



THE NEWSLETTER

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

NATIONAL
PROBUS
MONTH

MEETING NOTICE

Tuesday, March 12, 2019

10 a.m., Muriel Bridge Room, St. James United Church, Simcoe.

9:30 a.m., Book Exchange, Socializing and Coffee.

Guest Speaker

Dave Stelpstra

Evolution of policing in Norfolk County

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Review of Feb. 12, 2019, meeting

Former President **Frank Brock** called the meeting to order at 10 a.m. and welcomed 15 members who had braved the weather. **Brian Cook** led us in our national anthem.

PROBUS business

Special events: **Dick Pearson** is working on a tour of Simcoe's waste water treatment plant.

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

Newsletter: **David Judd** thanked **Zeke Gulabsingh** for adding several magazines to our book exchange.

The basic purpose of PROBUS is to provide its members with regular opportunities to keep their minds active, expand their interests and to enjoy the fellowship of new friends.

If you are an active retiree, you may like to join a social club to enjoy friendship, fellowship and fun. PROBUS can offer a great avenue of interests and new horizons.

Guest speaker: Dr. Stephen Maltais

Naturopathic **Dr. Stephen Maltais** told us our bodies always want to be healthy — physically, mentally, emotionally and spiritually. When we're ill, we must find the cause of imbalance.

Dr. Maltais grew up in Dryden, Ont. He has practised for 14 years, the last 10 years in Port Dover. Many patients hear about him through word of mouth. Here are some of his thoughts.

- Stress causes 80 per cent of disease. People who get rid of stress are sick less often.

- Our immune system produces substances to help fight infection and disease. Vitamin C, vitamin D, zinc and the mineral selenium boost the immune system. Seventy per cent of the immune system is found in the gut. Certain foods bug the lining of the gastro-intestinal tract, causing reaction in the gut and along the tract to the nose and throat. You can buy a test from LifeLabs in Simcoe to identify foods you should not eat.

- To reduce inflammation, drink water, move or do exercise, add healthy food to your diet, breathe deeply or detoxify.

- “If you're struggling with health, make soup.”

- Drink water for headaches and reduce pain (but not nerve pain). Write down how bad the pain is out of 10. Drink a bottle of water (two glasses) and see what the pain is like in one-half hour. If no change, drink one-half bottle of water every half-hour for up to three hours or, if pain is tolerable, stop before three hours.

- Leftovers in the fridge should not be eaten after 72 hours.

- Magnesium can eliminate constipation.

- Iron gives energy, reduces anxiety and improves sleep.

- Vitamin B12 gives energy and fights psoriasis.

- Lower blood sugar with chromium or gymnema, a plant that reduces craving for sugar. Snack on nuts and dark berries to lower your blood sugar.

- To help the prostate, avoid potatoes and bread with yeast.

- Breathe to relax: breathe in for eight seconds, hold your breath for eight seconds and release for eight seconds.

- If you need energy, hold your breath for 16 seconds.

- Detoxify means to eat less so the body has a chance to repair itself.

- Fight off colds with zinc, vitamin C, vitamin A, vitamin E and selenium and with echinacea and vitamin D.

- Having the occasional cold keeps the body's immune system tuned up.

- Wash hands to avoid the flu or colds.

- Flu shots have a modest effect for people over 65. The shots work well for children over two years old. They work a bit for adults.

- Zinc and selenium help prevent the flu. If you get the flu, take vitamin D.

Dan Pearson introduced **Dr. Maltais** and **Dick Pearson** thanked him.

E-mail **Dr. Maltais** at DocMaltais@kwic.com.



Dr. Stephen Maltais

Who Am I: Ed Cordner

William Edward (Ed) Cordner was born outside Belfast, Northern Ireland, on June 28, 1954. His father was a police officer with the Royal Ulster Constabulary and his mother was a secretary at the company that distributed Guinness. Ed has a sister in Northern Ireland and a brother in Scotland. Ed grew up during “the troubles,” a violent era in Irish history.

Ed showed photos of some of Belfast’s historic and handsome buildings, including Stormont, which houses Northern Ireland’s Parliament. He also showed the Titanic museum at Harland and Wolf, the Belfast shipbuilder. Northern Ireland’s green countryside and rocky coastline are beautiful.

In July 1972 Ed joined the Royal Air Force and took technical training. He serviced Avro Vulcan bombers at RAF Waddington in Lincolnshire. Ed flew around the world visiting Australia and Singapore. In 1974, Ed was posted to Germany to maintain Buccaneer bombers.

In 1977, he moved to RAF Odiham in Hampshire to service Wessex helicopters. Here he met **Ann-Marie** at a disco. They married in 1979 and had a son, **Allan**, who is now a chemical engineer in Ottawa, and a daughter, **Emma**, who is in Early Childhood Education in Toronto.

Ed served six months in the Falklands War. Along the way, he got his pilot’s licence. After 12 years in the RAF, he joined Dan Air at Gatwick-London to service aircraft. He then moved to British Aerospace where he helped develop Harrier jets.

In 1988, Ed and his family applied to come to Canada. They arrived on Canada Day 1989. “It was the best thing that could have happened,” Ed said. In two weeks, Ed got a job at First Air in Ottawa and stayed for 26 years until he took early retirement. Ed was chief flight engineer for 15 years, then chief of pilot training for 150 flight members. Ed flew all across Canada, particularly in the north.

Ann-Marie retired from teaching in 2014. Ed retired the next year “and never looked back.” The couple started exploring moving to the Niagara Peninsula. Then a friend suggested checking out Port Dover, which led to a new home in Simcoe in November 2017.

Ed’s hobbies include fast cars, golf and astronomy. He attended a PROBUS meeting for a presentation about astronomy and quickly became a member. Ed is enjoying meeting people and learning about our unique part of Southern Ontario. Thank you, Ed, for sharing your story.



Ed Cordner