



# PROBUS CLUB OF COLLINGWOOD

Contact: collingwoodprobus@gmail.com

## NEWSLETTER

JULY, 2017

NEXT MEETING THURSDAY AUGUST 3, 2017 – BEAR ESTATE HALL – 9.45 A.M. – 11.45 A.M.

### MANAGEMENT COMMITTEE

PRESIDENT: BOB MACNAIR

VICE PRESIDENT RUBEN ROSEN

SOCIAL: GREG GEEN

SECRETARY: AL WALLACE

TREASURER: MIKE MARTYNUK

SPEAKERS; RUBEN ROSEN

MEMBERSHIP AND PAST PRESIDENT: JOHN MEGARRY

NEWSLETTER:

ERIC SKEOCH

### ANNOUNCEMENTS

In recognition of Canada's 150<sup>th</sup> birthday, our meeting began with Wee Wallace piping in the management moguls who solemnly marched to the front of the hall and led a rousing round of *Oh Canada*.

Still slightly on the limp from recent surgeries, President MacNair welcomed all and immediately recognized guests Dennis Onn, Calvin Holden, Chuck McCarthy, Elgin Wolfe and John Capelin. Bob also presented a Members' badge to Bernard Longman.

Bob informed the members that when he attended the recent Probus gathering in Cambridge he was pleased to learn that Probus Canada has a song! Bob has memorized the words and plans to lead us with a few verses at the annual General Meeting in September.

We were reminded that our AED team is now fully prepared for any emergency.

Dues are now due! The current price is right, at \$45, but due to some new expenses will rise to \$55 by August. So let us know before the next meeting if you want to sneak in at the lower rate.

Bob reminded us again that any Probus member who are interested in taking advantage of the Johnson Insurance plan which offers coverage without a medical and also offers a good travel insurance plan should contact Bob for a brochure. The plan is available until October of 2017.

### SOCIAL COMMITTEE

Social Committee Chair Greg Geen reported on the recent social outings at Georgian Downs, golf, a Trails Ride, and Theatre Collingwood. Many

thanks to organizers Richard Isaacson, Mike Lee, and George Christie.

And here's what's looming on the horizon.

- July 13 Golf at Marlwood

-July 18- Lady Muskoka Cruise (Gary Holzendorff)

-July 24- Bike ride to Stayner

-August 17- Annual King's Wharf outing and picnic lunch. (Sandy White)

- September 13- *Dean and Jerry* at the Gayety Theatre

-Oct. 18 -Fall colours train ride and lunch from Orangeville (Richard Isaacson)

### SPEAKERS REPORT

V.P. and Speakers' Chair Ruben Rosen announced that the following speakers are ready to go.

August – Ross Parr, Collingwood's new Fire Chief.

September – OPP Inspector Mary Shannon

If you have suggestions for a Christmas speaker, please contact Ruben.

### MINISTER OF CULTURE

The Minister is back and brought with him a nice selection of cultural anecdotes, plus a short video on "Why Paddy was not at work today."

### SPECIAL DENIS BRIGGS

Denis served in the Canadian Navy from 1954 until 1982, achieving the rank of Lieutenant Commander, and latterly served with NATO.

Denis had two interesting incidents to share with us.

In September of 1953, just prior to the first days of his RCN service, Canada joined other NATO vessels in a major exercise off Iceland and Greenland. Canada's aircraft carrier Magnificent and three destroyers were part of the exercise. On the 23<sup>rd</sup> day of the September exercise, as the ships proceeded, Canadian aircraft reported the existence of a significant fog bank in the North Atlantic region. For some reason the US navy communication personnel did not get the report. "No risk of fog" was recorded aboard the two American aircraft carriers and the Magnificent and fifty-two aircraft, nine of them from the Magnificent took off and aligned in formation.

One hour later the fog rolled in and the 52 aircraft were immediately and urgently recalled. Only ten U.S. aircraft made it back before the fog was so dense that landing on the carriers, a dangerous exercise in normal weather, was an impossibility. Visibility was "0"!

Failure to get the planes back would be catastrophic. The options facing the fleet Commanding officer were grim.

Greenland was 360 miles away and the aircraft would not have sufficient fuel to make it that far.

Ditching in the sea would be an almost impossible choice in heavy seas with 40 mph winds, and in the fog. Even if one survived the ditching, life expectancy in the north Atlantic was 20 minutes.

It was at this point that a report was received from a submarine approximately 100 miles away that the fog had lifted in that vicinity and the decision was made to direct the 42 aircraft to the longitude and latitude of the submarine's location and to ditch where they could.

Miraculously, within the next hour, the fog lifted, the planes were recalled with instructions to "find a carrier and land on it". All 42 aircraft made it back, most of them almost out of fuel. [Ed note; No doubt many needed a change of underwear.]

Denis's second story was not quite as dramatic but equally interesting. Unfortunately he didn't have much time to provide us with all the details. A surplus Canadian warship was purchased by Aristotle Onassis for \$34,000 and refitted as his personal luxury craft for the sum of four million

dollars. Renamed the Christine O, it was inherited by Onassis's daughter of the same name and chugged around the Mediterranean for a few years and eventually donated to the Greek navy. Denis enjoyed an evening on board the Christine O at one point and had a few photos of its luxurious interior. Hopefully we will have a chance to hear more from Denis at a later meeting. He obviously has some stories to share.

#### **SPEAKER MARJORIE MEDLEY**

Marjorie has had an impressive and obviously very successful background in pharmacy. She is presently a consultant and it became very obvious that she is a skilled speaker.

It also became obvious to me that I was not going to be able to summarize her presentation in any useful way because pharmaceutical issues are issues between you and your physician.

Marjorie covered a lot of ground, touching on sun exposure and *wild* as opposed to *farmed* fish, fortified foods as sources of Vitamin D, "facts" about Omega 3, Zinc, mega doses of various vitamins, differences regarding dosages for the under 50's as opposed to the more senior men, the need to monitor your own body rather than just "wasting your money on what is currently being marketed", testosterone (TST) doses and its side effects, the proton pump, the differences between milk almond milk and chocolate milk, meal a day "boosts", weight and diet, and a myriad of other topics.

There were lots of questions, mostly on particular medications or pharmaceuticals. And in all cases Marjorie advised a us to apply, as a guideline the following. "Read, listen, don't react too quickly, ask questions, and remember that your body is smarter than you think."

It was a very impressive presentation. Marjorie brought along a gift package. Jack Marley won it. Marjorie was thanked by Bob and presented with a Gerry DeLeskie pen and pencil set.

Our 50 50 winners were Bob Milthorpe and Eamon O'Dowd, both of whom will person the table next month.



