

PROBUS NORTHSHORE

NEWSLETTER



Volume 4 Issue 2
October 2006



A Kaleidoscope of Colour

Just as October ushers in a new season, it is the time of year for the changing of the guard as the Northshore Probust Club commences its fourth year of operation.

How quickly the warm relaxing days of summer pass, giving way to the cooler temperatures of fall and of course, Mother Nature's magnificent colour display.

We are thankful for our many blessings at this time of year and especially, our bountiful harvest. It is the time of year when we reflect on the past somewhat nostalgically, yet look to the future in anticipation.

And looking to the past, we are grateful to the many members who have volunteered their time, energy and leadership in promoting the growth and development of this, the youngest of the Probust Clubs in Cobourg. Accolades to the various Management Teams, committees and volunteers who worked tirelessly in fostering the spirit and goodwill of Probust initiatives.

Last year, I believe, was a most successful year because of the increased participation of our members and the willingness of so many to lend a hand regardless of the task. I feel we owe much to the gentleman who presided last year. Unquestionably, his flair for leadership and his happy knack of getting each of us to work together for the common good had a marked bearing on our success. We are indeed indebted to Past President, Doug Palmer.

Now just a brief word about the future. As the 4th President, I am pleased to be working with a very strong Management Team, and with your continued support and cooperation, will strive to make this another notable year. The task before us is challenging. For example, a major project this year is The Spring Mixer, a function at which we could be hosting 600 or

more Probust members from surrounding Northumberland Clubs. It should be an exciting year!

Another issue which needs to be addressed concerns our membership. Although we have a solid membership, the new Management Committee needs to examine avenues for promoting the growth of our membership and ultimately the strength of our club. I am certain that I shall have your active support in both of these venues.

I thank you for this opportunity to serve you for the next year.

Welcome to the new season!

Chuck Kennedy
President



Inside this issue:

A Kaleidoscope of Colour	1
Bulletin Board	2
Puzzle Solutions	2
Prescription: Laughter	3
Congratulations and Celebrations	3
The Art of Aging	4
Annual Golf Tournament	5
Probust Song- Executive Committee	6
Dog Philosophy	7
3rd Annual Car Rally	8,9
Speakers Corner/Trips, Tours, Theatre	10
Puzzles	11
Management Committee/ Final Thought	12

Prescription: Laughter

Life imitates art or is it the other way round? Are its portrayals models that determine human behaviour or simply examples replicating actions yet once again? Even if this debate should prove never ending, art's effects are ever pleasurable, even when the intent is pointedly introspective. This is, of course, never truer than when the lessons are served with laughter. That is clearly the purpose of Nina Keogh, master puppeteer, and her comic creation, Dr. Beryl Freud, "a straight talking 84 year old therapist", who serves up satire with sass "intended for adult audiences only".

Nina is but another member of the burgeoning artist community that have chosen Northumberland to be their home. She is "a second generation puppeteer whose parents were pioneers at the CBC in the 1950's" But she has certainly become well known in her own right, for characters, such as, the Bookmice on TVO, Hannah on Mr. Dressup, and my favourite, "Scottie's Little Softie" with its trade mark line "soften the blow". Her efforts have brought recognition from the Alliance for Children and Television for "Outstanding Contribution to Children's Television". She still teaches, is on various boards within the artistic community and, of course, performs.

A puppeteer's work is largely hidden, as Nina reminds us, "She does her best work under the table". Her creations, most often reminiscent of those plush toys we as children used to cuddle, are the real stars Even she experiences her performances only from a monitor located her in her secreted location. Discomfort is part of the act "Being pregnant in the Tickle Trunk" is readily dismissed as dedication. "What we do for our art." Once while inside a large



moose puppet, frolicking with other characters on stage, she focused too intently on the monitor strapped around her shoulders, and fell off the stage but thankfully was caught by members of the audience.

Dr. Beryl is more than just her creation she is also sort of Nina's alter ego voicing her insightful wit and wry view of the world. Her persona evolved out of a series of characters to take final form at a convention of 5000 colonoscopy doctors, where she was not only the official greeter but also a headliner. Instantly dubbed "probian's", Dr. Beryl both enlivened and enlightened the doctors whose work takes them where the sun never shines. The success was so immediate that one of the doctors has become a fast friend with whom she communicates regularly.

Dr. Beryl began her talk to the "Probestians" with the expected "shot from the hips". "No noise here...There goes my sex life. How's yours?" She strives to be helpful, "Putting off birth is difficult...on the other hand putting off conception is not." medically sound, "enema comes before the epidural" and even philosophical, "loss of sex drive is really a failure to thrive". Her aspiration is simple, "...to be robust but not just in that sort of way". At our age there is little use in holding anything back now.

congratulations and Celebrations

The following people are now members of our club:

Breda Kay	Louise Tokarek
Judy Johnston	Diane Morrison
Rick Morrison	Therese May
Gordon (Sandi) Sandell	

Congratulations

The Art of Aging

Youth, if it is anything, is a gift that encourages indulgence. Time extends endlessly forward, its distant horizon necessitating some fine tuning of life perhaps, but still postponing any real adjustments. May is after all “for gathering rosebuds”; thorns hardly a risk. Aging is a more circumspect art; choices ever have to be made, tolerance for a certain level of discomfort mandatory, and a growing acceptance that certain things are no longer possible. Life’s opportunities have to be met with measured enthusiasm. Thus some comfort may be taken from Canadian Arthritis Society’s regional director Dan Catton’s message: aging need not mean a lingering withdrawal from life.



In this time of medical marvels one has grown to expect miracle cures. Of course, Dan would not disappoint as he lauded the promise of the drug regimen, Biologics, that has shown signs of halting bone and cartilage loss. These findings compliment earlier T-cell research that indicated bone and cartilage loss can be reversed. As yet the evidence is incomplete but still encouraging: one of the test subjects on the Biologics trial actually got out of a wheelchair and walked a marathon.

But that remains the future, for the present Arthritis sufferers the prospect is still is pain, “Pain that prevents day to day activity” and as one grand mother lamented” denies her picking up her grandchildren”. True, arthritis is no longer the “life sentence of disfigurement and disability...” with treatment little more than “being locked away until they died” that it was in the 1940’s. But still for many it imposes an uncomfortable choice: drugs that left one “pain free now”, but “added life threatening risk in the

future”. Then there still was the disease’s economic cost,” arthritis is the leading cause of hip and knee replacement” and economic loss, “50% of arthritis sufferers are below the age of 64 and 50% of these can no longer work”.

Still in spite of all this, Dan promised control over one’s life can still exist. “Arthritis comes in more than a hundred varieties” obligating the patient “to challenge the doctors on the diagnosis... to ensure the appropriate treatment...whatever works for you”. Lifestyle choices have a role. “Diet and exercise can slow down the progress of the disease and aid in the recovery... a ten pound reduction in weight will reduce joint strain by 25%.”

Perhaps we may all take heart from Rachel, thirty-four year old mother, high school teacher and marathon runner, who dismissed the initial twinges of joint pain, as “signs of aging” or perhaps “the result of overtraining”, either way requiring no more than a little resolve “to play through the pain”. Of course, it wouldn’t be that simple. The pain’s persistence was eventually confirmed advancing rheumatoid arthritis. Yet four weeks on the Biologics regimen provided some hope of taking back her life, even resuming training, and “the option of doing yet another adventure race”. And that of course is all that any of us can really ask, simply, to stay in the race.



Northshore's Annual Golf Tournament



A pessimist's blood type is always b-negative.

THE PROBUS SONG

Words and Music by George Main

Now that our youth has long since passed
 Life is less urgent, not so fast
 We've time to sit and think at last,
 How best to serve our lives.

Join us at PROBUS, meet with your friends,
 Relax and be happy as Nature intends,
 With such good companions your life-style
 extends,
 PROBUS – the club for you.

Life does not end at sixty-five,
 We aim to show we are still alive,
 We'll prove that we've not lost our drive
 Or our will to serve.

Join us at PROBUS, the time will speed by,
 Revive your ambitions and reach for the sky,
 You may not succeed but at least you can try
 PROBUS – the club for you.

THE PROBUS-US SONG

Words by Nina Keogh with apologies to George Strain-er. MAIN who wrote the original words and music.

Now that our youth has long since passed
 We have those blood tests, **so we** must fast
 We've time to think while we pass **some gas**,
 How best to cure our hives.

Join us at PROBUS, meet with your friends,
 Relax and be regular, as nature intends,
 With such good prescriptions that your life-style
 extends,
 PROBUS – but not **THAT** way!

Life almost ends at sixty-five,
 ..we're creakin' along and barely alive-
 But we'll prove that we've not lost **our sex drive**
 Or our **will** to try.

Join us at PROBUS, we've written our wills
 Revive our poor hearts and reach for the pills
 We may not succeed cause we're over the hill
 PROBUS – but **NOT** that way!



2006– 2007 Executive Committee

Left to Right: Kathy Maclean (Recording Secretary), Bob Skene (Treasurer), Dick Malowney (Vice President), Chuck Kennedy (President), Doug Palmer (Past President), Missing: Adrienne Loucks (Correspondence Secretary)

Dog Philosophy

The reason a dog has so many friends is that he wags his tail instead of his tongue.

-Anonymous

Don't accept your dog's admiration as conclusive evidence that you are wonderful.

-Ann Landers

If there are no dogs in Heaven, then when I die I want to go where they went.

-Will Rogers

There is no psychiatrist in the world like a puppy licking your face.

-Ben Williams

A dog is the only thing on earth that loves you more than he loves himself.

-Josh Billings

The average dog is a nicer person than the average person.

-Andy Rooney

We give dogs time we can spare, space we can spare and love we can spare. And in return, dogs give us their all. It's the best deal man has ever made.

-M. Acklam

Dogs love their friends and bite their enemies, quite unlike people, who are incapable of pure love and always have to mix love and hate.

- Sigmund Freud

I wonder if other dogs think poodles are members of a weird religious cult.

-Rita Rudner

A dog teaches a boy fidelity, perseverance, and to turn around three times before lying down.

-Robert Benchley

Anybody who doesn't know what soap tastes like never washed a dog.

-Franklin P. Jones

If I have any beliefs about immortality, it is that certain dogs I have known will go to heaven, and very, very few persons.

-James Thurber

If your dog is fat, you aren't getting enough exercise.

-Unknown

My dog is worried about the economy because Alpo is up to \$3.00 a can. That's almost \$21.00 in dog money.

-Joe Weinstein

Ever consider what our dogs must think of us? I mean, here we come back from a grocery store with the most amazing haul -- chicken, pork, half a cow. They must think we're the greatest hunters on earth!

-Anne Tyler

Women and cats will do as they please, and men and dogs should relax and get used to the idea.

-Robert A. Heinlein

If you pick up a starving dog and make him prosperous, he will not bite you; that is the principal difference between a dog and a man.

-Mark Twain

You can say any foolish thing to a dog, and the dog will give you a look that says, 'Wow, you're right! I never would've thought of that!'

- Dave Barry

Dogs are not our whole life, but they make our lives whole.

-Roger Caras

If you think dogs can't count, try putting three dog biscuits in your pocket and then give him only two of them.

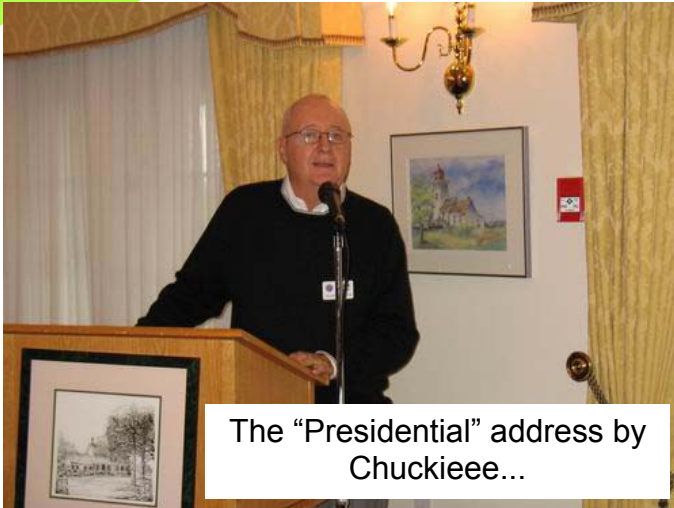
-Phil Pastoret

My goal in life is to be as good of a person my dog already thinks I am.

A Freudian slip is when you say one thing but mean your mother.



3rd Annual Car Rally



The "Presidential" address by Chuckieeee...



Team Woolsey/Malowney—
Highest Score: Route 2



The Wild Girls with their "Best Vehicle"



Looking for Leprechauns



Prize Table and Marking Crew



We made it to the finish line!!

The Car Rally committee would like to thank everyone for their enthusiastic participation in the activities of the day



"Mardi Gras" anyone?



How was your trip?



Team MacCoubrey—
Highest Score: Route 1

Shotgun wedding: A case of wife or death: Best Costumes



How do we get home ?



"Well Hung" Honourable
Mention: Best Costumes

Thanks to all of you who contributed pictures but limited room necessitated the choosing of only a few. All of the pics can be seen on the www.probusNortumberland.com website.

I used to work in a blanket factory, but it folded.

Speaker's Corner

October 18: Dick Redman Ontario Securities Commission
scams & investments.

November 1 Garry Clement Money Laundering on Seniors

Programmes and Speakers Committee

Bill McKenzie (Chair)
Jim Oakman
Jack Hamilton
Cheryl Brackenbury
Jill Heffernan
Charlie MacCoubrey



Trips, Tours and Theatre

Friday, Nov.3

“Barefoot in the Park”
Dinner Theatre at the Best Western
\$30/p



Wednesday, Nov. 22, 2 pm

..from Radio City Music Hall in New York
“Rockettes Christmas Spectacular”
Orchestra seats Row L Dinner Buffet “Hot House Café”
Bus, Theatre and Dinner **\$130/p**
Sign up today

Filed

The Puzzle Page

O E Z E H W N T I M T J N O I T P R O S B A M
 P N C E L K M N F E V G G C R E L N R F C N I V J
 Y S U N S U V N M U F E I K X E L O R O O L O A
 A G E Y A A C P O R S E K A F C I E L I W O N
 U M G P R T E E R I T I L T L I T Q L T N T Q
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			6	4		7		3
	2		1	6			7	4
	7	3				1	8	
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3			5		6	2		
		6			9	4		1

- | | | | |
|----------------|----------------|----------------|-------------|
| Absorption | Diffraction | Light | Resistance |
| Acceleration | Driving Force | Mass | Resonance |
| Alpha Decay | Electric Field | Matter | Temperature |
| Alpha Particle | Energy | Molecule | Torque |
| Ammeter | Field | Neutron | Vector |
| Ampere | Fission | Ohm | Velocity |
| Amplitude | Fluid | Period | Volt |
| Atom | Frequency | Photon | Weight |
| Atomic Mass | Fusion | Probability | |
| Axis | Gravity | Proton | |
| Beta Particle | Heat | Quantum Number | |
| Cathode Ray | Induction | Radial | |
| Charge | Invariant | Reflection | |
| Circuit | Ion | Refraction | |
| Collision | Isotope | Repulsive | |



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.

WORD SEARCH

Across

1. Stylish (5)
3. Roman garments (5)
6. Egg-shaped (4)
7. Change into ice (6)
9. Anaesthetic (5)
10. Skirt worn by ballerinas (4)
11. Not in (3)
13. Baby powder (4)
15. Person sentenced to life in prison (5)
18. Scattered rubbish (6)
19. Woman's dress (4)
20. Grimy (5)
21. Queues (5)

Down

1. Fall of rain (6)
2. Embarrass (5)
3. Strangle (8)
4. Big (5)
5. Sledge (4)
8. Earthenware (8)
12. Seventh planet (6)
14. Change (5)
16. Scowl (5)
17. Delighted (4)

1		2				3		4		5
6					7					
9							10			
					11					12
	13	14					15		16	
17										
18								19		
20										
						21				



Sea captains don't like crew cuts.

Your Management Committee 2006-2007

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A Final Thought



3M DUCT TAPE MAKING THE WORLD A PRETTIER PLACE

ANOTHER USE FOR DUCT TAPE

I have to tell you that I have never seen a better use for duct tape in my life.

Makes you want to require everyone to carry a roll for emergencies.

The End

Time flies like an arrow. Fruit flies like a banana.