



# Lakeside Buzz



October 2020

## HELLO FROM THE PRESIDENT (Jim McMinn)



Hi folks. It seems like forever since our lives were changed by COVID and we last met in person at our March Lakeside meeting, but we were happy with the turnout of members on September 16th for our first Zoom monthly general meeting. It was an excellent beginning and Dr. Chandross' topic was extremely applicable and uplifting for these times. Our Zoom committee is currently working on an October meeting and you will shortly be receiving complete details. At this time, I want to thank the Zoom meeting team for their efforts and stepping up to the plate to put together the virtual general meetings

until we can meet again in person.

There is still the opportunity for you to join us in golfing and hiking so feel comfortable to participate. I would like to stress that we value your suggestions and input about activities you would like to see, taking into consideration the COVID situation, so we would really like to hear from you. If you have a great idea that is feasible, please let us know, because we are all in different mindsets about what each of us individually should be doing to keep safe and healthy during these times so your input is invaluable. Your Management team continues to meet on a monthly basis and regularly by emails to keep the momentum going and try to work around these difficult times. Finally, the featured management team person this month is my wife, Sharon, of 47 years, who does a fine job as our Membership Coordinator.

## HELLO FROM THE MEMBERSHIP COORDINATOR (Sharon McMinn)



Hello, I'm Sharon McMinn, your Membership Coordinator. I joined PROBUS Pickering five years ago and became a part of the Steering Committee in August 2018. It was a great experience and I therefore decided to join the management team of the new Pickering PROBUS club, which we ultimately named PROBUS Pickering Lakeside. I have met many of you personally when you signed up during the meetings and this initial contact gave me the opportunity to get to know you. Part of my responsibility is to check the online registrations and change the status to become an official

member, then name badges are ordered and given out at the next meeting. If you have not received your badge, I have many that you are able to collect when we start up our meetings again. At times it was a very busy job because of our rapid growth in the approximately one year of the club's history. We started out with 60 members before the club began, and then another 30 joined at our first meeting and we are now at 339! All these initial applications were something I manually input myself until our website was available to sign up directly.

Being on the management team is a wonderful way to get involved in our growing club and allows me to meet many more people than I would normally. Think about joining our team in the future as we are a fun group of people and I love what we do for the club.

## ZOOM GENERAL MEETINGS

Our first Zoom general meeting on September 16 went extremely well, with an audience of over 65 brave members who ventured into the world of virtual reality. It went without a hitch, or at least nothing that Peter Green, our iconic webmaster, couldn't fix! Dr. Chandross, the guest speaker, was very well received with his positive teachings as we go through the most stressful time in recent history, and it was also good to have Kim Bradley share with us the various activities and programs that the City of Pickering offers for the 55+ group, including "Seniors Without Walls". You can find the recordings of these two presentations on our [Members Page](#) so feel free to check them out whether or not you were in attendance.

We are now anxious to make these virtual meetings our new way of life until if and when things revert to normal and we would welcome any suggestions or input you may have so that we can make them more interesting, informative and exciting. Please feel free to contact [Peter Green](#) with your feedback as these meetings are a joint effort to improve the content and agenda each month so that we can all stay connected during this pandemic. Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems. Therefore, it's extremely important that we don't lose touch just because we can't physically be present, and do our best to stay connected using the technology we are blessed to have these days.

Our next virtual meeting is Wednesday, October 21 and we do hope you will join us as you won't want to miss the guest speaker, Dr. Mike Daley, whose presentation will be "The Motown Story", an inspiring tale of resourcefulness and determination by a talented group of musical visionaries. Please be sure to [register](#) here if you plan to be a part of this meeting as we need to know the number of attendees. A few days prior to the meeting, [Peter Green](#) will send out detailed information, to all those who have registered, on how to sign into Zoom, and will assist with whatever help you may need to get set up. Once you try it, we're sure you'll be surprised at how easy it is to interact remotely, and be very glad you did!

## MEMBERSHIP RENEWAL

By now you should have received an email advising that all renewals will be extended by six months. If you have any questions with respect to membership or renewals, or if you haven't received the email, please contact [Sharon McMinn](#) who will be happy to help you.

## LAST LAUGHS



"Don't blame me. I was cleaning his cage and he flew up the pipe."

