



THE NEWSLETTER



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

MEETING NOTICE

Tuesday, Oct. 10, 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 persons are welcome!

Guest Speaker

Barb Anstead

Holistic Health Practitioner.

Who-Am-I

Nestor Rosa.

Annual General Meeting

Lunch for PROBUS members and guests:

Noon at Riversyde 83,

Former LCBO, Sydenham Street, Simcoe.

Annual dues of \$45 a person or \$80 for a couple are due.

Please see Frank Brock.

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### **Review of meeting Sept. 12, 2023:**

**President Murray Uren** welcomed 20 members and guests. Brian Cook led us in our National Anthem. **President Murray** led a moment of silence in memory of longtime Probud member **Keith Rumble** and **Cathy Pearson**, wife of member **Dan Pearson**.

**Canon David Ricketts**, director for Ontario District 6, brought greetings on behalf of PROBUS CANADA. He congratulated us on becoming a combined club for retired and semi-retired men and women.

David Judd outlined proposed changes to our club's bylaws as suggested by PROBUS CANADA. We will vote on the changes at our October meeting. Details are in this newsletter.

**President Murray** reported on this summer's tours of the **Unilever** ice cream factory in Simcoe and **Welsh Bros.** sweet corn operation near Scotland.

**Treasurer Dave Montross** reported we are in good financial shape.



**Lorraine Deming shows Paula Brooks-Lounsbury and Gerald Sheppard how to perform CPR.**

**Guest speaker: Lorraine Deming, Canadian Red Cross**

**Lorraine Deming** is a first aid co-ordinator for the Canadian Red Cross. She creates first aid programs and instructs trainers. Red Cross is the biggest teacher of first aid in Canada, having taught one million Canadians how to do CPR, how to respond to heart attacks, stroke and choking and how to take care of children.

Classes and workshops are free. There's also a first aid app.

**Lorraine** focused on heart attacks and angina, both of which stop blood circulation. Men have more heart attacks but women are twice as likely to die from them, maybe because bystanders don't feel comfortable about giving women CPR. If someone has chest pain, even if it comes and goes, call an ambulance. Other symptoms include abnormal breathing, nausea, vomiting, dizziness and light headedness and blue, green or pale lips.

Call 911 for an ambulance. If the person is not awake, start CPR. Many public facilities have Automated External Defibrillators (AEDs). Turn on the AED and follow the instructions.

Go to [redcross.ca](http://redcross.ca) to volunteer, donate or get more information. **Gerald Sheppard** introduced **Lorraine** and **David Judd** thanked her.



**Canon David Ricketts and Lorraine Deming.**

## **Who-Am-I: Bernd Mueller**

**Bernd Mueller** joined Probus in 2018. He was born in Germany and at age 12 in 1967 he and his family came to Canada, settling in Kitchener-Waterloo. He worked for 30 years in the printing industry operating presses. He and his wife **Sandy** live in Vittoria. His hobbies are astronomy, photography, canoeing and golf.

**Bernd** gave an update since he last gave a Who-Am-I in January 2019. He acquired a 600-millimetre lens which gives spectacular photos of the night skies. He's also upgraded the stand for his telescope and it now has a zip-up tent.

**Bernd** is looking forward to witnessing a total eclipse of the sun on April 8, 2024, from 2 to 3 p.m.

Thank you, **Bernd**, for updating us on your interesting hobbies.



**Bernd Mueller with a photo of his telescope.**

## **Proposed revisions to our club's constitution and bylaws:**

In the last year our club has updated its constitution and bylaws in accordance with guidance from PROBUS CANADA. The standard constitution is set by PROBUS CANADA. Club bylaws are set by each club but should not contradict the constitution.

The national organization recently approved updates to both documents. Our club will vote on the updates at our Annual General Meeting in October.

The proposed changes are presented here for your information.

There are three amendments to the Standard Constitution.

1. Article I.2.a is amended to read: The Club shall provide these activities to those interested as an option among several that may exist in the Club's geographic area.
2. Article II.2 is amended to read: All clubs accredited after July 14, 2023, shall be open to all genders. Any single-gender club accredited prior to July 14, 2023, shall be exempt from this requirement.
3. A new Article II.6 is added: The Club's membership roster may be distributed to the members in good standing. The membership roster shall not be used for commercial purposes nor distributed to third parties.

4. Two amendments have been made to the Suggested Bylaws for Probus Clubs:
1. Previous Article II.1 is deleted, as the issue of gender composition is now covered in the Standard Constitution for Probus Clubs Article II.2.
  2. Article III.13 is amended to read, “The membership roster may be distributed to the members as determined by the Management Committee,” as the issue of roster distribution legislative requirements and privacy is now covered in the Standard Constitution for Probus Clubs new Article II.6.

**Financial statements for 2021-22 and 2022-23:**

Probus Club of Simcoe and District  
**Annual Statement August 31, 2021 to August 31, 2022**

|               |                         |                          |
|---------------|-------------------------|--------------------------|
| Aug. 31, 2021 | Opening bank balance    | \$750.95                 |
| Income        |                         |                          |
|               | Membership Dues         | <u>\$1,045.00</u>        |
|               |                         | <b><u>\$1,795.95</u></b> |
| Expenses      |                         |                          |
|               | Probus Central Dues     | \$75.00                  |
|               | St. James United Church | \$360.00                 |
|               | Donations for Speakers  | \$170.00                 |
| Net Balance   |                         | <b><u>\$1,190.95</u></b> |
| Aug. 31, 2022 | Closing Bank Balance    | <b><u>\$1,190.95</u></b> |
| Treasurer     | Dave Montross           |                          |
| Auditor       | Frank Brock             |                          |

Probus Club of Simcoe and District  
**Annual Statement August 31, 2022 to August 31, 2023**

|               |                         |                          |
|---------------|-------------------------|--------------------------|
| Aug. 31, 2022 | Opening bank balance    | \$1,190.95               |
| Income        |                         |                          |
|               | Membership Dues         | <u>\$1,215.00</u>        |
|               |                         | <b><u>\$2,405.95</u></b> |
| Expenses      |                         |                          |
|               | Probus Central Dues     | \$81.00                  |
|               | St. James United Church | \$540.00                 |
|               | Donations for Speakers  | \$195.00                 |
| Net Balance   |                         | <b><u>\$1,589.95</u></b> |
| Aug. 31, 2023 | Closing Bank Balance    | <b><u>\$1,589.95</u></b> |
| Treasurer     | Dave Montross           |                          |
| Auditor       | Frank Brock             |                          |