



# The Probian

November 2022



## Probud Club of Perth

November has certainly not lived up to its reputation as being a “dull, dreary and depressing” month this year! Amazing! I’ve never seen so many shoppers smiling when greeting them. Remarkable! Spoke too soon! By press time, it snowed and it looks like it’s here until Spring!



This year’s Remembrance Day services across Canada saw larger than normal crowds especially families and school children which is a positive and hopeful indication that honouring and remembering the



soldiers and animals sacrificing their lives on our behalf for generations now and in the future and to strive to live in peace and harmony while continuing to hope the war in the Ukraine and other countries will end sooner than later.



A tasty delicacy for mushroom lovers! “Puff Mushrooms” bloom in November throughout our County.

*“Delightful December”* will soon arrive with its splendid multi-cultural and spiritual festivities! It’s such a colourful and celebrative month with some *“magical*

*moments”* for both young and old! Don’t forget, pets enjoy Christmas too! There’s more excitement for our club this month with the upcoming **Christmas Party** that was put ‘on hold’ for almost two years. With thanks and appreciation for the utmost planning on the part of Mary Kilgour, our dedicated Social Committee Chair, it’s a welcomed social event of the year! Details in Mary’s report. Enjoy!





## ***WE STILL NEED HELP!***

***We've been fortunate and truly appreciative to the members filling two positions: Photographer and Membership Co-ordinator. There remains two positions to be filled:***

- **To write a synopsis of our member's Personal Profile. (PP)**
- **To write the report on the main Speaker's Presentation.**

***Without these positions filled, The Probian will be depleted of the aforementioned content for members to keep updated of our activities.***

***Please give your utmost consideration to volunteer for one of these positions.***

***Thank you!  
Gayda Errett  
Newsletter Editor  
Contact:***

***[probian@probusperth.ca](mailto:probian@probusperth.ca)***

## **— NEXT MEETING —**

**Join us on**

**WEDNESDAY, DECEMBER 7TH at 10:00 A.M.**

**Our December Guest Speaker is Howard Clifford, who along with his family, have established one of the Seven Wonders in Lanark County — CliffLAND— where the famous and beautiful Blueberry Mountain is located.**

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**Protocol for our 'In-Person Meeting' will be centered on 'safe distancing'.  
Apologies! No coffee will be served.**

## **— PRESIDENT'S REPORT —**

It has been so nice to see, and greet, members each month, now as we have resumed in person meetings these past three months. As these times are so uncertain with Covid lingering, and flu season upon us, masking is still supported though in December we will also introduce hybrid meetings where you can join us by Zoom. We hope that this gives members, who have been reluctant in joining us in person, the opportunity to enjoy being part of our club and our guest speakers. So please, come and join in!

We have welcomed many new members this year and we have availability for more to join us, if you have a friend or neighbour who may want to be a Perth Probian, invite them please.

Being a Probus member provides you with the opportunity to meet with fellow retirees on a regular basis, listen to interesting speakers and join together in activities, all in the company of new friends. There are over 1,700 Probus Clubs with more than 125,000 members all over including Australia and New Zealand. But also members of Probus have access to a wide range of offers and benefits. This is called the Probus Member Benefits Scheme (MBS) and includes offers for travel, health, financial advice, lifestyle and entertainment. Look on the Probus Canada website for more information.

November to me, is always a month to appreciate gathering in our community to honour those who served, and serve, in the armed forces. As someone whose father and five uncles fought in WWII, attendance at Perth Remembrance Day service, with friends, neighbours and fellow Probians is always poignant, tinged with sadness and much appreciation.

I thank my colleagues on the Management Committee, who are tremendous, and so generous on all our behalf,

I look forward to seeing you next month.

Susan Freeman • President



**— DECEMBER'S GUEST SPEAKER —**  
**HOWARD CLIFFORD**



***cliffLAND Speaks to the  
Conservation Puzzle***

Why is land conservation so important for Nature and human health? It contributes to planet's resiliency to climate change, ameliorates biodiversity and habitat loss, and promotes healthier community, yet often finds little support. Finding a balance between the needs of a healthy natural world and those of the community is a puzzle that Howard Clifford will address based on his family's actions creating cliffLAND.

cliffLAND is a 1250 acre wilderness tract of land in northern Lanark Highlands owned by Howard, his wife Jean and family. Deeply committed to preserving its natural heritage, in 2009 they placed a Conservation Easement on the land with the Mississippi Madawaska Land Trust. This legally binding agreement is registered on title and restricts the use of the land, forever conserving the property as a wilderness sanctuary where the forests will be allowed to develop and mature into old growth (thus mitigating climate change), where logging, hunting, trapping, and the recreational use of motorized vehicles is banned. The land will unfold naturally with little or no interference by humans, all to the benefit of our threatened flora and fauna.

At the heart of cliffLAND is Blueberry Mountain, named one of the Seven Wonders of Lanark County, annually receiving thousands of local, national and international visitors. This is possible because the Clifford family has also legally mandated that the wilderness remain, in perpetuity, accessible to the public as a healing backdrop to meet the physical, emotional, social, intellectual and spiritual needs of people.

Future conservation depends on the commitment of the community who in turn must value Nature. It is not scientists with data and Latin names, but rather it is authentic nature experiences that are the bedrock of a culture of long-term support for conservation and biodiversity. Howard and cliffLAND are compelling advocates.

Howard was one of the founding members of the Mississippi Madawaska Land Trust, a charity whose goal is land conservation. For many years he was the President, leading that organization to be one of the acknowledged innovators in the Land Trust movement. For example, he introduced the use of Bioacoustic Monitoring to better understand our natural heritage, supplementing traditional annual monitoring with audio recordings to help track changes in habitat health. These audio data sets are important for long term scientific analysis related to climate changes and biodiversity loss. Typical of Howard, he then used audio recorders and amplifiers so land trust visitors can listen delightedly to the sounds

of Nature amplified through headphones, revealing an often under appreciated aspect of our natural world.

Before Howard Clifford became known as a champion of nature, he had a distinguished professional career in the fields of mental health focused on children and day care. Some highlights of this professional career:

- Established the first Alberta foster home program for psychiatric patients and the first half-way house for psychiatric patients
- Canadian Mental Health Association president for Alberta;
- Day Care Consultant to Health and Welfare Canada, 1972 – 1995;
- Federal Government Coordinator for International Year of the Child;
- Recipient of numerous awards at federal and provincial levels for his outstanding work in service to children and families.

His contributions to conservation and community health have also have been recognized locally and nationally:

- The Lanark Highlands Achievement Award
- Mississippi Valley Field Naturalists' Champion of Nature
- one of 5 finalists for the Museum of Nature Canadian Nature Inspiration Award
- Ontario Land Trust Alliance Vision Award
- CliffLAND recognized by Environment Canada as one of ten Canadian nature reserves across Canada to be specially featured in ECCC publicity
- Leeds Grenville and Lanark Health Unit's video, Nature 4 Life featured Howard's successes in addressing the nature deficit in children.

On December 7th, you will have the opportunity to hear the accomplished, thoughtful and inspiring Howard Clifford talk about the current conservation issues, "cliffLAND and the Conservation Puzzle".



## — NOVEMBER SPEAKER'S PRESENTATION —

### Editor's Note:

Our guest speaker, David Somppi, has sent to us his press release that is in lieu of a written report along with the following information:

Thank you again for the opportunity to speak to Probus Perth about the work of Planet Youth Lanark County. In my remarks I mentioned a Planet Youth Lanark County public meeting that is taking place the evening of Thursday November 24th. A press release providing details on that meeting follows this note.

Speakers at the meeting will include Dr Linna Li (Lanark, Leeds & Grenville's recently appointed Medical Officer of Health), Mr. Hlynur Guðjónsson (Iceland's Ambassador to Canada), and members of the Planet Youth Lanark County steering committee who are experts in youth mental health, education and youth engagement.

With gratitude,

David Somppi

Chair, Planet Youth Lanark County



### **Learn How Community-Based Actions Can Prevent Youth**

### **Problematic Substance Use on November 24th in Carleton Place**

On Thursday, November 24<sup>th</sup>, Planet Youth Lanark County and the Carleton Place Municipal Drug Strategy are co-hosting a Community Action Meeting. It will provide an opportunity for residents to learn the results of February 2022 surveys of Lanark County grade 10 students. Reports about substance use, physical and mental health, physical activity, family and school experience, Internet use, etc., are available for each municipality.

The goal of the reports is to provide information that helps each Lanark County community address selected risk and protective factors. The meeting will also be a chance to hear how strategies implemented in other communities are making a measurable difference in supporting healthier communities for children to grow up in.

The meeting has been designed for youth, parents, school staff, youth leaders, community organizations, municipal staff & councils or anyone who wants to learn and share ideas and/or use their skills to help with preventative activities in their community. Iceland's Ambassador to

Canada is going to speak. He will share his personal experience on the benefits experienced in his community.

To attend this meeting, you can join virtually or in-person at 7:00-8:30 P.M. at the [Zion United Memorial Church in Carleton Place.](#)

## **Prevention is possible!**

For more information, visit: <https://planetyouthlanark.ca>

To register, visit: <https://planet-youth-lanark-cp-mds.eventbrite.ca>

## **WHAT IS PLANET YOUTH?**

Planet Youth is a prevention model designed and proven to reduce or delay substance use among youth. It was pioneered in Iceland over 20 years ago — since then the youth substance use rate there has gone from Europe's worst to best. The community-based Planet Youth Lanark County steering committee was formed in 2017 to bring the method to Canada. The committee receives financial, governance and strategic oversight from Open Doors for Lanark Children and Youth. Key collaborators who have worked to bring this evidence-based approach to Lanark County and the Town of Smiths Falls include the Leeds, Grenville and Lanark District Health Unit; representatives from both English language school boards and community volunteers from across Lanark County.

### **Please Note:**

Protective measures will be in place due to the increase in spread of respiratory illnesses (COVID, RSV and Flu), to protect participants and reduce the strain on our local health care system. Measures include open windows, masks and distancing will be in place as well as encouraging all who attend to screen prior to attending. If you are experiencing any symptoms please consider attending virtually instead of in-person. Ontario's online self-assessment tool can be used to monitor symptoms.

**Please see on the next page the poster for this event.**



PARTNER *Lanark County*

# Planet Youth Lanark County COMMUNITY ACTION MEETING

*The Carleton Place Municipal Drug Strategy is Co-hosting this event with Planet Youth Lanark County.*

## Join us to hear about:

- Lanark County survey results from grade 10 students in February of 2022.
- How community-based actions can prevent youth problematic substance use.
- Some strategies that have been implemented elsewhere and are making a measurable difference in supporting healthier communities for children to grow up in.

**When:** Thursday, November 24, 2022 7:00pm - 8:30pm

**Where:** You can join virtually by Zoom or in person at the Zion United Memorial Church, 37 Franklin St., Carleton Place

**Who:** Youth, parents, school staff, youth leaders, community organizations, municipal staff & councils - open to all.

**Why:** Come to learn about the Planet Youth method; the progress in Lanark County so far and see what programs have been successful in other areas and what may be possible for our community. Learn how you can share ideas and thoughts or use your skills to help with any activities that may be discussed or planned.

*Please bring your own water bottle.*

**Note:** Protective measures will be in place to reduce the spread of respiratory illnesses (COVID, RSV and Flu), protect participants and reduce the strain on our local health care system. We encourage all who attend to screen prior to attending, and if experiencing any symptoms and are feeling well enough, attend virtually instead. The [online self-assessment tool](#) can be used to monitor symptoms.

**Please Register Here:**

<https://planet-youth-lanark-cp-mds.eventbrite.ca>





## — MEMBERSHIP REPORT —



*to our Club!*

Information from Aline McRory, Membership Coordinator, regarding Membership Renewals:

Members had until November 15th to renew their membership. After that, if not renewed, members were removed from the list. They are of course, most welcome to rejoin should there still be openings. If none available, their names will be placed on the Waiting List and they will be advised of their status. So far, in the month of November, five new individuals have joined our ranks: Paula and David Stewart, Wendy Kaufman, Jane Farrell and Judy Brown. There is no one on the Waiting List.

In the meantime, we are most pleased to welcome to our Management Team, Mary Vandenhoff, as our new Membership Coordinator. Thank you, Mary, for “stepping-up to the plate” and filling this very important position in the Probus Club of Perth.



It's always a pleasure to “Welcome New Members” to our Club. So much better when we can “meet and greet” them now that we have “in-person” meetings.



Left to Right: Nancy Mills, Jim Bond, Donna Morrow, Suzanne and Ron Veh, Yvonne Powell, Marylea Reid, Janet McGinnis, Margaret McBain, David Sompil, Debbie Gibson

## **— NEW MEMBER’S PERSONAL PROFILE —**

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It’s a most welcomed opportunity to have new and long-standing members present their “Personal Profile”. Please join us in welcoming our two new members, Suzanne and Ron Veh, who graciously shared their ‘Profiles” at November’s meeting ...



### **RON:**

I came to Canada in 1959 with my family from Germany. I had apprenticed in graphic design in Stuttgart, and then continued with some architectural courses in Toronto

I worked for 11 years in the advertising and design department of the T. Eaton Company downtown Toronto, and I met my wife there!

I went on to become an independent Contractor, designing additions and renovating homes all over Ottawa, as well as designing and building a few custom homes – and that was my business for 40 years

We enjoyed raising our family in Russell, a town southeast of Ottawa.

Over the years, we bought and renovated a few cottages, first near Mont Tremblant where we all skied when the kids were young, then Bob’s Lake which introduced us to this neck of the woods

I retired in 2014 and we left Russell and moved west to Sharbot Lake to be on the water, and in 2019 we sold the lake house and moved here to Perth

Luckily, even though we no longer own a cottage or lakefront property, our kids do – so we have the best of both worlds!

My hobbies include family, helping kids with cottage and building projects, and painting - I am a member of the Rideau Lakes Artists Association and enjoy participating in art shows in the area.

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## **SUZANNE:**

I grew up in a town called Woodbridge, north of Toronto, and I was in the middle of 6 sisters, so it was a lively household! I attended business school in Toronto, and then eventually finished my B.Ed in Ottawa while raising our young family

I had met Ron in Toronto where we both worked at the T. Eaton Co, and we have fond memories of the downtown Toronto store which is sadly gone now.

After we married in 1973, we moved to Russell where we could raise our 3 children in a rural setting

There I taught Middle School for 15 years with UCDSB and then went on to teach part-time at Algonquin College before we retired and moved west to this area. We had cottaged in this area for 10 years and we loved the lakes, the beautiful landscapes, the Rideau Canal and all the historic towns throughout the area

Our daughter and family live in Toronto, one son and family live in Russell, and one son and family live in Manotick — so we are central and we enjoy our 6 wonderful grandchildren

Hobbies include walking, some yoga, rug hooking, and playing bridge

Since I retired from teaching, I registered to become a Wedding Officiant with All Seasons Weddings, a company that is represented all across Canada — so if you are thinking of getting married or renewing your vows — well, let's talk! I have conducted weddings all over the area, mostly at venues like Temples Sugar Bush, Stewart Park, the Cove Inn, family cottages, back yards, etc. It's always a joyful event and I enjoy this part-time work in my retirement.



## **— SOCIAL COMMITTEE REPORT —**

### **... Upcoming Social Events ...**

## *“Anne of Green Gables”*

**PPAC's presentation has been cancelled until the end of January**





## Studio Theatre Presentation:

November 24th, 25th, 26th and 27th  
December 1st and 2nd  
7:30 p.m.

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Matinee:  
December 3rd and 4th  
2:00 p.m.  
Tickets available at Tickets Please



## Probus Club Christmas Party



Thank you to all who have signed up, ordered and paid. At present we have 40 confirmed attendees. I look forward to receiving more reservations and meal orders.

E-mail Mary [social-mary@probusperth.ca](mailto:social-mary@probusperth.ca) or call 613-264-0024 if you plan to attend. Please order by Nov 25th.

Mary will reply with your total amount and then you will need to e-transfer this amount to [finance@probusperth.ca](mailto:finance@probusperth.ca) (for more information on e-transferring funds, please [click here](#)).

The evening will start with drinks from the bar upstairs or waitress followed by dinner, then fun prizes including a Gift Certificate from Stone Cellar, and Music. Party ends at approximately 10:00 p.m. or last calls at the bar. If you wish to donate a gift, please let Mary know. Last date to order is November 25th. Lindsay will take undecided until December 2nd. The Menu is on the [Activities page](#) of our website and on Page 10 of the [September Probian](#).

Gail is looking into activities to enjoy in the New Year



## Community Update:

### Events that may be of interest to you!

- Pick-up a copy of The Humm for November and December. There are details listed about many activities in and around Lanark County and the Ottawa Valley.
- Check out Town of Perth Events.
- Harmony Concerts.
- Ashby Tours

**Lunch is at the Red Fox after the meeting.  
There will be a sign-up sheet on the table to reserve.**

*Submitted by Mary Kilgour \* Social Committee Chair*

*Closing  
thoughts*

***"I alone cannot change the world,  
but I can cast a stone across the  
waters to create many ripples."***

***Mother Teresa***



***"We are not humans having a spiritual experience.  
We are spiritual beings having a human experience."  
Source unknown***

*There are special times of the year that has its own beauty and purpose. Christmas is one of them ...*





**The Perth Probus Club meets at the Royal Canadian Legion Hall, 26 Beckwith Street, Perth, on the first Wednesday of the month, September through June.**

**President: Susan Freeman**

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**Further information on the club and contact details for the other members of the Management Team can be found at:  
[www.probusperth.ca/board.htm](http://www.probusperth.ca/board.htm)**

***Newsletter Editor • Gayda Errett***