



PROBUS Club of Prince Edward County NEWSLETTER ISSUE: April 2020

Club email: countyprobus@gmail.com Please add to your contacts.
Club website: www.pecprobus.org
Newsletter Volume 2020:04

Message from President Andy



Greetings to all of you – welcome into a world that we have never experienced before. We are all on a new path – where this road will lead us, we cannot even remotely predict. I hope that all of you are well, self isolating and

trying to get a bit of exercise – all at the same time.

Anxiety levels go up for all of us as we confront this new unknown enemy in our midst. The social isolation that is imposed on us all for good reason tends to work against our instincts as social creatures but I hope that you have all found ways to reach out to family and friends while physically avoiding the real world.

PROBUS as an organization has a mission to try to reduce the social isolation that is so prevalent in our society – especially among seniors or near seniors. With this in mind, your management committee has been brainstorming as to how we can continue to offer you the activities that you expect from us while keeping you safe.

We have decided that several of our activities would lend themselves very easily to going on-line using a video conferencing service. We have looked at the technology and feel that, as it

currently exists, it is extremely user friendly and should allow our members to start to join a lot of the group activities that they were involved in before. The club has purchased a Zoom licence which will allow the activity leaders to connect by voice or video conferencing with the members of their group.

Initially, our thinking is that groups such as the book groups, current affair groups and travel group could restart. In the future, depending on how the COVID-19 picture plays out, we should be able to have virtual general meetings with guest speakers. Also, using different technology, activities such as a bridge club could restart as well.

These are definitely trying times for all of us. The management committee hopes that, with the provision of these services, your self isolation will be a little bit easier.

I wish good health to all of you and look forward to the time when we can meet as a group again. In the meantime, stay safe. And please don't forget about friends and neighbours. While we can't go and knock on their door, we can, and should, give them an occasional telephone call to make sure that they are okay as well.

Andy Janikowski, President
PROBUS Club of Prince Edward County

The Other Side of the Virus, An Opportunity to Awaken...

Yes there is panic buying.
Yes there is sickness.
Yes there is even death.

But,

They say that in Wuhan after so many years of noise
You can hear the birds again.

They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.

They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.

They say that a hotel in the West of Ireland
is offering free meals and delivery to the
housebound.

Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
so that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary.

All over the world people are slowing down and
reflecting.

All over the world people are looking at their neighbours
in a new way.

All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.

So we pray and we remember that

Yes there is fear.
But there does not have to be hate.

Yes there is isolation.
But there does not have to be loneliness.

Yes there is panic buying.
But there does not have to be meanness.

Yes there is sickness.
But there does not have to be disease of the soul

Yes there is even death.
But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.

Today, breathe.

Listen, behind the factory noises of your panic-
The birds are singing again
The sky is clearing,
Spring is coming,

And we are always encompassed by Love.

Open the windows of your soul
And though you may not be able
to touch across the empty square,

Sing.

- Written by Fr. Richard Hendrick, OFM, March 13th 2020



Travel without leaving home

Travelzoo's mission has always been to get members off the couch and exploring the world — but if there was ever a time to stay on the sofa, it is now. Let's face it, we're all going to be spending a lot more time at home. And while travel may be out of the question for the present, we're still dreaming of our next adventure and all the places we hope to get to soon.

Until then, virtual vacations ([#VirtualVacay](#)) are open to everyone with an imagination and an internet connection. Whether you need an antidote to cabin fever or are pining for the flavours of a favourite destination, here are ways to travel without leaving home.

1. Get an up-close view of the world

With [Google Street View](#), you can visit famous sites and monuments while lounging in your pyjamas. Immerse yourself in history at [Rome's Colosseum](#), admire the view of the [Kohala Coast in Hawaii](#) or stroll through the opulent interiors at the [Palace of Versailles](#) in France. For more adventure, check out [Google Maps' virtual treks](#). You can go from climbing to [Everest Base Camp in Nepal](#) to diving in the [Galapagos Islands of Peru](#) to searching for polar bears in [Churchill, Manitoba](#) — in just a matter of clicks.

2. Take a virtual museum tour

The world's best galleries and museums are just a few clicks away with [Google Arts & Culture](#), a platform that allows you to take digital tours of legendary places from the Guggenheim in New York City to the Louvre in Paris. We also love the free online tours at the [British Museum](#), [The Louvre](#), [The](#)

[Smithsonian](#) and [The Vatican](#), Closer to home, [The Virtual Museum of Canada](#) bills itself as the largest digital source of stories and experiences shared by Canada's museums and heritage organizations. You can even see iconic art pieces up close. The best part? It's all free.

3. Cook meals from your favourite destinations

Travel and eating are one of life's greatest matches, so what better way to satisfy your wanderlust than by feasting on food from a place you're longing to return to or to see for the first time? Explore the globe from your kitchen by sourcing recipes from the corner of the world you're craving. You can also take online cooking classes such as [Nonna Live](#), where you'll learn to make classics from an Italian grandma. Free lessons have cropped up during this downtime, including daily [Delish.com cooking videos](#) for parents and children, and [Kitchen Quarantine](#), Instagram lessons from Michelin-starred chef Massimo Bottura.

4. Learn a new language — or research your mother tongue

[Duolingo](#) allows you to spend just a few minutes a day learning a foreign language, in a fun game style. It's free and there's even an app for kids. You could also have a go at a new hobby. Maybe it's time for you to get started on your family tree: [Ancestry](#) has a free trial, giving you access to billions of family records. Who knows, your next trip could be to the land of your ancestors.



5. Explore UNESCO World Heritage Sites

It's not quite the same as being there, but you can visit some of the world's most celebrated heritage sites without leaving home. The UNESCO website has [a list](#) of 1,121 sites that are considered to have "outstanding universal value." Many of these cultural sites, such as India's [Taj Mahal](#), England's [Stonehenge](#) and Peru's [Machu Picchu](#), have their own virtual tours that enable you to see detailed panoramic images while reading all about these fascinating places to appreciate why they are so important.

6. Visit a virtual zoo or aquarium

Hippos, monkeys and penguins can be viewed through webcams, virtual tours and "home safaris." Visit [Ripley's Aquarium of Canada](#) in Toronto to keep an eye on the sharks. The [San Diego Zoo](#) is livestreaming a number of animals on its website, including koalas, pandas, giraffes and polar bears. You can also bring exotic animals like snow leopards into your living room with a selection of live video streams from [Australian zoos](#). The Cincinnati Zoo & Botanical Garden is livestreaming a "home safari show" on its [Facebook page](#) each weekday at 3 p.m. ET. Each episode will feature a different animal and an accompanying educational kids activity that can be done from home.

7. Walk in the park — virtually

We may not be able to visit Canada's national and provincial parks in person, but you can still get back to nature (from a distance) with virtual tours and videos. Discover the beaches of [Pacific Rim National Park](#) and the magnificent peaks of [Banff National Park](#) via Google Earth, watch a live view of [Algonquin](#)

[Provincial Park](#) and let a guide take you on a video tour of [Gros Morne National Park](#). For even more park inspiration, we put together a roundup of our favourite [videos and virtual park tours](#) in Canada and the U.S.

Taken from [Travelzoo](#).

Photos from March 12, 2020

by Lawrence Cornett



New members are welcomed.





Please like/follow/share our Facebook page at this link...click here: [PROBUS PEC Facebook](#)

Upcoming monthly meetings

Thursday, April 9, 2020
CANCELLED ☹️

Thursday, May 14 at 10am
Bruce May, IT Specialist
“Staying Safe Online”
by Zoom

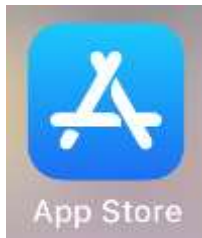
Thursday, June 11 at 10am
Rob Leek, Vexillologist
“Flags of the World”
by Zoom

Getting ready to use Zoom...brought to you by Social/Entertainment Chair Wendy Chapman

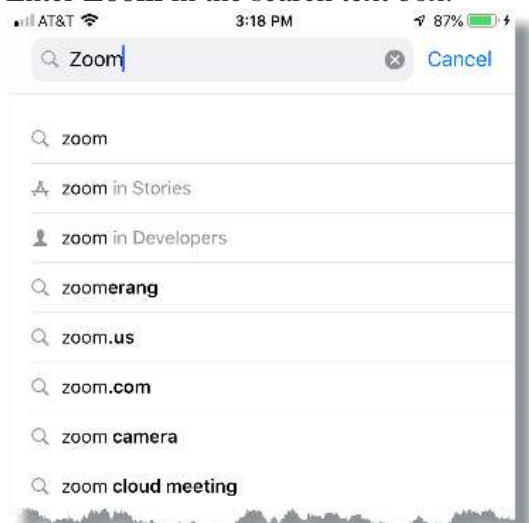
To ensure a pleasant experience with your first Zoom Meeting, we highly encourage individuals to download and install the Zoom Application beforehand.

Installing Zoom for Ipad, Iphone:

- Tap on the Apple [App Store](#) icon on your iOS device to open.



- Tap on **Search** at the bottom right of your screen.
- Enter **Zoom** in the search text box.



- Select **ZOOM Cloud Meetings** from the available app choices, and then tap on

the **GET** button.



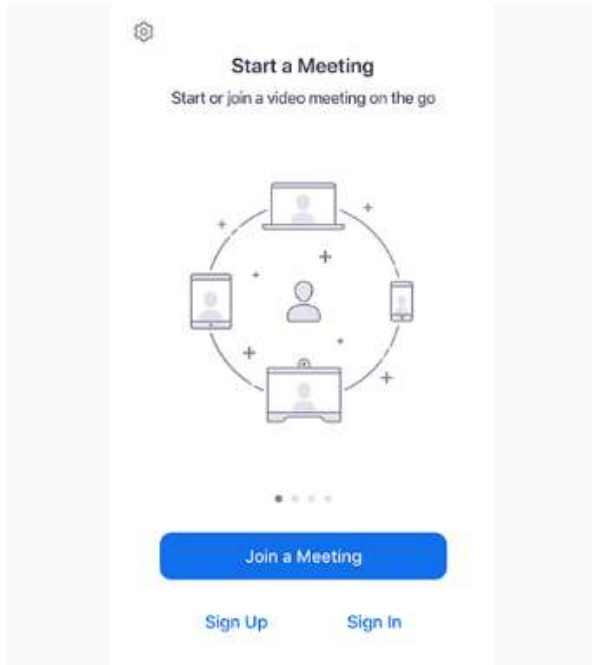
- The install process will start.



- Tap **Open**.



- You do not need to create a login ID unless you want to host meetings or chat sessions. You can join a meeting without a sign-in account. Tap the gear icon to access basic meeting settings if you join without signing in. Click Join.



- Enter the Meeting ID number and password provided to PROBUS members.

To install the Android mobile app, do the following:

- Open the Google Play Store on your Android device.



- Search for ZOOM Cloud Meetings.
- Locate and tap the entry by zoom.us.
- Tap Install.



- Read the permissions listing.
- If the permissions listing is acceptable, tap Accept.
- Allow the installation to complete.
- Open Zoom, the installation will complete installation on first opening.



- Select Join
- You do not need to create a login ID unless you want to host meetings or chat sessions. You can join a meeting without creating a sign-in account.
- Enter the Meeting ID number and password provided to PROBUS members

To install the on a laptop or desktop running Windows, do the following:

- In your browser, type: zoom.us/download
- The Zoom.exe will download. It may appear on the bottom of your screen waiting for you to open.
- Windows Security may ask if you want to Allow, select Yes.
- Select Join
- You do not need to create a login ID unless you want to host meetings or chat sessions. You can join a meeting without creating a sign-in account.
- Enter the Meeting ID number and password provided to PROBUS members

Management Committee
2019-2020

Andy Janikowski, President
613-969-6798

andrew.janikowski@sympatico.ca

Rick Moynes, Vice President/Treasurer
613-849-5031
rick.moynes@kos.net

Pronica Janikowski, Secretary
613-969-6015
pjanikowski@sympatico.ca

Barb Proctor, Past President
barb.proctor@xplornet.com
343-749-0423

Debbie MacDonald Moynes,
Membership, Program & PR
613-849-9680
debbie.moynes@kos.net

Wendy Chapman,
Social & Entertainment
613-325-9494
wchapmanxox@gmail.com

Members at Large:

Lawrence Cornett
613-476-4311
lawrencecornett1@gmail.com

Ralph Hall
613-399-3555
rjhall@sympatico.ca

ACTIVITY LIST April 2020

ACTIVITY	LEADER
Apps & Bevvies	Diane Austin Diaustin84@gmail.com 613-476-2045
Book Group	Sue Barclay susannebarclay@gmail.com 613-393-2276
Bridge Group	Gabi Gustajtis Gabi@gustajtis.com 613-399-5867
Classic Book Group	Lawrence Cornett lawrencecornett1@gmail.com 613-476-4311
Cycling	Donna Kearns domarj@gmail.com 613-922-8282
Current Affairs Group	Paul Edmunds robertpaulemonds@gmail.com 613-399-5154
Hiking	Donna Kearns domarj@gmail.com 613-922-8282
Pub Night	David Sutherland rverdave@gmail.com 613-476-9026
Travel Talk Group	Gabi Gustajtis & Dave Sutherland Gabi@gustajtis.com 613-399-5867
Walking Group	Marianne Gallagher Marianneinpicton@gmail.com 613-471-1016
Writing Group	Looking for a leader
Management Committee	Andy Janikowski, President 613-969-6798 andrew.janikowski@sympatico.ca

