

FEBRUARY 2020 NEWSLETTER

NEXT MEETING THURSDAY March 5, 2020 – Collingwood Legion
[9:45am start – coffee from 9:15am on]

MANAGEMENT COMMITTEE

- **PRESIDENT: MIKE MARTYNUK • PAST PRESIDENT: GREG GEEN**
- **SPEAKERS: RUBEN ROSEN • SOCIAL: DOUG BROWN**
- **MEMBERSHIP: JOHN MEGARRY • VICE PRESIDENT: TERRY BILLO**
- **SECRETARY: AL WALLACE • TREASURER: GERRY MCGHEE**
- **NEWSLETTER: GORD HALL**

BREAKIN' NEWS OF THE IMPORTANT KIND

► Speaker's Topic – March Meeting

Speaker: Member Bob Galway [B.A, MD., FRSC(C)]
will present on : “Richard Sterling Finnie – Canadian Arctic pioneer,
filmmaker, pilot and historian.”

Robert is a graduate of Victoria College, University of Toronto (1958) where he had the good fortune of taking courses in Geological Sciences while obtaining a degree in Political Science & Economics. After ten years working during summer vacation periods as a Geophysical Operator and in Geological Exploration in Northern Ontario and Labrador he completed his M.D. at University of Toronto (1963). Subsequently, he obtained his Fellowship in Orthopaedic Surgery (1970) and practiced in the west of Toronto for over thirty years.

His long standing interest in aviation, led early on to a pilot license with IFR and Float ratings. In more recent time, his interest in the outdoors led to cruising the crystal waters of northern Georgian Bay, as well as the North Channel

This has given rise to a deep interest in the history of Canadian Aviation and the careers of people and pilots that contributed to the establishment of commercial aviation in Canada in the aftermath of WWI (1919-1940). This interest extends to the Aero-philatelic history of Canada.

► Profile - March Meeting - Member John Housser: “Delivering medical supplies to Cuba.”

► Please bring your own coffee mugs to the Club's March 5 meeting and meetings thereafter.

▶ All Club news is on our excellent website: www.probuscollingwood.ca.

▶ **Updated Member Incentive Program**

Upon bringing a friend as a guest to any of our meetings, the Membership Chair will generate a “Guest Pass” card that captures the guest’s contact info, plus the name of the introducing Member. If the guest ends up joining the Club then the introducer will receive a LCBO gift card certificate or, if he prefers, three fifty \ fifty tickets at the next monthly meeting following payment of the new member’s annual dues.

SOCIAL – RECENTLY \ UPCOMING

JANUARY 29, 2020 - Snow shoeing at Bud and Sue Christensen's - great morning's snowshoeing, with perfect weather, a choice of a shorter hike or longer followed by Sue's wonderful soup at noon. Thanks Bud & Sue !

FEBRUARY 5, 2020 Agnora Glass Tour – Members attending were broken into small groups – each led by a knowledgeable company representative and given a very interesting tour of the 200,000 square foot plus specialized glass fabricating plant in Collingwood – a Collingwood success story with approximately eighty employees.

FEBRUARY 6, 2020 Annual Probus Inter-Club Curing in Collingwood - all went well. One of our three teams skipped by Murray Morrison placed second.

FEBRUARY 18, 2020 Cocktails & Conversation – hosted by Brian Lucas – enjoyed by all – many thanks to Brian Lucas !

MARCH 19, 2020 (Thursday) - Cocktails & Conversation – to be hosted by Jack Marley - 4-6 pm - 170 Third St, Collingwood, 705.445.3712

MARCH 26, 2020 (Thursday) - Honda Canada, Alliston Plant Tour – 9am – 11 am. Twenty is the maximum.
For info please contact Brian Lucas - brianw_lucas@msn.com

APRIL 16, 2020 (Thursday) - Cocktails & Conversation – to be hosted by Jim Worts - 4-6 pm -137 Cedar St, Collingwood, 705.606.0331.

APRIL 22, 2020 (Wednesday) - Golf at Shelburne - For info please see Bob Phillips.

MAY 13, 2020 (Wednesday) – Butterflies and Bombers Tour
Time: 8:00am – 6:00pm. Travel in a luxury motor coach to the Butterfly Conservatory in Cambridge and then onto the Canadian Warplane Heritage Museum in Hamilton where you will enjoy a buffet lunch and a guided tour. Tickets are \$80 pp and can be purchased at our March 5 meeting.

For info please contact Gord Mackay gordonmackay2727@gmail.com

MAY 19, 2020 (Tuesday) **Cocktails & Conversation** – chez Pierre Tousignant - 4-6 pm – 129 Crestview Court, Blue Mountains.

JUNE 9, 2020 (Tuesday) – Stratford Theatre Trip – matinee production of the popular “ Chicago” – prior to the show we will enjoy an included tour of Stratford’s Costumes and Props Warehouse and on site buffet lunch (well received). We will have an early morning start – travel by bus – maximum of 56 tickets. All inclusive price of approximately \$170 - good value as seating for Chicago is expected to be superior. The very few remaining tickets can be purchased at the March 5 meeting.

JULY 7, 2020 (Tuesday) - Black History Museum Tour, Sheffield 10 am \ \$5 pay at door – a lunch to follow is being considered – details to follow.

AUGUST 12, 2020 (Wednesday) Kings Wharf Theatre presents Fiddler on the Loose! Matinee production [12pm – 4pm]. Meet in Penetanguishene for a waterside picnic lunch by the Theatre. Tickets are \$45pp and can be purchased at the March 5 meeting. Seating is always good!

For info please contact Doug Smith dsmit22@rogers.com

SOCIAL - ONGOING:

► Investments

Informal talks from area financial guys & gals - 2nd Tuesday each month, 10 am – 12pm, Collingwood Library, \$4. This event is sponsored by Blue Mountain Probud. Doors open at 9:45 am - see you on Tuesday, March 11, 2020.

► **Technology**

Wide variety of current tech topics - 4th Thursday each month, 12 noon, Collingwood Library, \$3. Bring your lunch if you wish. An e-mail setting out the date, time, and place of the meetings will be sent out on a monthly basis to all participants who have signed up for either of Investment or Technology.

► **Billiards**

At Moguls - 2nd and 4th Tuesday of each month [12:4pm -3pm] . Contact Jim Theobalds [jayco68@gmail.com] for further info.

► **Poker**

Continuing as usual. Next date is Monday, March 23 at residence of Sandy McLaren - 37 Sherwood St \ (Georgian Meadows) \Collingwood 416-489-9097 - for further info.

► **Seniors' Computer Café**

Hands on assistance with computer & phone issues - intermittently - Community Connections group will send an email to all who have signed up with details of future meetings which are held at New Life Church , Collingwood. No cost.

THE OPENING

O' Canada led capably by Ian Godwin – thanks Ian !

MEMBERSHIP NEWS

New members introduced and welcomed:

Erwin Embacher \ Tom Kochuta \ Andy Woodcock

Welcome Gentlemen !!!

IN MEMORIAM

We regret to announce the recent passing of long time Probus member and WWII veteran Fred Whitehead in his 96th year. There will be a Celebration of Life at the Royal Canadian Legion, Collingwood, Sunday April 26th, from 2.00 to 4.00pm.

www.fawcettfuneralhomes.com/memorials/fred-whitehead/410913/obituary.php

PROFILE - Fred Promoli presented [together with an extensive number of slides] on his seven week bike tour in India \ Nepal. Members thoroughly enjoyed Fred's presentation. Many thanks Fred !

SPEAKER

Erin Churchill, RN, Nurse Practitioner gave an excellent \ lively presentation on men's health issues.

BSc. Honours Kinesiology from the University of Waterloo (1993)
BSc. Nursing from York University (2000)
Mount Sinai Hospital - Emergency and Dept. of Infection Control (2000-2010)
Primary Care Nurse Practitioner Certificate from Ryerson University (2009)
Georgian Bay Family Health Team (2010-present)
Ontario Race Physicians Race Medical Team who provides medical intervention and rescue for race car drivers/support
Vancouver 2010 Winter Olympics – RN at Bobsleigh, Luge and Skeleton events
Toronto 2015 Pan Am Games as Lead Medical Coordinator for Exhibition/Media Centre

This presentation was thoroughly enjoyed by our Members – as evidenced by the many questions asked during the Q&A.

SOME OF THE TOPICS COVERED

Colon Cancer

Second most commonly diagnosed cancer in Canada and 2nd leading cause of death from cancer in men

Risk factors include: - +Family history, older age, African American Race, +personal history of inflammatory intestinal issues or colorectal polyps, low fibre or high fat diet, sedentary lifestyle

Colon Cancer Screening

Asymptomatic people 50 to 74:

Without a family history -“FiTT” test every 2 years

OR

A flexible sigmoidoscopy (colonoscopy) every 10 years

Cancer care Ontario does not recommend screening adults aged 75 years or older

Any significant changes in regular bowel habits should be investigated

Prostate Cancer

Most commonly diagnosed non-skin cancer in men

3rd leading cause of cancer-related deaths among men in Canada

Risk increases after age 50 and peaks around 74

Risk decreases slightly after age 75, but still remains high

Risk is higher if you have a father or brother who had prostate cancer

Prostate Screening

Cancer Care Ontario does not support generalized population-based screening program

Little evidence benefitting the PSA test (blood test)

Always investigate any new and worsening urinary symptoms/changes

OHIP only pays for the PSA test for men who are suspected of having cancer, receiving treatment or being followed after treatment for cancer

Lung Cancer

Leading cause of cancer death in Ontario
Using low-dose CT scan to screen people at high risk X 3 years

High risk: adults aged 55-74 years with at least a 30 pack-year* smoking history who currently smoke or quit less than 15 years ago

For all other adults, regardless of age, smoking history or other risk factors, they do not recommend not screening for lung cancer

Recommend that chest x-ray not be used to screen for lung cancer

**pack-year defined as the (average number of cigarette packs smoked daily) x (number of years smoking)

AAA –Aortic Abdominal Aneurysm

Localized enlargement/weakening of the abdominal aorta

Prevalence of AAA among men aged 65 to 80 is reported to be four to five times higher than in women of the same age

Risk factors: age, male, Caucasian, smoking, family , personal history of aneurysm

New screening guidelines recommends one-time screening with ultrasound for AAA for men aged 65-80
Screening is not recommended for women or men older than 80

Skin Cancers

Melanoma, Basal Cell Carcinoma, Squamous Cell Carcinoma \ No screening tests – however annual skin checks are advisable

Older men particularly vulnerable on face and head \
Monitor for any mole changes, non healing lesions, lesions that bleed easily or frequently, itchy and flaky \
Can be treated in office/locally usually with Liquid Nitrogen, or topical treatments

Blood Pressure And Diabetes

Check BP -once a year
On a blood pressure, cholesterol medication– once a year
Type 2 DM – depends on how controlled you are:
anywhere from 3 months to yearly
Poorly controlled blood sugars or uncontrolled blood pressures are often seen more frequently

Other "Screening" Tests To Consider

BMD – Bone Mineral Density for osteoporosis

Hearing – every 5 years or with any acute hearing changes

Eyes – every 2 years,

Dental – check up/cleaning annually

Blood work – every 2-3 years

Vaccines

Pneumonia

Shingles

Tetanus/Pertussis

Travel: Hepatitis A and B (Twinrix)

Annual influenza injection

ED – Erectile Dysfunction

Common reason men visit the doctor

Often associated with those with diabetes, hypertension, stress, excessive alcohol use, medications, prostate issues, anxiety/depression

Is a predictor of CV disease related events and can be a sign of undiagnosed CV disease

Treatments could include: medication, testosterone replacement, counselling

Depression And Mental Health

Common, often overlooked or confused with other problems

Retiring/changes in lifestyle

Memory changes

Physical changes

Friends dying/ill

Own Mortality

Caregiver issues

Mental Health Strategies

”Exercise” brain – crosswords, cards, sudokus, read

Increase physical exercise

Caregiver – don’t be afraid to ask for help

Utilize local resources

Monitor alcohol intake, smoking, diet

Continue with social networks and avoid social isolation

Talk, volunteer, join

Erin was thanked by the Club and was presented with George Christie’s famous pen ! Thanks George !

Thank you Erin !

FIFTY \ FIFTY WINNERS

Congratulations to winners John Nell & Ron Smith.

Friendly reminder = winners are on the hook to man the 50\50 desk for the March 5 meeting [or to arrange a substitute].

Note: New members are welcome to join the 50\50 desk from time to time as a way of getting to know Members better on a brief & informal basis.

Meeting then adjourned with many of us attending the Legion's fine dining for lunch.

Note: Any opinions expressed herein are solely those of the newsletter editor unless otherwise specifically indicated \ source attributed. Errors are the responsibility of the editor. Feedback \ Suggestions are most welcome ►► gord@halllaw.com.

► The Legion's new Heart Defibrillator is located behind the bar. Atrial fibrillation is an irregular and often rapid heart rate that can increase risk of stroke, heart failure and other heart-related complications. We now have a team of volunteers, trained in the operation of the Automated External Defibrillator. If you would like to volunteer your services, please contact Steve Hawker.