

P.O. Box 1941, Brockville, ON K6V 6N4

Founded on October 21, 1992 as Probus Club No. 27

# Newsletter

September 2009

Vol. 17 - No. 9

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This newsletter can be found each month online at:

<http://www.probus.org/9brocknw.pdf>

## Annual General Meeting

**Mon. September 21st**

Brockville Country Club - 10:00 am

Election of Executive Committee for 2009-10  
-Year-end Reports-

Our Guest Speaker:

**DAVID MACKENZIE**

LEEDS & GRENVILLE GENEALOGICAL SOCIETY

**THE TECHNIQUES OF RESEARCHING  
YOUR ANCESTORS**

## Membership - Bob Clarke

Many of you have already renewed your yearly membership which begins this month. If you have yet to look after this, please fill out the form which was included with the newsletter last month and this one. It can be brought to the next meeting with your \$25 or mailed in to our post office box address given on the sheet.

## Summer Event .... August 17, 2009

Our boat cruise on the St. Lawrence River from Rockport was a pleasant change and appeared to be enjoyed by a group of over 50 made up of members and partners. Here are some pictures taken by the editor.



*The Boathouse Restaurant in Rockport,  
and one of the Rockport tour boats.*



*Disembarking from our boat.*

## Nominations for New Executive

Bob Hemmings, our past-president, has prepared a proposed slate of executive members for the new membership year. This is his list of willing members:

President...**Bob King** (by progression)

1<sup>st</sup> Vice President....**George Smith** (by progression)

2<sup>nd</sup> Vice President....**Doug Burns**

Secretary....**Raul Cirne**

Treasurer....**Evert Van Bolhuis**

Membership....**Bob Clarke**

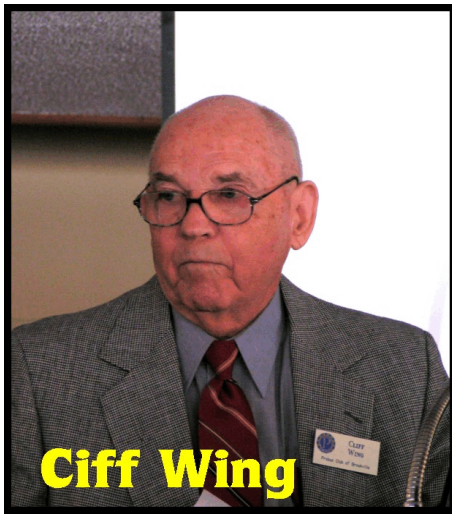
Program & Speakers....**Tom Low** (he needs some volunteer help)

Fellowship....**Doug Burns** (a role performed by 2<sup>nd</sup> vice-president)

Newsletter....**Doug Grant**

Photographer....**Geoff Chittenden**

Archivist....**Doug Cook**



*d. Sept. 1, 2009 - 83 years old*

## In Memoriam

We were saddened to hear of the passing of long-time member **Cliff Wing** at the beginning of the month. Our sympathies go to his wife, **Mary** and their family.

This was added to the news that **John Green's** wife, **Marge** died on August 27<sup>th</sup>. Our thoughts go out to John, as well.

## How to Find Happiness

attributed to **Henrik Edberg**

One good way to find a few useful, life-improving and time-tested tips is to look back. To look way back through history. To find ideas that have arisen in minds over and over the last few thousand years. Here are seven such ideas about how you can find happiness. Maybe you'll find them helpful.

### 1. You choose.

How you view yourself and your world are conscious choices and habits. The lens you choose to view everything through, determines how you will interpret what is happening. And from your interpretation, you act. And all of this becomes your life. You can choose to find happiness in small, everyday things. You can choose to interpret what happens in a positive way, or in a negative way. And your choices control how much happiness you will find and create in your life.

### 2. Focus on the present, not yesterday or tomorrow.

You only have now. Yesterday is a memory and you cannot change it. Tomorrow is just a fantasy in your mind, right now. So, live more in the now, focus on the present moment today. Think and worry less about yesterday and tomorrow. Otherwise, you might miss a great deal of happiness that is available to you right now.

### 3. Don't forget to be grateful.

One of the simplest and quickest ways to turn a negative and sour mood into a more positive one is to be grateful. A few things you can feel gratitude for are, for instance: the sunshine, the weather, your health, a good TV show, a movie, or a song. Then, there are your family and friends.

Just try it for a minute, and see how it changes how you feel. And it's a win/win solution. You feel great because you are grateful about your world, and the people you are grateful for feel great too, because they feel appreciated. So don't forget

about gratitude, or you may forget about the happiness that is already in your life.

### 4. Help someone else find happiness.

This is certainly one of the most popular ideas about happiness. It might sound clichéd and empty, but it works very well. When you make someone else happy by, for example, helping them with something - you can sense, see, feel and hear it. And that happy feeling flows back to you. And then, if you'd like, you can boost your own ego by thinking something like: "Wow, I really made him/her happy!"

And since the Law of Reciprocity is strong there is another upside. People will feel like giving back to you. Or they might feel like sharing it with someone else. And so, the two of you keep spreading the happiness.

### 5. Get rid of a couple of your less valuable desires.

If you want less, instead of more, then your desires are more likely to be fulfilled. And if you throw away a few of those desires that you may not really want or need that much anyway, you'll probably start to feel less stressed and worried. This is a calmer and a better place to be, to enjoy your day, and to take the time to discover the happiness that is already in your life.

### 6. Do what you like to do.

A pretty obvious one. But it's still easy to trap yourself into doing what you don't want to, for many, many hours, and seldom do what you really love to. You may not be able to choose to do what you want to do right now, or for many hours each day or week. But you almost always have a choice to do more of what you really want to do. There is always time. Or time you can free up. You have a choice.



*Enjoying Lunch in the Boathouse Restaurant*

### 7. Or, at least, do something.

One of the best ways to **not** find happiness is just to hold yourself back and do nothing. Seldom show up. Paralyze yourself through over analysis. It's not always easy to take action, it can be scary and hard and difficult. But if you don't take action you'll be missing out on a lot. Including many moments, people and experiences that can bring you a lot of happiness.

This was based on an article, first published by **Henrik Edberg**, a Swedish self-help enthusiast, on his **Positivity Blog**. Check it out, if you wish to find more articles: <http://www.positivityblog.com>