



The Probian

from the Probus Club of Perth January 2018

*Happy
New Year*

Club Treasurer

Graeme Rutledge is responsible for maintaining the club's financial records, receiving and depositing our revenues, disbursing funds, managing our insurance, and providing financial reports to Probus Canada.

Graeme provides monthly financial reports to the Management Committee, and presents a report to a General Meeting twice a year.

Graeme presented an interim financial report during the January meeting. He reported that the club is in good financial shape. The financial report is posted on the Club website at www.probusperth.ca/financials.htm.



Contacts: President David Batchelor (613-264-1559) (dlhbatchelor@gmail.com)
Contact information for other members of the Management Team can be found on the Club's website at www.probusperth.ca.

Coming Events:

Lunch after the February meeting will be at **Maximillian's Restaurant**. This will be our opportunity to honour our newest 90 year-olds. Sign up at the February meeting.

Dinner/Theatre: A dinner/theatre is being planned for March/April.

We would like to organize a visit to a Perth business or interest centre for April or May. Please pass suggestions on to Mary Kilgour (mkilgour@superaje.com or 613-264-6244). Mary is also taking suggestions and comments for the **annual fall trip**. One suggestion is to visit the new Museum of Science and Technology and the Museum of Nature.

February 7 Speakers: A panel of presenters, each sharing new programs to support healthy living among seniors and sustaining independent living in our community. They will be: Catherine Ball, Physiotherapist and owner of Perth Physio, who will focus on mobility and quality of life, and nutrition; An instructor from the Perth Indoor Pool, discussing the benefits of aqua fit and joint friendly programs; and Christine Wilson of Sweatergang Companions who will discuss the wide ranging services her group provides to support seniors who endeavour to maximize their stay within their own homes.

For more information visit the Club's website at 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.
Visitors from other Probus Clubs and guests of members are welcome to attend.

Personal Profile - Michael Flynn

As a member of an Army family, Michael lived in many places during his youth. He studied engineering at Carleton and, after, worked in a very remote mine north of Prince Rupert, on the BC Coast and in Calgary. He liked to travel, and toured S.E. Asia. Upon returning from his travels he worked in industrial engineering at Canada Post, where he worked until his retirement. He has two daughters.

He and his wife Elaine chose to retire in Perth.



Michael Flynn

Ralph Fish celebrated his 90th birthday at our January Meeting. He is assisted in the cake cutting by **Audrey Cole**, who celebrated her 90th late in 2017. Both will be guests at lunch after our February meeting. Also present was Life Member Jim Sands. Members who reach 90 years of age become life members, and no longer have to pay membership fees.

Heather Church, a registered psychotherapist, spoke at our January meeting. She spoke about various aspects of aging, including the impact of stress on caregivers. She discussed the stereotypes of aging, and the importance of factors such as stress, attitude (real age vs perceived age), roles and relationships, and the interactions between a person and society. She pointed out that, according to the WHO, health is a resource for everyday life, not the objective of living.



Membership List: A membership list will be made available to help members stay in touch with one another. It will be in a secure area of the website. The username and password to access the list is in the email notification for this issue. Please note that the Membership List is protected by our Privacy Policy.