



**Our next Probus General Meeting**

**Will take place on Thursday,**

**May 16th, 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;**

**Britt Anderson**

**Topic:**

**Canucks Autism Foundation**



# Probus Club of Maple Ridge

## President's Message and Program



Simon Modera, President

**Hello Volunteers,  
we hope your spring has sprung?**

### Probus Meeting, Program

**May 16th, 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

In this newsletter, and during the next few months, you will be hearing about new Special Interest / Social groups that are being proposed. A third dinner group called 'Dining Around' will start in May on the 4<sup>th</sup> Wednesday. Noelleen will be the convenor and will announce details soon. I truly appreciate the initiatives being taken in this regard by a few of your committee to give our new members options and opportunities to get involved. Thank you!

The Word Weavers group disbanded having met their objectives in assisting the group members with their writing questions. Thanks go to Tracey for volunteering to convene the Word Weavers and sharing her expertise.

Work is under way to add lighter 'subjects' to our General Meeting guest speaker program. We also encourage greater member attendance at Zoom General Meetings to make Probus Maple Ridge an attractive and significant audience for speakers. To this end recordings will not be shared.

Conversations are taking place to clarify which groups could be attended by prospective members upon enquiry. Groups that meet in private homes and /or are constrained by seating capacity or over-subscription are unavailable. Candidates are required to attend 2 events to meet to gain membership proposal. Then, once fees are paid, they enjoy the benefit of joining groups with availability.

Your Management Committee Meeting decided to entertain a membership cap of 100 for Probus Maple Ridge. In the coming months, as it is not urgent, discussions will cover mechanisms needed for managing the capacity limit with an emphasis on keeping it simple. Ultimately this will be proposed as constitutional changes for agreement by the Management Committee.

Please let us have your photos of Trees and Birds, for June and July!

*May, More Than Any Other Month Of The Year, Wants Us To Feel Alive—Fennel Hudson*

# Introducing our Guest Speaker:

*Prepared by Laurie Freebairn*



## **Britt Andersen,**

**CEO, Canucks Autism Network**

In Britt's role as CEO of the Canucks Autism Network (CAN), he is responsible for the direction and execution of day-to-day activities and the delivery of an ambitious vision: that every individual on the autism spectrum is understood, accepted, and supported in all community spaces.

CAN is recognized as a leader in the field of adapted sports and recreation programming for autistic individuals. We provide extensive community training to foster inclusion, and offer programs that address some of the gaps and urgent issues impacting everyone on the spectrum. With more than 26,000 children currently diagnosed with ASD in the province there is considerable work to do.

Britt has over 18 years of experience in leadership in the charity sector. Prior to joining CAN, his career included Executive Director of The Terry Fox Foundation, CEO of Coast Mental Health Foundation, and Regional Director of Canadian Blood Services.

In the community, Britt has been a volunteer firefighter on the Sasamat Fire Department for over 20 years. Additionally, he has served in several board leadership positions including Board Director with The Terry Fox Research Institute and Chair of the Sasamat Fire Department Association.

He spends much of his free time with his wife and two grown children, and is slightly obsessed with mountain biking and finding new trails to ride.

## Speaker's Notes:

by Chris Frandsen

**Simon** introduced Cpl. Vinh Ngo who is currently assigned to the 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 they try to target for their prevention initiatives. Using statistics and trends that are reported by Canadians, this presentation addressed the top frauds affecting seniors and their families.

Cpl. Ngo starts off with "What's phishing?" (not the same as 'fishing with a rod and reel') "Phishing" is the fraudulent practice of strangers sending emails, phone calls, or other messages purporting to be from reputable companies or family in order to induce individuals to reveal personal information, such as passwords and credit card numbers.

Some of these messages can be in the form of winning something, wanting donations, monies coming from CRA, banks, offering products that are too good to be true, family members in trouble of some sort. Do NOT open any of these messages (hit Delete) or answer phone calls without checking with a family member or professional for guidance.

### **Just a few of the Top Frauds Affecting Seniors:**

**-Recovery Pitch Scams:** Fraudsters target Victims of Tech support scams or Crypto asset investments saying they will recover your losses.

**-Emergency/Grandparent Scams:** Stats from Canadian Anti-Fraud Centre in Ontario say that in 2023 in Canada, there was \$800 Million lost to these forms of scams from seniors alone. Know who you are talking to, get Help before you commit to anything!

**Romance Scams:** CAFS report that \$22 Million lost from seniors looking for love or companionship. Don't get fooled by fake promises!

**-Investment Scams:** CAFS reports in 2023, 107 million dollars lost to scammed investments. Research Credible resources first. Be aware of "guaranteed high returns", Don't invest in something you do not understand.

### **Some Tips on How to Protect Yourself:**

**Deny requests to provide personal or financial information**

**Watch for unusual sender email address or phone numbers/Misspelling or grammatical errors/Altered logo, or no logo at all**

**Update your Software/Don't post personal information on Social Media/Create Strong passwords**

**Keep informed.**

**Report suspect scams**

**Sam**, thanked Cpl. Ngo for a very informative and "be cautious" presentation.

COME TRAVEL WITH ME*ADVENTURES IN CHINA by Kathleen Spiess*

For six years I worked in Bangkok, Thailand, allowing me the opportunity to travel to many, many countries in southeast Asia. I would like to share some of the adventures I had during my travels.

The year was 2005, and I had time off from work and decided I would like to fly to China to see the Great Wall. (Imagine seeing something that can be spotted from satellites orbiting high in our skies.) I realized this was a good opportunity to visit a country I had not yet explored, and coincidentally I had a Canadian friend, Yvonne Maes, who was teaching at a university somewhere in China. As she too was off for a few days, we made plans to meet up in Beijing and walk the wall – or at least a small portion of it – together.

I didn't know a lot about China, only that the city of Beijing had an even greater population than that of Bangkok, which had approximately six million residents in 2005. I also knew from talking with others that it was a sprawling city, and traffic was horrendous, so through my travel agent I was able to make arrangements to be met at the airport by a car and driver to get me to my destination. As I was going to be in China for my birthday, at Suvarnabhumi airport in Bangkok I stopped at duty free and treated myself to an expensive bottle of scotch. I was travelling light, just a carry-on and now my birthday purchase.

Yvonne was an ex-nun and accustomed to living frugally, so she had made reservations at a hostel in the city. The flight was brief, and sure enough when I disembarked there was a young lady displaying a sign with my name on it. My first impression, even before exiting the airport, was of noise. People on cell phones in China must presume because their friend is miles away, they must shout at them in order to be heard. There was a cacophony of sound. When we got outside, what hit me next was the smoke – I had not seen so many smokers since a NY Eve party many years ago! As we walked out to her car, I chatted away about the flight, but she on the other hand, simply smiled and indicated I should follow her. When we got to the car, an older fellow was driving, likely her dad I assumed, and neither spoke English. Her 'father' loaded my bags in the truck, and off we went. We drove, and drove, and drove. My flight had been four hours, but the drive was then two more hours. Beijing differed from Bangkok with its motorbikes everywhere, to bicycles in China, albeit many of them motorized. It is truly a sprawling city.

Finally, we reached the hostel, and Yvonne was waiting out front, so I ran up to give her a hug. The driver unloaded the trunk and left. Yvonne explained that her work permit had expired, and as a result the university staff had taken possession of her passport and permit and taken it to the embassy for renewal. The downside was, the hostel's policy was, "No passport, no stay". She had called her boss at the university asking for advice, and he had told her he was a member of the Communist party and he would make arrangements for us to stay in their training facility in the city. A cab came, and it was only as we gave our bags to this driver that I realized the first driver had driven off with my scotch! Happy Birthday, Kathleen. Beijing has many sites to explore, not just the great wall, and it is well worth visiting. I found the Forbidden City very interesting.

After a few days, Yvonne returned to work and I continued my travels. I chose to fly to the city of Xi'an to visit the museum of Terra-Cotta Warriors and Horses, yet another UNESCO heritage site. It was built over two thousand years ago, adjacent to the Mausoleum of China's first emperor, Emperor Qin. The long-buried relics were first discovered in 1974 by local farmers digging wells. When they unearthed pottery and bronze weapons, not water, they notified the government and an archaeological team was sent in. Excavation continues to today, but the pits that have been restored are phenomenal. One museum displays the army of two hundred life-size soldiers, each as unique as the person who created it, likely modelling it after themselves. Visitors look down at the army, which is at the bottom of the pit, covered with a glass ceiling. Life-size terracotta horses working in teams of four pull 30 chariots. In other pits, more warriors have been found, numbering over eight thousand, buried to protect Emperor Qin in the afterlife. This museum is one of the world's finest, in my opinion. If YOU get to China, it is a MUST SEE!

# Through the Lens

Curated by Rick O'Doherty

## Gardens



Tuscan Farm Gardens *by Sam*



Fraser River Heritage Park *by Sam*



Bernice's Garden *by Sam*



Jacques Cartier Gardens, Ottawa *by Laurie*



Poppy's and Lavender *by Sam*



Laurie's Water Feature *by Laurie*



Butchart Gardens, Victoria *by Simon*



Grape Garden, Mission Hill *by Simon*

## Member Happenings



### Coffee Morning Social

Our April Coffee Morning saw 28 members help Bruce celebrate a significant birthday! Complete with a chocolate cake with white frosting - and with voices raised in the singing of 'Happy Birthday', Bruce was toasted as a "Jolly Good Fellow". Lerae was the inspiration behind the festivities, which included a card signed by all attendees.

We all thanked Bruce for being the reason for our dessert, and the source of our fun!

**The Wine Club** was introduced to three wines from New Zealand, by this month's Host, Kathleen. This active group meets on the last Friday of each month at 5pm, and samples wines from various regions—both local and international. Hosting duties rotate between members of the wine club and feature food pairings matched to each wine.

For more information on joining, please contact Sam.



### Attention Theatre Goers

Do you enjoy LIVE Theatre?

Are you interested in being part of a group of Live Theatre attendees at our ACT Arts Centre?

Please Contact Kathleen for more details of this exciting , and potential Special Interest Group!

### Thinking Ahead to Summer!

Are you interested in a July "Wine Tour" aboard a community bus?

Please let Sam know if you want a seat for this event - by email, and soon!

*(to assess the viability of this event)*

**Other events for June and August are also in the planning stages, and these need volunteers willing to assist in making it happen**

**Contact Marie, to get involved.**

**We need you to help us have fun!**

## **Introducing two New 'Special Interest Groups'**

**\*\*\***

### **Probus 'Brunch Bunch'**

***FREE Coffee with a breakfast***

**With breakfasts starting at less than \$10.**

**Where: 'The Well' at Chances**

**When: 11am Second Tuesday, monthly**

**Starts May 14th**

**Contact Sam to get on the list, seats will fill quickly**

**ACT NOW!**

**\*\*\***

### **The 'Dine Around Group'**

**Featuring a variety of fine restaurants**

**Where: In Maple Ridge and surrounding areas**

**(first up, White Spot, M/R)**

**When: 6pm, 4th Wednesdays, monthly**

**Starting May 29th**

**Contact Noelleen to get on this list,**

**ACT NOW!**



## Get a Good Night's Sleep

Sleep functions as a restorative process providing time for the brain and body to recover from the activities occurring during waking hours. Older adults need about the same amount of sleep as all adults, 7-9 hours each night. Without a healthy amount of sleep, you are more vulnerable to health conditions that accelerate aging.

It is common for older adults to experience changes in the quality and duration of their sleep. Many of these changes occur due to changes in the body's internal clock - the hypothalamus which is located in the brain. The hypothalamus helps manage body functions such as temperature, hunger, mood and sleep. As people age, deterioration in the cells in the hypothalamus can cause disruption of circadian rhythms and influence when a person feels tired or alert. Information from the eyes and light is one of the most powerful cues for maintaining circadian rhythms. Unfortunately, many older adults have insufficient exposure to daylight which may be even more restricted for people who live in nursing homes as well as those with Alzheimer's.

Other issues that commonly affect sleep in older adults include depression, heart disease, diabetes and conditions that cause pain, such as arthritis. Many older adults have multiple health conditions which can further affect sleep quality. Additionally, medications and interactions of multiple medications may contribute to sleep issues.

Other factors that may contribute to sleep issues can include:

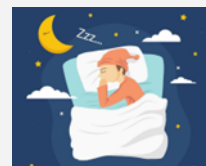
Sleep apnea or disordered breathing at night.

Nocturia, or having to urinate at night

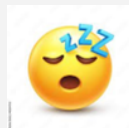
Restless leg syndrome, or the urge to move your legs often

Decreased physical activity

Stimulants such as caffeine and some medications



Research has connected disturbed sleep and sleep apnea with a higher risk for different types of dementia. Apparently sleep disturbance can increase beta-amyloid, a protein in the brains of people with Alzheimer's and other forms of dementia. Without adequate sleep, the body can't keep up with beta-amyloid removal, triggering disease onset.



### Strategies to improve your Sleep

Establish a regular sleep schedule. Aging can make it more difficult to recover from lost sleep. Go to bed and wake up at the same time every day.

Avoid napping too long (20 min) and avoid naps close to bedtime.

Avoid drinking alcohol within 4 hours of bedtime. Alcohol can disrupt your circadian rhythm and also make it likelier to wake at night to use the bathroom.

Avoid caffeine in the evening. Studies have found that caffeine disrupts sleep even after 6 hours. Try to stop drinking caffeinated beverages after 2pm.

Regular exercise such as walking or biking for even 20 minutes each day improves the ability to fall asleep at night.

Get more sunlight, at least 15 minutes of natural light. Get outside even on cloudy days and open window blinds during the daytime.

Stay away from electronics before bed. Screens or electronic devices can emit blue light that may disrupt natural sleep cycles by suppressing release of melatonin.

If sleep habits worsen and you notice increased difficulty falling or staying asleep it may be time to consult with your doctor for further assessment of potential causes.

### References:

Journal of Clinical Sleep Medicine  
National Library of Medicine

National Institutes of Health  
National Council on Aging

Sleep Foundation  
National Institutes of Health

## Kite Worship

By Alan Woodland

String invisible, manipulator hidden from view  
Had I never seen a kite I would fall on my knees  
spread my arms wide in dread and wonder  
at this startling, multicoloured  
sky creature just now risen from the seas

As I watch, others gaze upwards  
Shielding their eyes, they point and gather  
speak in hushed tones  
And I think Religions  
and all their terrible consequences  
have been founded on less



Delta Trio, flown by Sam, in Oregon



## Quafftiders

**Celebrate that end of week feeling with Friends!  
Join our new social, Special Interest Group!**

**“Quafftide”, a time for drinking!**

**After a tough week, what better way to forget your troubles  
for a while than to join our newest SIG.**

**A monthly Happy Hour, designed to provide a social setting  
to foster the club spirit, by enjoying different beverages  
while visiting local brew pubs et al!**

**contact Simon to join.**

## Artists Outing

***Celebrate ‘Seniors Week’ and  
Enjoy a morning of Painting,  
Sketching or Photographing  
the beauty of Maple Ridge  
Park!***

***Our 3rd Annual art event is  
planned for June 3rd, at 10am***

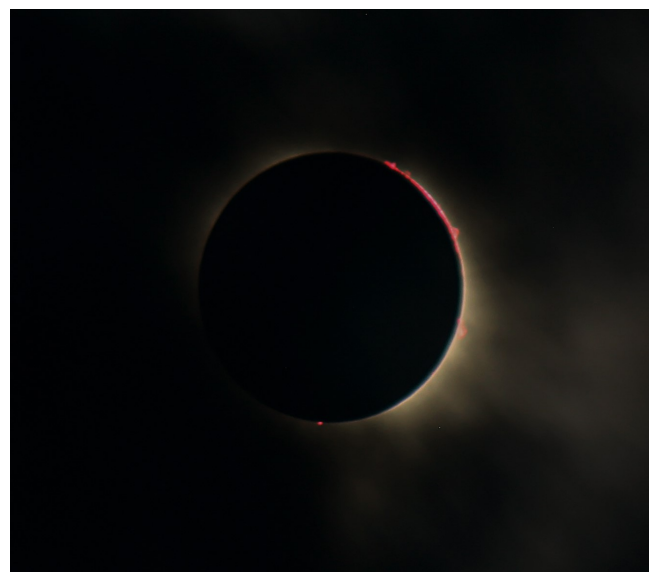
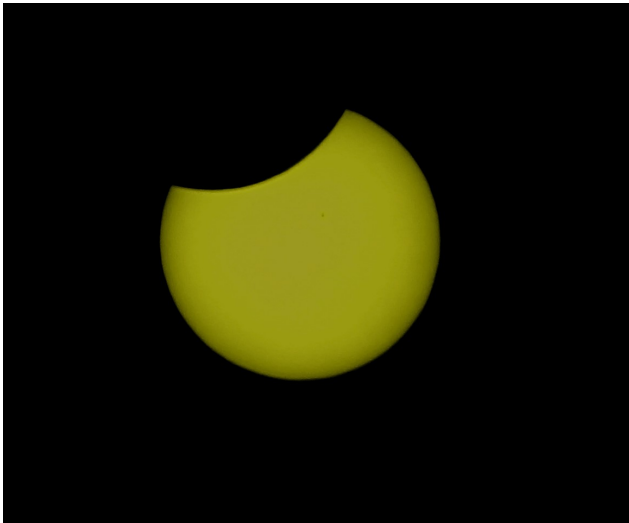
***Mark your calendar for this  
exciting outdoor activity.***

***Watch for more details soon!***

## Get a Covid—19 Vaccine this Spring!

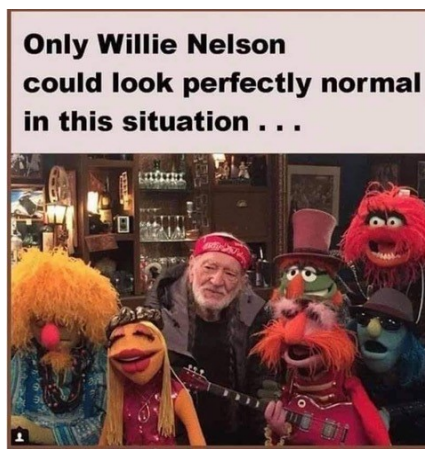
**Get an additional COVID-19 immunization from April 8 to June 30. This dose will help maintain and extend protection against serious illnesses from COVID-19.**

**“In case you missed it”**



# Monthly Mirth

Tesla owners attempting to go on a long roadtrip:



**Practical Advice:**  
If all the toilets in your house are occupied and you are waiting for one to be free, switch off the wi-fi.



# 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: May 1st**

## **Origin of the Phrase:**

### **Larger than life**

Meaning: The phrase "larger than life" refers to a flamboyant, gregarious person whose mannerisms or appearance are considered more outlandish than those of other people.

Origins: First recorded in the mid-20th century, the phrase was famously used by The New Yorker to describe wartime Prime Minister Sir Winston Churchill.

## **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

## **"Groaner" of the Month:**

**When cannibals ate a missionary,  
they got a taste of religion**

## 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*

Brunch Bunch: *Convenor, Sam*

*Meets, 11am 2nd Tuesday, 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 Around: *Convenor, Noelleen*

*Meets 6pm fourth Wednesday, monthly*

Dine Away: *Convenor, Michaela*

*Meets 6pm third Tuesdays, monthly*

Discussion: *Convenor, Theo Rathonyi Reusz*

*Deputy Convenor, Al Kozak*

*Meets, 10am first Thursday monthly*

Frothy Fellowship: *rotating Convenors*

*Meeting tba*

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*

# 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>