



# in TOUCH



Probus Club of Colborne Newsletter

***JULY 2005***

***Editor*** R.Compton

**FOUNDED 2003**

Box 865, Colborne Ontario K0K 1S0

PROBUS CANADA WEBSITE [www.probus.org](http://www.probus.org)

[rcompton@sympatico.ca](mailto:rcompton@sympatico.ca) (905-355-5897)

***Keeping in Touch*** -----with your plates, bowls, tools and cookie tins! The other day, Joan was busy baking (I think it was the hottest day of the summer) cookies and her famous butter tarts. We're expecting family and you always have to have homemade goodies on hand. We ran into a problem though ...where had all the cookie tins gone. I'll bet if we look hard enough we'll find most of them in our children's homes.

In an item in the weekend paper a gal suggested you pick up odd plates and bowls at garage sales for next to nothing and then when you take baking or salads or what have you, you can tell your host to keep them and use them in the same manner. Maybe we should buy cookie tins at the next garage sale we stop at.

Be sure to put your name on the plates, bowls and cookie tins you bring to the Probus picnic, you don't want them ending up at the Musselman's!

Now guys, after losing a complete set of "C" clamps, I keep a log on who borrows tools and when, at my age the printed word is sometimes more reliable than the mind!

***Clare Musselman, President***

***"KITCHEN KORNER" A SUMMER FAVOURITE***



**Great Canadian bacon-and-potato salad**

2½ to 3 lbs (1.25 to 1.5 kg) baby potatoes, preferably red-skinned

½ cup (125 ml) frozen peas

6 slices pea meal bacon

1 tsp (5 ml) vegetable oil

1 tbsp (15 ml) pure maple syrup (optional)

- ¾ cup (175 ml) ranch dressing (not light) or creamy Caesar dressing  
 3 green onions, thinly sliced  
 ½ tsp (2 ml) salt  
 1 tsp (5 ml) freshly ground black pepper  
 2 tbsp (30 ml) pickle relish (optional)

Wash but do not peel potatoes. Slice in half, unless they are very small. Place in a large saucepan. Cover with water. Cover and bring to a boil over high heat. Reduce heat to medium, partially cover and simmer until fork-tender, from 10 to 12 minutes. Add peas during last minute. Meanwhile, slice bacon into bite-size pieces. It should measure about 1½ cups (375 ml). Heat oil in a large frying pan set over medium heat. Add bacon. Stir-fry until dull pink, about 3 minutes. Add maple syrup, if using, stirring often, about 1 minute. Place bacon and any pan juices in a large bowl. Drain potatoes and peas and add. Pour dressing otop. Stir in onions, salt, pepper and relish, if using. Serve warm or refrigerate. Salad will keep well, covered and refrigerated, up to 2 days.

Preparation time *10 minutes*  
 Cooking time *10 minutes*  
 Makes *8 cups (2 L)*

***WHAT IS THE DEFINITION OF A FORGER----- SOMEBODY WHO IS ALWAYS READY TO WRITE A WRONG. (FROM A MEMBER)***

## FOR YOUR INFORMATION

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

## **TOPICAL TOPICS**

“Banana Facts That MAY Surprise YOU!”

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 fibre, a banana gives an instant, sustained and substantial boost of energy. Research has proven that 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 : According to a recent survey undertaken by MIND, among people suffering from depression, many felt much better after eating a banana. This is because 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.

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

**Anaemia:** High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia.

**High Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect to beat high 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 high blood pressure and stroke.

**Brain Power:** Two hundred students at a Twickenham (Middle) 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 fibre, 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:** 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: 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 having a stroke 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. When you compare 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!"

### INTERESTING INTERNET SITES

[www.digital.library.upenn.edu/books](http://www.digital.library.upenn.edu/books) 20,000 free books current to classical

[www.cbc.ca/archives](http://www.cbc.ca/archives) very interesting CBC site

[www.probusnorthumberland.com](http://www.probusnorthumberland.com) Northumberland Probus Clubs website

[www.cramahetownship.ca](http://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.

**July 20<sup>th</sup> 2005** Colborne Probus club picnic at McKinney's farm.

**August 11<sup>th</sup> 2005** 2:00 pm to 5:30 pm. Six Northumberland Probus Clubs picnic at Roseneath Fairgrounds . tickets available from Shirley Ross. \$15 per member, \$17:50 per guest, \$7:50 per child under 12. Details to follow

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

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

**POINTS TO PONDER (from a member)**

We're in more trouble than I imagined!

- While looking at a house, my brother asked the real estate agent which direction was north because, he explained, he didn't want the sun waking him up every morning. She asked, 'Does the sun rise in the North?' When my brother explained that the sun rises in the east, (and has for some time), she shook her head and said, "Oh, I don't keep up with that stuff." . . . She also votes!
- I used to work in technical support for a 24/7 call centre. One day I got a call from an individual who asked what hours the call centre was open. I told him, "The number you dialled is open 24 hours a day, 7 days week." He responded, "Is that Eastern or Pacific time?" Wanting to end the call quickly, I said, "Uh, Pacific." He also votes!.
- So my colleague and I were eating our lunch in our cafeteria, when we overheard one of the admin assistants talking about the sunburn she got on her weekend drive to the shore. She drove down in a convertible, but "didn't think she'd get sunburned because the car was moving." She also votes!
- My friend has a lifesaving tool in her car. It's designed to cut through the seatbelt if she gets trapped. She keeps it in the trunk. . . . My friend also votes!
- My friends and I were on a beer run and noticed that the cases were discounted 10%. Since it was a big party, we bought 2 cases. The cashier multiplied 2 times 10% and gave us a 20% discount. . . He also votes!
- I was hanging out with a friend when we saw a woman with a nose ring attached to an earring by a chain. My friend said, "Wouldn't the chain rip out every time she turned her head?" I explained that a person's nose and ear remain the same distance apart no matter which way the head is turned, my friend also votes!
- My girlfriend and I were picking up some sandwiches from the sub place last week and she asked the clerk which of two sandwiches was better. The clerk didn't have an opinion but did say that the first sandwich was more expensive my girlfriend got a quizzical look on her face and asked, "If that's the case, why are they both listed with the same price on the menu?" To this, the clerk responded, "I don't think we add tax to the turkey." The clerk also votes!
- I couldn't find my luggage at the airport baggage area. So I went to the lost luggage office and told the woman there that my bags never showed up. She smiled and told me not to worry because she was a trained professional and I was in good hands. "Now," she asked me, "has your plane arrived yet?" She also votes

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.

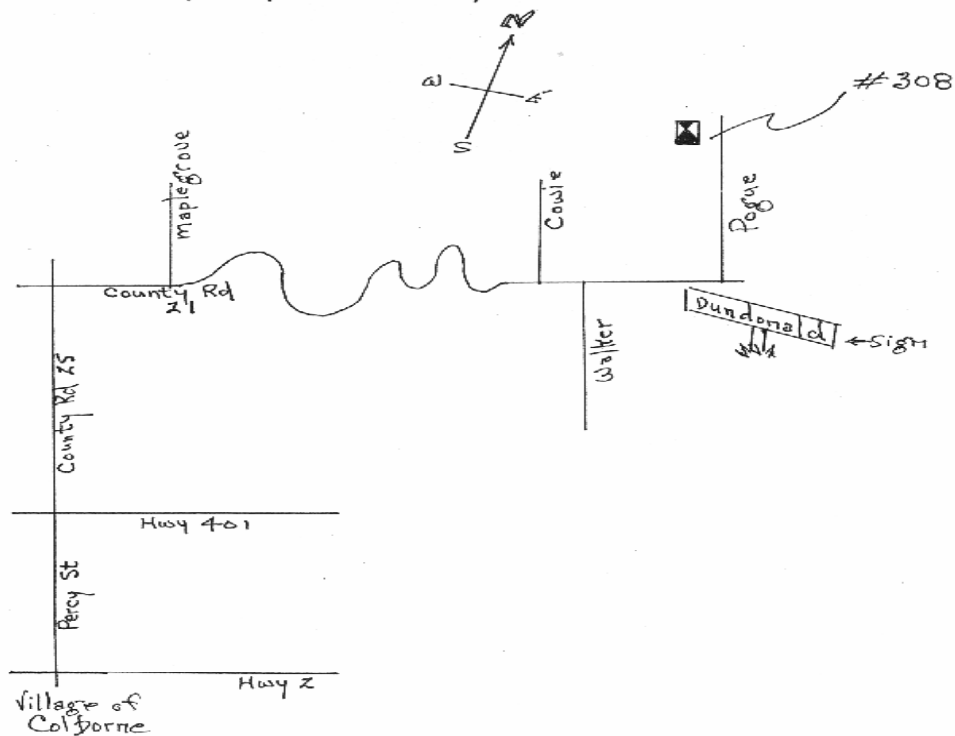
\*Attention\*

Our July 20<sup>th</sup> 2005 club picnic at the McKinney's farm will be the only meeting scheduled for July, so be sure to highlight it on your calendars. Please remember to pay Audrey \$5 for the picnic, BYOB and a chair plus your food commitment. A walk through Al's forest, horseshoes. Bocci ball, croquet and a nail driving contest for men and women will be part of the activities.

Here's how to get to the . . .

Annual Colborne Probus Club Picnic:  
at Dorothy & Al McKinney's farm  
# 308 Pogue Road - 905 - 344-7263

Wednesday - July 20<sup>th</sup> 2005 - anytime after 10:00 am



As per last year we will also have only one meeting in August. It will be on August 17<sup>th</sup>, 2005.

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** (2<sup>nd</sup> & 4th Wed at Brighton Legion)

**Belleville Probus** (2<sup>nd</sup> & 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 1<sup>st</sup> and 3<sup>rd</sup> 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.

