
The AppleCore Newsletter

September 2023



President's Message



It's September and time for our Annual General Meeting. September is also the month we kick off a new season of Probus Activities, Events and

Speakers. Most importantly, it is the month for the peaceful transition of presidential powers.

The Management Committee has prepared a full agenda for the AGM. The AGM will feature a slide show of activities and events for the past 12 months, thanks to Doug Johnston. We will remember members who have passed, and also celebrate the array of past Speakers, Activities and Events. Our membership drive paid off, and the Club welcomed 16 new members this year. Thank you everyone for introducing them. At this year's AGM, we will bring back the old tradition of the Probus Presidential Tie. Dave Irwin contributed his Probus President's tie, and it will be presented and passed onto subsequent leaders. Finally, we look forward to our largest ever annual BBQ lunch at PCYC.

I want to thank the 2022/23 Management Team for their efforts and friendships that made my term as President easy, enjoyable, and rewarding. I also acknowledge and thank the many volunteers who keep our Club vibrant and running smoothly. Finally, I would like to thank all of you for the support and encouragement you gave me in my term as President of Applewood Probus.

I look forward to our new President, Paul Taylor, taking the reins, and wish him success.



Marcus Miller
President

Applewood Probus Annual General Meeting and Lunch - September 14th, 2023

Agenda

10:00 Speaker: Betty Franklin – Living With the “F Words” in Your Life

11:15 Annual General Meeting (Last year’s minutes are on the website in the Archives.

Draft financial report and proposed 2023/2024 budget can be found [here.](#))

12:00 Members’ Barbecue 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.

If you have had a problem emailing your Barbecue registration to [Kent Newell](#), please note his correct email address is kent_newell@sympatico.ca. (The underscore in the original notice was hidden by the underline. Apologies.)

Upcoming Speaker - September 14, 2023

Betty Franklin, Registered Nurse, Mental Fitness and Wellbeing Expert,

Author, Educator

"Living With The "F Words" in Your Life"



Betty works with organizations to enhance employee wellbeing, both mental and physical. Using research based concepts highlighted in her book, ***GUTS - Get Uncomfortable To Succeed***, Betty developed a model for living a fulfilling life that embraces six key components. Along with presentations, her coaching program and workshops educate, encourage, and inspire participants to harness the power of these components to live well, no matter the circumstances.

Living life well is not easy. It's unpredictable. It comes with ups, downs and challenges. Learning, and knowing how to travel effectively and efficiently through life tests our skills, abilities, knowledge, and stamina. It dares us to open our minds to be better, work wiser, and persevere on both a personal and professional level. Living life well, and ending it well requires us to get uncomfortable.

In ***Living With the "F Words" in Your Life***, Betty Franklin introduces audiences to an innovative, whole person, practical approach to life and wellbeing.

Incorporating her healthcare background and personal experiences, with science and research, she asks you to look at six key components of life. Bringing these components, called the "F Words" - Family, Fitness,

Friends, Finance, Fun and Faith - together, Betty leads participants on a journey highlighting concepts and strategies to support their wellbeing, resilience, and mental fitness.

Future Speakers

Peter Sloly, OOM, MBA, BA, CEO of Sloly Solutions - October 12, 2023
"Reflections and Projections for Policing and Public Safety"



Peter is the founder and CEO of Sloly Solutions, a consulting company providing strategic advice to governments, private and public sector organizations. In addition to his consulting business, Peter is currently a "Visiting Fellow, Change Maker-in-Residence" at University of Toronto's Massey College.

Peter has enjoyed three different careers as a professional athlete, a partner in a major professional services firm, and as a police officer who rose through the ranks over three decades to become Chief of Police.

He has participated in several international development missions including two tours of duty in the United Nations Peacekeeping Mission in Kosovo. He has received United Nations and Canadian Medals for peacekeeping as well as being invested as an "Officer of the Order of Merit (Police Forces)" by the Governor General of Canada.

Peter has spent his lifetime championing diversity, equity, inclusion, and anti racism. Peter's professional mission is to help build smarter, safer cities and more just, inclusive societies. His personal motto is "Others before self, compassion for all".

Peter will provide his views on Policing and Public Safety, a matter of growing concern to all of us.

Peter will be hosted by Lloyd Posno.

Ted Barris, Journalist, Author, Broadcaster, War Historian - November 9, 2023

"Battle of the Atlantic"



Ted's writing has regularly appeared in the national press, as well as magazines as diverse as Air Force, esprit de corps and Zoomer. He has also worked as host and contributor for most CBC Radio network programs, PBS in the U.S. and on TV Ontario. After 18 years teaching, he recently retired as a full-time professor of journalism at Toronto's Centennial College.

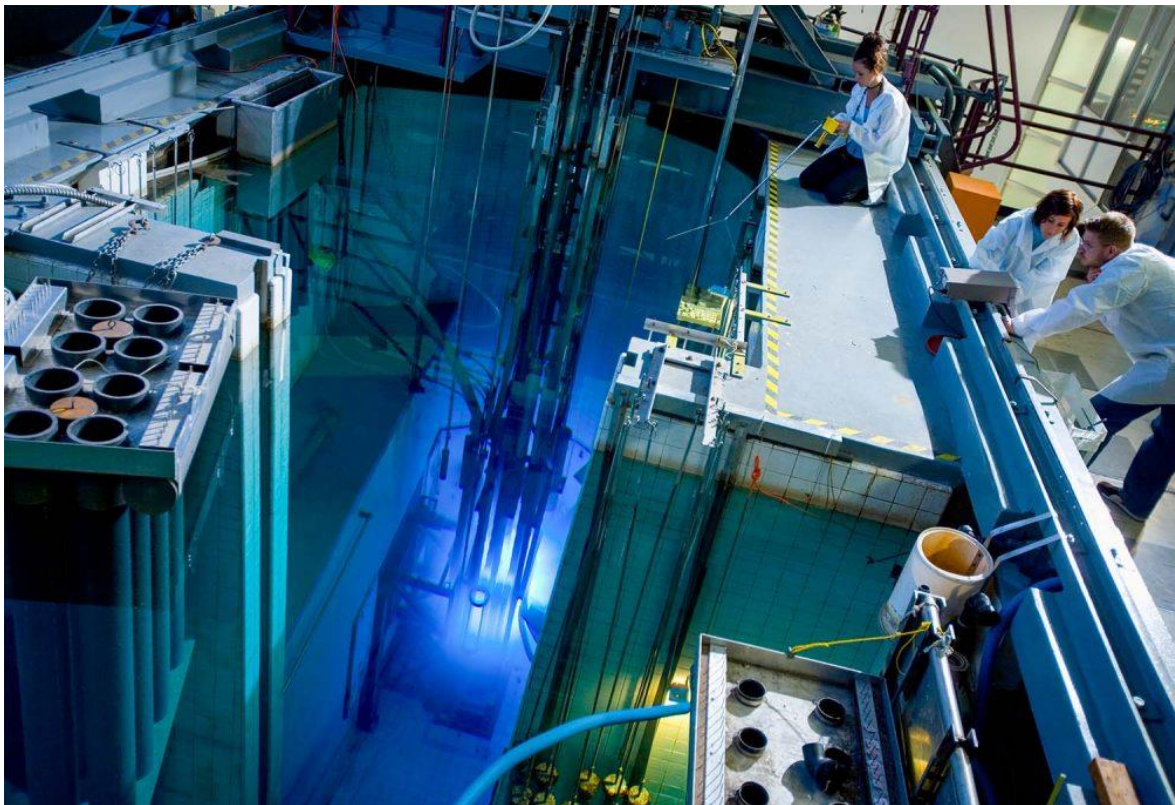
In 2011, he was one of 19 civilians presented with the Minister of Veterans' Affairs Commendation. In 2012, the Air Force Association of Canada selected Ted Barris to receive Queen Elizabeth II's Diamond Jubilee Medal.

Ted's 20th book, Battle of the Atlantic: Gauntlet to Victory was published in the

fall of 2022 and immediately landed on the Globe and Mail and Toronto Star bestsellers lists.

Upcoming Events

McMaster Nuclear Reactor Tour - October 17, 2023



Come and see how nuclear reactors work and the related research facilities at this leading university. It is at the main McMaster campus in Hamilton. The tour is about 1 hour in length and will start at 11:30AM on Tuesday, October 17. There is no cost for the tour itself. The tour is limited to a total of 30 club

members only. **There is no wheelchair access and two stairs that must be used so that anyone with mobility issues should take note.**

Once signup is finalised, we will send an email blast including parking information and those who are going for car pool contact where interested. Last day for signup is October 3. The only time to signup in person is at the AGM on September 14. See Bill Halliwell at the front desk or later contact him at bill1725@aol.com.

Theatre Outing "Evita" - November 5th, 2023



Evita

A Drayton Entertainment Production
Hamilton Family Theatre in Cambridge, Ontario
Sunday, November 5th, 2023 at 2:00PM

For best seat selection, go online NOW www.draytonentertainment.com and buy your choice of seats before they sell out.

Lunch to be organized prior to showtime at a local restaurant.

Contact Don Wilkinson (donwilkinson756@gmail.com) after ticket purchase and to sign up for the Pre-Show lunch.

This is a drive yourself event, but we will try to arrange carpooling if required.

Christmas Lunch - December 7th, 2023



Probus Christmas Lunch will be held December 7th at
Markland Wood Golf Club, 245 Markland Drive, Toronto, Ontario M9C
1R1.

Details to follow.



Past Speaker - August 2023

Robert (Bob) Pinet, Historian

"The Acadians"



Robert is one of our newest club members. He is an avid historian who has documented the history of his family, the Acadians, and their influence in North America.

Originally from the north eastern France, they were forced to move to North America during the religious wars in Europe. Most settled in what is now Nova Scotia and New Brunswick. Subsequently, many were forced to move to the eastern areas of the United States by the English that controlled Canada at that time. However, over time, many returned to the Canadian east coast. A large group settled in the bayou lands of Southern Louisiana where they subsequently became known as "Cajuns".

The language of Acadians is a mixture of English and French, making it unique to North American culture.

Although dispersed up and down the east coast of North America, family ties are important to this unique culture. Robert told us of a recent "family reunion" where bus loads of relatives attended from all parts of the east coast.

However times change. Queen Elizabeth II issued a Royal Proclamation apologizing for the force deportation of this unique group of people.

Note: **Tom Axworthy** presented his talk "**Leaders I Have Known**" to Applewood Probus in July. His presentation to Mississauga South Probus in August is available on [YouTube](#).

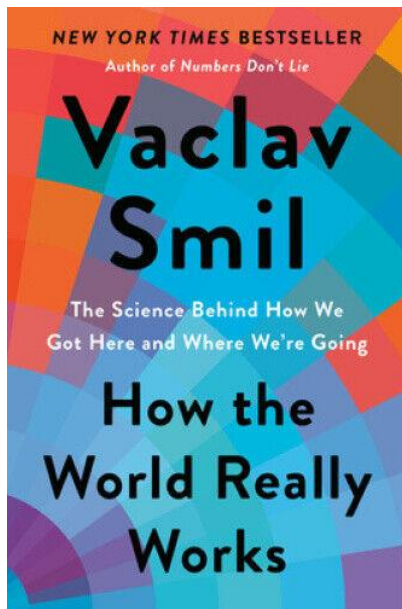
Activities Update

Enjoyed your last event?

...Why not share a group picture at ApplePro805@gmail.com and it will be placed here.

Book Club - August 2, 2023

How the World Really Works, by Vaclav Smil



This book is a digest of many of the Smil's earlier works. The author does a compelling job of bookkeeping the costs for production of food. For example, one tomato costs about 5 tablespoons of diesel fuel. Details such as this support the conclusion that humankind is a long way away from reaching CO2 emission goalposts. The five year window of politics clearly stands in the way of programs which must necessarily take a long time, such as the creation and commissioning of nuclear power plants.

The group agreed that the start of the book was difficult. Some graphs might have made for more graspable concepts. The extensive analysis of all kinds of risks was of dubious value, as was the deep dive into measurements of energy and power. The last two chapters were more engaging. While the author's tone reflects despair of progress in battling climate change (especially considering growth of China, India, and future growth of Africa), he does offer a number of practicable steps which could be helpful such as triple glazing of windows and improved food management. These are a much needed part of adaptation to climate change.

Rating of the book: 7.8

Other books mentioned:

- ***The Limits to Growth: A Report for THE CLUB OF ROME'S Project on the Predicament of Mankind***, by Donella H. Meadows, Dennis L. Meadows, Jorgen Rangers, William W. Behrens III

- ***Numbers Don't Lie***, by Vaclav Smil
- ***Feral, Regenesi*** and ***Out of the Wreckage: New Politics for an Age of Crisis***, by George Monbiot
- ***The Code Breaker***, by Walter Isaacson
- ***Letters Across the Sea***, by Genevieve Graham

David Williams

Walking Group - August 3, 2023



We had seven walkers with wonderful weather at Marie Curtis park. The walking trail has been extended to property north of the QEW. The area was filled with long flowering plants beside the trail.

Philip Walker

Walking Group - August 17, 2023



On a beautiful summer day five walkers set out to enjoy Rattray Marsh and the surrounding neighbourhood. Distance was measured in over 8000 steps and was done in record time, so it was too early for lunch.

Marty Wanat

Biking Group - August 25, 2023



On the morning of August 25th, a beautiful day for biking, an amazing group of nineteen bicyclists pedaled along the Caledon Rail Trail from Terra Cotta toward Caledon Golf Club. Individuals decided where to turn around and head back to our parking area, in order to have lunch around

12:15PM on the patio of Terra Cotta Inn.

Our next bike ride will take place on the morning of Friday, September 22nd along a portion of the Elora Cataract Rail Trail near Erin. Please contact Joe Reid at dierhjski@yahoo.ca if you want to join our illustrious group of bikers.

Joe Reid

Dinner Group A - September 5, 2023



We gathered at Flame Food + Design in the Bloor West Village where Serhai the owner explained the unique attributes of Anatolian food before we made our choices. We all enjoyed various kabobs, and shareable Bad Apple (eggplant and yogurt) and salad appetizers.

Definitely, we give the restaurant a thumbs up and would caution diners sensitive to hot food to pay attention to the spicing.

Roy Hicks

Activity Calendar

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

New Members



Paul Taylor (L)
John Mark (Sponsor)
(New Member)
Dayle Acorn (New Member, R)
Kawchuk (Sponsor)

Mark (R)



Paul Taylor (L)
Eddie Zuccato

Ron

John

Applewood Probus Annual Membership Reminder

September is here which means it is time to renew your annual membership in Applewood Probus Club. This year we have had to increase the fee to \$70. Your payment is due by September 30th, 2023.

As always you can pay:

- by cash at the September meeting, or
- by cheque paid at the meeting or mailed to:

Applewood Treasurer
5457 Landsborough Avenue
Mississauga, ON
L5R 3X2

- or by e-transfer (our preferred method) to
applewoodtreasurer@gmail.com.



Tips for Building Membership

Probus, do your friend a favor and

- Bring them to a monthly meeting.
- Invite them to a Probus Activity. ie golf, beer tasting, book club, walking, etc
- Post a Probus Poster in your condo bulletin board. (see Tony Hart).
- Email them a copy of our AppleCore Newsletter.

- Send the web URL: www.applewoodprobusclub.org

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](#)

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: Tony Hart

Newsletter: John Bishop

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

Zoom Specialist: Brian Mittler

Coordinator: Tony Hart

