



Orca Probus Club NewsLetter

February

2025

Presidents Podium

February is a time when our thoughts turn to those we love, some still here on this earth and some who have passed on to what might be a better place. February is also the shortest month of the year, a time to eat lots of chocolate and also to be aware of "heart" health. We have Groundhog Day on February 2nd, where a groundhog can predict the weather accurately? February is a month where we have fewer interruptions, with less phone calls, less hustle and bustle, more time to reflect and focus on what we think is important. We have sunny skies, eagles soaring, bulbs poking through the warmed earth and so many reasons to be thankful for this beautiful valley we call home.

Let's enjoy this month and join together in fellowship and friendship. Embrace the love shown to you every day by spouses, family, friends, neighbours, and even strangers.

"February is the perfect time to plant the seeds of gratitude and watch them bloom throughout the year."

Sarah Ban Breathnach, *Simple Abundance: A Daybook of Comfort and Joy* (1995)

Debbie



Debbie Olson

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Club News

Club Executive

President.....	Debbie Olson	Communication.....	Mike Wilson
Vice-President	Laura Wendland	Social	Barb Wilson
Secretary.....	Gwendolyne Kruger	Facilities.....	Carol Coupland
Treasurer.....	Mike Naish	Past President.....	Bruce Ellis
Membership.....	Pat Ellis	Sunshine.....	Deanna Provencher
		Web Master	Blair Deering

Dates to Remember

Walking: Every Monday
Bowling: 2nd Wednesday of the month
Singing: Tues. Feb 18, 2 PM
Dining Out: 4th Wednesday of the month
Quilting: 3rd Tuesday of the month
BookWorms: Last Friday of the month
Hiking: Tuesday or Thursday - Twice a month

next ORCA PROBUS CLUB meeting:
Tues. Feb 11, 2025
2 PM

February Birthdays

Mark Simonson

Robyn Dickinson

Annie Judson

Kathleen Kelly

HAPPY
BIRTHDAY!

Albert Rachynski

Heather Hallett

Gwendolyne Kruger

Liz Van Boeschoten

Announcements

February's Speaker

The topic will be about Cardiopulmonary Resuscitation (CPR) and the use of Automatic External Defibrillators (AED) . The session will be both discussion and then practical demonstrations of both CPR and AED's. I will also discuss choking for both conscious and unconscious patients along with practical demonstrations.

Jim Lariviere is originally from Nova Scotia but has lived in BC for 43 years with 37 in the Comox Valley. He has served forty-two years as a regular force member and reserve force member of the Canadian Armed Forces. He has been employed as a paid Assistant Fire Chief with Comox Fire Rescue since 2000.

SAVE THE DATE !!

**PRISMA
Pacific Region International Summer
Music Academy
Powell River**

SATURDAY JUNE 21, 2025

Although June seems a long way away, please enter this date into your calendars so you don't miss this great opportunity.

PRISMA organizers are working hard to fine tune all the details for the event and to determine an affordable price. We should have more concrete information by the March newsletter.

Co-Chairs: Marie Knowles and Lawrence Petkus

Time to step up to the plate!

Only one person has signed up to organize our spring event. A couple more volunteers are needed for the planning of the event. Contact Barb Wilson



Beth & Dennis Perrier
receiving their Orca Probus badges

Announcements

Courtenay Lawn Bowling Club cordially invites all the members of Orca Probus to come to our Green and experience the sport of lawn bowling.

Lawn bowling is a sport that is hundreds of years old. It is played on a Green - traditionally flat, smooth, beautifully mowed grass. We use Bowls that come in different sizes and weights. There is a bowl that fits well into your hand available to try lawn bowling. All bowls are made to follow an elliptical line. Bowlers take turns to hand roll their bowl towards the Jack. (aiming ball, usually white, the size of a tennis ball.) The closest bowl(s) to the Jack scores the point(s).

The game of bowls takes approximately an hour and forty minutes. There are four types of games, singles, pairs, triples and fours. It is a very relaxing game to play. Very social. Entertaining. Usually accompanied by laughter. A delightful way to spend time outside in the sunshine. If you are interested in Lawn Bowling and would like to know more approach me Michael Lynch, or Beth Perrier, at the next Orca meeting in February.



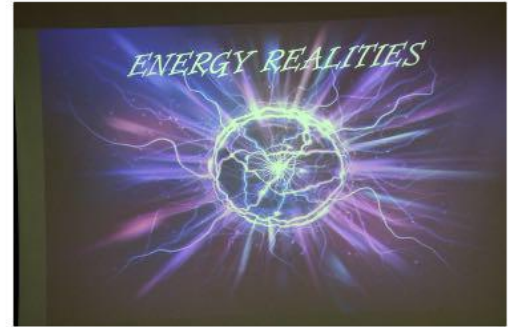
Milestone Anniversaries

Beth Broomfield, 10th anniversary with Orca Probus on Feb. 8th.



Club News

Around the meeting room!



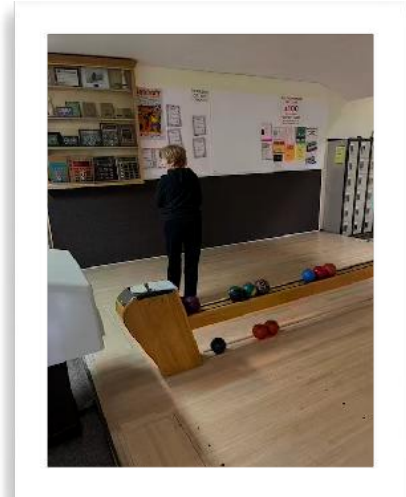
Club Activity News

Bowling



Our first get together of 2025 was held on January 8 with 14 players attending.

There was a lot of excitement as players were eager to see how they would play after the Christmas and New Year celebrations. There is no question this group contains capable people along with some very gifted bowlers. However, there is a place for all and the improvements made by everyone since October are uplifting.



GEORGIA McLELLAN was the star of the show for January with a score of 361, followed once again by NORM TRACE with 318. There were 6 players with 200+ and 6 just under 200.

To be part of this activity your first priority must be FUN and believe me there is lots of it.

Several of us headed over to Rhodos Café for refreshments. This is such a lovely, calm place to gather and gives us time to connect even more with members of our group.



Our next event is scheduled for - WEDNESDAY, FEBRUARY 12, 2025.

HAPPY NEW YEAR TO ALL MEMBERS from the Bowling Group.

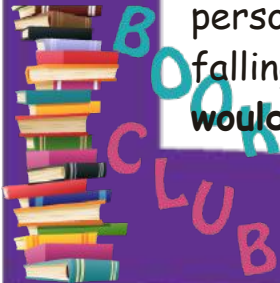
Marie Knowles



Club Activity News

As usual, the group had a lively and thought provoking discussion on Paul Murray's *The Bee Sting*. An irresistibly funny, wise, and thought-provoking tour de force about family, fortune, and the struggle to be a good person when the world is falling apart. If anyone would like to read this

book, contact Barb Wilson has a copy to loan.



Dining
In

It was the Wilson's turn to host. Strilchuks brought the dessert and the Ellis' brought the appetizers.



Club Activity News

HIKING



On 7 January intrepid hikers explored the farthest corners of Seal Bay.



Are we lost?

On 16 January Probus hikers circumnavigated Allen Lake in glorious Spring weather.



On 28 January we took advantage of the early Spring for another Cumberland hike, taking in the Number 2 Dam along with views across the water to the coastal mountains.



Club Activity News



The Pub club ate their hearts out at the Avenue BISTRO enjoying dishes consisting mostly of modern bistro cuisine with local and European flavors.



Halibut and Fries



Fish Taco



Pork Schnitzel 'Forester Style'

Club Activity News

The first walk of the year for the Orca Walkers was to the Union Bay Coal Piles and included a walk around the heritage Union Bay Post Office and the former jail house.



Our next walk was to check out some of the historic places in Cumberland as we strolled down the main street with a return walk along the former Union Railway right of way. Everyone enjoyed the old houses and buildings and a peak at the many mountain bike trails.

Our third walk to Nymph Falls did not disappoint in the spectacular January sunshine. This was a large group of walkers who enjoyed walking a slightly different path after we discovered the rains last fall had exposed more cedar tree roots than we felt we could safely cross. Although we didn't find much hair ice in the forest, the lush green moss and trees in this beautiful park made the walk a hit.

As lovely as those walks were, the highlight of the month was a beautiful, sunny afternoon walking around Deanna and Larry's property to see the many swans that winter there in the corn fields. The afternoon ended with tea, coffee and yummy baked goods enjoyed by all 23 walkers! It was such a perfect afternoon, a number of walkers left with a feather in their cap. Thank you Deanna and Larry for sharing your incredible piece of paradise.



Food For Thought

A child and his father were visiting an elderly neighbor. They were raking the neighbor's leaves, organizing the neighbor's garage, putting the trash out, and performing other small jobs around the neighbor's house. The child had not really seen the elderly neighbor up close, but on this day the child was going to meet the neighbor up close for the first time. When the child met the neighbor up close he asked the neighbor how old he was, and the father was flabbergasted by his child's question and attempted to apologize to the neighbor, but the neighbor laughed and said that was ok, the child is curious. The elderly neighbor told the child he was 92 years old. The child had a look of unbelief and asked the neighbor, "Did you start at the number one?"

Actually, everybody starts before the number one.

