



# Probud Club of Cowichan Valley

Email: cvprobus@gmail.com Website: cowichanvalleyprobusclub.ca



## NEWSLETTER AUGUST, 2025 #334

### SEPTEMBER MEETING

**Tuesday, September 2, 2025**  
**Arbutus Ridge Golf Clubhouse**  
**Mount Baker Room**  
**3515 Telegraph Road, Cobble Hill**  
**Meeting: 10:30 am - noon**  
(Doors open at 10:00am)  
**Lunch available in September**  
**Please Bring your Nametag!**

**SEPTEMBER MEETING:** Who hasn't stumbled a bit lately or almost toppled over while putting on your shoes? Donna Jouan-Tapp and Jennifer Sirup of the Island Health, Community Health Community Care Program will talk about "Preventing Seniors' Falls".



### **FROM THE EXECUTIVE MEETING:**

**TREASURER'S HIGHLIGHTS:** Zelda reported at the Executive meeting that the financial statements are ready to be audited and will be

presented at the October Annual General Meeting. Members' dues of \$75.00 can be paid at the September meeting and must be paid at the October meeting. *[Editor's note: Let's make Zelda happy and get our dues in promptly.]*

**MEMBERSHIP REPORT:** Charlaine reported that we currently have 48 members. She is hopeful that next year we can hit the magic number of 50 members. **BRING A FRIEND TO THE SEPTEMBER MEETING!**

**FINE DINING MOVING TO FINE LUNCHING:** For many reasons, including night driving, cost, and big meals late at night, Simone is looking at moving to a fine dining luncheon. Stay tuned for further details!

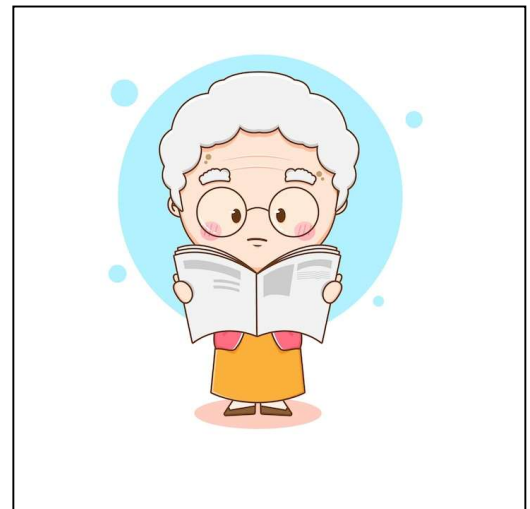
**LAND ACKNOWLEDGEMENT:** A group will be formed to write one for our club. Sign up at the September meeting.

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

Is anybody else sick and tired of hearing the news? These days, I can hardly bear to watch what is going on in the world lest there is another story about war, famine, tariffs or conspiracy theories.

And, where exactly are all the good news announcers? You know, like Lloyd Robertson. Now that was a man you felt you could trust to tell you exactly what was going on even when it was bad news. Today's newscasters all look as if they are about nineteen years old and some make very poor choices with their wardrobes. Lloyd wore a suit and tie combo and I think it was the same one for four decades of journalism but he always looked professional.

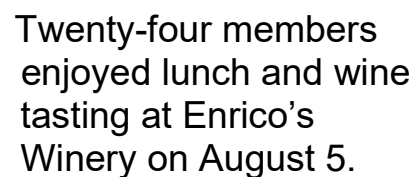
I must admit that sometimes I feel a bit helpless about the world so I have decided to do something about it. I have a mantra: Let there be peace on earth. It is a bit of an ear worm as the teenagers say.



[illegible]

A cartoon illustration of a large, messy pile of various items of clothing. The pile includes a blue hat, a yellow jacket, a red shirt, a green sweater, a blue shirt, and several pairs of socks. The items are tangled together in a disorganized manner, suggesting a cluttered closet or a pile of laundry. The drawing style is simple and colorful, with bold outlines and flat colors.

---



Looks like spirits are high!

## 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 September 17 lunch out will be at Genoa Bay Café. Sign up at the September 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 September 25.  
Contact: *Wendy Gregg*



**Hiking:** Meet at McFrugal's parking lot on Beverly Street on August 26 at 9:30 am. This month's 7.2 km **hike** will include Fern Grotto and the Kinsol trestle from Cobble Hill via trails along the south side of the Koksilah river. Lunch determined by the group.  
Contact: *Leighton Mellemstrand*



**Walking Group:** Enjoy fresh air and fitness as you walk on level terrain with other Probus members. Details of the next walk will be at the September meeting. Contact: *Sheila Service*



**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*



The Hiking Group enjoyed Merit's Path, spectacular scenery and interesting rock formations in July.

## NEED SOME FUN IN YOUR LIFE??

Executive positions are up for election at the October meeting and we welcome you to contact Sheila Garrison if you are interested in having a more active role in the club. We will need a Treasurer for 2026-27 and Zelda would be delighted to have a Co-Treasurer learn the ropes this year with her. As well, Bob is looking to retire as Membership Increase & Retention chair. You will have the pleasure of joining the convivial group below, most of whom will remain in their current roles. Please consider whether you can help keep this great club running.



### 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

**Directory:** Sheila Service

**Webmaster:** John Duerden

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