



THE NEWSLETTER

The PROBUS Club of Simcoe & District
Meets second Tuesday of each month at St. James United Church hall

*Celebrating
25 years*

NO MEETING IN APRIL WHILE WE SOCIAL DISTANCE!

Review of March 10, 2020, meeting:

Before the meeting President **Murray Uren** and original 1995 member **Keith Rumble** cut an anniversary cake, which members enjoyed with their morning coffee.

President **Murray** called the meeting to order at 10 a.m. and welcomed guest **Kaji Kado**. **Keith Rumble** led us in our national anthem.

PROBUS business:

Program: **Gerald Sheppard** is taking over from **Dan Pearson**.

Finances: **Dave Montross** reported we have a new member.

Field trips: **Dick Pearson** is trying to arrange a visit to Breyers ice cream factory and the Woodland Cultural Centre. **President Murray** is arranging a visit to a vegetable farm in late summer.

House: **Rick Middaugh** reported all is well.

Wellness: **Gerald Sheppard** reported **Gus Takacs'** wife, **Julia**, is recovering from a cracked hip.



President Murray Uren (left) and original member Keith Rumble cut a cake celebrating our club's 25th anniversary.

Guest speaker: Susan Cuming

Dementia is not a normal part of aging, said **Susan Cuming** of the Alzheimer Society. Dementia is a set of symptoms. People with these symptoms should get tested. Sometimes it's not dementia. Problems could be caused by medications, depression or inflammation. But if it is dementia, Alzheimer's disease is the most common kind.

It's normal to forget things and remember them later. It's normal to sometimes forget names, what day it is and details of experiences. It is not normal to forget how to do things or your wife's name. It's normal to forget where your car keys are. It's not normal to forget what car keys are for.

10 warning signs:

1. Memory loss that affects day-to-day activities.
2. Difficulty performing familiar tasks like tying your shoes.
3. Problems with language, forgetting names and nouns.
4. Disorientation in time and space; for example, getting lost on your own street.
5. Impaired judgment, wearing clothes not appropriate for the weather.
6. Problems with abstract thinking; for example, can't handle finances.
7. Misplacing things; e.g., a wristwatch in the sugar bowl.
8. Changes in mood or behaviour; mood swings may occur for no apparent reason.
9. Changes in personality; may become confused, suspicious or withdrawn or act out of character.
10. Loss of initiative; may become passive and uninterested.

Tips to maximize your memory:

1. Diet, exercise and lifestyle are important to maintaining memory.
2. Practise skills to avoid losing them. Exercise your brain by reading, doing crosswords or puzzles and by playing trivia games.
3. Leave yourself notes and to-do lists. Leave in plain sight things you have to deal with.
4. Reduce stress.
5. Keep socially active.
6. Protect your head from injury.
7. See your doctor. An early diagnosis can mean support and services.

For more information, visit www.alzheimer.ca.

Dan Pearson introduced our speaker and **Murray Uren** thanked her.



Susan Cuming

PROBUS: A brief history

What is PROBUS? **David Judd** gave a brief history of PROBUS and of our Simcoe and District Club, which this year is celebrating its 25th anniversary.

PROBUS is a volunteer-based, non-profit, non-sectarian fellowship organization with more than 4,000 clubs worldwide with 400,000 members, 255 clubs being in Canada with more than 38,000 members. The organization's goal is to provide Fellowship, Friendship and Fun for people in their retirement and semi-retirement years. Clubs are simple in structure, free of constraints and obligations of service clubs and involve members at minimal cost.

The first PROBUS club was formed in 1966 by the Rotary Club of Caterham, England. PROBUS comes from PROfessional and BUSiness. Probus also happens to be a Latin word for honest or probity. In 1974, PROBUS expanded to New Zealand and in 1976 to Australia. The first club in North America started in Cambridge, Ont., in 1987. Today there also are clubs in the U.S., Belgium, India, South Africa and several other countries in Africa and Asia.

The PROBUS Club of Simcoe and District was organized by the Rotary Club of Simcoe in 1995. The founding meeting was held on Nov. 15 at the Little River Inn. Officers were: President **Bob Winch**, President Elect **Bill Burt**, Secretary **Don Walker**, Treasurer **Don Gardner**, Program Chair **Ray Davies**, Membership **Foster Hutton** and Special Events **Dave Seely**.

By January 1996, 44 members had paid yearly dues of \$24 or \$2 a month.

Members, as of 2003, included Jack Beamer, Bruce Bowyer, Brian Cook, Zeke Gulabsingh, Dick Pearson, Nestor Rosa, Keith Rumble, Gus Takacs and Dave Walker.

Farewell, W. Lloyd (Sparky) Brown, honorary PROBUS member

Peacefully, surrounded by family, at Cedarwood Village on March 5, 2020, in his 98th year. Beloved husband and best friend of Shirley for 73 wonderful years. Cherished father of Christine Elizabeth Ritchie, Lori May Ash and Susan Marie Brown. Adored Papa of granddaughter Katie May Ritchie. Lloyd joins his dear younger brothers; Grover (late Carolyn), Sanford 'Nip' (late Helen), William 'Billy' (late Betty), and Ted (Judy). He was the first of five to arrive and the last to depart. He described himself as "a proud Canadian, Simconian, and Metcalfe Streeter!" Lloyd began his Militia service in 1938 with the 25th Field Brigade, enlisting for Active Service in June 1940. He served with the 3rd Field Regiment, R.C.A., 1st Canadian Division, in England, Italy, Belgium, Germany and Holland, returning home in October of 1945 at age 22. He joined the Reserve Army in 1949 and completed his service as Battery Sergeant Major six years later. Lloyd was a devoted and well known member of the Simcoe community through his career and volunteer work. He retired from the Liquor Licence Board of Ontario, as an Inspector, on June 25th, 1985. Lloyd joined the Royal Canadian Legion, Branch 79, in 1952 and held various positions, including Branch Service Officer and Deputy District Commander. He thoroughly enjoyed curating the Archives and with the help of Comrades and kind donations from the public, they amassed an impressive display of Norfolk's military history, which can be viewed at Branch 79. Lloyd was the longest



Lloyd Brown

serving Branch member and received numerous honours including the Meritorious Service Medal with Palm Leaf. He was a Charter member and Past President of the Who Did It Club and we have many fond memories of attending picnics there! He joined The Masonic Lodge, Norfolk No. 10 and though not as active as he would have liked, he took great pride in being a Mason. Lloyd indulged Shirley's passion for travel and they shared many excellent adventures together, both in Canada and overseas. He was generous, humorous and loved to golf with his pals. He was an amazing, supportive dad and papa, famous for his pancakes! A life well lived. He will be forever missed. They were called to serve their Country, some, more fortunate than others, came back. We are so blessed that Sparky Brown came back. At Lloyd's request, cremation has taken place. Funeral took place on March 28. Our family would like to express our sincere gratitude to the compassionate and dedicated staff at Cedarwood Village Long Term Care. If desired, donations may be made to the Norfolk General Hospital The Year of the Cat 2.0 campaign in Lloyd's memory.

More from PROBUS' 25 years of jokes:

A polar bear walks into a bar and says to the bartender, "I'll have a gin and tonic."

The bartender asks, "What's with the long pause?"

The bear says, "I dunno. I've always had them."

Walking into the bar, Harry said to the bartender, "Pour me a stiff one, Eddie. I just had another fight with the little woman."

"Oh, yeah," asked Eddie. "And how'd this one end?"

"When it was over," Harry replied, "she came to me on her hands and knees."

"Really? Now that's a switch! What did she say?"

"She said, 'come out from under that bed, you gutless weasel.'"

A string walks into a bar and the bartender says, "We don't serve your kind around here, so you'll just have to leave."

So the string walks out of the bar and sees two young ladies walking along the street and asks one to tie him in a knot and the other to kinda fluff him out a little with a comb.

After thanking the ladies, the string goes back in, sits down at the bar and asks for a beer.

The bartender says, "Aren't you the same string I just told to leave?"

The string replied, "No, I'm a frayed knot."

Police arrested two kids.

One was drinking battery acid. The other was setting fireworks.

They charged one and let the other one off.