

# The PHOGHORN NEWSLETTER

February Issue

Volume 30 -- #6, 2023



President **Donald Mitchener**  
PROBUS  
Saint John PROBUS Club

## 2022--2023 Executive members

**Don Mitchner**-----President  
**Don LeBlanc** -----Past President  
**Frank McCarey** ----- 1st Vice President  
**Paul Meier** ----- 2<sup>nd</sup> Vice President  
**Ed Creaser** ----- Treasurer  
**Carl White** –Secretary & Asst., **Chip Lawton**

*PROBUS Saint John, our next meeting is on February 15, 2023. The restaurant has reminder us that it does not have access to Debit or Charge cards from the 9<sup>th</sup> floor ‘Top of the Town’ room.*

*It is requested all members paying for their lunch to bring cash for this transaction.*

## **MINUTES FROM JANUARY 18<sup>TH</sup>, 2023**

### **PROBUS Club of Saint John – January 18, 2023**

**Call to Order** – 11:10am – **Don Mitchener**, President, opened the meeting. The meeting commenced with the signing of O Canada. There were twenty-six members in attendance.

Don indicated that the recent International Junior Hockey Tournament held in Moncton and Halifax was a great success and he was able to attend a game. He commented advised that the Christmas meeting and dinner at the Villa Madonna was well attended and went very well.

He further indicated that the Women's group was not interested in co-hosting a regional meeting.

**Member Updates:** **Peter Gaulton**, **Blair McDonald** and **John Teed** were introduced as guests. **Paul Meier** advised that the reach out to other organizations in the community has not been successful in obtaining names of possible member prospects. He encouraged Members to continue to seek out member prospects.

It was suggested that a possible outing for Members might be a trolley tour of Saint John and that it could be scheduled for early to mid-May and gathering for lunch possibly afterwards.

**Minutes of last meeting** – It was moved by **Carl White** and seconded by **Paul Meier** to accept the Minutes of November 16<sup>th</sup> as published in the latest Phoghorn. Motion Accepted.

**Treasurer Report** – It was moved by **Ed Creaser** and seconded by **Gordon Dempsey** to accept the Report as published in the latest Phoghorn. Motion Accepted.

**Paul Meier** entertained with jokes.

**Upcoming Speakers:** It was indicated by the President that our speaker for February would be Alyssa Long, representing the Medical Education Scholarship Foundation and hopefully for March it would a Tax Consultant.

As a new initiative – **Don Michener** and **Paul Meier** shared some details about their personal life and/or work experiences. This process is an attempt to get Members to get to know fellow Members a little more perhaps and hopefully opens the door to more Members willing to share. **Frank McCarey** and **Carl White** have indicated they will speak at the February meeting.

### **Coffee Break**

**50/50 Draw** – Won by **Tom Craig** - \$33.00

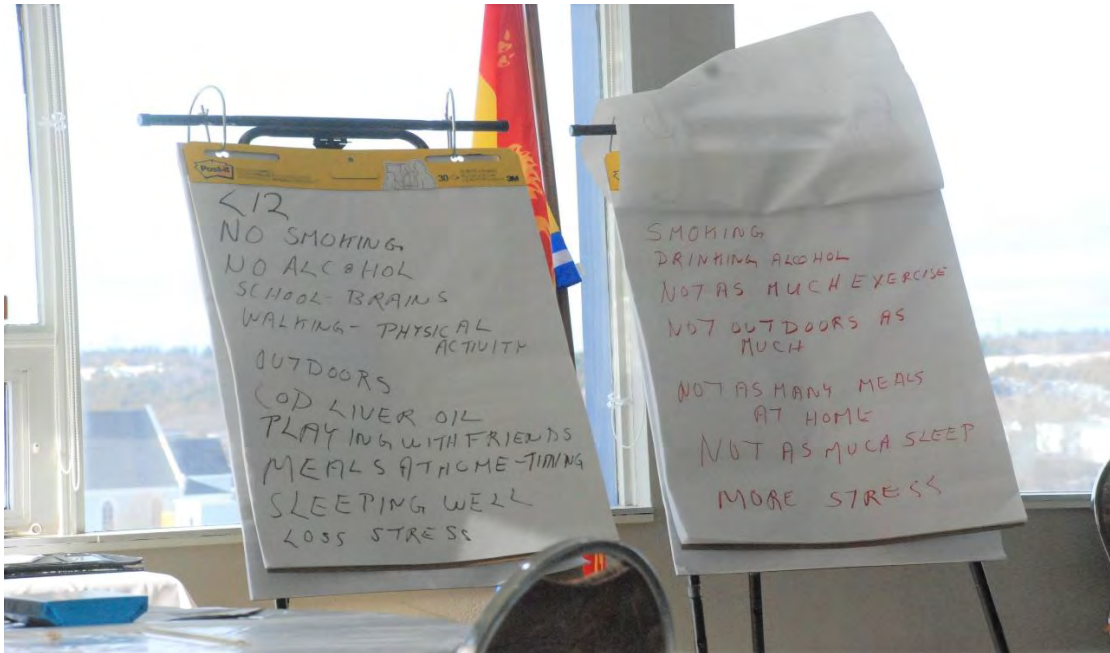
The President introduced our Guest Speaker, **Liz Meier**, who is a Nutritionist. She talked about how important it was to maximize our lives by maintaining a healthy mind and body. She advised that we not only have to eat well, but also, we must keep our bodies and minds active as much as possible. She fielded questions from members and her presentation was very informative. She was thanked by **Frank McCarey** on behalf of the Members.

Minutes Presented by: **Carl White, Secretary**

**Note: John Doyle has a birthday in February!**

Guest **Peter Gaulton** has joined our group with **John Teed** bring his membership paper at the February meeting. **Blair McDonald** will follow suit thereafter. **PROBUS** welcomes these new members.

Our guest speaker, **Liz Meier**, Nutritionist presented a very interesting talk on what were the common things in our life, that impacted our health when we were “kids” compared to present day conditions. It was noted how big the differences were. Below on the paper stands, shows some of these points that were discussed.



Charts used during the presentation to signify—before and after life styles.



**Liz Meier** —our Guest speaker

**A FEW PICTURES FOR THE JANUARY MEETING**



President ***Don*** about to start meeting



Secretary ***Carl White*** presenting report.



Group of 5 just before the start of the meeting. ***John McMillian*** in the green sweater, followed by to his left, ***Fred Shillington***, new member ***John Teed***, VP ***Frank McCarey*** and ***David Ellis*** in gray sweater.

## Humor section



### *Why I Mow My Own Yard...*

**Lee Trevino: a true story....**



One day, shortly after joining the PGA tour in 1965, Lee Trevino, a professional golfer and married man, was at his home in Dallas, Texas mowing his front lawn, as he always did.

A lady driving by in a big, shiny Cadillac stopped in front of his house, lowered the window and asked, "Excuse me, do you speak English?"

Lee responded, "Yes Ma'am, I do".

The lady then asked, "What do you charge to do yard work?"

Lee said, "Well, the lady in this house lets me sleep with her".

The lady hurriedly put the car into gear and sped off.

**I'M SO OLD  
I REMEMBER  
MULTIPLICATION  
WAS CALLED  
"TIMES TABLES"**



### Every thing you need to know about Canadian Maple Syrup

- It takes 40 gallons of sap to make one gallon of the syrup.
- A sugar maple tree takes about four decades of growth before it's big enough to tap.
- Only three of the 13 species of maple trees native to Canada are used for syrup.
- Quebec produces two-thirds of the world's supply.
- Stored properly, a sealed container of maple syrup can keep for several years.
- Due to rationing during the second world war, Canadians were encouraged to sweeten recipes with maple syrup.
- A single tree can produce up to 15 gallons of sap per year.
- Frosty nights and warm days help to encourage the sap to flow.
- Taping typically occurs between late February and Early April.

## Honeybees



- Did you know there are about 10,000 to 100,000 bees in one hive.?
- To make one pound of honey, a single bee must tap two million flowers.
- A honeybee flies about 15 mph.
- A normal colony contains only one Queen.
- The Queen can lay as many as 2,000 eggs during her busy season.
- During the working season the life span of a honeybee is about six weeks.
- The flow nectar which they gather contains about 70% water.
- Bees have four wings.
- Each honeycomb has six sides.



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***“The last glass of Whiskey” must see.***

(Click on blue folder to view video.)

## SPRING QUOTES

“ In spring, at end of day, you should smell like dirt.”

*Margaret Atwood*

“*Spring is natures way of saying, Lets party!*”

*Robin Williams*

“*That is one good thing about the world .....there are always sure to be more springs*”

*L.M Montgomery*

## Random stuff or trivial and useless information

- The original name for the search engine Google was “BACKRUB.”
- Bats are the only animals that can actually fly.
- More people visit France than any other country. Spain is second and USA is third.
- There aren't actually 57 varieties of Heinz ketchup. The founder thought that the product needed a number and simply chose 57.
- An elephant's heart weighs 30 pounds whereas a human heart weighs a mere 10 ounces.
- There are no muscles in the human finger. Function is controlled by muscles in the palm and arms.

## Year 1922 events.

- Insulin was used for the first time to treat diabetes in humans.
- The British Broadcasting Corporation (BBC) was founded.
- The tomb of Tutankhamun was discovered in Egypt.
- Alexander Graham Bell died.
- British Columbia changed from driving on the left to the right side of the road.





## Notes on Optimizing Health a

*These are the notes from our guest speaker in January, Liz Meier.  
Tittle was: "Notes on Optimizing Health and well being as seniors."  
Click on red PDF file above to start.*

### Guest speaker's Bio for February 2023

#### **ALYSSA LONG, CMP®**

Saint John, NB | 506-608-6706

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[www.linkedin.com/in/alyssaolong](http://www.linkedin.com/in/alyssaolong)

*A dedicated professional with a background in communication, public relations, and science. Currently specializing in non-profit leadership, communications strategy, execution, coaching and employee engagement, I seek to engage and inspire trust, helping organizations realize their goals.*

#### **Highlights**

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- Creative and strategic organizational storyteller.
- Persistent, adaptable, and highly organized.
- Data-driven, analytical, and innovative.
- Lean Six Sigma (white and yellow belt), Dale Carnegie, PROSCI accredited.
- Selected for J.D. Irving, Limited's *NextGen Future Leaders* program (2020-2021) and *Leadership Fundamentals Program* (2022).
- Experienced in corporate communications, crisis communications, social media management, brand and reputation management, strategic communication planning, content development, media relations and training, speechwriting, and event management, change management and leadership.

#### **Education & Development**

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<b>Communication Management Professional (CMP®)</b>	<b>2022</b>
Global Communication Certification Council	Halifax, Nova Scotia

<b>Master of Arts (Communication Studies)</b>	<b>2017</b>
Mount St. Vincent University	Halifax, Nova Scotia

<b>Bachelor of Science (Biology) with Distinction</b>	<b>2015</b>
St. Francis Xavier University	Antigonish, Nova Scotia

#### **Experience**

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<b>Executive Director</b>	<b>09/2022 - Present</b>
The New Brunswick Medical Education Foundation	Saint John, New Brunswick

<b>Senior Divisional Communications Specialist</b>	<b>02/2022 – 09/2022</b>
J.D. Irving, Limited, Irving Transportation Services	Saint John, New Brunswick



## PROBUS SAINT JOHN NB

### ***A Professional and Business Retirees Club.***

PROBUS Club Membership #026. Published by *PROBUS Club* of Saint John, NB E2L3V9  
Meetings are at the *Canada Best Value Inn on Main St* every third Wednesday of the month, 10:00 am.  
Website <http://www.sjprobus.ca> --- *PROBUS CANADA* website [www.probus.org](http://www.probus.org)  
Mail delivery; Canadas Best Value Inn, c/o PROBUS, 10 Portland St. Saint John NB E2K 4H8 CA.

Saint John PROBUS web site [sjprobus.ca](http://sjprobus.ca)

CHECK OUT OUR SJ PROBUS WEB SITE AND  
SEE ALL THE PAST MEETING MINUTES AND  
PICTURES FROM YEARS AGO.

TOM CRAIG Editor *The Phoghorn Newsletter*. [tec1942@rogers.com](mailto:tec1942@rogers.com) February 15, 2023