



Hanover Area PROBUS Club

April 2015



Your Management Committee consists of:

President – Brian Ross
First vice-president – Margaret Peckham
Second vice-president – Betty Perkins
Secretary and archivist – Jan Stocovaz
Treasurer – Lorna Eadie Hocking
Program chairs – Don Smith and Pat Butler
Membership - Lorna Eadie Hocking Jan Stocovaz
Communications – Allan Simpson
Activity Group chairs – Georgia Kreager and
Mary Norwood
Greeters and Hospitality – Mary Norwood, Fern
Peppler and Betty Perkins

Reminder of the next General Meeting:
Wednesday April 8 at 10 a.m. in the P&H
Centre's Lions' Den

**Reminder of the next Management Team
Meeting:** possibly on Tuesday March 31 at 9:30
a.m. in the Classroom of the P&H Centre.

Lorna replies to the Suggestion Box

A great suggestion from Bev Hambly. We shall e-mail everybody a list of members who have joined PROBUS since our October meeting along with contact information; that information was not included in the

yellow membership booklet which we all received.

Welcome to new members

The following new members were welcomed into the PROBUS Club by President Brian on behalf of all members: Irene Fisher sponsored by Alan Fisher, Joan Allan sponsored by Joan Kaufman, Angelika Greve sponsored by Lorna Eadie Hocking, Beverley Ford sponsored by Kaye Inshaw, and Joanne MacKenzie sponsored by Jan Stocovaz. Application forms for membership may be procured from Lorna or Jan at the general meeting, or at other times from the P&H Centre front desk.

Did You Know ?

Carly Steinhoff spoke about the opportunity for seniors in our community to participate in an intergenerational program to be run by the brand new Centre for Youth Activity and Technology in Hanover. Facilities will be available in the Centre for adults to bring their talents and good will to teach and work with the younger generation, aged 12 to 18. Bring your suggestions and willingness to the attention of Carly or Jacinda Rudolph. They are making an application to the Senior Community Grant program for funding to purchase items which would be useful in such a program, items which you might suggest. (piano, violin, guitar, I-pad, books, cooking utensils, etc.)



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Did you know that you should circle Wednesday December 9th on your calendar. The Hanover Legion hall has been reserved for a Yuletide Luncheon, regular meeting, speaker, and entertainment for our PROBUS membership and spouses. Keep tuned in. Details will follow. Almost everybody raised their hand when Lorna asked for an indication of enthusiasm for this Yuletide Luncheon.



Did you know that time will be set aside at each general meeting for a spokesperson from one of the activity groups to bring us up to date on their activities. Any special deadlines for outings and trips can also be brought to the membership's attention at this time by other Group facilitators.

St. Patrick's Day theme was led by our president wearing an oversized green Irish tie, a Leprechaun green hat, and reinforced by a joke about the Murphy twins at the pub.



Our guest speaker in March, Debbie Bodkin, was introduced by Marion Badger. Marion highlighted Debbie's career as an officer with the Waterloo Regional Police force for 24 years, her involvement in hot spots around the world, specifically Kosovo, Darfur, Chad and the Ukraine. Filled with the enthusiasm of a young adventurer fighting crime and specializing in forensic sciences and homicide, Debbie has most recently served as an election monitor in the 2013 election process in the Ukraine. She began her adventures overseas however, after the NATO mission in Bosnia and Kosovo, amassing evidence of genocide to have been used in the trial against Milosevic. 25 autopsies a day on corpses exhumed from graves proved that these were horrific mass killings.

A two week mission in Chad, led by the Coalition for International Justice, gave Debbie the experience of interviewing



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refugees from Sudan. Again, all evidence pointed to genocide instigated by President Bashir of the Sudan. Oil in Darfur and Chinese support for Bashir prevented the UN from taking any effective action to halt this genocide. Rwanda was another example of frustration in trying to end the mass slaughter of Tutsis by UN forces.

Debbie is now a speaker, inspired by Romeo Dallaire, helping other front line workers, like police officers, prepare for and deal with depression and post traumatic stress disorder. She strongly endorses World Vision in helping those less privileged. She underlined that we should be thankful for our good life, look on what is positive in life, and do not dwell on the negatives and hatred towards minority groups, so easily roused by amoral leaders.

Margaret Peckham expressed to Debbie our appreciation for this very stirring and insightful presentation.



Activity Groups:

Stephen Peckham brought us up to date on the Day Trip Excursion Group. Trips planned include a June trip to a Blue Jays game, a trip to the Spa Scandinave with Margaret in April, and a theatre production yet to be selected.



Dan Hobler of the Wine Tasting Group spoke about recent trips to the Hoity Toity winery, MacLeans Brewery, and a proposed overnight trip in June to tour the Pelee Island wineries. The first two trips were very successful and well patronised, a true learning experience. Sommelier, Andrea Schuett, will speak about wine and food pairing on April 9 at the Hanover Curling Club. Cost is \$40 which covers all ingredients. See Dan. Numbers will be limited.

Guests in March included the Daltons, David Stiller, Susan Clarkson, and Ed King, all of whom were welcomed and applauded. Our membership now stands at one hundred and seventy-five men and women.



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Our next guest speaker: On Wednesday April 8, we shall welcome a well-known local historian and retired elementary school teacher from Dawnview Public, Al Morrow. Al wears many hats in our town besides teacher, Mason, and member of the Rotary Club. With many years behind him in the Hanover Heritage Advisory Committee, he was very involved in the history display at the Hanover Homecoming, 2014, and takes care of the town's archives in the Municipal Building. He will be speaking about our Heritage Square, the Clock Tower project, and local history generally.



The winner at our March general meeting was Donna Clark. Happy Easter Donna! Who will be our next winner?

The Craft Group



The Craft Group met March 9 at the home of Susan Sakal where Jan Milks taught the ladies how to make greeting cards. In all, they created three lovely cards to send to friends while having a good time together. They made three cards and now have the know-how to create more at their leisure.



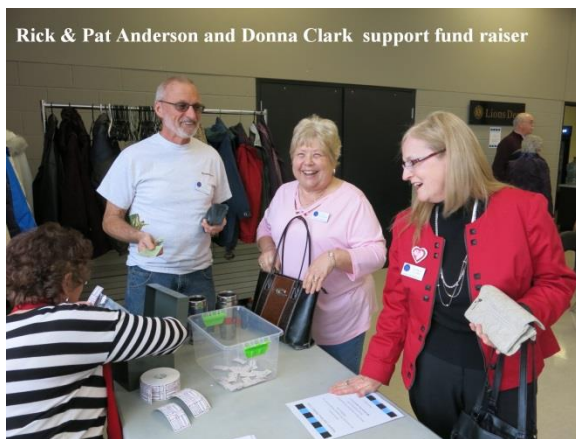
Seated from left to right are Laura Oliveira, Joanne McKinnon, Donna Walker, Lynda Dunham and Susan Sakal.



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Did you know that you are invited to participate in a Walk on Sunday May 3rd at 1 p.m. in the Hanover Park. Pick up your pledge sheet from..... Proceeds will support a worthy cause, the Owen Sound Hospice Residence.



Did Donna get the lucky ticket?

Probus Writers' Group meets twice monthly at 10 a.m. Wednesday mornings to encourage and support each other on our creative writing journeys. We began using a number of books by Natalie Goldberg for topics and ideas to explore, some of which



have been quite helpful. And we are currently working with John Fox's book, Poetic Medicine: whatever it takes to keep the creative juices flowing. It's fun and challenging to share our manuscripts with each other. Even when we're not all here, Face Time is proving invaluable for connecting in on our meetings.

Yoga Women came together in December. We met at the Grey Bruce School of Dance, for an hour and a half each week to explore breath & movement; and participate in an informal series of classes to acquaint members with different forms of yoga - both on and off the mat. Submitted by Dianne Joyce.





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Report from Doug Abell

Tai Chi Group - Walking across an icy parking lot, your balance can mean the difference between an awkward skid or a broken arm. Tai Chi helps to heighten your sense of balance by creating stronger legs, better posture, and improved body awareness. I started Tai Chi years ago to help with a cranky back. The 24 specific Tai Chi movements I learned then, and am constantly relearning as I lead our PROBUS Tai Chi group, helps to relax the muscles in my back and overall, helps me to feel more calm in a world that always wants you to feel otherwise. Paying attention to how we breathe while doing the Tai Chi set also plays an important role in destressing. With every gentle movement in the set, we consciously lengthen our inhalation and exhalation of our breath in concert with our movements. The effect is a slowing down, a relaxation response and an improvement in our lung capacity.

The first time I watched someone do Tai Chi I was impressed by the number of things they were able to do in sequence. Memory also gets a workout. Each week, our small group adds one more movement to tie into what we did before. As I write this, I think we are at week 14 for our group's Friday get

together at the Grey Bruce Dance Studio. We shall all be at different places in our ability to do the movements. But the beauty is that no matter where you are in learning the set, there is a benefit in everything that you do.



VON Supportive Care – This is support and caring for family members and friends of a deceased person. It is also an opportunity to share feelings, to listen, and not be alone. Rev. Harry Huff is the facilitator of this service, held on Tuesdays March 31, April 14, and 21 from 1:30 to 3:00 p.m. at Grace United Church in Hanover. There is no charge but you are asked to pre-register. Contact Mary.winkler@von.ca.

Day Trip Excursion Committee You will have received an ad for the planned excursion to Toronto to see the Blue Jays play, as well as the planned trip to Pelee Island. Wayne Pfeffer invites all those interested in creating more plans for trips to come to the meeting on Thursday June 18 at 11:30 a.m. at Trixie's Saloon in Ayton. Plan for lunch before the meeting.



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The **Youth Activity & Technology Centre** will be opening its doors at 612 10th St. Hanover in May. The centre will be for youth aged 12-18 years and be open after school hours 3:30pm to 8pm. The goal of the centre is to develop the technological and interpersonal skills of the youth participants. We know that the Hanover community has an abundance of skills and knowledge that might be of interest to our youth. In order for this centre to succeed, community support (both financial and in-kind support) is crucial and the youth need to see their neighbours, community members and businesses supporting and encouraging them. As a PROBUS member this centre is a perfect opportunity for an intergenerational skills exchange. Why not volunteer your time and you could learn some new skills yourself. This is a call out for skilled professionals to volunteer their time to support the young individuals of your community. If you feel that you can support this initiative in any way or if you have any additional questions, please contact Jacinda Rudolph at 364-2780 or yatc@hanover.ca



Jacinda Rudolph is the new manager of the Youth Activity and Technology Centre in