



**Our next Probus General Meeting**

**Will take place on Thursday,**

**April 18th, 2024**

**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;**

**Cpl. Vinh Ngo (RCMP/GRC)**

**Topic:**

**Scams and Frauds**



# Probus Club of Maple Ridge

## President's Message and Program



Simon Modera, President

### **Focusing Forward!**

### **Probus Meeting, Program April 18th, 2024**

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

A question was asked at the AGM about whether our club would introduce a membership cap. A definitive answer is expected to come from the Management Committee Meeting on 11 April. Let me explain some of the drivers so we gain a common understanding about what is driving the proposal.

Let us start with some context.

Our membership is growing rapidly at this moment. Your Management Committee have voted to accept 9 new members and there are another 7 in the process of attending the requisite number of events etc.. This will take our numbers into the mid 80s.

Venues for big groups are not common and or they are expensive. The room we occupied at the AGM costs more than double the 'back lounge' at the golf club, that we previously used, which has capacity limits below our attendance in February. The management committee agreed to move our in-person general meeting to the ACT Studio Theatre ( a level floor dance theatre also rented out for weddings and large meetings etc). This can cater for our numbers but in an appropriate cost range. Last year a full 66% of our costs were for the two in-person meetings.

Many of our SIGs are challenged every month to find venues for members or are obliged to limit attendance.

In a growing club we need to welcome the new members too. We anticipate that more groups will need to form for which we need more SIG leaders, convenors, and co-convenors. As a social club finding volunteers, sadly, is surprisingly easier said than done. We are appealing for some retired folks to take on some of these extensions. Ahem, um, is it too much to say our own uncle Sam needs you too?

So, establishing a limit on our total membership is about finding a balance; not overextending ourselves, while being as inclusive for all our members as we can be at this time.

Have a great spring everyone.

*Embrace the beauty of imperfections in April, for they make life uniquely remarkable*

# Introducing our Guest Speaker:

*Prepared by Laurie Freebairn*



## **Introducing our April Guest Speaker**

Cpl Vinh Ngo is currently assigned to Federal Policing prevention and Engagement (FPPE) here in 'E' Division, British Columbia.

Cpl Ngo is responsible for the Financial Integrity portfolio and part of his task is to promote awareness on different fraud schemes committed by strangers. Seniors are one of the vulnerable demographics that we try to target for our prevention initiatives.

Using statistics and trends that are reported by Canadians, this presentation will look at the top frauds affecting seniors.

Sign up and learn.

Protect yourself and your family.

## Councillor Ahmed Yousef



Sam introduced Ahmed Yousef, Maple Ridge City Councillor. He was the first Muslim City Councillor in BC in 2018.

His bio notes that he was born and raised in Egypt, and has a Baccalaureate in Political Science and holds a Masters Degree in International Relations. Councillor Yousef has work experience in several Middle Eastern Countries and the USA before coming to Maple Ridge in 2010.

Councillor Yousef is married, with a young family and an active volunteer in several Community activities, including Scouts Canada, Operation Red Nose and serves on several boards, KidSport, Food Bank, Climate Hub as well as the South Asian Cultural Society.

The topic for discussion today is the City of Maple Ridge Community Safety Initiative, and Councils Strategic Plan to create Dynamic Public Spaces for residents to engage with the community and keep a safe and supported active lifestyle. The goal is to make residents feel safe in their community. This is accomplished through:

1. CSSI—Community Social Safety Initiative with the deployment of Community Safety Officers,
2. HUB – HUB Governance Group,
3. Building Safer Community Fund – from which funding is sourced.

The system integrates services connecting the RCMP, Fire, Engineering, Planning and Parks departments. The goal is co-ordinating services, to provide restorative services including Housing, Health, and Social Services for those in need within our community.

### DOWN MEMORY LANE.

*By Bruce Pitt-Payne*

When I ponder upon the past, certain people stand out in my recollection as being exceptional in their own peculiar ways.

Would it be the Yankee sea captain with whom I sailed in my youth, my boss in Alberta who had been a surgeon in the Korean war and was the very embodiment of Hawkeye Pierce - or someone closer to home?

During the long hot summer of 1944, the Allied advance in Europe was progressing at top speed and a young captain in the Royal Army Medical Corps (RAMC), serving with the 128 Field Ambulance was ordered by his CO to go ahead and find a hospital with more suitable accommodation for wounded soldiers.

Commandeering a jeep and a couple of medical orderlies, the young officer headed East and, within 20 Kms, came upon the perfect location, a small Belgian cottage hospital.

Unfortunately, the hospital was occupied by a company of around 20 Wehrmacht soldiers and an officer (luckily not Waffen SS), which presented something of a problem.

The British officer was unarmed, being uncomfortable with firearms (except when shooting rabbits and pheasants), but managed to establish a relationship with the German officer, whereby the Germans were convinced that heroics would be stupid and, by mutual consent, everyone calmed down and awaited the arrival of the advancing British Army.

Ultimately the young officer was mentioned in dispatches and awarded the Belgian Croix de Guerre and l'Ordre du Leopold III.

My father died the day after his 70<sup>th</sup> birthday from nicotine use, without ever mentioning his part in the preceding story.

He was twice the man I am.



**Spring Flowers**



Tulip farm *by Sandie*



Spring blooms *by Simon*



Spring blooms *by Simon*



The sign of Spring *by Sam*



Can Summer be far behind *by Sam*



## Member Happenings

## Recent Special Interest Group Activity



The Probus **Dine Away** SIG, seen here enjoying a night out at the Jolly Coachman, in Pitt Meadows. This group meets on the third Tuesdays of each month, at 6pm, at locations outside of Maple Ridge.

For more information about this exciting group, please contact Michaela.

**The Probus Walking Group**, a fresh air loving SIG, seen here walking the river dykes in Maple Ridge, (starting from the parking lot off Park Lane, behind MR Riding Centre).

This group walks every Tuesday morning at 9am.....and walk for about an hour! Come join us; we're always looking for more members who enjoy good conversation, gentle exercise and the fresh air!

Contact Renate to join in the fun.



The Probus **Dining Group**, which meets monthly on the third Thursday at 6pm, is the group that dines out in Maple Ridge, where the local restaurants provide a selection of cuisines to suit a variety of palates. This large, and popular group, is in urgent need of a **second convener** to allow for more members to join, and, allow for more manageable seating options.

For more details on this SIG, please contact Marie.



## A Celebration of Leadership

*By Laurie Freebairn*

On March 7th the Probus Management team gathered at the Pyrgos Taverna in Maple Ridge to recognize our Past President, Sam Lewindon. The dinner gathering was a complete surprise to Sam and included a certificate of appreciation presented by Simon.



It is often difficult in Clubs to find volunteers willing to serve on management committees and particularly the leadership roles of President and Vice President. In 2020 just prior to Covid, Sam was our Club speaker and he gave a brief overview of his background. His presentation was so engaging that shortly afterwards he received a tap on his shoulder with a request that he fill the vacant Vice President position in our club. Fortunately Sam graciously accepted. After 1 year as VP, Sam next took over the role of President for the following 3 years. After building a strong foundation for our club, this past February Sam passed the “baton” of President on to Simon Modera.

The Harvard Business Review was asked “Do you have what it takes to be a great leader?” Their answer, “It helps if you excel at communicating. And of course, you need to be adept at planning, problem solving and delegating. You also need to be capable of navigating any and all challenges that arise.” I believe that Sam ticked all those boxes and more! Sam navigated our club throughout the challenges of Covid and under his leadership the membership has grown each year. Sam has also helped foster the expansion of the special interest groups and has gently encouraged members to help out where they are able with these groups or with involvement on the management team. Over Sam’s 4 years of Management Committee involvement, he laid a strong foundation for others to follow.

Simon has taken Sam’s leadership “baton” for the short term, but the strength of our club will only continue if other members continue to step up for a turn of volunteering in some capacity. So if someone gives you a “tap” on the shoulder with a request to fill a role within our Probus Club, feel flattered and know that it is not a “forever” commitment and say “yes”! It is a great way to give a little back to a Club that is enriching many of our lives.

So “Thank You” Sam, and all management committee members for your leadership!



## Odd Stuff

By Laurie Freebairn

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence, we have 'the Rule Of thumb'.

**Q. What do Bulletproof vests, fire escapes, windshield wipers and laser Printers have in common?**

**A. All were invented by women.**

### Is Obesity on the way out?

Where Viagra, a medicine initially formulated to treat hypertension and angina, delivered unintended ecstasy to millions of lovelorn individuals, there is a chance that now, **Ozempic** could radically restructure our health and food industries, boost the global economy and possibly even reshape our future. It is a breakthrough in the treatment of type 2 diabetes, but the drug also allows patients to lose remarkable amounts of weight. Manufactured in Denmark, it has accounted for almost all of Denmark's recent economic growth. There are reports the medications inhibit the desire to overindulge in food, alcohol, nicotine and even opioids. If that is the case, there could be a quantum shift in demand firstly for the products that helped create obesity, such as fast foods and fizzy drinks, and secondly for those who have built business empires battling the effects. For example, in the US, Weight Watchers' shares which were trading for over \$40 in 2021, have now dropped to around \$7. The treatment still is in its early days and is not without drawbacks, and it doesn't work for everyone. But it is early days and if it can be used to curb obesity, it will have profound health benefits for whole nations. The negative financial impacts on businesses could be partly offset by the positive ones on health expenses.

*From Probus Global*

### Lecture Series

A series of lectures on a range of subjects delivered by Academia from across the country - for which one has access to the recordings!

[vancouver.institute@ubc.ca](mailto:vancouver.institute@ubc.ca)

### Member Privacy

Probus Maple Ridge respects the privacy and anti spam needs of members and therefore we do not publish their contact information.

Prospective members interested in attending Special Interest Groups should request contact via the Membership Coordinator

# 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: April 3rd, and it's  
FREE Coffee!**



## **Origin of the Phrase:**

### **Know the Ropes**

**Meaning:** Someone who “knows the ropes” is experienced at what they are doing.

**Origins:** This phrase has its origins in the golden age of sailing, when understanding how to handle the ropes necessary to operate a ship and its sails was an essential maritime skill. By the mid-19th century it was a common slang expression, and it survives to this day.

## Special Interest Groups

**Book Club:** *Convenor, Carla Reed*

*Meets 1:30pm, second Tuesday, monthly*

**Bridge:** *Convenor: Tom Halewood*

*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:** *Convenor: Marie Slessor*

*Meets 6pm second Thursdays, monthly*

**Dine Away:** *Convenor, Michaela*

*Meets 6pm third Tuesdays, monthly*

**Discussion:** *Convenor, Theo Rathonyi Reusz*

*Deputy Convenor, Al Kozak*

*Meets, 10am first Thursday monthly*

**Lunch:** *Convenor. Aline Drew*

*Meets, noon last Thursday, monthly*

**Scotch Sippers:** *Convenor, Jim Tarasuk*

*Meets, October and February, yearly*

**Table Tennis:** *Convenor; Michael Buckingham*

*Meets, Tues. Wed. 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:**

I'm a big fan of whiteboards.  
I find them quite re-markable.



# Probus Club of Maple Ridge



## Management Committee Members

For the period February 15, 2024 to February 20, 2025

<u>President</u>	<u>Simon Modera</u>
<u>Past President</u>	<u>Sam Lewindon</u>
<u>Vice President</u>	
<u>Secretary</u>	<u>Marie Slessor</u>
<u>Treasurer</u>	<u>Noelleen Modera</u>
<u>Recording Secretary</u>	<u>Chris Frandsen</u>
<u>Communications</u>	<u>Michaela O'Doherty</u>
<u>Historian &amp; Archivist</u>	<u>Carla Reed</u>
<u>Member Coordinator</u>	<u>Kathleen Spiess</u>
<u>Guest Speaker Coordinator</u>	<u>Michael Buckingham</u>
<u>Club Speaker Coordinator</u>	<u>Skip Johnson</u>
<u>Media Liaison</u>	<u>Dick Drew</u>
<u>Newsletter Editor</u>	<u>Sam Lewindon</u>
<u>Newsletter Assistant</u>	<u>Laurie Freebairn</u>
<u>Auditor</u>	<u>Jason Leemans</u>

**LINK TO OUR PROBUS WEBSITE**

<https://www.probusclubofmapleridge.org>

**LINK TO THE PROBUS CANADA WEBSITE**

<https://www.probus.org>

**LINK TO THE PROBUS GLOBAL WEBSITE**

<https://www.probusglobal.org>