



***MERRY CHRISTMAS!***

**Our Seasonal Dinner Event,  
Will be held at 'The Well'.  
and takes place on Thursday,  
December 14th, 2023!**

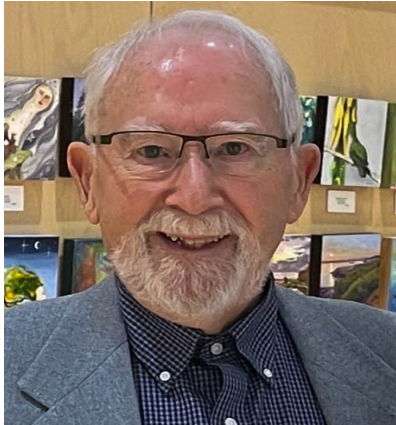
**At 5:30 pm**

***Contact: [noel.modera@gmail.com](mailto:noel.modera@gmail.com) to book***



# Probus Club of Maple Ridge

## President's Message and Program



Sam Lewindon, President



### **Thank You for Another Successful Year!**

Thanks to our Club members' enthusiasm, we have reached another milestone — a membership of over seventy. Well done us!!

To celebrate this achievement, and to introduce our new members to the Fellowship of our Probus Club, we invite you to join us for the Christmas Dinner Event! This annual activity features a buffet dinner, with all the seasonal goodies, including a Roast Beef Carvery - and some surprise activities too! A great opportunity to start the Festive Season off with a Bang!

As we wind down our club activities in anticipation of the Festive Season, I want to especially thank our Management Committee members and SIG Convenors for their service during the year. I hear, on a regular basis, that one of the reasons we have such a successful Club is because of the energy we generate through our Special Interest Groups and Events. So, hats off to the teamwork that gives us this success!

Now, I wish you and your families all the Joys of this Season.

***MERRY CHRISTMAS!***

*December, Being The Last Month Of The Year, Cannot Help But Make Us Think Of What Is To Come—Fennel Hudson*



## Speaker's Notes:

by Chris Frandsen

Christine Cavalaris, on behalf of Joanne Leginus, the Director of Administration and Services who has worked for Community Services for over 40 years.

Christine is Coordinator of Meals on Wheels and Senior Navigation and Peers Support Program and is part of a large team at Community Services that offer over 35 programs from youths to seniors in Maple Ridge Pitt Meadows. The New Community Services building is located just behind Valley Fair Mall, 22768-119 Avenue, Maple Ridge and offers the first 1.5 floors to house all the programs and affordable housing opportunities on the upper floors.

Community Services has been supporting seniors for over 50 years and have worked hard with the overall goal of supporting seniors to live independently in their own homes and communities for as long as possible. They operate these programs with 6 part-time staff and close to 70 volunteers. Some of these valuable programs include:

**Meals on Wheels:** Home delivery for full meals at a cost of \$10.70 each, delivered by volunteers, prepared by Ridge Meadows Senior Society. Home delivery can be available to anyone in the community that needs help.

**Senior Navigation and Peers Support program** is funded by United Way and offers Help connecting seniors to resources that they may need. Examples are Fraser Health, Doctors, Government programs - any kind of financial help.

**Digital Literacy:** A program that offers one on one home support for any digital devices. They also offer a once-a-month group session for a teaching experience and social gathering.

**Senior Activity programs:** "Senior Party Bus", This is a no charge program that helps seniors get out and mix and mingle to have a bunch of fun. Once or twice a month an event is planned. Examples are lunch, movie nights, holidays events, picnics in the park and more. You must register.

**Senior Prescribing Program:** Helps seniors connect with support. During and before Covid and still today seniors often feel lonely and isolated. This program helps them connect with other supporters such as the Seniors Center. Usually, these seniors are referred by doctors, nurse practitioners, Fraser Health or even yourself referral.

**Better at Home:** Services offered for Handyman services (no work on ladders), light house keeping (has a waiting list-must register), Shopping-volunteers can assist with grocery orders, can pickup and deliver and have a visit, transportation-need to register in advance for rides to appointments such as doctors and others. This program is available for seniors 65+.

Simon thanked Christine for a power packed information package for us to share. For more information on the many programs offered, please call Community Services at 604-467-6911, Monday-Friday 8:30-4:30pm

### What I Remember Most about Christmas!

By Sam Lewindon

Christmas is a time made for the creation of memories!

These memories are enhanced by the stimulation of both the visual and olfactory senses - two of the most powerful senses for memory creation.

And who doesn't recall the glorious sight of a freshly roasted Turkey emerging from the oven, glistening and golden in colour, and with the aromas of spices and herbs in the stuffing wafting out into the room. The very sight and smell of such a wondrous thing starts the saliva glands working immediately.

The added fragrances of seasonal decorations of pine and cedar branches, adorned with pinecones and with added sprigs of holly - with its shiny leaves and bright red berries, the eyes had a treat too.

But the best of all my childhood memories must be the preparation of the Christmas puddings.

Our family always gathered at my grandmother's house for this activity, and in the kitchen, family members would unpack the various ingredients for the puddings which they had brought with them. The communal preparation of the noble puddings started by placing the ingredients into a very large bowl, here the multitude of dried fruits, nuts and spices were tumbled together. In addition, bread flour, suet and seasonings we're also added, even a shot of whisky and glass or two of ale were used. The family ritual involved using a large wooden spoon for the stirring of the pudding, this spoon was passed to each member of the family in turn, and as they stirred, they each made a wish for the holidays and for the coming year. The fragrances of cinnamon, ginger, nutmeg and all-spice filling the air as the mixing process continued.

Once the pudding mixture was thoroughly combined, small white pudding basins were then filled 3/4 full with the pudding mixture and covered with a greased paper over which a square of white cotton cloth was draped. This in turn was secured with some fine string tied under the ridge of the basin. The ends of the cloth suspended below the string were then tied above the pudding basin into a bow. The resulting collection of puddings, with their neat white bows standing proudly above them were then taken to a large cauldron of bubbling, boiling, water. The puddings were then left to stand immersed to just below the rim of the basin in this water and allowed to simmer for several hours until the puddings were considered done. Over the years the timing of this cooking had been developed into a fine art and there never seemed to be an undercooked pudding. It was the tradition in our family to keep the largest pudding for eating on Christmas Day, where, with a sprig of holly, it was presented with flaming rum sauce. The smaller puddings were distributed amongst the family members to take home and enjoy on other occasions.

The spicy aromas of this annual event lingered in the house for most of the day, reminding us of the fun we had in the kitchen earlier.

Good memories!



**Seasonal Decorations and Winter Scenes**



*A Christmas Quilt by Marian Lewindon*



*A Festive Castle by Simon*



*A Varied Thrush in Winter by Simon*



*A Santa Parade by Sam*



*A Winter Decoration by Sam, and Mother Nature*



*Getting Things Ready by Michaela*



# Member Happenings

## Special Interest Group Round-up

As we wind down the social interactions of our SIG's for this year, a **BIG THANKS** goes to the convenors of these events. ***Our volunteers have done us Proud!***

- \* Book Club is continuing strongly, with plans for a new direction in 2024?
- \* Bridge group has some traction now, can we expect two, or more, tables next year?
- \* Camping went well this year and judging by the photos submitted, lots of happy times!
- \* Computer group went from strength to strength, with AI and a renewed energy in Photo-art
- \* Crafts group found new energy to keep the hands and eyes busy, as well as the social chit-chat
- \* Dining and Dine-Away groups kept the local area restaurants busy, these are **so** popular
- \* Discussion group held some profound explorations of quite serious topics, and more to come!
- \* Lunch group continues to grow, popular with new members as well as the 'old hands'.
- \* Scotch Sippers launched to a resounding success, single malts marrying with fine 'appies'
- \* Table Tennis expanded, as the challenge of fitness versus a rascally white ball continued
- \* Walking group found new trails, while enjoying the majestic scenery of local vistas
- \* Wine Club managed to find exciting vintages & stimulate enquiring palates with tasty pairings
- \* Word Weavers met the challenge of getting members to write their stories - come join us!

***If you are not part of one of these groups, you are missing a chance to expand your horizons!***

A bright morning for the Walking Group



Camping Group



Lunch Group



Book Club



Dining Group



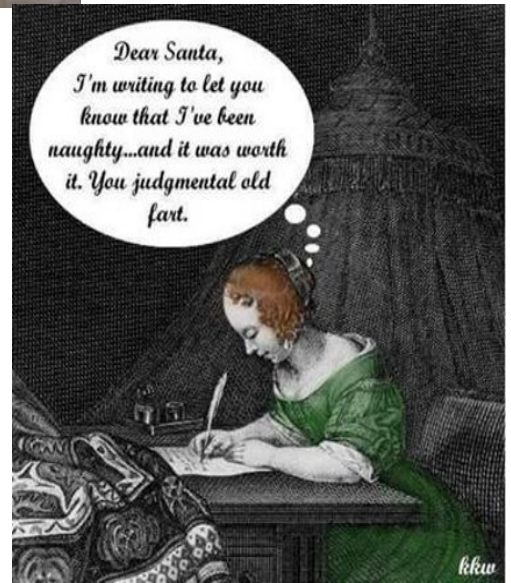
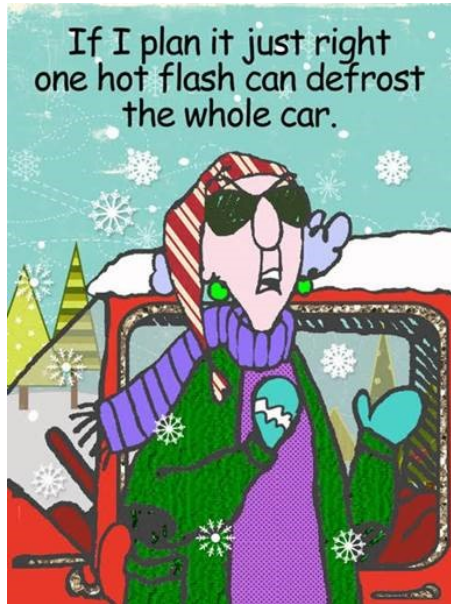
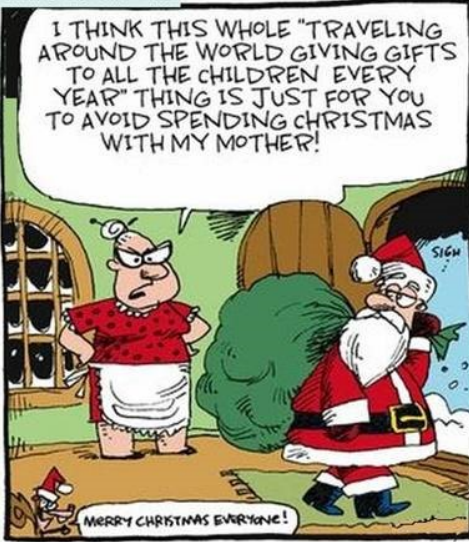
Discussion Group



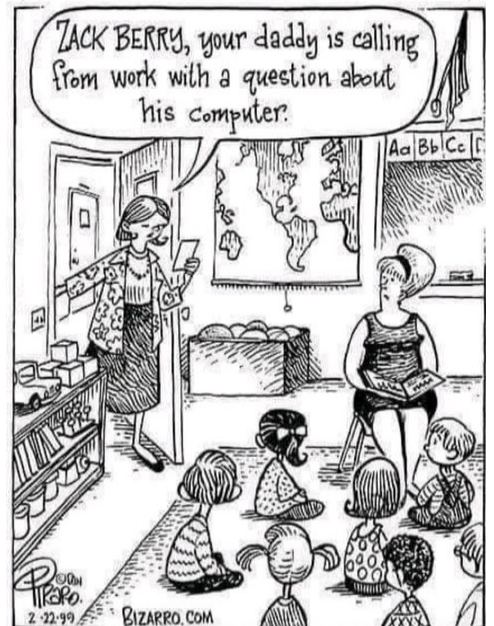
Dine Away Group



**Monthly Mirth**



**Christmas time is great because you can shout "DON'T COME IN HERE!" and people think you are wrapping presents. When you just want to drink wine in peace and not share your chocolates with anyone.**





# 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: December 6th**

## **The Salvation Army**

**Christmas Benefit Concert**

**7:30pm at Westacres 23575-124 Ave**

**Featuring Peter Tam & others**

**4 handicapped parking spots + others,  
with overflow parking on 124th Ave.**

*admission by donation*

## **Origin of the Phrase:**

**HOGWASH**

**Meaning:  
Useless information**

Steamboats carried both people and animals. Since pigs smelled so badly, they would be washed before being put on board. The mud and other filth that was washed off was considered useless "hog wash".

## 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*

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

*Meets, October and February, yearly*

**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:**

I knew a guy who collected candy canes,  
they were all in mint condition