



# The Probian

from the Probus Club of Perth February 2019

## March Speaker:

Robert Dick is the manager of the Dark Sky Preserves program and Chair of the Light Pollution Abatement Committee of the Royal Astronomical Society of Canada. He will be speaking on "Blinding Light – Bring Back the Night".

For over a century, astronomers have known about the impact of artificial light on the night sky, but this knowledge was just the tip of the iceberg. Studies into the effects of light on our biology and mental functions are revealing a more profound physical impact.

The presentation will address the proven impact of artificial light at night on the ecology of animals and plants, on our own biology, vision, and our brain, and will consider what we can do to minimize this impact.

## Membership List:

A membership list has been made available to help members stay in touch with one another; it is in a secure area of the website. The username and password to access the list is in the email notification for the January issue of "The Probian." Please note that the Membership List is protected

## A Note from President Craig Greenwood

On behalf of all of our membership, I wish to profusely thank Bill Kennedy, Probian Editor and David Allcock, Secretary (and Coffee Barista), for their very much appreciated services and outstanding job to our Probus Club over the past number of years. On that note, I want to welcome and thank Rob Leonard and Bill Michie as Probian Editor and Club Secretary respectively. Rob will take on his duties with the April Probian and Bill will take on his Secretary duties in September.

## Coming Events:

**Lunch for the March 6<sup>th</sup> meeting** will be at **Rocky River** in Perth. Please sign up as you come into the meeting.

**April 5 - "Get Your Maple Kick" at Fortune's and Temple's:** Meet to carpool at 9:45am in the parking lot behind Perth Brewing on Hwy 511. At approximately 10am: meet at Temples Sugar Bush, 1700 Ferguson Falls Rd (Ct Rd 15) for a walk about in Temples beautiful bush and log venue. Ray Fortune has made a reservation for 11am for lunch (order from the menu). At 1pm we will meet at Fortune Farms Maple Sugar Bush, 2494 Wolf Grove Rd., where we will be given a guided tour showing the art and science of making maple syrup from pioneer days to the modern technique. Maple Products will be available at both locations.

## Reserve these dates for Probus Events:

**May 30** - Dinner/Theatre at the Stone Cellar, followed by "The Ladies Foursome" by Norm Foster.

**June 5** - Probus June Meeting and Lunch.

**Sept 11** - "Ring of Fire" at 1000 Islands Playhouse

**2019 Christmas Party:** The party will take place on December 13<sup>th</sup> at the Civitan Hall. Simon Clarke will be the entertainer for the evening.

## Quotes from Letters to the Welfare Office

"I am glad to report that my husband who was reported missing is dead."

"This is my eighth child, what are you going to do about it?"

For more information visit the Club's website at [www.probusperth.ca](http://www.probusperth.ca)

The Club meets on the first Wednesday of each month, at 10:00 am (coffee/social time at 9:30), at the Royal Canadian Legion Hall, 26 Beckwith St., Perth, from Sept. to June.

Visitors from other Probus Clubs and guests of members are welcome to attend.

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### Pauline Fitchett, PEP

Pauline Fitchett, Executive Director of the Perth Enrichment Program for Older Adults (PEP), known as “PEP Seniors’ Therapy Program,” spoke about the history of and services provided by her organization. She began by pointing out the increase in the proportion of the population who are seniors, which means that there will be an increasing need to develop programs to meet the needs of seniors who are living at home but who need a variety of support services. The program receives some government funding, and the financial support of many business and non-profit organizations in the community.

The purpose is to help seniors stay at home longer by providing care during the day time for seniors with chronic disease. The objectives are to enhance/maintain the individual’s function level (social, physical, emotional and cognitive). The program also provides respite for caregivers. The care includes daily activities such as exercises, games, and discussions, as well as lunch. The program started in Perth, but has since expanded to Smiths Falls, with the support of the United Way.

PEP also provides a “Breathe Well, Live Well” Program that provides support for seniors with impaired lung function.

### District Director’s Visit:

Jamie Doolittle, Probus Canada Treasurer and the Director for Ontario-District #1 visited the club as part of his duties as District Director. In his remarks he noted that Probus started in the United Kingdom in 1965, as clubs for gentlemen. Probus started in Canada in 1987, and there are now clubs for gentlemen, clubs for ladies, and clubs for both men and women. There are about 4,000 Probus Clubs in the world, with about 400,000 Probians. In Canada, there are 250 clubs totalling 37,525 members.

The clubs are intended to provide fellowship and fun for active retirees. It is said that Probus is an association of retired persons enjoying life!

Jamie described the role of Probus Canada, noting that it provides access to insurance for club members, various supplies and Probus-related merchandise, and it promotes and supports new clubs.

March is National Probus Month, and members are encouraged to BAF BAF (Be a Friend, Bring a Friend).



**Contacts:** President Craig Greenwood (613-267-4694)

Contact information for other members of the Management Team can be found on the Club’s website at [www.probusperth.ca/board.htm](http://www.probusperth.ca/board.htm)