

Nov 22 Update

We have had some days of glorious colour, but the leaves are piling up as we attend to fall chores and exchange thoughts about the upcoming winter. My back aches in anticipation.

FALL MEMBERSHIP MEETING (FMM). This year's FMM was on Tuesday October 18, at the traditional site, the Richvale Community Centre in Richmond Hill. This was the first in-person member's meeting since the start of COVID – our 2020 AGM had to be virtual. Online meetings do not have the social interaction which many of us find important.

There is still some reluctance to come out, as shown by the turnout, since there are so many reports of COVID cases. The FMM was a "hybrid" meeting, which will be a standard feature from now on. Very few opted to attend via Zoom, but we hope that both attendances will pick up in future.

The meeting went fairly well, though not without technical complications. Since this was our first effort at a hybrid meeting of so many people, it was a learning experience. It was even a lesson in remembering to speak into the microphone. The FMM is not a formal meeting, but an opportunity to report on what is OUR Association and OUR Branch – to be informed, and entertained, with a light meal at the end. One lesson learned is to advertise the light lunch a little better – most who came already had plans!



GUEST SPEAKER. Our guest speaker was Igor Klibanov, a health and fitness speaker (www.igorklibanov.com). His presentation was very well received by those in the hall (less well followed by those on Zoom). He provided a lot of information on health for people over 60, illustrated by results from past clients. No one in the audience managed to guess that muscle mass is a prime indicator of long life for the over 60. He has an informational newsletter (most signed up), and also a customized two phase exercise program involving an online diagnosis, and also development of an exercise program (at cost). Branch Treasurer Tom Nichols

provided a personal testimonial while thanking the speaker. Igor has provided a specific program that he follows at home, with update advice as condition improves. For many of us the "at home" aspect would be quite positive – gym phobia is not rare.

NAFR NEWS. We have a new president, Roy Goodall, who hails from Calgary and now a new Vice-President – Hélène Nadeau, from Ottawa. An SMM or Special Meeting of Members was held to elect a new VP to complete Roy's term as he move up the ladder. Roy took part in an Ontario District Meeting on 24-Oct (Zoom meeting), to update on NAFR developments. A briefing was delivered on the new PSHCP plan which is to come into force in mid-2023 – an all members' webinar is planned for November.

With the FMM done, NAFR York's Board activity will slow down, though planning will start for the 2023 AGM in April, taking into account lessons learned from our first hybrid members' meeting.