

PROBUS NORTHSHORE

NEWSLETTER



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March 2010

President's Message

This has been an extremely busy year at the Management Team meetings. Our sessions are ending later than I can ever remember, but, when you look at all of the accomplishments it is easy to understand why. One problem of course is I talk too much. Always have, always will.

The people holding the various positions are very efficient and conscientious and as I have said before, I marvel at the wonderful things they plan and oversee for our members' well-being and enjoyment. I appreciate their efforts and thank them on your behalf.

In this newsletter I would like, for a change, to be mostly serious, and keep our members up to date on a few of the initiatives we have either completed or are hoping to complete by year's end. Many issues discussed at the Management Team meetings are not presented in their entirety at the General meetings. However, the behind the scenes efforts and planning result in the ongoing reports and subsequent activities that provide the spark to our club. It takes organization and good old fashioned work to generate the fun we have and at the end of the day we all benefit from the planning. Accountability, that's the name of the



game, along with the ensuing outcomes. Fortunately, as retirees, this results in more and better fun, not performance reviews.

What we are working on:

Emergency Contact System: We have just completed our plan and it is in place, ready to implement the next time we need to contact the entire club quickly. A copy will be given to the Lions' Centre in case of an unforeseen issue arising

there. The plan has a primary contact (President) who should be informed of any emergency. That person will then contact Secondary Contact people who will telephone/email a list of members they are responsible for contacting. Ideally everyone should receive a message in well under an hour. Please inform your contact person of the dates you will be away to help with the efficiency of this programme. Inclement weather is included in this protocol and in this situation members should listen to 107.9 around 8:00 a.m. for meeting cancellation notices. I would like to thank our new members, who form the majority of volunteers on this committee. Next year we will need additional volunteers to enhance the efficiency of this committee.

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Policies and By-Laws: We now have a committee from the Management Team combing through our multitude of binders and computer files summarizing our club's operating policies and motions. These are the rules and regulations that provide the executive with guidance and clear direction for many decisions that are made. It is very easy to take a wrong turn if these operating guidelines are not clearly understood and available for perusal. This committee will place the motions and policies into an easy to maintain folder and update it, when required, to help present and future management teams operate more efficiently. This project will be completed before our change of executive in September.

Trips and Tours: This committee is vital for the social outings and great times we enjoy as Northshore members. This year, Sharron McMann, chair of our Trips and Tours committee, brought a motion to the floor requesting a club credit card to help her take immediate advantage of trips and tours without waiting for weeks to collect money to pay for tickets that are often acquired through a "pay when you order" basis. For some outings large

expenditures are required to reserve tickets and the consequence of being slow results in the infamous back row seat with a pillar blocking the vision line. Acquiring the club credit card took almost three months to arrange and, as of our March 3rd meeting, has just come to fruition. Sharron can now embark on purchasing tickets for some wonderful ventures over the remainder of the year.

Remember, elections are not far off and everyone is welcome to attend a Management Team meeting. They commence at 8:30 a.m. on the days of our General meetings.

I'm out of space and out of time. Karen and I, hopefully, as you read this, have found time to pack and we are somewhere in the Middle East enjoying our non alcoholic holiday. It has been such a busy year I'm not sure where we're going. However, I am sure we'll have a great time. I'm a little uncertain though whether Karen has plans to leave me wherever we are visiting for a prolonged cultural enrichment experience. Should I worry about a one way ticket in my name? I may need a sponsor to get back home!

Bruce

Sister Mary Ann, who worked for a home health agency, was out making her rounds visiting homebound patients when she ran out of gas. As luck would have it, a gasoline station was just a block away.

She walked to the station to borrow a gas can and buy some gas. The attendant told her that the only gas can he owned had been loaned out, but she could wait until it was returned. Since she was on the way to see a patient, she decided not to wait and walked back to her car.

She looked for something in her car that could be filled with gas and spotted the bedpan she was taking to the patient. Always resourceful, she carried the bedpan to the station, filled it with gasoline, and carried the full bedpan back to her car.

As she was pouring the gas into her tank, two Baptists watched from across the street. One of them turned to the other and said, 'If that car starts, I'm turning Catholic.'

Speaker's Corner

Naturopathic Medicine

Our speaker in February, Dr. Belinda Clarke, ND, did her pre-medical studies at Trent University and went on to study four more years at the Naturopathic College in Toronto. She studied the same basic sciences as an MD does prior to entering medical school. Then she studied alternative approaches to therapy, such as:

Herbal medicine

Chinese medicine

Acupuncture

Clinical nutrition

Variety of physical techniques- massage

Lifestyle counseling

What is Naturopathic Medicine or naturopathy?

Naturopathic doctors (NDs) attempt to improve health holistically by treating the whole person...body, mind, and spirit. Their approach is to try and prevent disease and treat illness by promoting the use of organic food, exercises, and suggesting a healthy and balanced lifestyle. They believe that the body has a great inner strength to deal with many illnesses naturally. So, the emphasis is on preventing disease and educating people to make lifestyle changes. NDs treat conditions, like allergies for example, by treating the cause of the condition rather than focusing on treating the symptoms.

History of Naturopathy

It was introduced in the United States in 1902 when B. Lust, a German immigrant, founded the American School of Naturo-

pathy. At this time healthy diets started to become popular in North America. In 1925, naturopathic medicine was accredited in Canada.

What to expect on your first visit?

Your first visit to your ND will take more than an hour. Dr. Clarke gives you a three page form to fill out before you come. During the first visit she will go over it with you, looking at your health history, the stressors in your life, any concerns you have, environmental exposures, previous lab tests, supplements/ drugs you use, your eating habits/diet. Since the ND treats the "whole person", she may discuss your emotional, spiritual and mental state before making a diagnosis. OHIP does not cover the cost of service from NDs. But check your specific insurance coverage, some insurers may have bought into it.

What conditions respond well to Naturopathy?

NDs will treat both acute and chronic conditions, from arthritis to ear infections, taking patients of all ages. Because of the holistic approach to treatment, Naturopathic Medicine may be especially suited to chronic conditions. Remember to be as informed as you can be and do what you feel is right for you. Dr. Clarke stresses she will not tell you to stop taking your prescribed medicine.

What other things should you consider?

It is important that you let your family doctor (MD) know about any naturopathic treatments you are taking. Most conventional medicines mixed with natu-

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ropathic supplements/herbs can interact well with each other, others may react negatively. Make sure, if you are diabetic, that any major changes in your diet are approved by both doctors (especially patients who are very young or elderly).

Questions and Answers

How do you know the food is organic?
 There are standards but they are not official yet and the various registering agencies have different criteria. Your best bet is to buy produce at local markets.

Vertigo - it may be a nutritional deficiency, lack of essential fatty acids or a food sensitivity.

Tinnitus - can be a nutritional deficiency and/or stress related.

Stomach disorders_- proper diet will be recommended

Dr. Clarke's presentation was very informative. She made us aware of the importance of a balanced lifestyle and the choices we have when it comes to our health care.

Vera

Speakers and Entertainment

- March 3rd Judge John Bark - Strange stories from the bench
- March 17 Bob Pearson - Routes to Learning (Educational Tours)
- April 7 Gord Ley - New community centre facilities.
- April 20 TBA
- May 5 Robert Winslow - 4th Line Theatre
- May 19 TBA

John Fazekas : Convenor



From The Astrology Department : What Are You?

PISCES - The Dreamer (Feb 19 - Mar 20) Generous, kind, and thoughtful. Very creative and imaginative. May become secretive and vague. Sensitive. Don't like details. Dreamy and unrealistic. Sympathetic and loving. Kind. Unselfish. Good kisser.

In February our club lost two members
We will miss their friendship and warm smiles



Barbara McCoy

Barbara was one of the founding members when Probus Northshore was established in 2003. She worked on the committee to prepare the club by-laws, was Correspondence Secretary the first 2 years, and Community Services Co-ordinator for 3 years. Barb was very kind and loving and a friend to all.

Esther Patterson

Esther was also one the first members when Probus Northshore was established. She was an ardent supporter of all our social activities and truly valued the friendships she made within our club. Golfing was her passion and she played anytime she could find a few partners. At one time Ontario's champion lady golfer, she continued to baffle her competition for many years.



Social Activities and Events



Lunch Bunch Come celebrate Saint Patrick's Day at MacGregor's Pub on March 17th with a choice of three entrees, soup, salad or fries and coffee or tea. Cost is \$15.00. Please sign up with Mary Houston.

Bridge Club 2 will meet on March 11th and 25th. Locations to be announced.

Best Western Dinner Theatre: "The Long Weekend" A 15 year friendship is tested when two couples retreat to a remote weekend cottage. As hilarious truths and deceptions are revealed, the sparks begin to fly. Friday April 30, 2010. Tickets at \$33.75 will be available in April.

Drinks and Appies. Anyone wishing to host a Drinks and Appies please leave your name and date you are thinking of with Gloria Ashcroft.

Committees are needed for the Anniversary BBQ in August and for the Car Rally in October. Please let Diane Morrison or Sharon O'Connor know if you are interested in helping out.

Diane Morrison - Coordinator



Miss Wiggley and her bowling team

NEW MEMBERS



Maureen Wells and Peter Taylor



Gil Brocanier

The Management Team

Executive

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