



The Probian

Probans Club of Perth

April 2025

May Meeting

Wednesday, May 7th
10:00 AM
Perth Legion



Reminders

Bring your own **coffee mug**;
help the environment.

Book Exchange:

Bring no more than **FOUR**
books, take as many as you
want.

This Month's Guest Speakers:

Hospice Hub

presentation by:
Dale Delahunt
Patti Koeslag
Hannah Ryan

President's Message

It's a rainy April day as I sit at the computer. Hopefully I will see flowers when I write the May news.

Our April Speaker, Arlene Quinn, was a gift for everyone present, especially me. I grew up loving Country music

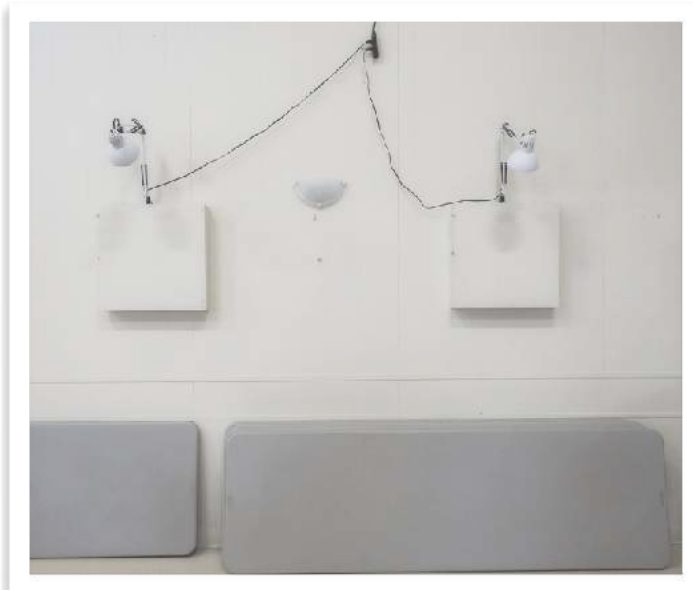
singers, dancing, and especially square dancing. Arlene grew up the same way! I thought Arlene would only introduce a song and sing but Arlene did much more! Arlene was a motivational speaker, sharing her life story in words and songs that she composed herself. My feet tapped and my hands moved as she sang country music.

Arlene received her first guitar as a Christmas gift and then when her mother had saved enough money, she presented Arlene with a second, much better, guitar. Arlene wrote her mother a special thank you song. What a treat when she sang this song for us. I was in my glory!



See "**President's Message**", next page...

Membership



We are pleased to welcome **Suzanne Foote** as the newest member of Probus Perth. Our membership is now at full capacity. Look for Suzanne's photo here next month.

Mary Vandenhoff

Perth Probus Management Team 2024-25

President: Mary Kilgour

Vice-President: George Braithwaite

Past President: Gail McAdam

Treasurer: Graeme Rutledge*

Secretary: Bill Michie

Speakers: John Byers

Membership: Mary Vandenhoff

Social Events: Gail Read

Probian Editor: Yvonne Powell

Webmaster: Colin Stephenson

Alt. Treasurer: Tony Thompson*

Member-at-Large: Maggie Foote



...President's Message, cont'd

You would think that Arlene's music would have been enough excitement for one morning but, oh no! Coming out of the cloak room after our meeting, I caught my foot on the mat and went A-over-teakettle! I even took Linda Walker to the floor with me. Visualize this: I was lying on the floor with Parametric Tony Wilcox checking out my feelings, while Dr. Derek Cooke was taking my pulse. Then two angels picked me up, while another angel shoved a chair underneath me. Yet another angel checked the bump on the back of my head for blood! I was in good hands!

All I ended up with was an 'all shook up' feeling, plus a sore head, neck and back. Fortunately, I am a Tough Old Girl!

Linda forgave me and even drove me to lunch!

Mary Kilgour

Our Speakers for May: The Hospice Hub

The Hospice Hub is a not-for-profit organization built by the community, for the community. It provides comprehensive, compassionate, and integrated services to support anyone at end of life and bereavement, including their family and caregivers. It offers emotional and practical support, caregiver respite, advance care planning, and grief and bereavement services. Their team assists with system navigation and advocacy for clients, their families, and their loved ones.

A team of volunteers are coordinated by skilled nurses trained in hospice palliative care.

The following three members of the Hospice Hub team will present information about The Hub at our meeting:

Dale Delahunt (seen here wearing a fascinator, while walking to raise funds for the Hospice Hub last June) is a social worker and ally who has developed and facilitated training and workshops for 100s of people on sensitive topics. She has worked alongside people in some of their most challenging and joyful moments. Dale is grateful for the opportunities to volunteer throughout her life, including currently with the The Hospice Hub. At the Hub, she initially contributed at the Board level, then shifted to community presentations and assistance with training of the organization's volunteers.

Continued on next page...

A Day Hospice will soon provide clients with a life-limiting illness a "day out" and give caregivers a break. The Hospice Hub aspires to provide a Hospice Residence in your neighbourhood within the next three years. We serve anyone who uses the Perth and Smiths Falls District Hospital.

One could sum up the efforts of The Hospice Hub with a quote from Ryunosuke Satoro: ***“Individually, we are one drop. Together, we are an ocean”.***



Hospice Hub, cont'd...

Previous volunteer opportunities that have informed Dale include: teaching kindergarten children about empathy, companionship children with terminal illnesses at Canuck Place Children's Hospice in Vancouver (the first free-standing hospice in North America), and teaching adults how to read.

At the end of the day, Dale's cup is refilled by spending time with her loved ones, and receiving the coziest snuggles with Harper, the sweetest black lab there ever



Patti Koeslag has been dedicated to bereavement support for over a decade, ever since being invited to facilitate an Evening of Remembrance for Bereaved Families of Ontario in Kingston. During the COVID-19 pandemic she facilitated a virtual bereavement program in Lanark County for two years, which deepened her connection with colleagues who had also studied under Maria Kliavkoff of *Healthy Mourning* inspired by the work of Dr. Alan Wolfelt.

As a Life-Cycle Celebrant she understands the significance of ritual, words, and music in honouring the deceased; recognizing that grief continues beyond these moments. Upon the establishment of The Hospice Hub, she joined the Board to further her commitment to grief support in the community.

Currently, as the Bereavement Coordinator, she coordinates bereavement groups, walking groups, and one-on-one companionship for those mourning; while also promoting educational and community events that address the realities of grief.

Hannah Ryan is the Nurse Coordinator at The Hospice Hub. Her role is to oversee the home support program and match their well-trained volunteers with clients in the community. Hannah draws from her diverse clinical experience in hospitals, caring for those living with chronic and terminal illnesses. She has a passion to diminish suffering and help people live well until the end, finding meaning and purpose in the midst of challenging circumstances. Hannah's compassion drives her to advocate for clients and caregivers and help them navigate the healthcare system and other challenges that present at end-of-life.

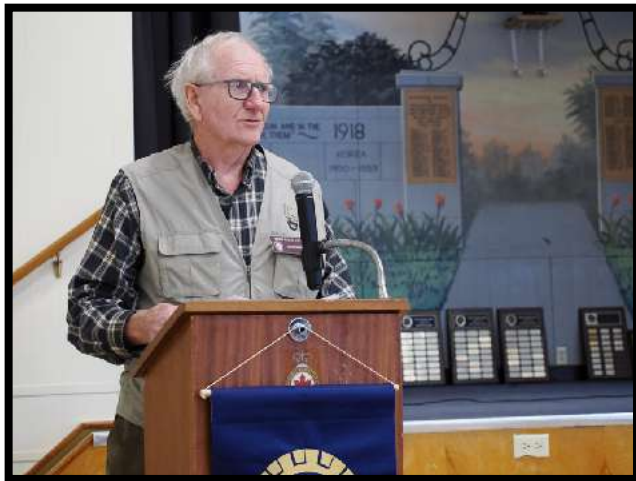


Engaged Conversations!



Personal Profile: Tony Wilcox

Tony and his wife, Monica, emigrated in 1984 to Perth with their two children, leaving their life in Northhamptonshire, England behind. They moved to their 6.5 acre property on County Road 43 in 1985. Over the years their hobbies have included raising lambs, bee keeping, growing vegetables, boating and sailing. They owned a 40 foot sailboat and sailed in the Thousand Islands as well as further south around islands such as the Bahamas.



Tony Wilcox reveals all.

Monica attended Kemptville College and studied Food Service Management. This lead her to positions at the Perth site of the Perth and Smiths Falls District Hospital, and then Lanark Lodge. She retired in 2009.

Tony worked in agricultural sales and then made a career change to paramedics. He retired in 2014 following a 25 year career helping patients in Lanark, Leeds and Grenville Counties. One of his career highlights was receiving the Emergency Medical Services Exemplary Service Medal from the Office of the Governor General in 2010.

Tony shared stories from his career as a paramedic: working during the 1998 ice storm, almost delivering a baby, driving aids patients, and providing home visits.

Being a paramedic is very challenging both physically and mentally. Tony, along with several of his colleagues, have suffered from PTSD.

In addition to their busy careers, the couples' volunteer activities included Scouting, Canadian Red Cross disaster relief, canvassing for the Canadian Cancer Society and involvement in the Perth Civitan Club.

Thank you for sharing some of your life's journey with your fellow Probians.

Submitted by Linda Cuthbertson

*Last Month's Speaker/Singer:
Arlene Quinn*

Arlene Quinn is an award-winning singer/songwriter who was born and raised in Ferguson Falls. She graciously shared her life's experiences that gave her life and career meaning and purpose. It all started in what must have been a very lively farm home. Most evenings, after chores were completed, the family would gather to sing and play music. When the Sear's Catalogue arrived everyone made up their wish list. Arlene always circled the picture of a guitar. After several years her parents managed to save enough to get it for her.

It was difficult to hear Arlene share stories about being bullied at Sacred Heart School in Lanark. When she got home from school the playing her guitar and singing gave her relief emotionally.

When she was twelve years old her mom got her a **good** guitar, having saved for two years to buy it. The guitar was her "best gift ever" and she started writing and singing her own songs. As a tribute to her mother she wrote a song "Without You" that she shared only with her, years ago, on Mother's Day. She did one recording of the song so her mother could listen to it regularly. Her mom's support and encouragement got her through those challenging preteen and teen years.



At sixteen Arlene entered a local talent contest. Even though she was the only one to enter, she had to nervously get up on stage and perform. She wowed the judges and, to her amazement, got a paid job performing on weekends. This led to being part of a band until she was nineteen. (The band performed at the very Legion building where she spoke to us in April.)

Arlene also met her future husband, Barry, when she was sixteen. They were engaged three months after they met, and married in 1995. They have one son who is now nineteen.

...Arlene Qinn, cont'd



After high school Arlene decided to study law, but dropped out after six months to pursue her musical career in Nashville. She later formed a band with several formally trained music students from McGill University, but soon discovered that to

become part of the music industry meant changing her wardrobe, her walk, and her performing style to meet the demands of their manager. She couldn't pretend to be something she wasn't so she and Barry decided she should quit the band.

Two very tragic events, the loss of a cherished friend and a near death accident, left Arlene an undeniably changed woman. In 1994 her best friend and fan committed suicide. She performed the song she wrote for her, "Love That I Would Show". In 1998 she was in a car accident, saw a bright light, and heard Barry's voice willing her to

live. She suffered many broken bones and whiplash. Complications following the accident lead to a two-year medical investigation and a final diagnosis of fibromyalgia. She decided not to take prescribed drugs but to use natural health methods and music to slowly return to health.

In the midst of that time of darkness and despair Arlene managed to find new hope and new meaning in life, which guided her healing and found expression in her song writing.

Continued on next page...

Arlene complimented our sound team for their excellent work on the sound system. Doug Porter, & Ian MacWilliam,



Arlene Quinn, cont'd...

Arlene had been very driven by her music career aspirations, but the accident had forced her to slow down. She wrote the song “No Where to Go But Up” which became #1 on several music charts has been played in fifty-three countries.

She now has her own music label and has become the female artist she aspired to be so many years ago. But she did it **her** way.

In 2015 Arlene wrote the hit song “Life is Good”. She has a fellowship deal in Nashville so returns to write with other artists. Although she didn’t write the lyrics for her last big song release, the lyrics spoke to her. The song “Wonder Woman” was released this past October and all the proceeds go towards Breast Cancer Research. Her

little sister’s cancer experience made this an even more personal cause.

For the past fifteen years she has been providing music therapy for those with special needs, and is sometimes referred to as the travelling music therapist.

She left us with some parting thoughts: “realize the power of your own voice” and “sing your song loudly, as you never know who you might touch”.

Arlene touched us all, and she received a standing ovation. In a discussion with others afterward, one woman said she had tears with every song Arlene shared. It was very moving listening to her personal stories and hear them expressed in song.

Submitted by Linda Cuthbertson



An attentive audience.

Microphone Shenanigans

Gail Read returns to deliver the Social Report.

How many hands does it take to adjust a mike?



Only *ten* minutes?
You must be kidding!

The Perth Probus Club meets
at the Royal Canadian Legion,
26 Beckwith Street, Perth,
on the first Wednesday of the month,
September through June.

President - Mary Kilgour

Further information on the club,
and contact details
for other members of the Management Team
can be found at:

www.probusperth.ca/board.htm

Newsletter Editor - Yvonne Powell
Photographer - Tony Thompson