

# The PROBUS Club of Bradford



**April 2016**

**Issue 61**

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## Management Committee:

<b>President:</b>	<b>Peter Liukaitis</b>
<b>Past President:</b>	<b>Brenda Andrews</b>
<b>Vice President:</b>	<b>David Martin</b>
<b>Secretary:</b>	<b>Patricia Dion</b>
<b>Treasurer:</b>	<b>Lorna Foti</b>
<b>Social Chair:</b>	<b>Dave McMillan</b>
<b>Speakers Chair:</b>	<b>Mark Cannata</b>
<b>Members Chair:</b>	<b>Deb Liukaitis</b>
<b>Newsletter:</b>	<b>Jayne Greer</b>

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## Upcoming Events:

- **Apr. 2 – Bid Euchre Tournament, Doug Osborne’s - 87 Saint St., Bradford**
- **Apr. 12- General Meeting at 10 am St. John’s Presbyterian Church, Guest Speaker- Barry Spilchuk – What to do when cancer catches you with your pants down..**
- **Apr. 16- Guess Who’s Coming to Dinner**
- **May 11-13- Picton Trip**

## March General Meeting Highlights:

Pete Liukaitis, President, welcomed everyone and wished them a Happy St. Patrick's month and announced that it was National PROBUS month as well. Therefore there was a seating snowball with a quiz regarding PROBUS trivia, at each table for the members to answer, as well as three cakes to be served at coffee break. Pete read the questions sporadically throughout the meeting.

Two new members, Janice and Blair Hodgson, were welcomed.

**Community Events** were shared:

Pete announced, for Leila, that St. John's Presbyterian Church was holding a baked ham dinner on the 19<sup>th</sup> of March.

Bob Evans told everyone that the Bradford United Church was holding a roast beef dinner on the 12<sup>th</sup> of March. Bob also informed everyone that the Tapestry Choir was having a concert on the 20<sup>th</sup> of March. Tapestry Choir tickets were also being donated for the 50/50 draw.

As well, the Bradford West Gwillimbury Foundation was having a 'Rooted in the Community' event on Monday, May 30<sup>th</sup> with a special speaker, art, music and food.

Birthday wishes were extended to those members with birthdays in March: Carolyn Burch, Bob Evans, Jayne Greer, Monica Heron-German, Venita Lovelace and Evelyn Marshall.

**Club Events:**

Dave McMillan thanked Phillip Junop and Rob Alsop for organizing the Aga Khan event.

A list of ongoing club events and organizers are listed on pg. 1 of this newsletter.

There are presently 38 people signed up for the 'Guess Who's Coming for Dinner' event.

Members were again encouraged to suggest other events that would be of interest to them.

Pete received answers regarding the Club's liability insurance and was assured that we are covered.

Waiver forms and sign-in sheets for events are recommended, as they help protect the Club by making people aware that accidents can happen.

**50/50 Draw:**

Josephine Kenemy won \$54.00

Tickets for the Tapestry Choir Concert were drawn and won by: Betty Lou Vanderpost, Joan Simpson, Margaret Boddy and a guest.

Pete thanked those members who provided today's snacks: Joanne and John Brock, Janet Evans, Bob and Linda McGee and Maria Simoes.

Next month's snacks will be provided by Amy Wright, Betty Oliver, Evelyn Marshall and Ruth Dolan.

The last quiz questions were asked and two tables tied, so another question was asked to break the draw.

The winners each won a box of 'Smarties'.



## Guest Speaker, Robert Bowles: Invasive Species

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Mark introduced the guest speaker, Robert and gave a brief biography.

Robert is an award winning environmental consultant, writer, nature photographer and naturalist.

He lives in Orillia and is a Charter Member of a PROBUS Club, as well as Speaker's Chair.

Robert told us that new invasive species are changing our native ecosystems.

Any species that has been introduced to an environment where it's not native, becomes a nuisance, spreads rapidly and often is a detriment to native species.

Some of the ways invasive species have been introduced are through travel, trade, seed mixtures, horticulture, gardening, wildlife, livestock and humans.

Robert discussed and showed slides of invasive species that are found around Lake Simcoe, which included: plants, birds, butterflies and aquatic life.

Many invasive species, such as birds and plants, were introduced in the late 1800's.

Some invasive species cause harm to both humans and wild life if touched and/or eaten.

They can also destroy habitats and crowd native species out.

Humans are the biggest invasive species.

Robert recommended some books on the subject.

Margo thanked Robert for his interesting talk and presented him with a gift.

# March Madness







# Buddy Holly Show



## Something to make you smile!

**AS** a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch.

I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man. And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together.

When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting in septic tanks for twenty years."

Apparently, I'm still lost.... it's a man thing.



## HOW TO SURVIVE A HEART ATTACK WHEN ALONE

1. Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.
2. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.
3. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.
4. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.



*The next PROBUS Club of Bradford newsletter –April 26- Jayne Greer, Editor*