



# Probud Club of Cowichan Valley

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## NEWSLETTER January, 2025 #329

### FEBRUARY MEETING

**Tuesday, February 4, 2025**  
**Arbutus Ridge Golf Clubhouse**  
**Mount Baker Room**  
**3515 Telegraph Road, Cobble Hill**  
**Meeting: 10:30 am - noon**  
(Doors open at 10:00am)  
**No Lunch available in February**  
**Please Bring your Nametag!**

### **FEBRUARY SPEAKER: Ken Lee**

People are deeply disturbed at today's daily news, especially events based on deliberate misinformation. Canadian media superstar Marshall McLuhan predicted today's situation with astonishing accuracy even though he died in 1980 with no inkling of the Internet or social media. Instead, he was very concerned about the growing influence of TV and the telephone on man and society.

Ken Lee's presentation describes how he met McLuhan in Sudbury Ontario in 1968, and later, discussed his predictions with Peter Gzowski on CBC Morningside. He will attempt to apply McLuhan's famous thesis that "The Medium is the Message" in an emerging TRUMP WORLD.

### **JANUARY MEETING HIGHLIGHTS**

30 Guests and 2 Visitors

**Speaker:** Maria Kliavkoff shared her insights about creating compassionate grief communities. Maria discussed how to allow people the time and space for them to grieve rather than imposing our own agenda for their grief process, what not to say to those who have suffered a loss and the importance of converting grief into mourning. [Editor's Note: Maria enjoyed her experience with the club so much that she became a member after the meeting.]



**Point of Interest:** Derek Gibson told the club about the Martin Mars water bomber currently moored at Cowichan Bay. This plane was built at the end of WWII and was the largest aircraft until the 747. Now retired from service, the plane was to be flown to a museum in Arizona but engine problems required it to return to Vancouver Island for repairs. This behemoth can be viewed from the government dock and will be there for a month or two.

**By the Numbers:** Current membership – 49

Bank Balance - \$2087

Intrepid Hikers Who Met In December And Decided Not To Hike Due To Rain – 2

## **THE VIEW FROM HERE – a monthly column, mostly musings, about nothing much at all**

It is the start of a new year and the month of resolutions. Losing weight, getting more exercise, or drinking less are faithful standbys. I am an eternal optimist who makes resolutions every year. I love the thought of setting a goal and following through to make an improvement in my life. However, in spite of years of resolutions aimed at changing things at our house, I have yet to convince David to throw his dirty socks in the laundry hamper.

However hopeful we may be about our resolutions, it appears that most of us are doomed to fail. One study found nearly one in four people fail their resolutions within a week; nearly half fail by the end of January

Experts who study human motivation have some tips to help us keep our lofty targets. They suggest that resolutions be something you want to do, rather than something you feel you should do. Broadly framed resolutions are a recipe for failure. A specific plan to drink less pop will succeed better than one that just states, "Lose weight". Best of all, the experts advise us not to make too many resolutions and to not be afraid to change our resolution if we see that it is not working. Maybe I should suggest to David that he put one sock in the hamper and I will put the other sock in. After weeks of wearing only one clean sock, I think this approach may work!

The last tip is to have a second go with a Canada Day resolution. The days are longer, the weather is better and you may have better success with a mid-summer optimistic goal.

Read on to see some of the resolutions that your fellow Probus members have made. And, if you are interested, I just tossed David's socks into the hamper. Happy New Year, everyone!

## Special Interest Groups



**Book/Puzzle Exchange:** Members are encouraged to both donate and take books and puzzles from the exchange table. Items not taken will be donated.  
Contacts: *Derek Rowe / Julia Clarke*



**Monthly Lunch Out:** The February 19<sup>th</sup> Lunch Out will be at Bridgeman's, 740 Handy Road, Mill Bay. Sign up at the February meeting.  
Contact: *Sylvia Smith*



**Cribbage:** Cribbage takes place on the 4<sup>th</sup> Thursday of the month from 1pm – 4pm at Kiwanis Village (355 Day Road). More players are always welcome for this fun, social afternoon. The next cribbage will be on February 27<sup>th</sup>.  
Contact: *Wendy Gregg*



**Hiking:** Scheduled for the last Tuesday of each month (rain or shine). We will meet at the McFrugals parking lot on Beverly Street (kitty-corner from Thrifty's across the Highway 1 intersection) at 9:30 am. or the Cobble Hill Parking Lot at 10:00 a.m. to hike on Cobble Hill.  
Contact: *Leighton Mellemstrand*



**Keeping in Touch:** Does somebody need a warm fuzzy? Contact Jerry if you know of a Probus member who would appreciate a get well, 'thinking of you', congratulations or condolences card.  
Contact: *Jerry Tothill*

## New Interest Groups

**Biking:** Organization Session at the February Meeting at 10:15 a.m. All Welcome!!  
Interim Contact: *Keith Fuller*

**Walking:** Organization Session at the February Meeting at 10:15 a.m. All Welcome!!  
Interim Contact: *Sheila Service*

**Interested in joining a Book Club or Wine Club? Watch for sign up sheets at the February meeting.**

## **SAVE THE DATE!**

**Sunday, February 2 @ 2:00 p.m.** Join your Probus friends for a performance of *Legally Blonde* by the Cowichan Musical Society. Lunch at 11:45 a.m. at Mr. Mike's. For more information, contact Wendy Greig

**Wednesday, April 23.** Picnic in the Park – watch for more details.

# WHAT IS YOUR NEW YEAR'S RESOLUTION??



Exercise more, get fit and eat healthier

Charlaine



Keep fiddling my life away

Bob



Use up my fabric collection and get more sleep.

Sheila



I know myself too well. I made a resolution to make no resolutions.

Wendy



Step up a little more and be more visible.

Simone



I don't make resolutions!

I am perfect already!

Charles





To write about my father, a rural family doctor, so my family has the stories for posterity.

Kathy



David

[Editor's Note: David still has some room for improvement]

### **2024 / 2025 Management Committee**

(October 2024 – October 2025)

**President:** Sheila Garrison

**Past President:** Jerry Tothill

**Vice-President:** Derek Rowe

**2nd Vice-President:** Position Vacant

**Treasurer:** Zelda Fuller

**Secretary:** Sheila Service

**Speakers:** Leighton Mellemstrand

**Membership:** Charlene Pears

**Membership Retention/Increase:** Bob Skelton

**Special Events:** Wendy Gregg

**Member at Large:** Pauline Balmer

**Member at Large:** Sylvia Smith

**Member at Large:** Keith Fuller

**Newsletter:** Kathy Sellers

**Special Events:** Wendy Gregg

**Directory:** Ron St. Pierre

**Club Photographers:** Bob Skelton & David Wentzell

**Webmaster:** John Duerden