



PROBUS CLUB OF TRENT HILLS

FEBRUARY 2017

NEWSLETTER

ISSUE ONE



The President's Voice

*Strangers are just friends waiting to happen.
- Rod McKuen, Looking for a Friend*

Hello everyone!

As a Management committee we are sorry that the January meeting was cancelled (the first in the history of the club). However, the icy road conditions made for very dangerous driving conditions and we thought it best to err on the side of caution! I know that many of you were looking forward to hearing our planned speaker, Boyd Sullivan, but never fear, we plan to have him return next year!

As I am writing this it is still January and not too late to talk about resolutions. January is seen by many as a time to make resolutions. How many of you make them? How long do they last? How many say I resolve to lose weight or get more exercise? Research shows that these are the most common resolutions made by people. Have you noticed how the January and February issues of many magazines have articles about dieting and exercise regimes? I also have noticed an increased number of emails from Weight Watchers offering free memberships and from Costco with sales on exercise equipment! Research shows that the number of gym memberships increases in January. However, the number drops off quite markedly by March! I don't have research finding related to dieting but my personal observations lead me to suspect a similar pattern.

While you may or may not think that resolutions are worthwhile, I would challenge you to make the following resolution - Resolve to enjoy and be actively involved in our Probus Club. There are many things you can do to keep this resolution - for example:

- At each meeting make a point of speaking to a member or guest you don't know
- Volunteer to help with different club activities
- Invite friends to come to a meeting and/or join the club
- Join one of the interest groups or start a new one
- Take advantage of the special events organized throughout the year
- Put your name forward to sit on the Management Committee when the call for nominations is made
- Spread the word about Probus throughout the community - our members are our best advertisement

If everyone acts on these activities, we will surely have the friendliest and best club in our region!

UPCOMING SPEAKERS

FEBRUARY MEETING - Our February speaker, Christian Jaehn-Kreibaum, will give his highly acclaimed presentation, *The Rise and Fall of the Berlin Wall*. Growing up in Germany during this time has given Christian a uniquely personal perspective of this pivotal time in history. **Don't miss this one!**

MARCH MEETING - PROBUS MONTH! - Prepare yourself for a special treat at our March meeting! Our surprise guest has entertained across Canada and the United States as well as on television in both countries. ***Come prepared to celebrate Probus month and the advent of spring with lots of laughter.***

WELCOME NEW MEMBERS



Photo courtesy Tony Crocker

Receiving their Probus name tags are new members: Fran McCrodden, Leona McGee, Gordon George, Donna George and President Judy Pearce - absent are Deborah and Tim Holt.

Christmas Meeting Speaker

Lisa O'Reilly



Laughter Yoga was our choice for our entertainment/speaker at our Christmas meeting this year. Judy Pearce introduced us to Lisa Sherwin-O'Leary, a Recreation Therapist and Certified Laughter Yoga Leader and Teacher who, incidentally, loves to laugh.

Lisa has successfully run her own business called Serious about Laughter and travels all over Ontario to bring laughter to all ages and abilities. She came highly recommended by other groups in the area who have had her introduce their members to this very compelling form of Yoga.

Before beginning the exercises, Lisa explained the benefits of laughter on our well-being. Anyone can laugh for no reason without relying on humour, comedy or jokes. It combines childlike playfulness, laughter exercises and Yoga breathing. This allows more oxygen into the body and brain which makes us feel more energetic and healthy. The concept of Laughter Yoga is based on the scientific fact that the body cannot differentiate between real and fake laughter. One will reap the benefits both physiological and psychological. She told us that everyone needs more laughter in their lives!

To prove this, she began putting everyone through their paces. We first started laughing with no reason and soon found out that the laughter was infectious and we began laughing at each other. She was right, the breathing, stretching and laughing did reduce any stress we may have felt when we began. We exited the meeting that day feeling buoyed and ready to take on the Christmas Holidays optimistically. **Ho-ho-ha-ha-ha!**

Lisa was presented with an honorarium from the Club by Marion Baker and warmly thanked by Judy Pearce.



Photos courtesy of Tony Crocker
Submitted by Anne Linton



Many thanks to all those who took part in making this a fun and successful Christmas meeting —to the Christmas Committee, Marion Baker, Anne Linton, Val Pridmore, Maureen Dikun, Andrea Conte, Judy and John Pearce, Norah McGowan——to Tom Terentiew our marvellous Santa and for the 2 door prizes which he and Marika donated—— to the church ladies who worked hard to ensure our Christmas treats were the best—to Tony Crocker for providing us with all the photos of the festivities——and last but not least to Jim Connor who set up our room for us despite suffering a broken toe. OUCH!

Special Interests

Book Club -Probus Book Club presently has only 4 members. For great discussion, inspiration and input (as well as lots of laughs)-we should have 3 or 4 more people. We meet the 3rd Tuesday of every month at my home in Campbellford--1:30 pm We are not meeting again until April because of Winter Holidays. If you are interested please speak to Joan Brown , Janet Hossack or me. Come join us! Maureen Dikun--705-653-3182

Scotch Tasting -

Probus Single Malt Scotch Tasting Event # 12, February 16th, 2017

The date above will be our first Scotch Tasting event for 2017. If you have thought about participating in a tasting, but changed your mind, I am here to rekindle that thought. Picture yourself.....in a kilt of course, somewhere in the Scottish Highlands, surrounded by the purple haze of heather, and the aroma of distilling malt flowing on the breeze from a nearby distillery.

Ahhh.....your half way there now!!

Well, we don't get that carried away, but we do a little bit of distillery history along with the tastings, which tells the story about each Single Malt we taste. The tastings are not stuffy. We are there to have fun and perhaps find the single malt that we really like. It is also a chance to meet and socialize with other Probus members.

We meet in the upstairs room at Capers Restaurant at 11:30 a.m. where we order our lunch from Ron's delicious selections, and go right into the tasting immediately after lunch is finished. We always taste 3 Single Malts from distilleries all over Scotland. The cost of the tasting is \$20pp, with lunch cost also the members responsibility. The tasting group size is capped at 17. You can sign up at the Probus meetings or you can e-mail / call myself or Bob Bennett and we will be sure to put you on the list. Please note that if you would like to bring a non member with you, they are most welcome, but, should the list be full, Probus members will have priority to attend the tastings. Members are put on the list in the order of sign up, or e-mail request. We have been fortunate to have the company of ladies for most of our tastings, which has been fun.....and the ladies have good noses, I might add!

The sign up sheet will be on the Events table at the next Probus meeting. If you would like more information, please call Bob or myself.

I hope you will join us in February!

gareid@sympatico.ca 705 653-2474 or 2gudalways@gmail.com 705 653-1180

Photography Club - The Club meets on the last Wednesday of each month.

Place for the meeting may vary, but is usually at the home of Tony Crocker, 2525 8th Line E. R.R. #3 Campbellford. Member will be advised if there is any change in venue.

photo@tcrocker.ca 705 653-1100

Upcoming Probus Events



THE NORTHUMBERLAND PROBUS CLUBS
are pleased to announce the

2017 "Spring Celebration"



Place: The Keeler Centre - Colbourne

Date: - May 30, 2017

Price: - \$40.00 per person

Guest Speaker will be Canadian author
TERRY FALLIS

Entertainment - Native "Classical & Hoop Dancers"

A buffet lunch will be served.

Tickets now available at the Events table

PLEASE NOTE

We also need some volunteers for this Event to:

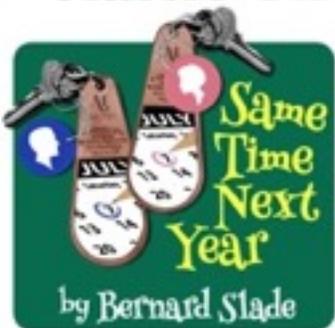
- help with registration (2)
- to sell Share the Wealth tickets (2)
- to help with decorations (1) (committee headed up by professional stager).

The volunteers are needed on May 30 from 9am-10am (registration & share the wealth) and decorating will involve a meeting or 2 in April, May with the actual decorating done on May 29.

MORE EVENTS



Classic Theatre Festival



PERTH
ONTARIO

FRIDAY JUNE
23, 2017

Sign up now!

Don't miss out on this one!

More details later (Price, Times etc)



Best Western Cobourg Inn

Dinner Theater - "Forever Plaid " -

April 28, 2017

Dinner 6 PM — Show 8 PM

\$52.00 Per Person

Forever Plaid is a deliciously fun filled revue, chock-full of classic quartet harmonies, pitch-perfect melodies and charmingly outlandish choreography.

THIS IS A DRIVE-YOURSELF EVENT

THIS EVENT ALWAYS FILLS UP FAST.

Join in the fun

This day outing should be one to remember

A bus trip along some of the most scenic parts of the TransCanada Highway

An outstanding theatre production

Lunch and shopping in the beautiful town of Perth, Ontario.

Waves of Broadway



CAMPBELLFORD, ONTARIO

Price: \$42.00 per person * see note below
Thursday July 27, 2017 2:00 PM

Sign up TODAY!

All aboard for favourite Broadway "Water Music" including hits from Show Boat, South Pacific and more!

With Donna Bennett, Gabrielle Prata, Colin Ainsworth, Robert Longo and Brian Finley.

*This special price is available to our Club if we fill 30 seats for this performance, otherwise, the price is \$52.00 per person.

LOYALIST COLLEGE

Club 213

Buffet Lunch

THURSDAY - MARCH 16, 2017

12:30 PM

Price \$18.00 per person

Price includes gratuity



This is a drive yourself event

Use Main Entrance to Kente Building

Club 213 Dining Hall - Rm 2H28

AND

Visit the Loyalist Market afterwards

SPECIAL NOTICE

PLEASE NOTIFY OUR MEMBERSHIP MANAGER, BEV MCCOMB, IF THERE ARE ANY CHANGES OR ADDITIONS TO YOUR MEMBERSHIP INFORMATION, i.e.,PHONE NUMBER, EMAIL ADDRESS, HOME ADDRESS ETC.

MEMBERS OF YOUR MANAGEMENT COMMITTEE

Judy Pearce- President

Sheila Wood - Vice President and Program Manager

Alan Appleby - Past President

Norah McGowan - Secretary

Steve Wood - Treasurer

Denise Kelsey - Communications Manager

Marion Baker - Events and Special Interests Manager

Bev McComb - Membership Manager

Jim Connor - Meeting Manager

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