



Probus Patter

Port Hope and District Probus Club, since 1998

Regular Meetings

Current Officers

President	Keith Pickett
Past President	Marguerite Doritty
Secretary	Catharine Ramsey
Treasurer	Alan Butler
Membership	Fran Campbell
Program	Jeanne Keiser Lois Hueston
Special Events	Joan McIntosh Shirley Kane
Newsletter Chair	Murray Munro
Audio Visual	John Buchan

Speaker

- May 1 20th anniversary celebration with
New Ventures Band
- May 22 Louise Nettleton from Simplify
Solutions
Eric Norenus – 20 years of Probus

Greeters

- May 1 Annabel Thorpe and
Pauline Carrick
- May 22 Jo-Anne McLachlan and
Barb Loucks

President's Musings:



We are eight months into the year, this I think is the seventh of my Presidents Musings, my contribution to “The Patter” and I am wondering why I do this. I also think about the number of Presidents messages have been written and if those Presidents have had the same thought.

It's not that I have a problem writing my notes but rather, the lack of response. From the start I have had only one comment from a member referring to my musings. That probably is not important, and you may look upon it as just some words to fill in the front page but there is one thing I have talked about which I would like you to take seriously, that is the question of nominations for the next management committee.

I have told you that, this year, you, the members, are the nominations committee and I think that you think “he doesn't mean me” BUT I DO MEAN YOU.

In the past there has been a Vice President with a group of Past Presidents forming a committee, desperately trying to persuade people to take on the work of running the club. Not so this year, I can tell you there is no Vice President and no committee, the ball is in your court.

I am willing to do anything, within reason, to help make the club successful, so I ask you, what are you prepared to do?

Talk to me!

Keith.



Ken Prue gave a talk on what the Cobourg Loft Cinema is all about. Personally, I had never heard of this venue. I knew where the old Sally Ann building was on Division Street near the harbour but not what use it is put to now.

Ken has installed quality seating and a great projection and sound system to make for an enjoyable experience.

The movies for the week of May 1st to 5th are a film of and Eric Clapton concert and a series of films of impressionist art.

Ken has a website cobourglift.ca where you can view what is coming up. Even better a button on the website allows you to subscribe to his weekly newsletter of upcoming events.

The venue is on the second floor so there are stairs to navigate.



Murray Munro (again) on flowers of South East Asia.

I am always interested in plants and flowers and have managed to take lots of pictures and was able to put together a slide show with 12 hours notice. These were mainly flowers cultivated and not in the jungle.

Singapore which is a 4 hour bus ride south of where we lived in Malaysia has the largest orchid garden in the world, acres of orchids and other tropical flowers. We visited in April 2011 and the weather was hot and humid.



I had mentioned in my talk that there was an orchard named after Jean Chretien, to the left is a photograph of it. Should you ever get a chance to visit Singapore this is well worth a visit.

A reminder to all that the second Probus meeting in May is on the 22nd due to the floor at the Lions Centre being replaced.

Upcoming trips

- 1) Bryan Adams Wed. July 4. Casino Rama. \$199.00.
- 2) Kingston penitentiary & museum, lunch at the Mandarin Wed. Sept. 19. \$135.00.

Please get in touch with Joan or Shirley at next meeting.

5 SPRING CLEANING TIPS FOR SENIORS

The change of seasons often motivates a fresh start, and for many, that means one thing: spring cleaning.

1. Ask your loved ones for help

Cleaning an entire home on your own can be overwhelming. Don't tackle the chores by yourself - instead, reach out to some of your family members for assistance. Not only will this make the cleaning day more efficient, it's also the perfect opportunity to bond with your loved ones, according to Senior Outlook Today. You can dig up old family photo books to look through and find toys and trinkets from your kids' childhood to pass on to your grandchildren.

2. Make a spring cleaning checklist

Once your loved ones have arrived for the day, sit down and create a checklist of all of the tasks you'd like to complete. Spring cleaning generally consists of sanitizing and organizing rooms, but there a dozen other chores that are typically overlooked. Aside from mopping and vacuuming the floors, cleaning the windows, dusting and reorganizing, consider the following tips from CaregiverStress.com:

- Medicine cabinet - Remove all medications and prescriptions that are expired, as well as ones that you no longer use.
- Refrigerator and pantry - Eliminate all food that is expired.
- Smoke and carbon monoxide detectors - Replace all dead batteries.
- Rooms and hallways - Replace all broken light bulbs. Also, eliminate area rugs that pose a tripping hazard.

- Bathroom - Consider installing grab bars in the bathtub, shower and near the toilet.

Taking care of these additional tasks can reduce physical health threats in your living space.

3. Eliminate the clutter

It may be difficult to part with the items you've accumulated over the years but hoarding the things that you rarely use takes up space and has the potential to negatively impact your physical and mental health. Talk to your family members about helping you tackle the room with the most clutter first. Make three separate piles: yes, no and maybe. Place all of the items you use often in the yes pile and turn items that are just taking up space in your home to the no pile. For items you're unsure of parting with, place them in the maybe pile. For all of the things that you're willing to part with, determine the condition and either throw them in the trash, or donate them to charity.

Gather items you're willing to part with and donate them to charity.

4. Reorganize before you cleanse

Once you've eliminated the clutter in your home, you'll have a fresh slate for cleansing and organizing. For your first task, gather all of your important financial, health and legal documents and organizing them in one space. This will save you time, money and stress in the event of an emergency.

After gathering these critical documents, continue organizing. Make the items you use regularly easily accessible, and place items you rarely use tucked out of your way. Once your living space is arranged, you can start taking care of the traditional spring cleaning tasks: sanitizing, mopping, vacuuming, and dusting.

5. Evaluate your current living conditions

If you've uncovered any issues in your home that make living conditions less safe, have one of your family members take care of it immediately. If your loved ones find the issue too problematic for fixing, it may be time to consider a new living arrangement. By relocating to a senior living community, you'll live in the safest, most well-kept environment available to you. This is the perfect option for older adults who are ready to say goodbye to spring cleaning and hello to relaxed retirement living.