

The PROBUS Club of Bradford



October 2015

Issue 55

Management Committee:

President:	Peter Liukaitis
Vice President:	David Martin
Secretary:	Patricia Dion
Treasurer:	Lorna Foti
Social Chair:	Peggy Michaud
Speakers Chair:	Brian Fuller
Members Chair:	Deb Liukaitis
Past President:	Brenda Andrews
Newsletter:	Jayne Greer

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Upcoming Events:

- Sept. 17- Sharon Temple Tour
- Sept. 23- Pearson Airport Tour
- October 13- General Meeting, Guest Speaker, Harvey Hart- The Golden Age of Radio
- October 30th- Bid Euchre Tournament at Doug Osborne's home
- November 12 & 25- iCloud Workshops at the Library with Peter Liukaitis



Review of September General Meeting

Dave Martin, Vice President, chaired the meeting and welcomed members and guests. He announced that the new Management Committee was taking over today and welcomed the two new Executive members: Mark Cannata and Dave McMillan.

Ellen Rombough mentioned that she is looking for people to work at the election and asked those who are interested to please sign up on a list.

Peggy Michaud announced that St. John's Presbyterian Church is hosting a hot roast beef dinner on Saturday, October 24th from 4:30 to 7:00 p.m.

Jean Keffer created a 2016 snack list and asked everyone to please sign-up.

Trinity Anglican Church is having a reception to commemorate the longest reigning monarch on Wednesday night and all are welcome.

The BBQ/Car Rally is on September 12th and members can still sign up and participate.

The Sharon Temple Tour is on September 17th from 3:00 – 5:00 p.m. and dinner reservations will be made at Jacx. Payment is due September 8th.

The Pearson Airport tour is on Wednesday, September 23rd.

Doug Osborne is hosting a Bid Euchre Tournament on Friday, October 30th and payment is due October 13th.

The 'Cloud' workshops will be held on November 12th and November 25th and sign-up sheets are available.

There will be one more date for members who have not yet chosen their portraits for the directory to do so, or their portrait will be chosen for them.

Lorraine Melanson will be running a bowling event every two weeks for both Bradford clubs and those members who are interested should speak to her.

The Christmas Lunch will cost \$25.00 and payment is due November 10th.

Two club members will be running a Snow Shoe Club this winter. More information will follow.

Mark Cannata explained that he has sent out the new Dinner Club schedule and encouraged new members to join.

Peggy thanked everyone for the opportunity of being the Social Convener for the last five years. The new position is being taken over by Dave MacMillan.

Dave thanked Brian Fulleron behalf of the Executive and the Club for his role as Speaker's Chair.

50/50 Draw and Birthday Wishes

Happy Birthday wishes were extended to those members born in September: Linda Alsop, Bev Ferguson, Brian Fuller, Pete Liukaitis, Judith McCoubrey, Grace Nicoletta, Lynda Usher, Jim Walker.

Venita Lovelace won \$49.00. In the 50/50 draw

Dave thanked those members who brought snacks and read the names of those bringing snacks next month.

Guest Speaker: Terry Marshall: Life as a British Home Child

Brian introduced Terry Marshall, our fond member and guest speaker.

Terry began his talk by explaining that he has had a good life, been introduced to many experiences and has overcome abandonment and the instability and turmoil of his early years.

He was born in London, England where he and his brother were deserted by their mother at an early age, left to live with their grandparents and then sent to a Children's Home. Terry showed slides and described the homes he lived in and many of the experiences he had.

He eventually went to live with his mother and her new husband, was adopted and had his surname name changed to 'Marshall'.

Later he followed them to Canada but life with his family was difficult so he quit school after grade 10 and started working.

Terry met Evelyn, got married and moved out east where he went to University as a mature student and received a Bachelor of Education.

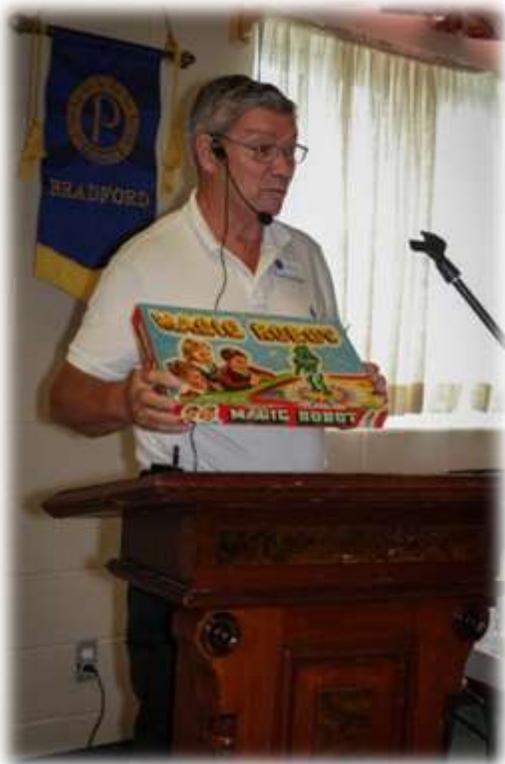
He overcame two emotional breakdowns caused by the tragic death of his daughter and the stress of his first teaching experience.

Terry recovered and ended up teaching as a Protestant in a Catholic School Board for 30 years.

He claims that his story is one from a very rough beginning to a happy ending due mainly to his wife, Evelyn.

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Brian Thanked Terry for bringing us his story of the past and presented him with a gift.



A wonderful story of resilience & survival which should be shared with others, especially our youth.

21 of the Best Rules for a Good Old Age

Some of us have reached our golden years and some of us have not but these suggestions should be read by everyone.

They have been collected from many a senior, each with his Or her own piece of advice. Some you know, some may surprise you, and some will remind you of what's important. So read well and enjoy!

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital.

Warning: This is also a bad time for an investment, even if it seems wonderful or fool-proof. They only bring problems and worries and this is a time for you to enjoy some peace and quiet.

2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor; get tested even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

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6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."

7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised which old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them of yesterday's wisdom that still applies today.

11. Never use the phrase: "In my time". Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner

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(our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer at an NGO or just collect certain items. Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18. If you've been offended by someone - forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only

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bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!



Robert's Pics!!











Membership Renewal

Again this year there is no change to the fee for your 2015/16 PROBUS Membership. The fee is \$40.00 per member. You may pay by cheque (payable to 'The PROBUS Club of Bradford) or cash. We are asking for your payment before or at our September 8th General Meeting.

We ask that you complete a Membership Renewal form. This form helps us:

- ensure our membership information records are correct,
- we have your consent to share your information with only our club members,
- understand who may be interested in being involved with organizing event or activities and/or leadership roles.

The Membership Renewal form is available on our website and can be downloaded from this link <http://bradfordprobus.weebly.com/downloads.html> .

Next newsletter comes your way October 27th
Jayne Greer- Editor