



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

June 17th, 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;
Osteoporosis Canada**

Topic:

BONE MATTERS

Take charge of your bone health



Probud Club of Maple Ridge

President's Message and Program



Sam Lewindon, President

Glorious June!

The prelude to Summer activities.

As the Summer approaches, our thoughts naturally turn to ideas for outdoor activities. As travel is still a 'no-go', our club has been thinking of some ideas of its own to keep members busy this summer! How would you like to attend an Outdoor Sketching/Painting/Photography activity? Perhaps a Musical Gathering? or even a Walking Group Adventure? These, and other ideas are what members have thought might be useful in creating a better Social connection for our Summer months! If you have further suggestions, let us know!

A pilot offering of an '**Artists Outing**' is taking place on Tuesday **June 22nd, in Maple Ridge Park**, for those who have an interest in Sketching, Painting or Photographing nature. This will be followed up by a **Picnic in the Park**, organized by Aline Drew and her team, and scheduled for early in **July**. And, our Summer Activity plan continues, with more ideas. If you want to join in the fun, make sure your name is on the list! Contact Sam Lewindon to sign up.

Josine Eikelenboom will coordinate the **Musical Improv** session for sometime later in the summer, and Carla Reed is planning a **Walk of Wonder** for those wishing to discover 'Nature' while exercising in the fresh air! A change from the routine of Zoom-only gatherings, these events will need some help in planning, so if you have the experience or energy to bring to one of these tasks, you are invited to 'step up' and be part of our team of Helpers! Group size for these activities, will be governed by the Public Health Order in effect at the time, and will follow a Covid-19 Safety Plan.

To be part of one or more of these events,

Please Sign up Soon!



Introducing our Guest Speaker:

Osteoporosis Canada, Presents

“Bone Matters”

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fracture. Known as the “silent thief”, bone deterioration can occur over a number of years without presenting any symptoms. Unfortunately, if detected at the time of a break, the disease is already fairly advanced. The most common fractures associated with osteoporosis are in the hip, spine, wrist, and shoulder. Today, no single cause for osteoporosis has been identified.

While Osteoporosis can affect people at almost any age, it is most common among Canadians 50 years of age or older.

2 million Canadians are affected by osteoporosis

At least 1 in 3 women and 1 in 5 men will break a bone due to osteoporosis in their lifetime

Fragility fractures represent 80% of all fractures in menopausal women over the age of 50

Fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined

Learn what the experts think you should include in your exercise program to prevent bone loss and falls, and to increase muscle strength. Get some tips on how to put the latest research into action. Understand how to practice “spine sparing”, and avoid or modify the movements that might not be safe for someone with osteoporosis.

Speaker's Notes:

Mark Bulgutch

Laurie welcomed our speaker, Mark Bulgutch from Toronto, via Zoom. Mark, along with Peter Mansbridge, has written a book called “Extraordinary Canadians”, and Mark was here to speak to us about this book. Laurie touched on Mark’s very impressive record as a journalist and producer with CBC News for the past 35 years, producing every federal election from 1997 to 2011, 8 Olympic Games, and many other important news broadcasts.

Mark said he had been lucky to work in the golden age of TV news, and still teaches at Ryerson University. The idea for the book came from Simon and Schuster, the publishers asked Peter who approached Mark to do it jointly. They carefully constructed lists of possible subjects since they wanted people who were less well known but had contributed significantly to Canada. They did not want “heroes”, but rather people who had made a difference.

Mark told us of several people he had interviewed, and their remarkable stories. The first was Rabbi Reuven Bulka, the honorary chaplain of the Canadian Legion. He does the Benediction at the Ottawa Remembrance Day ceremony which Mark produced many times. The two had never met, but Mark felt the Rabbi had a story, and he did. Another person he had “in his head” was Gina Cody, the first female student to earn a degree in building engineering at Concordia University. She went on to lead a prominent engineering firm, donated a large amount of money to Concordia, and the Engineering School there is named after her.

Mark also thought there should be something written about Covid, although because publishing a book is so much slower than TV, he was worried about the ending, however we all know Covid has not ended. He interviewed Moses Li, a Vancouver nurse, who was getting St. Paul’s Hospital ready for the pandemic. To have continuity, Mark interviewed Moses for about an hour a week for 6 to 7 weeks to get a chronology of what was happening with Covid. He ended up with a story of a diligent nurse who had worked in refugee and war zones, and was now getting things done to combat Covid.

Mark then spoke about how reluctant Canadians are to celebrate themselves, and that we are not very good myth-makers. He admitted part of the problem is that we are inundated with US culture and TV, but we still need to do more to honour our outstanding citizens. He also said that the book opened his eyes to the enrichment of Canada from immigration. Although this had not been a consideration in choosing people – it was a happy by-product, including the fact that Peter Mansbridge was not born in Canada.

A brisk question period followed, with questions about a sequel and audio book which morphed into a discussion of publishing in Canada as well as the CBC and its future. Mark explained to us that TV lives and dies on ratings. The CBC cannot compete on that metric since it does things differently by giving us Canadian content, culture and stories that not many people watch but that are important for Canada. He also decried the changes in news programming from thoughtful articles to quick short action segments – “If it bleeds, it leads” mentality.

We could have listened to Mark for much longer, but time constraints interfered so Dick thanked him for a delightful morning. Mark encouraged us to read one of his other books “That’s Why I’m a Journalist” as a follow up to our questions and discussions.

That Deserves Another Beer! *Submitted by Sam Lewindon*

In World War Two, my father was a sergeant in the British Army - Royal Engineers, and as a Master Printer, was part of the team responsible for printing the maps used for D Day and for the Allied advance through the Low Countries. A day or two after the Normandy landings, he and his team were enroute to Caen, to occupy a printing factory in order to prepare fresh maps for the advance into France and Belgium - that was when the Allied advance stalled.

Not only was he a Master Printer – he was pretty handy with a BREN light machine gun, so, being ‘Bogged down in the Bocage’, he and others were called upon to go into action in the Battle of the Falaise Gap.

Although he served in both the European and the South-East Asia campaigns, (which included not only France and Belgium but India and Singapore), he did not normally relate any of his war-time experiences to the family, but we did get to hear of this one situation.

It was in the mid 1950’s, and while at a Printing Trade Show in Dusseldorf, Germany, that Dad met a fellow exhibitor of Printing equipment - a local man, and after discussing the technical details of their various pieces of equipment, they went off to a Beer-garden lunch together. In the ensuing conversation - over a Sausage and Beer lunch, the topic of “Wartime Duties” came up. After sharing a few general wartime experiences, and with both of them having experienced action, they found out that they were both involved in the same battle of Falaise.

Exploring more details of the encounter – but from different sides of the action, it appeared that they were in the very same sector of operations. Not only that, but were in fact facing each other in a conflict over a farmhouse strongpoint. Realizing that at that time they may have been shooting at each other, they sat back and, reflecting on the fact they had missed each other, and had both survived, said... **Wow! That Deserves Another Beer!**

....**In the meantime**, in the occupied Netherlands, we tried to cope with the shortage of just about everything. I didn't have experience of the horrible famine in the Western part of the country, but meals were certainly meager. In the summer of 1944 our family rented a few rooms somewhere in the country for a week of "holiday", to get some potatoes and collect the stalks of wheat that the harvesters left behind in the field. It was a trip of five hours on the bike but we did come back with a bag of potatoes and a small bag of wheat!

The shoes of us kids were always worn, and to protect the soles my dad nailed protecting metal on the heels. Eventually our toes were sticking out through a hole because our feet were growing and the leather had to give way. In the last months of the war we had to leave our house and lived with my grandparents, we joined in the habit of wearing the famous Dutch wooden shoes, and it was no problem to run in them! My grandfather owned some willow trees that were planted as a wind shield along his meadow. That was the perfect wood to make clogs from, so one was taken down and brought to the clog maker. It was a great day when we could go there and have our feet measured. Within a week we had something shining new: our wooden shoes!

Josine Eikelenboom

Through the Lens



Osprey, Snowy Owl by Bruce Pitt-Payne

Hummingbird by Tamara O'Doherty

Monthly Mirth



"I'm working on pants for old guys. They'll combine the comfort of Dockers, with the protection of Depends. I'll call them Dry Dockers."



SCOTTISH VARIANT



"Based on your current condition, I should probably throw the rest of those leftovers away."

Did you know?

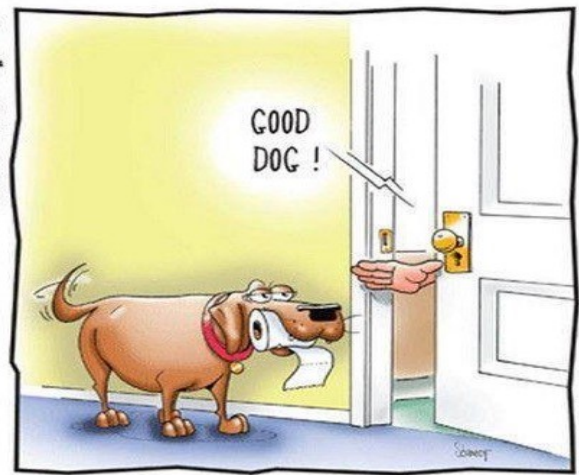
Line dancing was started by women waiting to use the bathroom!

New Word For 2020:

Airgasm

- the intense pleasure of leaving a public place and taking off your mask.

This End Up



PERHAPS THE MOST NOBLE OF ALL RESCUE ANIMALS: THE LAVATORY RETRIEVER



"The 6 feet of safe distance makes things tougher for all of us."

That is taking "dying to go camping" a bit too far.. 😞



My stomach is FLAT.

The L is just silent.

Messages, Notices and Information

*It is the month of June,
The month of leaves and roses,
When pleasant sights salute the eyes,
And pleasant scents the noses.*
–N. P. Willis (1807-67)

Probus Zoom ‘Coffee Morning’
First Wednesday of the month, at 10am

Next meeting:

June 2nd

**June 15th is World,
“Elder Abuse Day”**

**Wear the colour Purple,
to support organizations working to
eliminate Elder Abuse!**

For more information visit the website www.bccrns.ca.

Summer Activity Plan

**Events Coming soon,
include:**

- Artists Outing – June 22nd
- Picnic in the Park—July 7th
- Musical Improv - date tba
- Walks of Wonder - date tba

Wanted:

Stories for:

Memory Lane:

Contact Josine at: eikelenboom@telus.net

Photos for:

Through the Lens

Contact Rick at: micricgoingplaces@gmail.com

Through the Lens

**Pictures are needed for the Goldeneye’s
“Photographic Themes”.**

Here is a list of subjects to ‘shoot’ for:

- July: Gardens, Flowers,**
Aug: Lakes, Rivers, Falls etc
Sept: Buildings, Structures, Bridges etc
Oct: Animals
**Nov: People in action Fishing, Riding
Camping, Skiing etc**
Dec: Holiday Theme etc

Origin of the Phrase:

‘Barking up the wrong tree’

Following a false lead or having misguided thoughts about a situation or event.

Stemmed from the use of hunting dogs, who would bark up the trees into which they’d seen their prey run. Even if the prey has somehow escaped to a different tree, the dogs may still continue “barking at the wrong tree.”

“Groaner” of the Month:

**What did the grape say when it
got crushed?**

**Nothing, it just let out a little
wine.**