



## **“Picnic in the Park”**

**Will take place on Wednesday,**

**July 20th, 2022**

**At 11:00 am,**

**At Maple Ridge Park!**

### **PLEASE NOTE!**

**This is a ‘Bring your Own’ Event**

**Meet at the 232nd Street parking lot at 11am.**



# Probus Club of Maple Ridge

## President's Message and Program



Sam Lewindon, President

**Happy Canada Day!**



### Probus Meeting, Program September 15th , 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

With such a slow start to the summer weather pattern, you may be wondering if we are actually planning any outdoor events this year? Well, the answer to that is **YES!**

Our first outdoor activity took place on June 6th, it was the second, annual, “**Artists Outing**”, in which some of our members joined members of the Garibaldi Art Club for an opportunity to sketch, paint or photograph nature at Maple Ridge Park, celebrating Seniors Week. (see page 6).

The next event is “**The 9 Hole, Par 3 Golf Outing**” which is on **July 13th, at Hackers Haven**. Look for more details coming soon, by email!

This to be closely followed by our next outdoor event, the Annual “**Picnic in the Park**”, which will be held on Wednesday **July 20th, at 11am, at Maple Ridge Park**. This ‘**Bring Your Own**’ activity, asks you to provide a chair, your lunch and a beverage and we will provide a table and entertainment to make this a fun outing in the fresh air! These activities are, of course, weather dependent, so fingers crossed for sunny days!

Further outdoor events are in the scheduling process for July and early August, and will be announced at a later date. Of course, our annual “**Winery Tour**” will take place later in August, and details of that event will also become available later.

For those members heading off for travel vacations, we wish you a wonderful time! There is such an eagerness to return to a somewhat near normal summer routine, but please remember to follow the safety guidelines, and to stay safe!



## Speaker's Notes:

by Marie Slessor

Michael introduced this month's speaker, **Myrna Norman**, whom he first met at a memory seminar. He told us she was originally from Saskatchewan, but moved to Nelson. While working there in the family business, she noticed she was having trouble doing math. This led to a diagnosis of dementia, and she has been very involved with the Alzheimer's Society and every aspect of staving off her dementia.

Myrna told us she is a person living with dementia. She was diagnosed with Frontal Temporal Dementia, told to go home and get her affairs in order since she had only 5 to 8 years to live. Needless to say, this was a very difficult time as she wrestled with the diagnosis and tumbled into despair and darkness. She and her husband closed their business, sold their house in Nelson and moved to the coast to be nearer family. Now, 14 years later, Myrna is still alive and tirelessly advocating for people with dementia. Her philosophy is "It is what it is, and you have to live with it."

Once settled in Maple Ridge, she phoned the Alzheimer's Society to join a support group, but found the kindergarten-like activities were not enough. She then took a Facilitation course which led her to asking people what they needed. It turns out they not only needed the social support, but also wanted brain stimulation – "Use it or Lose it". That led Myrna to start a support group at Fairview where she lives, it has about 50% people with dementia and 50% caregivers. Rather than do cognitive exercises, they go outside and picnic, play Bocce, take tours, go to movies and other activities that allow them to live life as they used to. She spoke about a program in England called Purple Angels that offers headphones in ambulances, hospitals and care homes with many kinds of music to calm the soul. So far Myrna has not been able to get it started in Canada, but she is working on it.

Myrna shared with us her experience in Richmond Hospital after she had a stroke on an airplane. She was taken from the airport to the hospital where she was put on the Dementia ward. Her bed was alarmed, she had no access to a telephone, and was terrified because no one would talk to her about how they were treating her. She finally cajoled a student nurse into contacting her husband to come and get her. After much pressure, she was finally allowed to leave the hospital, but only because her husband had advocated so hard for her release. This episode showed her that people with dementia may appear as if they don't have a right to speak up, but they do so, she decided to do something about it. She pressured the hospital to make sure that they now explain to the patient how they are treating them, but there is still a lot of work to be done in this regard.

Myrna is a tireless advocate for people with any kind of dementia, and there are more than 150 types. She has written several books, including two for children who have grandparents suffering from memory loss. In her adult book, titled "Dementia Strategies, Tips and Personal Stories", she wanted to point out to other dementia sufferers everything you can do to keep living with joy since she had spent her first two years after diagnosis believing she couldn't be joyful.

When asked how she discovered she had dementia, she said it was two things. Driving had become difficult because she kept seeing traffic going backwards as well as lights all over the windshield. The other indication was that as a book keeper she could no longer add a column of figures and would fly into a rage over it. She told us there is a huge difference between aging with normal forgetting and dementia. She is very pleased that the University of Waterloo will soon sponsor a panel that features discussion by people with dementia, and she will be the moderator. Norma said she would send Sam a link to the panel. She also pointed us to a valuable website called Flipping-stigma.com which she called a wonderful tool.

Sam thanked Myrna for an amazing presentation which lifted the veil from a subject we know little about and thanking her for her life work of spreading the news about dementia.

## America's 200th birthday

In 1976, my friend, Don, and I decided to ride our motorcycles south to San Francisco for the big celebrations on July 4th. We arrived there on the day before and found a motel near North Beach, anticipating the thrill of attending such a momentous celebration! Everywhere, there were flags, balloons, and signs of exciting events coming the next day.

On July 4th, the city began filling up with the thousands of loyal Americans wanting to celebrate their country's birthday. Fisherman's Wharf and the entire area became one gigantic traffic snarl as people could not find any space to park their vehicles. They simply left their cars wherever they were, and walked away. Every street and intersection in North San Francisco became totally clogged, so that in order to walk from one side of the street to the other, one had to clamber over the hoods, trunks, and bumpers of all the stalled vehicles! (It was some time the next day before this mess was untangled).

We, and all the eager onlookers congregated on the grassy areas of the waterfront awaiting what was advertised to be a tremendous fireworks show over the Bay, as soon as it got dark enough. There was a serious problem with that: the entire area was cloaked in a very typical San Francisco FOG. As a result, the million dollars worth of fireworks were barely visible as faint colours in the fog! This was very disappointing to the thousands of spectators standing shoulder to shoulder in the dark.

Compounding the disappointment, all of the public restrooms in the area were locked up tight, and all those people were now searching for someplace to "go". All the restaurants in the area had lineups for blocks, and many folks wound up behind the nearest tree or building to do their business. At least, my friend and I had to only walk two blocks back to our motel. It was a night to remember, and I am only sorry that I won't be around for the USA 300th birthday!

*By Skip Johnson*

*The glowing Ruby should adorn, those who in warm July are born. Anon*



## Member Happenings

### Probus Camping SIG

Four 'Rigs' participated in the outing to Fort Langley, and here the Happy Campers are seen enjoying an outdoor lunch!

If you wish to join in the camping fun, please contact Michaela, as there are spots still available for the next outing to Coquihalla Campground in Hope. Dates are Aug 28-Sept 1.



### "An Evening in Paris"



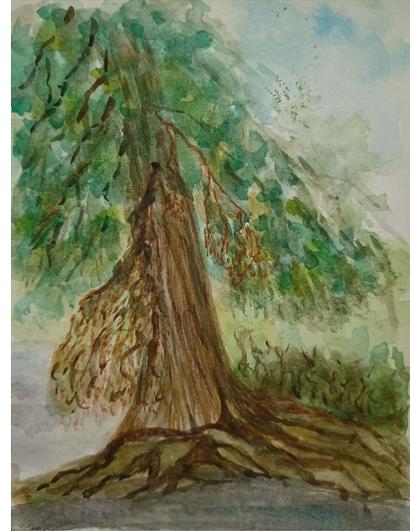
This Ladies Night event, organized by the Rotary Club of Haney, found members of our club seated at a 'Probus Club Table' and enjoying the successful fundraising event. Funds raised help Rotary support several programs in our local area.

With almost 200 participants at this glamorous evening event, it shows the strong community support for such activities. According to the Ladies, everyone there had a great time!

### "Artists Outing"

*On the cool, overcast Monday of June 6th, 11 Probus members joined 13 Garibaldi Art Club members and braved the elements to Sketch, Paint or Photograph the natural beauty of Maple Ridge Park. With the rushing sound of the Alouette River as a backdrop, this celebration of our annual event was a grand start for 'Seniors' Week' !*

# Probus "Artists Outing"



The Cedar, original subject by Sam

The Cedar, as a watercolour sketch



In Memoriam, by Bob



Artists busy working



'The Artist', (wet lens camera effect) by Simon



Photos by Celia



River in the Park, by Sam



River in the Park, as a watercolour sketch



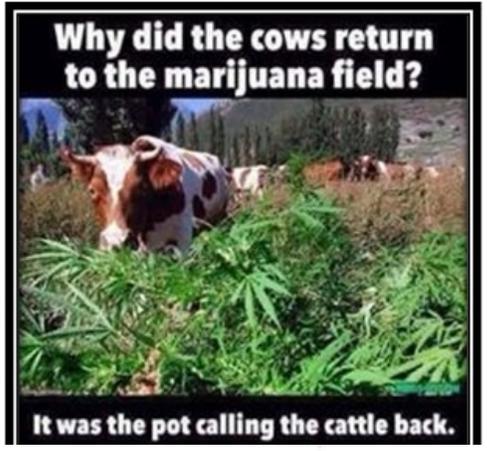
# Monthly Mirth

## TODAY'S CHALLENGE:



IF ANYONE CAN GUESS WHAT ANIMAL THIS IS, I'LL OPEN A BOTTLE OF WINE!

I could swear he is doing it wrong, but since I don't own a boat, I'm going to keep my opinion to myself!



Thag Anderson becomes the first fatality as a result of falling asleep at the wheel.

Julia has two passions in life: alcohol and horses.



## Messages, Notices and Information

### Our First Annual 9 hole, Par 3 Golf Outing

***Here is your chance to have some fun by joining us at 'Hackers Haven' on Wednesday July 13th at 10am***

***Watch for details in an email soon, or contact Jim at :  
Jtarasuk@gmail.com***

### "Picnic in the Park"

**Our second Annual Picnic event is to be held at Maple Ridge Park, on Wednesday July 20th at 11am.**

**As this is a 'Bring your own' event please bring you own chair, lunch and beverage! At this activity, you get to eat what you like!**

**We will provide the companionship and some entertainment too.**

**Mark your calendar now!**

### Origin of the Phrase:

#### **Fly off the handle**

**Definition:** To become suddenly enraged.

**Origin:** The phrase comes from the 1800s, when some axes were so poorly made that when swung, the ax heads would fly off the handle.

### Probus in-person 'Coffee Morning'

***First Wednesday of the month, at 10am***

***Next meeting: July 6th***

### Special Interest Groups

**Book Club:** *Convenor, Carla Reed*

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

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

*Meets, 2pm third Monday, monthly*

**Camping:** *Contact Michaela*

**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*

**Golf :** *Convenor, Jim Tarasuk*

**Lunch:** *Convenor. Aline Drew*

*Meets, noon last Thursday, monthly*

**Walking:** *Convenor, Renate*

*Meets 9am Tuesdays, weekly*

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

*Meets, 5pm last Friday, monthly*

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

**I tried to make a belt from watches**

**– it was a waist of time.**