



***THE PROBUS CLUB OF OAKVILLE***

Established in 1988, The Fifth Probus Club in Canada  
[www.oakvilleprobus.com](http://www.oakvilleprobus.com)



July 18, 2024 – In-Person and Zoom Meeting     *Meeting begins at 10:00 AM. Featured Speaker at 11:00 AM.*

**Meeting Place – Oakville Public Library - Central Branch –  
120 Navy St. Second Floor Auditorium**

**Plenty of Parking on Water St with Elevator to Second Floor but  
we also respect those who wish to participate via Zoom**

**FEATURED SPEAKER – July 18 , 2024**



**Dr. Melanie Cousins, Epidemiologist, Risk Management -  
Public Health Agency of Canada (PHAC)**

This month, we are delighted to welcome **Dr. Melanie ('Mel') Cousins**, a Federal Epidemiologist with the Public Health Agency of Canada (**PHAC**).

Today's conversation will focus on the work of the **PHAC**, an essential part of our Federal Health Department. Its major activities focus on preventing disease and injuries, responding to public health threats, promoting good physical and mental health, and providing information to support informed decision making.

Until **Covid-19** presented itself in Canada in 2020, many of us had little idea of the important work that epidemiologists conduct to keep us safe and informed.



Previously, we may have been aware generally of radio/TV/newspaper segments alluding to e.g. **SARS, chickenpox, tuberculosis, influenza or measles** outbreaks. Throughout those challenging times and up to the present in which **59,713** residents died of Covid-related factors <sup>1</sup>, **Melanie & her colleagues** across Canada and beyond, largely behind the scenes, have worked to identify the nature of these changing threats and others which affect us more as climate change and other circumstances evolve.

**Melanie** will trace the origins of modern-day epidemiology and its various components, showing the path that is followed from the discovery of new **pathogenic variants**, through investigation, assessment and communication. We

may well be surprised by the breadth and incidence of viruses and bacteria that are present daily.

**Welcome Melanie!**

For additional perspectives on the work of Dr. Cousins and her professional **PHAC** community, you may wish to consult, amongst others:

<https://www.canada.ca/en/public-health.html>

[https://health-infobase.canada.ca/covid-19/current-situation.html?stat=num&measure=deaths\\_total&map=pt](https://health-infobase.canada.ca/covid-19/current-situation.html?stat=num&measure=deaths_total&map=pt)

**President's Message - July 2024**

I think some of us would prefer the old days when we were not aware of all of the world's problems within 5 minutes of waking up and someone asking our opinion within 30 minutes of waking up. Somehow ignorance was indeed bliss – or maybe there are just so many more problems today. Does anyone know of a source of good and up lifting news and commentary? I think we should have special areas which have no access to internet and access maybe to only one or two channels of TV. I can remember in Montreal when there was only ONE TV station and half was in French and the other half in English – and we only saw the Montreal Canadians win all the time.

At Probus – I think we would agree -we are a positive group and have interesting and uplifting speakers and interesting events. This next meeting we will hear from an Epidemiologist. In August, we learn about planning for our final farewell from a Funeral Home and September we will hear from The Munk School of Global affairs.

Hope you all are enjoying your summer and the many season changes that occur each week .

All the best

Alex Murphy - President

K



## The Probus Club of Oakville

# **Minutes of the General Meeting of the Probus Club of Oakville June 20, 2024 Oakville Public Library**

Alex Murphy, President, opened the meeting at 10:00 a.m.

### **1.0 Minutes**

A motion to accept the minutes of the May General Meeting was made by Paul Nelson and seconded by Tim O'Shea. The minutes of the last meeting were then unanimously accepted.

### **2.0 Membership and Guests**

Dr. Aivy Reinfelds M.D, who was welcomed as a new member and Alex Murphy presented him with his Probus pin and name tag.

Roy Oldfield introduced his guest, Harvey Rotrano. Harvey spent his entire career, either in the military or commercial and we look forward to hearing more about this at some point down the road.

### **3.0 Treasurer's Report**

Ray Henrickson was away on holidays but Jim Tonner presented the financials for May. We finished the month with a bank balance of \$4,884.22 even after paying for the next five months of rent.

### **4.0 Past President & Chair of the Nominating Committee, Mike Purcell**

Mike let the membership know that as it stands right now, he has committed candidates or at least possible candidates for all open positions on the Management

## **July 2024 Newsletter**

committee. However, having said that, he is still wants all members to consider how they can participate and serve on one of the committees.

### **5.0 Speakers**

Tim O'Shea summarized the upcoming speakers for 2024 & Q1, 2025, as follows:

**July** – Dr. Melanie Cousins, Epidemiologist, Public Health Agency of Canada – Risk Management Division;

**August** - Katherine ('Kat') Downey, Kopriva Community Funeral Home...the advantages to friends, family and carers of pre-funding/planning your ultimate farewell;

**September** – Dr. Drew Fagan, Munk School of Global Policy on Canada's need to 'matter, not natter' amongst our allies;

**October** - Rob Pyle, 'Zooming' from Calgary, showing the aviation enthusiasts' progress on their 60% operational rebuild of an Avro Arrow, CF 105;

**November** - Peter Pook, retired VP of Research & Design, Fisher Price Toys & 'All I want for Christmas'. Peter will present his bio/profile in October as a prelude to his November conversation with us;

**January** – Adam Schoalts, Explorer and wildlife biologist

**February** - Canadian author, humourist, Terry Fallis

**March** – a Geologist (TBA) on the critical importance to Ontario & Canada's partners of operationalizing the 'Ring of Fire'.

### **6.0 Website/Newsletter/Draw.**

Paul Nelson confirmed with everyone that they are now receiving the monthly email of the newsletter which is great.

Gerry Pielsticker mentioned that while we are the number 5 club, that is the fifth to be formed in Canada, we have the number one website. We will be using the business class of Sheridan College to see if we can make even more improvements.

The 50/50 draw was won by Roy Oldfield's wife Jane. The prize was \$45.50 on ticket no. 651056

### **SPEAKER**

Wolfgang Hartmann introduced our speaker----Cait Bowie, Field Educator, Alzheimer Society of Canada.

Cait Bowie gave an extremely interesting lecture on some of the problems facing people as they age and what to watch for in our own behavior that could signal the beginning stages of dementia.

## **July 2024 Newsletter**

Some changes in our memory and the way we handle ourselves is normal. Arthritis is normal. Lapses in memory is normal. Dementia is not normal.

There are somewhere between 120 and 200 types of Dementia

- Alzheimer's is one type of dementia and it can come early or late in a person's life
- Vascular dementia is caused by a stroke or a series of TIAs.
- Lewy Body is a type of Parkinson's Disease and causes problems with movement
- Frontotemporal Dementia is rare and causes changes to behavior and personality.
- Mixed Dementia is a combination of Alzheimer's and Vascular.

Risk of getting Dementia can be reduced by:

- Staying connected to friends, family and social groups
- Having a healthy diet
- Reduce risks of falls by using a cane, walker, grab bars etc.
- Stay active which reduces BP, lowers cholesterol, gets heart pumping
- Keep brain active with puzzles etc.
- Limit smoking and drinking
- Use hearing aids if necessary
- Monitor your health with regular doctor and dentist visits.

Check out the Alzheimer's website for even more details and if you have any questions email Cait Bowie at [cait.bowie@alzda.ca](mailto:cait.bowie@alzda.ca)

Gerry has uploaded the entire presentation to our website and it is worth seeing again and sharing it with family as well.

Grant Swanson thanked Cait Bowie

Alex declared the meeting closed

**The next meeting will be Thursday July 18th, 2024,**

Jim Tonner  
June 30th, 2024

## **July 2024 Newsletter**

### **2023-2024 Management Committee**

President	Alex Murphy	(905) 337-2924
Past President	Mike Purcell	(905) 845-4097
Vice President	Paul Nelson	(905) 631-2390
Secretary	Jim Tonner	(289) 337-6693
Treasurer	Ray Henrickson	(905) 469-0158
Speakers	Tim O'Shea	(905) 842-5133
Activities	Jay Kell	(289) 407-3859
Newsletter	Paul Nelson	(905) 631-2390
Membership	Jay Kell	(289) 407-3859
Website	Gerry Pielsticker	(905) 338-9829
Technical Co-ordinator	Gerry Pielsticker	(905) 338-9829

In addition, the following Key Support Positions have been filled by appointed Members.

### **Key Support Positions**

Equipment	TBD	
Member Welfare	Alex Murphy	(905) 337-2924
Auditor	Bryan Noble	(905) 319-1864
50/50 Draw	Roy Oldfield	(905) 847-2062
Investment Club	Dave Patterson	(905) 844-5894
Photographs	Peter Pretty	(905) 338- 5583
Greeter	Jack Rugg	(905) 820-1973
Book Club	Alex Murphy	(905) 337-2924