Probus Club of Old Oakville



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March 2021

Envision: Looking forward while recognizing the past

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Hugh O'Neill



Curt Allen





Doug Francis

Hugo Kamerling





John Bond



Jim Davidson



Niten Barua





Rick Schwartz

The President's Column

I had hoped, by this time, to write an enthusiastic message filled with definite plans for us all, post CoVID. Alas, that is not yet possible. One hears encouraging news about vaccine roll-out, but the proof of the pudding will be in the eating! We can see progress to a better future and your club is functioning very well. I have worked with many groups over the years and reassure you that your Management Committee are amongst the best. It is a great privilege to work with them and look forward to getting to know them in reality.

Our membership now stands at 115 which is more than I could have hoped. In addition, some former members have said they will rejoin when we have real meetings. The most exciting news is the possibility that Probus Oakville may form a single club with us starting in September. Your Management Committee will meet on 17 MAR 21 to decide our position. If there is support, then the joint venture will happen, and a bright future is predicted for everyone involved. Our membership should return to over 170 which it was a few years ago. Hugo Kamerling has already planned the golfing season to start in April. It is great to see the enthusiasm and increased numbers involved. Gord Stovel is covering for Alan Ellis as he battles his way to recovery. The speaker line-up is excellent and we just had a virtual meeting with over 70 attendees.

Everyone seems tensed like greyhounds at the start of a race, me included. It was a very sad duty to record the deaths of Howard Barrett, Colin Litton and David Hickling. Better news is that Ron Thornbury and Colin Reigate are out of hospital and recovering well. We have two new members. Leo Distchun and Dan Kleemola. The lists of their interests should make them a vital addition to our club. Let me know if you hear of any club member who is unwell and, stay safe and active.

Hugh John O'Neill, President

MEMBERSHIP COMMITTEE REPORT

Your committee was pleased to welcome two new members to our Club in early 2021.

Leo Ditschun joined us in December 2020, introduced to us by Alan Ellis. Leo is an electrical engineer who worked in the field of technology development. One of his current interests is researching his family's geneology, as well as our golf group.

Dan Kleemola, who joined in January 2021, was sponsored by Ed Nickerson. As a chemist, Dan is a veteran of the pulp and paper industry. He has interest in most of our club activities including golf.

There was sad news of the passing of three of our members:

Howard Barrett November 2020 Colin Litton December 2020 David Hickling February 2021

Howard, David and Colin had been members of the Club for 23, 20 and 12 years respectively and will be missed by all.

In spite of the challenges, we have faced during the Covid pandemic, our Club has grown to <u>114</u> members at this time.

In more normal circumstances, with "Snowbirds" away in the winter and "Cottagers" away in the summer, we normally have a turnout of a little over half the membership at our monthly meetings. Many of you will already be aware of this but we have now convened 7 monthly "Zoom" meetings since September and our already good experience, although still not like "the real thing", continues to get better each month and we have excellent speakers. In fact, our attendance is about the same percentage that it was for our normal meetings.

I just wanted to point out that with Zoom meetings, you can actually "attend" from Florida or Muskoka just as if you were sitting in your office or kitchen here in Oakville. Please contact me directly if you didn't realise how easy attending our monthly meetings can be and would like to try it out. Several of us are ready and willing to do some Zoom testing with you to make sure you are ready for our next meeting in April. If you prefer, of course, Rick Schwartz makes a "Recording" of each meeting and sends out an email to us all with a "hyperlink" to the recording. If you simply click on the hyperlink, you can see and hear the whole meeting.

As a separate issue, we do like to recognize birthdays at our monthly meetings and someone usually lets us know if he is aware of any of our members' birthdays but I note that our records really should include our birthdates but somehow have been missed out. A couple of years ago we amended our membership application form to include this information, but our legacy records have not been updated and I would be grateful if all of you who joined before 2019 would be kind enough to send me an email johnlynda@cogeco.ca with your birth date so we can make sure we don't miss anyone going forward. If any of you are aware of any members who don't use email much and are aware of that member's birth date, please don't hesitate to step in and help out by sending me the information.

We encourage all members to promote the benefits of joining Probus to their friends and acquaintances. If the process of vaccination goes well, we may be able to meet again in person later this year.

John Bond Membership Committee Chair

- "I have a split personality", said Tom, being Frank.
- I renamed my iPod The Titanic, so when I plug it in, it says "The Titanic is syncing".
- How do you make holy water? You boil the hell out of it.
- When life gives you melons, you're dyslexic.
- Will glass coffins be a success? Remains to be seen.
- It's hard to explain puns to kleptomaniacs because they always take things literally.

ACTIVITIES REPORT

Since not every member always attends our monthly (temporarily Zoom) meeting with a speaker and therefore may not be aware of the wide variety of activities our Club has to offer, herewith a short overview what our Club can offer you (subject to present Covid-19 restrictions):

Our most important (and at present only live activity because of Covid restrictions) is our weekly Wednesday morning mixed golf game at Oakville Executive Golf which will start on April 14 with three 9- hole games and one 18 hole game each month. Open to all members and their spouses, space permitting. For information, please contact Group Leader Hugo Kamerling at email hukamerling1@gmail.com.

ALL OTHER ACTIVITIES are taking place at present via Zoom, but will become "live" again as soon as the Covid situation allows live meetings other than golf.

These activities are:

- 1. The mixed Dinner Group: Normally takes place the 3rd Thursday evening of each month, at a variety of local restaurants, hosted by one of the Dinner Group members, who will select the dinner venue. There are about 16 to 24 people participating at each dinner. To stay "in touch", at regular intervals Zoom meetings are now organized. For more information, please contact Group Leader Hugo Kamerling at hukamerling1@gmail.com.
- 2. <u>Camera Club</u>: At present meeting every 2 months via Zoom. There are about 8 members. Everybody has a camera, but do you really know what you can do with that camera? You will be surprised to learn in informal meetings what beautiful photos can be taken by you. Do you want to know more? Please contact group leader and "in-house" Master Photographer Ron Thornbury at rthornbury32@gmail.com.
- 3. <u>Lunch and Pool Group:</u> Weekly Zoom meetings attended by about 10 to 12 members. For further information about the present zoom activities and future live pool and luncheon meetings, please contact Group Leader St. John Blakeley at stjohn.blakeley@sympatico.ca

- 4. **Investment Group:** Monthly meeting via Zoom with a small core of 8 - 10 members. This group shares a variety of ideas on investing and in theory "makes lots of money". The group works with 3 portfolios to monitor stocks: A growth portfolio, which is focused on capital gains, a dividend portfolio which monitors stocks that provide a steady income from well established/respected companies and a third portfolio which just has been started up and will follow companies that are considered to be "emerging technologies", examples of which may include companies that are into using blockchain and altcoin technology to handle all kind of payments, green power generation, electric vehicles, advanced medical technologies, etc. There is still space for more members. If interested please contact Group Leaders Brendan Barnet at husruin@yahoo.ca or John Vipond at jvipond@cogeco.ca
- 5. <u>Live Alone Group:</u> Meeting via Zoom every Friday morning. Open to any member of our Club, as long as he is a widower or has a spouse who permanently for medical reasons has been placed in a home for long term care. Group leader is Ron Thornbury who can be contacted at rthornbury32@gmail.com
- 6. <u>Mixed Bridge:</u> Will restart as soon as Covid restrictions are lifted. Still some space available. Please contact Group Leader Peter Morris, if interested at peterjmo@bell.net
- 7. <u>Euchre Group and Cribbage Group:</u> On hold until after Covid-19. Group Leader is Curt Allen at <u>curtis.allen@sympatico.ca</u>
- 8. <u>Lawn Bowling Group:</u> On hold until after Covid-19. Group Leader is Mark Cox at <u>markwcox1970@gmail.com</u>
- Discussion Group: Not started as yet. Interested parties to contact Don Kirkwood at <u>dwwk@bellnet.ca</u>

For any other ideas for future Club activities, please contact activities chair Hugo Kamerling at hukamerling.1@gmail.com





Hugo Kamerling Chair, Activities

FELLOWSHIP COMMITTEE REPORT

Over the past two months your Fellowship Committee has been focusing on using the regular monthly meetings as a place to promote fellowship, mainly by urging members to join in with others between 8.45 am and 9.30 the day of the meetings. Usually we have 8 - 10 members there chatting about weather, vaccines, what they are doing, trading sarcasm shots and so forth...lots of enjoyment.

Then after the formal meeting, we are holding the Zoom window open for up to half an hour for more of the same. Here we usually have 15 - 20 members hanging around enjoying each other's company.

As we move into spring, and into windows of time where we all can be vaccinated (should be possible in the next 30 - 45 days), we get closer to that time when we can begin to think about actually getting back together.

In the meantime, if any member hears of another member who is struggling, in hospital or needing fellowship support in any way, please get in touch with me (or any member of the committee as listed below), at 905-335-4463 or gstovel@sympatico.ca.

Gord Stovel, Curt Allen, Alan Ellís, Roger Sanders and John Williams Fellowship Committee.

Alan Ellis – "He wasn't doing anything else during Covid!"

Most of you know, or at least know of, Alan Ellis. He has been a member of Probus Old Oakville since August 2019, and is currently Chair of the Speakers Committee and a member of this year's Management Committee. And many of you will have heard of the awful thing that happened to him on Dec. 23rd as he was walking from his condo to the Metro store (near Southdown and Royal Windsor).

Alan was struck by a car while in a controlled crosswalk where he had the right of way. The last thing he remembers is his left foot hitting the sidewalk – he had almost made it across. No charges have been laid against the driver.

However, the damage to Alan was significant: displaced, comminuted fractures of the right tibia and fibula; abraded right heel wound; four broken ribs; cracked vertebrae; broken right arm; blood clots in his lungs; subdural hematoma head injury (two brain bleeds). We are happy to report that these are mostly abating, with the last two being monitored closely. The most serious injuries were the lower right leg fractures. Alan had seven hours of surgery at St. Mike's trauma unit. The procedure is known as open reduction internal fixation (ORIF) and coincidentally is the same surgery that Tiger Woods experienced after his recent car crash, except that Tiger also had ankle and foot surgeries. "Internal fixation" means the

bones are held together with hardware like metal pins, plates, rods, or screws.

Alan was moved from St. Mike's to Toronto Rehabilitation January 19th but within three days an outbreak of Covid-19 on his ward resulted in a lockdown that lasted until February 14th. During this time he was confined to his room. Physiotherapy could only be conducted in his room. No visitors were allowed. It was not a good time!

As traumatic as this event was for Alan, early on while recovering in the ICU, he realized that whilst he was medically unconscious from the accident on Dec. 23rd through to post recovery on the 24th, his wife Dianna had to deal with a very high level of trauma herself. Her realization that Alan had not returned home from a simple errand to Metro led her to the police car at the intersection. From the officers there she learned that Alan had been taken to St. Mike's emergency room. She quickly got herself down to St. Mike's for the emergency room surgery and ICU recovery – a very traumatic experience for her.

Alan expects recovery to be at least a one year process. The upper fracture could take up to 12 months to heal, but his doctors expect him to walk in three months from now, thanks to all the hardware installed in his leg. He has remained engaged almost throughout with the Club, but given the severity of his injuries and the extensive nature and timing of the rehab, he has been unable to attend many of our meetings. He also is a member of the Camera Club, and his creative and artistic images in response to our assignments are missed.

During Covid, he and his wife have been "touring" Italy through the online tours offered by Rocky Ruggiero (rockyruggiero.com). The company offers educational travel (virtual at the moment) to various cities throughout Italy, with a focus on art and architectural history, passions of both Alan and Dianna.

We all wish Alan a speedy and as complete a recovery as possible, so that he can again enjoy his passions in person.

Now for Some Lighter Moments

Artist Pablo Picasso surprised a burglar at work in his new chateau. The intruder got away, but Picasso told the police he could do a rough sketch of the suspect.

On the basis of his drawing, the police arrested a mother superior, the minister of finance, a washing machine, and the Eiffel tower.

Submitted By: Alan Ellis

Letter to the editor, The Globe and Mail, from member Mark Cox:

Re Being There For His Son And Family Was Enough For Walter Gretzky and Brantford's Lord Mayor Stayed True To His Roots (Sports, March 6): In February, 2020, I took my 11-year old grandson to a Maple Leaf's game. We decided to eat beforehand at Wayne Gretzky's Toronto restaurant, where Walter Gretzky showed up with one of his sons. He was immediately inundated with staff and customers wanting their picture taken with him. Walter picked out my grandson and said, "The boy first."



Later, my grandson went to his table and thanked him. Walter asked his name and pulled out a small notepad with "Walter Gretzky" inscribed on each page. He proceeded to print out my grandson's name on one of the notes, laborious letter by laborious letter.

He asked if Brayden had a sister, and he did the same for her. He talked to us for a few minutes and said he would see us at the game.

What a guy. Everyone's dream father.

Mark Cox Oakville, Ont.

Our next Probus meeting begins at 8:45am for fellowship, 9:30am for the formal meeting, on Wednesday, April 7th.

April Speaker



Rabbi Stephen Wise: The Challenges of Judaism in the 21st Century

Rabbi Wise will discuss the above topic by addressing questions he is commonly asked, and also by taking questions from the Probus Old Oakville participants at the meeting.

- What are the most common similarities between the religions Judaism, Christianity and Islam?
- Have you ever had to face a situation where you must be classified as a Jew? If so, how did you cope with it?
- What is the most popular festival in Judaism and what significance does it have?
- What are your daily practises and how does a day in the life of a Jewish man go?
 - What does the term "Kosher" mean? How is food made to
- What is the "promised land" and why are the Muslims and Jews fighting over this land continuously to this day? What does this have to do with your religion?
- What's your perspective on the hatred people had towards Jews during the Holocaust and how do you think people's views on Jews have changed since then?

Rabbi Stephen Wise is the spiritual leader of Shaarei-Beth El (SBE) Congregation of Oakville. He is excited to be part of a congregation as diverse, storied and unique as SBE; leading meaningful worship experiences for all, teaching thought provoking courses for adults and children, providing inspiring programming and being a catalyst for social activism.

Before joining SBE in 2007, Rabbi Wise spent two years as the assistant Rabbi at Temple Beth El in Boca Raton, FL. Rabbi Wise was ordained from the Hebrew Union College-Jewish Institute of Religion in May of 2005, has a BA from the University of Toronto and an MA from Brandeis University.

Rabbi Wise is the chair of the Interfaith Council of Halton, a member of the Reform Rabbis of Greater Toronto, and a member of the Halton Police Service multi-faith taskforce. Rabbi Wise is an author and speaker on Israel and her role in Tikkun Olam, with his first book "Israel: Repairing the World".

Rabbi Wise and his wife Cheryl, the director of Education at SBE, have 3 children, Jacob, Talia and Alexa.

January Guest Speaker Amanda White



Amanda White is a Senior Director, Marketing & Communications at Seasons Retirement Communities. They have retirement communities in both Alberta and Ontario. All communities are in smaller centres – the nearest to us are in Milton and Stony Creek. She spoke to us about the motivations to move to a retirement community environment and some of the options available to those searching for a new place.

Reasons to move include wanting to lighten the burden of home ownership, meal preparation, housekeeping, etc. Also many older folks require features like medication administration and access to more social activities that would be of interest to them than they perceive are available to them in their current living situation. Retirement residences are not to be confused with long-term care homes where the highest levels of care are required such as 24-hour support.

People are not looking for an institutional setting but rather an upgrade from their current living situation – something as simple as a dining room available for one, two or three meals a day is a god-send for many. Independent living is the "entry" level, wherein the suites include a full kitchen, and the services required are limited to 24-hour emergency response and weekly housekeeping. There would still be access to the group activities and those kinds of social interactions. As needs change, though, there is a need for more support, such as meals, but then also other forms of care, including memory care with secure areas for clients needing that level of support.

One anecdote was a woman who was arising at 4am, and staff was not quite sure how to handle it. The immediate inclination is to try to get the client to return to bed until "normal" wake-up time. But on looking further into her life history, it turned out she worked her whole life as a baker, so early rising was normal for her. They invited her to bake with them in the kitchen and the "problem" was solved.

When is the right time for someone to look for a retirement home? Everyone's circumstance is different, but the general advice is to look well ahead of a crisis when you have the luxury of time. Book personalized visits (post-pandemic, although virtual tours can be done now), and plan the questions you need answers to.

There can be sticker shock when visiting these communities and pricing out the various options. But you need to consider the cost of living at home compared to living in a retirement community. Make sure you include costs for home delivery of services that are included in a community. An example would be weekly housecleaning, daily delivery of meals, gardening, subscription to emergency services, are modifications and renovations needed to make you current home liveable for your future needs, access to home care services. What are typical rates? For Seasons, typical rates would be about \$3,400/mo. for a studio; \$4,200/mo. for a 1 bedroom; \$5,200/mo. for a 2 bedroom.

Amanda had some downsizing tips: build a support system (friends, family, moving company, consulting services), plan the next steps (get a floorplan of the suite you want to move to so you can get rid of things you will not need or will not fit, make sure you decide what things are really important and which are not), don't over save for others, and lastly, get excited about your new place.

Seasons has recently held a series of focus groups to consider the retirement home of the future. Embracing innovation and technology will be key – virtual reality especially in the memory care setting. Another idea that seems popular is the concept of micro-markets for food service delivery (think about the OnRoute stops on the highways) with delivery all day long rather than specific set meal times. People are looking for more flexibility and less scheduling, so in the future enjoyment of restaurant style dining is being looked at. Dog parks and indoor walking tracks are also being considered.

February Guest Speaker

Niten BaruaProbus Club of Old Oakville Ass't Secretary



Drug Approval Process in Canada and What is Different About Approval of Covid Vaccines

Niten's biography includes a number of years with various pharmaceutical companies, in the regulatory affairs area, so he is well-qualified to help us with this timely topic. Niten was responsible for managing Regulatory Affairs (the group responsible for obtaining approval of drugs prior to marketing) & Quality Assurance function for a Pharmaceutical Company for over 17 years. Niten took lead role for the approval more than a dozen drugs in his regulatory affairs career spanning over 25 years. Some of the more common drugs Niten was responsible for approval recently are, Xtandi (for Prostate Cancer), Myrbetriq and Vesicare (both for urinary incontinence) and Prograf and Advagraf (for organ rejection after

transplant).

Niten covered the basic Food & Drugs Act requirements for selling any drug in Canada, and then explained the modifications to the Act that allow for selling Covid Vaccines. He then went on to cover the steps involved in developing and marketing a drug, what must be included in the New Drug Submission to Health Canada, and then what the review process looks like.

The main task that a manufacturer has is to apply for and receive a drug identification number (DIN) for any new drug. That must be received and applied to the product before it may be sold. In the U.S., when there is a declared emergency, the Food and Drug Administration (FDA) can approve a drug without all the evidence that would fully establish its effectiveness and safety, but companies must continue their clinical trials in order to provide longer term information on safety and effectiveness. Canada has a similar process, called an Interim Order (IO). Health Canada will grant authorization on if it determines that the benefits outweigh the potential risks. Like the U.S., the IO allows the drug to be sold while additional development and testing occurs on the road to market authorization.

Niten then went on to describe the generic drug development process and timeline, from the initial research phase, through Preclinical and Clinical trials, then Evaluation and Approval. As many as 10,000 compounds might be involved in the research phase which after typically 10 years and an investment of more than \$1billion, will result in one approved drug.

The contrast to the typical situation for the development of Covid vaccines is startling. As an example, the development of the Pfizer vaccine began in January of 2020, clinical trials began in April, and submission for approval by the FDA on November 20, 2020 – more than 10 times faster than the typical process! New drug submissions' review timelines in Canada are typically one year, give or take. So the approval of the Pfizer vaccine in Canada just about one month later than in the U.S. is extraordinarily quick. The submitter must pay fees to Health Canada as well, which can be in the hundreds of thousands of dollars. With the submitter's agreement Health Canada may also collaborate with other international regulatory agencies to fast track the process, sharing analyses and perspectives to supplement Health Canada's usual processes. Health Canada has been following this process in the review of all Covid vaccines so far.

All in all, Niten's talk was an eye-opening window into the cost, time and thoroughness of oversight and review that drug development receives. He assured us that even though the Covid vaccines are arriving amazingly quickly, they are still subject to all the safety and effectiveness checks that are required.

March Guest Speaker

Thomas S. Axworthy



Populism, Trumpism and Extreme Discord: Is Canada Immune?

Thomas S. Axworthy, has had a distinguished career in government, academia, and philanthropy. He served as the Principal Secretary to Prime Minister Pierre

Trudeau. Mr. Axworthy went into an academic career first at Harvard University and Queens University following his government career.

Mr. Axworthy covered the background and the current status of populism in the US and Europe and then discussed the effect of this phenomenon in Canada. Populism is a concept of a political movement which challenges prevailing established political norms. Populism generally does not take any particular policy position and hence it can have either right or left orientation. Examples of populism can be found all over the world at different times. Importantly, populism often threatens the rule of law and liberal democracy and therefore populist leaders try to bend the rules of democracy and weaken checks on democracy.

There are six drivers of populism in the US and Europe:

- i. Overwhelming change leads to anxiety and fear
- ii. Decline of middle class
- iii. The info-demic of social media
- iv. Immigration: fear of other
- v. Rise of the strongman
- vi. Extreme polarization

Too much change can bring about pessimism and a search for something or someone to restore both order and simplicity. Based on a number of research studies, wages have been stagnant for decades both in the US and Europe. Globalization has moved supply chains offshore which has been good for corporate

profits, shareholders, and the Chinese where 800 million people have moved out of poverty, but it has made lives exceedingly difficult for former high wage workers in the US and Europe. Wage stagnation and rising costs for key aspects of the middle-class dream challenge optimism and induce stress. Share of world income growth for the people in East Asia and South Asia went up while the middle class in Europe and North America went down in the last decade.

Social media is central to the rise of populism. Social media allows individual-created content without standards or gatekeepers. It is the perfect vehicle for spreading misinformation, connecting with the likeminded, organizing and recruiting for those anxious, angry or conspiracy-minded. Antiimmigration is a staple of populist parties. People upset with unemployment or wage stagnation blame immigrants for taking jobs. For those worried about tradition or culture immigrants can be framed as an alien threat. In a complicated world, strongman demagogues have a simple message, and that very simplicity helps followers to make sense of what is happening around them. The relationship is reciprocal: The strongman understands the values of the base and gains their trust; in turn the base will follow the leader and take their cues from his issue agenda. Social media then unites the followers into an alternative universe where they engage with each other but no one else. Populists divide the world into "We versus Them" and such a mind-set can deteriorate into believing that opponents become enemies. Democracy thrives on debate and sorting out the diverse interests of multiple groups. Partisanship can become so extreme that compromise becomes difficult and polarization can become so extreme that attaining or staying in power becomes more important than democracy itself. The United States today is an example of populism going astray and even descending into violence.

While it is clear that populism is not a dominant feature of the world view of Canadians it is not absent either. As in other parts of the world many Canadian workers have had wage stagnation and economic anxieties are real especially during Covid.

Interestingly, Canada is the most welcoming country for migrants in the world (Gallup 2020). Canada has a

history of events or outrages similar to the excesses of right-wing populism today. Of the six drivers of the populism, three apply in Canada (i, ii & iii). But three drivers are largely absent. Tom suggests we should not be complacent that only half the drivers apply and should work actively to ensure that extreme populism remains only a possibility.

The Last Word

Submitted by Tony Last

A duck hunter was out one day having no luck. He hunted the whole morning and couldn't get a single kill. On the way home he approached a farm house and flying over the house was a big flock of fat mallards. Seeing his last chance for success, he took aim at what looked like the biggest one and gave it both barrels. The duck fell from the sky and landed in the middle of the barnyard .

As he neared the barnyard and the dead duck, the hunter could see he'd got himself a beauty. But when he was a mere 20 paces from the duck, a farmer emerged from the barn, scooped up the duck and headed for his house.

"Hey!" said the hunter. "Come back with my duck!"

"Your duck?" returned the farmer. "It was laying in my farmyard. MY duck."

"No! No! You don't understand! I shot it and it just happened to fall here. It's mine!" shouted the hunter.

"Okay, city fella, We'll settle this the country way." said the farmer.

"Country way? What's that?" said the hunter.

"We take turns hitting each other as hard as we can." said the farmer. "Last man standing, wins the duck. That is, unless you're yella."

"Of course I'm not," said the hunter. "Country way it is."

"Fine," said the farmer. "Since we're on my property, I'll go first."

Hunter: "Suits me."

With that, the farmer took a half step back, steadied himself, and kicked the hunter square in the crotch as hard as he could. The hunter screamed like an animal for 15 minutes. He curled up in a ball, turned three shades of purple and thought he was going to die. After a full half hour and with considerable difficulty, the hunter straightened up and gasped,

"Now. . . my. . . turn"

The farmer replied: "Nah, I give up. Here's your duck."