



# THE COBOURG PROBIAN

Volume 13, Number 8, May, 2007

The Probans Club of Cobourg and District - Established April 1995

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

Next Meeting: Spring Mixer – Baltimore Rec. Centre, May 17<sup>th</sup>, 2007



## President's Message

Well now, I certainly can't speak for anyone else but I am certainly feeling much better now that the temperature seems to be on the rise and we are seeing the sun more often. We have so much to look forward to what with the Spring Mixer with the other clubs and our own Stirling trip, our Tree Planting, our Summer Sizzler and who knows what other events we haven't heard about yet. So keep your calendars handy at our meetings and endeavor to participate in as many events as you are able to.

Karin L. Allan, President

*Laughter is the shortest distance between two people -- Victor Borge*

## Two Important Dates to Remember -

**Thursday, May 17<sup>th</sup>, 2007**  
**Probans Spring Mixer**  
**Baltimore Recreation Centre**  
**Last Day for Tickets – May 3<sup>rd</sup>**  
**See Mary Ryan for tickets today!**

Let's show the other *Probans Clubs* in our district just how enthusiastically Cobourg embraces and supports the Probans ideals. Registration begins at 8:45 a.m. for a full morning's program, including refreshments, luncheon, prizes and special guest speaker, broadcaster, journalist and historian, **Ted Barris** speaking on "*Vimy – 90 years later.*"

**Tuesday, June 19<sup>th</sup>, 2007**  
**NORTHUMBERLAND'S**  
**BIGGEST COFFEE**  
**MORNING.**

**Alma Draper** and an enthusiastic committee are working hard to honour our friend and fellow Probans, **June Harvey**, through this imaginative idea to raise funds for the **Northumberland Hills Hospital Foundation**.



There are several ways you can participate:- organize a coffee morning in your home and invite your guests to pay for their coffee. All you need is the coffee perking, some cake or cookies, and voila, you can relax and enjoy, or why not suggest a group of you meet at one of our local participating coffee shops, all listed on our website.

For information, please contact **Alma Draper**



## Show Your Probans Pride!

Looking to add a little life to your wardrobe? Then bring your cheque book to the May 17 **Spring Mixer** at the new Baltimore Recreation Centre and take a few minutes to look over the fine array of **Official Probans**

**Wear** which **Warren Harvey** will have on display and available for purchase. You'll find sweaters, golf shirts, polar fleece vests and jackets, bucket hats and cotton caps, denim shirts and rain repellent jackets.

Each of these items is of good quality and workmanship. You'll be proud to add any one (or two, or three) of them to your wardrobe. Items are available in a number of blue and white colour combinations. Each of these items carries the **Probans** crest and you'll find many of them on hand and ready for purchase. Your size not available? Not to worry, Warren will order them in for you in short order. Here's your opportunity to show your **Probans Pride** and look your best with any of these items.

Above, **Model of the Month, Lois Johnson**, (Hey, it's a low budget newsletter) wears a stylish bucket hat (\$15 Cdn.) and a Pil-Trol Acrylic Jersey Stitch V-Neck sweater \$55 to \$63 (Cdn.) depending on size.

**Be sure to bring your cheque book..**

## Probus Last Month –

*A review of last month's meetings*

### Apr. 5<sup>th</sup> – Jack Houghton presented “Seasons of Northumberland”



The photo artistry of **Jack Houghton** was never more evident than in his three-part DVD presentation “Seasons of Northumberland”. Members were treated to image after image depicting the true beauty of this wonderful part of Canada in which we live. Along with the images, beautiful music setting the mood and enhancing the

enjoyment.. Truly a great presentation . **Don Morrison** introduced **Jack**, and **Stone Avery** extended the Club's thanks for a most enjoyable presentation.

### Apr. 19<sup>th</sup> – Greg Smith spoke on “ Why Nuclear Power”



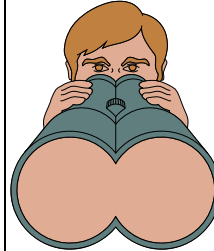
Speaker **Greg Smith** of Ontario Power Generation (OPG) was introduced to the club by **Jim Sandham** . Smith presented a compelling argument for expanding the role of nuclear power in Ontario, across Canada, and the world.

It was obvious from the many questions there are serious concerns about the viability, affordability and safety of nuclear power generation. Greg Smith, with his many years of experience in environmental work as well as the nuclear power field, fielded each question carefully and in detail. This was an excellent full-colour, illustrated, power point presentation which gave Probian's much to think about regarding where our power will come from in the future and its impact on the environment. The speaker was thanked on behalf of the club by Probian **Dennis Goulin**.

## Probus Next Month –

*A look ahead at what's in store*

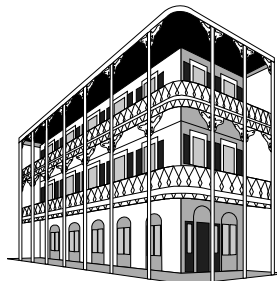
### June 7<sup>th</sup> – Regular Meeting Speaker – Lynn Philip Hodgson “The story of Camp X”



We all know that Canadians fought with the allied forces in the second world war, but not so well known are the contributions made by a small, but unique group of Canadian men and women who volunteered to act as secret

agents. Many of these volunteers were trained to work behind enemy lines in German-occupied Europe and Japanese-occupied Asia. They received their training in a secret site, a 275-acre parcel of land bordering Lake Ontario between Oshawa and Whitby. Speaker **Lynn Hodgson** will bring this tale to life for Probian's at our June 7<sup>th</sup> meeting. Don't miss this real life adventure tale.

### June 21<sup>st</sup> – Regular Meeting Speaker - Jeanne Beneteau “New Orleans After Katrina”



Northumberland News reporter **Jeanne Beneteau** will speak to Probian's on her

first-hand knowledge of Katrina -the powerful hurricane – the sixth strongest ever recorded and the third strongest ever landfalling on the United States – a storm from which the city still struggles to recover.

Many of you will remember Jeanne's six part feature article series on **New Orleans** in the News and this meeting will provide an opportunity to hear from her directly. This talented reporter will speak about her experiences and observations on the devastation and the re-building efforts in the city. Katrina, was a Category 5 hurricane which roared in from the Gulf of Mexico with winds of between 135 and 155 mph, hitting New Orleans with winds of 111 to 130 mph and killing 1,835 people. Mark your calendars today to make certain you don't miss this powerful and compelling story.

# The Probus Passing Scene

Probrians on view at the  
April 5<sup>th</sup> & 19<sup>th</sup> meetings.



*It wasn't a "Fan Dance" but Elaine Elliott left no doubt about who she was cheering for.*



*Mary Ryan was all style! As usual!*



*George Brown was all smiles after winning the 50/50 Draw three weeks in a row. Edna Head posed with George after the Apr 5<sup>th</sup> win.*

*Below, Hal Jacobson is welcomed back from the sunny south by Henk VanGoch.*



*Warren Harvey, standing, listens in as old friends, speaker Jack Houghton and Don Morrison catch up to date.*



*Jim Domine and John Draper were seen in a discussion that appeared much too serious for a Probrian meeting!*



*The Summer Sizzler Committee, headed by Burke Van Valkenburg, was hard at work after the meeting planning their upcoming August event.*



**Cobourg & District Probus** welcomed three new members at the April 19th meeting. From the left; **Rene McCormick**, **Marie Linton** and **Beverly McConvey** were welcomed into the club by President Karin. Welcome all!

**Membership list changes**

Membership Chair **Alma Draper** has requested that **The Probian** advise you of new contact information to update your membership list:



**Doreen Guy** has moved to 201-120 University Ave., E, Cobourg, ON K9A 09A with an unlisted telephone number – 905-377-9045. Doreen’s email address remains unchanged.

**Mary Rimmer’s** new address is #108-111 Hibernia Street, Cobourg, ON K9A 4Y7 Tel 905-372-3544

Please remember that your suggestions and/or contributions to **The Probian** are always most welcome. Cut-off date for submissions is the **21<sup>st</sup> of the month** prior to publication.

[wjohnson@eagle.ca](mailto:wjohnson@eagle.ca)

**Bill Johnson**

**May 2007**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 <b>Probus Meeting</b>	4	5 <b>Big Band Concert</b>
6	7	8 -	9	10	11	12
13 <b>Mother’s Day</b>	14	15	16	17 <b>Spring Mixer Baltimore Rec.</b>	18	19
20	21	22	23	24	25	26
27 <b>Pentecost</b>	28	29	30	31		

**June 2007**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 <b>Probus Meeting</b>	8	9
10	11	12	13 <b>60’s Prime Time Variety</b>	14	15	16
17 <b>Father’s Day</b>	18 <b>Victoria Day</b>	19	20	21 <b>Probus Meeting</b>	22	23
24 <b>St. Jean Baptist Day</b>	25	26	27	28	29	30

**Parting shots: On Mother’s Day ... and other trivia**

Almost one-quarter (24 per cent) of consumers shopping for Mother’s Day (Sunday, May 13<sup>th</sup>) will buy their gifts from a discount store. The average male shopper plans to spend about 60 per cent more than the average woman shopper: \$172.91 to \$107.18.

**National Retail Federation**

Thirty-one per cent of men believe they are better drivers than women. Five per cent of women agree.

[WWW.kwik-fitinsurance.com](http://WWW.kwik-fitinsurance.com)

Expo 67 was originally going to be held in Moscow, to help the Soviet Union celebrate the 50th anniversary of its revolution.

[thecanadianencyclopedia.com](http://thecanadianencyclopedia.com)

The profession with the highest level of satisfaction is the clergy: 82 per cent are “very satisfied.” The runners-up: firefighters (80 per cent), physical therapists (78 per cent), authors (74 per cent) and special ed teachers (70 per cent).

**2006 General Special Survey.**

**Science in the Spotlight:****Folic Acid: Boost for your Brain?***From The Alliance for Aging Research "Webzine – Sprint 2007 – Issue 32"*

Want to boost your memory and brain power? Eat more strawberries and asparagus. Both are good sources of folic acid, a vitamin that improved memory and cognition in healthy adults 50-70 years old, according to a study reported in the medical journal *Lancet* (Jan. 20, 2006).

Folic acid, called "folate" in its natural form in food, gets its name from the Latin word "folium" for leaf. It's a water-soluble B vitamin best known in the U.S. for preventing birth defects.

Researchers in Holland - a country where folic acid is not routinely added to foodstuffs, as it is in the U.S. - took a group of 818 adults, ages 50 to 70, all of whom had low folate levels and elevated homocysteine levels. Each was randomly assigned 800 micrograms of folic acid or a placebo. After three years, those who had received the folic acid supplement had improved cognitive functioning, particularly in the areas of memory and information processing speed.

"Folic acid improves performance in tests that measure information processing speed and memory - domains known to decline with age."

On memory tests, the supplement users had scores comparable to people 5.5 years younger, according to study leader Jane Durga, now at the Nestlé Research Centre in Lausanne, Switzerland. On tests of cognitive speed, the folic acid group performed as well as people 1.9 years younger. Durga concluded, "Folic acid improves performance in tests that measure information processing speed and memory - domains known to decline with age."

**Folic Acid and Homocysteine**

A number of studies in recent years have been exploring folic acid's ability to fight diseases of aging such as cardiovascular disease and Alzheimer's. Many investigations are focused on folic acid's effect on levels of homocysteine, an amino acid that occurs naturally in the blood.

Elevated homocysteine levels have been shown to be a risk factor for heart disease and stroke. High levels of homocysteine appear to impair blood flow through vessels, damage coronary arteries, and encourage clot formation, which can lead to a heart attack. Adding folic acid to the diet appears to be a safe way of reducing higher levels of homocysteine.

**What We Still Don't Know**

As tempting as it might be to run out and buy a bottle of folic acid to protect one's brain and heart health, an important cautionary note: too much folate can be unhealthy for some people. For more information about the risks, read "The B12 Catch".

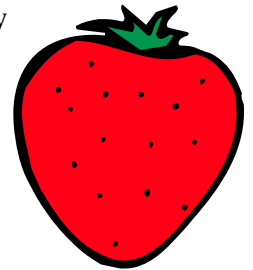
More research is required as well. Yes, you can safely lower homocysteine levels with folic acid. But we still don't know if there is a cause-and-effect relationship between homocysteine and cardiovascular disease, or simply an association. One thing is certain: with a rapidly expanding older population, such clinical trials are to be encouraged. So in the meantime it can't hurt to eat your spinach. Or fortified cereal. With strawberries, of course.

**The B12 Catch****What Does Folate/Folic Acid Do?**

Folate helps the body form red blood cells and aids in the formation of genetic material (DNA) within every body cell.

**Where Do I Get It?**

Folate is found in whole grains, leafy green vegetables such as spinach, oranges, strawberries, liver, shellfish, peas, yeast, and sunflower seeds. In the U.S., cereals and flour products have high levels of folic acid, which has been added since 1998 to reduce the likelihood of nervous-system birth defects. The fortification program helped reduce the rate of spina bifida by 25% in six years.

**How Much Folic Acid Do I Need?**

The Food and Drug Administration recommended daily allowance (RDA) of folic acid for healthy adults is 400 micrograms. A cruise of your pantry shelves will quickly tell you how much your breakfast cereal is packing - anywhere from 25% to 100% of the RDA. Two slices of wheat bread contain about 10%. If you are eating a balanced diet, chances are you're getting more than the RDA. Some medical conditions can increase the need for folate. Some medical conditions such as alcohol abuse, kidney dialysis, liver disease, and certain anemias can cause a folate deficiency. Medications may also interfere with the body's use of folate, such as some anti-convulsant drugs. A list of such drugs can be found at the [National Institutes of Health](http://www.nationalinstitutesofhealth.gov).

**Too Much of a Good Thing:  
The B12 Catch**

You probably already have enough folate in your diet, thanks to the fortification program. Most U.S. diets now provide the RDA, according to a study in the January 2007 edition of the *American Journal of Clinical Nutrition*.

*Continued over leaf!*

*Continued from Special Report Page One –*

The Institute of Medicine of the National Academy Sciences has set 1000 micrograms as the upper limit of folic acid to be ingested daily from fortified foods or supplements. The upper limit refers to the intake from fortified foods or pills; there is no health risk for natural sources of folate, such as vegetables.

Ingesting more than 1000 micrograms can have serious health consequences. Excessive folic acid may mask a vitamin B12 deficiency, which can result in anemia and cognitive impairment, particularly in seniors.

If you are 50 years of age or older, ask your physician to check your B12 status before you take a supplement that contains folic acid. If you are taking a supplement containing folic acid, make sure it also contains B12 or speak with a physician about the need for a B12 supplement.

## ***Identity theft: it starts with you!***

- *Minimize risk by sharing as little personal information as possible*
- *If asked to provide personal information, ask how it will be used, why it is needed, who will be sharing it and how it will be protected*
- *Carry your social security number in your head; leave the card at home*
- *Don't give out credit card numbers on the telephone unless you know the person you are giving it to or you initiated the conversation*
- *Take advantage of technologies that enhance security and privacy when using the internet, including digital signatures, data encryption and "anonymizing" services*
- *Notify creditors immediately if your ID or credit cards are lost or stolen*
- *Access your credit report from a credit reporting agency at least once a year. Ensure it's accurate and doesn't include debts you haven't authorized or incurred*
- *Ask that your accounts require passwords before any inquiries can be made..*
- *Choose difficult passwords– not your mother's maiden name. Memorize them, change them often. Don't write them down and leave them in your wallet*
- *Key in personal identification numbers privately when you use direct purchase terminals, bank machines, or telephones*



- *Don't use public access computers in libraries or internet cafes to do your banking or to make purchases that require you to key in credit card numbers. These computers may have spyware attached*
- *Make sure your cardholder agreement offers protection from credit card fraud*
- *Be careful what you throw out. Burn or shred personal financial information such as statements, credit card offers, receipts, insurance forms, and the like*
- *Keep up on the latest tricks and techniques used by fraudsters. Use the internet to do your research. A good place to start is [rcmp-grs.ca](http://rcmp-grs.ca). Follow the fraud link at the top of the page.*

Thanks to *Marie Chisholm* for passing along these tips from the *February 2007* issue of *CARP* magazine.

## ***Something to think about!***



*Count your garden by the flowers  
Never by the leaves that fall;  
Count your days by golden hours,  
Don't remember clouds at all.  
Count your life by smiles, not tears,  
And with joy at every birthday  
Count your age by friends, not years.*

The Probian's "thanks" to *Ross Adams* for these gentle words of wisdom and caring we should all remember.