men snore so much louder than women? When our human ancestors left the safety of the jungle and ventured onto the materializing tundra some five million years ago, sleep proved to be one of man's most defenseless times of the day. So, nature stepped in, and provided men with a unique defense mechanism. It enabled men to utter the earth-shattering noises they practice nightly. By mimicking the sounds of their most common predators (the carnivorous nocturnal cats and hyenas), early man could broadcast throughout the night: 'Hear me roar! Leave us alone or you'll have to contend with a mighty warrior!'

So, what can be done? Start with a thorough medical. People who snore usually do so because there's an obstruction to the free flow of air in their breathing passages. A laser treatment can eliminate snoring in most patients by using a technique that removes tissue at the back of the mouth and nose, to allow for greater airflow.

Far more serious than the snoring itself, is 'sleep apnea' which occasionally accompanies snoring. Often, this distinct, rhythmic form of snoring (four or five times in quick succession, then a 20- to 40-second pause, then a new eruption) results from a blockage of the snorer's air passages. They lack the ability to sleep and breathe regularly at the same time. Their snores are actually the brain rousing itself, so their body is stimulated to gasp for air. The first treatment prescribed in those cases is weight loss. There are also medications that promote regular breathing, and small nasal masks work with some patients that force air into the nose to keep breathing passages open.

*Roberta Cava is the author of over 60 books. [www.dealingwithdifficultpeople.info](http://www.dealingwithdifficultpeople.info)*

*Courtesy of Probus Global .*

# Monthly Mirth

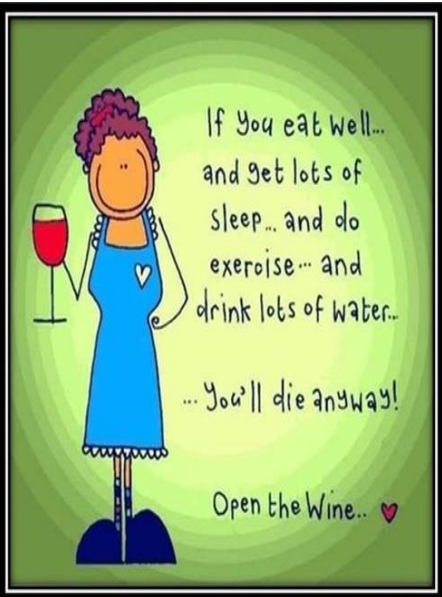
The Weather Channel said dress for the mid 70s today.



"Have you heard of Murphy's law?"  
"Yeah."  
"What is it?"  
"If something can go wrong, it will go wrong."  
"Right. Have you heard of Cole's Law?"  
"No, what is it?"  
"Thinly sliced cabbage."

The HOKEY POKEY Clinic  
A place to turn yourself around

THERE'S NO WAY YOU'RE GOING TO CONVINCE ME YOU WERE POLE DANCING...



NEW ECO FRIENDLY FLEET OF VEHICLES HEADED TO DEALERS NEAR YOU!



The fitness trainer asked me, "What kind of a squat are you accustomed to doing?" I said, "Diddy."



# 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: *October 4th***

## Oktoberfest 2023

In support of the Ridge Meadows  
Hospice Society

October 20, 2023 6:00 PM

Albion Community Centre  
Great Hall

**24165 104 Ave , Maple Ridge,**

## Origin of the Phrase:

### Cold Feet

Meaning:

Loss of nerve or confidence.

Origin: This idiom originates from a military term, warriors who had frozen feet were not able to rush into battle.

## 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*

*Meets, 1pm second Wednesday, monthly*

**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, Tuesday 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:**

Terrible summer for Humpty Dumpty;  
but he had a great Fall