



**THE PROBUS CLUB
OF PERTH**

P. O. Box 2164,
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www.probus.org/6perth.htm

Meets first Wednesday of month

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2005/2006**

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The **P**ROBIAN

March 2006

Heart to Heart ~ Pill Talk

Our speaker in March was William Rowe, Pharmacist at the Perth and Smiths Falls District Hospital. Bill was introduced as a professional pharmacist who has been in hospital practice virtually all of his 29 year career, the most interesting of which has been the last 10 years at the Smiths Falls site of the GWH Hospital.

Bill had some very practical, down to earth messages to share with the assembled members on medications, particularly as they related to heart disease and diabetes. His theme of the need for patients to take control of their medications resonated with the audience, given that most were "of a certain age" and inclined to take at least some medications. He stressed the need for everyone to know why the medication is being taken, what it is supposed to do, when it should be taken and what the possible side effects might be.

Bill noted the anomaly with respect to medication compliance ~ 1/3 take all of the medication at the right time; 1/3 take the medication irregularly or not completely; and 1/3 don't take the prescribed medication at all. The lack of compliance may be in response to the list of possible side effects, which may show up in a small percentage of patients, or as the result of actual complications. He underlined the need to follow the instructions completely and to inform the physician or pharmacist if complications arise and noted that most people do not do so.

He said that he "could not stress enough" the importance of carrying a medication record to assist the doctor or pharmacist, particularly if trouble arises; one can easily forget. Another key message was that herbal products should be considered drugs and should be disclosed, since they can interact in a negative way with prescription medications.

Bill went on to discuss 11 classes of medications, from beta blockers to antiarrhythmics, and he offered useful tips for each. Finally, he noted that a very useful web site for heart and stroke related information can be found at www.heartandstroke.ca.

And speaking of things medical.....The famous female Olympic skier, Picabo Street (pronounced Peek-A-Boo), is not just an outstanding athlete, she is also a nurse. She currently works at the Intensive Care Unit of a large metropolitan hospital.

She is not permitted to answer the telephone, however, as it simply caused too much confusion when she would answer the phone and say, "Picabo, ICU."

Self-Introduction – Archibald Hurge

Archie moved to the Perth area about 10 years ago. He has been married for 40 years and has one son.

Archie was born in Jamaica, in the parish of Trelawny and obtained secondary education at Kingston College. His subsequent education was extensive and diverse and included studies at the University of West Indies, University of London, Bristol University, Carleton University and Ottawa University. In the latter two Canadian universities, he obtained a Bachelor's degree in Sociology / Political Science, and a Masters degree in Criminology.

As with so many of those making self-introductions, Archie has had a fascinating career. He served as a telecommunications technician with the British Royal Air Force in Cyprus in the mid-1960's. He has teaching experience in both of Ottawa's universities and community college in the 1970's and 80's and he worked for the Ministry of the Solicitor General in the Probation and Parole Service from the mid-1970's to the mid-1990's. He has served in an executive capacity on several Associations. And has a publication to his credit in the field of Crime and Justice.

Archie is now enjoying a more leisurely life style and in particular getting to know new people through Probus.

❧ SPECIAL EVENTS ❧

As usual, Denise has a busy schedule planned for Probus members and their guests. Here are the events coming up this year:

May 2-5: There is a tentative trip being planned to Memphre Lodge in Magog. For general details on the lodge, see www.aubergememphre.com.

May 31: The wine tour of Prince Edward County is almost fully booked, so you will need to register soon if you would like to attend.

June 21: The play, "Wingfield's Inferno at the Thousand Island Playhouse in Gananoque, is now fully booked. See www.1000islandsplayhouse.com for details.

June 30: There is still lots of room for entrants for the annual golf tournament.

October 12 -14: The Stratford trip is now fully booked.

December 14: Annual Christmas Dinner at the Links O'Tay Golf Club.

If you have ideas for events you think Probusians would enjoy, get in touch with Denise Mullins (267-3479).

March Probus Meeting

As is his wont, President Ian mused about March being the month of the Equinox. He noted that March 1st was St. David's Day and recalled the Welsh tradition of eating a leek. Finding no Welsh people in the audience, he then went on to enumerate all of the other national holidays in the month in hopes of uncovering possible celebrants. On a more serious note, Ian read a petition to MPP Norm Sterling regarding the plan to close the HICL Laboratories in Perth. He urged members to sign the petition to attempt to prevent the loss of this valuable service. The petition is available at the Lab.

Reports: Treasurer Margaret Brady reported that we are a little ahead of the game financially, since a projected rent increase has not materialized. Membership Coordinator Rod Woolham reported that the membership list had been circulated and asked for any corrections. He noted that the membership is full at 150 members and there are currently 8 people on the waiting list. Reports were also received from Special Events Coordinator Denise Mullins and Program Coordinator John Gibb-Carsley, the content of which can be found elsewhere in this issue.

Food Bank: It was reported that donations to the Perth Food Bank, received at the February and March meetings, totaled \$550. Thanks go to the donors for their generosity to this worthwhile cause.

Website: Web adviser Colin Stephenson is working to develop our own club website, which will soon be available at www.probusperth.ca. The object is to provide more detailed information on our club than is possible through the current Probus Canada website. As well, it should also be much easier for members to retrieve their monthly on-line newsletters than it is at present.

Speaker's Corner

In **April**, the topic is "Turkey--Bridging Continents--Bridging Cultures" presented by Tugrel Biltekin, a former Canadian consul in Ankara.

There are good prospects for May and June, but so far they have not been confirmed.

Our Program Coordinators, John Gibb-Carsley and Clark Theobald, are always open to your suggestions for future topics and speakers. They also need names of members who would be willing to introduce and thank speakers.