



PROBUS CLUB OF BRACEBRIDGE

www.probusbracebridge.ca

P.O. Box 55, Bracebridge, ON P1L 1T5
Club No. 69, Founded September 11, 1996

Volume XXII

Issue 9

June 6, 2018

THIS MONTH

Greeters: Audrey & Bruce Danard

O Canada: Frances Balodis

Welcome: Members and Guests

President's Remarks: Gunars Balodis

Reports: Nominating Committee – Al McLeod

Social – Frances Balodis

Activities - Joan McDowell

PASSIONS & PROFILES – Al McLeod

SOCIAL BREAK

SPEAKER – Camp 20, Nazi P.O.W. Camp -
Judy Humphries

NEXT MONTH

In place of **July's** regular meeting – **Luncheon
Cruise on Lake Muskoka !**

LAST MONTH

On May 2nd, 79 members and 3 guests attended the regular meeting.



In May **Care Bear** sent a Sympathy Card to Mildred Everest and a Get Well card to Donna Dawson.

(Mary McLeod probuscarebear@gmail.com)

When scheduling Probud daytime activities, please **avoid the last Wednesday** of the month. Your Management Team meets that morning.

Here is the link to the Probud Canada website, which is being revamped.

www.probus.org/canada

My Passion – Sally Mills

Challenge yourself and see what happens!



Back in 2010, I saw an article in the Examiner about a couple who were interested in establishing lawn bowling in Bracebridge. I was a curler, who had just been introduced to lawn bowling in Toronto. Interestingly, lawn bowling is quite similar to curling, except without the sweeping. I loved the idea of having lawn bowling available near what was then my summer cottage. I joined the committee. Well, rather quickly, the original organizers withdrew, and I was 'promoted' to President of the Muskoka Lawn Bowling Club.

At this point, I knew very little about lawn bowling, and even less about how to apply for grants and start a non-profit corporation. My background is in marketing and fundraising, so I had some experience in asking for donations and running a project. And this turned out to be quite the project!

For a couple of years, I worked on researching grants, gathering pledges, incorporating the club, finding a location, and making presentations to various organizations about lawn bowling. I discovered that we didn't qualify for government grants, as the agencies wouldn't support a brand new club and new construction. After several years we managed to scrape together about \$20,000 in pledges; not nearly enough to build and equip the facility.

I had almost given up, when I found out by chance that the Trillium Foundation had changed their eligibility requirements, and now supported new sport facility construction.

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ACTIVITIES FOR JUNE 2018

Sign up	Date	Event	Details	Time	Contact
	Sun. 3	Happy Cookers	Hosts – Andrea Kier & Ken Geller	6:00	Andrea Kier 646-2955
	Mondays	Lawn Bowling	Probus Group until June 18	2 - 4	Sally Mills 646-0086
	Wed. 6	Probus	Rotary Centre for Youth	10:00	
	Thurs. 7	Investment Club	RBC Investments lower level, park on street	9:30	Bill Caughey 645-2365
	Sat. 9	Classy Dining	Hosts – Sigrid & John Purdon	6:00	Sigrid Purdon 645-5845
	Sun. 10	Food 4 Thought	Hosts – Frances & Gunars Balodis	5:00	Mary Lou Chuter 645-7981
	Thurs. 14	Gardening	Host - Peter Sale	10:00	Frances Balodis 769-3449
	Tues. 12	Wine Group	Host & Sommelier de Jour–Meredith Coates,TBD	3:00	Peter Sale 640-0555
Yes	Thurs. 21	Social	Aga Khan Museum - \$17.00 car pooling		Frances Balodis 769-3449
	Fri. 22	Cooking Group 1	Hosts – Mary & Al McLeod – Flattened Chicken	5:00	Al McLeod 637-0609
	Thurs 28	Book Club	The Brain That Changes Itself”, Presenter – Sheila MacIver, Host – Lynnet McDermont	10:00	Lynn McNeice 646-8894
	Thurs 28	Happy Bookers	“Being Mortal: Medicine and What Matters in the End” by Atul Gawande, Host–Andrea Kier	10:00	Susan Shaw 385-3713

ACTIVITIES FOR JULY 2018

Sign up	Date	Event	Details	Time	Contact
	Wed. 4	Probus	Lady Muskoka Luncheon Cruise (instead of annual picnic)- \$57 inclusive, ends at 2:45 pm	12:00	Jo Bamford 646-2960
	Thurs 5	Investment Club	RBC Investments lower level, park on street	9:30	Bill Caughey 645-2365
	Thurs. 10	Wine Group	Host & Sommeliers de Jour – Sally Mills & Graydon Bell Wines – Argentine Wines	3:00	Peter Sale 640-0555
	Thurs 19	Food 4 Thought	Theme is Hawaiian, Hosted by Joanne & Tom Krawczyk	5:30	Mary Lou Chuter 645-1894
	Sat. 21	Classy Dining	Summer BBQ – Hosts - Jo-Anne & Frank Snelgrove	6:00	Sigrid Purdon 645-5845
Yes	Tues. 26	Book Club	“A Man Called Ove”, Presenter - Suzanne Brochu-Ranta, Host – Nancy Thompson	10:00	Lynn McNeice 646-8894
	Thurs. 28	Happy Bookers	“Indian Horse” by Richard Wagamese, Hosted by Peter Sale	10:00	Susan Shaw 385-3713

Probus Club of Muskoka Lakes - Dragonfly Theatre Company is providing dinner theatre with a production of ***The Cemetery Club*** at the Quality Inn, Bracebridge, Wed., June 27 - 6:00 PM – Show only - **\$25 (PROBUS)**, \$27 (Regular) – Dinner + Show - **\$50 (PROBUS)**, \$52 (Regular).

For tickets contact Leslie Jennings 705-645-5384

“The Cemetery Club. *The title is deceiving. One of the great pleasures is how incredibly funny it is. The laughter never stops. It is contagious. A play of boisterous one-liners and wickedly funny situations. Also a play that embraces life and can deeply touch your heart.”* — Morrisburg Leader

continued from p 1... I applied, and was amazed when the club received the maximum grant of \$150,000 in 2016. We worked with the Town of Bracebridge, lawn bowling greens professionals, and a local contractor, and finally got the facility built on the grounds of the Muskoka Highlands Golf course and seeded just before the snow flew. Over the winter I applied for more grants, and we received \$25,000 from New Horizons for Seniors for lawn bowling equipment.

So....now the lawn bowling facility was built, and equipped, but...would they come?? We were leasing the land for only \$1/year, but still had to pay the Highlands for greens maintenance.

Last spring, Graydon and I were the only members of the club who actually knew how to lawn bowl, and actually the only 2 members of the club! We focused on publicity, and (with help from coaches from other clubs) offered Learn to Lawn Bowl lessons as soon as the grass was playable. People came forward to give lawn bowling a try, signed up for lessons, the membership grew, and volunteers stepped in to help run the new club.

The grass needed time to become established and 'playable', but we had set a date for the grand opening of July 8th, and I was determined to hold to that date. The staff at the Highlands was excited about this new venture, and worked very hard to provide us with a green that was fast and smooth. Friends and acquaintances gave us many, many hours of their time (and money!) to help build an equipment shed, lockers, signs, trophies (thank you Al McLeod), etc. etc. We did open on time, and by the time of our first tournament in September, our green and the rest of the facility resulted in surprised admiration from the community, and other lawn bowling clubs.

Yes, it has been a long journey. At times I was disappointed and frustrated at the lack of progress, but I am grateful that we didn't give up.

I have learned a great deal about all aspects of lawn bowling, how to apply for and administer government grants, and run a lawn bowling club. I learned to overcome my social anxiety, and give interesting and fairly coherent speeches about lawn bowling. What I didn't expect was to experience such satisfaction and enjoyment from this project.

My husband, Graydon and I feel very fortunate to have met so many fun, interesting, generous, and enthusiastic new bowlers. We get to be outdoors, bowling and socializing all summer long with these wonderful people. And now that we have just received another grant from the Ontario government, indoor lawn bowling will also be available starting this fall.

I am glad that I didn't give up on this daunting challenge. I am grateful to all the people who assisted with this project, and especially to those of **you** who have joined the club. If you haven't already, I hope you will consider giving lawn bowling a try. I think you'll be glad you did.

Cannabis – Geg Herriott – by Sandra Beaumont



For 25 years, Gregory Herriott has been defined as a pioneer in the hemp industry. In 1987 Greg founded Constructive Communications – a full service graphic design and communications business. As a promotional campaign for the company, work began with industrial hemp in 1993. In 1995, he introduced North America to cold pressed hemp seed oil by creating Canada's first hemp brand – HEMPOLA - a registered trademark for hemp products with distribution across Canada, North America and globally. In 1998 he invented high protein hemp seed flour and Omega-3 salad dressings bearing the HEMPOLA trademark. In 2000 HempWood wood finish was launched broadening HEMPOLA'S offerings to include green home products.

Greg explained that his hemp crop gets planted mid May on his farm in Dalston, outside Barrie, and germinates in 72 hours. The plants grow up to 7 feet tall, shading out weeds, and because each has a long taproot is quite drought resistant. As well, the plants are carbon hungry and leaves fall to the ground to replenish the soil. These plants have a very low THC (tetrahydrocannabinol - a main active ingredient of cannabis) content but have many possible medicinal uses and health benefits. He told a funny story about some of his first plants getting stolen as people thought they could get a psychotropic result from smoking hemp. The thieves were obviously greatly disappointed because theft stopped.

Hemp was first grown in Asia, and is one of the oldest cultivated fibre plants - in fact, the oldest piece of fabric fibre ever found is an 8,000 year old piece of hemp. Queen Elizabeth I decreed that all farms must grow hemp to supply fibre for the production of ropes and canvas sails to equip the Royal Navy. Hemp withstands the effects of sea water better than any other fibre and is the strongest natural fibre. Our First Nations peoples used hemp for their fishing nets. Until the late 1880s most paper was made from hemp, and even today bank notes contain some hemp fibre for strength. Levi Strauss' first jeans were made from hemp sailcloth but were too tough and lasted too long to be commercially viable. Henry Ford built a prototype car with plastic body panels made from resin stiffened cellulose fibres, which included hemp. Several countries including France and Japan have a history of using hemp shiv and lime as building material.

In 2004, his work began on Flour Power, within the newly formed Oilseed Works Inc (OWI). The company operated for several years using its own bio-fuel; produced from its closed-loop production of hemp foods and oils. This earned international recognition from Earth Day Canada presenting OWI with its first Hometown Hero.

Greg observed in the mid-2000's, the early convergence of medical cannabis and industrial hemp. Under Health Canada's MMAR program (Medical Marijuana Access Regulations) he acquired first-hand knowledge and experience in the propagation and production of medical Cannabis and held license to do this for 9 years. In early 2012, Greg was part of the Health Canada industry stakeholder meetings to form new regulations surrounding medical cannabis production. He was the mastermind in forming the founding partnership of Mettrum Ltd., which later became Canada's third licensed producer of cannabis under the new Health Canada MMRP program.

In 2017 the Government of Canada introduced Bill C-45, an act to amend the Cannabis Act and to commit to legalization, strictly regulate, and restrict access to cannabis in 2018. With further escalation of merging activities between hemp and medical cannabis, Mettrum Health Corp. acquired Greg's Oilseed Works Inc. in 2015. The HEMPOLA product line was doubled in size and renamed Mettrum Originals, which included an innovative line of baking mixes – Mmedibles, developed by Greg in 2014. Today, Hempola products include hemp, flax, sunflower and other specialty oils in addition to the innovative Omegola 369.

Mettrum Heath Corporation merged with Canopy Growth Corporation (CGC) in 2017, creating the world's largest cannabis entity. Greg is currently Senior Advisor on Hemp with CGC.

Greg works from his home base at his dedicated hemp farm – HEMPOLA Farm, which he acquired in 1999 and constructed an octagon hemp straw bale and bio-fuel heated farm house, R&D, education and retail complex. With his long-standing partnerships within the hemp farming community and industry stakeholders, he remains a pivotal voice in the Canadian hemp industry.

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Stratford Theatre Group Trip



Probus Lawn Bowling

