

# PROBUS Club of Oshawa Newsletter: August, 2020



2019 - 2020  
Executive:

**Maria de Jong,**  
President

**Al Sawtell,**  
Vice President

**Connie Nelson,**  
Past President

**Marlene Allen**  
**Pat Bayus,**  
Secretaries

**Garry**  
**Christenson,**  
Treasurer

**Joan Puskas**  
**Judy Sandham**  
**June McLaren**  
Members-at-large

**Marilyn Thaxter,**  
Social Committee

**Elaine Lopes**  
**Anne MacKay,**  
Special Interest  
Groups  
Coordinators

**Julia Howells,**  
Speakers  
Committee

**Connie Nelson,**  
Interim  
Membership  
Chair

**Maria Upton,**  
House  
Committee

**Jacqueline**  
**Frank,**  
Archivist

**David Hardy,**  
Web Master

**Cindy Fleming,**  
Newsletter Editor

**All PROBUS Club of Oshawa General Meetings are  
CANCELLED UNTIL FURTHER NOTICE**

## President's Message

I find it hard to believe it is almost August! I hope you are enjoying the heat and if not, then I hope you were able to enjoy keeping cool in air-conditioned space for much of the last few weeks. From what the forecast shows, we are in for much of the same for some time to come.

I am getting used to our new normal, I think! Only once recently did I leave my car to go grocery shopping, to discover halfway to the store that I had to go back to get my mask. At least there is always a supply in my car. I also find myself now automatically stepping off the path when pole walking if passing others to maintain proper distance. Finally getting a haircut was strange but uplifting, and getting a pedicure felt great although all the screens required some getting used to! And meeting friends for a bring-your-own-picnic in a park was delightful. As Durham Region is now allowed to move into Phase 3, more restrictions are being lifted. This too will require adjustments to how we handle social gatherings that are at the core of organizations like our PROBUS club.

As our phone survey results indicated, many of our members are missing interacting with their PROBUS friends as we were able to do in the past. At the same time, they indicated a desire to be cautious in opening up their personal social circles. What we may all need to realize is that there will not be a return to "normal" as we knew it in the past, anytime soon, if at all. This means we all need to rethink how we carry on in the "new" normal. We are conferring with PROBUS Canada as well as local PROBUS Clubs for ideas as to how to proceed with meetings and events. Conditions regarding Covid-19 infections vary widely across Canada as well as our province, and as such what is possible for some Clubs may not work for ours, at least for now. What is obvious is that for many of us it may include learning new computer skills as well as thinking outside the box as to how we can interact safely as we reactivate some Club activities. Your help and input will be important in figuring out how best to do so. Please bring us your ideas and offer to help!

**What follows is your Management Team's current position on aspects of our Club's operations.** There are a number of key components to the successful operation of a club like our PROBUS Club of Oshawa: Monthly meetings with a speaker or entertainment; a variety of Interest Groups and a number of social outings or events that appeal to a variety of cultural and other types of social interaction. Much of these have been on hold or cancelled since March.

## **SOCIAL EVENTS**

The Social Committee would like some help from members to come up with social events that we can safely offer to a small number of our members in the near future when it is safe to do so. We are looking for members who have ideas and would like to help set them up. Holding social events safely is an important component of what any PROBUS Club is all about. In our new normal, it is also an important part of our Club's operations that will require new ways of doing things! We need you and your ideas! Contact Marilyn Thaxter at [marilyn.thaxter@gmail.com](mailto:marilyn.thaxter@gmail.com) to help.

## **GENERAL MEETINGS**

It is our fond wish that we can resume holding General Meetings again soon in the fall that may be some combination of in-person and on-line. We are looking at what the technical requirements are needed to make that happen. As a result of your feedback from our June phone survey, no food or beverages would be served, health and safety protocols would need to be observed and numbers would be limited to what is allowed in the Shrine Hall. This will require some system for registering those who would attend in person and providing a link for others to watch on-line. If you can help us figure out how to do our meetings with different technology, please contact Maria de Jong at [mariska578@gmail.com](mailto:mariska578@gmail.com) or Al Sawtell at [alansawell@yahoo.ca](mailto:alansawell@yahoo.ca).

## **SPECIAL INTEREST GROUPS**

Special Interest Groups are probably where the most potential exists. As restriction on numbers allowed in social gatherings are loosened, it may be possible for some Special Interest Groups to meet outside for now and inside in the near future if physical distancing is possible. If members are not comfortable meeting in person, we hope that SIG conveners and members will figure out how to meet virtually. This may require some rethinking of normal activities. Please let me know what you are planning and/or how you are operating in the next Newsletter.

In addition, this may be a time for completely different SIG groups to form that can function within the limitations for our current restrictions for social contact. I have heard of one PROBUS Club that is starting a TED Talks group, where members choose a TED talk to all watch and then discuss this via a ZOOM meeting. What activities other than Golf and Pole Walking can best be done outdoors? Meeting in Chat room, playing games online, using Facebook or Google, or hosting a Zoom meeting are all ways SIG groups can and are meeting using technology. If you have an idea for a new SIG group please contact Elaine Lopes [laine2439@gmail.com](mailto:laine2439@gmail.com) and Anne Mackay at [anne\\_mackay@bell.net](mailto:anne_mackay@bell.net)



To follow the links within this Newsletter, don't forget to "Ctrl + Click".

For those not yet zooming, here is a link to a video on how to Host a ZOOM meeting.  
<https://support.zoom.us/hc/en-us/articles/201362613-How-Do-I-Host-A-Video-Meeting->

## MEMBERSHIP RENEWAL

After some deliberation, your Management Team has passed a motion to reduce the renewal fee for September 2020 to August 2021, to \$15.00, from our normal \$30.00 Membership renewal fee. We came to that decision taking into account the great variance of decisions made by other Clubs, and our inability to hold regular monthly General Meetings for some months. Please note that our Past President, Connie Nelson, has volunteered to handle our Membership Renewals at this time, since we do not have anyone who has stepped up to be our new Membership Chair. Please see below for instructions from Connie as to how to pay your dues this year.

## HOW TO PAY YOUR CURRENT MEMBERSHIP RENEWAL FEE

Membership currently totals 285. The management team has pro-rated the membership fee for the year 2020-21 to **\$15.00 payable September 2020**. If you are renewing your membership, please mail your cheque payable to PROBUS Club of Oshawa to the attention of Connie Nelson, 1447 Tremblay St., Oshawa, ON L1J 3X7. If you are not renewing your membership, please email Connie at [connienelson@rogers.com](mailto:connienelson@rogers.com). If you do not have email and are not renewing your membership, please call Connie at 905-576-9022. You can mail cheques to Connie in August, if you prefer. If the cheque covers the fee for more than one member please make sure both names are clear.

## SPECIAL INTEREST GROUPS

**All INSIDE Special Interest Group meetings have been cancelled for the time-being.**



### LUNCH GROUP – Connie Nelson

The lunch group is planning a small get together with a bring-your-own takeout or picnic lunch and lawn chair at a local park at a date to be determined. Social distancing will be observed.

### URBAN POLE WALKING - Maria de Jong



walk on a given morning.

Some of our members are Pole Walking regularly. We walk in pairs, keep proper distance and enjoy each other's company as we walk the many beautiful local trails. Although trails are busier than in the past, it is quite possible to keep physical distance. Our pairs can be doubled or tripled depending on how many are able to



## WHAT'S OPEN NOW LOCALLY?

A small sampling of the local cultural organizations that are opening again and/or holding events and festivals in a variety of ways:

Robert McLaughlin Gallery: <http://rmg.on.ca/>

Parkwood Estate: <https://www.parkwoodestate.com/>

Oshawa Zoo: <https://oshawazoo.ca/>

For a broader look at what's on, check out the following website:

What is on in Durham Region? <https://calendar.durham.ca/tourismevents>



## COMMUNITY REQUESTS FOR VOLUNTEERS

We have recently received a couple of requests from Organizations in the GTA looking for seniors who might have an interest in volunteering.

One is from Community Care Durham, who are looking for Board members. If interested click on the link below for the flyer, and contact Marcy Marchuk, Volunteer Coordinator Community Care Durham 905-242-4865 or email [mmarchuk@communitycauredurham.on.ca](mailto:mmarchuk@communitycauredurham.on.ca).

[Volunteer Board of Directors](#)

The second request is from the Kinesiology Lab at the University of Toronto looking for seniors to participate in a Fitness Study. Click on the PDF below for the flyer and contact Alexis Whitehorn at 416-946-5856 or email [alexis.whitehorn@mail.utoronto.ca](mailto:alexis.whitehorn@mail.utoronto.ca)

<https://kpe.utoronto.ca/academics-researchresearch-units-labs-centres/exercise-oncology-lab>



U of T Senior Fitness  
Recruitment Flyer Fina



## Member Care

With a Club such as ours, we need your help to let us know if one of our members is experiencing a serious illness or is hospitalized. Our Club would like to let our ill members and their families know that they are in our thoughts as they deal with their illness with respect to the family's wishes for privacy.

In the same way, we need you to let us know if you become aware that a member, their spouse or close family member has passed on. Often the family does not think to contact our Club, or know who to contact under these difficult circumstances. We would like to respect the wishes of family and give our members the opportunity to express their condolences to the bereaved. Please let us know so we can respond appropriately. Email [mariska578@gmail.com](mailto:mariska578@gmail.com) or [oshawaprobusclub@gmail.com](mailto:oshawaprobusclub@gmail.com).

### PROBUS Club of Oshawa Website:

[www.oshawaprobus.com](http://www.oshawaprobus.com)

### PROBUS CANADA Website:

[www.probus.org](http://www.probus.org)

### PROBUS GLOBAL

There are over 4,000 clubs worldwide with over 350,000 members. Of those there are over 260 clubs operating in Canada. What you may not know that PROBUS also has a **Global Club.**

PROBUS GLOBAL is open to any member of a PROBUS Club and provides an on-line forum to make connections to PROBUS members around the world.

<https://probusglobal.org>

