



TRENT HILLS PROBUS CLUB NEWSLETTER

NOVEMBER 2020

Our Strength is Fellowship; Our Success is Participation

PRESIDENT'S MESSAGE:



November is the first month of the new Probud year, 2020-2021. I think we all realize by now that COVID is here to stay. Let us all think positive and build on what we have learned throughout the last six months.

First, the **AGM votes**. Thank you to everyone who took the time to read the information and vote.

First, Do you accept the Auditor's Report?

47 voted yes. 1 abstained.

Second, Do you accept the Financial Report and Financial Statements as reported?

47 voted yes. 1 abstained.

Third, Do you approve of the 2020-2021 Management Team?

47 voted yes. 1 abstained.

Conclusion: All motions passed. Interesting to note that the number voting is equal to 70% of the number of members who attended our last meeting in March, 2020.

The Management Team

PRESIDENT Norah McGowan	PAST PRESIDENT Tom Terentiew	VICE PRESIDENT Hazel Farley
SECRETARY	TREASURER Steve Wood	EVENTS Lesia Karas
MEMBERSHIP Sheila Wood	MEETING MANAGER Jim Connor	COMMUNICATIONS Laura McCulloch

We still need a Secretary to 1. Take minutes at our Management Meeting and once approved, post them to our Archives. And 2. To handle our Trent Hills Probud email account. That is to send out emails to our members and to forward any emails received to the appropriate Management Team member. It would be ideal to have one person do both jobs, however, if you feel you can only handle one of the two, please contact Norah at norahmcgowan376@gmail.com We need you now.

Because we are now living a life with Covid, a number of us have developed some new good habits for our health and well-being. **How many** of the following have you picked up and hope to keep doing?

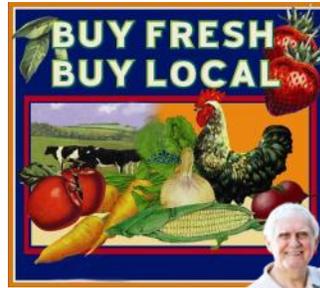
1. Drinking more water and staying hydrated.
2. Staying in better contact with friends and family.
3. Keeping your home uncluttered.
4. Being better with money.

PRESIDENT'S MESSAGE (CONT'D)

5. Shopping locally.
6. Spending more time with your immediate family.
7. Regular exercise.
8. Spending more time in nature.
9. Going on walks.
10. Cooking from scratch.
11. Listening to more music.

In conclusion, let's keep up what we need to do to stay safe. Wash your hands with soap frequently, wear your mask properly, physically distance from others and follow the guidelines given to our region for safety in this time of an everchanging Covid virus.

Norah



WE'RE "ZOOMING"



MARK YOUR CALENDARS TO ATTEND OUR FIRST ONLINE "ZOOM" PROBUS MEETING ON OUR REGULAR MEETING DAY, WEDNESDAY, NOVEMBER 11TH. BECAUSE THIS DAY IS REMEMBRANCE DAY, WE WILL START THE MEETING AT 2 PM FOR THIS MEETING ONLY. THE SPEAKER WILL BE SARAH COOK, EDUCATION COORDINATOR FOR THE ALZHEIMER SOCIETY. HER TOPIC WILL BE "HOW WELL DO YOU KNOW DEMENTIA?".

We will spend a little time in this Newsletter on basic instructions for using the "Zoom" program. Perhaps many of you are already very familiar with it; if so, just watch for your invitation by email the day before the meeting and join 10—15 minutes before 2:00.

SIGNING IN TO ZOOM For those who haven't used Zoom before, you don't have to have a Zoom Account in order to attend a meeting and there is no cost to you. You will receive an email invitation to attend the day before the meeting. Save this email and approx. 10—15 minutes before the scheduled start, you should go to that email and click on the link to "Join Zoom Meeting"; you will be directed to the sign-in area where you will enter the Password. That should take you right into our meeting. Alternatively, you can go to www.zoom.us and click on the "Join A Meeting" button. You will have to enter the Meeting ID number, click "Join" and then you will be asked for the password. You may get a message asking you to wait to be admitted by the host— nothing for you to do, just wait until you are admitted into the meeting.

“Zoom” Instructions, cont’d

USING DIFFERENT DEVICES In these instructions, we will discuss viewing the meeting on a laptop or desktop computer. If you will be using a tablet or mobile phone to view the meeting, there are tutorials available on the Zoom website which you should review prior to the meeting. It is very similar but there are slight differences.

ONCE YOU’RE IN THE MEETING Don’t worry, it’s easy! There are two views available: “gallery view” where you can see small pictures of all the people attending the meeting and “speaker view” which may be preferable once the speakers start talking as you will see a larger picture of the person who is speaking as well as any slides or pictures for their presentation. The buttons for each of these views is in the top right hand corner.

There are two buttons on the lower left corner: One is a microphone icon; it says “Mute” or “Unmute”. Please mute your microphone once the meeting has started so we are not trying to deal with 40 people’s background noise, dogs barking, music, etc. You will still be able to hear the speakers as long as you have the volume turned up on your speakers or headphones. The other icon is the “Video” button. Make sure this is turned on so we can all see you. Try to sit at your computer in a location where light will be shining on your face.

ASKING QUESTIONS There is a “Chat” button on the bottom of the screen which you can use to ask a question by typing it in. Alternatively, you can “raise your hand” by clicking on the “Reactions” button at the bottom. When someone asks you to go ahead, unmute your microphone and speak. No one can hear you unless you “unmute”. And in the lower right corner is the button you will press to leave the meeting.

You can find an instruction sheet at the end of this newsletter. Also, if you’d like to view a video tutorial, this one suggested by the Probus Zoom Support Program is quite good: <https://www.youtube.com/watch?v=9isp3qPeQ0E> (Press “CTRL” + click on the link to go there).

That’s the basics. There may possibly be a bit of confusion on our first try but that’s the way we learn, right? If you have any questions or concerns prior to the meeting day, contact:

Norah McGowan (norahmcgowan376@gmail.com),

Hazel Farley (hazelfarley@gmail.com) OR

Laura McCulloch (lauramcculloch52@gmail.com) and they will try to help you.

Submitted by Leslie Turpin
Something for us all to remember



KEEP UP THE GOOD WORK!

COVID-19 UPDATE FOR NORTHUMBERLAND COUNTY

(Data provided by the Haliburton, Kawartha, Pine Ridge District Health Unit, October 28th)

Current Active Cases: 2 (.002% of the population of 85,600)

Current Hospitalizations: 0

Number of people who have recovered: 45 (93.75%)

Total Deaths: 1 (2.08% of total cases)

AN INTERESTING ARTICLE...



For those of us who have gotten a tad paranoid...

A voice of reason.

Keep healthy, happy and safe.

Dr. Henry is the Provincial Health Officer for British Columbia, the first woman in this position. She is also an associate professor at the University of British Columbia. She has a background in epidemiology and is a specialist in public health and preventive medicine.

The Wisdom of Dr. Bonnie Henry (EXCERPT)

- "We may have to live with COVID-19 for months or years. Let's not deny it or panic. Let's not make our lives useless. Let's learn to live with this fact.
- Washing hands and maintaining a two-meter physical distance is the best method for your protection.
- If you don't have a COVID-19 patient at home, there's no need to disinfect the surfaces at your house.
- Packaged cargo, gas pumps, shopping carts and ATMs do not cause infection. If you wash your hands, live your life as usual.
- You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of COVID-19.
- It is sufficient to use normal soap against COVID-19, not antibacterial soap. This is a virus, not a bacteria.
- Wearing a mask for long periods interferes with your breathing and oxygen levels. Wear it only in crowds.
- Wearing gloves is also a bad idea; the virus can accumulate into the glove and be easily transmitted if you touch your face. Better just to wash your hands regularly. Immunity is greatly weakened by always staying in a sterile environment. Even if you eat immune boosting foods, please go out of your house regularly to any park/beach. Immunity is increased by EXPOSURE TO PATHOGENS, not by sitting at home and consuming fried/ spicy/sugary food and aerated drinks.

Be smart and stay informed! Live life sensibly and to the fullest."

* Editor's note: Good advice but, where applicable, Ontario regulations and directives supersede this article.

On the lighter side:

2019: Stay away from negative people. 2020: Stay away from positive people.

Sheila's Joke of the Month

Did I read that sign right?

In a Laundromat: "Automatic Washing Machines: Please remove all your clothes when the light goes out."

In a London Department Store: "Bargain Basement Upstairs"

Outside a Second-Hand Shop: "We exchange anything—bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?"

Notice in Health Food Shop Window: "Closed due to illness"

Spotted in a Safari Park: " Elephants, please stay in your car."

Seen during a conference: "For anyone who has children and doesn't know it, there is a day care on the 1st floor"

Notice in a farmer's field: "The Farmer allows walkers to cross the field for free. But the bull charges.

Message on a leaflet: "If you cannot read, this leaflet will tell you how to get lessons.

On a repair shop door: "We can repair anything. (Please knock hard on the door—the bell doesn't work)

Message from the Editor...

Well, I guess we don't have any photographers in the group....there were NO entries in our Photo Contest!

Hope everyone will give our Zoom meeting a try on November 11th! The Management Team would appreciate your feedback afterwards.

As always, I welcome input from members who have something interesting to share: articles which may be of general interest to our membership, jokes or quizzes, pictures of what you are doing to keep busy, achievements and activities of our members (either upcoming or in the recent past), links to interesting sites (businesses, activities, etc.) Thanks this month to Leslie Turpin for her contribution! Content can be sent to: lauramcculloch52@gmail.com. Deadline for submissions is the 25th of each month.

Stay positive, stay safe and stay calm,

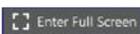
Laura McCulloch
Newsletter Editor



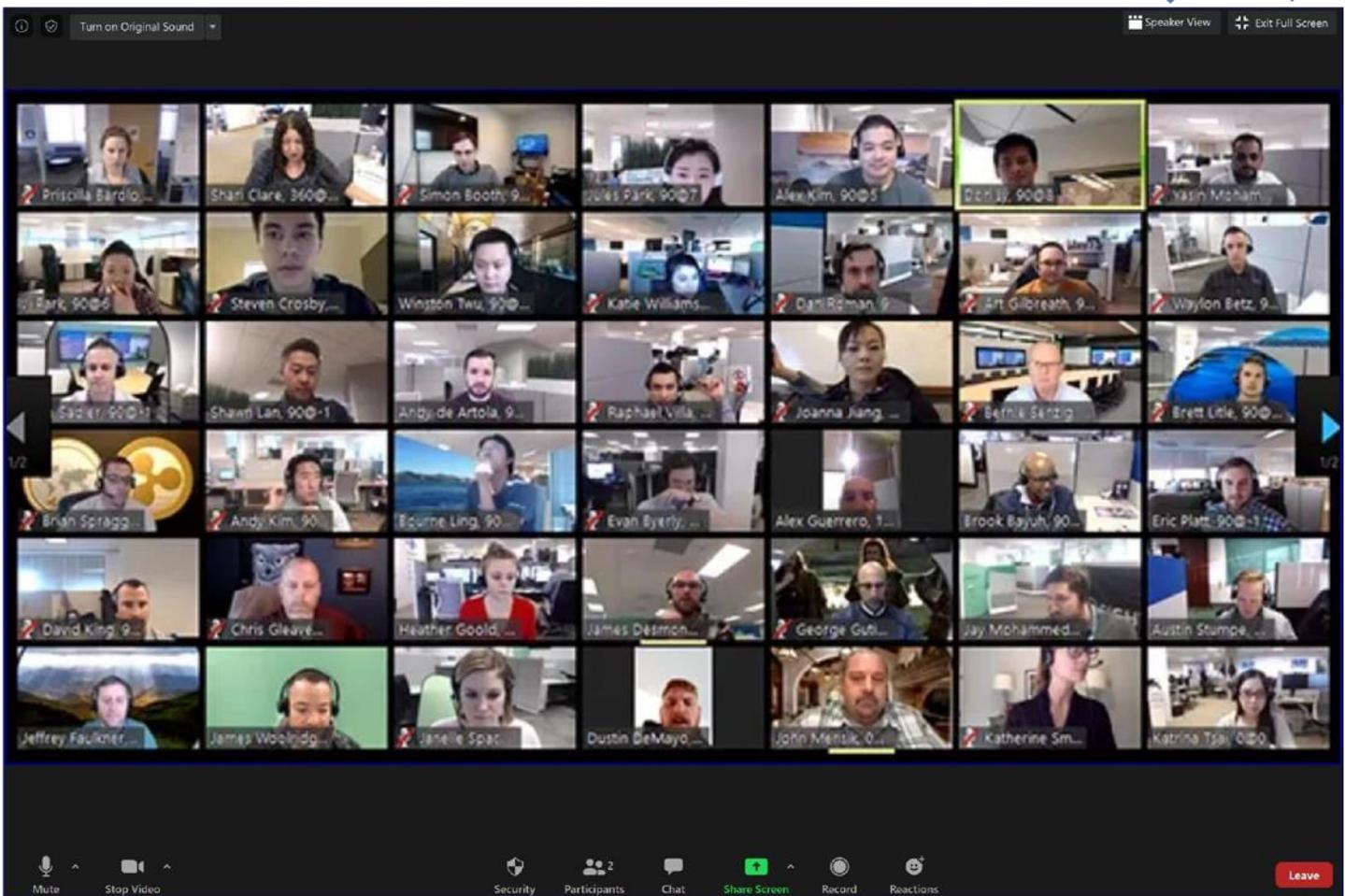
ZOOM CHEAT SHEET

FOR LAPTOP/PC

Courtesy of Probus Zoom Support Program

	Recommended – this message should always be displayed
	If you see this button, click on it for Full Screen

Recommended – once the meeting starts, click on **Speaker View** to change from this Gallery View to one that will focus on the speaker.
To return to this view of all participants, click on **Gallery View**.



	Click to Mute your microphone
	Click to Unmute your microphone, OR Hold the SPACE BAR down to temporarily Unmute , release to Mute

Click on **Chat** to submit a question or make a comment

Click on **Reactions** to put your hand up

Click on **Participants**, your name, **More** to **Rename** your first & last name

Click on **Leave** to leave the meeting