



**THE PROBANS CLUB
OF PERTH**

P. O. Box 20131,
Perth, Ontario
K7H 3M6

www.probusperth.ca

Probans meets the first
Wednesday of each month,
Sept. to June.

President

Richard Thomson
613-466-0557
[email](#)

Past President

Bill Kennedy
613-207-0037
[email](#)

Vice President

David Batchelor
613-264-1559
[email](#)

Secretary

David Allcock
613-706-3562
[email](#)

Treasurer

Graeme Rutledge
613-267-8220
[email](#)

Program

David Farquharson
613-267-2231
[email](#)
Gardner Church
613-267-1842
Brian O'Connor
613-264-9187
Derek Cooke
613-279-1217
Valerie Stephenson-Gray
613-326-0757

Special Events

Mary Kilgour
613-264-0024
Gail Read
613-464-3063

Membership

Don McDiarmid
613-264-8590

Newsletter Editor

Max Wood
613-464-1172
[email](#)

Webmaster

Colin Stephenson
613-264-2609
[email](#)

Apropos

It is altogether appropriate that Post Traumatic Stress Disorder (PTSD) treatment is provided for military personnel and first responders. However, many of us are unaware of how modern entertainment, television and social media promotes PTSD symptoms in each of us. Bad news and graphic images of violence are constantly being streamed to us through television and social media. “No news is good news”, as they say. Portable devices make all of this available to us practically anytime and anywhere. Research shows that continuous exposure to violent movies and the graphic images streamed in international news and social media increases anxiety and causes us to perceive things as worse than they actually are. Competition and the quest for market share have an escalating effect on the graphic violence fed to us, because our society has become habituated to images and language that were inconceivable even a decade ago. Left unchecked, we can expect PTSD to become much more prevalent in our civilian population. But what can we do? Well, they won’t make it if they cannot sell it. Why not try giving up the news, leaving the smart phone off and staying away from social media most of the day. And why not support the kind of entertainment our parents used to enjoy like live theatre and music, dinner with friends, and a good hobby. You might be surprised by how much brighter our world becomes.

(Apropos reflects the views of the Editor but not necessarily those of the Club.)

“Helping People Find A New Lens Through Which Look At Their Lives”



Dr. Derek Cooke introduced Dr. Manuela Joannou, a local emergency care physician who also owns and operates Tay River Reflections, a spa and medical treatment facility, just outside Perth. Dr. Joannou has recently initiated a program to help sufferers from Post-Traumatic Stress Disorder (PTSD). Her emergency room experiences with patients who had faced severely stressful situations led her to search for existing programs or methods which offered help beyond basic medical care. She has long had an interest in psychotherapy, and knew that, without intervention, such patients often faced long term struggles with depression, anxiety and subsequent family life disruptions. In too many cases the result is suicide.

PTSD patients are most often those serving in the military, police, and paramedical disciplines. However, people who have lived through any abusive or psychologically traumatic situations can also suffer from PTSD. Instead of, or in addition to, physical trauma, those with PTSD often suffer what is known as ‘moral injury,’ a term difficult to define, but generally resulting from involvement in perceived wrong doing, either by commission or omission, for example, the bombing of innocent people, a shooting in the line of duty, or other death on your watch.

Continued on Page 2

Helping People . . . Continued

First responders and military personnel put themselves in harm's way for others. They have high personal standards of self-sufficiency and resilience, and when they find they can't cope with their own emotions, it's difficult. There's a stigma attached and they find it very hard to ask for help.

Dr. Joannou was struck by the general lack of long term PTSD help programs, but one such program in California stood out. The workshops she offers at Tay Valley Reflections are based on that program, "but the curriculum has been tweaked for Canadian content." Components of this approach include group and one-on-one interaction with peer supporters, meditation, equine therapy, music therapy, high ropes training, etc. The aim is to provide a five-day residential experience for a cohort of participants in which they feel completely safe and protected, and able to share the experiences that brought them together. The program to date has been supported by community fundraisers, and by a grant from the True Patriot Love Foundation, a national charity that honours the sacrifices of members of the Canadian Armed Forces, veterans and their families in times of peace and conflict.

Dr. Joannou informed us that: "To apply for funding, you have to prove your program has merit. To this end, the results of our program have been accepted as one of four presentations to be heard at the *Dangerous Ideas Soapbox*." Held annually by the College of Family Physicians of Canada's Section of Researchers, a 'dangerous idea' is a cutting-edge or out-of-the box proposal for how to improve family medicine care, why it is dangerous (i.e., what is the challenge?), and why it matters. The credibility obtained from this exposure will enhance further funding grant applications.

Thank you, Dr. Joannou for a most informative presentation.



Personal Profile ~ Richard Thomson



Richard Thomson was born in England in 1947. Richard immigrated with his parents from Diddington, England to Canada in 1949.

His formal education took place in Toronto and Ottawa. He attended the University of Toronto and received

Personal Profile . . . Continued

an Honors Bachelor of Science Degree. In 1972 he moved to Ottawa to attend the

University of Ottawa graduate program in Renal Physiology, funded by a medical research grant.

While in Ottawa Richard met Dorothy, who at that time was a nursing student attending Wellesley's Hospital School of Nursing in Toronto, and whose parents lived in Ottawa. Only while he was working on his PhD degree in Renal Physiology did he realize that teaching was more enjoyable than research. After two years in Ottawa, Richard returned to Toronto, to attend the University of Toronto's Education Program where he received a Bachelor of Education Degree.

In 1975, Richard moved to Cochrane, Ontario as intermediate level Science Teacher (Science, Mathematics, Special Education) at Commando Senior Public School, His 33-year career also included work as a special education teacher and consultant, board special education co-coordinator and elementary school principal for the Ontario Northeastern Board of Education. He spent 33 years in Cochrane, retiring 10 years ago.

In 2008, he and Dorothy returned to Perth, an area they were familiar with since Dorothy's parents lived on Pike Lake. He is active in service club work and church committees, as well as enjoying painting, travelling, fishing, golf, tennis and cooking.

Richard considers his family to be 'the holiday family'; Dorothy and Richard were married on Thanksgiving October 11th 1975; their first son David was born on Victoria Day May 24th; their second son Ian was born on St. Patrick's Day March 17th; and Richard was born on September 4th, Labour day.

This is Richard's second opportunity to be President of the Probus Club of Perth. He appreciates your support and is looking forward to new challenges in his role as president.

Lunch After October Meeting

To be held at Fiddleheads Bar & Grill, 53 Herriott St, Perth.



Quote for the Month

"There are many things of which a wise man might wish to be ignorant" – **Ralph Waldo Emerson**

Annual General Meeting

Outgoing President Bill Kennedy called the AGM to order immediately after the introductions of our many guests were complete. In his President's Report, he briefly reviewed the successes of our 20th year of operation, including the installation of a commemorative bench in Stewart Park and our anniversary luncheon at Timber Run Golf Club, as well as the steady increase in our membership numbers. He then called upon Committee Chairs for their current status reports.

Membership: Don McDiarmid reported our current total membership as 155 and growing. This number may fluctuate as September–November is our renewal phase, but new members are joining at an unprecedented rate.

Special Events: Mary Kilgour briefly outlined upcoming events, including The “Lost Villages” bus tour on September 30th, and the annual Christmas Party on December 9th. She asked for an expression of interest in a dinner theatre evening to see “Death and Taxes” at PDCI on November 4th, with more details to follow at later meetings.

Program: David Farquharson assured us of an interesting slate of speakers for the year, and announced that next month's speakers would be Andrew Day, Chris Hahn, Rick Tait and Sandra Oey on the topic of “Habitat for Humanity – from international scope to local impact”.

Secretary (and Barista): David Alcock asked if there was interest in the provision of tea, as well as coffee, at meetings, and was assured that there was!

Treasurer: Out-going (since 2008) Treasurer Don Sherwin reported in his inimitable fashion that the club is currently in the black. Full details can be seen the Financial Report that accompanied the summer edition of *The Probian*. This year's Financial Reviewer, Sheila Hurren reported that she had reviewed Don's reports and the bank statements and had found everything in order. The motion to adopt the Treasurer's Report was moved by Chris McGuire-Sherwin and seconded by John Gibb-Carsley.

Nominating Committee: Chair Jean Crowley presented the slate of Management Committee candidates for 2016–2017. There being no nominations from the floor, she moved, seconded by Jean Nugent, that the slate be approved. Following

AGM . . . Continued

unanimous assent, Jean declared our new Management Team elected, with membership as now listed on the masthead of this Probian.

New President Richard Thomson accepted the chair and presented a brief personal profile.

Of Special Interest

Wilf Parry (1924 – 2016) Founding member and first President of Probus Perth.

His many friends in Perth and Ottawa learned recently of the passing of Wilf Parry in Aurora, Ontario. Wilf felt it was important to give back to his community, and was active in many charities throughout his life. He was on the Board of Perth's Great War Memorial Hospital Foundation, and participated in the Town Planning Council. He was President of the Big Rideau Lake Association while his young family was spending summers at the lake. In his earlier years he and his family lived in Ottawa where he was involved in the Kiwanis Club, Ottawa Curling Club and the Royal Ottawa Golf Club. A celebration of Wilf's life will take place on the Big Rideau in the summer of 2017.

Special Events

- **September 30** – Bus trip to see Lost Villages of the St. Lawrence (**Bus: Perth pick up at 7:45 a.m.** at The Factory parking lot on Christie Lake Road - Park at front of the lot; **Smiths Falls pick up at 8:20 a.m.** at The Food Basic end of the mall.) The trip includes a guided tour and a visit to the Lost Village outdoor Museum (<http://www.lostvillages.ca>), lunch at McIntosh Inn (<http://www.mcintoshcountryinn.com>) then the new Brockville Aquatarium (<http://www.aquatarium.ca>). There will be a coffee stop on the way with juice and a snack at the museum.
- **November** – Dinner/Theatre – Nov 4th, 7:30 p.m. presentation of “Death and Taxes” at the Mason Theatre (P&DCI) following dinner at East meets West. Theatre tickets are \$18. Theatre tickets should be paid for with a cheque payable to Probus Club of Perth. Dinner will be at 5 p.m. You can choose one of 4 entrees when you sign up at the Oct. 5th Probus

Special Events . . . Continued

Meeting. Theatre tickets must be paid for on Oct 5th and will be given to you at the Nov. 2nd meeting.

- **December 2** – Save this date for the annual Christmas Party to be held at Lion’s Hall, Perth. Details to be announced.

Speakers Corner



Our speakers on October 4 will be Chris Hahn, Rick Tait and Sandra Oey on the topic of “Habitat for Humanity – from international scope to local impact”. As the past Director of Habitat for Humanity Canada’s Global Village program, Rick Tait worked with a talented group of staff and team leaders to send over 15,000 volunteers to over 40 countries around the world, helping to fulfill Habitat’s mission of a world where everyone has a safe and decent place to live. Chris Hahn is Dean for the Perth Campus of Algonquin College. Algonquin College’s Construction Carpentry – Advanced Housing program in Perth will actively participate in the Habitat for Humanity Perth Chapter’s build starting in September 2016. Sandra Oey is the Project Manager, Builds and Chapters for Habitat for Humanity Greater Ottawa (Habitat GO).

Just for Laughs



New Members Welcomed



Don McDiarmid - Membership, and Bill Kennedy – Past President (far right) welcome new members (left to right): Robert Hawkins-Feduck, Elizabeth Leonard, Ross Preston, Tom Todd and Mary Vandenhoff.

Probus Management Team 2016-2017



Management Team members - from left front Don McDiarmid (Membership), Program Coordinator David Farquharson, Treasurer Graeme Rutledge, President Richard Thomson, Vice President David Batchelor, Special Events Coordinator Mary Kilgour and Past President Bill Kennedy. Absent: Secretary David Allcock, Webmaster Colin Stephenson and Probian editor Max Wood.