

Contact us at: collingwoodprobus@gmail.com

2021 MARCH NEWSLETTER

NEXT MEETING THURSDAY APRIL 1, 2021 – ZOOM
[10:30 am start] || 10 am – start of pre-meeting hook-up period]

MANAGEMENT COMMITTEE

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

NEWS OF THE IMPORTANT KIND

▶ **APRIL 1 (Thursday) April 's Speaker's Topic at our Zoom Presentation will commence at 10:30 am on April 1, 2021**

Zoom app. opens at 10 am \ Meeting starts at 10:30am. (Watch for the Zoom Meeting invitation coming on Wednesday, March 31, 2021).

Speaker: Geophysicist Jim Henderson, PH.D., P.GEOPH., FEC (HON), Consultant Emeritus will present on the:

“Adventures of a Geophysicist Born in Collingwood ”

“I went to school in Collingwood with a Virginia Smart. Living in Collingwood actually resulted in my having a lifelong interest in water. It has been one of the tragedies of living for so long in Calgary that I miss being by a large body of water. My M.E.Des was coming up with an Ecosystem Approach to Groundwater Management for North and South Pender Islands on the west coast of British Columbia. My PhD continued my research on those islands. In my career I have worked in every province and territory in Canada with the exception of PEI. This includes working beneath Lake Huron in a salt mine and under the Atlantic in a coal mine. I have had the opportunity to work in New Caledonia, Nigeria, Brazil, Madagascar, and the United Arab Emirates. Around all of the work time, I have managed to run 10 marathons and many half-marathons, 10 kms, and 5 kms road races. It is a long way

from my humble beginnings in Collingwood delivering the Toronto Telegram. The last time that I was in Collingwood was about 3 years ago. It has changed a great deal. ”

ED : Check out the last three !

Geophysicists apply the principles and concepts of physics, mathematics, geology, and engineering to the study of the physical characteristics of the earth and other planets. As a geophysicist, you would measure gravity and magnetic fields, seismic waves, temperatures, and natural electric current.

▶ We are looking forward to getting back to normal in the months ahead with the usual Club events & activities. Hopefully, we will be able to meet up in person at our Annual General Meeting ! We have booked our Christmas Luncheon for December 2, 2021 at the Alpine Ski Club’s lovely facility.

▶ Our Club’s new year starts on July 1, 2021.

▶ To keep current, check out our up-to-date website:

www.probuscollingwood.ca.

▶ Future Events – Stay tuned for updates on the following outdoor activities:

- i) possible members’ car rally – tentatively for last week of May – first week of June
- ii) local biking
- iii) restart of golfing

▶ **Updated Member Incentive Program**

Upon bringing a friend as a guest to any of our Zoom 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.

OUR MARCH ZOOM MEETING

THE OPENING

- Members joined in from their homes to a lovely rendition of O' Canada by The Tenors.
- President Mike extended greetings to all Members. He reminded Members of the importance of inviting friends to a Zoom meeting – please advise John Megarry and he will send a ZOOM INVITE by e-mail. New member John Southcott was welcomed.

PRESENTATION BY MEMBER DOUG BROWN

Member Doug Brown [a retired school psychologist – 120 schools \ 60,000 students] gave an excellent and beneficial talk on the **Effects of Covid 19 on Our Health** which was very well received.

Traumatic events and Stress go together !

Covid is a traumatic event !

What can we do about it ? Try and normalize:

- just one more event in life \ ups & downs of life \ change in relationships on life's journey

Each individual tends to react the same to traumatic events"

DOUG'S NOTES

1. **TRAUMATIC EVENTS (COVID-19) and STRESS go together!**
 - a. How do they affect us?
 - b. What can we do about it?

2. **NORMALIZE** – Our Members are older & more experienced in life events & losses.
(business, sports, moving, death, plans, job, relationships)
But we are human & not immune.

3. **HOW DOES SOMETHING LIKE COVID-19 AFFECT US?**

Definitions:

- a) **Trauma** – highly “emotional” and beyond our “control”.
- b) **Grieving** – “the **emotional, physical, intellectual, behavioural and spiritual process** [what is life all about] of adjusting to the loss of someone or something of personal value” over time.

When our world that “should be” differs from our world that “is”.

Each person is unique in this journey!

CONSIDER:

- Unique background experiences with tragedy
- Emotional topic, with words and feelings such as fear, vulnerability
- Experiences vary greatly – young/old, near/far, sudden/anticipated
- Symptoms vary among individuals
- Coping strategies vary among individuals
- Cultures differ
- Cannot be avoided
- No quick solution
- Stressors can accumulate
- Individually unique thresholds
- Triggers

4. **WHAT CAN WE DO ABOUT IT?**

THREE USEFUL FRAMEWORKS!!!!

- 1) Two groups to consider: a. self, b. others
- 2) “FIX IT” rather than just “BEING THERE”
- 3) What we do we need:
 - a. Information
 - b. Acknowledge \ express feelings
 - c. Plan some action(s)– present and future

5. **DO’S – COPING WITH COVID !**

- Get frequent updates – information is power – people want to know what happened \ curious about information
Why ? Answer: May effect me
 - Get some “control” in your life – routines
 - Have one or more close persons including family [not counselling \ not medications]
 - Acknowledge that things are different - & make your own plans
 - Help others \ Get involved
 - Have a purpose
 - Reach out for help – ask
 - Avoid tunnel vision – expand your horizons
 - Practice healthy routines – eating, exercise, alcohol, sleep
 - Think in the present – not the past or the future
 - Attitude - positive self-talk, positive imaging, grateful journaling
 - Basic stress relief tips – see lists
 - Be open to new resources and routines, e.g., library, Zoom, Face Time, takeout meals, walking, biking, cross country skiing, learn computers, etc.
 - Music, games, puzzles, hobbies, phone calls, Probus meetings, Netflix, books
 - Make & have plans for life – be prepared to adjust them
 - Share and collect ideas with family and friends
 - Smile, and they’ll wonder what you have been up to
 - More???
- Remember – “if you don’t use it, you will lose it”
“All talk and no action.....”
- Lets learn from this Pandemic !

OUR SPEAKER – AUTHOR JOHN BOYKO

John spoke on his forthcoming book:

“ The Devil's Trick How Canada Fought the Vietnam War.”

More than forty-five years after the fall of Saigon, John Boyko brings to light the little-known story of Canada's involvement in the American War in Vietnam. Through the lens of six remarkable people, some well-known, others obscure, bestselling historian John Boyko recounts Canada's often-overlooked involvement in that conflict as peacemaker, combatant, and provider of weapons and sanctuary. When Brigadier General Sherwood Lett arrived in Vietnam over a decade before American troops, he and the Canadians under his command risked their lives trying to enforce an unstable peace while questioning whether they were merely handmaidens to a new war. As American battleships steamed across the Pacific, Canadian diplomat Blair Seaborn was meeting secretly in Hanoi with North Vietnam's prime minister; if American leaders accepted his roadmap to peace, those ships could be turned around before war began. Claire Culhane worked in a Canadian hospital in Vietnam and then returned home to implore Canadians to stop supporting what she deemed an immoral war. Joe Erickson was among 30,000 young Americans who changed Canada by evading the draft and heading north; Doug Carey was among 20,000 Canadians who enlisted with the American forces to serve in Vietnam. Rebecca Trinh and her family fled Saigon and joined the waves of desperate Indochinese refugees, thousands of whom forged new lives in Canada.

Through these wide-ranging and fascinating accounts, Boyko exposes what he calls the Devil's wiliest trick: convincing leaders that war is desirable, the public that it's acceptable and combatants that what they are doing and seeing is normal, or at least necessary. In uncovering Canada's side of the story, he reveals the many secret and forgotten ways that Canada not only fought the war but was shaped by its lessons and lies.

- Boyko's thesis is that Canada is a “conversation” on who we wish to be.
- He picks six people whom he uses to guide the reader through the Vietnam war. He notes that over 20,000 Canadians fought in Vietnam.

- John Boyko is expected to appear on TVO's The Agenda with Steve Paikin on April 2021.
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THE SONG BIRD ARE BACK !

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.
