



# The Probus Club of Burlington Lakeshore

## Hi-Lites - March 2020

Mon., March 9

10:00 am

Ken McCoogan

"Flight of the  
Highlanders"

### Management Committee 2019-2020

Bill Willson, President  
(905) 332-7652  
Jim Thurston, 1st Vice  
President  
(905) 319-9352  
Mike Hoshoooley, 2nd Vice  
President  
(905) 634-2531  
Malcolm Ramsay, Secretary  
(905) 681-8109  
Dave Little, Treasurer  
(905) 681-6147  
Rodney Devitt, Past-President  
(289) 313-0593  
Duncan McPhail, Speakers  
(905) 336-2495  
Ken Medland, Membership  
(905) 818-2902  
Dave McKenzie, Hi-Lites  
(905) 639-7529  
David McKay, Special Events  
(905) 634-8256  
Jim Gilleland, House  
(905) 634-6490  
Brian Langlotz, Cheer  
(905) 632-8197  
Ken Medland, Ext. Publicity  
(905) 818-2902  
Dennis Colameco, Golf  
(905) 639-7921  
Jim Barnett, Curling  
(905) 639-8624

### President's Message



As we begin the month of March we often look at weather forecast to see if it will come in like a "lion" and leave like a "lamb" or vice versa. My computer weather man says it looks like mother nature is going to provide us with a very gentle beginning of the month and it will come in like a lamb. Can this mean that we will have a cold and blustery conclusion to the last month of winter? As a skier, I am hoping that the good skiing weather will continue for at least the rest of this month.

We had another great meeting of our club on February 10. The ever popular local pharmacist, Carolyn Whiskin, joined us again for her third presentation with many helpful thoughts on how we can manage our ongoing health needs. She kindly agreed to provide us with hard copies of the various health charts that she reviewed with us, copies of which are attached to this newsletter.

Ken Medland introduced the membership to a contest for encouraging us to welcome new members to our club. The goal is to attract at least 20 new members in 2020. Both new members and their sponsor's names will be put into a draw for a gift certificate to a restaurant in Burlington. The draw will occur at our Christmas event on the second Monday of December. Remember to invite your friends to one of our meetings.

Our Events Committee has added more events for your participation this summer and fall. Details are provided in this edition of HiLites and I encourage you to sign up as soon as possible. Also, on March 4 we will be challenging the other men's Probud club in Burlington for the Grummett Trophy. Hopefully I will have some good news to report to you on this topic at our March meeting.

We have received an email from the Art Gallery of Burlington concerning Emergency Storm Closure Procedures and their Fire Evacuation Plan. In summary, if the AGB is not going to be open due to a storm, they will put a message on their telephone phone answering machine by 7:00 am. More details on this will appear elsewhere in Hi Lites

Finally, this month we are continuing with our feature to introduce other members of the Management Committee to you. If you get a chance to speak with them at our next meeting, be sure to say thanks for their time and efforts.

Bill Willson, President

## Guest Speaker - Ken McCoogan



Last autumn, Ken McCoogan published his 15th book, *Flight of the Highlanders, The Making of Canada* -- the third in a series that includes *How the Scots Invented Canada* and *Celtic Lightning*. All three have garnered rave reviews. In

2017, Ken published *Dead Reckoning: The Untold Story of the Northwest Passage*. That book builds on his four earlier acclaimed narratives about Arctic exploration: *Fatal Passage*, *Ancient Mariner*, *Lady Franklin's Revenge*, and *Race to the Polar Sea*. These works earned him the Writers' Trust of Canada Biography Prize, the Canadian Authors' Association History Award, the UBC Medal for Canadian Biography, the Pierre Berton Award for History, and an American Christopher Award for "a work of artistic excellence that affirms the highest values of the human spirit." Ken's other books include the novel *Kerouac's Ghost* and *50 Canadians Who Changed the World*.

Before moving mainly to books, Ken worked as a journalist for two decades (*Toronto Star*, *Montreal Star*, *Calgary Herald*). He has a bachelor's degree in journalism from Toronto's Ryerson University and a master's degree in creative writing from the University of British Columbia. He has taught writing for a dozen years, and in 2010 won an award for teaching excellence from the University of Toronto. Ken made a cameo appearance in the docudrama based on his book *Fatal Passage*. He served as chair of the Public Lending Right Commission and teaches in the low-residency master's program in Creative Nonfiction at the University of King's College in Halifax.

Duncan McPhail,  
Speakers Committee

## Calling All Cheerleaders!!!

### 23rd Annual Grummett Trophy Bonspiel

Your teams will be competing in a bonspiel at Burlington Curling Club, 2295 New Street, on **March 4, 2020** at 11:00 AM. At that time, they will be doing battle with Probus Burlington for the Grummett Trophy symbolic of curling superiority.

Please come out and cheer your athletes on to glory. Lunch is available for \$15.00.

Jim Barnett, Curling Coordinator

## Special Events

First, some information on a new event offering:

Ontario Christian Gleaners, located just south of Cambridge on highway 8, was established in 2008 as a registered charity that is both volunteer and donor driven. It provides Relief Organizations with vegetable mixes and fruit snacks that are versatile and can be shipped anywhere in the world.

Weekday mornings an average of 65 volunteers arrive early to trim some 2500 kg of donated fresh produce. The trimmed product is diced (in a machine that needs to be seen to be believed) dried and packaged. On a weekly basis, the operation provides ingredients for some 150,000 nutritious meals.

We have booked a tour for the morning of Thursday, June 4th. The tour begins at 10:30 and lasts about 45min, viewing all aspects of the operation. Afterwards there is a short video and time for questions. Then we will have a light lunch at a nearby restaurant. Cost has yet to be firm up, but will be no more than \$30 including donation and lunch.

Before proceeding further with this event, the committee would like to confirm there is sufficient interest. If you are interested, please sign the sheet at the events table. This does not commit you to attend. We are looking for some 16 - 24 participants. Details will be announced at the April Meeting.

continued .....

## Special Events continued

Now an update on our three Theatrical Events.

\* **Chicago:** April 29th at Stratford. We still have one ticket left. The order will be placed after the March Meeting, and tickets distributed at the April Meeting.

\* **The Cemetery Club:** July 16th at Port Dover. "This play, originally a film in 1993, is a comedy-drama concerning three Jewish widowed friends. Once a week they get together to visit their husbands' graves. All goes well until one of the friends snags a suitor, a former cop turned cab driver. Then things get interesting: jealousies, protestations, and even "disrespect to a late husband". 42 tickets have been ordered (all downstairs) and 31 have been sold to date. A bargain at \$30 each.

\* **Gypsy:** Sept 15th at the Shaw Festival. two ticket prices: Gold at \$65 - we have 8 left; Blue at \$55 - we have 20 available.

David McKay for the Events Committee

## Calling All Accountants!

For many years member David Page has served as the Club's accountant. Understandably, after so many years of service David has chosen to "opt" out of this role. We thank David for all his past service to the Club.

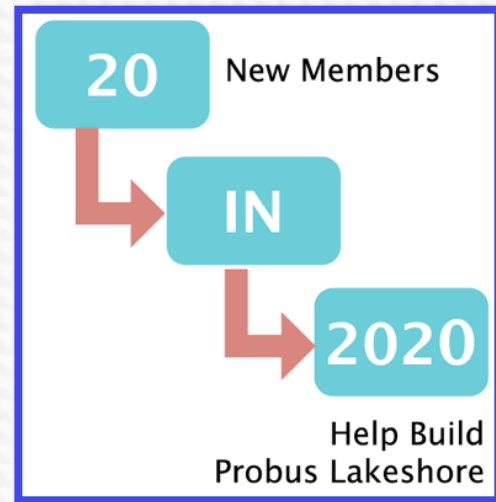
So we now need a member to step up and take on the role of Club accountant. The sole responsibility of the accountant is to compile the year-end financial statements of the Club based on the accounting records of the Club and information provided by the Club Treasurer. The statements are not subject to audit or review nor does the Accountant express an opinion or assurance on the statements.

This role would only require 2-4 hours' worth of time in October. A professional accounting designation or public accountant's licence are not required. A basic knowledge of accounting records and financial statements are the main requirements.

Please contact me – [davelittle1946@gmail.com](mailto:davelittle1946@gmail.com) - to express interest in this role or to ask any questions.

Many thanks for considering stepping up for this position.

## Membership



It is a pleasure to welcome three new members to our club! Pictured from left to right are Rick Kolesar, Mike Tippling and Rick Giuliani. Lets all give them a warm Probud welcome at our next meeting.



All members, thank you for spreading the word about how great our Probud Lakeshore is!!

With the three new faces above, we have just 17 to go to meet our goal of 20 in 2020. All sponsors and new members will be eligible for the grand prize draw at the Christmas Lunch.

Keep asking all your friends, neighbours and passer byes to join....they will love you for it.

Ken Medland,  
Membership

## Activities

### Computer Interest Group

Our next meeting will be on March 19 at 10 am at Burlington East Presbyterian Church (505 Walkers Line) located on Walkers Line just above New Street. Entry fee is \$7 per session.



Remember to send Robert your questions via email to [robert.lalonde@me.com](mailto:robert.lalonde@me.com)

## House Committee

### Message from the Art Gallery of Burlington

In the event of Extreme Weather/Power Outages Overnight the procedures are as follows:

**"The AGB will have a message on the main greeting line by 7.00 am. Guests are to call the Main Reception 905 632 7796 ext. 0"**

### Virus Frenzy

With all the talk of the flu and various viruses, this is a reminder to our members to use the "fist bump" rather than the hand shake when arriving at our meetings as well as when we're asked by President Bill to greet each other at the beginning of the meeting. Thanks from the House Committee.

Jim Gilleland  
House Committee Chair

## Cheer Committee

The Cheer Committee will contact or visit members or spouses who are ill. In the event of bereavement, a card of condolence will be sent to the family and, for a member, a memorial donation made to a charity of their choice. No mention of the situation will be made in the newsletter in order to maintain privacy.

Please inform one of the committee members, if you aware of anyone who has an illness or bereavement, for appropriate action:

Brian Langlotz - (905) 632-8197  
[bp1328@bell.net](mailto:bp1328@bell.net)

John Hughes - (905) 333-4910  
[johnhiltonhughes@gmail.com](mailto:johnhiltonhughes@gmail.com)

Brian Langlotz, Cheer Committee



Regular Meeting next Month

**Monday, April 13, 2020**

**Speaker: David Shoalts  
Hockey Writer/Entertainer**



## Getting to know your Management Team

Please watch this space each month as we introduce your Management Committee members.  
This month we feature your First Vice-President and your Speakers' Chair  
(PS – I was serious last month – if you have hair, you can still be considered for the Management Committee!)

### Jim Thurston

I have the easiest job on the Executive. As First Vice-President, I substitute for the other Executives and assume any tasks assigned to me by the President. My role is to prepare myself for the President's position.

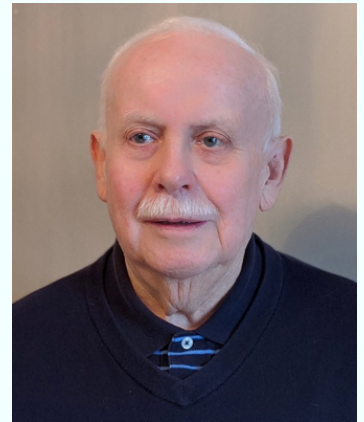


My membership in Lakeshore PROBUS commenced many years ago. I was your President eight years ago, and have remained a member ever since. At one of our meetings, former Mayor Rick Goldring, was our speaker. Following his address, he recruited me for the City of Burlington Seniors' Advisory Committee. Unfortunately, its monthly meeting dates and times conflicted with our PROBUS Club's monthly meetings. PROBUS membership has always been a priority for me so most months I joined the Lunch Group at the Queens Head Tavern after my meeting at City Hall, and updated those in attendance as to what was happening in Burlington. I was also appointed to represent Burlington on the Halton Older Adult Advisory Committee. My term on Burlington's Seniors' Advisory Committee has been completed. I have been reappointed and elected as chair for the Region of Halton's Committee.

My career background is in Printing and Packaging. Following 30 years of active service holding Senior Management Positions, I was appointed Executive Director of the Canadian Paperboard Packaging Association. I was considered an "Industry Expert" and have had several articles published, taught at Mohawk College on a part-time basis, and chaired the Advisory Board for Mohawk College's Advanced Design and Packaging Technologies Centre of Excellence. I currently serve as a Senior Class Assistant at McMaster University in the Health and Aging Program. My spare time is filled with golf, bridge and hiking.....

### Duncan McPhail

I was asked if I would like to join the Speaker's Committee in early 2018 under the chairmanship of Lou Pennachetti. Lou told me after a couple of months on the committee that he was resigning from the position of Chair, would I take over. Lou however offered to stay on the committee to the end of 2019 and I am indebted to him for his help and guidance in continuing the great job this committee has done over the years.



My main concern is how do I keep up the good work of those who have gone before on this committee which I consider one of the factors that holds the club together. You would not want to belong to a club that talks golf and curling for 45 minutes every meeting and have to go home to the wife when she asks "How was the speaker today dear" and you have to say "Just the same Old" "The same Old" so we try and get interesting speakers from all facets of life for your enjoyment.

We have been very fortunate to have some Wonderful speakers come to the Club. Pharmacists, Ocean Sailors, Authors, Sports Celebrities, Artists, Law Enforcement etc. and we will continue, to the very best of our ability, to bring more great speakers your way. The 2020 syllabus brings more great talent for your enjoyment and I think this year maybe one of the best. Any ideas or suggestions for speakers, let me know.

# Being an Advocate for your Health

## Osteoarthritis

### Summary Notes

- Osteoarthritis is not just wear & tear but a dysfunction of the joints ability to repair
- Wearing down of cartilage and synovial fluid, leading to stiffness and pain
- Usually affects the fingers, big toe, thumb, knee, hip back or neck and can be asymmetrical
- Reduced mobility leads to increase in heart disease and diabetes
- Movement is key even if it hurts, that is what we take the pain killers for
- Weight loss can help -as little as 5% can make a big difference -10lbs weight loss is like 40lbs off your knee
- Medication options - Topical is first choice
- When choosing oral medication always check with your pharmacist if it is appropriate for you and what is the right dose.
- Ask our home health care specialist about what tools are available for you
- Remember to always go to your physician prepared with questions and take notes.
- Take advantage of an annual MedsCheck with your pharmacist
- Update your adult vaccines; especially for pneumonia and shingles and the annual flu shot. The high potency flu vaccine is more effective for people over the age of 65 and does not have more side effects than the regular potency flu shot. It is only distributed through your family physician's office.

### Take Home Messages

- \_\_\_\_\_
- \_\_\_\_\_

Presented by: Carolyn Whiskin and Prepared in Conjunction with Kerry Roberts  
Pharmacists

Brant Arts Dispensary, 672 Brant St, 905-637-3833