



Chapter # 185  
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# The Men's Probus Club of Lindsay Probus Banner Newsletter

EDITION 101

October , 2016.



Mike Catling  
President



Bob Doran  
Vice - President



Irwin Brown  
Treasurer



Harry Newton  
Secretary



Brian Devan  
Director, Membership



Richard Graham  
Director, Programs



Bob Barkwell  
Director,  
Club Services



Ron Morgan  
Health and Welfare  
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Gerald Brown  
Director, Communications  
Editor, Photographer  
and Historian  
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## Meeting Highlights :

- President Mike Catling called the meeting to order; followed by a group singing of "O Canada".
- He informed the membership about the passing away of a former member Dennis Pitt and requested a monument of silence in his memory.
- Next he called upon Ron Morgan, Health and Welfare, and Ron informed the group that club member Ted Abbot was undergoing treatments in Toronto and he is progressing nicely at the present time.
- Mike continued by calling upon club member, Ken Pizer, to come forward and introduce the morning's guest speaker, Cathy Pearcy.
- Ken informed the membership, that Cathy has been the Education Coordinator for Osteoporosis Canada, Peterborough Charter, for the past six years. She provides support groups for individuals living with osteoporosis in the four counties, and arranges educational presentations to the public.
- Cathy's presentation was titled, "Speaking of Bones", and here is a brief outline of it :
  - She stated that there is a well-known myth that osteoporosis only effects women and not men and that is certainly NOT TRUE;
  - A bone is a living tissue that is called bone mass;
  - As we age, our bones increase in size and strength until we reach what is referred to as peak bone mass. Most individuals achieve their peak bone mass by age 16-20 for young women, 20-25 for young men.
  - Bone loss begins in the third decade. At that time, men and women naturally begin losing bone at a rate of ½ - 1 % per year. Around menopause, women lose bone at an accelerated rate, 2 – 3 % per year. Men lose bone more slowly as they age, with a higher rate of loss after about age 65
  - Alternative definition: Osteoporosis is a potentially crippling disease characterized by low bone mass, deterioration of bone tissue and compromised bone strength, leading to increased bone fragility and risk of fracture.
  - A fragility fracture is the most serious manifestation of osteoporosis. It is a fracture that occurs spontaneously or after a minor trauma such as a fall from standing height or less, or a trip or slip; or from performing a simple task such as making a bed or picking up an object; or from coughing or sneezing.
  - There are approximately 30,000 cases of hip fractures in Canada every year and men are not often diagnosed with this osteoporosis thus 37% of these men will because of this medical condition labelled "The Silent Thief".
  - 1 in 3 women and 1 in 5 will suffer an osteoporosis fracture in their lifetime, and the four most common sites of osteoporotic fractures are the wrist, spine, hip and shoulder (upper arm).
  - Every man over the age of "65" should have bone mineral density (BMD) test, which is safe, painless and accurately measures the density of your bones.

## Health and Welfare

*Please notify*  
**RON MORGAN**

**( 705 ) 324 - 2318**

*if you have knowledge of a member  
that is experiencing health issues at any  
time....*

## Next Guest Speaker

**TUESDAY, November 08th**



**Belinda Wilson**

**" Pilgrimage Tour of France and Belgium "**



**President Mike ( L ) and club member Clarke Tummon ( R ) welcoming new member Don Bevan into our club.**



**Program Director Richard Graham, thanking Cathy Pearcy ( L ) for her very informative and interesting presentation.**

### **MY LAST EDITION** **THANK YOU**

This being my last edition as the editor of the Banner (Probus Newsletter), I want to thank you for allowing me to fill that position for the last seven years. I have very much enjoy the opportunity to create this publication and distribute it to our membership every month for their review.

I am quite confident that I am leaving this position in very capable hands (**Dennis Eaton**) and I ask that you extend him the patience and understanding that you have shown me during my term as editor over the years.

**Any corrections, comments or additions regarding this banner can be forwarded to the attention of the editor at :**

**[gerald.brown@explornet.com](mailto:gerald.brown@explornet.com)**

- o Adequate supply of Vitamin D is essential for good calcium absorption.
- o OC recommends:
  - o Men and women 19 – 50 at low risk (without osteoporosis or conditions affecting vitamin D absorption such as celiac disease or having had gastric bypass surgery): 400 - 1000 IU per day
  - o Men and women over age 50 or those at high risk (with osteoporosis, recurrent fractures, or conditions affecting vitamin D absorption): 800 - 2000 IU per day.
- o People with osteoporosis, and those at risk of developing it, can prevent bone loss, fractures and falls by combining specific types of exercises. Walking is not enough by it-self.
- o Strength, posture, balance training, along with weight bearing aerobic physical activities will help tremendously in both men and women;
- o As we age, more bone is lost than rebuilt. Exercise may reduce the rate of age-related bone loss, and likely will improve quality of life
- o It's important that osteoporosis, fracture prevention and falls are recognized as a trio of interrelated health issues. Any intervention targeting one of these three health issues should acknowledge the other two.
- o She concluded her presentations by talking about falls, how they are a significant cause of death and disability and have a serious impact on the psychological and physical health of the elderly.
- o Cathy talked about the different types of people you can go to for help to prevent falls :
  - o talk to your doctor about any medical problems you have and especially any dizziness;
  - o a physical therapist can help you improve your walking and balance;
  - o an occupational therapist can help you improve your home safety and help you with finding the best devices to assist you;
  - o look into getting hip protectors as well in order to provide better protection if you fall;
  - o make an appointment and see your eye doctor at least once a year.
- o Mike called upon Director of Programs, Richard Graham, to come forward to thank Cathy on behalf of the Club members, for her very informative presentation.
- Following a short break, Mike commenced with our AGM meeting, which started with the induction of a new member.
- He called upon club member Clarke Tummon to come forward and introduce our new member Don Bevan, who was then officially welcome into our club by President Mike.
- Next Max Radiff informed the membership about an event that he was planning to organize at the Little Schnitzel House and the Lindsay Little Theatre on November 23<sup>rd</sup>. Anyone interested is to contact him for more details and tickets.
- Next items on the agenda :
  - o Mike's out-going President's statement or report;
  - o Mike thanking the out-going Management Committee;
  - o Irwin Brown's – Treasurer's Report;
  - o Introduction of the new Management Committee for 2016/2017 :
    - President – Bob Doran;
    - Vice President – Bert Blackwood;
    - Secretary – Harry Newton;
    - Treasurer – Irwin Brown;
    - Director of Programs – Richard Graham (temporary);
    - Director of Services – Bob Barkwell;
    - Director of Membership – Brian Devan;
    - Director of Communications – Dennis Eaton.
  - o a statement from our in-coming President Bob Doran.
- Before adjourning his last meeting, Mike read a humorous farm story, then the members were served a luncheon from the Pita Pit.