



THE NEWSLETTER

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



MEETING NOTICE

Tuesday, Nov. 14, 2023

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

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

All retired and semi-retired people are welcome!

Guest Speaker

Bernie Solymar,

**Reconnecting with Nature, Pathways to Healthier Kids
and Stronger, Closer Families.**

Who Am I

Brian Cook.

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### Review of Oct. 10, 2023, meeting:

President **Murray Uren** called the meeting to order at 10 a.m. and welcomed 20 members and guests. **Brian Cook** led us in singing our national anthem. Following the meeting, 14 members and guests enjoyed lunch at Riversyde 83.

### Guest Speaker: Barb Anstead



**Barb Anstead**

**Barb Anstead** of Simcoe is a holistic health practitioner. She has 35 years' experience, including working several years consulting at local pharmacies.

**Barb** began after her children had severe allergies to food, which affected their immune health. Many people are allergic to the North American diet of dairy and wheat. Her children started feeling better within 48 hours of removing the foods that caused problems. The body will repair itself after removing inflammatory food items.

The average North American takes 12 to 15 prescription medicines. But medicines can cannibalize nutrients in food. No two persons are the same. Before taking supplements, consult a holistic nutritionist like **Barb** and your pharmacist.

**Barb** works from her home and sells a wide range of quality supplements. OHIP does not pay for supplements but some private insurance covers them.

**Murray Uren** introduced **Barb** and **Frank Brock** thanked her.

### **Annual General Meeting:**

**Bylaws:** **David Judd** introduced two proposed changes to our bylaws. The first change required by PROBUS Canada removes any reference to gender. The second change allows the club's executive to distribute the club's membership roster to members. The list cannot be distributed to third parties or used for any purpose outside the club. Any members who do not want their information distributed should contact **David Judd**.

**Dan Pearson** moved adoption of the two changes and **Tom Vandertuin** seconded. The motion was carried.

**Election of officers:** **Murray Uren** conducted the election of officers. The management committee for 2023-24:

- President — **Murray Uren**;
- Vice-President — **Dave Montross**;
- Secretary — **David Judd**;
- Treasurer — **Dave Montross**;
- Membership Director — **Tom Vandertuin**.

Other positions:

- Program Director and Wellness Director — **Gerald Sheppard**;
- Tours Director —
- House Director —

**Tom O'Neill** moved approval of the executive and **Stuart Rusk** seconded. Carried.

**Finances:** **Frank Brock** presented financial reports for 2021-22 and 2022-23. Twenty-five members have paid dues for 2023-24.

**Murray Uren** moved adoption of the reports and **Berndt Mueller** seconded. Carried.