



Hanover Area PROBUS Club

Established September, 2014

www.hapc.ca

April, 2023

Management Team

Get connected, Stay connected.

President – Helen Pepler

Past President – Jeannette Wilken

First Vice President – Diane McNichol Byers

Second Vice President – Janice Koehler

Secretary – Jan Stocovaz

Treasurer – Judy Turnbull

Programme Chair – Bob Farrow

Membership Co-chair – Brenda Booth

Communications - Loretta Dunn

IT – Craig Brown

Activity Group Chair – Dianne Mather

Greeter – Karen Farrow

Hospitality – Helen Pepler, Pat Brunner

National website: <https://www.probus.org/>

**Carl Kuhnke is our April Speaker and will be speaking on
the history and future of the Owen Sound Transportation Company**



Carl Kuhnke lives in Walkerton with his wife Beth and their two rescue dogs Pippin and Zoe. He was appointed President and CEO of the Owen Sound Transportation Company in December 2022 and is currently engrossed in getting the ships on the water, renewing the corporation, and planning for the future.

After graduating from the University of Alberta with a Masters' degree in Business, he spent two decades in the Canadian diplomatic service, leaving to create several technology start-ups. He came back to Ontario in 2017 as the new CEO for the Clean Water Centre and remained there until his retirement in April, 2022.

Carl founded Saugeen Hospice in 2021 and maintains his interest in having a hospice closer-to-home. He sits on the Brockton Police Services Board, is an elected Councillor for Brockton, and was previously a Director of the Board of the South Grey Bruce Health Centre.

Our March Speaker was Amy Di Nino

Amy Di Nino spoke via Zoom on “Touching the Sound; The Potential of Music Therapy”.

Music therapy is an allied health profession in which music is used within a therapeutic relationship to address physical, psychological, cognitive and social needs of individuals.

Amy has obtained degrees, diplomas, and certificates from the University of Windsor, University of Toronto, Humber College and her Masters of music therapy at Berkley College of Music in Boston. Based out of Cambridge, ON, she is the artistic director and conductor of Grand River Voices, and music director/organist at Wesley United Church in Galt. As a conductor, pianist, and percussionist, she has performed with ensembles, symphonies, and as a soloist throughout North America and Europe. Additionally, Amy is currently the president of the Music Therapy Association of Ontario and conducts her private practice in Cambridge and worldwide through Telehealth. Amy is currently in her first year towards completing her PhD in music neuroscience.

SO WHY DOES MUSIC THERAPY WORK SO WELL AS A MODALITY?

BEYOND THE PHYSIOLOGICAL RESPONSES TO MUSIC STIMULI BY THE BRAIN AND AUTONOMIC NERVOUS SYSTEM

1. WE TRUST MUSIC

- Authentic
- “Here’s my heart on my sleeve”
- Music accepts us as we are, where we are
- Music doesn’t care if we lose the beat, or sing off key ~ **it’s safe**

2. PRIOR RELATIONSHIP WITH MUSIC

- Most people have a prior, personal and positive relationship with music
- Music is the mutual friend between any one of us
- *My music* does for me what *your music* does for you

3. MUSIC TREATS THE SELF *INSIDE* THE PERSON

- It is the self inside the body that is having the experience of being alive
- It’s the self that is creating memories, forming attitudes and beliefs
- Music reaches that self

4. TREATS THE STAFF AND PATIENTS

- Music therapy is the only modality that treats the staff while it treats the clients or patients
- Staff’s favourite session is always the one on relaxation!

ISO PRINCIPLE

“The iso-principle is a technique by which music is matched with the mood of a client, then gradually altered to affect the desired mood state. This technique can also be used to affect physiological responses such as heart rate and blood pressure” (Davis, Gfeller, & Thaut, 2008).

Message from Your President

April is the gateway to the joys of summer.” — Fennel Hudson

As I work on this month's message, spring is about to arrive, but winter is just reminding us that it isn't time to put away those hats and mittens yet! Seeing snow through a three year olds eyes does give a different perspective. She is not ready to put away the toboggan, or GT racer or the snow shovel. You are likely starting to plan your summer. New things to try? Or traditions to re-establish that have been on hold like family reunions, or family vacations. The sunshine seems to beckon us to get outside and enjoy. It seems so much easier to travel when you don't have to plan around the weather, or pack the emergency kit and all the hats, scarves and mitts.

For me, I can start planning more outdoor oven baking and some pizza days! Over the winter I have attended two virtual baking classes and one in person class, so I need to perfect those recipes and their variations. I need to try out all the pans and accessories that John gave me for Christmas. At the in person workshop, the participants decided John was an enabler to my baking when they heard of the pans, baking ingredients and accessories he purchased! Plus I continue my weekly new recipe challenge....the Probus Dinner group always ticks this box for me! St. Patrick's Day celebrations (more than one day to accommodate all the recipes I wanted to try) resulted in some recipes that I will make more than on March 17th. Of course I have been making the tried and true recipes handed down, as those are my go to when I can't decide what I want to make. It is also time to start the list of new recipes / favourite recipes for the canning season. It has been great this winter to open up a jar of chili base and remind Abigale and Isabelle how much fun they had washing the tomatoes for that canning session. Our potatoes are starting to sprout, so it is time to turn them into French fries.

We are always looking for members interested in joining our Management Committee. You can always be a Member at Large while you watch the various roles in action. Please share your new ideas with us through joining or by providing feedback in the suggestion box.

I leave you with this quote: *“You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone.”— Roy T. Bennett*

Happy Easter, Helen Pepler, President, Hanover Area PROBUS Club

News and reminders from your Management Committee

Effective with the April General Meeting, your management committee has decided that masks will be optional. Some people may continue to wear masks, and others may not. Remember to be kind, understanding and respectful of people's personal choices.

Save the Date! June 14th will be our Annual Meeting for the Hanover Area PROBUS Club.

From our Bylaws: The Annual General Meeting, members of the Management Committee shall be elected and the budget approved. The quorum for General Meetings shall be 25% of the paid-up membership. (65 people) After the meeting, the Legion Ladies will be serving a lunch... menu and cost to follow. A round table will be held for activity co-ordinators with the management committee to discuss highlights/ issues after the luncheon.

- **PROBUS Global is a network of Probians from all over the world who meet quarterly on ZOOM.**

If interested, you can visit <https://probusglobal.org/> and follow the route to become a member at NO cost as long as you are a PROBUS member.

PROBUS ACTIVITIES UPDATE

Welcome new members!

For Activity Groups and Coordinators: see HAPC website www.hapc.ca/activities-2/
Or if you have any questions or need further information contact Dianne Mather, Activity Group Chair jdmath@live.ca or 519-881-3809.

Its official! SPRING is in the air and it's time to start planning to get out in the sunshine and enjoying the outdoor activities with your friends. If you haven't participated in these outdoor events, now is the time to get out there and get moving and at the same time enjoy socializing with other members.

Golf: Will commence in May. In the middle of April last year's participants will be contacted to plan the 2023 weekly golfing schedule. Members are welcome to join the group. Coordinator Ulli Kaempfe

Pole Walking: Members will be receiving an e-mail at the beginning of April from Rose to plan the upcoming weekly walking schedule. Coordinator, Rose Cote

Cycling: We need a coordinator to arrange and plan the cycling outings. In the past members have enjoyed daytrips packing a lunch and travelling to various trails in the Grey Bruce area. If you are interested in coordinating this activity contact Dianne Mather, Activity Group Chair

Hiking and Strolling: Members have thoroughly enjoyed hiking and strolling through beautiful bush and forest lands trail throughout the Grey Bruce area. An e-mail will be sent to members soon to schedule and plan this weekly activity. Coordinator, Peter Dalton

Pot Luck: 12 members met on March 20 at Hope Church (pictured below). The theme was "a recipe you never made before" and every dish was delicious. The next lunch will be on Monday May 15th. Coordinator Marybelle Schumacher



Travel:

The travel group has 100 members. The travel committee members have been very busy organizing and planning these 2023 travel activities for the members.

A travel group meeting was held on Wednesday March 22 at the Saugeen Municipal Airport with over 30 members in attendance. Details and plans for the upcoming trips and theatre outings were presented at the meeting. After the meeting members enjoyed socializing and lunch prepared by the Landing Gear Diner.

The next travel group meeting will be on Wednesday May 24th at 11:00am at the Saugeen Municipal Airport.

Starting in April there is a travel activity each month through to November (except September).

Trips include:

- The Washington Cherry Blossom Festival April 13-17
- Grand River Cruise August 23 (**Deadline to book May 31st**)
- Nashville Oct 26 -30 (**Deadline to book March 30th**)
- Tastes of Toronto Nov 28-29 (**Deadline to book June 1st**). Members were sent e-mails in February and March with all the details to book these trips.
- **Theatre Events** - Mom's Gift April 29 at Hanover Civic Theatre; The Buddy Holly Story May 31 at Drayton Festival Theatre; Liars at a Funeral June 28 at Blyth Theatre; The New Canadian Curling Club July 26 at Drayton Festival Theatre
- **Baseball Game:** A trip to Toronto to see a Blue Jays baseball game is also being planned.

Travel Committee: Dianne Mather, Peter Dalton, Joan Roseborough, Marg and Keith Wettlaufer, Sheryl Newton and Wayne Pfeffer

Scotch Tasting: There will be scotch tasting for Probus members on Tuesday May 16th from 2-4pm at the Hanover Masonic Lodge. Rodger Donald will present 3 brands of the famous Scottish whiskey for tasting accompanied by food pairings. Cost to be determined. For more information or to sign up please contact Bob Farrow or Gary MacGregor

Life Long Learning Events for April

Bluewater Association for Lifelong Learning - Owen Sound

[Health and Medicine in the 21st Century - Mar 2 to Apr 5, 2023](#)

Georgian Triangle Lifelong Learning Institute - Collingwood

[China: Past, Present and Future - Lecture 3 - What is Really Going on in the South China Sea?](#)

Fri Apr 14 2023, 10:00am EDT to 12:00pm EDT

[China: Past, Present and Future - Lecture 4 - How Jade Transformed Our Life: Making Sense of Chinese Heritage in Contemporary Society](#) Fri Apr 21 2023, 10:00am EDT to 12:00pm EDT

[China: Past, Present and Future - Lecture 5 - Greening China's Agriculture Sector: The roles of the State and Civil Society in the Development of Organic Agriculture](#) Fri Apr 28 2023, 10:00am EDT to 12:00pm EDT

[China: Past, Present and Future - Lecture 6 - The Connectivity of Hong Kong](#) Fri May 5 2023, 10:00am

EDT to 12:00pm EDT

Please see the [GTLI Brochure](#) for details

Third Age Barrie Lifelong Learning Association - Barrie

[Putin's War At Home](#)

Tues Apr 11, 2023, 1:30pm-3:30pm

[All Shook Up: The Impact of the Pandemic on Health Care in Canada – 4 Part Series](#) - April 25, 2023 - May 16, 2023, 4 Tuesday Afternoons 1:30 pm - 3:30 pm - Cost \$40.00

EVENTS IN OUR COMMUNITY

Hanover Library News

April 12 - Stampin' Up Card Workshop

Susan Schlorff is back to run another Stampin' Up Card Workshop! This month we will be making a Mother's Day card, a birthday card and a thinking of you card. Stop by the library to see the sample cards. All levels of crafters are welcome; Susan can show you what to do! The cost is \$20 for the materials to make 3 cards. This event will take place in the Saugeen Room.

April 26 - Poetry Open Mic

Join us for an exciting evening of poetry! Local poets will be sharing their work at our Poetry Open Mic night! This event will be headlined by local poet Dianne Joyce. Come to listen, or share your work with the group. Register at the library to save your seat, but all are welcome to join this free event.

May 4 - Coffee with Chief Knoll

Town of Hanover Police Chief Knoll will be our guest for coffee. Thursday May 4 at 10:30 am. This is a free event, and everyone is welcome. Please register at the library. Join us for a lively discussion about the community with Chief Knoll.

SPRIT IN THE SKY GOSPEL SHOW

A TRAVERSY/MACK PRODUCTION

featuring

P.J. MACK - TOM TRAVERSY
ELAINE PEARCE - MANDI CRADDOCK
THE GOSPEL QUARTET

(Bob Ferguson, Gord Smith, Tom Traversy and Richard Field)

and, THE LADIES GOSPEL CHOIR

ST. PAUL'S UNITED CHURCH
Walkerton
Sunday, April 23rd at 1.30pm

Tickets:

Adults - \$10 Children under 10 - \$5

Tickets available at:

Holst Office Supplies - Brown's Guardian Pharmacy
A&R Music - St Paul's United Church (519) 881 1110

All tickets sold for the cancelled show in 2020
will be honoured.

SUPPORTING SAUGEEN HOSPICE

**Grey Bruce Singers
present**

**Celebrating the Seventies
and more**

7:30 p.m. - Friday, April 14

2:00 p.m. - Saturday, April 15

Sunday, April 16

Hanover Civic Theatre

Adults \$20, Child \$5 (12 & under)

Tickets on sale March 15, 2023

at www.greybrucesingers.ca

FOR MORE INFORMATION CALL 519-506-6902



Like us on facebook





Please note: gluten free spaghetti will also be available for the event below

All proceeds go to spay/neuter and wellness clinics for the Northern Animals



Pasta For Pooches

**Saturday
May 6, 2023**

Doors open at 5:30pm
**Spaghetti Dinner
6:00pm**

Walkerton Legion

Tickets - \$25

Entertainment provided by Isabella Caskenette & Mike Kelly

Tickets available by contacting

friendsofanimush@hotmail.com
or Sandy 519-881-5649



100 years of the Hanover and District Hospital - Centennial Soiree.

We are fundraising to support and strengthen the Emergency Department. The Gala will take place at the P&H Centre May 27, 2023. Tickets are \$100 and can be purchased by contacting Maya at the Foundation at 519 364 2340 ext 203 or by email to mntorrie@hdhospital.ca. We hope you will come celebrate with us!

HDHF GALA TICKETS

May 27th, 2023

Centennial Soiree

TICKETS \$100

 www.eventbrite.ca
 519 364 2340 ext 203
  mntorrie@hdhospital.ca