



# PROBUS Club of Cambridge Newsletter

February 2, 2022

It felt like Groundhog Day – going back in time and starting over with Zoom. But we are not in the same place that we were at the start of the pandemic in the Spring of 2020.

We are not, and may never, eradicate Covid 19. But we are learning to fight it better and open the way to a return to the activities that we enjoyed in the past. There is reason for cautious optimism.



It was impressive to learn that 100 percent of those in attendance had been triple vaccinated – well done. And, 83 percent would like to meet in the hall for our February 23rd meeting if Ontario regulations permit and the Management Committee approve.

We will continue to monitor the local case numbers and the advice of our public health authorities and will keep you advised.

It was an honour to recognize Alvin Glaab's birthday on January 11th. He is a young and active octogenarian.

It was wonderful to induct Jim Dyer, John Edgar and Ron Macfarlane into the Club. I look forward to greeting them in person, and working with them in the future.

We all enjoyed an excellent, timely and helpful presentation by Marsha Jaworski, an Osteopathic Manual Practitioner. After pointing out that falls are the number one cause of preventable injuries, she detailed the science behind balance, and demonstrated simple tips and exercises that we can all do in the comfort of our homes to improve balance and reduce the risks of falls.

Feel free to forward this newsletter to a friend who may be a prospective future member. Consider also providing your friend's email address to Bob McBlain, our Membership Chair, for further follow-up.

. . . Ron Woynarski, President

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## Recording of January 26 Meeting

Click on the button to view our last meeting recording. The speaker portion begins at the 15:35 minute mark.

[Watch the Meeting Recording](#)

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### Marsha Jaworski Registered Massage Therapist Osteopathy

Marsha's presentation was very informative, relevant to all of us and well presented.

If you missed it or would like to see it again, click on the button above, her presentation starts at the 15:35 minute mark.

Her presentation provided us with exercises to improve balance and help us avoid falls. Additional information is available from links she provided.

Information about Osteopathy and contact information for Marsha Jaworski:

<https://healthcollectivegalt.ca/osteopathy>

Home activity program:

<http://www.vch.ca/Documents/HAP-Level-3-Moving.pdf>



Marsha Jaworski  
RMT and Osteopathy

*Good Balance – The Key to Empowered Health*

*Falls are the number one preventable injury sustained by Canadians every year.*

More information on fall prevention:

<https://www.parachutecanada.org/en/injury-topic/fall-prevention-for-seniors/>

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## **Joe-Ann McComb, Executive Director of the Kinbridge Community Association will be our February speaker**

Joe-Ann McComb has been the Executive Director of the [Kinbridge Community Association](#) for the past 11 years.

Joe-Ann leads a team who actively engages and empowers community through positive relationship building and the facilitation of programs and services that embrace equity, inclusion and diversity.

Her volunteerism and professional career in the nonprofit sector gives her 30 years of experience committed to community development with all ages from pre-birth to seniors, meeting people where they are at.

Joe-Ann is continually motivated by the creative solutions of individuals and communities when they work together. Her Board service include Family and Children Services including term as President and the Alliance for Children and Youth including term as Vice Chair. Joe-Ann is excited to continue engaging and learning alongside people to create a space where everyone can belong.



Joe-Ann McComb  
Community Associations

*Joe-Ann passionately engages community in creating a neighbourhood of belonging.*

**Kinbridge Community  
Association**

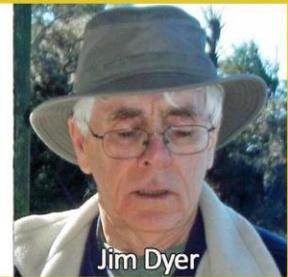
## Next Vignette

Vignette presentations are a long-standing tradition in PROBUS. They are an important part of enabling us to get to better know each other and broaden our network of PROBUS colleagues.

Colin Brighton will share his background and past experiences with us when he presents his vignette at our February meeting.



*Welcome to our club!*



Jim Dyer grew up in Sutton, Quebec.

He holds a B.Sc. (Agriculture) from McGill (1972) and M.Sc. (Agrometeorology) from Guelph (1975). He joined Agriculture Canada in Ottawa in 1976.

After taking early retirement in 1997, he did part-time ag-environmental consulting until 2019.

Jim and Donna wintered on their sailboat from 1999 to 2014, cruising from Lake Ontario to Guatemala. They have called Cambridge home since 2002.

*Welcome to our club!*



Ron Macfarlane was born in New Brunswick and grew up in a small lumber town. In 1969 he moved to Kitchener as a management trainee with the Woolco company.

After leaving Woolco, he spent 10 years as manager for Midas Muffler at a number of different shops in Kitchener, Waterloo and Guelph.

In 1988 he purchased a Minute Muffler Franchise headquartered in Lethbridge, Alberta and was expanding eastward.

Speedy Auto and Minute Muffler amalgamated and he changed the banner to Speedy Muffler. He operated that franchise on Fairway Road, Kitchener for 29 years until he sold it and retired in 2017.

He is married to Marlyn. They discovered a love for renovating and renovated a number of properties.

Now that they are retired, they spend as much time as possible travelling in their motorhome across North America. They have been from Alaska to Labrador and south to Texas and Arizona plus everywhere in between.

*Welcome to our club!*



John Edgar was born in Galt, raised in Preston, and lived in Toronto, Halifax, Calgary, Edmonton and Atlanta, GA.

John married Nancy Willson 30 years ago and says it was the best decision he ever made. They currently live in Freelon.

He studied Building Science at Ryerson University in Toronto. Provided technical service and conducted research on insulated wall cladding systems both in Canada and the USA (obtaining two patents).

From 2016 to retirement in 2021, he ran his own consulting business.

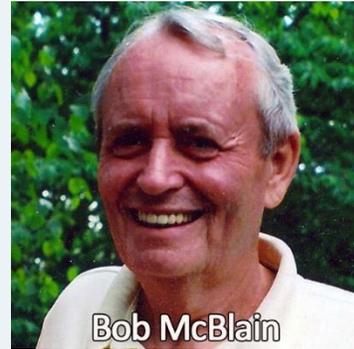
He remains Chair of ISO TC163 SC03 for insulation and insulation system standards for which Standards Council of Canada is the secretariat. ISO has great meetings around the world, most recently in Zoom.

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## Good News

At the Management Committee meeting on January 31, I reported that our current membership is 139 men.

There had been a concern about losing members due to COVID. Our pre-COVID membership peaked at 152. Fortunately, the reduction in our membership was very small and we continue to gain new members!



... Bob McBlain, Membership Chair

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## TV show on Cambridge

I recently came across a YouTube video about Cambridge that was originally produced for a television series called "Sketches of Our Town". It was produced in the 1980's.

It provides historical background on Cambridge and interesting material from the 80's.

I could not imagine how much more difficult COVID would have been without YouTube and the internet.

Just click on the link below.

... Paul Tunks, Newsletter Editor

[Cambridge Video](#)

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Having discovered during my Presidency, that a suggestion of a Book Club was a complete non-starter, I would nevertheless like to bring to members' attention two non-fiction books that may be of interest. They are Bjorn Lomborg's *"False Alarm; How Climate Change Alarm Costs Us Trillions, Hurts the Poor and Fails to Fix the Planet"*, and Jane Goodall and Douglas Abrams' *"The Book of Hope: A Survival Guide for Trying Times"*.

The two volumes have in common the belief that humanity can and will survive climate change, and that a priority is the alleviation of poverty. However, apart from those two points, they are vastly different.

*The Book of Hope* is definitely a "feel-good" piece of work. As everyone probably knows, Jane Goodall, with no formal scientific background, was the first to study the habits and behaviour of chimpanzees, the closest animal relatives to us human beings. But from those beginnings, she has become a world authority on environmental issues, in particular the destruction of animal habitats and resulting loss of biodiversity. The book is entirely about people.

Through the Jane Goodall Institute, she has established a variety of initiatives, particularly involving young people, to foster conservation of natural systems and wildlife. She believes passionately in the ability of all of us to make a difference that will enable us to reverse the destructive aspects of the past century. Adaptation, and the "indomitable human spirit" are among the ways she sees this happening.

*False Alarm*, on the other hand, consist primarily of data demonstrating the human folly which has so far been the developed world's response to climate change. Examples include efforts to immediately reduce carbon emissions in the expectation that this will slow down the rise in global temperature. It is shown that even if all emissions resulting from use of fossil fuels ceased tomorrow, the rise in global temperature by the year 2100 would be only about 2°C less than if we did nothing.

Lomborg is big on cost/benefit analyses, which he believes have so far been ignored in most countries' efforts to deal with climate change. Subsidizing the

purchase of electric cars is a case in point. So is the subsidization of renewable energy sources.

Alleviating poverty, especially in the developing world, should involve the increased use of fossil fuels to replace the use of wood for cooking and heating. And in the industrial world, continued use of fossil fuels for at least the next several decades will be unavoidable and essential for those in the lower levels of the socioeconomic order.

While agreeing with the concept of a carbon tax, Lomborg points out that it can succeed only if applied universally; otherwise, carbon intensive industries simply migrate to places with a lower tax.

The main initiatives suggested in False Alarm include much increased research and spending on ways to adapt to climate change, and the development of cost-effective alternative energy sources. Hydrogen is a priority. However, the imminent demise of fossil fuels should not be part of any realistic plan of adaptation.

Both books provide much food for thought!

. . . Peter Hunton

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## Trivia Contest

40 questions were presented on January 19th with a multiple choice answer sheet. Once again, we had a tie. Dave Ottenbrite and Bob McBlain were the winners. Dave won with a tie last month too.

We meet the third Wednesday of of the month. Our next game will be at 10 am February 16th.

All are welcome. To register for our monthly Trivia Contest activity, you must first log in to [our web site](#), then visit the Activities section, find the Trivia Contest item and click the Register button.

Please contact me for assistance registering or with any questions.



. . . Mark Maloney, 519-241-0349



# PROBUS CANADA

“NEWSLETTER”

Check out the latest PROBUS Canada Newsletter.

[December 2021 Canada Newsletter](#)

You are receiving this email because you are a club member or have expressed an interest in the past.

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