



in TOUCH



Probus Club of Colborne Newsletter

AUGUST 2005

Editor R.Compton

FOUNDED 2003

Box 865, Colborne Ontario K0K 1S0

PROBUS CANADA WEBSITE www.probus.org

rcompton@sympatico.ca (905-355-5897)

Keeping in Touch -----your executive's term in office is about to end. Most of us have served for two to two and a half years and it's time for new blood and new ideas. Cathy Galt will take over as President and the following have volunteered for the positions identified. Newsletter Editor and Membership Chair, Bob Compton; Secretary, Bonnie Hilliard; Treasurer, Bill Doherty; Club Historian, Adrian Dubois; Program Committee Doreen Clark, Eileen Milley. Several other members volunteered, the list of names was misplaced so, we need you to come forward and identify yourselves once again. According to our by-laws, we will open the floor to nominations for these positions by anyone at our AGM on September 21 2005. The one position unfilled at this time is that of Vice President. .we need this position filled and need a volunteer. We've had a very successful two & a half years... good programs, great get-togethers, making new friends and our membership has more than doubled. It's **YOUR** Club; it's your enthusiasm and effort that will keep it alive and well. Consider and volunteer for this position to help Cathy and the new executive in the coming year.

Come out to our only meeting in August, we have an interesting announcement to make concerning membership for the fiscal year 2005/2006.

See you on the 17 of August.

Clare Musselman, President

Our thanx to Allan and Dorothy McKinney for hosting this year's club picnic. The outdoors setting was fabulous, the food was exceptional and everyone had a great time (nails, shoes and Bocce balls were flying everywhere). The editor and his team-mates are looking forward to defending the horseshoe championship next year.

The 2004/2005 executive is :

| | | | |
|----------------------|-----------------------|--------------|--|
| President | Clare Musselman | 905-355-2776 | |
| Vice President | Cathy Galt..... | 905-355-2394 | douggalt@eagle.ca |
| Secretary | Dorothy McKinney..... | 905-344-7263 | doralf@phc.igs.net |
| Treasurer..... | Audrey Shewan..... | 905-355-3103 | shewan@eagle.ca |
| Newsltr/Members..... | Bob Compton..... | 905-355-5897 | rcompton@sympatico.ca |
| Activities..... | Shirley Ross..... | 905-355-2156 | rossp@eagle.ca |
| | Gayle Jones..... | 905-355-5796 | gniece@hotmail.com |
| We Care..... | Gayle Jones..... | 905-355-5796 | gniece@hotmail.com |
| | Pat Judson..... | 905-355-5673 | steamer@eagle.ca |
| Club Historian..... | Eileen Milley..... | 905-355-1035 | eaminc@sympatico.ca |



“KITCHEN KORNER” A SUMMER FAVOURITE

PINEAPPLE SQUARES

| | |
|---------------------------------------|------------------------------------|
| <i>1/2 cup melted butter</i> | <i>2 eggs</i> |
| <i>2 cups crumpled graham cracker</i> | <i>14 oz tin crushed pineapple</i> |
| <i>1/2 cup butter</i> | <i>1 cup whipping cream</i> |
| <i>1 1/2 cups icing sugar</i> | |

Thoroughly mix graham crumbs and melted butter, put in a 9 by 9 pan and bake for 10 minutes at 325 degrees. Mix butter, eggs and icing sugar and spread over cooked crust. Whip the cream. Spread the strained pineapple evenly over the pan; spread the whipping cream evenly over the pineapple. Chill overnight before serving.

FOR YOUR INFORMATION

Anyone wishing to receive The Life Care Network newsletter, with no obligation, may do so by contacting Mary Lou McCrodon at 905-352-3883 or email: lifecarenet@yahoo.ca

TOPICAL TOPICS FUEL SAVING TIPS

No matter where you live and what you drive, you can maximize every gallon of fuel. Here's how:

Regular Servicing Is Important

Keep your vehicle well maintained with regular servicing to keep it operating at peak efficiency. An inefficient engine—with fouled spark plugs, for example—won't make optimum use of fuel. Be sure the air filter and the fuel filter are clean. Put in new ones if they're not. A new oxygen sensor alone can improve gas mileage by as much as 15

percent, according to AutoZone, a car parts store.

Don't forget little things like the air in your tires. Having tires inflated to the maximum recommended pressure can improve gas mileage by as much as 6 percent, while periodic wheel alignments can help improve fuel economy up to 10 percent.

Clean out that trunk, cargo area or pickup bed. Take out unneeded items that only add weight to your vehicle. Extra weight decreases gas mileage. According to AutoZone, every 200 pounds of unnecessary weight shaves one mile per gallon off your fuel mileage.

Is a Different Driver

Change your driving style. Accelerate gradually, drive smoothly and with care and you could see as much as a 20 percent gain in fuel economy compared with what you'd get with an aggressive driving style, the EPA says. Skip those jackrabbit starts and sudden pedal-to-the-metal manoeuvres if you want to save gas. Anticipate stops so you avoid sudden braking, and take a long view of the road ahead, coasting safely to an intersection in front of you where you see traffic stopped.

Don't speed. A car or truck moving at 55 miles an hour can get about 15 percent better fuel economy than the same car going 65 mph. Use your vehicle's navigation system, if you have one, in your travels to new locales. This can save you from getting lost and wasting gas.

Drive Smart

Don't be idle too long. Don't waste fuel by sitting in that drive-thru lane at McDonald's or Taco Bell. Park and go inside instead. Don't let your vehicle idle as you wait outside the elementary school to pick up your children. Idling uses more fuel than turning the engine off, waiting for your youngsters and then restarting the engine.

When you're in slow city traffic, keep the air conditioner off, if possible. Roll down the windows and open the air vents to keep you and your riders comfortable. That air conditioner is a burden that uses fuel, and if you're tooling around town, you can see a "very slight" improvement in gas mileage by keeping it turned off, a Mercedes-Benz spokesman said.

Plan Ahead

Combine your errands into one trip, rather than taking multiple trips from home. Organize your stops so they're near each other and so you don't retrace your path. You may even be able to park in one central spot and walk between some of your stops rather than driving and parking at each one. For large gatherings like family reunions and church picnics, organize a carpool. If the distance to these events is long, Budget Rent a Car Corp. suggests even renting a 15-person van to maximize fuel savings vs. driving a number of separate vehicles in these circumstances.

Plan your trips so you go out during less-congested times of day. When there's less traffic, you're more apt to be able to drive smoothly. Use navigation aids on the Internet

or in your vehicle to keep from getting lost—and thus wasting fuel—when you're headed to a new, unknown location.

Weather Effects

Note that road and weather conditions have a role, too, in the fuel economy of your vehicle. Driving into a 20-mph headwind can reduce fuel economy by as much as 6 percent. Driving up a mountain road with a 7 percent grade can cut fuel economy by as much as 25 percent. Driving on gravel and in slush and snow requires a bit more fuel, too.

Other Modes of Transport

Look at alternative transportation options—even if it's just for one or two days a week. Walk, bicycle, carpool or take public transportation and leave your vehicle at home. The League of American Bicyclists, based in Washington D.C., notes that cycling to work not only saves on gas, it is an excellent cardiovascular workout. And in some cases, the league says, commuters actually arrive at their destination quicker on a bicycle than they would via congested auto roadways.

When you shop for a new vehicle, compare fuel economy. Bear in mind how bigger vehicles, bigger engines, four-wheel drive and lots of optional equipment can add to a vehicle's weight and, as a result, reduce its fuel efficiency. Even larger tires can have an effect. A tire with a larger "footprint" on the road that doesn't have a special rubber compound designed to improve fuel economy has more rolling resistance than a comparable smaller tire, and this can lower fuel economy.

You don't always have to avoid popular vehicles in order to save money at the gas pump. Some smaller trucks and sport-utility vehicles rank better in fuel economy than do some cars. For example, the [Ford Ranger 2WD](#) with a 2.3-liter four-cylinder engine and manual transmission is the "most efficient standard pickup truck," according to the U.S. Environmental Protection Agency. It gets an estimated 24 miles a gallon in the city and 29 mpg on the highway, the EPA says, for a combined rating of 26 mpg. This is better than the combined fuel economy rating of 25 mpg for the [Chrysler Sebring](#) with automatic transmission.

INTERESTING INTERNET SITES

www.digital.library.upenn.edu/books *20,000 free books current to classical*

www.cbc.ca/archives *very interesting CBC site*

www.probusnorthumberland.com *Northumberland Probus Clubs website*

www.cramahetownship.ca *self explanatory as well as details on Colborne Creek*



ACTIVITIES

Bingo— Every Wednesday Night at 6:15 PM at the Keeler Centre, Colborne.

UPCOMING COLBORNE PROBUS EVENTS

TBA 2005, Rice Lake Boat cruise. See the sign up sheet.

Oct 15th, 2005 Saturday Car Rally.. A joint Colborne Probus /Rotary get together.
Details to follow

Remember the Muskoka Rendezvous (Probus Convention) September 27 to Sept 29th in Huntsville Ontario. See Shirley Ross or Clare Musselman for registration forms.

POINTS TO PONDER Boost your body's immune system

Super foods help combat an assortment of ailments

One of the best prescriptions for good health is also one of the easiest to follow: Watch what you eat. Every day, new studies prove that eating the right foods regularly can help reduce the risk of cancer and heart disease, banish the blues and increase energy and vitality. Here are 10 nutrient-packed "super foods" that should top everyone's grocery list.

1. Broccoli

This is one mean green! Broccoli is chock-full of the phytochemical sulforaphane, which has been making headlines because of its potent anti-cancer properties. It's also a rich source of beta-carotene (good for the eyes and immune system, among other things), fibre and vitamin C.

Toronto registered dietician and author Liz Pearson was so convinced of the health benefits of this "King of Cruciferous Vegetables," that she called her first book *When in Doubt, Eat Broccoli!: But Leave Some Room for Chocolate* (Penguin Books, 1998). For fast, easy and delicious ways to add more vegetables — including broccoli — to your diet, visit [5 to 10 a day](#).

2. Blueberries

If you haven't gone blueberry picking since you were a kid, here's a reason to start again. In a peer-reviewed study of 100 common fruits, vegetables and nuts, presented in the *Journal of Agricultural and Food Chemistry*, these little blue jewels had one of the highest antioxidant capacities (the ability to combat cell-damaging free radicals that can lead to heart disease and cancer). And, like cranberries, they appear to fight off urinary-tract infections by preventing E. coli bacteria from sticking to cells in the urinary tract.

John Stanton, president of the [Running Room Canada](#), says he always starts his day with a big bowl of fresh fruit, including blueberries when they're in season. "It's light, it's healthy, and then I'm ready to run." For more on the power of blue, including tasty recipes for everything from wild blueberry chicken breasts to blueberry sorbet, check out [Wild Blueberries](#).

3. Flax

"Ground flaxseed is the one thing I make sure I eat every day," says Marilyn Smith, co-author of *The Ultimate Healthy Eating Plan: That Still Leaves Room for Chocolate* (Whitecap Books, 2002). Smith says flax is a great source of both soluble and insoluble fibre (which makes it a natural laxative), as well as plant lignans, which may reduce the risk of developing hormone-sensitive cancers, such as prostate and breast cancer. Flaxseed is also high in Omega-3 fatty acids, which are known to protect against heart disease. She eats a flaxseed muffin or sprinkles a tablespoon of ground flaxseed on her cereal every day. For more information on the health benefits of flax, including delicious ways to cook with it, visit the [Flax Council of Canada](#).

4. Garlic

Since ancient times, physicians have used the "stinking rose" to treat a number of health conditions, including heart disease. Garlic contains allicin, a phytochemical that may lower cholesterol and make blood platelets less sticky, cutting the risk of clots. Mississauga, Ont., naturopath Rana Singh swears by the immune-boosting, cold-fighting power of the humble garlic bulb. He recommends chopping or crushing two or three cloves of fresh, raw garlic and adding it to whatever you're eating. For information on the health benefits of garlic and great ways to cook with it, visit [The Garlic Information Centre](#) and [Garlic Sleuth](#). (Note: *Consult your doctor before including more garlic than is customary in your diet.*)

5. Green tea

Green tea is loaded with powerful antioxidants, which may protect against cell damage that leads to aging, and help prevent heart disease and cancer. Green tea contains a polyphenol known as epigallocatechin gallate (EGCg), which in animal tests has been shown to prevent the formation of tumours. Researchers at Purdue University found in laboratory tests that EGCg killed human breast cancer cells but did not kill non cancerous human breast cells.

Paulette Bourgeois, author of the *Franklin the Turtle* series of kids' books, drinks green tea several times a day. "It's not only healthy, it's soothing," she says. For more information on the health benefits of tea, visit the [Tea Council of Canada](#).

6. Skim milk

"The one food I consciously remind myself to consume and monitor regularly is milk, since I know that I may not drink enough of it in the course of my regular routine to keep my bones strong," says food writer and cookbook author Dana McCauley. She's not alone. Most women don't get enough calcium, and one in four white (rate is lower in black and Hispanic women) women will develop osteoporosis. Studies have found

that increasing your calcium intake can also help relieve the symptoms of PMS.

To meet your daily quota, reach for three servings of milk or milk products. After a tough workout, make it low-fat chocolate milk, advises McGill University fitness coordinator Jill Barker. "It has the requisite amount of carbs and protein needed to promote optimal recovery in the working muscles." Visit the [Dairy Farmers of Canada](#) for more tips on adding calcium to your diet.

7. Salmon

Fresh or canned salmon is one of the best sources of the celebrated Omega-3 fatty acids, which can help prevent heart attacks. Studies have also shown that Omega-3 may have the ability to offset depression, as well as protect against inflammatory diseases such as arthritis. "I try to eat salmon twice a week, as do my kids," says nutritionist Rosie Schwartz, author of *The Enlightened Eater's Whole Foods Guide*.

Concerned about recent reports of high PCB levels in farmed salmon? [Click here](#) to read a recent article from Health Canada's website.

8. Soy

Protein is one of the nutrients that most women don't get enough of — they should have a protein-rich food every three to four hours during the day to keep energized, says dietician Linda Barton. "Soy is perfect since it's a plant-based protein that's low in saturated fat." Soybeans and soy protein products, including tofu, miso, tempeh and soy drinks, also contain phytoestrogens that may slow the growth of some cancers, lower cholesterol and offer some protection against osteoporosis. Visit the [Soyfoods Association of North America](#) for more information and recipes.

9. Spinach

When asked to name one of her favourite super foods, Toronto registered dietician [Leslie Beck](#) praises spinach. It's loaded with energy-promoting iron and folate, a B vitamin that prevents neural-tube defects in the foetus. It is also important in red blood cell formation, protein metabolism, growth and cell division. The leafy green is also one of the best sources of lutein, an antioxidant that benefits eye, skin and cardiovascular health. For more information on the health benefits of spinach, visit [Wholehealthmd.com](#).

10. Tomatoes

Research has found that tomatoes, especially cooked or processed ones, can lower the risk of some cancers and heart disease. Experts attribute this to lycopene, a potent antioxidant and the pigment that makes tomatoes red. A Harvard University study found that men who regularly ate tomato-based foods had lower rates of prostate cancer.

"We love tomatoes," says Diane Clement, who founded the popular Tomato Fresh Food Cafe in Vancouver. She and her husband, Dr. Doug Clement (both former Olympic athletes), start their evening meal with their favourite tomato and bocconcini cheese salad. "The juicy tomatoes, loaded with lycopenes galore, are the perfect

healthy jumpstart for any BODY," she says. For more nutrition facts and recipes, visit [California Tomatoes](#).

PROBUS Club of COLBORNE

Calendar of Meeting Dates and Guest Speakers 2005

Unless otherwise noted, meetings are held at the Keeler Centre the first and third Wednesdays of the month at 9:30 am to Noon. The socializing starts at 9:30, the actual meeting starts at 10:00 AM.

As per last year we will also have only one meeting in August. It will be on August 17th, 2005 at the usual place.

AUGUST 17TH, 2005 Murial Braham from the Lone Pine Marsh will be with us.

OCTOBER 19th, 2005 John Shaw-Rimington will speak to us about dry stone bridges.

FUTURE SPEAKERS:

- Amanda Silk and Danny Webb will talk to s about their teaching experience in Nunavit.
- James Marsden, Alderville first Nation chief will talk to us.
- Aaron Davis from the show Health and Lifestyles will be with us.

Guest speakers are subject to change due to weather and other considerations.

OTHER PROBUS CLUBS MEETING DATES

Cobourg Probus (1st & 3rd Thurs @ Best Western, Cobourg)

Northumberland Probus (2nd & 4th Thurs @ Best Western, Cobourg)

North Shore Probus (1st & 3rd Wed @ Best Western, Cobourg)

Port Hope Probus (1st & 3rd Tues at the Lions Centre)

Brighton Probus (2nd & 4th Wed at Brighton Legion)

Belleville Probus (2nd & 4th Thurs at the Ramada, Belleville)

Quinte Probus (1st & 3rd Thurs at the Ramada, Belleville)

This newsletter is published monthly and sent to all who have an e-mail address. Paper copies will be posted to the other members. **Meeting dates** – the 1st and 3rd Wednesdays of each month at 10:00 AM

OTHER PROBUS CLUBS Newsletters outlining speakers and events are found in the Blue Binder on the events table, for your perusal and enjoyment

FOR YOUR INFORMATION

Newsletter Content members are encouraged to submit articles or humorous material to the editor. We are always on the look out for interesting and topical material for our newsletter. Articles about local items of interest are particularly welcome.

