



Partridge Lighthouse, Entrance at the Saint John Harbour, New Brunswick

PROBUS

The PHOGHORN NEWSLETTER

Saint John NB
February Issue
Volume 33 -- #06

2025—2026 Executive Team members

President ----- *Carl White*
Past President ----- *Paul Meier*
1st Vice President ----- *Tony Aziz*
Secretary.....*Greg Langille*
Treasurer-----*Gordon Burnett*
Assistant Treasurer-----*Larry Timms*
& *House Manager*

BIRTHDAYS FOR THE MONTH OF FEBRUARY

Gordon Dempsey--John Doyle-- Chip Lawton

Peter McGill—Mack Pike

PROBUS Agenda – February 18, 2026

1. Call to Order
 2. O Canada
 3. Name tag Presentations
 4. Introduction of Guests
 5. News of Members
 6. Approval of Minutes of January Meeting – Greg
 7. Discussion on Old Business or New Business
 8. Treasurer Report – Larry Timms
 9. President's Update
 - A. Executive Meeting update – February 11th
 - B. Seating Arrangement- Carl
 - C. Sound System Concerns - Carl
 - D. Member Recruitment – Chip
 - E. Member Profiles – Paul
 - F. March 17th Attend Probus Women's Meeting
 - G. Community Activities – Tours – Pulp Mill -Larry, Shining Horizons – Carl (Kent Grass)
 - H. Future Speakers – March – Karen Ulmanis/Tim LeBlanc - Electronic Products Recycling Association/Recycle NB; April – Jennifer Estey - Estey Art Inclusive; May – Matt Conradi, Strescon (King St. Project); June – Outing to Yip
 10. Jokes
 11. Coffee Break
 12. Speaker – Brenda Foster – Nursing Homes Without Walls
 13. 50\50 Draw
- Adjourn for Lunch

Lunch this week will be Chile and Sandwiches.



President-Carl White PRESIDENTS REMARKS

President's Message February 2026

Welcome to February everyone! Time is moving on and we are heading for March and hopefully it will treat us gently! We had a great turnout for our January meeting, which included a number of new Member prospects. Our Membership Drive is going better than we anticipated because **Chip and the Committee** are doing great. Our January guest Speaker, **Brent Suttie**, updated us on the Museum Project and it was very informative.

As always, I am looking forward to seeing as many of you as possible at our future meetings and remember, if you have a suggestion as to how we can make things better, speak up!



Secretary-Greg Langille

Minutes: PROBUS Meeting 21st Jan. 2026

A name tag was presented to new member Heinz Schaerer.
 Several guests were introduced.

Motion by Greg Langille to approve minutes of PROBUS meeting held on 19 November, seconded by Paul Meier, motion approved.

Brief report from Chip Lawton that we have 10 new potential members. Chip discussed have a draw for members who bring in new members that sign up. The winner would get free yearly membership.

Gordon Burnett us a treasurer’s report. Reported that we are in good shape, Motion to approve report by Carl White, seconded by Tony Aziz, motion approved.

Paul Meier called out names of potential new members to see if anyone could contact them.

Paul Meier gave an update on member profiles. We now have over half of the members’ profiles submitted. Carl, Paul, and Tony to form committee plan June offsite meeting at Yip Cider on the Kingston Peninsula and also future June offsite meetings.

Discussed if there was any interest in attending women’s PROBUS meeting at 69 Branch Canadian Legion, 714 Wilson St, Saint John on March 17th. Our own meeting is still to be held on March 18th.

Larry Timms is working on a tour of Irving pulp mill at reversing falls.

New Brunswick Museum Chief Operating Officer (Acting) Brent Suttie gave an informative presentation on major revitalization and expansion of its Saint John facility.

Review of upcoming meetings:

February: We will have Brenda Foster, who will give a presentation Nursing Homes Without Walls

March: Karen Ulmanis / Tim LeBlanc, Electronic Products Recycling Association/Recycle NB

Assistant Treasurer—Larry Timms Report as of January 2026



	eft	Cash	Total	
Membership Fee	\$ 100.00	\$ 50.00	\$ 150.00	
Initiation Fee	\$ 100.00	\$ 50.00	\$ 150.00	
Lunch	\$ 25.00	\$ 500.00	\$ 525.00	21
50/50	<u>\$ -</u>	<u>\$ 172.00</u>	<u>\$ 172.00</u>	
	<u>\$ 225.00</u>	<u>\$ 772.00</u>	<u>\$ 997.00</u>	
Room Rental			\$ 57.50	
Lunch			<u>\$ 800.00</u>	32
			<u>\$ 857.50</u>	
			<u>\$ 139.50</u>	



Captain RALPH WOOD Passing

On January 10th, 2026, a former President of PROBUS, ***Captain Ralph Wood***, passed away after a lengthy illness. Captain Ralph was a PROBUS President during the years of 2013-2014-2015. In 2008 Captain Ralph was instrumental in the organizing of the PROBUS annual meeting from across Canada that was held in Saint John NB. It was called ***Rendezvous 2008***.

Meeting on January 21st, 2026



PROBUS New Member *Heinz Schaerer*



Our guest speaker this month was *Brent Suttie* of the New Brunswick Museum expansion



David Flewelling has a word with Brent Suttie along with other members, after the meeting.



Members in attendance were most impressed with this project.



Break time with lots of conversations.

HUMOUR

*My new car has a button for
pretty much everything.*

*There is even one that says "rear wiper"
I'm still too afraid to try that one.*

Husband: What's for supper?

Wife: Nothing

Husband: We had nothing last night.

Wife: I know, I made enough for two days.

A blond lady was stuck in a snowstorm when she remembered her dad's advice:

"If you ever get stuck in a snowstorm, wait until you see a snowplow drive by and follow it"

Eventually she saw a snowplow so she followed it along in her car.

After 30 minutes, the snowplow driver stopped, got out, and walked up to the woman's car asking "Lady, why are you following me?"

She explained what her father had told her and the driver said, 'Well I'm done with Walmart parking lot for now. Do you want to follow me to the Best Buy?'

DID YOU KNOW

- One McDonald's burger can have meat from over 100 cows.
- Figs aren't technically fruit—they're inverted flowers.
- Cheese is the most stolen food in the world.
- Vanilla flavoring can come from beaver glands.
- Apples wake you up better than coffee (because of natural sugar and crunch).
- Ketchup was once sold as a medicine in the 1800s.

I'm confused, how come
22 is twenty-two
33 is thirty-three
and 11 is not one-one?

When I turned 63 last year(64 in March) I sat in my favorite chair, looked back at my life, and thought to myself, “So... this is the beginning of the final stretch.” And slowly, the truths I had avoided all my life began to surface.

Kids? They're busy writing their own story. Health? Slips away faster than sand through open fingers. The government? Just headlines, promises, and numbers that never change your daily reality. Aging doesn't hurt your body first — it hurts your illusions. So, I sat down with myself and carved out a handful of bitter but necessary truths.

📖 Kids don't save you from loneliness Children grow, life pulls them in every direction, and you become a memory they visit when time allows. You smile... and yet something inside you remains strangely hollow. Kids bring joy — but they are not a shield against loneliness.

📖 Health is not forever One day, the outings you once jumped into with enthusiasm feel like a marathon. You realize health was never a background character — it was the main pillar holding your life steady. 📖 Retirement and money Retirement is not a reward — it's a reality check. Depending on the system is like standing on thin ice. Bills grow, needs grow, prices grow... but support doesn't. 📖 So I rebuilt my life on new rules — honest, sharp, practical rules for living with dignity.

📖 **Rule 1:** Money is more reliable than anything else. Love your kids, cherish them — but don't make them your retirement plan. Save for yourself. Even small savings create big freedom. Financial independence is dignity.

📖 **Rule 2:** Your health is your real job Nothing else matters if your body refuses to cooperate. Move. Walk. Stretch. Guard your sleep like treasure. Eat cleaner. Reduce the poison disguised as sugar and salt. Illness doesn't discriminate, but it respects those who take responsibility for themselves.

📖 **Rule 3:** Create your own joy Waiting for others to make you happy is the fastest way to heartbreak. So you learn to enjoy the small things — a peaceful breakfast, a good book, music that warms the soul. When you know how to make yourself happy, loneliness loses its power.

📖 **Rule 4:** Aging is not an excuse to become helpless Some people turn aging into a performance of complaints. And slowly, even those who love them start stepping away. Strength is attractive. Resilience is magnetic. People respect the ones who stay capable, not the ones who surrender.

📖 **Rule 5:** Let go of the past The good old days were beautiful — yes. But they're gone, and there is no return ticket. Clinging to the past steals the present. Life today may look different, but it still holds moments worth living.

📖 **Rule 6:** Protect your peace like it's your property Not every argument needs your voice. Not every insult needs your response. Not every relative deserves access to your emotions. Peace is expensive. Protect it from drama, negativity, and draining people — even if they're your close ones.

📖 **Rule 7:** Keep learning something — anything, The day you stop learning is the day you start aging. A new recipe, a new word, a new app, a new hobby — your brain needs movement just like your body does. Learning keeps you young. Stagnation makes you old.

📖 Strength and freedom still belong to you Aging is an exam no one can take for you. You can adapt, rebuild, and rise stronger... or sit back, complain, and wait for someone to rescue you.

And if No one comes to rescue you Stand up for yourself ... Because you still can.. And that single truth is enough to transform the rest of your life.



The next meeting is at the Villa Madonna February 18th, 2026

PROBUS SAINT JOHN, NB

A Professional and Business Retirees Club.

PROBUS Club Membership #026.

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Meetings are at the *Villa Madonna Retreat House in Rothesay NB,*

every third Wednesday of the month, 10:00 am.

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