



THE COBOURG PROBIAN

Volume 13, Number 12, September, 2007

The Probans Club of Cobourg and District - Established April 1995

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

Next Meeting: September 20th, 2007



President's Message

I would like to thank you, my fellow travelers, who have willingly traversed the past year with me and even those who were not so willing. It certainly has been an experience I will not soon forget. For me it has been a journey of discovery. I have made no secret of the fact that at our Probans 10 year anniversary celebration meeting, I was most impressed by each President stepping forward and saying what they had tried to accomplish during their term of office. It was my purpose to promote friendship and getting to know each other a little better and I hope that I have done at least a little in that direction. One lasting legacy of this is the photo album which I initiated and with the help of Marilyn Macklin became a reality. I will continue to ensure that the album is up on the head table during meetings to enable anyone to look up fellow member's pictures. My best wishes go to you Larry, for the year to come.

Karin L. Allan, President

"The price of apathy towards public affairs is to be ruled by evil men." – Plato

A Probans Summer really "Sizzles"



Above: Summer Sizzler Committee Chair, Burke VanValkenburg announces that the food is about to be served to the large crowd at the Summer Sizzler.

No doubt about it ... Probans love their "Summer Sizzler." This year's event, held in Victoria Park on August 2nd received rave reviews from all who attended and took part. Hats off to a dedicated and hard-working committee which made this event so successful. Good food! Good fellowship! Great entertainment by Geo. Potter & Co.! Who could ask for anything more? If you missed this one, you missed a prime example of what Probans is all about..

The weatherman cooperated and the chef's – **Bob Spooner** and **Ray Hiller** kept the barbecues hot, cooking up a great selection of tasty morsels to tempt the most discerning palate. It was a roaring success by every measure. Please see more photos on page 3 of this issue of The Probian.

Chefs Bob and Ray take a break!



Hard working chefs Bob Spooner and Ray Hiller take a break from the arduous task of toiling over a hot barbecue at the "Sizzler" in Victoria Park.

Your '07/'08

**Probans Membership
Is now due!**



The individual membership fee for the coming year is \$30. Memberships will be available for purchase at the regular meeting of **September 6th** Membership renewals are now due and cheques should be made payable to The Probans Club of Cobourg & District. **Cheques only please!** Should you require additional information on renewing a membership, please contact **Alma Draper** at adraper8@cogeco.ca.

Probus Last Month –

A review of last month's meetings

August 2nd– Russ -Donaldson and John Draper Picture Perfect and Very Entertaining



If you missed the August 2nd meeting you missed one of the most interesting and entertaining presentations we've seen in a long, long time. **Russ Donaldson's** eye for photography, his wit and interest in digital computer images, was never more apparent. This, combined with **John Draper's** skill with Powerpoint presentation possibilities, made for a great 20 minutes that had the audience amused, amazed and quite simply awed. Our thanks to both these fine gentlemen for a truly delightful example of just what is out there on the internet. The Probian salutes you!

August 16th – Dr. Bill Moebus *Medical Mission to Honduras*



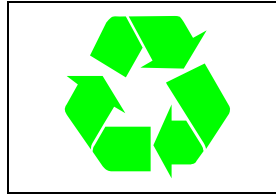
If you ever had any doubts about how fortunate we are to live in Northumberland County, they were quickly erased by **Bill Moebus'** dramatic photo presentation on his recent mission to Honduras. Working as a dentist on native Hondurans, many of whom had never seen a dentist in their lives, Bill brought home to Probian just how lucky we are to have readily available

medical and dental care. The story of the primitive conditions under which the medical team worked was particularly sobering. **Dr. Moebus** has made several trips to Central and South American countries to provide much needed care and he is to be congratulated for his humanitarian efforts. **Hal Jacobsen** introduced and **Nancy Foden** thanked.

Probus Next Month –

A look ahead at what's in store

October 4th – Pam Russell speaks on Northumberland Recycling



Pam Russell is the Director of Transportation and Waste Management for all of Northumberland County. As such she is well qualified to speak to Probus on a subject

that is close to home for all members.

Environmental issues are of great concern to a growing number of Canadians and **Pam Russell** is eminently qualified to speak on what is being done and how it is being done here in the County. We may look forward to an interesting and informative presentation by a successful woman executive who manages this large portfolio for all of Northumberland County. Mark your calendars.

October 28th – Stuart Grainger *Headmaster of Trinity College Speaks on The Roll of the School*



Here's a subject that will be of interest to all Probian. The education of our grandchildren in a world that is almost completely unrecognizable from the one in which we grew up.

Stuart Grainger will give an educator's view of the roll of the school in the education of the young. This is bound to be a thought provoking presentation about the roll of education in what many seniors feel is "a world gone mad." A lot has changed since the days of "Mary, John and Peter" and the three 'R's. A timely topic you will not wish to miss.

Dinner Theatre Reminder -

"Maggies Getting Married"
- at the

**Best Western Cobourg Inn
& Convention Centre,
Friday, October 26th.**

Tickets on sale NOW!



The Cobourg & District Probus Passing Scene



Here are the folks who made the “Summer Sizzler” such a great success!

Hats off to a job well done and a hearty “thank you” to all who contributed to this wonderful event!



Top Left: George Potter’s Olde-Tyme Music from Warkworth entertained to the enjoyment of all.

Left: President Karin welcomes Probrians to the Summer Sizzler, a true - *Probus* -fellowship event.

Above Right: Russ Donaldson proves again that you may always rely on him in a “pinch.” The Probrian in the interest of modesty and decorum cannot divulge the name of the lady in question

Thanks to John Draper and Russ Donaldson for photos they provided.

A Big “Thank you” from Ross Adams!

“I’d like to express my thanks to everyone for their support while I was ill. The friendship and kindness demonstrated by your cards, telephone calls and visits helped me to keep my spirits up and maintain a positive outlook. With sincere thanks, (signed) **Ross Adams.**

A ten year pin for Helen Jibb!

President Karin presented **Helen Jibb** with her 10 Year pin at a recent meeting. Long-term Probus membership offers many rewards and is one of the truly amazing things about our Club. The **Probian** salutes **Helen Jibb** on reaching the 10 year plateau, and all long-term members of our Club.

Time to say “goodbye!”

It is with much regret that I must turn over the responsibility for the **Probian** to another member. It had been my intention to return for a second year as Editor, but the fates have dictated otherwise.



At press time for this issue I cannot announce who will be taking my place, but I am sure, knowing this great club, the **Probian** will continue to publish with continued enthusiasm.

My special thanks to all who have helped me with the newsletter by sending in bits and pieces of news, stories and photographs. They made the job easy and always most interesting. I wish you all well.

wjohnson@eagle.ca

Bill Johnson

September 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labour Day	4	5	6 Probus Meeting	7	8
9 Granparents Day	10	11	12	13 Rosh Hashanah	14	15
16	17	18	19	20 Probus Meeting	21	22 Yon Kippur
23	24	25	26	27	28	29
30						

October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Probus Meeting	5	6
7	8 Thanksgiving	9	10	11	12	13
14	15	16	17	18 Probus Meeting	19	20
21	22	23	24	25	26 Dinner Theatre	27
28	29	30	31 Halloween			

Parting Shots –

The average lead pencil will draw a line 56 kilometres long or write approximately 50,000 English words.

world-english.org

A human jaw can open 30 degrees; a snake jaw can open 130 degree.

bathroomreadet.com

Dandelions, like all flowers, have the proper organs (stamen and pistil) necessary for sexual reproduction, but they do not use them. Dandelions reproduce without fertilization, they basically clone themselves.

livescience.com

Folks that think that calories don’t count should check their figures.

From the Serenity Collection

Just a Dog

People have said to me from time to time things like *"lighten up, it's just a dog"* or *"that's a lot of money for just a dog"*. They say to me they don't understand the distance traveled, the time spent, or the costs involved for *"just a dog"*.



"Mel"

Some of my proudest moments have come about with *"just a dog"*. Many hours have passed and the only company I had was *"just a dog"* but I did not once feel slighted. Some of my saddest moments have been brought about by *"just a dog"*, and in those days of darkness, the gentle touch of *"just a dog"* gave me comfort and reason to overcome the day.

For those of you who do not understand the whys and wherefores of *"just a dog"*, then you will probably understand phrases like "just a friend", "just a sunrise", or "just a promise". *"Just a dog"* brings into my life the very essence of friendship, trust, and pure unbridled joy. *"Just a dog"* brings out in me the compassion and patience that make me a better person. Because of *"just a dog"* I will rise early, take long walks and look longingly to the future. So for me and folks like me, it's not *"just a dog"* but an embodiment of all the hopes and dreams of the future, the fond memories of the past, and the pure joy of the moment. *"Just a dog"* brings out what's good in me and diverts my thoughts away from myself and the worries of the day.

I hope that someday they can understand that it's not *"just a dog"* but the thing that gives me humanity and keeps me from being "just a man." So the next time you hear the phrase *"just a dog"*, just smile, because they - - *"just don't understand"*.

Just a thought.

Editor's Note: I dedicate this beautiful piece by Richard Biby to my constant companion, Mel, the Australian Shepherd, and to all of you who have known the unconditional love of "just a dog!"

Words of wisdom from *"The cable guy"*



- 1- A day without sunshine is like night.
- 2- On the other hand, you have different fingers.
- 3- 42.7% of all statistics are made up on the spot.
- 4- 99% of lawyers give the rest a bad name.
- 5- Remember, half the people you know are below average.
- 6- He who laughs last, thinks slowest.
- 7- Depression is merely anger without enthusiasm.
- 8- The early bird may get the worm, but the second mouse gets the cheese in the trap.
- 9- Support bacteria. They're the only culture some people have.
- 10- A clear conscience is usually the sign of a bad memory.
- 11- Change is inevitable, except from vending machines.
- 12- If you think nobody cares, try missing a couple of payments.
- 13- How many of you believe in psycho-kinesis? Raise my hand.
- 14- OK, so what's the speed of dark?
- 15- When everything is coming your way, you're in the wrong lane.
- 16- Hard work pays off in the future. Laziness pays off now.
- 17- How much deeper would the ocean be without sponges?
- 18- Eagles may soar, but weasels don't get sucked into jet engines.
- 19- What happens if you get scared half to death, twice?
- 20- Why do psychics have to ask you for your name?

Passing thoughts

"If you lend someone \$20 and never see that person again, it was probably worth it."

"The quickest way to double your money is to fold it in half and put it in your pocket."

"The darkest hour is just before dawn, so if you are going to steal your neighbour's milk, that's the time to do it."

Bananas have a new appeal!
Is it time to be one of the bunch?
After reading this, you'll never look at a banana in the same way again. Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber.



A banana gives an instant, sustained and substantial boost of energy. Just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: A recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

MS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anaemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work?: Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. Compared it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, "**A banana a day keeps the doctor away!**"

PS: Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, and rub directly on the shoe...polish with dry cloth. Amazing fruit!

Special thanks to Russ Donaldson for sending this along to The Probian