



# The Probian

## September 2019 edition

Probus Club of Perth

### October Presentation:

Maggie McDougall from Spectrum Cannabis, the medical division of Canopy Growth, will provide an educational presentation on medical cannabis. She will discuss cannabis legislation, the uses of medical cannabis, safe and responsible use and accessing medical cannabis.

Maggie is local to Smiths Falls and surrounding area with deep roots in the community. As the Community Engagement Specialist, she is excited to combine her passions for Canopy Growth, building community, and cannabis for wellness. She began her career at Canopy Growth in Customer Care, where she gained valuable brand and product experience. She's passionate about education around making informed decisions, whether for wellness or recreational use

*Lunch after the October 02nd meeting will be at Wildfire BBQ, 40 Foster Street. Please sign up when you arrive.*

### Coming events:

Oct 28<sup>th</sup>

#### 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 7.30 am. 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 cost for lunch will be \$35 per person. (Alcoholic beverages are not included.) Please pay Mary at the October 02nd meeting, as the Inn will not be accepting individual payments for the meal.*
- 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.

**Total cost for the tour is \$75 per person.**

*This will include transportation, tastings, tours, exposure to local ciders, vinegars and wines; and friendship!*

*However, as mentioned, lunch is not included and must be individually pre-paid.*

### **November 14**

Dinner at Michael's Table and then attend "Shrek" by Perth Community Choir at P&DCI Mason Theatre> Tickets are \$22.

### **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 sign up for the party.*

*Cost is \$37.50 each or \$75. a couple.*

## **Membership:**



*website.)*

Outgoing Club President, Craig Greenwood with new members, Linda Cuthbertson, Tom Mackey and Glenn Tunnock.

#### **Note:**

The Management Committee is proposing a membership cap. Please see details under "New items."

*(Remember that you can access the fully protected Membership List on the club*

## **Personal Profile: Liz Leonard**

Liz was born and raised largely on the beach in a small seaside village in South Wales. Dylan Thomas country.

An unfettered seaside lifestyle nurtured her love of swimming and "messing about in boats" particularly, but dance, drama, elocution, singing, brownies, guides, roller-skating, field hockey (often on the beach) and tennis filled her active days. In an era before TV there was drawing, painting, reading, puzzles, needlework and later, in her teens, dressmaking which, beyond allowing her to make her own clothes, flourished into a household furnishing business later in life.



Her first career leaning was towards becoming a medical illustrator, a natural combination of her art and an insatiable curiosity for all things medical. That notion was squashed however, by school authorities citing the impossibility of mixing art and science!

Moving on, Liz settled on physiotherapy and was accepted at the school of physio attached to the University of Wales in Cardiff. During the Cardiff years her parents made a significant migration across the border to live in England in another seaside town. Weston-Super-Mare was now "home" and it boasted a lusty social scene. One weekend in an after-hours nightclub she was introduced to a good looking guy, short on hair as a result of a dare to shave his head

(how things have changed), who teased her about being Welsh and living in a cave, a prevailing opinion found in England at the time.

Six weeks later they met again by chance in the same location and at the time of writing have been married for 56 years!

Her parents had had reservations about the match, both because of its dubious starting place and the mixed-ness of it.

In 1964 they sailed to Canada and settled on the West Island of Montreal. They came to dub this move as the second best decision they ever made. Liz's first job was at a veterans hospital at Ste. Anne de Bellevue, but it was her next position as a staff therapist and later assistant head therapist in a newly opened General Hospital which made her feel as if she had died and gone to heaven!

She worked with a fantastic team of orthopaedic, plastic and general surgeons and physicians who were happy to teach.

There were hydrotherapy facilities in the department and there was an inspiring atmosphere of working as a team to get a new hospital up and running and to make it the best it could be. Treating a lot of major trauma, burns, reconstructive surgeries, elective surgeries and medical conditions she found the joys and immense rewards of rehabilitation exhilarating.

Finding there was no prenatal education available in the area Liz set about establishing a multidisciplinary course at the hospital. She was also part of a physio/nursing team which instituted a similar prenatal course at John Abbott College.

Liz taught the nursing students at John Abbott College the Physio aspect of obstetrics and later taught the Physio in Obstetrics programme to the Physio students at McGill University.

She remarks that she has never done anything by halves and in 1975 she and Rob produced twins who have shaped their lives ever since.

In 1975 maternity leave and day-care centres were not available and so Liz gave up her job.

It was not long however, before Liz returned to teaching pre-natal classes, both at the hospital and privately. Next came rewarding and exciting work in a hand rehab clinic and locum placements in the hospital and surrounding clinics.

Designing and supervising exercise programmes for handicapped children and adults in a pool brought Liz back to Hydrotherapy, which had always been a favorite sphere. She also became an Aqua-Percept instructor and developed a back-care course - on dry land and in the water. In 1990 Liz was asked to help with the assessment of 120 new residents being moved into a newly built Long Term Care Hospital. A job she DID NOT WANT, but nonetheless she agreed to help for one month.

Fifteen years later Liz retired from the position of Head Therapist at that institution after having been seduced by the different working challenges, the clientele and again the prospect of building a new institution into a thriving entity. An institution that has received its ACCREDITATION with EXEMPLARY STATUS.

As the children grew Liz became involved in volunteering at school, in sports organisations, brownies and, together with Rob, in the operation of the local outdoor swimming club. Following retirement she was involved in a Sorority supporting Education for Women. Throughout it all and through Rob's airline position, they were able to travel a great deal.

As both their now adult children had settled in Ottawa and wishing to be nearer them and their grandchildren and be by the water Liz and Rob set about the search that would see them settle on Mississippi Lake in 2005.

Finding and joining Probus has added further pleasure to their happy lakeside life.

Liz swims regularly, sews, does cryptic crosswords, loves cooking and entertaining and yes, still loves simply "messaging about in boats" - in her kayak.

The story started at the water's edge and all the twists and turns along the way have led us back there. It seems that makes Liz hydro-trophic!

Moving to the water's edge in the Perth area may well go down as Liz and Rob's third best decision.

## September Presentation: "Guardianship or Equality? Is there a choice?"



As the mother of a man with a severe intellectual disability, Perth Probus member Audrey Cole has dedicated many decades of effort aimed at overcoming the restrictions of traditional Guardianship. Through Supported Decision Making, the goal is equal citizenship.

A full transcript of Audrey's presentation is available on the Probus website [by clicking here](#).

## 1000 Islands Playhouse trip:

The happy group who travelled to Gananoque on September 11th enjoyed a wonderful presentation of "Ring of Fire" the music of Johnny Cash.

Thanks go to Mary Kilgour for these photos.



## New items:

### MEMBERSHIP CAP:

With our membership having reached 200, the Management Committee are proposing an amendment to the club Bylaws capping membership at 205.

*The proposal will be presented for a members vote at the October 02nd meeting.*

### Proposed By-Law Text:

Membership will be limited to 205 members but may be adjusted by the Management Committee to reflect any change in circumstance such as a change in hall capacity and configuration.

### Rationale:

The current meeting venue, the Perth Royal Canadian Legion Branch 244, has a fire code seating capacity of 212 for the space we occupy. The current configuration of seats, tables, lectern, projection equipment in the room and the need to maintain some socializing space accommodates the upper end attendance of approximately 130 members. We are consistently accommodating over 100 members at a meeting depending on the main speaker's topic, weather and time of year.

The Management Committee feels that we can accommodate the current attendance levels but if the membership were to grow it would become logistically more difficult and congested.

**Implementation:**

The current membership number is approximately 200. The implementation of the proposed By-Law would be grandfathered as of November 2019. That is to say, that all current members would be accommodated plus any new members who join and pay their dues by the November meeting. Renewal of membership is to be by the end of the November meeting and, unlike the past, we would not “track down” members who have not paid by that date.

Also members who are 90+, as described in By-Law 2.9, will not be included in the limit (Proposed By-Law 2.2). Some of these members are infrequent attendees at meetings while recognizing some are regular attendees.

We currently have 7 members identified in the 90+ club and no members recorded as Honorary or Life Members (excepting the 90+ members who are known to the Membership Chair and automatically become Life Members).

On an ongoing basis, Members in good standing from the previous year will have until the November meeting of the current year to renew their membership after which new members will be accepted as per By-Law 2.2 when the membership is at capacity

The text of the Bylaw amendment can also be found at:

[http://probusperth.ca/documents/Draft\\_Membership\\_Bylaw-revision.pdf](http://probusperth.ca/documents/Draft_Membership_Bylaw-revision.pdf)

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**Remembering club members who have recently passed on:**

It is with sadness that we note the recent loss of three of our members,

Don McNaughton

Dr Tim Murray

Bill Lea

We send our condolences to their families.

**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...

“Light travels faster than sound. This is why some people appear bright until you hear them speak.”

*Alan Dundes*

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](http://www.probusperth.ca/board.htm)