



# The PROBUS LANTZVILLE CLUB NEWSLETTER

December 2015

Chartered 25/10/2001

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

## PRESIDENT'S MESSAGE



As we near the Christmas holiday (unless you're a Costco shopper and it started in October) it's time to think of family and friends and the good times to be had during the festive season.

It's also the time of year to think of those who are less fortunate, or who may be alone for the holiday. A great time to invite someone for coffee, a drink of Christmas cheer or even a nice home cooked meal.

On that note, Barb and I are leaving town, a Panama cruise where it should be about 30 degrees, and then to Ottawa for Christmas with the kids, where it may be minus 20.

However you celebrate the season I hope it is enjoyed by all.

Merry Christmas, Happy New Year and all the best in 2016.

**Phil Wilson**  
President

### **Thursday 28<sup>th</sup> January – General Meeting**

9:30 am – Costin Hall

**(Please Remember To Bring Your Coffee Cups)**

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

## MANAGEMENT COMMITTEE 2014-15

<b>President</b>	Phil Wilson	250-468-9418
<b>Vice-President</b>	Barry Chapman	250-758-6976
<b>Past President</b>	Keith McGregor	250-758-6384
<b>Treasurer</b>	George Norris	250-585-3601
<b>Secretary</b>	Allan McAskile	250-248-9386
<b>Membership</b>	Dan & Sharon Tettamanti	250-729-9668
<b>Social Activities</b>	Barry Chapman	250-758-6976
<b>Sunshine Person</b>	Dianne Tucker	250-758-8042
<b>Webmaster/Newsletter</b>	Brendan & Annabel Rogers	250-585-6684

## MEMBERSHIP

As of December 10<sup>th</sup> we had 197 paid-up members.

A copy of the current members list is available upon request by email from Dan Tettamanti (dstettamanti@hotmail.com).

## MEETING NOTICES

### NOVEMBER 26<sup>th</sup> 2015 (last meeting)

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

### DECEMBER 24<sup>th</sup> 2015 – Christmas Eve – NO MEETING

### JANUARY 28<sup>th</sup> 2015 (next meeting)

#### Speakers: Amy Shepherd and Lonny Barr

Amy Shepherd and Lonny Barr are both pharmacists from an award winning Pharmasave Drug store in Parksville. They are going to speak to us about how we should prepare ourselves for travel outside our country as well as changes to vaccinations and general senior health issues.

Amy graduated from the University of Toronto in 2001, and started working at Parksville Pharmasave shortly after they opened in 2003. She has taken certification in Palliative Care, and since 2010 has been certified to give injections. Amy has given so many flu shots she's lost count but it's well over 1000 by now. Amy has also taken advance training in travel medicine.

Before graduating from UBC in 2008, Lonny did one of his internships at Parksville Pharmasave and really loved the store, staff and customers. After finishing a 2 year contract in his hometown of Port Alberni, he was quick to come back and join the team as a Pharmacist in 2010. Since then he has been trained in Medication Management as well as certified to give injections. Lonny has also taken advance training in travel medicine. Outside of work, he volunteers with Arrowsmith Search and Rescue and spends his time mountain-climbing, surfing, wake-boarding, snowboarding and taking photos.

If anyone has suggestions for future speakers or topics, please contact **Barry Chapman** on **250-758-6976**.

## BIRTHDAYS

### DECEMBER

Al Whitcomb, Anne Henderson, Anne Thomas, Bill Bradley, Bill Joss, David Hammons, Geri Reamer, Hans Nielsen, Heather Slowski, Linda Fulton, Lynn Matthews, Margaret Fyfe, Mary Lou Nordstrom, Michael Hepples, Shirley Jones, Violet Kilback.

### JANUARY

Brendan Rogers, Brian Rodgers, Dianne Tucker, Doreen Schaefer, Edie Barker, Ella Haylock, Erika Smith, Ernie Fyfe, Gary Brothers, Giselle Roeder, James Callanan, Joan Honig, Keith McGregor, Kurt Simonson, Malcolm Dickie, Mervyn Jones, Olaf Nordstrom, Pauline Brigden, Phil Wilson, Rita Ellis, Stan Blood.

## ACTIVITY NOTICES

### Walking Group (Wednesdays)

The walks all start at 10:00, except where noted. Try coming a little earlier, as we leave right at 10:00am.

**December 23** Nanaimo Waterfront - meet in the Maffeo Sutton upper parking lot. Lunch to follow at Mrs Riches Restaurant (**please confirm with Doreen if you plan to attend lunch**)

**December 30** Morrell Sanctuary - meet in the Morrell lot off Nanaimo Lakes Rd.

**January 6** Bowen Park/Buttertubs Marsh – meet in the parking lot behind the tennis courts

**January 13** Linley Valley – meet at the end off Linley Rd off Hammond Bay Rd.

**January 20** Westwood Lake – meet in the parking lot at the end of Westwood Rd.

**January 27** Moorecroft Park (Nanoose Bay) Northwest Bay rd. To Stewart Rd and watch the signs.

Convenors: Doreen Schaefer, 250-729-8007 and Phil Wilson, 250-468-9418.

### Dining Out Group

There will be no Dining Out event in December.

Convenor: Helen Lemmon, 250-753-6681

### Ladies Lunch Group

There will be no Ladies Lunch event in December.

Convenor: Barbara Samarin, 250-390-2805 or bjsamarin@shaw.ca

## SUGGESTIONS NEEDED

October 2016 will be the 15<sup>th</sup> anniversary of the Club's inauguration. If anyone has any suggestions for events to mark the occasion, would they please pass them on to Phil Wilson, or any other member of the Management Committee. Thank You.

## LETTERS TO THE EDITOR

*Received from one of our club members:*

A big thank you to the organizers of the Christmas Lunch. It is impossible to please all of the people all of the time but Lynda and Pauline did a great job of pleasing most of the people all of the time on Dec 15th.

Thank you both.

Signed:

An anonymous club member.

## OTHER PROBUS GROUPS

Our club receives newsletters from PROBUS Canada every quarter, containing various articles about the organisation in Canada as a whole. If you are interested, the latest issue (**September 2015**) is available on their website ([click here](#)).

Also on the PROBUS Canada website ([click here](#)) you will find links to the newsletters of other PROBUS local clubs, and where they have one, their websites. For example all the BC clubs are listed [here](#).

*After 56 years, Barbie finally finds the time to write to Santa . . .*

### **Barbie's Letter to Santa**

Dear Santa,

Listen you fat little troll, I've been helping you out every year, playing at being the perfect Christmas present, wearing skimpy bathing suits in frigid weather, and drowning in fake tea from too many tea parties. I hate to break it to you Santa, but it is DEFINITELY pay back time!!

There had better be some changes around here this Christmas, or I'm gonna call for a nationwide meltdown (and trust me, you don't want to be around to smell it!) So, here's my Christmas wish list for this year, Santa.

1. A nice, comfy pair of sweat pants and a frumpy, oversized sweatshirt. I'm sick of looking like a hooker. How much smaller are these bathing suits gonna get? Do you have any idea what it feels like to have nylon and velcro up your butt?
2. Real underwear that can be pulled on and off. Preferably white. What bonehead at Mattel decided to be cheap and mold imitation underwear to my skin? It looks like cellulite!!!
3. A REAL man . . . maybe GI Joe. Hell, I'd take Tickle-Me-Elmo over that wimped out excuse for a boy-toy Ken. And what's with the earring anyway? If I'm going to have to suffer with him, for Christ's sakes, make us anatomically correct.
4. Arms that actually bend, so I can push the aforementioned Ken-wimp away once he is anatomically correct.
5. Breast reduction surgery. I don't care whose arm you have to twist, just do it!!
6. A jog-bra. To wear until I get the surgery.
7. A new career. Pet doctor and school teacher just don't cut it. How about web-site designer? Or better yet, a public relations senior account exec!!
8. A new, more 21st Century persona. Maybe a "PMS Barbie", complete with a miniature container of chocolate-chip cookie-dough ice-cream and a bag of chips; "Animal Rights Barbie", with my very own paint-gun, fitted with fake-fur coat, bottle of spray-blood and handcuffs; or "Stop Smoking Barbie", sporting a Nicotrol patch and equipped with several packs of gum.
9. No more McDonald's endorsements. The grease is wrecking my vinyl.
10. Mattel stock options. It's been 56 years - I think I deserve it!

Okay Santa, that's it. considering my valuable contribution to society, and Christmas in particular, I don't think these requests are out of line. If you disagree, then you can find yourself a new bitch for next Christmas. It's that simple . . .

Yours truly,  
Barbie

## INTEREST GROUPS

- BRIDGE, MIXED** Convenors, **Mervyn & Marlene Jones** 250-751-1785 or call Gary & Suzanne Brothers (when the Joneses are away) 250-758-0877 the location is St. Philips-by-the-Sea Anglican Church on Lantzville Road; meets on *alternate* Thursdays at 7:00 p.m.
- BOWLING** The North Nanaimo Probus Club has invited the Lantzville Club to bowl with them the Last Tuesday of each month at 3:30 pm 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** **Lia Van Wassenaar** 250-751-1801, Helpers wanted, contact Lia.
- CRAFTS** Convenor (Group 1), **Arlene McCulloch** 250-751-8898.  
Convenor (Group 2), **Margaret Carmichael** 250-758-4729.
- CURLING** Convenor, **Doreen Schaefer** 250-729-8007
- DINING OUT** Convenors, **Helen Lemmon** 250-753-6681. Meets the 4th Friday of every month at 6:00 pm at a restaurant to be selected.
- DRINKS & APPIES** Convenor, **Carole Bullock** 250-751-3709. 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. Info for where and when will be on a sign-up sheet at each General Meeting.
- GOLF, MIXED** Convenor, **Mervyn Jones** 250-751-1785.
- HELPING HANDS** A list of members who have volunteered to help anyone needing assistance. Call **Dianne Tucker**, at 250-758-8042.  
  
Back-up: Janet McGregor at 250-758-6384, Carmen Aziz at 250-758-4258
- HIKING GROUP** Meets every Thursday but not the 4th Thursday.  
Convenors: **Brenda Savage**, 250-390-3368,  
**Mervyn Jones**, 250-751-1785.
- LADIES BOOK CLUB**  
Group 1 Convenor **Adele Klatt**, 250-758-0906  
Group 2 Convenor **Janet McGregor**, 250-758-6384. This group has space for some new members and meets on the first Wednesday of each month from 1:30 to 3:30 pm at members' homes.
- LADIES BRIDGE** Convenor, **Barb Myden**, phone 250-756-0804. Ladies Monday Afternoon Bridge Group; held on *alternate* Monday afternoons. Time: 1:00 4:00 pm.

## LADIES COFFEE 'N CHAT

Convenor **Barb Norris**, 250-585-3601. The group meets at 2:00 pm on the 2nd Tuesday each month at Polly Anna's High Tea House, Nanaimo North Shopping Centre, 201-4950 Rutherford Road.

## LADIES LUNCH GROUP

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

## MEN'S BRIDGE

Convenors, **John Collett** 250-729-0198 and **Bob Jordan** 250-729-9939. We meet on alternating Wednesdays from September to April, with a 4 week break around Christmas. Each player takes a turn hosting in their home at 6:30 pm. *We are always looking for new players as regulars or those who are willing to substitute on an "as needed" basis.*

## MEN'S COFFEE

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

## NIGHT AT THE MOVIES

Convenor is **Barb Samarin** at 250-390-2805. 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

Convenors, **Dot Johnson** 250-933-6331, or **Alan Whittall** 250-729-3108. Meets the 3<sup>rd</sup> Tuesday of each month.

## PHOTO CLUB

Convenor **Lia Van Wassenaar**, 250-751-1801. Back-up: Margaret Pierce, 250-390-4893. Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 10:00 am -12:30 pm including 'on-location shoot' and 'show and tell' with lunch to follow. Meeting location to be determined monthly.

## RAMBLERS

Convenor, **John Halliwell**. Meets Thursdays but *not* the 4th Thursday. Ramblers will be notified by e-mail if a ramble is planned. (Note: "NO DOGS" policy.)

## SOUND MAN

**Gary Brothers** at 250-758-0877. Back-up: Keith Trail, 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 anyone on the Management Committee.

## WALKING GROUP

Convenors, **Doreen Schaefer**, 250-729-8007, and **Phil Wilson**, 250-468-9418. Unless otherwise stated all walks start at 10:00 am 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)