

The PROBUS Club of Bradford



February 2014

Issue 37

Management Committee:

President:	Brenda Andrews
Vice President:	Peter Liukaitis
Secretary:	Patricia Dion
Treasurer:	Dave Martin
Social Chair:	Peggy Michaud
Speakers Chair:	Brian Fuller
Members Chair:	Deb Liukaitis
Newsletter:	Jayne Greer

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Upcoming Events:

- ❖ February 7th - 'London Suite'
South Simcoe Theater, Dinner at
The Whistle Stop, Beeton
- ❖ February 11 - General meeting
Guest Speaker – Lynda Usher,
Matthew House and Hospice
- ❖ February 25 – 'Picassa' Workshop
- ❖ Walks on the Wild Side with
Cathryn Rees
- ❖ April 3 – Stuart McLean Vinyl Café
Barrie
- ❖ April 15th - Honey House Tour by
Peter Dickey 10:00 am \$5. Lunch
at Hot Stacks, Cookstown
- ❖ May 8th to 12th - Washington Trip
- ❖ June 23 - The McMichael Art
Gallery Tour, 10 am
- ❖ June 17th - International Tai Chi
Centre Tour, \$7. Tour and Lunch

January General Meeting Highlights:

Brenda Andrews, President, welcomed the members back after the New Year and a special mention was given to Amy Wright who has rejoined the Executive to assist with social activities.

All those who brought goodies for coffee break were thanked.

Congratulations were given to Terry and Evelyn Marshall who were celebrating their 50th anniversary.

Cathryn Rees, 'Walks on the Wild Side' announced that a walk through the Holland Line Wildlife Preserve was scheduled for Thursday, January 16th.

Peggy Michaud, Social Chair, reviewed the upcoming social activities as posted on the previous page.

Pete Liukaitis, Vice President presented the Bradford PROBUS Club's new website.

Everyone will receive an e-mail today that shows how it works.

The main function of the website is to get information out there.

There is a contact page, an information page about our club, a list of upcoming events and a page for members to express interest in upcoming events.

Pete and Jayne are working on putting the newsletter on the website.

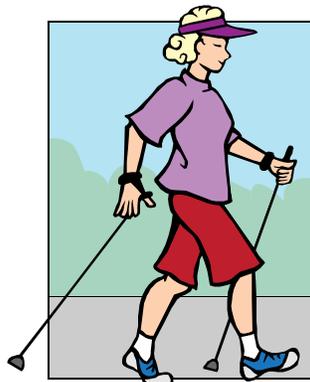
Past newsletters are too long to put on the website. They will be in the archives

Brian Fuller, Speaker's Chair, informed us that Terry Fallis, our guest speaker in June, is the author of several books and one of his books, "Best Layed Plans" is currently featured as a serial on CBC.

50/50 Draw: Mary Porter won \$50.00



Guest Speakers: Marianne Ford and Steve Nash



Brian introduced guest speakers Marianne Ford and her husband Steve Nash who retired to Midland, Ontario and became involved in **Nordixx Pole Walking**.

They have helped over 1,000 pole walkers get started.

Marianne started pole walking for health benefits and now can manage the pain in her back and legs.

- Steve began pole walking to support Marianne but started to enjoy it and felt much better himself.
- Nordic Pole walking is the most effective low impact physical activity for all ages and fitness levels.
- Nordic Pole walking has 30% less impact on knee joints and strengthens all body muscles.
- Some of the health benefits are: weight loss, elimination or lessening of back, shoulder and neck pain, lower blood sugar levels and reduced high blood pressure.
- It has become an effective tool in cardiovascular, orthopedic and cancer rehab.
- It instantly improves balance, stability and walking gait.
- Marianne showed two types of Nordixx poles.
- Steve demonstrated the proper technique for pole walking.
- A personal demonstration was given to those members who purchased poles after the meeting.

Margo McNamara thanked Marianne and Steve for their encouraging and inspiring presentation and presented them with a bottle of wine.

Walks on the Icy Side

It would be fun to investigate the Holland Marsh Wildlife Reserve on the 20th SR between the 11th and 12th Lines. This is east of Co. Rd. 4 (Hwy 11/Yonge St.) This is a place where duck and deer hunting are allowed, but that is over, and any animals left just have to worry about getting through the winter.

'Ducks Unlimited' did a lot of dredging about 40 years ago to create ponds for the water fowl to rest and breed. Berms resulted from the dredging that make a figure 8 loop extending to the 10th Line. It is a fascinating area in any season, basically flat, but uneven on the berms.

Forced March in the Holland Marsh Crown Land

This is not what I planned! Bill, Sophie and I checked the area the day before. It was great for snowshoes, and a bit of a struggle in boots.

Eight of us, plus Sophie and Lucky showed up. Mark and Heather had boots and poles, are very fit and confident, the rest of us had snowshoes.

Going straight from the gate, at the first clearing, we came to a side trail to the right. Following that, bush whacking around a huge fallen tree, we arrived at a large wooden platform. I have heard that Scouts have camped on it in these very wet woods. From there the boardwalk took us to the bird observation tower. Berms loop around in a figure 8 all the way to the 10th Line. My plan was to go a little one way, backtrack, then go the other way past the tower and return. The water beyond the berms has claimed my respect. There is some current in the water system designed to be raised and lowered to maintain the series of ponds for the water fowl. That means that the ice depth is uneven. I never go there in winter without rope and icepicks attached to rope like a mitten string. I also carry a first aid kit and waterproof matches.

Walks on the Less Freezing Side

It will be -4 with 60% chance of flurries this Friday, 31st of January.

Have any of you thawed out enough to join me on boots or snowshoes at the Welsh Tract, 12th Line BWG?

It is pretty in winter there, and we can look for deer and other animal tracks.

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There is nice flat woodland and farmland Xcountry skiing from my door. You are welcome to come any time and follow the trails.

Anyway, to continue, this fearless group stomped off on the berm left of the tower to the place where I said we could go back. They were just getting into this! A group consensus to continue had to convince me that they were prepared and alert to the dangers. Next they had to convince me to GO ON THE ICE that certainly was strong where we were. Skates would have been great! We spread out and were watchful. When we were about 1 o'clock on the first circle of the figure 8, Lucky got close to a thin area. He fell in, but lived up to his name, doing a self(dog)rescue. The intrepid folk at the front then realized the safe ice area had come to an end. The rest of the circle was completed on the berm back to the tower. It was a rough trail about 4.5 km in total - a real workout. My safety point was made. This is a fascinating place to explore, but in winter it can be dangerous, and you have to be prepared for the unexpected.

For those of you who chose not to come, don't let this tale frighten you away! Each walk is different depending on who is there, where we are, and what our collective capabilities are. As the weather improves, I will include some pole walks on rail trails and even some urban trails. We plan to have fun and get out somewhere interesting.

Cathryn Rees





PROBUS Book Club



The PROBUS Book Club held its January meeting, graciously hosted by Eleanor with her husband Bob providing support.

The book for the month was '**Blink**' by Malcolm Gladwell.

In his landmark bestseller 'The Tipping Point', Malcolm Gladwell redefined how we understand the world around us. Now, in 'Blink', he revolutionizes the way we understand the world within. 'Blink' is a book about how we think without thinking, about choices that seem to be made in an instant-in the blink of an eye-that actually aren't as simple as they seem.

Why are some people brilliant decision makers, while others are consistently inept? Why do some people follow their instincts and win, while others end up stumbling into

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error? How do our brains really work-in the office, in the classroom, in the kitchen, and in the bedroom? And why are the best decisions often those that are impossible to explain to others?

In 'Blink' we meet the psychologist who has learned to predict whether a marriage will last, based on a few minutes of observing a couple; the tennis coach who knows when a player will double-fault before the racket even makes contact with the ball; the antiques experts who recognize a fake at a glance. Here, too, are great failures of 'Blink': the election of Warren Harding; 'New Coke'; and the shooting of Amadou Diallo by police.

'Blink' reveals that great decision makers aren't those who process the most information or spend the most time deliberating, but those who have perfected the art of "thin-slicing"-filtering the very few factors that matter from an overwhelming number of variables.

As is usual with the Book Club, there were many lively discussions, laughter, and Eleanor's wonderful snacks. A good time was had by all.



Next newsletter February 25, 2014
Editor, Jayne Greer