



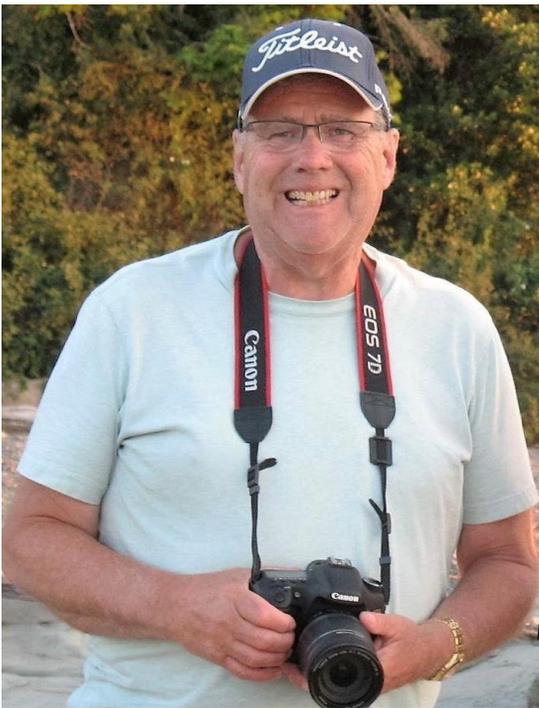
# The PROBUS LANTZVILLE CLUB NEWSLETTER

January 2017

Chartered 25/10/2001

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

## PRESIDENT'S MESSAGE



Happy belated New Year wishes to all club members.

I'm looking forward to 2017 and enjoying all the fun activities our club has on tap for you, the members. I encourage you to try something different this year, try an activity or club you've never tried before.

It was fun to see the slide show from our 15<sup>th</sup> anniversary celebration and it was obvious that many members enjoyed the excursions that were offered in the past. We are hoping to look for some opportunities to bring that back this year. If you have any ideas or would do the work to arrange one please contact me. They could be day trips or a few days away.

I'd like to thank and congratulate Brenda Savage for her hard work arranging our Christmas luncheon. The meal was delicious and we had a great time.

We will again be holding our Pancake Breakfast to celebrate National Probud month at our March meeting.

Our Spring Luncheon is being arranged and it will be on Tuesday April 25<sup>th</sup> at the Fairwinds Golf club. Lola Denesyk will give us an update at our January meeting.

I look forward to seeing you all at the January 26<sup>th</sup> meeting.

**Barry Chapman, President**

### **Thursday 26<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-Probud Related Causes Is Permitted At Our General Meetings Or Our Activities

## MANAGEMENT COMMITTEE 2014-15

<b>President</b>	Barry Chapman	250-758-6976
<b>Vice-President</b>	Joan Honig	250-758-9930
<b>Past President</b>	Phil Wilson	250-468-9418
<b>Treasurer</b>	George Norris	250-585-3601
<b>Secretary</b>	Allan McAskile	250-248-9386
<b>Membership</b>	Dan & Sharon Tettamanti	250-734-1383
<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 January 10<sup>th</sup> we had 193 members. **If anyone has not yet paid their dues, please contact Dan or Sharon as soon as possible.** A copy of the current members list is available upon request by email from Dan Tettamanti (dstettamanti@hotmail.com).

## MEETING NOTICES

### NOVEMBER 24<sup>th</sup> (last meeting)

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

### JANUARY 26<sup>th</sup> (next meeting)

**Speaker: Isobel Mackenzie**

Our January speaker is Isobel Mackenzie, Seniors Advocate for the Province of British Columbia. Isobel has over 20 years' experience working with seniors in home care, licensed care, community services and volunteer services. Isobel has been widely recognized for her work; she has been named BC CEO of the Year for the Not-for-Profit Sector, and nominated as a Provincial Health Care Hero. She will speak about her office, the scope of her work and the current hot button issues. Thank you to those members who submitted questions that we look forward to hearing Isobel answer.

### FEBRUARY 23<sup>rd</sup> (following meeting)

**Speaker: Bernie Dumas**

Bernie Dumas, President & Chief Executive Officer of the Nanaimo Port Authority, will speak to us about the activities and current issues at the Port Authority.

## BIRTHDAYS

### JANUARY

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

### FEBRUARY

Annabel Rogers, Barbara Myden, Barbara Norris, Barbara Samarin, Berta Trail, Dorothy Johnson, Janet McGregor, Neil Sorsdahl, Stan Mackey, Tom Langer, Verna Medd.

## ACTIVITY NOTICES

### Walking Group (Wednesdays)

The walks all start at 10:00, unless noted below. Try coming a little earlier, as we leave promptly at 10:00am.

- January 18** Rath Trevor Park (Parksville) -- meet in the main parking lot
- January 25** Bowen Park -- meet in the parking lot behind the Bowen Park tennis courts.
- February 1** Morrell Sanctuary – meet in the parking lot off Nanaimo Lakes Rd.
- February 8** Nanaimo Waterfront – meet in the top parking lot of Maffeo Sutton Park.
- February 15** Westwood Lake – meet in the parking lot at the top of Westwood Rd.
- February 22** Colliery Dam – meet in the parking lot at the end of Wakesiah Ave.

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

### Dining Out Group

Friday, January 27<sup>th</sup>, @ 6:00pm  
**Thai Orchard Restaurant,**  
5291 Rutherford Road,  
Nanaimo. (250-585-8580)

Coordinator: Helen C Lemmon, 250 753-6681

## PROBUS CANADA INFORMATION

PROBUS Canada publishes a newsletter a number of times each year, containing various articles about the organisation in Canada as a whole. If you are interested, the latest issue (**September 2016**) 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](#).

PROBUS Canada have negotiated a Health Care/Travel Plan for PROBUS club members. Details of the plan can be found on the PROBUS national website (as above), or you may access it directly [here](#).

## New Year's Resolutions

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee . . .

A professor stood before his Philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of small pebbles and poured them into the jar. he shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognise that this jar represents your life. The golf balls are the important things; your family, your children, your health, your friends and your favourite passions. If everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, your car, sports etc.

The sand is everything else - the small stuff. "If you put the sand into the jar first," he continued, "There is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit your grandparents. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and wash the car. Take care of the golf balls first; the things that really matter. Set your priorities, the rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled and said, "I'm glad you asked."

"The coffee just shows you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

## INTEREST GROUPS

If any changes need to be made, please email the correct details to [LantzvilleProbus@gmail.com](mailto:LantzvilleProbus@gmail.com). Also, if anyone is aware that a group is no longer active please email details to the same address.

- 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.
- DINING OUT** Convenor, **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.
- HIKING GROUP** Meets every Thursday but not the 4th Thursday.  
Convenor, **George Norris** 250-585-3601.
- 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 to 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 Quality Foods, Northridge Centre, 101-5800 Turner Rd.
- 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, Hospital Commons, Boundary Crescent, across from the hospital.
- 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.
- 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 or anniversary that they 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 **Dianne Tucker**, 250-758-8042.
- WALKING GROUP** Convenors, **Doreen Schaefer**, 250-729-8007, and **Phil Wilson**, 250-468-9418. Walks take place each Wednesday. 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)