The PROBUS Club of Bradford

June 2014 **Issue 40**

Management Committee:

President: Brenda Andrews

Vice President: Peter Liukaitis

Secretary: Patricia Dion

Treasurer: Dave Martin

Social Chair: Peggy Michaud

Speakers Chair: Brian Fuller

Members Chair: Deb Liukaitis

Newsletter: Jayne Greer

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Upcoming Events:

- **May 22 – Walk on the Wild Side with Catherine Rees**
- **June 10 - General Meeting of the PROBUS Club of Bradford at St. John's Presbyterian Church. Guest Speaker – Terry Fallis, Writer**
- **June 17th - International Tai Chi Centre Tour, $7. Tour and Lunch**
- **July 02 - The McMichael Art Gallery Tour, 10 am**
- **July 10 - Keewatin Boat Tour, Port McNicoll and lunch at Henry's, Wye Heritage Marina**
- **Sept 13 – Car Rally and BBQ**
- **Sept. 30 – Island Queen boat tour out of Parry Sound**

May General Meeting Highlights:

Brenda Andrews, President called the meeting to order and welcomed everyone
A reminder was given that the summer meeting dates have been changed to July 15th and August 19th.
Those who brought snacks were thanked.

Community Events:
Ellen Rombough asked for volunteers to help at the upcoming June 12th provincial election, and invited anyone who was interested to sign-up.
Ruth Dolan asked everyone to sign their name and a 'wish of hope' on the blue paper hands placed on each table, in support of Pulmonary Hypertension. More information on this disease was available in the foyer.
Leila Lloyd announced that there would be a second 'House Tour' and to see her for information and tickets.
Jean Calder, a member of 'Grandmothers to Grandmothers' in Alliston announced that she is having a plant sale on Sunday, May 25th at 9:00 a.m. on her front lawn in Bond Head as a fund raiser.
Peter Ellis explained that the old church in Newton-Robinson will eventually close but they will continue with the cemetery and are looking for new members to serve on the 'Cemetery Board'. He asked anyone who was interested to see him.
Amy Wright said that there are two upcoming events sponsored by the Bradford Library, a golf tournament and an author's visit. On May 29th, Cathy Marie Buchanan, author of 'The Painted Girls', will be at the library and the tickets are $10.00.

Club Events:
Peggy Michaud went through the upcoming social events as outlined on the first page of this newsletter.
Dawn Harvey won $55.50 in the 50/50 draw

Nordix Pole Walking Demo, Barrie

Guest Speaker: Jolae Fuller

Managing Emotions

Brian Fuller introduced his daughter-in-law, Jolae Fuller, a Clinical Therapist at the Centre for Health and Anger Resolution.
Jolae defined the emotion 'anger' and made the following points:
Anger is a natural emotion that is natural to express;
Problems lie in how we act when we're angry;
Our body often goes into a fight or flight reaction and we want to do something physical when we experience anger;
Anger is often a secondary emotion resulting from primary emotions like hurt, sadness, guilt, embarrassment, fear and shame;
Anger is an empowering emotion and we don't like to feel weak so we cover our primary emotions and get angry;
To make anger stop we need to identify the primary emotion and deal with it;
All behavior has a purpose and you have to identify what that purpose is or conflict results.
Jolae answered questions from the audience.

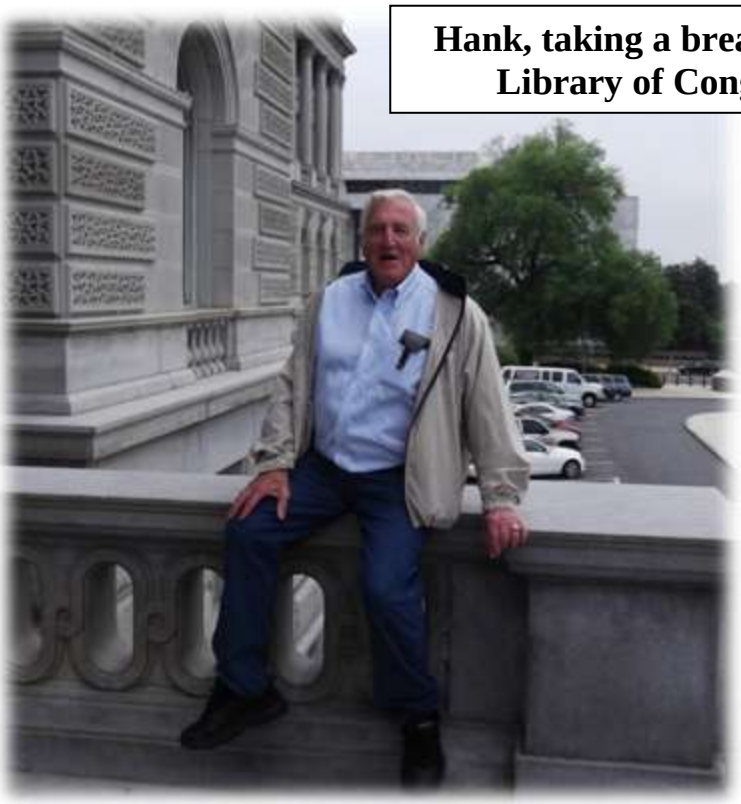
Margo McNamara told Jolae that she had given us a lot to think about and thanked her for her presentation.

May 8th to 12th - Washington Trip

Bright and early on May 8, approx 50 members of the PROBUS Club of Bradford boarded a bus heading for Washington DC. After stops at the American border, lunch and dinner the group arrive at the Courtyard Marriott hotel in Gaithersburg, Maryland. This began a very exciting four days of sight -seeing, tours of the Monuments and Government Buildings and time to get to know one another. We toured all of the major monuments, the Smithsonian Museums, War Memorials, Arlington Cemetery and Gettysburg National Park. We even managed to spend some time at the Malls and outlets. Congratulations and a huge thank you to Peter and Deb Luikaitis, Brenda Andrews, Peggy Michaud for making this trip so memorable and for looking out for everyone's best interests and well –being.

At the White House

Arlington Cemetery



Hank, taking a break, at the Library of Congress

Two Famous 'Eleanors'

Korean War Memorial
House of Congress

Gettysburg

Lincoln Memorial

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Minesing Wetlands Revisited

Last year water levels in the wetlands were as low as Bill and I have ever seen. We used this opportunity to lead a Walk on the "Wet" Side out of Minesing down the Ronald Road allowance into the wetlands. John Zima reaches up to an astonishing water mark.

As we trudge down the road allowance, note the soft maple on the left that spreads out its many trunks.

Now this year, water levels were very high. On May 2nd, Cannatas, keen to kayak in a

new place, came with us to paddle the walk above and venture into the "swamp". Mark and Heather are floating about where John was standing.

All water levels marks were covered by the high water. Look for the soft maple on the right ahead as we go down the road allowance.

We could put in and take out right where we parked, same placed we parked last year.

What a place this is just 45 minutes from Bradford!

Cathryn Rees,
'Walks on the Wild Side'

Next Newsletter June 24, 2014
Jayne Greer, Editor