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BATTLEFORDS PROBUS CLUB

Official Newsletter of the Battlefords Probud Club



www.battlefordsprobud.ca | battlefordsprobud@gmail.com | Facebook: Battlefords Probud Club

PRESIDENTS MESSAGE

It is my pleasure to once again write the President's Message for our newsletter. I have to say, it was great fun seeing so much green at our last gathering—our St. Patrick's Day spirit was certainly alive and well!

One thing that has really stood out lately is the growing number of members volunteering to help with coffee and greeting duties. It's wonderful to see such enthusiasm and willingness to pitch in. Not only does it keep things running smoothly, but it's also a great way to meet fellow members and feel more connected to our club.

Our activity groups continue to thrive, and it's encouraging to see so many of you getting involved. The walking group, in particular, is going strong—so if you're looking for some fresh air and good company, don't forget about the Wednesday walks at 10:00 a.m., followed by coffee. The Spades group is also enjoying great turnout, meeting on the first and third Mondays, and I've been hearing positive feedback from both the Bridge and Book Clubs as well. There's even some buzz about a new group—"Guess Who's Coming to Dinner"—which sounds like a lot of fun. Stay tuned for more details!

We also have a couple of interesting field trips coming up over the next two months, including visits to the Water Treatment Plant and the Northland Power Station. These should be both informative and enjoyable—I hope many of you will take advantage of these opportunities.

It's also worth mentioning that our membership continues to grow, which is fantastic news. With that growth, however, comes a small challenge—some members seated toward the back have mentioned difficulty hearing. Please be assured that your Management Committee is aware of this and is actively working toward a solution.

Thank you all for your continued participation and the friendly spirit you bring to our club—it's what makes Probud such a special place.

Our next meeting will be on April 21. I look forward to seeing you there!

George Plews



MANAGEMENT COMMITTEE

George Plews
President

Evelyn Skotniski
Vice President

Deb Breiman
Secretary

Johanne Stolz
Treasurer

Becky Stroo
Membership Chair

Chris Pollard
Speaker Chair

Susan McLean Tady
Events and Activities

Adele Wiegers
Sunshine Person

George Plews
Lane Jackson
Webmasters

Gerry Walker
Past President

MARCH MEETING

The meeting was called to order by George, who began by welcoming all members, as well as any new guests in attendance. We were pleased to have one new member join the club today.

Following the opening remarks, the management team was introduced. Representatives from each of the subgroups provided brief overviews of their activities. Johanne spoke on behalf of the Travel Club, which meets on the fourth Monday of each month at 1:00 p.m. at the Beaver Grill. These gatherings include lunch and discussions on travel tips, destinations, and personal experiences.

Rick then outlined the activities of the walking group. They meet every Wednesday at 10:00 a.m. for a one-hour walk, followed by coffee. He encouraged members to suggest new walking trails.

Leela spoke about the card group activities. This group meets on the first and third Mondays at 1:00 p.m. at Pioneer Hall, with a cost of \$5 per session, and welcomes all participants. Bridge is held on the second and fourth Mondays at Pioneer Hall, free of charge, and is currently seeking additional players. There was no report from the reading group.

Members were then invited to propose ideas for new groups. Susan suggested an informal Thursday game afternoon at the Armoury at 4:00 p.m., where participants can bring their own cards or board games. An optional supper is available at 5:00 p.m. for \$20 per person, with advance booking required.

Upcoming field trips were also discussed, including a planned visit to the water treatment plant in late April and the Northland Power Plant in May. Members were encouraged to bring forward additional ideas.

Johanne introduced a new social initiative titled “Guess Who’s Coming to Dinner.” In this format, a host provides the main dish and invites guests, who each bring a contribution such as a salad or dessert. Only the host knows the guest list in advance. Jo Anne Higgs volunteered to coordinate this group. It was also noted that Pioneer Hall is available to rent for potluck events at a cost of \$40.

Continued on Page 3.

MARCH MEETING - CONT.

Following a short coffee break, Chris introduced the guest speakers, Judy Der from the Alzheimer Society and Sharon Mohagen.

Judy provided valuable information on recognizing, understanding, and coping with Alzheimer's disease and dementia. She emphasized that while there is no cure, progression can be managed, and support resources are available, including a dementia helpline operating weekdays from 8:30 a.m. to 4:30 p.m.

Sharon then shared a personal account of her experience caring for her husband during his illness. Her presentation offered a meaningful and emotional perspective on the realities faced by caregivers. Information was also shared about a caregiver support group that meets on the second Wednesday of each month at The Blend.

A question-and-answer period followed, after which Chris thanked the speakers and presented them with tokens of appreciation.

The meeting continued with a call for volunteers for the next session. Lane and Brian kindly offered to assist with coffee and greeting duties.

George then reviewed the club's online calendar, highlighting its features, including event details and maps. Members expressed their appreciation for his efforts.

He also shared several money-saving applications, including FLIPP, FLASHFOOD, FOOD HERO, and GAS BUDDY, which can help members find deals and reduce expenses. Additionally, he mentioned the Saskatchewan Home Renovation Tax Credit for seniors, encouraging members to explore its benefits.

Looking ahead, it was announced that April's guest speaker will be Lindsay Holm, Director of Protective Services and Fire Chief, who will speak on safety-related topics. Members were also informed that the May meeting will be held in the room adjacent to the gym.

Finally, Chris announced the upcoming Mosaic concert on Friday, May 1 at 7:00 p.m. at the Battleford Legion. Admission is by donation, with proceeds supporting Catholic Family Services and the Food Bank.

MARCH GUEST SPEAKERS

Judy Der is a First Link Coordinator with the Alzheimer Society of Saskatchewan serving the Prairie North Resource Centre, including the Battlefords, Lloydminster, Meadow Lake and the former Heartland Health Region. Judy is a graduate of the University of Saskatchewan College of Nursing. Previously, she spent 32 years working with the Saskatchewan Health Authority in both acute care and with Client Patient Access Services in Saskatoon.

When she's not working, Judy can be found with her husband, Tom, visiting their kids in Calgary and Toronto, spending time with her two "grand-dogs" and caring for her mother who is living with dementia.

Sharon was born in Edmonton, and when she was a year old, her parents moved back to the family farm near the Battlefords.

After attending a one room country school at Willow Heights, she attended high

school, known then as North Battleford Collegiate Institute. After high school, she attended Reeves Business College in Saskatoon and following that, moved to Calgary in 1970.

In 1991, she moved back to North Battleford. Her husband was working in Fox Creek at the time, so traveling to North Battleford was no different than traveling to Calgary.

Sharon took the Entrepreneur's Course in 1992 and after completing the course, she worked several jobs (5 part-time to be exact) and in 1999 became the Executive Director for the United Way. In 2006, Sharon and her friend Kathy opened Blue Rentals, which many of you will remember, and they operated that for the next 12 years. After Blue Rentals, Sharon then worked for the Dekker Centre from 2017 – 2022. In February of 2023, she started work at Nutters and is presently still there.

It was approximately 2012, that Sharon started noticing the signs of Dementia with her husband, Lou. Small signs at first and as the disease took over, he was eventually relocated into River Heights lodge and in November of 2024 Lou passed away.

Sharon has served on many community boards and committees over the past number of years and is still actively involved in community events and organizations. We are so grateful that she is also a member of our Probus Club.



Dementia Helpline

Contact our **Dementia Helpline** for a quick way to get information and support. The Helpline is available Monday through Friday, 8:30 am to 4:30 pm.

- **Phone:** 1-877-949-4141

- **Email:** helpline@alzheimer.sk.ca

Welcome New Members

We would like to welcome our newest member: Dale B.

GROUP UPDATES

Walking group walks every Wednesday at the Field House at 10am with coffee at 11am in places TBD.

Spades meet the first and third Monday of every month at 1pm at the Pioneers Association building.



VOLUNTEER OF THE MONTH

Darlene
& Adele



Thank you, Darlene and Adele, for making coffee, greeting members, and cleaning up afterwards.

Next month, Lane and Brian have offered to volunteer.



THANK YOU

Thank you to Aidan, our designer, for the time and effort you put into every newsletter.

You're Welcome! :) Aidan



NEXT SPEAKER

Our next speaker will be Fire Chief and Director of Protective Services, Lindsay Holm. He will be doing a presentation on Community Safety Officers and Citizens on Patrol.

NEXT MEETING

Location: Don Ross, Room 101

Date: April 21st, 2026

Time: 10am