



Hanover Area PROBUS Club

Established September, 2015

March 2016

March - National PROBUS Month



Right across our country, sea to sea, we celebrate PROBUS.

As part of the celebration, all members are invited to bring a guest to our March meeting. Brian Ross and the Management Committee have been busy preparing a web site for our Club. The new site will be up and running in March to celebrate PROBUS month. Check out the countdown timer at www.hapc.ca. (hapc, by the way, stands for Hanover Area PROBUS Club.)

Management Committee:

President –Margaret Peckham
First Vice President – Betty Perkins
Second Vice President – Bev Hambly
Past President – Brian Ross
Secretary and Archivist – Jan Stocovaz
Treasurer – Lorna Eadie Hocking
Program Chairs – Don Smith and Pat Butler
Membership –Brian Ross
Communications - Allan Simpson
Activity Group Chair–Georgia Kreager
Greeters and Hospitality – Mary Norwood and Evelyn Dargie

Guests at the February general meeting included Joan Allen's guests, Wanita and Russel Halliday, Marilyn Ross' guests, Pat and Howie Cronin, and Linda Basilij's guest, Nancy Browne, newly retired. Check them out in the photo below. Welcome to the Hanover District PROBUS Club.



President Margaret Peckham announced the appointment of Bev Hambly to fill the position of 2nd vice-president until the end of the term. We are very pleased that Bev saw fit to help us by filling this responsibility.

Did you know : Sherri Walden of Parks, Recreation and Culture invited members to sign up and be part of the survey aimed at making Hanover a more “age-friendly” town in which to live. The survey will touch on how well needs are being met in the areas of transportation, housing, community respect, outdoor spaces, and communication among others. The survey will take up to 2 hours of your time on a date that is convenient to you.

Kimm Culkin invited members to support the Grey Bruce Literacy program by signing up to compete in this year's annual Spelling Bee. It was held on February 25th. Kimm spoke of the need to raise funds to help young people find success in their school work, theatre arts, and literacy, either by volunteering or by supporting their efforts and fund raisers. This program's efforts were recognized

by the Ontario Trillium Foundation which gave a substantial grant to the Literacy program.



Bev Hambly selling tickets on the You Win We Win raffle



Kimm Culkin speaking on behalf of the Literacy Program

Margaret announced the showing of the film Brooklyn which will be shown at the Hanover Paramount cinema on Sunday February 28th, i.e. **tomorrow**. Watch for the preview in “The Post”. It is brought to us by the Grey Bruce Film Society. All are welcome.

Membership chair, Brian Ross, elicited a loud applause with the announcement of three new members: Bertha Moore, Anne Marie and Richard Burbidge. Welcome to PROBUS.

Jan Stocovaz brought reports from some of the Activity Groups. There is still room for those interested in joining the Gourmet dining group. See Fern Pepler if interested.

The Photography Group will be meeting at the home of Ed Agnew on April 8th at 10:00 a.m. This is a newly rescheduled date. Willi Wilson indicated that members should download “Fastone” photo editing program and bring their computer to the meeting.

Travel Group: Wayne Pfeffer announced that the “Four by Four” concert on July 12th has room for one more person, and that after that, a waiting list will be made. If you would like to join other club members for a Blue Jays game on June

22nd, contact Hanover Holidays. All seats are presently reserved for PROBUS members if a sufficient number fills the bus. The Travel Group will hold their next meeting during a lunch at Cravings on March 22nd at 11:30 a.m.

Lorna regaled us in her inimitable way by telling us three jokes. I particularly enjoyed the story of the 5 passengers, (Whoopi Goldberg, John McCain, Donald Trump, Billy Graham and the 10 year old girl), who were preparing for a parachute jump from a plane heading into a crash. Do you remember which one was the “smart man who knows everything” who mistakenly grabbed the little girl’s school bag to save himself?



Socialising over coffee, Mary Mulhern, Joan Kaufman, Trudy Remers, Barbara and Joseph Craig, and Hugh McKay

Brian Ross had hoped that name badges would be available for those who had ordered a second one and for new members. Regrettably they had not arrived yet but will be available at our March meeting.

Winner of the “We Share You Share” raffle in February was the outrageously lucky Albert Bonneveld! Ninety dollars!! Thank you all for participating.

Bob Farrow introduced our guest speakers of the day, Katrina Wilson who is the President and Chief Executive Officer at the Hanover District Hospital, and Barbara Hicks who is the Chair of the Hospital Board.



Albert Bonneveld, the winner!

Bob Farrow introduced our speakers.

Our speakers: Katrina Wilson engaged her audience quickly by testing our knowledge of various aspects of our Hanover District Hospital. Those with the closest or correct answers received rewards and gifts; so we really applied ourselves hard. The following bits of info, i.e. the correct answers, gave us an understanding of our hospital. Originally designed for 100 plus beds, the number was reduced to 80 beds officially due to budget constraints and government cutbacks, but in fact there are only 24 beds staffed and in operation. The Hospital employs 187 full-time and part-time employees. The average census of ill people this past month requiring a bed was 26 to 28 patients.

The fiscal year runs from April 1st to March 31st. The global budget last year was \$17,000,000, all based on global funding from the provincial government. Deficits are not permissible under the law. It must be a balanced or surplus budget. We have enjoyed the present building or facility for 43 years now. Barbara Hicks addressed issues dealing with the Board. There are presently 17 members of whom 12 are elected and 5 are ex-officio.

Here are some interesting facts that provide us with a profile of Grey-Bruce, the catchment area for our hospital. There are a large number of low income families in our area. Despite the family health team and the recruiting of more doctors, our area is designated as under-serviced. One area where Grey-Bruce is

specifically under-serviced is in the domain of mental health. Alternative transportation is limited. Compared to the rest of the province, our area displays a greater prevalence of obesity, a higher level of smoking, and a major problem with abuse of drugs. Only 21 % of the population is physically active. That means that 79% of our people need to make more of an effort. The age median in Grey-Bruce is 47 while 20.7% of the population here is over age 65.

Obviously we and our hospital have some challenges to meet when you see the profile. Katrina outlined some of the initiatives to better balance the budget and are proud to achieve 100% compliance with hand hygiene on the part of the hospital staff. They are meeting success in some areas. Former patients are being asked to complete surveys so that they can judge the level of patient satisfaction or dissatisfaction. Specific efforts are being made to improve the experience, especially to decrease the time lapse between being admitted into emergency, triage, and the time when the patient is in a designated bed.

In the question period, we learned that our hospital has two palliative care suites and an ICU bed. Citizens are encouraged to support the hospital by supporting Foundation activities, the May Gala, and by considering the hospital in your estate planning.

Fern Pepler expressed our thankfulness to Katrina and Barbara for their time and work in putting together this power-point presentation, for their enthusiasm in serving the public and in improving our medical care. They also have made us more sensitive to and aware of the constraints within which our medical personnel work. A token of our appreciation was presented.



Speakers Barbara Hicks and Katrina Wilson

Guest speakers in March: Talk about being physically active. Our next guest speakers are obviously part of the 21% who are fit and active. Marilyn and Brian Ross will share with us their experience cycling around Europe. Brian is of course the first president of our Club and his wife Marilyn has been very active in the club, helping out on the coffee bar and often contributing decorations to celebrate various occasions throughout the year. We look forward to learning more about cycling in a very beautiful and historic part of the world.



Book Club: Members of the PROBUS Book Club held their first meeting January 26th and discussed The Dorito Effect. This “effect” is what happens when food gets blander and flavour technology gets better. The following are a number of the topics discussed:

- The engineering of chickens to produce those with larger breasts, more profits, more meat, resulting in a decrease in taste and flavour
- The food industry attempts to produce higher yields, but the resulting foods don't taste as good and lack many nutritional benefits due to soil nutrient depletion.
- The part the food science industry plays in making foods more appealing to eat (replicating appealing flavours, smells and taste, both natural and synthetic)
- The addictive nature of salt, sugar, and fat contributing to the obesity epidemic
- The natural ability of plants / animals to ingest what their bodies need if depleted of certain nutrients (in the absence of salt, sugar and fat)
- The hunt for foods that taste better so that people eat less of them

- The need to understand our relationship with food and how we've "manipulated the ornate chemical system that sparks cravings and touches every cell of our bodies".
- This summary and review of The Dorito Effect was written by member Ruth Greenfield. Thank you Ruth.

Potluck Club: The next meeting will take place on Monday April 11th at the home of Ruth Greenfield. The menu will be vegetarian. Marybelle Schumacher noted that this group is becoming quite popular, now attracting 29 members. Good food and kind faces do have that effect.



Craft Group: Probus member, Donna Clark, is giving a workshop to the Craft Group on paper quilling. This is to be held on Thursday March 3 in the pool observation room at 1:30 and should last 1 1/2 to 2 hours. Please bring: scissors, white glue, ruler, straight pins and hand wipes.

A studio tour and watercolour make-and-take will be held at the home of local artist, Bev Morgan. The date is still to be arranged but dates that are a possibility are March 30 and April 4-8.

From the Durham Art Gallery

W.A.R – Women Art Revolution (A Secret History)
 Documentary (2010), 1h 23m
 Tuesday, March 8 at 7pm. Admission by donation
 The Garafraxa Cafe, 131 Garafraxa Street S, Durham

Reservations appreciated.

What better way to celebrate International Women's Day than to re-visit the pioneering artists who shaped the beliefs and values of the Feminist Art Movement in the 1970s. Directed by Lynn Hershman Leeson, !Women Art Revolution chronicles the major developments of the women's movement and feminist art from the 1970s through 2008, by interweaving intimate interviews, provocative art and archival footage. From Judy Chicago to Suzy Lake to Yoko Ono, we'll get a behind-the-scenes look at the first feminist art education programs, the advent of alternative art spaces, and landmark exhibitions that called attention to the ground breaking work of women artists



Music in the Afternoon

The Jim Kinnear Jazz Trio

Sunday, March 13 at 2pm at the Gallery

Admission: \$15

The versatile Jim Kinnear Jazz Trio delights with a wide variety of musical styles including Jazz, Latin, Broadway, Pop, and American Standards.

Renowned musicians Jim Kinnear (piano and keyboards), Dave Watson (trumpet and vocals), and Ralph Johnson (acoustic bass) promise an entertaining afternoon at the Gallery! Call us to reserve your tickets.