

# ORCA PROBUS CLUB

Comox Valley

NEWSLETTER

February 2022

## ***PRESIDENT'S PODIUM***



How is everyone doing? If you're like me, you feel like you live the same, day after day. There is not much variety when you try to avoid the ICU by staying home most of the time, as Covid continues to spread. I look at my calendar to keep track of the days since the sameness causes one week to feel like one day. Oh, it's Thursday, I guess I should shop. Monday is the Zoom coffee hour with a few friends, which is good. The high point each day is going for the mail and taking a walk. It doesn't help when you

haven't seen the sun for two weeks, or is it three? Yesterday was the day we were to fly to Puerto Vallarta and stay a month. But we cancelled. (Went through a bout of sulking.) Also, Mike and I decided, for the third year in a row, to be strictly sober all of January. Yay!

Yesterday we figured we should smarten up by doing something about the lethargy. Off we went to Mt. Washington to snowshoe on white, bright snow and enjoy the blue sky and bright sun. We figured we should have used sunscreen since the sun felt strangely warm. The top of the mountain was much warmer than our frigid yard. The road up the mountain was in perfect condition with no snow. The novelty of exercising in a different and upbeat location really helped to give us a happier outlook.

I hope February will bring you, our Orca PROBUS Club members, some fun and enjoyment. The days are starting to get longer, crocuses and daffodils are starting to emerge, and the number of Covid infections is forecast to slow soon.

Wishing you all an enjoyable February, 2022. At least I think it's 2022!

- Marguerite



## **FEBRUARY BIRTHDAYS**

Wendy Irwin  
Ron Lowrie  
Mark Simonson  
Robyn Dickinson  
Annie Judson  
Clayton Smith  
Albert Rachynski  
Gwendolyne Kruger  
Jennifer White  
Liz Van Boeschoten

## **BOOK CLUB**

The Orca book club *The Bookworms* has reached its limit of 10 members. As a result, a second book club is being formed.

Jayne Boyer has expressed willingness to organize the second book club. She has 14 years experience with the Outlandish Ladies Bookclub.

Anyone interested in joining this club please contact Jayne.

Initial meetings will be via Zoom.

One of her goals this year is to meet others from England, Scotland, Wales or Ireland, or with family ancestry from Britain. As a Past President for three years and current Director of The Royal Society of St. George, BC (an overseas branch of a UK-based organization whose patron is Her Majesty Queen Elizabeth), Jayne is hoping to establish a Comox Valley Community Group.

Do we have any members who might be interested in meeting with her for tea?

## January 11th Meeting

At our last Zoom meeting, we had a joint presentation by Jane Evans and William Litchfield with an update on the world-class cancer research, treatment and care we are so fortunate to have at our Victoria Cancer Centre. It was an excellent presentation. For those who missed the meeting or those who want more information on the subject, they have provided a summary with talking points.

If interested, please contact Mike Wilson.

### Topics

- Precision Medicine solutions for Breast Cancer
- Genomics - Future of Cancer Care
- The future of Gynecological Cancer Care in BC
- Immunotherapy Clinical Trials
- PSMA-PET Imaging: Improving Cancer Outcomes with Game-Changing Technology

## February 8th Zoom Meeting

Our speaker for our February meeting will be Dr. John North. He has a PhD in Immunology and had a career developing new medical devices and pharmaceuticals in the UK, USA and BC. For 8 years, he led a UBC spin-off company developing a new type of drug to control infection and inflammation, before retiring to Comox in 2012. Dr. North has taught a course on the Human Microbiome at Elder College since 2016.

## ZOOM MEETINGS

Orca Probus has a paid Zoom license that is active until next September. If any member wishes to use the account for an activity meeting or just a group session, please contact Bruce Ellis for instructions and the password.



## ***WALKING GROUP***

The Probus Walking Club will start February 7th at 1:30 p.m. for fully vaccinated Orca members. Our first walk will be at the Airpark. We will not do coffee afterwards at this time, just the walk. Please meet at the paved parking lot just south of the children's play area. Let's hope for good weather!

- Melanie Olson



The Quilting group managed to get in at least one get-together to share their progress on these works of art. Anyone interested in joining the group, please contact:

**Beth Ritchie**

## Hiking Group

Our hike on Dec. 3rd took 6 of us (we welcomed our new member, Gerald Wendland) to glorious, roaring, overflowing with white rapids Nymph Falls. The weather was perfect, crisp and cool, even when the sun came out. We first hiked to the Comox Lake Dam and had our lunch, then headed back to see the Falls.

Along the way, a young mother pushing a pram had dropped her baby's velour penguin toy; so we picked it up and were determined to return it to her. The mother did double back on the trail and we were thrilled to reunite toy to child. Nearer to the parking area, a distraught woman was frantically looking for her senior Jack Russell mix-type terrier dog, who was poor of sight and short on hearing. His name was George. He was not leashed and had taken a trail turn without her. We exchanged cell numbers and kept our eyes peeled for anything white and looking lost. Several minutes later who came trotting down the trail towards us but George! He appeared determined to find his owner but we caught him and leashed him up with a long shoelace Jill keeps in her back pack. Jill texted the owner and within minutes she came running towards us with George pulling to greet her! We were happy to reunite another lost pair!

The Falls did not disappoint! They were tip-top swollen full of rapidly moving foaming white water that appeared anxious to meet the ocean. If anyone slipped into this torrent, they would surely perish. We were extremely cautious as we discussed that the water seemed to 'draw you in' as it blasted past.

A great day.





You may remember this picture taken by Jill Ackerman from the January Newsletter...

For the March newsletter, we would like to show a variety of pictures members have taken this winter. A celebration of life in the Comox Valley.

If you have pictures to share, send them to [orcaprobus@gmail.com](mailto:orcaprobus@gmail.com)

### **IRONY OF IRONIES...**

- Tammy Wynette, who wrote and recorded the song "Stand By Your Man", was married 5 times.
- Sweden's famous Ice Hotel made entirely of snow and ice, has a smoke detector in every room.
- Bill Wilson, the founder of Alcoholics Anonymous, requested a glass of whisky while on his death bed. The nurse refused telling him it was not good for him.
- ABC cut scenes from *A Charlie Brown Christmas*, an animated movie where Charlie deplors the over-commercialization of Christmas, to make more room for more commercials