

**Our next Probus Meeting**  
**Will take place on Thursday,**  
**June 16th, 2022**  
**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;**

**Myrna Norman**

**Topic:**

**Dementia Strategies**



# Probus Club of Maple Ridge

## President's Message and Program



Sam Lewindon, President

### Celebrating Seniors!

### Probus Meeting, Program

June 16th, 2022

|       |                               |
|-------|-------------------------------|
| 9:45  | 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                |

**Seniors Week in BC** is June 5th to June 11th; many activities are being planned to celebrate this special occasion. Our Probus club is recognizing this special time by conducting an **“Artists Outing”** on **Monday, June 6th at Maple Ridge Park**, where we are joining members of the Garibaldi Art Club for an outdoor Sketching, Painting and Photo taking activity. We are keeping our fingers crossed for good weather! If you feel your inner artist stiving to get out, come and join in the fun! A ‘Sign-up Sheet’ is waiting for your name!

At our May General Meeting, results of the recent Questionnaire were discussed and several ‘Additional Activities’ were identified as possibilities To get these into play, we need a few volunteer members to assist in the planning and delivery of them. We do have someone stepping up to coordinate the “Par 3 , 9 Hole Golf’ Event”, but we need more help to bring about “Concerts In The Park”; or, “Conducting an ‘Update Tour’ of ACT, Library and Leisure Centre”! Please let us know if either of these appeal to you?

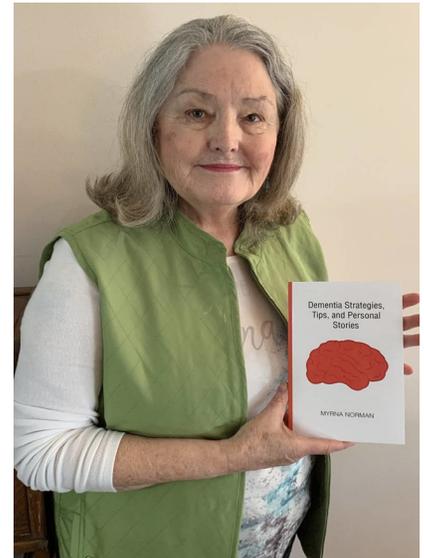
The major Summer Season plans of Picnic in July, and Winery Tour in August are shaping up. More details will be forthcoming later. For the July, **“Picnic in the Park”**, this includes details such as the date and time, and just like last year, this event will be a **‘Bring your Own Lunch’** activity. We plan to hold two Summer Activities each month, and, of course, these will be in-person events. AND, this is not counting the Coffee Morning, which will continue on the first Wednesday of each month!

*“At midnight, in the month of June, I stand beneath the mystic moon.” Edgar Allan Poe*



# Introducing our Guest Speaker: Prepared by Laurie Freebairn

## Myrna Norman



My name is Myrna Norman.

Coming from Maple Ridge BC, a suburb of Vancouver, my life has taken a significant turn after being diagnosed with Frontal Temporal Dementia in 2009. Currently my diagnosis is MCD. After being diagnosed with Lewy body and having my drivers license removed by the doctor, Alzheimer's confusion reigned. Could I be the only one with all of the difficulties in diagnosing?

Could my passion for advocacy have spurred the neurons in my brain to make better connections, who knows?

Maybe part of my advocacy is doing a peer group for those with memory issues in my home town. Fun events like 'Christmas in July, experiences with art, quizzes etc. are part of our get togethers. Some of the groups that offer highlights to my life are Early Persons Living with Dementia group, it's stimulating and energetic and enriching. The Dementia Sisterhood, the Action Committee, CCNA, Alzheimer's Advisory, Dementia Advocacy Canada, Community Response Network, Dementia Friendly Task Force, Elder Law, Advance Care Planning and even more.

Much to do and much to learn and to share, isn't that what life is all about?

Won't you join me?

## Speaker's Notes:

by Carla Reed

Laurie Fairbairn welcomed and introduced today's speaker Mike Morden, Mayor of Maple Ridge. Laurie listed the many organizations of which Mike has been or is a member, and reiterated the topic Probus had asked him to discuss: "What Problems Do You Face as Mayor?"

Mike started with some autobiography, specifically the reason for his family's move here in 1986. They wanted a 'safe community' for themselves and their children. Now all these years later public safety is still a major problem he faces as mayor. Add to that the high taxes we now all face, and the high cost of living affecting many residents, with gas and milk cited as just two examples.

A goal this council has is that every citizen of Maple Ridge should be able to live within 15 minutes drive of 'all they need', such as practical amenities and recreation. A major roadblock in working on this goal is the high crime level in the city, and to deal with this we need more co-operation from the senior levels of government, especially on health and housing.

Covid has been a major challenge but has had some positive aspects as many people worked at home, bringing down their costs of transportation, But now the challenge is to get people back to work. Other needs are an integrated court system for police and criminal justice as well as a restorative justice system. And there needs to be a better response from the province regarding minor crimes and the needs of victims. Also on the wish list: better and more timely processing of permits and applications for example; building occupancy; increased use of zoom-type techniques; development of employment opportunities within Maple Ridge; housing density that goes upward not outward; post-secondary school education within the community, and finally every workplace needs to create a code of conduct that focuses on civility, and does not permit 'keyboard rudeness'. And our city council has a 'Code of Conduct' continues to work on that.

Mike then took questions that members had earlier posed:

Q. When do we get a new east-west corridor?

A. When the Abernethy corridor is completed

Q. How has public service affected your personal life?

A. he has focussed on his kids and grandchildren, and has valued the support from his wife.

Q. Why are large houses still being built at the expense of the forest?

A. If the ALR did not exist we wouldn't have to.

Q. Why are we not banning single-use plastic bags?

A. This needs to be done top-down by senior governments.

Q. What is the time-line for the 15 min. work/home plan?

A. Maybe 10 years.

Q. When will RMSS/Panorama have more parking?

A. Council will try to extend existing lots.

Theo thanked Mike Morden for his time and excellent coverage of the topic, and this concluded the 'Speaker' part of the meeting.

## **Rex the Dog.**



My aunt and uncle were coming over for the weekend, and with them, their big dog Rex, a male German Shepherd. Rex and I were great friends, and all weekend were inseparable.

When my parents suggested we should take a walk in the nearby park, I begged to let me take Rex's leash. The adults were hesitant - could a 7-year old handle that strong big dog? But I begged some more and they finally gave in.

It was a chilly spring day, and I was warmly dressed in my winter coat and my new, thick long stockings, a product from my grandmother's knitting needles. Cheerfully the entire family set out for the walk. But as the parents had foreseen, of course Rex was way too strong for me. He pulled on the leash and wanted to run, I ran along, faster and faster, and then I tripped and Rex dragged me over the pavement while my uncle hollered: "Josine, Let go! let go"!

I was balking with pain and frustration, but my mom had little sympathy for the broken skin of my knees: but she almost cried when she saw the ruined stockings - both knees with large holes. It was in the middle of the war and it would be very hard to replace, or even repair them.

***Birds***



**Chinese Pheasant** *by Rick O'Doherty*



**Feathered Friends** *by Rick O'Doherty*



**Icelandic Puffins** *by Tamara O'Doherty*



**Icelandic Snow Hen** *by Tamara O'Doherty*

## Member Happenings

By Angie Hodgins

### Probus Discussion Group:

May 5th is a National holiday in Holland, "Dutch Liberation Day" - here we celebrated with Dutch treats and the discussion was **FREEDOM**, lead by Theo - a great topic considering the day !

Our **Discussion Group**, the newest of our Special Interest Groups, meets at 'Bean Around Books', on the first Thursday of each month at 10am. Contact Theo if you have an interest in this activity, or stop by the venue at 22626 Lougheed Highway, the next meeting is; June 2nd.



### Probus Luncheon Group:

Meeting on the last Thursday of each month, the Luncheon Group dines at noon, in various restaurants in the Maple Ridge area. The group are seen here at Ricky's Country Restaurant, on April 28th.

Contact Aline if you wish to join in the fun. Our next meeting is June 30th. We plan to gather this month at Ricky's Country Restaurant.

### Probus Dining Group:

This group meets on the second Thursday of each month at 6pm, and Fine Dining is the aim! Recent Dining experiences have been at The Town Hall, Pyrgos, Ban Chok Dee and Aburiya .

Marie and Carla are the contacts for this very popular group.

Our next reservations are for June 9th at 6pm, at **The Keg!**



**Monthly Mirth**

My wife was going through her wardrobe, she said "look at this, it still fits me after 25 years"

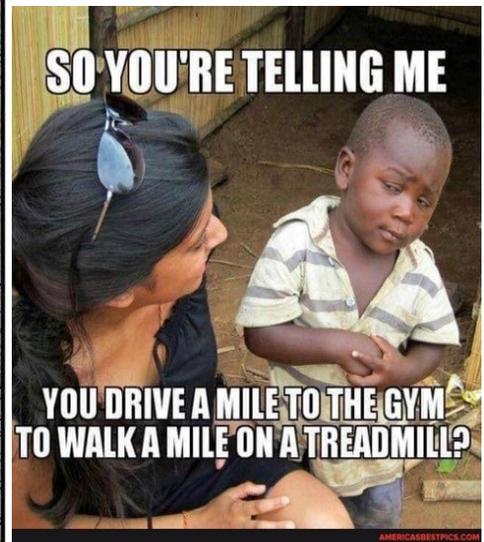
I said "it's a scarf."



"Linda, those pants we had on sale... were they machine washable?"



Pre internet chat room using An old version of windows...



Found an extra pair of boots at the worksite so I decided to give my boss a heart attack



# 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: June 1st**

## "Artists Outing" event

*For members who wish to Sketch, Paint or Photograph nature, we plan to meet on Monday June 6th, 10am at Maple Ridge Park, (weather permitting, of course).*

## Celebrate with us!

5pm, June 1st at Boston Pizza Pitt Meadows, A fundraising event with the Garibaldi art Club

## **Origin of the Phrase:**

### **Caught red-handed**

**Definition:** To catch someone in the act of doing something wrong.

**Origin:** An old English law stipulated that anyone who butchered another person's animal would be punished.

The condition was that he would be found guilty if the accusers caught him while he still had the blood of the slain animal on his hands

## Special Interest Groups

**Book Club:** *Convenor, Bob Grist*

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

**Bridge:** *Convenor: Kathleen Spiess*

*Meets, 2pm third Monday, monthly*

**Computer/Photography:** *Convenor: Sam Lewindon*

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

**Crafts:** *Convenor, contact, Michaela micricgoingplaces@gmail.com*

**Dining:** *Convenors: Marie Slessor/Carla Reed*

*Meets 6pm second Thursdays, 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 Tuesdays & Fridays, weekly*

**Walking:** *Convenor, Renate*

*Meets 9am Tuesdays, weekly*

**Wine Club:** *Convenor: Sam Lewindon*

*Meets, 5pm last Friday, monthly*

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

**"Doctor, there's a patient on line one that says he's invisible."**

**"Well, tell him I can't see him right now!"**