



PROBUS NORTHSHORE

July 2006

NEWSLETTER

Vol. 3 No. 11

Another Canada Day, Another Party!



It is hard to believe that July is here, the kids are out of school, the flowers are flourishing, and even the weather is beautiful, with just the right mix of rain. Wow , aint life great!!

Remember, that there are only 2 meetings during the summer, July 5 and August 2, and both are at the Lions centre. Of course, you will get in touch with June Collins and book with her for the Anniversary and Picnic on August 16. See you there!!

Well, nominations for Executive positions are coming up and don't forget to

get those forms back to Chuck Kennedy as soon as they are filled out.

Another reminder; renewal for membership is coming up soon as well, please forward your cheque to Bruce Collins (dated August 1) as soon as you can. We would like to maintain our membership numbers or even better, increase them, so please be a true Probian, and encourage not discourage our membership and any possible additions to our Northshore Club. If you know of former members, please give them a call, and invite them to re-join, and have as much fun as you are in the Northshore Probus Club of Cobourg. Please have a safe and happy summer.

See you soon.

President Doug

WHAT'S INSIDE

Another Canada Day, Another Party	1
Bulletin Board	2
Solutions to June's Puzzles	2
Tethered to the Lifeline	3
Cobourg—Clear Skies Ahead	4
A Time to Pause	5
Speaker's Corner	6
Trips, Tours and Theatre	6
The Puzzle Page	7
Your Management Committee	8
A Final Thought	8



Bulletin Board

CAR RALLY

It's not too soon to get that team together and start the creative juices flowing. Our annual car rally will be on **OCTOBER 4**
Mark your calendars!

PROBUS NORTHSHORE PICNIC AND 3rd ANNIVERSARY PARTY

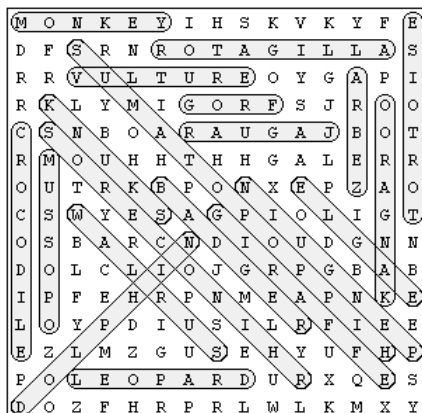
An active committee is planning **A SOCIAL AFTERNOON**
 Wednesday, August 16
 3:00—7:00 pm

Drope Farm and Museum, Harwood

Musical entertainment, games, activities, BBQ steak or chicken with all the trimmings
 \$20.00 each

Planning Committee:
 Barb and Paddy McCoy
 Carol Lawless
 Joanne Hamilton
 Judy Down
 Jo Oakman
 June and Bruce Collins

Solutions to June's Puzzles



Chance favours the prepared mind.

— Louis Pasteur

Tethered to the Lifeline

Surely this is a marvellous age in which to grow old. It was only in the 1880's that Bismarck, German Chancellor, declared all those over the age of the age of sixty-five eligible for a government pension deeming that their having attained the top two percent of the population surely merited this much comfort to ease "the fading of the light". Even British nobility of Victorian England at the height of the Empire hardly lasted much longer than their fifties while the ordinary citizen hoped to reach their late twenties. Even if life was no longer "brutish and nasty" it was still "short".

Kidney dialysis certainly represents a milestone in this progress towards longevity. For as Kathleen Fair, Team Leader with the Northumberland Hills Hospital Dialysis Unit explains, this is "life sustaining therapy". Without the machine there can be no life. For the patient needing it is in Stage Five of Renal Deficiency Disease having less than 10% kidney function. More significantly the progress of the disease has been hastened by cardiovascular issues and, in a significant number of cases, diabetes, all equally life threatening. As she says, "What kills you is everything that goes along with it."

As she would demonstrate with a bottle of water, "I drink three of these a day; without kidney function these would simply stay within the body. The waste products of life's natural processes simply accumulate.

Salt, phosphorous that causes itching and potassium, a nutritional necessity, can in large enough amounts become a poison." Thus there are no options: three times a week, four hours at a time the patient is linked to the machine.

Life's time becomes parsed by these mandated occasions. True, there are transplants, but the waiting list is twelve years and even then, she cautions, "Not everyone is an appropriate candidate". Home dialysis is an option and is less exhausting taking eight to ten hours to complete while the patient sleeps. Yet still it is not without the risk of infection and it imposes a daily regimen that requires both care and discipline to maintain and Home-care to monitor. Then there is the

increasing average age of the patient. "The average age is 68. Here it is 74". Thus, she says the unit has to develop "a culture of care".

As she points out, "Many see the machine as a medical marvel that gives them the prospect of life. Yet others grow to resent it, become angered at the restrictions it imposes on their freedom and the discomfort it adds to the process of staying alive." There is as always an emotional price to life. The mechanical whirl of the machine may preserve the pulse of the individual bound to its umbilical yet it can hardly confer vitality to the existence it so diligently sustains. As always that throbs intently within the human

(Continued on page 4)



Kathleen Fair

Why do you need a driver's license to buy liquor when you can't drink and drive?

(Continued from page 3)

spirit. For life's measure is hardly found in counting one's days but by recognizing in its passing moments opportunities that as yet remain unfulfilled.

Submitted by: Julius Varga

Cobourg - Clear Skies Ahead

Colin Banfield (aka Dr. Cloud) was our expert guest speaker recently. Dr. Cloud has lived in Cobourg for the past five years after living and working for over thirty years in St. John's, Newfoundland. Dr. Cloud, it is safe to say, has learned more about our local climate in his brief time in this area than life long residents.

People living in the lakeshore area have a climate that is significantly influenced by the lake, for the most part, in a positive manner. In fact, historical records indicate, that even a century ago, many Americans built large homes in Cobourg based on our temperate climate.

Many "ingredients" form integral parts of our ensuing climate. They include temperature, precipitation, wind, sunshine and recently an all important fifth factor, air quality. Historical records have been maintained for Port Hope since the 1890's and Cobourg from the 1940's, creating hourly measurements of our climatic ingredients.

Climatic zones traditionally display consistent patterns created over time. In our case, trends include:

- Lake Ontario usually has a lower tempera-



Colin Banfield

ture than Cobourg's air temperature.

- Cobourg has average temperatures 2 - 3 degrees cooler than Toronto/Peterborough due to lake effect.

- In the winter (December - February) the lake is warm compared to air temperature resulting in Cobourg's high temperature being above those in Peterborough.

- Our low temperature is higher than Peterborough's, once again, due to the influence from Lake Ontario.

- Records indicate that from 1971 - 2000 Cobourg received more precipitation than Peterborough. The exception is snowfall where Peterborough easily exceeds our total. This is caused by the air drying out over land. As a corollary to this, the United States, on the south shore of Lake Ontario, receives copious amounts of snow after the air masses travel over the lake.

- Thunderstorms frequently move inland and intensify. Lake water tends to weaken the thunderstorms and they continue to weaken as they cross the lake. As a result our thunderstorm activity is less than

(Continued on page 5)

Why are there interstate highways in Hawaii?

(Continued from page 4)

inland areas such as Peterborough.

Dr. Cloud introduced us to phenomena that we have all seen but perhaps did not understand.

(a) Arctic Smoke is smoke (fog) rising off the lake. The lake, in this situation, usually has a temperature around one or two degrees while surrounding air, in the winter, can be in the minus twenty degree range. If the air is cold and there is a wind off the land there will be evaporation from the lake water creating a vapour looking like steam or fog. Arctic Smoke develops over water and the smoke (fog) never reaches the source of the vapour, the lake.

(b) What happens to water when it gets below zero degrees Celsius? It freezes, right? Well, not always and when that happens Rime Ice may form. Rime Ice is an opaque covering that adheres to vegetation and surface areas. Again, this is a lake shore effect caused when we have cold for several days with a subsequent change in wind direction from the

south off the lake. The air then picks up moisture from the lake which then freezes when it is carried by the wind and it encounters surface areas.

(c) When warm, moist air is over a cooler surface (Lake Ontario) the air near the surface cools below its dew point temperature (point at which air becomes saturated holding all of the water it can). Additional cooling or the addition of water vapour results in condensation in the form of fog. Once the fog moves inland the warmer ground surface raises the temperature of the air above its dew point and the fog dissipates. This is Spring Fog.

Okay I know that my knowledge base on Cobourg's climate is not "top drawer stuff". However, after Dr. Cloud's presentation there is a dim light starting to shine. We live in a great area and part of this is due to our climate. I now have some understanding as to why things occur and what an influence Lake Ontario has in this region. However, I

(Continued on page 6)

Husband of the Year



In Shakespeare's time, mattresses were secured on frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase.... "Goodnight, sleep tight."



How does the guy who drives the snowplow get to work in the mornings?

(Continued from page 5)

still don't know if I can predict what will be a good day to be out on the golf course. So, my life will still find a place for the weather man each morning. Specialists, such as Dr. Cloud, will continue to collect massive realms of data to expand their knowledge so we can gain additional information on the complexi-

ties of our climate. However, even Dr. Cloud admits he has a lot to learn!

Submitted by: D. Bruce Steel

Again we are indebted to Bruce for submitting articles while Julius is vacationing.

Speaker's Corner

- July 5:** Cath and Ron Oberholtzer
Historical slide programme
- August 2:** Derk Damron, Respiratory Technologist, COPD
Breathing Problems

Programmes and Speakers Committee

David Patterson,
Bob Skene,
Bryan Armstrong,
Jill Heffernan



Trips, Tours and Theatre

Wednesday, July 26 (afternoon)

West Ben, Campbellford
"Aspects of Andrew Lloyd Webber"
Car pool



\$25.00

See Bulletin Board on page 2 for PARTY NEWS

Coordinators: Trips, Tours and Theatre
June Collins and Carol Lawless

Why do they put Braille dots on the keypad of the drive-up ATM?

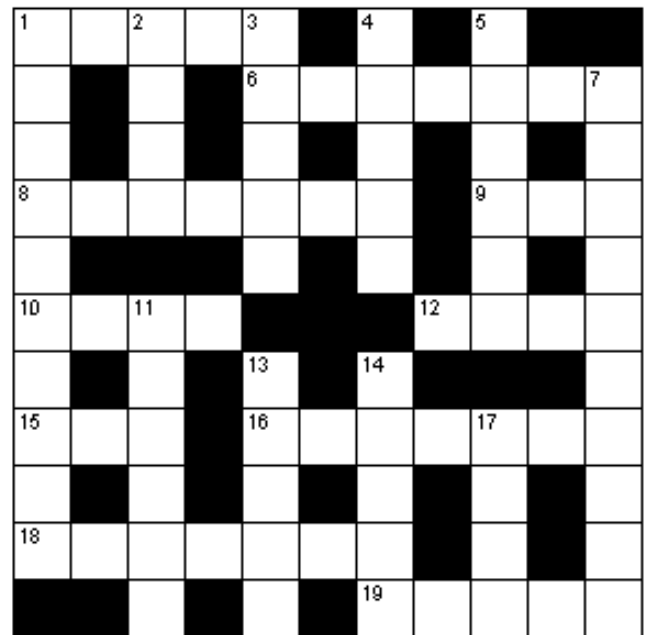
The Puzzle Page

Across

- 1. Reduces speed
- 6. Personal
- 8. Hollowed inward
- 9. Acknowledgement of debt
- 10. Donations to the poor
- 12. Warmth
- 15. Permit
- 16. Drool
- 18. Family name
- 19. Pilfer

Down

- 1. Eye-glasses
- 2. Not closed
- 3. Small fish
- 4. Fermented grape juices
- 5. Steep-sided valley
- 7. Near the equator
- 11. Measuring instruments
- 13. Academy award
- 14. Actor's parts
- 17. Bicycle



WORD SEARCH

Units of Measure

- ACRE
- BUSHEL
- CANDELA
- DEGREE
- FEET
- GALLON
- HERTZ
- INCH
- KILOMETER
- LITER

- MILE
- NEWTON
- OHMS
- POUND
- QUART
- SECOND
- TROY OUNCE
- VOLT
- WATT
- YARD



Every digit from 1 to 9 must appear:

- In each of the columns,
- in each of the rows,
- and in each of the nine boxes.

Z	Y	C	P	W	G	X	J	D	R	Q	B	G	X	B
H	T	K	D	I	R	D	I	D	N	O	C	E	S	V
Z	T	R	E	H	W	D	C	M	X	U	S	M	H	O
J	A	G	W	I	H	E	E	R	G	E	D	L	K	L
Y	Q	W	G	Y	P	C	Q	C	N	F	G	N	I	T
I	C	V	F	N	O	T	W	E	N	D	P	A	L	Z
W	U	P	U	H	H	R	E	T	I	L	O	C	O	Q
T	R	O	Y	O	U	N	C	E	T	H	U	R	M	U
O	T	B	E	W	A	T	T	E	X	B	N	E	E	A
N	I	I	K	E	L	I	M	T	S	I	D	J	T	R
Z	I	Z	L	E	H	S	U	B	A	V	T	C	E	T
T	B	I	N	O	L	L	A	G	Z	W	Q	E	R	L
J	W	V	Z	A	T	C	A	N	D	E	L	A	E	L
F	A	T	K	E	Z	C	M	W	H	Y	C	Y	W	F
M	V	D	J	M	T	S	H	C	N	I	P	G	I	C

		3	7					2
	8		9			4		1
	9			2	1		6	3
	5	2		7				9
		6	1		9	7		
8				6		3	1	
5	3		2	4				8
9		7			3			5
4					5	1		

Why do we drive on parkways and park on driveways?

Your Management Committee

The Executive

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	Shirley Grummett	(905) 377-9726
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A Final Thought

**MORE
Universal Laws of Probability**

Law of Biometrics

The severity of the itch is inversely proportional to the reach.

Theatre Rule

At any event, people with seats furthest from the aisle arrive last.

Law of Coffee

As soon as you sit down to a cup of hot coffee, you'll be asked to do something that lasts until the coffee is cold.

Murphy's Law of Lockers

If there are only two people in a locker room, they will have adjacent lockers.

Law of Location

Wherever you go, there you are.

Law of Logical Argument

Anything is possible if you don't know what you are talking about.

Brown's Law

If the shoe fits, it's ugly.

Oliver's Law

A closed mouth gathers no feet.

Wilson's Law

As soon as you find a product you really like, they will stop making it.

SAVE THE EARTH! It's the only planet with chocolate.