



PROBUS

The PHOGHORN NEWSLETTER

Saint John N.B.

APRIL 17th. ISSUE

Volume 31 -- #08, 2024



PROBUS President

Frank McCarey

Saint John N.B. PROBUS Club

2023—2024 Executive members

President -----Frank McCarey
Past president -----Don Mitchener
1st Vice president -----Paul Meier
2nd Vice President -----Carl White
Treasurer -----Ed Creaser
Secretary -----Carl White
Chip Lawton

PROBUS Meeting Minutes March 2024

PROBUS Club of Saint John – March 20, 2024

Call to 10:04am – **Frank McCarey**, President, opened the meeting. The meeting commenced with the singing of O Canada, led by **Robert Taylor**. There were twenty-six members in attendance. **Gerry O'Brien** introduced **Peter McGill** as a guest and potential new Member. Frank advised that **Bill Covert** and **Robert Taylor** were celebrating Birthdays in the month of March and those in attendance sang Happy Birthday to them. It was indicated that Members should advise **Tom Craig** when their Birthday was, if they haven't already done so in order to be acknowledged at future meetings.

Larry Timms was acknowledged for offering to assist in the selling of the 50/50 tickets.

It was moved by **Carl White**, Secretary and seconded by **Paul Meier** that the Minutes of the February Meeting as published in the latest edition of the Probus be accepted. Motion Passed

Ed Creaser, Treasure advised that Members who planned to stay for lunch should pay their fee to him.

Carl advised that the outing to the Maple Syrup facility above Sussex was postponed at this time because the operations there had ceased earlier because of the favourable weather conditions this winter.

Bev Harrison indicated that the plan to tour Base Gagetown was still in the works. It is planned to have this outing on May 15th. Members were asked to confirm their interest in participating in this outing by signing up on a Membership list that was circulated. Bev shared some details of the trip and Carl confirmed that Jay Chang would have his bus available for this outing.

Robert Taylor, **Get Harrison**, and **Gordon Dempsey** provided some jokes.

Frank introduced **Stewart Munroe**, Certified Athletic Therapist, from the KenVal Rehab and Sports Injury Centre and the Rehab Consultant for the Saint John Seadogs, as the Guest Speaker for the meeting. Stewart talked about the importance of exercise as we aged and that everyone requires different requirements for exercise and relief of pain caused by arthritis, which is a common health issue. He demonstrated some leg exercises focusing on the back and front muscles, with a focus on knee straightening exercises as well.

There was some discussion in regard to Cardio Exercises and that it was better to walk or jog on soft surfaces rather than hard, i.e. concrete and that when on a treadmill, it is important to be sure you have at least 6 ft. of clearance behind you in case of falling off. Stewart also talked about the issue of Vertigo and the way to find relief.

Following questions from Members, **Gary Watson** thanked Stewart for his Presentation.

Carl White won the 50/50 draw of \$47.50.

Minutes presented by **Carl A. White, Secretary**

Our Guest speaker for April will be **Brenda Foster** who works for Shannex on a program called "Nursing Home Without Walls." This is a program that helps seniors "age in place" in their homes.

- It would appear that *David Flewelling* has a birthday for the month of April. Happy Birthday David.
- Please note, it was good to see *David Ellis* back after treatment for an illness.



Frank White, VP, addressing the membership.



Robert Taylor presenting a funny story. Wes Cosman, Paul Meier, John Doyle, Peter Gaulton share a story.



Willard Buckley, Dale Stevens, John Teed, & William Covert share some thoughts.

Guest Speaker's "mascot."

Our guest speaker this month was **STEWART MUNROE**, Certified Athletic Therapist of Ken Val Rehab.

He brought along his mascot to illustrate the bone structure. I think he needs to eat more!



Probus member **Gary Watson** presents **Stewart** a gift on behalf of **PROBUS** with President **Frank** looking on.





PROBUS members enjoying conversations along with their lunch.



After their lunch, the present executive holds a little conversation meeting.

SOME INTERESTING ITEMS.

BowTies Inspirational Stories

I've spent the last couple of years struggling with the fact that I haven't been able to fit into some of my clothes. Clothes that, just a short time before, I wore with no problem. They even looked great on me.

It's been frustrating and discouraging to say the least. It's affected my mood, my self-esteem, my attitude, and dare I admit had me bordering on depression. To say it's had a negative impact on my life would be an understatement.

Yesterday I hit my breaking point.

Fighting back tears, I thought enough was enough and finally decided to take control and do something about it.

So I got up off the couch, put my sweats on, and went right out and bought some bigger clothes.

-Anonymous

bowtiesgreetingcards.com



TEACHER: Maria, go to the map and find North America.
MARIA: Here it is.
TEACHER: Correct. Now, Class, who discovered America?
CLASS: Maria.

Teacher: How old is your father?

Kid: He is 6 years.

Teacher: What? How is this possible?

Kid: He became father only when I was born.

(Logic!! Children are quick and always speak their minds.)

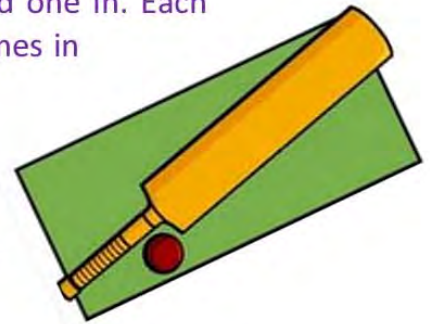
TEACHER: Glenn, how do you spell 'crocodile?'

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.

Cricket: I was asked to explain cricket to someone. "It's quite easy to understand," I said. "There are two teams: ours and theirs. One out in the field and one in. Each person in the side that's in goes out, and when he is out, he comes in and gets the next man who is out. Then, when they have all been in and all out, the team that's been in the field goes in and the team that's in goes out and tries to get out those coming in. Sometimes you get players still in and not out. Then when both sides have been in and out, including not-outs, that's the end of the game. Simple."



Tip of the day: Before starting a project, check if you have the resources available

APRIL 17th will be the next meeting date.

Time and place –Villa Madonna, Rothesay, 10:00 am.



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 *Villa Madonna Retreat House, Rothesay*, every third Wednesday of the month, 10:00 am.
Website <http://www.sjprobus.ca> --- *PROBUS CANADA* website www.probus.org
TOM CRAIG Editor *the Phoghorn Newsletter*. tec1942@rogers.com

Note. No meeting for the month of May as that will be a “outing event with a tour in Oromocto Army Base” More information at the April meeting.

Note. Our JUNE meeting will take place in the DINNING ROOM as the big hall has been booked for another function.

Be a Friend....Bring a Friend