



Ganaraska Currents
**GANARASKA VALLEY
 PROBUS CLUB**



Our Newsletter

July 2008

Volume 2 Number 7

CONGRATULATIONS

50-50 winners!

26 Jun – Ross Cornelius

won \$29.50

10 Jul – Ron Smith

won \$32.50

AUGUST CREW

Caterers:

Captain.....Gail Chadwick
 14 Aug.....Maggie & Reg
 Colborne
 Linda Popham

Only one meeting in August

VOLUNTEERS NEEDED!

If unavailable please find a
 substitute or call
905-885-4239

Greeters:

Captain.....Joyce Ferguson
 14 Aug.....Joyce Prince
 Frank Henderson

Only one meeting in August

If unavailable please find a
 substitute or call
905-797-2555

**GANARASKA
 CURRENTS**

See it on the web at:

http://www.probusnorthumberland.com/ganaraska_news.htm

or receive your own email
 copy by contacting the
 editor:

George Grimes

905-885-1594

georgegrimes@kos.net

**A VISIT TO A BRITISH
 COLUMBIA PROBUS CLUB**



By Russ & Eileen Mountain

Earlier this year we visited Mac and Judy Dallman in Nanaimo, British Columbia. Judy and Mac are recent BC transplants from Hamilton Township. Mac and Judy joined the **Nanaimo North Probus Club**. The Nanaimo North Club has 200 members and meets monthly on the third Thursday of each month. We were lucky enough to be invited by the Dallmans to attend the Nanaimo North Probus club's monthly meeting as well as a Pub Night Evening, one of the many monthly activities coordinated by a club member.

We were impressed by the number of activities that the Nanaimo North club held on a monthly basis in addition to the monthly meeting. There were numerous sign up sheets highlighting various group outings and events. Probus members take on the task of coordinating an outing or event. A sign up sheet is placed out at the monthly meeting and members sign up where they have an interest. The coordinator then contacts the interested persons and a group is formed. Wonderful relationships and interests are formed through these activities. The clubs motto is **"the strength of the club is in the activities"**.

Some of the outings listed are a **Monthly Pub Lunch, Monthly Pub Night, Golf, Drinks and Appetizers, Bird Watching, Hiking**, and a recent **Wine Making Group** was added in addition to many others.

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**NOW IS THE TIME TO INVITE
 NEW MEMBERS
 TO JOIN OUR CLUB**



Now that we are looking forward to the beginning of our second year, it is the best time to invite your friends, neighbors and relatives to join you in the fun, interesting, informative and sometimes lucrative activities of your Probus Club. Bring them in to sign up.

**Our 2nd year is on
 the horizon**

Membership renewal time arrives soon. You'll want to renew your membership so that you can once again hear interesting speakers, socialize with like-minded colleagues, and attend interesting special events.

The renewal fee of **\$40 is due the fourth week in September**. Look for the Membership Renewal tables which will be set up to accept cash or cheques at the Probus Club meetings in August and September. When you renew let us know if we need to make any changes to your Membership Roster information.

If your plans have changed and you are not going to join for the 2008-09 year, please let us know.

Membership Committee

Carole Elliott, 905-885-0098

Don Newington, 905-885-6293

FOOD 4 ALL WAREHOUSE SERVES NORTHUMBERLAND NEEDY



Ron O'Neill, our 26 June speaker, manages the **Food 4 All Warehouse** which supplies Northumberland County food banks, school breakfast programs, church and community groups with the food with which they feed their clients. Twenty percent of the people in Northumberland County do not have enough food to eat.

When the warehouse opened in 2002, the major contributor was Kraft Foods. Since then, a number of community partners have joined in. Northumberland County contributes \$80,000 annually. Northumberland United Way contributes \$5000 annually. HKPR Health Unit, KPR District School Board, Northumberland Food For Thought and Quaker Foods also donate funds and food.

Currently, there are more than 150 organizations that receive food from Food 4 All Warehouse. There are 11 food banks, 52 school breakfast programs, 11 church groups and more than 70 community groups. The warehouse handled two million dollars worth of food in the first three years of operation.

Future plans for the warehouse include the purchase of their own truck. This will mean that recipients will not have to pick up food or the warehouse will not have to rent a truck to deliver food. Instead, they will be able to deliver on their own schedule. Canadian Tire of Cobourg has donated \$9500 for the purchase of this truck.

Besides making new contacts for food, the warehouse will begin purchasing food. They will also start a Gifts In Kind program which will deal with clothing, office supplies and toys as well as food.

A VISIT TO A BRITISH COLUMBIA PROBUS CLUB

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Also, as part of the monthly meeting there is a **Library exchange**. The Library event coordinator explained that club members donate used novels, classics, fiction, non-fiction novels and movies, DVD and VHS for others to enjoy. The coordinator culls items that are non movers and thus the exchange is kept current and is transported to each monthly meeting. Visiting another Probus club was a great experience and we met new friends.

HEART AND STROKE CANADA

Our 10 July speaker, **Patti Gilchrist**, is an ambassador for **Heart And Stroke Canada**. She gave a very vivid and moving description of her personal experience with heart disease and the resulting heart transplant that saved her life.

At the age of twenty-six, she contracted **Miocarditis**, a virus which leads to congestive heart failure. As a result, only half of her heart worked properly. She was put on the heart transplant list and suffered several strokes while she waited seven months for a heart donor. She was heavily medicated for two weeks after the operation and experienced hallucinations. She was completely paralyzed from atrophy and had to learn to eat and to walk again at the **St. John's Rehabilitation Centre**. As a result of her body rejecting the new heart, she suffered from side effects such as shingles and Ramsay's Syndrome. To control this constant rejection, she must take thirty-two pills everyday. She now has been rejection free for one-and-a-half years. She explained that heart transplant patients often take on some characteristics of the heart donor. In her case, she never liked chocolate, but after the transplant operation she is now a "chocoholic" and she is also much neater than she was before.

More information about heart disease and recovery can be seen on the **Northumberland Cardiac Support Group** web site at www.heartrecovery.ca. Our own club members, **Frank Henderson** and his wife and prime caregiver, **Joyce**, both are members of this organization.



AUGUST SPEAKER

14 Aug – **Alex Mahabir**, outreach coordinator for the Port Hope Library, will talk about the library's recent accomplishments, in particular the two Angus Mowat Awards of Excellence that they have won; library services, especially the website; how important a library is to a community; outreach efforts; and potential Probus - Library partnerships. Outreach coordinator is a new position in the library since 2007. For the thirteen years prior to that, Alex has been staffing the reference desk. He has a background in publishing and also produces **MUNICIPALink**, the newsletter of the Municipality of Port Hope.

NEW PROBUS CHESS CLUB IN FULL SWING



George Grimes, Mark Holmes, Richard Looze and Dave Broughton are meeting on the second Tuesday evening of each month to enjoy a few relaxing games of chess. Everyone is welcome to join us.

Dave Broughton 905-885-1870
david.broughton@sympatico.ca

LIVING TRIBUTE DONATION TO GANARASKA FOREST



Our club has been honoured with a commemorative plaque from the **Ganaraska Region Conservation Authority** and a tree has been planted in our name as a result of our donation to our May 8th speakers, **Amy Griffiths** and **Mark Peacock** from the authority.

UPCOMING EVENTS

LAST REMINDER For New Brunswick Trip To Rendezvous 2008

The annual Canadian Probus Club Conference takes place in **Saint John, New Brunswick** this fall.

- **Thursday, Sept. 25th.** Everyone meets at the Maritime Kitchen Welcome Party.
- **Friday, Sept. 26th.** Morning workshop followed by sightseeing and Lobster Supper at Lily Lake.
- **Saturday, Sept. 27th.** Morning workshop followed by sightseeing and Closing Gala and Dinner.

1. Send **registration form** to **Rendezvous 2008** with a cheque in the amount of **\$205.00** per person **no later than Aug. 24th**. We **only have one more meeting on 14 August before this deadline**. Includes Registration (\$100.00), the Kitchen Party, the Lobster Dinner (\$45.00) and the Closing Gala (\$60.00). Other options on the registration are at your own discretion and cost.

2. Pay the **St. John Hilton** or the **Delta Brunswick** on check-out, per person for a double room, 3 nights September 25 – 27. **Reservations: St. John Hilton 1-800-561-8282 or Delta Brunswick 1-800-268-1133.**

RCAF MUSEUM DAY TRIP POSTPONED

The day trip to the **Royal Canadian Air Force Museum** in Trenton has been postponed until September because the restored **WWII Halifax Mk VII bomber** which is the highlight of the visit will be closed until then for renovations. This trip will include military aircraft and other historical displays as well as lunch in the military mess hall. Watch for news in the Ganaraska Currents about the sale of tickets.

VOLUNTEERS NEEDED IN THE KITCHEN

**to make coffee and tea and put out the cookies
for our meetings**

SHOWBIRDS

PLEASE VOLUNTEER for Sept & Oct
before going away for the winter

Others

please volunteer for Nov & Dec

Contact Kathy Wallace:
905-885-4239

rwallace000@sympatico.ca

MEET OUR TREASURER CHRIS CURRELLY



Chris handles the club's finances and greatly enjoys his job as our treasurer. Now retired from the Municipality, he is heavily into collecting and maintaining old cars which has been a real pleasure for him for many years. It absorbs much of his time during the Spring, Summer and Autumn. Chris (and the cars) have a breather in the Winter while he looks forward with anticipation to bringing the cars out of hibernation as soon as the snow melts.

MEET OUR NEWSLETTER EDITOR AND COMMUNICATIONS CHAIR GEORGE GRIMES



George produces the *Ganaraska Currents* newsletter in order to keep club members current with the club activities and events. George is a retired High School Geography and History teacher. He moved to Port Hope last year, after living and working for thirty-five years in Toronto, in order to have more space to garden and play with his dogs, Gloria and Sandy. He is thrilled to be living in such a vibrant town with so many activities.

WATSON'S WISDOM

by Dave Watson

Recently, I was diagnosed with **A.A.A.D.D. - Age Activated Attention Deficit Disorder**. Here is how it manifests itself:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing. As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car. I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first. But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first. I take my cheque book off the table, and see that there is only one cheque left. My extra cheques are in my desk in the study, so I go inside the house to my desk where I find the can of Pepsi I'd been drinking. I'm going to look for my cheques, but first I need to push the Pepsi aside so that I don't accidentally knock it over. The Pepsi is getting warm, and I decide to put it in the refrigerator to keep it cold. As I head toward the kitchen with the Pepsi, a vase of flowers on the counter catches my eye -- they need water. I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor. So, I set the remote back on the table, get some towels and wipe up the spill. Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:

- ...the car isn't washed
- ...the bills aren't paid
- ...there is a warm can of Pepsi sitting on the counter
- ...the flowers don't have enough water,
- ...there is still only one cheque in my cheque book,
- ...I can't find the remote,
- ...I can't find my glasses,
- ...I don't remember what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all damn day, and I'm really tired.