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The AppleCore Newsletter

August 2022



President's Message



Jim Carmichael

At the upcoming AGM my term as President will end and Marcus Miller will take over the reins.

When my term started a year ago, I hoped I would be presiding over the “return to normal” Sadly the impact of the pandemic is still with us in so many ways - Travel, while increased is not yet, and many other elements of our life like supply logistics are still in disarray. Perhaps most importantly, so is the impact on health and many of our Members not yet comfortable with returning to the world.

I hope Marcus will see this happen. I hope everyone will be able to once again come back to what PROBUS is about - friendships

Enjoy the rest of the summer

Jim Carmichael (iPhone)
416-526-3213

The opinions expressed here are solely those of the author and do not reflect the views of Applewood Probus or Probus Canada – per the Lawyers in the house

August General Meeting

Port Credit Yacht Club

August 11, 2022

LADIES INVITED!

It's time to resume our lives. Let's get out and renew our Probus connections.
Ladies are invited to join our members on August 11 at 10.00 am for the regular monthly meeting. For more information, [click here](#)

Please note that as we advance there will be no live Zoom participation in members'

general meetings. Speakers will be recorded using Zoom for the next few meetings and their presentations will be made available later, as before

Annual General Meeting & Lunch

Sept. 8, 2022

Agenda

10:00 am Speaker: Peter Black
11:15 am Annual General Meeting
12:00 noon Members' BBQ Lunch

The Management Committee has arranged a special BBQ lunch at PCYC following our AGM Meeting. We are looking for your support so that we achieve our needed quorum for the AGM, and we want to provide a great opportunity for social interaction with old and new friends.

The cost for the lunch and 1 beverage is \$35. **Reservations are required by signing up at the August 11 meeting or by sending an email to Kent Newell**

(kent_newell@sympatico.ca) indicating you will be there and pay at the door. E-transfers can be made to: applewoodtreasurer@gmail.com

The Menu:

- Your Choice of Classic Caesar Salad or Market Greens with Selected Dressings
- Picnic Coleslaw, New Potato Salad and Pasta Salad Prima Vera
- Your choice of an 8oz. All Beef Burger or Herb Grilled Breast of Chicken on an ACE Bakery Bun with all the Trimmings
- Sweet Tea and Lemonade
- Assorted Cookies and Squares
- Beverage: either a Beer or a glass of Wine.

Activities Update

Enjoyed your last event? Why not share a picture at applepro805@gmail.com? and it will be placed here.



Dinner Group A & J July 19

To learn what happened, [click here](#)



Walking Group July 21

To learn what happened, [click here](#)



Book Club

With participation via Zoom from Saskatchewan, Manitoba, and Ontario.

For a report on our August book *While Justice Sleeps*, [click here](#)

September Book: *The Dictionary of Lost Words* by Pip Williams. For a summary, [click here](#)

For the list of future selections, [click here](#)

Activity Calendar

For a calendar showing all scheduled activities, [click here](#)

2022/23 Dinner Groups

Dinner Group lists for 2022/23 have been emailed out to all who signed up.

If you signed up, you should have received a list of those in your group for 2022/23.

If you did not receive your list or would like to join a dinner group, please contact Roy Hicks

For information on dinner groups [click here](#).

Current Speaker

August 11, 2022, Sarah Schnobel



Sarah Schnobel spent her 37-year career with Veterans Affairs Canada, working in the social services field. She graduated from McMaster University with a degree in Physical Anthropology and added to her knowledge with certifications in Case Management, Gerontology, Mental Health, and Addiction.

For the last 26 years of her career, Sarah was the Client Service Team Manager at the Veterans Residences, Sunnybrook Hospital. There, she was responsible for providing services and programs to over 500 Veterans

residing in the Long Term Care and Complex Care units.

She has extensive knowledge of the myriad of services, benefits, and programs available to residents in Ontario.

Sarah was awarded Queen Elizabeth II, Diamond Jubilee Medal, in 2012 for her outstanding care and service to the Veteran community.

The topic of her talk is “How to best preserve your autonomy”. The comments are designed to help ensure all your important papers are current, in order, and assessable: the talk is designed to start each listener thinking about the consequences of losing your mobility, and your ability to care for yourself or your loved one.How you can ensure your wishes are being honored if you should lose your cognitive ability.

The talk touches on all the items that none of us want to think about....but need to in order to ensure our wishes are respected and carried out at the appropriate time.

Recent Guest Speaker July 14, 2022, Dr. Mohamad Fakh



Those who missed the July 14 meeting certainly missed a fantastic speaker. Mohamad Fakh is a Lebanese-Canadian businessperson and Philanthropist. Founder of the Middle Eastern Halal restaurant chain, Paramount Fine Foods, Dr. Fakh is also known for his charitable work, philanthropy, and community service. I would also add that he is a great public speaker and a great Canadian.

Mr. Fakh emigrated to Canada in 1999, and Paramount now has over 2000 employees. His comments included thoughts on how lucky we are to be Canadian today, and the opportunities we have here that are not available in other parts of the world. He spoke on his experiences of being an immigrant,, building a successful, restaurant chain, and the

importance of being active in the community during times of upheaval and change.

Much of his relaxed presentation focused on "doing the right thing" especially when dealing with employees during the period of Covid. He focused on the importance of learning about dealing with people under the tough times of the past two or three years. Dr. Fakih stressed the long-term value of learning from recent experiences, from his personal experiences,

Dr. Fakih's speech captivated the 45 members who attended.

To see the video of Dr. Fatih's presentation, [click here](#) to be redirected for viewing.

Upcoming Speakers

September 8, 2022, Mr. Peter Black



Mr. Black grew up in Saskatchewan but has lived in Ottawa since 1970. He holds degrees in Economics and Political Science. He was a career civil servant providing policy analysis in the Saskatchewan and Canadian governments. In 2001, he became a member of Fair Vote Canada (FVC), a not-for-profit organization dedicated to bringing about a proportional representation system for provincial and federal elections. He served at that time for several years on the Executive of the National Capital Region (NCR) Chapter of FVC and on the National Council of FVC for six

years. During the 2007 referendum on PR in Ontario, he coordinated the "Yes" campaign in Ottawa. Peter was recently re-elected as an executive member of the NCR Chapter of FVC.

Mr. Black will talk about a proportional system for voting, used by most democracies and

that some are advocating as a replacement for the first-past-the-post system now used in Canada.

Probus Website Submissions

We encourage you to submit a paragraph or two on what your group is up to. Pictures of your activity or event are also welcomed. Submissions should be sent to applepro805@gmail.com

Any Changes?



Help Us Keep the Membership List Up to Date

This is a gentle reminder that each member is responsible for keeping our membership list up to date. If you have moved, changed your email address or phone number, then send an email to the Membership Co-ordinator, **Doug Brien** at membership@applewoodprobusclub.org. or [click here](#). and Doug will update your record.

Thanks.

Probus Activities

To see the recent activities and pictures from our various activity groups click the activity listed below

[Billiards](#)

[Book Club](#)

[Craft Beer](#)

[Cycling](#)

[Dinner Clubs](#)

[Golf](#)

[Investments](#)

[Men's Bridge](#)

[Men's Supper Club](#)

[Mixed Bridge](#)

[Movies](#)

[Poker](#)

[Pub Lunch](#)

[Senior Common Room](#)

[Theatre](#)

[Trivia](#)

[Walking](#)

[Wine Tasting Groups](#)

[Activity Conveners](#)

[Management Committee](#)

Dominoes will be launching as soon as Covid precautions permit. Links will be created here, as the Conveners create content for the website.

The AppleCore Communications Team



To contact the team by email, [click here](#) or email applepro805@gmail.com (copy/paste).

This email address is shared by all team members. Any email sent to this address will be available to the entire team.

Emails: Allen Woolfrey

Newsletter: Roy Hicks

Website Gurus: Tony Hart, Gary Bridges, and Gil Clay

Zoom Specialist: Paul Ferri

Coordinator: Tony Hart

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Applewood Probus Club Membership List

Our mailing address is:

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