



### **President's Message**

Greetings to all 4Seasons Probus Members!

I hope everyone is staying healthy and finding ways to keep themselves occupied during these most challenging times. Many of us have been very busy with household chores and getting those nagging little jobs done that we never seemed to have time to get to before. It is not all about work of course, so we have spent time exploring the many amazing ways to keep busy playing games, exercising and staying in touch with friends and family through the internet. We may even find that some of the lifestyle changes we have made will become permanent.

It is amazing what has been made available to ensure we all keep busy, stay in touch, and help others, especially our frontline workers. There are also many volunteer programs in which you can participate and I would like to bring your attention to one such program that one of our own members, Catherine Daw, is asking you to support. You can find the details on the following page.

Despite the fact we are having to practice physical distancing, and have not been able to meet as a group, I want to assure you that both the Management Committee and Social Committee continue to meet (albeit on line) and discuss the current situation and how we will move forward once we are able to return to our normal routines. As such, it is with great disappointment that I have to inform you that we have had to cancel all remaining activities and events that were planned for this year. Refund cheques have been mailed out for all events for which we had collected funds. The good news is that our fabulous Social Committee is working hard to find activities that we can get involved with online until we are able to meet again, at which time they will be ready to get us up and rolling again very quickly. Links to some fun and free online activities can be found in the Social Committee section in this newsletter. Enjoy!

***The one event that we are still planning on going ahead with, although with cautious optimism, is our Christmas Dinner and Dance.*** Something I am sure we will all be looking forward to being able to attend! We have chosen December 9 for this event; so save the date and stay tuned for the details.

We all have much to be thankful for, and much to look forward to. Until we can all get back together again, please stay safe and continue to practice physical distancing.

Martin Ruthven  
President



## COVID - 19 CALL TO ACTION

### Face Masks for ALL



#### Dear 4Season Members:

We are part of a great community within Probus. With the unprecedented situation we all find ourselves we have an opportunity to put the power of our community to good use in a different way.

As many of you may have seen in *Collingwood Today* on April 14, that a local woman, **Michelle Bylow** has launched a national campaign to make masks to distribute to anyone in need or wanting one. [Click here](#) for the article.

There is also a local group who have been making face masks – initially for senior homes and now for others in the South Georgian Bay community. They are going to join forces with Michelle's initiative and accelerate the production and distribution.

#### **WE NEED YOUR HELP! SEWERS and DISTRIBUTORS required.**

**SEWERS:** We are looking for people who can sew, have a sewing machine and time to make masks. If you can help this is your chance to contribute.

*Interested mask makers can join by filling out the form [here](#). RAW Canada has created an instructional video for mask makers [here](#).*

**COURIERS:** We can use your help in two ways – dropping off supplies to sewers and then once masks are made collect and deliver to drop off/pick up locations. *Interested couriers can fill out the form [here](#).*

Thank you! Let's make it happen!



Founded: November 17, 2017

### **Guest Speaker Update**

**April** - Tahnee Zeggil, Kinesiologist

**Topic: Spring Fitness Tune-up**

Although Tahnee cannot connect with us in person this month, she is looking forward to connecting with us in the future and has prepared a short message and kind offer to our members at this time.

Probus Members,

I truly hope you are all staying healthy during these strange times. We are all navigating through this uncharted territory together. Due to the current circumstances, my "spring tune up" presentation will be postponed. If my services can be of any help to you please reach out using my email below. As we are spending the majority of our time at home now, I would be happy to offer complimentary guidance on home exercising, sleep & relaxation strategies and general household ergonomic advice.



Stay safe and healthy out there,

Tahnee Zeggil, R.Kin B.Sc.Kin., MHK

E: [tahnee.zeggil@gmail.com](mailto:tahnee.zeggil@gmail.com)

### **About...**

*Tahnee graduated with a Master of Human Kinetics from the University of Ottawa in 2014 after completing an honours degree in Kinesiology in 2012 at the University of Guelph. Previous to her degrees, she completed her diploma in fitness and health promotion from Niagara College in 2010, where she became a CSEP certified personal trainer.*

*Tahnee has recently completed the ImPACT baseline training program, allowing her to pre-screen athletes prior to concussions. She is the lead PT assistant on the clinic's community-funded physiotherapy program. Tahnee has worked with numerous athletes across a variety of sports to help prepare them both physically and mentally for their upcoming seasons.*

*Tahnee played varsity hockey and fastball while attending university and understands the struggles an athlete faces, whether it be dealing with an injury or managing academics with athletics. Tahnee enjoys staying active by playing hockey, baseball and participating in weight training in her spare time.*





### Social Committee

We hope everyone is keeping well and safe during the Covid-19 pandemic. As you may know, events and activities have been cancelled due to mandated safe distancing protocols.

However the Social Committee Groups will be thinking of ways to keep our members busy and connected during these times and will be sharing our ideas through the newsletter. *If you have ideas you would like share*, let us know by e-mailing these to either [4seasonsocial@gmail.com](mailto:4seasonsocial@gmail.com) or [activities4season@gmail.com](mailto:activities4season@gmail.com).



**Looking for something to do?** Here are a few online social games to try. Most of the apps are available on both the Apple Store and Google Play and are all FREE. ENJOY!

**Euchre** - alone or with friends - Trickster app or online version <https://www.trickstercards.com/home/euchre/>

**Bridge** - alone or with friends - the Trickster app or online version <https://www.trickstercards.com/home/bridge/>

**Solitaire or Suduko** - online version <https://greenfelt.net>

**Just to chat - with friends** - Zoom app or online version - <https://zoom.us/download>

**Chat and play games** - House Party App - games include Trivia, Quick Draw , Heads Up, Chips and Guac

**Jeopardy** - Jeopardy App (lots of ads)

**Who Wants to be a Millionaire** - Who Wants to be a Millionaire app

**Wheel of Fortune** - Wheel of Fortune App

**Live Trivia every night at 8:00 pm -**

<https://www.commpo.biz/triviamatic-launches-free-virtual-trivia-happy-hour-during-the-covid-19-crisis/>

**And...for a little more entertainment**, why not try the crossword puzzle on page 7 of this newsletter. When you need a little help the answers are to the right. Good luck.

Puzzle Solution © OnlineCrosswords.net

M	A	M	A		A	L	I	S	T		J	A	G	S
A	F	A	R		D	A	F	O	E		I	S	L	E
K	I	C	K	B	O	X	I	N	G		L	I	E	N
E	R	A	S	E						I	R	E	L	A
S	E	W		A	N	T	A	C	I	D				
				S	C	O	R	E			N	E	W	A
R	U	S	H	O	U	R					N	O	V	E
A	T	T	A		N	E	O	N	S		W	O	R	M
F	A	I	N	T			B	A	N	G	I	N	T	O
T	H	R	E	A	T		I	N	A	N	E			
						C	H	I	C	A	G	O		S
A	Q	U	A	T	I	C					M	A	C	A
R	U	N	T			C	H	A	R	G	E	C	A	R
T	I	T	O			K	O	R	E	A		E	L	K
S	T	O	P			E	R	E	C	T		D	E	A





# 4Seasons Probus Club

Collingwood

## "Newsletter"

Founded: November 17, 2017

Issue Date:

April 16,  
2020

Issue # 24



***"Our Strength is Fellowship; Our Success is Participation."***

<http://www.4seasonsprobus.com/>



### **Activity Co-conveners' Update**

As we all know, activities and events have been suspended or cancelled, but we do still have groups "meeting" while maintaining social distancing.

#### **Knitting**

The knitters continue to ply their needles: scarves, dishcloths, baby sets, wine bottle cozies are all completed or in the works.

#### **Non-Fiction Book Club**

On March 24 we held our book club meeting on Zoom and had a lot of fun.

#### **Hiking**

Mike Travers started a Facebook group centered on sharing our experiences with the natural world in this time of social distancing. We are all going for neighborhood walks or just watching nature through our windows. Take some pics and share them. All Probus members are welcome to sign up to 4seasonsnature on Facebook.



### **Moved / New E-mail?**

Although we are physically apart we want to stay socially connected. If you have moved or changed any of your contact information please let us update our records by forwarding your new information to [suebarbour10@gmail.com](mailto:suebarbour10@gmail.com).

#### **Thanking you in advance!**

Sue Barbour, Membership Chairperson. Hopefully see you soon.



# 4Seasons Probus Club

Collingwood

## "Newsletter"

Issue Date:

April 16,  
2020

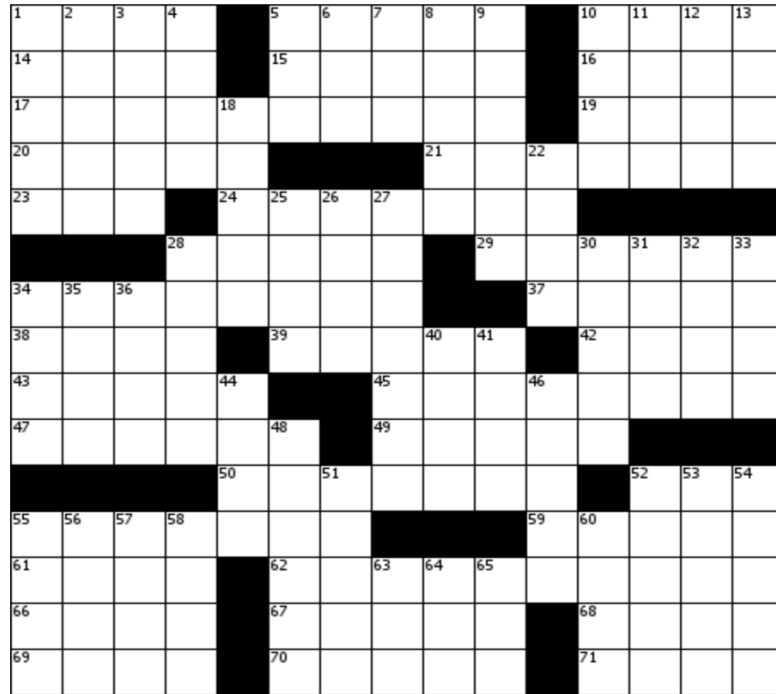
Issue # 24

Founded: November 17, 2017

### Crossword

#### Across

1. Cass Elliot's moniker
5. Preferred group
10. Crying binges, e.g.
14. Much more than a stone's throw
15. Willem of "Spider-Man"
16. Last word in Gilligan's theme
17. Sport that employs fists and feet
19. Bank claim
20. Expunge
21. See 10-Down
23. Do some quilting
24. Mylanta or Maalox
28. Twenty, to Lincoln
29. Yanni's genre
34. Traffic report time, often
37. Innovative
38. "\_\_\_ boy!"
39. Many beer joint signs
42. Bit of bait from the backyard
43. Printed with insufficient toner, maybe
45. Collide with
47. It may end with "...or else!"
49. Pointless
50. Best Picture of 2002
52. Flint or Helm, e.g.
55. Like a water ballet
59. Portuguese territory
61. Litter's littlest
62. Plastic wallet item
66. Percussionist Puente
67. "M\*A\*S\*H" setting
68. Screen siren Sommer
69. "Freeze!"
70. Standing with proper posture
71. Begin a hand



#### Down

1. Receives as a salary
2. In flames
3. Largest parrot variety
4. Torah holders
5. Fuss, in a Shakespeare title
6. Overly permissive
7. "As \_\_\_ cared!"
8. Barrier or boom preceder
9. Head & Shoulders rival
10. With 21-Across, "Death Wish II" actress
11. Home of Earth's highest and lowest land points
12. Country crooner Campbell
13. E-mail command
18. Frequent backdrop for Frankie and Annette
22. Genesis paradise
25. When both hands are up
26. Verifiable
27. Kind of exercise that improves oxygen use
28. Classic 1953 Western
30. Exclamation of delight
31. It flows past Bristol
32. Goldfinger portrayer Frobe
33. "Sesame Street" giggler
34. Huck and Jim's escape vehicle
35. Honoree of 2007's last state quarter
36. Move a bit
40. Grandmother, affectionately
41. Planner's problem
44. Diplomatic quality
46. Figurine in many gardens
48. "Growing Pains" star Alan
51. Blood of the Greek gods
52. Dieter's device
53. Inuit jacket
54. Alpine air?
55. Aesthetic practices
56. Exit a program
57. "Once more \_\_\_ the breach..." ("Henry V" line)
58. Straddling
60. Got 100% on
63. "What \_\_\_ the odds?"
64. VCR remote button
65. Pistol, in old gangster movies





# 4Seasons Probud Club

Collingwood

## "Newsletter"

Issue Date:

April 16,  
2020

Issue # 24

Founded: November 17, 2017

### 2020 Management Committee

President	<a href="#"><u>Martin Ruthven</u></a>	289-383-3129
Vice President	<a href="#"><u>Bruce Clark</u></a>	705-532-9829
Past President	<a href="#"><u>Steve Officer</u></a>	519-281-7207
Past President	<a href="#"><u>Diane Fitzgerald</u></a>	416-930-1850
Treasurer	<a href="#"><u>Betty Farquharson</u></a>	905-808-5306
Secretary	<a href="#"><u>Gene Allevato</u></a>	705-445-9508
Membership Chair	<a href="#"><u>Sue Barbour</u></a>	416-985-7164
Communications Chair	<a href="#"><u>Wendy Hatel</u></a>	705-444-3420
Activity Convener	<a href="#"><u>JoAnne Ruthven</u></a>	289-383-3129
Events Convener	<a href="#"><u>Rita Leithead</u></a>	705-351-2448
Speakers Chair	<a href="#"><u>Cate McMullen</u></a>	705-445-9406
Member At Large	<a href="#"><u>Mary Ferguson</u></a>	647-640-7875