



PROBUS CLUB OF COLLINGWOOD

Contact: collingwoodprobus@gmail.com

NEWSLETTER

MAY, 2018

NEXT MEETING THURSDAY JUNE 7, 2018 – WATTS ROOM at CRANBERRY – 9.45 A.M.

MANAGEMENT COMMITTEE

PRESIDENT: RUBEN ROSEN

SOCIAL: SANDY WHITE

SPEAKERS; PAUL TRANQUADA

PAST PRESIDENT BOB MACNAIR

SECRETARY: AL WALLACE

MEMBERSHIP: JOHN MEGARRY

VICE PRESIDENT GREG GEEN

TREASURER: MIKE MARTYNUK

NEWSLETTER: ERIC SKEOCH

ANNOUNCEMENTS

After our usual rousing chorus of the National Anthem led by Ian Godwin, President Rosen put out the call for guests. John Heinritch and Michael Coward were introduced and welcomed. Shortly thereafter a new member, John Lowndes, was badged and given the usual royal welcome.

SPECIAL PRESENTATION

In an agenda shuffle which temporally confused me, a bit earlier than usual we went to our special guest, physiotherapist Marci Janecek, who outlined the *Building Balance Program* which she offers at the South Georgian Bay Community Health Centre.

In addition to describing the features of her program, Marci provide us with some interesting and somewhat scary facts about our physical health after age 30 and the various preventive steps we can take to minimize injuries.

Here are some of the points Marci made;

- After age 30 we begin to lose muscle strength at a predictable rate - by age 80 we have lost 30% of our strength.
- Falls are the 6th leading cause of death and these occur mostly in the home.
- The causes range from biological, behavioral, hazards in the home, or social.

Marci's program begins with an assessment session followed by exercises in balance, dynamism, strengthening, and education in such things as how to get up off the floor after a fall. A video showed the before and after results of some successful participants in the program.

It was a most impressive presentation. Marci can be reached at marci.janecek@sgbchc.ca or 705 422 1888.

CLUB NEWS

-Our talented I.T. guru Hal Keiser is relinquishing his role at the power point position. Many thanks are extended to Hal for bringing us into the 21st century. John Megarry is seeking volunteer electronic wizards to fill Hal's big shoes.

-As far as we know most members arrived at the Watt's Room on the right day for our May meeting. Next month we are again at the Watt's Room but on our regular Thursday meeting day.

-When construction begins in October we will relocate to the Collingwood Legion site, where a delicious sandwich is available for a mere \$5!

-Our annual December Luncheon meeting will be at the Alpine Ski Club- lots of news to follow.

-We have been informed that Georgian College offers an Introduction to Computers course which focuses on basic training. Give John Megarry a call if you are interested.

-President Rosen gave us an update on the dog-whisper's report on happenings in the canine world. Ruben's vet paid a visit and was apparently impressed.

-The Investment SIG meets at 10 a.m. at the library on the second Tuesday of the month. The Technology group on the 4th Thursday at 12, and the Computer Café Club on the 3rd Wednesday at 1.00 at the Rotary Centre.

Contact Terry Billo at 519 577 7201 or tjbillo@rogers.com.

-Treasurer Mike Martynuik reminded the members that fees are due. The rate is \$55 if you pay before the July meeting and \$60 thereafter. Please opt for the pre-July date so that the collection is out of the way nice and early.

-The Blue Jays game (a 15 to 5 win) was a great outing. There was not sufficient interest to arrange a second game.

June 16 – Trip to Georgian Downs. Richard Isaacson is the contact, and has indicated that he is open to a mine-course on betting on June 13. Contact Richard at 705 446 1222.

June 20 –Cruise on Collingwood Harbor. Jack Marley is the contact person.

August 16 – Hairspray at King’s Wharf

October 10---Come From Away; waiting list only.

-Golf is at Shelburne. Call Mike Lee at 705 445 9881.

SPEAKERS REPORT

Paul Tranquada informed the members that our June speaker will be our own *Tom Bell on Cycling the Length of South America*.

MINISTER OF CULTURE

It is rumored Minister of Culture Wayne Caswill is being pressured by Air Canada to return to service flying the Toronto / San Fransisco route. Apparently he knows the landing procedure better than most. We hope will resist Air Canada’s enticements because he is doing a reasonably good job with us in his present job.

SPEAKERS CHRIS ALLEN, ALISTER FIELD

Chris and Alister came to us from the Ontario Securities Commission with a wealth of information on the Common Investment Scams that are out there just waiting for an opportunity to lure us in. No doubt many of our members are all too familiar with the scammers.

The presentation informed us of what sanctions the Commission can implement when the fraudsters are caught. These range from reprimands and banning to jail terms for Criminal Code violations.

The real benefit of the presentation flowed out of the description of the scams which come closest to all of us who have a telephone. One in twenty Canadians are victimized, and frequently the stories never get told because they are embarrassing to admit. Spouses often don’t even tell their partners. And there is also the possibility of psychological damage. Here as some scams to beware of:

-The Affinity Fraud sees the fraudster joins a group or organization and use the group’s identity to gain a target’s trust.

-The Ponzi or Pyramid Fraud offers you a chance to “get rich quick” and pays early investors from the money acquired from more recent investor’s investment.

-The Forex Scheme promises low risk and high returns on the foreign exchange market.

-Exempt Securities pitches that investments are “usually” available only to the very wealth, but you can get in on it.

-The Pump and Dump Scheme via a phone call offers an investment in a phony company.

-The Binary Option lures you in on an “all or nothing” bet on how an asset will perform.

-The Double Dip Report scam has con artists creating, re-using, and even selling a list of victims. Chris and Alister had some valuable advice.

-Watch for the warning signs:

- Do I have a deal for you!

-High return, low risk!

-Recruit your friends for this one!

-Unregistered sellers.

-Falsify your financial information!

-You can avoid paying Tax.

In general, don’t be so nice; don’t go to the front door; don’t ever give out personal information. If you have any suspicions, phone the police or the Ontario Securities Commission at 1 877 785 1555 or Google CheckBeforeYouInvest.ca. Chris and Alister knew most of them currently out there. Ruben thanked our guests for a great presentation.

Our 50 50 winners were Tom McConnell and Tom Stefanyk.

