President’s Message
Yes, this is my final President’s Message to you. However, for reasons unknown at this point, I apparently volunteered to keep doing this. Goodness knows where the editors will choose to put it. You folks really are gluttons for punishment or at least desperate for laughs. Anyway, here is what we are celebrating this month.

October Month
Sarcastic Awareness Month (Good to be aware of what you are doing)
I’m Just Me Because Month (Not sure who else I’d be)
Positive Attitude Month (Helps with the above)

October by the Week
6-12 Getting The World To Beat A Path To Your Door Week (Better ask your wife first);
Also – Fire Prevention Week
20-26 National Save For Retirement Week (Personally, I’ve needed a whole lot longer)

October by the Day
2 – Name Your Car Day (Apart from when it breaks down in the rain)
3 – Virus Appreciation Day (The logic for this escapes me)
4 – World Smile Day (Geez, do we really need a reason?)
5 – Do Something Nice Day (Apart from smiling)
5 – International Frugal Fun Day (I say go all out for fun)
6 – Come and Take it Day (Easier than organizing a garage sale)
7 – Bald and Free Day (Certainly requires no haircuts or styling)
8 – Face Your Fears Day (I’m afraid to)
9 – Curious Events Day (See below)
9 – Moldy Cheese Day
12 – Moment of Frustration Scream Day (Many need more especially if below catches on)
12 – Free Thought Day (No taxes on that – yet)
13 – Silly Sayings Day (Sounds like an election campaign)
13 – International Day for Failure and Skeptics (Set yourself for that)
14 – Thanksgiving Day
14 – Be Bald and Free Day (One day is not enough?)
14 – National Kick Butt Day (Especially if you’re bald?)
15 – Pay Back a Friend Day (Try not to celebrate below to do this)
15 – National Grouch Day (You know who you are)
17 – Wear Something Gaudy Day (You know who you are, too)
19 – Evaluate Your Life Day (Could be depressing)
21 – Babbling Day (Of course, this is election day)
21 – Count Your Buttons Day (see above)
25 – Sourest Day (Election results finally set in)
26 – Howl at the Moon Night (see above)
30 – Devil’s or Mischief Night, andHaunted Refrigerator Night (Behave yourself)
31 – National Doorbell and Knock-Knock Jokes Day (Either way I use earplugs)
31 – Halloween or All Hallows Eve, and Beggars Night
31 – Increase Your Psychic Powers Day (Helps to identify those little door knockers)

Where does the time go? In about two weeks we elect a new federal government. Please get out and exercise your vote. Your voice is always important. Maybe get involved with the candidate of your choice. Enjoy summer 2.0. Speaking of elections, please seriously consider stepping up and helping with the Probus-Guildwood executive.

Alan Burt
Life can be Fun... as long as you do it with the right people.

Karen Manuel’s Delicious Refreshments

Refreshments
Thanks again to Betty and Barry Hitchcock who prepared coffee and tea for the fourth time, and also to Wendy Hooker who provided additional beverages.
Thanks to Karen Manuel for providing delicious September refreshments.
Jadwiga Brazda has signed up for hot apple cider.
Pauline Steele, Dawna Barrett and Betty Coulthard have signed up for October refreshments.
We need volunteers to prepare coffee and tea for November. Volunteers usually set up at noon.

Victory Lap Retirement, Presentation by Mike Drak

Mike arrived to propose a unique perspective on retirement. He was accompanied by his partner and retirement coach, Gerry O’Toole.
According to their research, the traditional life trajectory no longer applies. Previous thought was that one spent a short phase of being educated for a long career or employment to be followed by a shorter phase of retirement, often portrayed with life on the links or cruising.
Currently we know that people are living longer after they choose to retire or, are terminated from work in this time of precarious employment.

Many retirees identify with their former careers; however, in retirement, they are no longer connected with their past associates and friends. Thus, their lives can become somewhat lonely or boring. To live a healthy and fulfilling retired life, savings are not the primary concern. People require a PURPOSE to avoid ‘retirement hell’. One’s health and integrity are impacted by their lifestyle. Yet, each individual can control their lifestyle, up to 80%. The following points are Victory Lap Retirement guide-posts.

Point #1. Our authors maintain that strong relationships must be established with people who can help you be more and challenge you. These are family, friends and others whom you actively seek out.

Point #2. Stay active to become ‘retirement rebels’. According to Chris Crowly in his book, Younger Next Year, you can truly improve your health if you regularly workout. Mike related several anecdotes of octogenarians to centenarians who currently are challenging themselves to be stronger and achieving extraordinary feats in competitions such as the Iron Man triathlons.

Point #3. Yes, financial independence helps you pursue what you want. You don’t have to pursue former employment aspirations. Do something that provides personal satisfaction in addition to some financial reimbursement. You might be able to mentor another person to help them become more competent. That’s purpose.

Point #4. You determine what is your purpose now. “What gets you out of bed each day?” You are in control of your life and your satisfaction.

Point #5. Recognize a sense of adventure in life. There are unlimited opportunities. Age is not a prohibitive factor. Consider the senior who at the age of 100 chose to skydive and then did it multiple times thereafter.

Point #6. Discover your personal tribes. These are the people with whom you connect and who help you uncover the diverse riches of life that you can access. Mike discussed his connections with Toastmasters, master competitive swimmers and marathoners. Many volunteer
opportunities reveal more channels. Volunteering in our community was heartedly endorsed by several of our members.

Point #7. A sense of spirituality enables people to be grateful and helps them feel good and combat stress. These folks also often help others and research shows that they tend to live nine years longer.

Point #8. Time is your most precious resource. Use wisely. Prepare a personal time chart for a week to review how you are using your time. The results will illustrate where you can make adjustments.

Point #9. A positive attitude too can lengthen your life by 7 1/2 years.

Point #10. Be a retirement rebel. Try new things. You can do anything that you want. Consider Mick Jagger and the Rolling Stones who are passionate about their music. This summer at the age of 75 Mick chose to tour with his band only weeks after he had major heart surgery.

So be passionate about what you love, says Mike. “Remember we only regret the things that we chose not to attempt.

Gerry and Mike brought along some copies of his 2019 revised second edition, *Victory Lap Retirement* available for $10 each. A third edition is currently being prepared for 2020.

Contact Mike at: michael.drak@yahoo.ca or look at his website: victorylapretirement.com/ for further information.

Volunteering keeps your brain healthy

This was the conclusion of a new University of Calgary Psychology research paper. The subject retired seniors who volunteered continuously as opposed to sporadic volunteers reported fewer cognitive complaints. They were two times less likely to be prescribed an ant-dementia treatment. The research suggests volunteer work might protect against cognitive decline due to mental, social and physical contact. Meeting new people and being engaged in activities can boost the ‘feel-good’ brain chemicals serotonin and dopamine. Consequently anxiety, depression and stress can be reduced. Source: October issue of RTO Renaissance.

Life can be Fun… as long as you do it with the right people.
Share the Wealth

Congratulations to September winner

John Roblin
our potential ‘Million Dollar Winner’

Margaret Porthouse
Thank you for your continuous support.

Membership

At the September meeting there were 70 members attending, although only 51 signed in, including five guests. We also had five new members signing up; Some of these guests and new members learned about Probus-Guildwood from the Guild Alive with Culture festival. We have thirteen new members this year and 99 renewed members to bring our total to 112 members.

Updating Your Information – occasionally we need to contact members either by phone or email. A reminder that if you have changed your address, phone number or email address, please advise the membership team when you sign in at our meetings. Or you can contact Enid Comars at 416 264-2816, or comet303@hotmail.com to update your information. Membership back-up contact is Elizabeth Williams at 416-282-8595 or email ewilliams5524@rogers.com.

Keeping in Touch and Celebration

Kindly inform Karen Manuel at: 416-283-5079 or by email: karmanuel803@hotmail.com about any member who is ill, hospitalized, or has experienced a recent bereavement. We would also enjoy announcing any special event of yours at our next meeting, such as an award, or significant anniversary or birthday. Come to the meeting and we will announce it and celebrate with you.

Enid Comars, Membership Committee

Welcome to our new members – Doris Elovaara and Val Johnston receiving their name badges

Lunch with Friends

We had 15 members attend on September 27 at Lucky’s Chinese.
On October 25, at 12:30 p.m. we’ll be lunching at Six Social located at the north east corner of Morrish Road and Old Kingston Road.
A sign-up sheet will be at the October meeting or call 416-261-8857. Jan Eaton

P-G Renewal time again.

Membership renewals will be accepted at our October meeting.
Please bring a cheque of $25 payable to “Probus-Guildwood” or exact cash of $25.

Good judgment comes from experience, and a lot of that comes from bad judgment. - Will Rogers

When I ask for directions, please don't use words like EAST.

Life can be Fun… as long as you do it with the right people.
FYI (For Your Information)
FYI contains items-notices-events that members feel others may be interested in. Thank you to members who submit items. Please send to Probus.guildwood@gmail.com or directly to the interim NL editor dotmckinlay@rogers.com

Kudos

Rebecca, the Cedarbrook Coordinator of the Terry Fox Run of September 15, advised that the event was “very successful. The preliminary total raised was over $30,000 and the online donations keep coming in. The community was so generous. Sincere thanks to Probus-Guildwood sponsors, repeated participant Dawna Barrett, and to all friends who came out and joined us. Alan Burt and Wendy Hooker

The Scarborough Historical Society provides free programs to the public at Bendale Library. Tuesday, October 22, 7:30 p.m., listen to Ted Barris speaking about the Dam Busters, 617 Squadron. They were a carefully selected group of airmen which included many Canadians, who completed a series of secret night raids over Nazi Germany. Their mission was to fly at remarkably low elevations (60 feet) to destroy the German dams in the Ruhr Valley with the Barnes Wallis’ ‘bouncing bomb’. Eight of nineteen squadrons failed to return. After extensive research from Canadian and British sources, Ted published his own spell-binding account, Dam Busters, in 2015.

Tuesday, November 26, at 7:30 p.m., archivist Rick Schofield presents, The History of Masaryktown. Probus-Guildwood members will remember we enjoyed a festive Christmas luncheon at Prague Restaurant last December on these historic grounds.

Fire Prevention Week – from October 6-12
The Ontario Fire Marshal recommends replacing smoke alarms every 10 years. The Ontario Fire Code requires all Ontario homeowners to install smoke alarms on every story and outside all sleeping areas. The following fire prevention measures can help keep you safe:

1. Replace smoke alarms according to the manufacturer’s date, usually found on the back of the alarm
2. Test alarms monthly
3. Change the batteries in smoke alarms at least once a year
4. Reach out to neighbours, friends and relatives who may need assistance with maintaining and testing their smoke alarms.

Walking Tour of remaining tunnels and buildings of wartime GECO, munitions plant.

Probus members are invited to participate with Barbara Dickson on Thursday, October 24 at 11 a.m. The walk will take 60-90 minutes. The cost $10 was payable at our September meeting - on site, exact change please. Park at the west side of Warden Avenue in the box store parking lot and gather at the base of the Toronto Water Tower at Warden and Civic Roads. Bring a flashlight, weather-appropriate clothing and wear sturdy shoes as most of the tour is outside, not on sidewalks. The site is not wheelchair accessible. Since the site is 75 years old, participants must sign waivers. Barbara will bring copies of Bomb Girls for $27, exact cash requested. The book provides a fascinating background about Scarborough’s war time residents and its history.

Barbara is currently publishing her next book, 100 Bomb Girl Stories and is scheduled to visit us in January.

Q. When do you serve tofu turkey?
A. Pranksgiving

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Being Responsible Stewards

A 16 year old Swedish schoolgirl, Greta Thunberg, cried out that “Our house is on fire!” Her compelling presentations have caused millions to march in the streets to challenge their leaders to act immediately to avert a climate crisis.

On a much smaller scale our Probus-Guildwood club has addressed our ‘sustainable ecological practices’. Devine Divas talked to us about downsizing and recycling. We contribute to garage sales and agencies such as Habitat for Humanity, Furniture Bank and Value Village for our surplus items. Individually we ‘refuse, reduce, reuse and recycle’ all manner of products, particularly plastics and single serving packaging.

Some of our members bring their own mug or thermos, as can you. Yes, we use styrofoam cups and paper napkins. But note that at the end of every meeting, Gerard collects our recycling and waste bins; sorts everything at home to place them in compost, recycling and waste containers. Thanks to our monthly volunteers, many deliver home-baked items, only crumbs remain not packaging.

My wife crashed the car again today. She told the police the man she collided with was on his cellphone and drinking a can of beer.

The cop said the man has a right to do whatever he likes in his own living room.

Fall/Christmas Sales

Check out these local events all for good causes and community:

**November 2**, Village Fair, Guildwood Community Presbyterian Church, Guildwood Pkwy, Holy Trinity - Guildwood – across the pkwy

**November 2**, Christ Church Christmas Sale, Markham Rd, 9:30 a.m. to 1 p.m.

**November 2**, St Nicholas Christmas Sale, Kingston and Warden, 12 to 3 p.m.

**November 3**, Lions Christmas Sale at Birchmount and Kingston Rd, 9:00 a.m. - 2 p.m.

**November 9**, Fallingbrook Presbyterian Church, Kingston and Woodglen, 10 a.m.-1 p.m.

**November 9**, St. Paul’s United Church, 200 McIntosh St., 9 a.m. – 1 p.m.

**November 16**, St Theresa Shrine Church at Kingston and Midland Rd, Christmas Bazaar. 10 a.m.-1 p.m.

Janet tells us our monthly joke

Christmas Luncheon
– get your ticket(s)

Bring a friend and join us for our annual Festive Christmas meal (turkey, trimmings, veggies, desert) on Wednesday, December 11, Qsis Banquet Halls. GREAT entertainment and door prizes. Tickets are available from Eric at the Activity Table for $40 each (please pay by cheque).

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