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# The Men's Probus Club of Lindsay Probus Banner Newsletter

EDITION 82

February , 2015



Bruce Taylor  
President



Mike Catling  
Vice - President



Wayne Brumwell  
Treasurer



Don Holbrook  
Secretary



George McFadden  
Director, Membership



Richard Graham  
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## Meeting Highlights :

- President Bruce Taylor called the meeting to order; followed by a group singing of "O Canada".
- He questioned the group to see who was interested in attending the luncheon after the meeting at Teriyaki Town Restaurant.
- Bruce continued by calling upon Past President Ted Abbot to come forward and introduce the morning's guest speaker, Alan Mallory.
- He stated that Alan is an international speaker and professional development trainer who is passionate about leadership and success. He has worked all over the world as a mechanical engineer and project manager developing innovative solutions and custom machinery.
- His presentation was called "The Family That Conquered Everest", and here is a brief outline of it :
  - o Alan started his presentation by requesting that the each member take a long deep breath, stressing and also demonstrating how vital oxygen is to our survival every moment in our lives.
  - o In the spring of 2008, Alan, along with his father, mother, brother and sister, embarked on a two-month adventure of a lifetime – to be the first family to reach the highest point on earth, the summit of Mt. Everest (29,035 ft.), during the same ascent.
  - o He elaborated about the great amount of preparation that was required in the planning of this climb/event :
    - travel arrangements and accommodations (to/from);
    - expenses/costs (\$40,000 per person);
    - personal equipment (clothing, breathing and climbing);
    - required permits for the climb;
    - to locate and arrange for a reliable outfitters' organization, who would aid in replenish their food supplies and provide the many tents and safety equipment that was required during the climb;
  - o the starting point for the adventure started in a little village of Lukla near the outskirts of the Himalayan Mountains;
  - o from there, it was a ten day trek that brought them and their huge amount of gear and supplies into Base Camp where they would establish their home base for the two month expedition;
  - o once at Base Camp, they settled in to the small dome climbing tents that were pitched on icy jagged rock surface of the Khumbu Glacier;
  - o because of the extreme height of Everest, climbers need or have to acclimatize in order to be able to continue up to higher altitudes;
  - o they had to do an up-and-back approach where they made progressively longer acclimatization climbs up the mountain each time returning to Base Camp to allow their bodies to recover and the acclimatization changes to take place.
  - o Above Base Camp they encountered the infamous Khumbu Icefall which is essentially a steep incline of cascading chunks of ice created as parts of the continuously moving Western Cwm Glacier break off and slide or tumble down towards Base Camp. It takes about eight hours to climb through the icefall and because of our

## Health and Welfare Update

**Please notify RON MORGAN, Health and Welfare, if you have knowledge of any our members that are experiencing health issues at any time....**  
**( 705 ) 324 - 2318**

## Next Guest Speaker

**TUESDAY, March 10th**



**John Gayford**

**" Sailing to Australia "**



**Club member Ron Fevang (far right) thanking Alan for his presentation.**



**Alan, along with his father and brother on the summit of Mount Everest.**



**President Bruce and Ron Morgan officially inducting new member Garry Kennedy into our Club (left to right).**

**Any corrections, comments or additions regarding this banner can be forwarded to the attention of the editor at :**

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up-and-back acclimatization through the icefall, they had to pass through the icefall a total of six times throughout the climb.

- o During their ascent to the summit, they utilized four base camps located on the different levels of this massive structure :
  - Base #1 – 20,000 ft; Base #2 – 21,300 ft.; Base #3 – 24,000 ft. and Base #4 – 26000 ft .
- o Camp 4 is in what is known as the "Death Zone" which is the area above 8000 m where there isn't enough available oxygen to support life. Your body is continuously degrading and spending more than a few days at that altitude is very risky.
- o Alan's sister was very sick and was unable to continue climbing with them, so along with his father, brother and two Sherpas (local Nepalese climbers who climbed with them) they continued upward and finally after a 12 hour climb reached their final destination, the summit of Mt. Everest; were they spent only a total of 20 minutes.
- o Although they had achieved what they had set out to achieve, the challenge wasn't over yet. The way down is considered by many climbers to be even more dangerous than the way up because of the complete mental and physical exhaustion. In fact, many climbers have lost their lives on the way down and they had our two biggest scares on the descent but their ascent was without mishap.
- o Just as a further note, his sister recovered enough from her stomach illness and shortly after the rest her family had return to base camp, she completed her climb to the summit with another group of climbers; but their mother never did due to the ankle injury that she suffered just the week before the family climb began.

- Bruce called upon club member Ron Fevang to come forward and thank Alan on behalf of the Club members, for his very entertaining presentation and presented them with an honorarium.
- Following a short break, President Bruce proceeded with the "Club Business" part of the meeting.
- He called upon Ron Morgan, Health and Welfare, to present any health issues regarding our membership at the present.
- Once again he called upon Ron Morgan to introduce Garry Kennedy who was officially inducted into our membership by President Bruce.
- Following that, Bruce presented highlights of the Management Committee meeting that was held previously on February 3rd :
  - Vice President Mike Catling has formed this year's Nominating Committee that consists of two Past Presidents, namely Ted Abbot and Max Raddiff and himself.
  - We are putting together a trip to the War Museum and Automotive Museum on Wednesday, July 8<sup>th</sup>, along with the Newmarket Club.
  - Management Committee will be establishing an Events Committee to help initiate trips and special events and to ensure that there are sufficient volunteers to help with these events. Please keep this in mind, if you are interested in taking part in this new committee, let your name be known to them.
  - Mike Catling, Ted Abbot and President Bruce, will be meeting with the Chef and Events Planner at Konstantine's to start the planning of this year's Christmas luncheon. They will be relaying all the PROS and CONS comments, concerning last year's Christmas luncheon, to these gentlemen that were provided from the membership survey that Past President Ted Abbot conducted at last month's meeting.
- Before adjourning the meeting and the members making their way to the Teriyaki Town Restaurant for the luncheon, Bruce presented a little humorous story regarding an 80 year old lady at a retirement home.

( Glb / February / 2015 )