



PROBUS CLUB OF TRENT HILLS

ISSUE #6

OCTOBER 2019



The President's Message

"A sense of humor, It's like medicine - very healing." —Max Irons

Dearest Probud members of Trent Hills.

2019 has been a very memorable year for me. In many ways, I was very excited and proud to serve as your "President". It may seem at times that people are coerced into this position but I will tell you that I agreed to the position and felt honoured to be asked.

The greatest pleasure that I witnessed, were the smiles and laughter of our members. Younger and older, everyone seemed to enjoy the humour and fun that we had together. As a club, and as your President, "Friendship, Fellowship and Fun" were fulfilled at every meeting and at every event.

You would think that there would be a lull in the year but thanks to the events manager and her team, Val Pridmore, every month of the year had an interesting event planned. 2019 was a great year and 2020 looks to be even more exciting. Our club Christmas party has now become a tradition. Gifts, carols, humour, games and once again, so many smiles and a room full of laughter.

So many of our members have really inspired me. The founding group of Probud members continue being the backbone of the club and I truly thank you for your support and guidance. So many members continue to provide the work to make this club successful. Thanks to Anne Linton and her dedicated years of work. Our newsletters and reminders have been great. Thanks to Tony Crocker and all the memories captured on his camera. Thanks to Gord Reid and his planning and organizing the "Scotch Tasting" club. Thanks to our meeting place. St. John's United has been a great host and the women that make up the treats and beverages for our meetings have done a wonderful job. Thanks to the group of members that continue to stay after the meetings are over and do the job of stacking tables and chairs and restoring the hall to normal. I can't thank you enough for your help.

Every person on the management team has served the club with integrity, loyalty and commitment. I had a difficult year health wise however, the club and every member of the team provided the effort to keep things moving along. I never felt abandoned and the monthly meetings continued without a glitch.

Strangely, we age, we get older. However, Probud has provided us with the one ingredient that makes us feel different. Inclusiveness. We gather, we talk, we laugh and at times, we play. The annual picnic brought back youthful memories of "boys versus girls" in a friendly game of baseball; the car rally provided a fun event with cars and people still challenging each other to the end. Lunch and a well deserved "beer" made my day. Thanks to the organizers of the car rally. It was a wonderful event.

It was a pleasure being president. I learned a lot and I hope that some of the trivia that I sprinkled made people smile and laugh.

Respectfully and sincerely yours, Tom Terentiew - Your new "past president".

PAST SPEAKERS

AUG 14, 2019

SHANNON BURTON

SUPERVISOR - WELLNESS AND
FITNESS - COUNTY OF PETERBOROUGH
COMMUNITY CARE
SUBJECT: FALLS PREVENTION



Shannon Burton spoke to the Probus Club this past August about "Falls Prevention". Since falling seems to be a favorite Senior Activity, Sharron presented us with a plan to make falling less traumatic. she pointed out that 95% of injuries related to falls were hip fractures.

She then demonstrated "How to Fall" with reduced damage to ourselves by tightening our core, protecting our head, and not putting our hands out, but to roll into the fall.

Watching Shannon demonstrating falls by throwing herself at the floor was, admittedly a little unnerving, but she got up each time unscathed, - so not so bad after all!

Thank you Shannon for one of the most energetic presentations we have had so far.



September 11, 2019

Deanna Groves

Quinte Botanical Gardens

Created on property owned by Deanna Grove and her husband John Reidl, the Gardens are located near Frankford Ontario, on Glen Ross Road.

Deanna explained how the gardens were planned - with differering themes. Both avid gardeners, Deanne and John set to work and created, over time, six acres of beautiful and unique gardens with individual themes. As their brochure states, "the Gardens are a refreshing place to connect with nature, be inspired, or just soak in the surroundings at your own pace."

Go to their website *Quinte Botanical Gardens* and be astounded!!

UPCOMING SPEAKERS

October : **Author D'Arcy Jenish** speaking about his latest book, **"The Making of the October Crisis"**: Canada's Long Nightmare of the Terrorism of the FLQ". D'Arcy has been a writer all of his life, starting with being a reporter for the local paper, and now where he does freelance work. He has written seven historical non-fiction books with this one being published in September 2018. In April of this year it was shortlisted as one of ten books up for the prestigious Dafoe Book Prize.

November : **Dan Orr**, Education and Communications Co-ordination for Transportation, Waste and Facilities in Northumberland County. He will speak about the new recycling rules coming in December of this year.



A Big Thank -You

To Tim and Debbie Holt

As editor of the Trent Hills Probus Newsletter, I want to give my heartfelt thanks to Tim and Debbie Holt for their many contributions to the newsletter. Their help has added so much to the publication, and I am very grateful for their assistance. I have been informed that they are going to take some time to themselves and concentrate on a personal matter that will require most of their energy. They have been model members of our Club and we all wish them well.

Anne Linton - Editor.

PAST EVENT

ELMHIRST RESORT LUNCHEON

44 members attended lunch at the Elmhirst Resort.

The weather was spectacular, and the fellowship amongst the members was infectious. The lineup for lunch was a bit slow, but all in all everyone had a good time.



UPCOMING EVENT

3RD ANNUAL TRENT HILLS PROBUS CAR RALLY

DATE: MONDAY, OCTOBER 7/19
(RAIN DATE THURSDAY OCT 10TH)

TIME: 10:30 A.M.

MEETING PLACE: BASEBALL DIAMOND ACROSS
FROM SPRINGBROOK DINER.

If you haven't signed up to participate, you can do so
by calling:

Sheila or Steve Wood - 705 653-0974

or

Robin Rice - 705 632-0019

NOTE: Would the winners of last year's rally please return their
trophies to Sheila Wood or Robin Rice.

Lunch at Sprinkbrook Diner afterward.



Please Note - the Event
"Rock the Rink" has been cancelled

Special Interests

Scotch Tasting

The Probus Scotch Tasting experience will not take place again until the Christmas season. We will let you know all the detail in plenty of time for you to build up your anticipation.

Gord Reid gareid@sympatico.ca or 705-653-2474

Bob Bennett 2gudalways@gmail.com or 705-653-1180

Garden Club

The Garden club has been put to bed for the end of the season. In celebration of a successful season, members enjoyed a pot luck meal, hosted by Susan Fedorka. If you would like to join us or be kept apprised of our meetings and trips, please contact Susan at cfc@mycuratedgarden.com or speak to me at the meeting. Looking forward to having new members join us for next year.

Book Club

Probus Book Club---next gathering will be on Tues. Oct.15 at 1:30 p.m. at my home,44 Ranney St. S. We are reading " The Alice Network". We have room for 1 or 2 more readers--Call me if interested —705-653-3182—Maureen Dikun

YOUR MANAGEMENT COMMITTEE

TOM TERENCEW - President

NORAH MCGOWAN - Vice President and Program Manager

SHEILA WOOD - Past President

LESIA KARAS - Secretary

STEVE WOOD - Treasurer

HAZEL FARLEY - Communications Manager

VAL PRIDMORE - Events and Special Interests Manager

JOY AND PIET GOEMANS - Membership Manager

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