



The Probian

October 2019 edition

Probus Club of Perth

November Presentation:

Club members, David and Helga Zimmerly spent 10 years exploring the world in their 35 ft. cruising sailboat before settling here in Perth. They left behind interesting careers in Ottawa, David as the Arctic anthropologist for the National Museum of Man and Helga, an art historian, managing an Inuit art program at Indian and Northern Affairs. Prior to switching to those careers, David had been a computer programmer and Helga an elementary teacher. In order to fund their voyage they each upgraded those earlier skills in order to find work as they sailed to different countries.

During their travels they worked in Cape Dorset on Baffin Island, Izmir, Turkey, Khartoum, Sudan, Maputo, Mozambique and Colombo, Sri Lanka. Their year in Khartoum was for them, a highlight of those experiences.

This past summer, Sudan, and especially the capital, Khartoum, dominated the news cycle as protestors rose up against the near 30-year dictatorship of Omar al-Bashir. Despite brutal crackdowns by the regime the protesters persevered until al-Bashir was finally forced out of power. The results are still playing out.

David and Helga Zimmerly spent a fascinating year in Khartoum in the second year of his reign, witnessing the effects of his harsh rule. David worked on a computerized food distribution system for the UN's World Food Program and Care while Helga taught at the American International School.

Using David's photographic images, they will give an illustrated talk on their time there – a melange of cultures and exotic events – Sufi whirling dervishes, Filipino cockfights, Nuba wrestling – in the midst of starvation, displacement and civil war.

Lunch after the November 06th meeting will be at Maximilian's, 99 Gore St. East. Please sign up when you arrive at the meeting.

Coming events:

Oct 28th

Prince Edward County tour

The coach will depart Food Basics in Smiths Falls at 7:00 am and will pick up at the Factory on Sunset Blvd. in Perth at 7.20 am for a 7.30 am departure.

(Please park at the FRONT of the lot.)

This will give us a full day of activity with travel time to relax and enjoy the scenery. We expect to return at approximately 7 p.m.

First stop in the County will be at **Lake of the Mountain**, overlooking the Glenora Ferry, to stretch our legs and take photos. We shall visit five producers in the course of our tour. These will include:

- At the **County Cider Company** in Waupoos we'll taste a flight of ciders and have the opportunity to enjoy the beautiful location overlooking Lake Ontario.
- The **Black Prince Winery** in Picton, one of the oldest wineries in the County, will treat us to a tasting and introduce us to

their wines and specialty barrel-aged fruit vinegars. We'll also learn about the lost craft of wine barrel making and hopefully have a live demonstration at the Cooperage.

- A **lunch stop** at the Drake Devonshire Inn in Wellington will be an opportunity to relax and refuel in time for two more exciting stops!
- The **Sandbanks Estate Winery**, located in Wellington, is one of the County's oldest award-winning wineries. Another beautiful location, where we'll have a guided tour and a flight of 5 wines to taste in their cellar.
- **Huff Estates Winery** will be our final destination of the day. This exceptional Bloomington winery will provide us with an overview of their wines, plus tastings and a slice of pizza to tide us over on our return trip. They also have a lovely art gallery for those who wish to explore.

We have 41 participants signed up for the trip.

November 14

Dinner at Michael's Table and then attend "Shrek" by Perth Community Choir at P&DCI Mason Theatre.

Tickets will be on sale at the November meeting at \$22 each.

Dec 13

Probus Christmas Party

at the Civitan Hall (appetizers at 5:30 pm followed by dinner at 6:45 pm)

You may sign up to attend as well as for seating at tables of 8. Those who do not select a table will have the opportunity to meet other members as the Social Committee finalizes the seating. Back by Popular Demand is Simon Clark for your musical enjoyment.

Please do not choose a place to sit until you have signed up and paid for the party. Cost is \$37.50 each or \$75. a couple.

Membership:



Club President, Liz Leonard welcomes new members, Lise Peskett and Don McAdam

(Remember that you can access the fully protected Membership List on the club website.)

Personal Profile: Remy Poulin



Remy introduced himself to us using all the names with which he was blessed at his birth in St. Georges de Beauce, Quebec. Joseph, Camille, Jacques, Remy Poulin.

Most of Remy's childhood was spent in Burlington Ontario, the place he regards as home, where he completed his entire secondary education and where he joined the Air Cadets (715 Squadron). This became a strong direction marker in his life as, after graduating from grade 13, he decided on a military career as an Aerospace Engineer (known as AERE).

After basic officer training there were two years at Royal Roads Military College near Victoria BC, then two years at RMC in Kingston where he graduated with a Bachelors degree in Mechanical Engineering. Eventually Remy would be sent to the US Air Force Institute of Technology in Ohio where he obtained a Masters degree in Aeronautical Engineering.

It was Kingston which proved to be another powerful direction maker for his life! Remy joined a joint RMC (male) and Queens University (female) choir, where he met Lynn. They married soon after graduation, 38 years ago now!

Lynn was born and raised in Baie Comeau, Quebec, left home at age sixteen to attend CEGEP far away in Lennoxville, near Sherbrooke, then moved to Kingston where she graduated from Queen's University with an Honours degree in Life Sciences. It is intriguing to consider how Lynn and Remy, both with roots in Quebec, found each other in another province, through the pleasure of singing and in a town where they were not even in the same educational institutions!

Their military life saw them live in many places including Borden, Comox (where their two children were born), Cold Lake, Dayton Ohio, Washington DC and Ottawa.

As an AERE officer, Remy followed the usual path alternating between operational positions at a squadron and engineering support or staff positions but, unlike some of his colleagues who did all of the above while staying within the same aircraft "family", his positions spanned three aircraft fleets, maritime patrol, tactical helicopters and fighters. Remy was lucky to experience some "out of the ordinary" work too! Almost five years at the Aerospace Engineering Test Establishment, primarily conducting weapons testing.

Some additional training in the UK, then a tour with the Directorate of Flight Safety as an Air Accident Investigator. Six widespread investigations during that time took him from Halifax to the coast of Oregon to Alaska and to BC where he was involved in an investigation of a T-33 Silver Star crash on a mountain, which happened several years before Remy was born!

For a time Remy was one of three Military Staff Officers in the Office of the Minister of Defence. His memorable first day was the day after the start of the Great Ice Storm in 1998! However, this position did afford him some more pleasurable adventures such as a one week tour of the High Arctic (flying low and slow in a Twin Otter aircraft), an official visit to South Africa and then to the Persian Gulf where he managed to get into a Tim Horton's commercial!

Thinking that Remy needed a break from this hectic life in the Office of the Minister of Defence, Lynn arranged for a weekend birding course. She unknowingly unearthed another of Remy's life direction markers, as he became hooked and is still avidly immersed in his hobby!

Remy's last job, based in Washinton DC was an international project involving nine countries, the F-35 Joint Strike Fighter Program. As the senior Canadian representative, the position known as the Canadian National Deputy, he enjoyed working with his international counterparts and the opportunity to visit all their countries, taking Lynn along on many occasions as a bonus.

In 2014, retirement beckoned. A search for a bungalow in a small but lively community ensued. We almost lost them to Prince Edward County, but their purchase fell through and Remy and Lynn settled happily in Perth in 2018! They volunteer in the community and have joined several organisations. Remy and Lynn's son is currently on an exchange with the Royal Navy in the UK and their daughter, who is with the Foreign Service has spent time in many spots around the world!

It is a happy situation that they still like to travel!

Welcome to Perth Probus !

Liz Leonard

October Presentation: "Medical Cannabis"



Maggie McDougall from Spectrum Cannabis, the medical division of Canopy Growth, gave an interesting and informative presentation on the uses of medical cannabis, sources of supply and related legislation.

With the recognition that the use of medical cannabis is still very much in its infancy and that a great deal more research is required, Maggie explained that many medical problems have been eased through its use. These include, Chronic Neuropathic Pain that can impact daily activities, Mood Disorders such as Anxiety and Sleep Disorders.

The cannabinoids found in the cannabis plant are THC and CBD.

In addition to the euphoric effects generally associated with Cannabis, THC is thought to provide relief from pain, nausea and spasticity and to help improve appetite. CBD may reduce inflammation, seizures and anxiety, and improve sleep. It does not cause intoxication, but can help overcome the nervousness sometimes associated with THC.

Balancing the ratio of THC to CBD in medical cannabis is how the product is tailored to the specific needs of each individual patient, with three formats of product being available.

Dried Flowers (which are vapourized and inhaled), Oil and Soft Gels (both of which are ingested).

For anyone considering the use of medical cannabis, Maggie put particular emphasis on two points.

After obtaining authority from a doctor, register with a licensed supplier (to ensure safe quality).

To find the right dose, Start Low and Go Slow (to avoid potential negative experiences).

A great deal more information on the subject can be found at

<https://www.spectrumtherapeutics.com/canada/en/patients>



**Liz Leonard
President**



**Lois-Anne Brebner
Vice-President**



**Bill Michie
Secretary**



**Graeme Rutledge
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**Aline McRory
Membership**



**Mary Kilgour
Special Events**



**Gail Read
Special Events**



**David Farquharson
Speakers**



**Colin Stephenson
Web Master**



**Rob Leonard
Probian Editor**



**Craig Greenwood
Past President**

**Your 2019 - 2020
Management Committee**

Remembering club members who have recently passed on:

It is with particular sadness that we note the loss of Glen Pettinger. A long-time member of the club, Glen served on the Management Committee for many years.

We send our condolences to his wife Nancy and to all the family members.

An obituary can be found in the October 19th edition of the Ottawa Citizen.

Reminders.

Renewal of membership.

Please remember that memberships not renewed by the 07th November will be considered terminated.

Special Event no-shows

Members who find they cannot attend a Special Event to which they have committed, are asked to be sure to advise Mary or Gail.

Also, note that tickets to special events will no longer be provided on a "pay later" basis.

Name badges.

Please remember to bring your name badge to meetings.

A Thought....

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there."

George Burns

Edited by Rob Leonard

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: Liz Leonard (613) 267-9638

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