



# The PROBUS LANTZVILLE CLUB NEWSLETTER

February 2014

Chartered 25/10/2001

P.O. Box 514, Lantzville, BC, V0R 2H0

Click [HERE](#) to go to our website

## PRESIDENT'S MESSAGE



### Happy Valentine's Day!

February is the month to reflect on the ones we love: spouses, children, family, friends and especially our special friends that we have acquired through our association with Probus. At our General Meeting this month we will be voting on the proposed changes to the By-laws. Please take some time to read them before the meeting. ([Click Here to read](#)) The Management Committee would like to thank Gary Brothers, Margaret Pierce and Dave Hammons for their due diligence in bringing forth these changes. Have a great month and stay healthy.

Lia

## MANAGEMENT COMMITTEE

President	Lia Van Wassenaar	250-751-1801	vw1944@gmail.com
Vice-President	Keith McGregor	250-758-6384	hikerliker@shaw.ca
Past President	Carole Bullock	250-751-3709	cbullock2@shaw.ca
Treasurer	George Norris	250-585-3601	grnorris@shaw.ca
Secretary	Doreen Schaefer	250-729-8007	dwschaefer@shaw.ca
Membership	Dan & Sharon Tettamanti	250-729-9668	dstettamanti@hotmail.com
<b>Social Activities</b>	<b>Vacant!!!</b>		
Sunshine Person	Dianna Bradley	250-585-5636	dibill@shaw.ca
Newsletter	Brendan & Annabel Rogers	250-585-6684	a-b@shaw.ca

## MEMBERSHIP

As of February 11<sup>th</sup> our membership stands at 217.

**Next Meeting: Thursday 27<sup>th</sup> February**

9:30 am. At Costin Hall, Lantzville

(Please Remember Your Coffee Mug)

No Promotion, Advertisements Or Solicitation For Non-Probud Related Causes Is Permitted At Our General Meetings Or Our Activities

## MEETING NOTICES

### **JANUARY 23<sup>rd</sup> 2014 (last meeting)**

Click [here](#) to open the Minutes of the last General Meeting directly.

### **FEBRUARY 27<sup>th</sup> 2014 (next meeting)**

#### **Arthur Black**

Our speaker scheduled for February 27th, 2014 will be Arthur Black. This is a meeting not to be missed.

When it comes to making hilarious speeches, Arthur Black has more 'material' than most. He's had more jobs than most people have had hot meals. Everything from deck hand on a Liberian oil tanker to editor of a British children's' magazine; from cattle prodder at the Ontario Public Stock Yards to host of Basic Black, one of the Canadian Broadcasting Corporation's most popular national radio programs ever. Arthur Black also writes, narrates and hosts two award-winning television programs - Weird Homes and Weird Wheels - on the Life Network.

In addition to cross-country speechifying, Arthur Black writes a monthly humour column for 50Plus magazine. His weekly syndicated column is carried by more than 50 newspapers from coast to coast.

One of only two living writers to have won the Stephen Leacock Memorial Medal for Humour three times, Arthur Black is one of Canada's best known humourists. He is now permanently transplanted to Salt Spring Island, B.C.

If anyone has suggestions for speakers or topics, please contact **Keith McGregor** at **250-758-6384** or **[hikerliker@shaw.ca](mailto:hikerliker@shaw.ca)**

### **MARCH 27<sup>th</sup> 2014 (following meeting)**

There will be no speaker at this meeting, as we will be having our annual Pancake Breakfast. Please note that the doors will open at 9:00am.

## BIRTHDAYS



**FEBRUARY --** Anita White, Annabel Rogers, Barbara Myden, Barbara Norris, Barbara Samarin, Berta Trail, Carole Miller, Dorothy Johnson, Janet McGregor, Neil Sorsdahl, Stan Mackey, Stu Donaldson, Tom Langer, Verna Medd.

**MARCH --** Alan Brigden, Barbara Dejonghe, Betty Smith, Bob Lloyd, Carol Walker, Cec McCulloch, Eileen Callanan, Eileen Burkhard, Gwen Hudson, Hap Armstrong, Jim Bell, Josephine Labonte, Lia VanWassenaar, Mac Smith, Marcy Blood, Mary Holland, Roy Sheppard, Toine Rhemtulla, Val Alcock-Carter, Val Fenton.

## ACTIVITY NOTICES

### **Dining Out – Friday February 28th - Coast Bastion Inn**



We will be dining out on Friday, February 28, at the Coast bastion Inn, Minnoz Restaurant and Lounge, at 6:00pm. It is wheelchair accessible.

Conveners - Suzanne Brothers, Helen Lemmon

### **Ladies Lunch – Thursday, March 13<sup>th</sup> – Original Joe's**



Ladies Lunch in March will be held at Original Joe's, 3280 Old Island Highway starting at 12:00 noon. - [Map](#)

Convener - Barbara Samarin

### **Pub Night – Tuesday, March 18<sup>th</sup> – The Lighthouse Bistro & Pub**



The March Pub night will be held at:

The Lighthouse Bistro & Pub,  
Anchor Way, Nanaimo, BC, Canada ([Map](#))

Conveners Carolyn Fyfe, Alan Whittall

### **Dining Out - Friday, March 28<sup>th</sup> – VIU Discovery Room**



Dining Out in March will be at the Vancouver Island University, Discovery Room - Vancouver Island University's hidden jewel: five-star lunch and dinner service, fine wines and panoramic views.

Located in Building 300. -[Map](#) tel: 250-740-6338.

Conveners - Suzanne Brothers, Helen Lemmon

## Spring Lunch - April 15<sup>th</sup> Bayshore Inn, Parksville



The Spring Lunch has been booked at the Bayshore Inn, Parksville on April 15th, 2014

[Snowbirds](#) - it is time to come home to meet and greet your fellow Probus Members and discover what you have been missing over the winter months!

Tickets will be available at the February and March meetings: \$25 for Members and \$30 for Guests.

## Walking Group

### FEBRUARY

**February 19** Nanaimo Waterfront – meet in the Maffeo Sutton Park parking lot. -

[Map](#)

**February 26** Westwood Lake – meet in the parking lot at the end of Westwood Rd. -

[Map](#)

### MARCH

**March 5** Bowen Park and Buttertubs Marsh – meet at the parking lot behind the Bowen Park tennis courts.

**March 12** Moorecroft Regional Park – meet at the Moorecroft parking lot off Stewart Road in sunny Nanoose Bay.

**March 19** Colliery Dam – meet in the parking lot at the end of Wakesiah Ave.

**March 26** Neck Point Park – meet in the Neck Point parking lot off Hammond Bay Rd.



## INTEREST GROUPS

### BRIDGE, MIXED

Conveners, **Mervyn & Marlene Jones** 250-751-1785 or call Gary & Suzanne Brothers (when the Jones are away) 250-758-0877 the location is St. Philips-by-the-Sea Anglican Church on Lantzville Road; meets every other Thursday at 7:00 p.m. starting January 9<sup>th</sup> .

### BOWLING

Convener, **Vacant**.

The North Nanaimo Probus Club has invited the Lantzville Club to bowl with them the Last Tuesday of each month at 3:30pm at BRECHIN LANES. This is two games of mixed bowling and everyone is welcome.

### CHAIR SET UP

**Al Whitcomb** (250 729 0378) and **Wayne Schaefer** (250 729 8007) Helpers welcome. Contact Al or Wayne

### COFFEE SET UP

**Joan Sawicki** 756 4679, [joansaw@shaw.ca](mailto:joansaw@shaw.ca) Helpers wanted, contact Joan.

- CRAFTS** Convener (Group 1), **Arlene McCulloch** 250-751-8898.  
Convener (Group 2), **Margaret Carmichael** 250-758-4729.  
Convener (Group 3), **Lia VanWassenaar** 250-751-1801
- CURLING** Convener, **Doreen Schaefer** 250-729-8007
- CYCLING GROUP** Convener – **Anita White**, 250-816-4668 or [anita8white@hotmail.com](mailto:anita8white@hotmail.com)
- DINING OUT** Conveners, **Helen Lemmon** 250-753-6681 & **Suzanne Brothers** 250-758-0877. Meets the 4th Friday of every month at 6:00pm at a restaurant to be selected.
- DRINKS & APPIES** Convener, **Carole Bullock** 250-751-3709. [cbullock2@shaw.ca](mailto:cbullock2@shaw.ca).  
If you are new to Drinks & Appies and would like to join: Functions are held the third weekend of each month with two homes participating. It is a reciprocal agreement where, if you join, you are expected to “Host” a function. Small or large homes, it’s always fun. Call Carole at 250-751-3709 or email. Info for where and when to be on a sign-up sheet at each General Meeting.
- EXCURSIONS** Ad hoc organization by interested parties
- GOLF, MIXED** Convener, **Mervyn Jones** 250-751-1785 or [mandmjones@shaw.ca](mailto:mandmjones@shaw.ca).
- HELPING HANDS** A list of members who have volunteered to help anyone needing assistance. Call **Dianne Tucker**, at 250-758-8042 or **Berta Trail** at 250-751-1055.  
  
Back up-Janet McGregor at 250-758-6384, Claire Martens 250-751-0930, Carmen Aziz at 250-758-4258
- HIKING GROUP** Convener, **Any hiker** who wishes to lead the group at any week.  
Meets Every Thursday but *not* the 4<sup>th</sup> Thursday.  
(Note: “NO DOGS” policy.)
- iPAD ‘APPY GANG** Convener, **Trevor Cradduck**, 250-468-9489. Meeting third Thursday of each month at 4:00pm at The Buzz Coffee Shop, Dufferin Crescent. (Opposite Country Grocers).
- LADIES BOOK CLUB**  
Group 1 Convener **Adele Klatt**, [jen-adele@shaw.ca](mailto:jen-adele@shaw.ca), 250 758 0906  
Group 2 Convener **Janet McGregor**, [hikerliker@shaw.ca](mailto:hikerliker@shaw.ca) 250 758 6384. This group has space for some new members and meets on the first Wednesday of each month from 1:30 to 3:30pm at members’ homes.
- LADIES BRIDGE** Convener, **Barb Myden**, [bmyden@shaw.ca](mailto:bmyden@shaw.ca), phone 250-756-0804. Ladies Monday Afternoon Bridge Group, Dates -: alternate Monday afternoons.  
Time: 1:00 – 4:00pm.
- LADIES COFFEE 'N CHAT**  
Convener **Barb Norris** @ 250-585-3601 or e-mail at [grnorris@shaw.ca](mailto:grnorris@shaw.ca)  
2:00pm, 2nd Tuesday at Serious Coffee, beside Piper’s Pub at 4700 Hammond Bay Rd, Nanaimo, BC.

## LADIES LUNCH GROUP

Convener is **Barb Samarin** at 250-390-2805. Meets the 2<sup>nd</sup> Thursday of each month.

## MEN'S BRIDGE

Convener, **Lawrence Johnson** 250-760-0113, there are two groups who meet on alternating Wednesdays September thru April, with a 4 week break around Christmas. Each player takes a turn hosting in their home at 6:30pm. We are always looking for new players as regulars or those who are willing to substitute on an "as needed" basis.

## MEN'S COFFEE

Convener, **Ron Walker** 250-756-1949. The group meets, every **Tuesday at 10:00am** at the Windward Pub, Beaufort Centre, Boundary Crescent, across from the hospital.

## MEN'S POKER

Convener, **Vacant**. Two groups. The groups meet on alternate Monday nights at 6:30-10:00pm in player's homes.

## MIXED BRIDGE

Conveners - **Merv and Marlene Jones**, Gary and Suzanne Brothers Mixed Bridge will be held every second Thursday from October 10<sup>th</sup>. The group meets at 7:00pm. at St Philips by the Sea Anglican Church on Lantzville Rd, Lantzville. [Map](#).

## NIGHT AT THE MOVIES

Convener is **Barb Samarin** at 250-390-2805, [bjamarin@shaw.ca](mailto:bjamarin@shaw.ca). This group meets on Tuesday evenings to enjoy a movie of their selection. The date each month depends on which movie is chosen.

## PUB NIGHT

Conveners, **Carolyn Fyfe** 250-756-1307 or **Alan Whittall** 250-758-7965. Meets the 3<sup>rd</sup> Tuesday of each month.

## PHOTO CLUB

Convener **Lia Van Wassenaar** [lvw1944@gmail.com](mailto:lvw1944@gmail.com), 250-751-1801, Back up Margaret Pierce, [marmar@island.net](mailto:marmar@island.net), 250-390-4893. Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 8:30am -12:30pm including on location shoot and 'show and tell' with lunch to follow. Meeting location to be determined monthly.

## PROBUS RAMBLERS

Convener, **John Halliwell** [halliwellfour@shaw.ca](mailto:halliwellfour@shaw.ca) Meets Thursdays but *not* the 4th Thursday. Ramblers will be notified by e-mail if a ramble is planned. (Note: "NO DOGS" policy.)

## SKIING/SNOW SPORTS

Convener **Anita White**, [anita8white@hotmail.com](mailto:anita8white@hotmail.com)

## SOUND MAN

**Gary Brothers** at 250-758-0877, [garyw@brothers.ca](mailto:garyw@brothers.ca) 250-816-4668 Back-up, Keith Trail at 250-751-1055 or Don Carmichael at 250-758-4729.

## SUNSHINE

If anyone has a special event in their life, such as a significant birthday, anniversary, new grand/great grandchild you would like to share with us, or if you know of any member who is unwell or in need of a little "sunshine" in their life, please contact **Dianna Bradley**, [dibill@shaw.ca](mailto:dibill@shaw.ca) 250-585-5636. Please notify Dianna if you know of anyone who would appreciate a card.

**THEATRE GROUP** Convener, **Marie Rickwood** 250-758-0121 Meeting as required for rehearsals.

**TRAVEL** PROBUS CANADA GROUP TRAVEL INSURANCE - [Website](#)

**WALKING GROUP** Conveners - **Phil Wilson/Doreen Schaefer**  
Unless otherwise stated all walks start at 10:00am and last for about an hour and a half on well-established trails, usually finishing at a coffee shop to discuss current events and set the world to rights. (Dogs welcome)

**WEBMASTER** [Trevor Craddock](#) at 250-468-9489,  
assisted by [Brendan Rogers](#) at 250-585-6684.

## RECIPE SECTION

### Why Engineers Don't Write Recipe Books!

Ingredients:

1. 532.35 cm<sup>3</sup> gluten
2. 4.9 cm<sup>3</sup> NaHCO<sub>3</sub>
3. 4.9 cm<sup>3</sup> refined halite
4. 236.6 cm<sup>3</sup> partially hydrogenated tallow triglyceride
5. 177.45 cm<sup>3</sup> crystalline C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>
6. 177.45 cm<sup>3</sup> unrefined C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>
7. 4.9 cm<sup>3</sup> methyl ether of protocatechuic aldehyde
8. Two calcium carbonate-encapsulated avian albumen-coated protein
9. 473.2 cm<sup>3</sup> theobroma cacao
10. 236.6 cm<sup>3</sup> de-encapsulated legume meats (sieve size #10)

To a 2 litre jacketed round reactor vessel (reactor #1) with an overall heat transfer coefficient of about 100 Btu/°F-ft<sup>2</sup>-hr, add ingredients one, two and three with constant agitation. In a second 2 litre reactor vessel (reactor #2) with a radial flow impeller operating at 100 rpm, add ingredients four, five, six, and seven until the mixture is homogenous.

To reactor #2, add ingredient eight, followed by three equal volumes of the homogenous mixture in reactor #1. Additionally, add ingredients nine and ten slowly, with constant agitation. Care must be taken at this point in the reaction to control any temperature rise that may be the result of an exothermic reaction.

Using a screw extrude attached to a #4 nodulizer, place the mixture piece-meal on a 316SS sheet (300 x 600 mm). Heat in a 460°K oven for a period of time that is in agreement with Frank & Johnston's first order rate expression (see JACOS, 21, 55), or until golden brown.

Once the reaction is complete, place the sheet on a 25°C heat-transfer table, allowing the product to come to equilibrium.