



# ***THE COBOURG PROBIAN***

Volume 14, Number 2, December, 2007

The Probud Club of Cobourg and District

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

Next Meeting: December 20th, 2007

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## **President's Message:**

HO! HO! HO! December, last month of the year, shortest days, Christmas, Holidays, Season Parties and the list goes on. It's a busy time so slow down, get the message of Peace and Joy and we'll all survive the shopping, parties, parking lot and slippery sidewalks so that we will all be in one piece for 2008.

My first couple of months as President have been fun thanks to all the great helpers – they do not all live at the North Pole.

Wishing a Happy and Peaceful Christmas to you and yours.

Thanks,

**President Larry**



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## **SPEAKERS AND EVENTS**

**DEC. 6<sup>th</sup>** Mary Anne Shill  
Doctor Recruitment

**DEC. 20<sup>th</sup>** Mel Blaker  
Christmas Music  
( Sing along if you wish)

**JAN. . 3<sup>rd</sup>** Krista Rutledge  
Pine Ridge District Health Unit  
Reduce Risks of Falls

**JAN. 17<sup>th</sup>** Christine Stewart  
Africa

**JAN. 25<sup>th</sup>** Dinner Theatre at Best Western **“NOT NOW DARLING”** A madcap British farce about mistresses and minks. Mistaken identities, scantily clad women and suspicious wives. Sounds like a fun comedy. Tickets for dinner and show, only \$30.00. For those reluctant to make winter driving plans, consider a night at the Best Western.

**KEEP WATCHING:** Mary Ryan is making plans for other activities in the coming months which include:

- A bus trip to Buffalo for shopping, before Christmas.
- January lunch
- Progressive Lunch, Feb. 14<sup>th</sup>
- March, Canada Blooms.
- April, Dirty Dancing.

## **PROBUS ROCKS**

On Wednesday November 14<sup>th</sup>, teams from Brighton, Colborne, Oshawa, Peterborough and Cobourg took to the ice in the 4<sup>th</sup> annual Probus Bonspiel. We played one game in the morning followed by a lovely lunch. There were many door prizes and a fifty-fifty draw, none of which, unfortunately were won by this scribe.

Our club entered two teams, Warren Harvey, Joanne Domine, Henk VanGoch and Jim Domine made up one team while Roger Allin, Carol VanGoch, Jim Stirling and Joe Howieson made up the other.

All the games were close, many of them coming down to the last rock. Our major accomplishment, (much to the delight of our president, I'm sure) is that we did not bring home the "burnt toast award". That honour went to the Northshore Club for the second year in a row.

Everyone had a fine day and it was agreed to hold it again next year.

- Warren Harvey

### **CURLING WINNERS**– November 14/07

Oshawa – in 1<sup>st</sup> place, Jo McCullagh – skip (all women)

Brighton - 2<sup>nd</sup> place - Gerry Descote

Peterborough -3<sup>rd</sup> place - Peter Smith

Cobourg – 4<sup>th</sup> place – Warren Harvey

Northshore – 5<sup>th</sup> place – Chuck Kennedy

Northshore – 6<sup>th</sup> place - Phil Ayling

Cobourg – 7<sup>th</sup> place – Roger Allin

Northshore – 8<sup>th</sup> place – Rudy Vanstouwe - burnt toast award

## **SERVING IN AFGHANISTAN**

Lieutenant Colonel John Conrad, Battalion Commander, from Orono, Ontario, related his experiences in Afghanistan at our Nov. 1st meeting. The youthful looking father of four children was awarded the Meritorious medal by the Governor General. All officers have to have a University degree. Canadian soldiers, in Conrad's opinion, are the best in the world and are smart enough to know they cannot kill their way out.

Their real emphasis is on re-development and they are making progress, but it's going to take ten to twelve years. Roads and schools are getting better, some women are in government. Girls would not be allowed to go to school if the Taliban comes back.

Opium is 80% of Afghanistan's GNP and poppy growers can feed a family of five from the sale of their crop, it's the warlords that reap the big profits.

The speaker was introduced by Russ Donaldson and thanked by Bill Duncan

## **OUT OF THIS WORLD**

Our November 15<sup>th</sup> meeting heard about the Scout Mission to Mars from Grant Elliott, science teacher at CDCI East. Leaving Cape Canaveral, Florida in August, 2007, landing in May, 2008 in the Martian arctic, the equivalent of our northern Greenland. The hope is to determine if life ever existed and to characterize the climate on Mars.

There is evidence of freezing and thawing and that water has flowed on Mars. There appears to have been tornadoes- or dirt devils. Finding a good landing strip on the very uneven surface of "wrinkles and ridges,

requires a landing site 25 km wide and 100 km long. Mars has very little oxygen and lots of iron that became rust.

His talk alternated between metric and imperial measurements, which must be confusing to the explorers The U.S. is more resistant to metric than we are..

You can learn more about the next great frontier on Google – Mars Phoenix Lander, Canada’s first major mission to another planet.

### **MEMBERSHIP LIST**

If you haven’t received your 2007-2008 membership list, see Marilyn Macklin.

Please make the following changes: Hazel DeBrito – telephone 905-373-4041

Mary Thomson - postal code K9A 3J8

Jo and John Morra- postal code K9A 5W9

### **HORSE POWER**

*(By Jim Hamilton)*

In 1942, I was posted to Grosse Isle, located about 50 kms east of Quebec City in the St Lawrence River. At that time it was a bacteriology warfare station and is now an Irish Memorial Centre. It was very restricted and isolated area and security was paramount. Coal and oil was rationed and so our mode of transportation was by horse and wagon and in winter by sleigh. The horsepower was provided by two large Percheron horses.

One winter morning I had occasion to use horses and sleigh. I had to drive down a rather steep hill with packages for the laboratory about a kilometre away. The horses, feeling frisky and for a city boy, hard to control, decided to trot down the hill. Near the bottom of the hill, located on a curve by the road, was our bakery. We did not quite make the curve. The sleigh hit the side of the bakery with a resounding force and we had gone quite a distance before I was able to bring this mound of horse flesh to a stop. Leaving the horses, I ran back up the hill and was greeted by a rare sight.

The two bakers are standing outside covered in soot. It seems that the impact had knocked down the large stovepipes. Inside it was a disaster. The bread dough was covered in soot. The bakers told me there was a large explosion in the stovepipes. I liked their reasoning. I had just been promoted to a corporal and had visions of loosing my stripes and facing some other fiendish army punishment. An explosion was therefore not to be ruled out. I instructed one of the bakers to report the explosion to the orderly office and the other cook went inside to start the clean up. I went to the outside and proceeded to kick snow around the side of the building to cover any sled tracks. Of course an investigation was held.

The C.O. who was a veterinarian doctor and not used to army ways, investigated. He noticed a can of coal oil used to start the wood fire if necessary. He at once knew what happened. The vapor from the coal oil was trapped in the stovepipes and had ignited and thus caused the explosion. I thought that this was an excellent deduction and fully supported this idea. And thus the case was closed. It was not until I was leaving the island many months afterwards that the true story was told. I confessed to the sergeant major just before I got on the boat. He was still laughing as we pulled away.

If you don’t have bad days, you won’t recognize the good ones.

Frustration is not having anyone to blame but yourself.

## HOME REMEDIES

(By Elma Parker)

If you were really, really sick in the 'good ole days' you might visit a doctor and doctors did make house calls for special cases like childbirth, strokes, or heart attacks. The horse and cutter would deliver the Doctor in the wintertime. I think my first visit by a Dr. was when I was 10 years old with scarlet fever. My first dentist visit was when I was 14 for two extractions. Of course there was no OHIP or medical insurance.

Home remedies were usually employed and they were quite successful or we were going to get better anyway. Mustard plasters were applied to the chest and back if the cold was on the chest. Sometimes goose grease and onions were used instead as mustard would burn the skin.

For sore throats, the stockings you wore all day (or all week) would be wrapped around your neck with the foot part at the front of your throat. A clean sock doesn't work. For colds, Rawleigh's red liniment would be mixed with water and sugar and you drank it. It really warmed the body. You wouldn't admit you were getting a cold as you knew what was coming. Another cold remedy was a teaspoon of baking soda in a small bit of water and add some vinegar and drink it quick while it is fizzing. This remedy was also good for indigestion.

Cuts and scrapes were treated with iodine (yes it smarted) then wrapped with a strip of cloth. I don't ever remember band-aids, couldn't afford them anyway. Sprains and pulled ligaments - well give them time and they'll get better. Often Absorbine Jr. would be rubbed on but a bottle of that was usually kept for the horses. If you were sick, a slice of bread broken up in a cup with some salt and pepper and butter and boiling water poured over it was my comfort food. Even today, if I'm not feeling like eating, I want my 'comfort food'. Mom called this kettle broth. The bread we have today is like mush compared to the old style bread.

Croup was treated with a few drops of coal oil on a spoonful of sugar, and it worked. You seldom heard of anyone with asthma, especially children. If anyone had asthma, there wasn't much in the way of treatment except Kellogg's Asthma Relief. The air was cleaner then. Obesity was a rarity in adults and you never saw an obese child, - no junk food or TV and they played outdoors. Broken bones we seldom heard about. I think kids and adults were more responsible for their actions or they were made of better stuff. There were no vaccinations then, we dealt with immunization the old fashioned way. No one ever heard of testing drinking water and no one seemed to get sick from drinking water.

The medicine cabinet contained aspirin and that's it. Drug stores were few and far between so we weren't drug addicted. Our bodies healed themselves. There were no magic bullets for every ailment. I don't think ambulances existed and there probably weren't any emergency rooms, if there were, you can be sure they were for real emergencies. Most babies were born at home. Cancer was seldom heard of.

Home care was just that, - 24-hour care provided by family members. I never heard of nursing homes when I was young. The Golden Plough Lodge was called the House of Refuge and one was thought to be destitute to be there, - no family and no money. Proud people avoided being placed there. Most people died at home in dignity and most of them lived to a good age.

I'm still expecting contributions for the newsletter. Elma Parker, 534 Lakeshore Road  
905-372-9143 or [elmapar@eagle.ca](mailto:elmapar@eagle.ca) Please help.