



**The next Probus Meeting
Will take place on Thursday,**

July 15th, 2021

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;

Karla Laird

Topic:

Fraud Prevention



Probus Club of Maple Ridge

President's Message and Program



Sam Lewindon, President

**A Summer to Remember,
and for a better reason!**

Probus Meeting, Program

July 15th, 2021

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

What a difference a month makes!

With the improved supply of vaccines, the pace of inoculations has enabled most members to get their second shots and be more protected. This offers hope of a return to some form of normal activity. Not fully, but enough to think that the dream of a more regular routine can be hoped for - without the anxiety of the daily news barrage of data and grimness.

Phase 3 of the BC Restart Plan starts on July 1st. If the good progress continues, we can soon have larger indoor personal gatherings, sleepovers for grandchildren, larger outdoor organized gatherings, road trips, Canada-wide recreational travel and more of “the good life”. Ahh! It will be sooo good to once again meet up with the friends we have missed .

Our August Zoom meeting will be replaced by a Field Trip, destination likely to be the Maple Ridge Museum –so stay tuned! Our Special Interest groups are pleased to be back in action too, members are reading, walking, dining out and meeting to discuss computers and photography. Our Summer Activity Plan is moving ahead well, the **Artists Outing** attracted **14** members and seemed to be a popular event. The **Picnic in the Park** is coming soon—**July 7th in fact**, with over 20 members already having booked spaces! If your name is not on the list,

you'd better sign up soon if you want a place at the table!

“The Summer looks out from her brazen tower, Through the flashing bars of July.”. Francis Thompson.1859-1907



Introducing our Guest Speaker:

Karla Laird



Born on the beautiful island of Jamaica, Karla is the Senior Manager for Media & Communications at the Better Business Bureau serving Mainland BC. She is also an attorney-at-law under the jurisdiction of the Supreme Court of Jamaica. Karla integrated her background in law with her passion for public relations, building a career as a corporate communications strategist, media relations expert and community liaison. An advocate in every sense of the word,

Karla is also President of the Jamaican Canadian Cultural Association of BC, serving as an ambassador for her home country and also supporting the Jamaican immigrant community in the province. Karla holds a Bachelor of Laws degree with honours and a graduate diploma with distinction in public relations from the University of the West Indies and is currently pursuing her Masters in Intercultural & International Communication at Royal Roads University.

Speaker's Notes:

SPEAKER: SHADI SADEGHIPOUYA

Laurie introduced Shadi Sadeghipouya, a volunteer from Osteoporosis Canada, and who is a 3rd year student pharmacist at the University of British Columbia. She has been a volunteer with Osteoporosis Canada since 2020.

Shadi began with a powerpoint presentation "Speaking of Bones", starting with a disclaimer that this presentation does not replace any medical advice or treatments and that anyone who may have specific questions about their personal health should contact their health care provider.

Osteoporosis Canada educates, empowers and supports individuals and communities in the risk reduction and treatment of osteoporosis and osteoporotic fractures. Their Scientific Advisory Council (SAC) provides medical guidance.

Shadi provided an overview of "Bone Basics", how bone repairs itself and how it changes with age. Osteoporosis was defined as a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture. Primary and Secondary types of osteoporosis were reviewed as well as common fracture sites (shoulder, spine, hip and wrist) and it was noted that over 80% of all fractures after age 50 are caused by osteoporosis. Shadi emphasized the point that bone loss is not painful and therefore often the first sign of osteoporosis is a fracture. Fragility fractures were discussed as the most serious sign of osteoporosis and are broken bones that happen spontaneously or as a result of normal daily activities or a fall from standing height or less. A fragility fracture should trigger a Bone Mineral Density Test (BMD). There was later discussion of BMD testing eligibility and who should receive one proactively.

Shadi then went on to discuss spinal fractures and that men and women over the age of 50 should be monitored for height loss which can be an indicator of spinal fractures. The incidence of osteoporotic fractures was outlined and surprisingly they are more common than heart attack, stroke and breast cancer combined! It was also pointed out that men with osteoporosis are substantially under-reported, under-diagnosed and under-treated.

An overview was given of the importance of nutrition in the prevention of osteoporosis and gave a number of suggestions of which foods to eat for good bone health. Also emphasized was the importance of exercise for slowing the rate of bone loss and for fall prevention. "Too Fit to Fracture" is a series of exercise recommendations by Osteoporosis Canada for people with osteoporosis or spine fractures. Shadi emphasized how serious falling is, and apparently 95% of hip fractures in those over 65 years are the result of a fall. 1 in 2 adults over the age of 80 fall each year!

It was suggested that people use the Osteoporosis website: Osteoporosis.ca for further resources such as "Calculate Your Calcium", "Know Your Risk", Podcasts and other webinars. Shadi thanked everyone for joining the presentation and entertained questions from a number of attendees.

Sam thanked Shadi for the wealth of information she provided and wished her success with her studies.

Memory Lane:

God's 5 Cent Nickel? By Dick Drew

In 1939 I was 5-years-old, sent from Edmonton with my three older brothers to live on a farm near Morinville owned by my widowed Grandmother Ida Gibeault. and managed by her 17-year-old son, our Uncle Peter Gibeault. It was depression and wartime.



Drew Boys on a horse, 1940's

Every Sunday our deeply religious Catholic Grandmother would hitch the wagon or sleigh and we would travel, regardless of weather, two miles to Morinville, Alberta to attend mass at St. Jean Baptiste . Granny would give each of us two 5 cent nickels. One nickel for the collection plate, one nickel to spend in the store after mass. Back in those days you could buy an ice cream cone for a nickel.

The side-walk in front of the church was made of wooden slats, with a space between each to allow rain to drain through. Years later it became a solid cement side-walk.

One Sunday as I approached the church, clutching my two nickels in a death grip, excited because I was mentally tasting the ice cream cone I would devour after mass. I stumbled, fell foreword releasing my precious nickels and watched them both roll towards a space in the side-walk. I panicked as one nickel disappeared down a space while the other nickel was preparing to disappear, I lunged and rescued it, clinging to it mightily.

During mass I kept asking myself "Which nickel disappeared? Was it my ice cream cone nickel, or was it God's collection plate nickel"? I kept asking myself as the collection plate began its tortuous advance up the aisle. I kept looking for a sign from God. Please tell me whose nickel disappeared under the side-walk. Was it mine or God's?

Fifty years later I was visiting my Uncle Peter Gibeault in Morinville. For years he had been caretaker of the St. Jean Baptiste church. He took me on a tour of the church and introduced me to Father Primeau. I said "Father Primeau I have a confession to make " and told him the dilemma of the five year old and two nickels. "Father Primeau" I said. "If you get a jack hammer and tear up the side-walk in front of the church, you will find God's nickel."

We all laughed. My Uncle Peter, not one to let a good story end without a punchline added "Well Dick, that nickel, invested, would be worth much more today, I suggest you place a five dollar bill in the poor box"

Through the Lens

Floral theme

Night Blooming Cereus by Marie Slessor



Lilies by Marie Slessor



Rhododendron by Marie Slessor

Member Happenings

Subject: Canadian Pension Update Good News

Update from Canada's Minister of Seniors, Deb Schulte

To help strengthen Canadians' financial security later in life we propose to:

Issue a one-time \$500 payment in August 2021 directly to seniors who are aged 75 and older as of June 2022.

Permanently increase the Old Age Security (OAS) pension by 10 per cent for seniors aged 75 and older in July 2022, providing \$766 over the first year to pensioners receiving the full benefit.

Increasing Old Age Security for older seniors builds on the work we have done to support all seniors.

For the most vulnerable seniors, we increased the Guaranteed Income Supplement by 10 per cent for singles. We also increased and enhanced the GIS earnings exemption that helped low-income seniors keep more of the money they earn.

I hope you will take a minute to ensure that this message reaches as many seniors (and the people who support them) as possible. Please share it with your networks through social media, email or your newsletter.

Minister Deb Schulte

canada.ca/seniors

Dining SIG



Happy to report that the Dining SIG is up and running, or rather up and eating!! A small group of us had a thoroughly enjoyable dinner on the patio at the Pitt Meadows Golf Club on June 10. Such a delight to dine with friends again!!

Marie Slessor.

(not seen in photo; Laura Johnson, Sam Lewindon)

Book Club

The Probus Book Club meets on the second Tuesdays. Our book choices come from the 250 titles, sets held specially for book clubbers by Fraser Valley Regional Library. We grew from 8 members, hosted in our living rooms, to 11 on Zoom. Born A Crime, by comedian Trevor Noah is our July selection. We may need a second Club when we go back to meeting in person! Come and join us. *Bob Grist; bobgrist@shaw.ca*

Member Happenings

Artists Outing event, June 22nd at Maple Ridge Park.

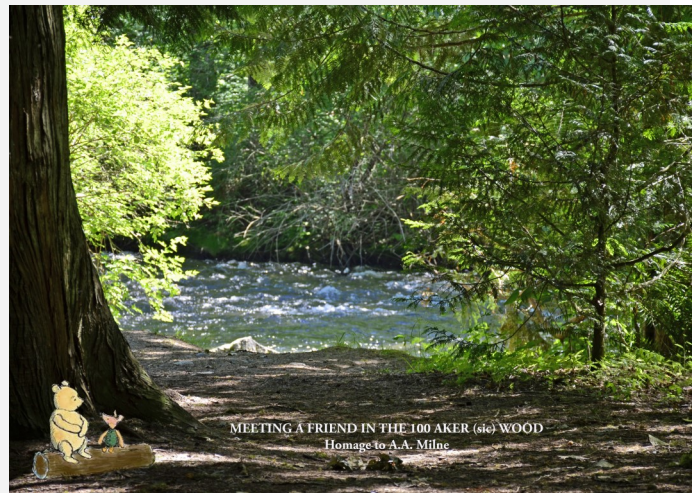
A beautiful setting and perfect weather gave our club members a chance to meet face-to-face, and apart from their Artistic activities, it gave a chance to catch up on things! The fourteen attendees made the most of the opportunity to get out in the fresh air and benefit from being at a local landmark.

Our “cover piece”



Is from; Bruce Pitt-Payne.

Artists at work

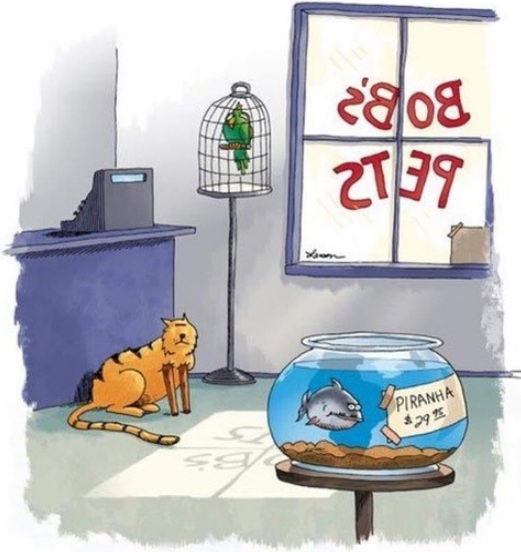


Jean & George



Karen & Bob, with Daisy

Monthly Mirth



GILL ABBOTT

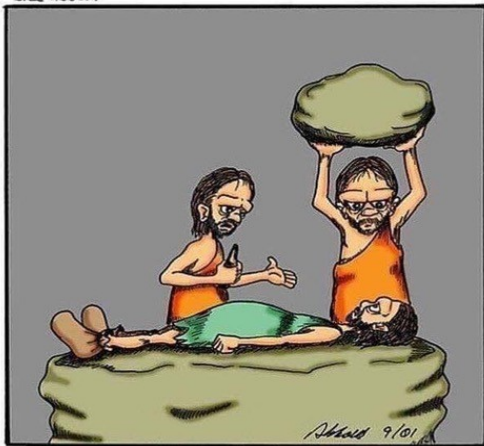


Nesbit



FERNZ

Always one for keeping fit, Susie did her regular pelvic floor exercises.



Aldred 9/01

"...and this is Ralph, your anesthesiologist."

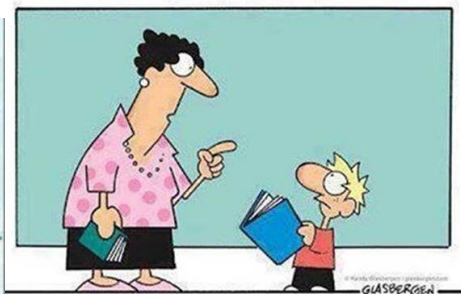


DAFFY'S DAILY



"It's just that I find that having two glasses of wine at once stops me touching my face..."

No matter hard you push the envelope, It will still be stationery!



GIASBERG

It's called **reading**. It's how people install new software into their brains.

MY WIFE ASKED ME WHY I SPOKE SO SOFTLY IN THE HOUSE. I SAID I WAS AFRAID MARK ZUCKERBERG WAS LISTENING! SHE LAUGHED. I LAUGHED. ALEXA LAUGHED. SIRI LAUGHED.



I see people around my age mountain climbing - meanwhile, I feel good getting my leg through my underwear without losing my balance

Messages, Notices and Information

CompSIG

(computer/photography Special

Interest Group)

Meets last Wednesday of the month, at
10am

Via Zoom

Probus “Picnic in the Park”*

July 7th

Maple Ridge Park, @ Noon

*For those who have registered for this event!

**Interested in Cycling!
Kathy Pierce has volunteered
to organise a Cycling group.**

Contact:

prairiegirl60@gmail.com

Our General Membership Meeting

is held Monthly, on the third Thursday.
Currently being held via Zoom.

Next meeting, July 15th at 10am

Wanted:

Stories for:

Memory Lane:

Contact Josine at: eikelenboom@telus.net

Photos for:

Through the Lens

Contact

Rick at: micricgoingplaces@gmail.com

Special Interest Groups: * *Meetings using Zoom*

Book Club: *Convenor, Bob Grist*

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

Crafts: *Convenor, tba*

Computer/Photography: *Convenor: Sam Lewindon*

*Meets, 10am, last Wednesday, monthly. **

Dining: *Convenor: Marie Slessor*

Meets 6pm, second Thursday, monthly

Walking: *Convenor: Clara Reed*

Contact ; clarar2@telus.net.

Lunch: *Convenor. Aline Drew*

Next meeting is at the Picnic, July 7th.

Cycling: *Convenor, Kathy Pierce*

prairiegirl60@gmail.com

Origin of the Phrase:

**“Straight from the horse’s
mouth”:**

Getting information directly
from a reliable source.

Said to come from the 19th century, when buyers could determine a horse’s age by examining its teeth. It’s also why you shouldn’t “look a gift horse in the mouth,” as inspecting a gift is considered bad etiquette.

“Groaner” of the Month:

**This girl said she recognized me from
the vegetarian club, but I'd never met
herbivore.**