



THE COBOURG PROBIAN

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The Probus Club of Cobourg and District

P.O. Box 63, Cobourg, Ontario K9A 4K2

Next Meeting: September, 4th, 2008

President's Message:

Rain, rain go away, come back another day, as kids in Ireland we would sing this song. Glad I've not forgotten the words.

The rain did stay away for our Summer Sizzler which was a great success. The changes saved a lot of members from the preparation and cooking of the delicious foods of which there was plenty {including desserts}. Well done.

We are still short a few people for the exec. positions for the next year. Do think about putting something into the club, remember some one will fill in for you when you take your winter break so you are not "stuck" with the task. Think about it.



President Larry

SPEAKERS AND EVENTS

AUG. 21st Highland Dancers
(Dance Class)

SEPT. 4th Colin Slade
Canadian Coast Guard

SEPT. 2008 PROBUS RENDEZVOUS in St. John, New Brunswick. Bus trip information including registration and accommodation will be provided at meetings.

SEPT. 17th WINE TOUR. Four wineries and one brewery in Prince Edward County. Lunch and shop in Bloomfield and return to Cobourg around 5:30 p.m. View this website for details
www.idc.ca/bustrip/2008pecprobus.htm

SEPT. 18th Jay Sherwin
Africa

OCT. 2nd Katherine Barber
Oxford Dictionary

OCT. 24th ANY WEDNESDAY at Best Western dinner theatre \$33.75. A romantic comedy about a Lecherous, self-centred business tycoon who meets every Wednesday, with his naive mistress in the company executive suite. Things get complicated when the executive suite is double-booked.

AN AMAZING LADY

“Find something to do with your life,” was the message Judy Digwood left with Probus members when she spoke at our July 3rd meeting. Never one to give up even when life handed her lemons. She began her artistic abilities as a child doing charcoal sketches, graduating to oil painting, until a stroke left her with numbing hands and she had to give up painting as she could not feel the brush strokes.

By age 45, she had her first heart attack and had a heart operation and later developed intestinal problems after which depression set in, but that didn't stop her from pursuing her artistic abilities. She bought a cheap 5-speed 2000-rpm drill like dentists use and in 2001, she began a career in relief wood carvings using walnut, cherry and basswood.

Because of her nails, she can feel the vibrations of the drill. Painting previously, helped her see into a piece of wood and the possibilities of what she can accomplish with that particular slab of wood. She entered her first exhibit in 2004 and the Master's Class in 2006. Her mentor in Calgary had sold one of his pieces for \$68,000.

Judy draws her own patterns. Doing relief carvings is like measuring the tire tread gauge, being careful not to drill the 2-inch thick piece of wood to within a ¼ inch of going through the wood slab. One of the pieces she had on display required 393 hours of work and another plaque required 2100 hours. Each piece is proportionally correct. Each piece is treated with acrylics and a sealer to protect it.

She often begins her day at 6:30 a.m. and begrudges the fact her husband wants his supper. In spite of her disabilities, she brought these amazing plaques and figures for our viewing pleasure. I'm sorry if any of our members missed seeing what this determined lady with health problems accomplished. She was introduced by George Chisholm and thanked by Dennis Goulin.

REMEMBERING OUR DEPARTED MEMBERS

Our 9th annual tree planting of a Japanese silk lilac was held near the marina in memory of 6 of our departed members over the past year. Members remembered were: George Brown, Joan Godsell, Don Gummer, Ken Heaton, Lois Johnson and Ian Matthews.

The event was organized by past-president, Karin Allan. Bill Johnson spoke on behalf of families of the departed. Mayor Peter Delanty with the nicely polished shovel done the ceremonial spade work.

Following the tree planting, we enjoyed a delicious luncheon at the Legion.

MEMBERSHIP FEES are now due for 2008-2009. See our folks at the membership table with your cheque for \$30.00.

CHANGE OF E-MAIL ADDRESS

Marlene Stothart's new e-mail address is marbob@cogeco.ca

The average number of people airborne over the U.S. in any given hour: 61,000

ENVIRONMENTAL & FAMILY FRIENDLY EVENT

Andrew Buntin spoke of the birth and growth of the popular Shelter Valley Folk Festival, at our July 17th meeting. The first festival was in 2004, held on Labour Day weekends on the Henkel's farm near Grafton and is all done by volunteers, from the preparation of the neatly manicured grounds to entertainment facilities, to feeding the crowds.

All food is prepared on site using food grown within 100 miles. By washing dishes and recycling or composting garbage, reduces our environmental footprint. The grounds are kept litter-free by the use of garbage bins and the crowds show respect for their use.

There are camping sites on the high ridge with spectacular views over Lake Ontario and Northumberland hills. It is a family friendly event, no beer tents allowed which helps with insurance and police like that. Canadian history is promoted in song and schools are encouraged to use this method of learning arts and culture from a musical perspective.

If you've never attended the SVFF, it's a great feeling to experience this safe family event with the emphasis on enjoyment for all ages in a litter-free atmosphere.

AIN'T IT THE TRUTH

(Contributed by Doreen Guy)

Joe Smith started the day early having set his alarm clock MADE IN JAPAN for 6 a.m.

While his coffeepot MADE IN CHINA was perking, he shaved with his electric razor MADE IN HONG KONG.

He put on a dress shirt MADE IN SRI LANKA, designer jeans MADE IN SINGAPORE and tennis shoes MADE IN KOREA.

After cooking his breakfast in his new electric skillet MADE IN INDIA, he sat down with his calculator MADE IN MEXICO to see how much he could spend today.

After setting his watch MADE IN TAIWAN to the radio MADE IN INDIA, he got in his car MADE IN GERMANY filled with gas from SAUDI ARABIA and continued his search for a good paying job.

At the end of yet another discouraging and fruitless day checking his computer MADE IN MALAYSIA, Joe decided to relax for a while.

He put on his sandals MADE IN BRAZIL, poured himself a glass of wine MADE IN FRANCE and turned on his TV MADE IN INDONESIA and then wondered why he can't find a good paying job.

HEALTH and NUTRITION

(Contributed by Russ Donaldson)

Q. I've heard that cardiovascular exercise can prolong life, is this true?

A. Your heart is only good for so many beats, and that's it.... Don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer. That's like saying you can extend the life of your car by driving faster. Want to live longer? Take a nap.

Q. Should I cut down on meat and eat more fruits and veggies?

A. You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetables). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q. Should I reduce my alcohol intake?

A. No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is made out of grain. Bottoms up!

Q. How can I calculate my body/fat ratio?

A. Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q. What are some of the advantages of participating in a regular exercise program?

A. Can't think of a single one, sorry. My philosophy is: No pain.... Good!

Q. Aren't fried foods bad for you?

A. YOU'RE NOT LISTENING! ... Foods are fried these days in vegetable oil & In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q. Will sit-ups help prevent me from getting a little soft around the middle?

A. Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q. Is chocolate bad for me?

A. Are you crazy? HELLOOOOO – Cocoa beans! Another vegetable!!!! It's the best feel good food around!

Q. Is swimming good for your figure?

A. If swimming is good for your figure, explain whales to me....

Q. Is getting in-shape important to my lifestyle?

A. Hey! Round is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets. And remember: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways. Chardonnay in one hand, chocolate in the other, body thoroughly used up, totally worn out and screaming, "WOO HOO! What a ride!!!"

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have 'the rule of thumb'.

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

The cost of raising a medium-size dog to the age of eleven: \$16,400

Send articles for the Probian to Elma Parker at elmapar@eagle.ca