

The BIAN

Monthly Newsletter of the Probust Club of Cobourg and District

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Our Sick Environment:

Threatening Healthy Aging

Headlines continue to be filled with news about how we are "pre-programmed" for disease, but our genes are not the only things putting us at risk.

When it comes to age-related chronic diseases, major risk factors like genetics, age, gender, and environmental factors appear to interact to cause disease.

Our environment not only includes the natural world, but by many definitions also includes the physical, social, and cultural contexts in which we live.

The air we breathe, water we drink, food we eat, places we live, and chemicals we're exposed to can also impact our health and our risk of disease.

Beginning in the womb and continuing throughout our lifetimes, environmental factors play a role in setting the stage for later-life health and disease.

Environmental threats to Health – a

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Presidential Decree



*The Bickersons
j & J Domine*

Greetings from the Bickersons! We're back!!!!

HAPPY 15th ANNIVERSARY to you all!!! Think of all that we've done and shared over the last 15 years. We've had some great parties with some very wonderful friends over this time. Probust is very social, you can participate in various activities and take part in our community. Getting involved helps us to remain active and stay YOUNG!

Second, a big thank you to Kathy and Marie for looking after the "homestead" while we were in Australia. From the write up and pictures in the Probust, they did a great job. The St. Paddy's Day and Easter hats were wonderful. Well done Ladies! We had a great "family" time in Australia. As well as our daughter and family, we both have cousins in Australia. Two Aussie men came to Canada for training during WW2 and took home one lovely lady from each of our families!

During our time there we managed to visit with the Probust Club of Blaxland and Glenbrook (located in the Blue Mountains west of Sydney) and also attended a Rotary meeting. You'd be amazed at the similarities in the meetings and activities we all share.

Spring is not only here, but summer is just around the corner. Birds are singing, the world is green again and we have a spring to our step. It's time for refreshment and renewal and we're looking forward to all our upcoming events. First on the list is the Golf Tournament on June 24th at Shelter Valley. We hope to see many of you there, if you don't play golf, join in for lunch in a beautiful scenic spot.

j & J



Dates to Remember

**Thursday, June 24th.
Cobourg Probust
Golf Day**

**Shelter Valley Pines Golf Club
Nine holes of golf and/or lunch
Putting contest – Prizes**

See Don Morrison for tickets!

June, 2010

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**Thursday, July 15th
Memorial
Tree Planting**

**East side of Victoria Park
11:00 a.m.
Fabulous Barbecue Lnch**

See Russ Donaldson for tickets!



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recent report from the Greater Boston Physicians for Social Responsibility and the Science and Environmental Health Network, explains how environmental factors may influence the development of a number of chronic illnesses. The bad news is that our environment could be making us sick. The good news is there's a lot we can do about it.

Putting Us at Risk for Disease

Environmental factors are believed to influence health across the lifespan by altering basic biological processes and pathways that, over time, increase (and even decrease) our risk of age-related diseases and conditions. One process that is believed to play a role in many diseases is inflammation—the process where the body's immune system responds to injuries and infections. This important process fires up a vital defense response to “invaders” like bacteria and allergens; but can continue over long periods of time and increase risk of chronic diseases. Scientists are increasingly finding that inflammation is involved in atherosclerosis, Alzheimer's disease, Parkinson's disease, arthritis, diabetes, and more.

Oxidative damage is another process linked to many of the same chronic diseases. It is caused by the interaction of “free radicals”—unstable molecules that are a byproduct of oxygen metabolism (happening in our bodies constantly!) with other molecules in our bodies. The body defends itself with antioxidants, but there's often not enough to neutralize all of the free radicals and prevent damage. Some areas of the body, like the brain, are particularly vulnerable to oxidative damage because of high oxygen consumption, low levels of antioxidants, and particularly susceptible molecules.

While many relationships between the environment and health are still being understood, others are better defined. For example, researchers are finding a strong link between pesticide exposure and Parkinson's disease. Air pollution may contribute to inflammation of the brain and the risk of neurological diseases. Repeat exposure to UV rays from the sun is linked to skin cancer. These are just the tip of the iceberg when it comes to potential environmental threats to our health. Poor air quality, polluted water, pesticides in

in our food, lead in our homes, junk food in our schools, and even changing social interactions are part of the environment that could be making us sick.

Staying Healthy

Fortunately there's a lot we can do to reduce our risk and stay healthy. While a lot of things need to change on a federal, provincial, and local level, there's also a lot we can do as individuals to avoid the negative.

Staying Healthy

Fortunately there's a lot we can do to reduce our risk and stay healthy. While a lot of things need to change on a federal, state, and local level, there's also a lot we can do as individuals to avoid the negative impacts of the environment and harness nature's power of prevention:

- Eat healthy—this means eating foods high in antioxidants, low in saturated and trans fats and refined carbohydrates, and full of important vitamins and minerals
- Buy local and organic—these foods are usually lower in chemicals and higher in nutrients
- Stay active—getting regular exercise can ward off disease by reducing oxidative stress and inflammation
- Limit exposure—avoid potentially toxic chemicals and pollutants by choosing “green” cleaners, making sure the water you drink is clean, and learning about chemicals in your everyday life
- Stay intellectually and socially engaged—both can significantly lower your risk of mental decline
- Wear sun block—sun block and protective clothes can reduce damage from the sun's harmful rays
- See your doctor regularly—your doctor and other health care professionals can help you prevent disease and manage existing illnesses
- Expose yourself to “green”—science is finding that nature can help heal our bodies and our minds so spend some time outdoors

Despite what seems like a long list of factors setting us up for an old-age filled with disease and disability, there are a number of things we can do to fight back and stay healthy. In fact, a healthy lifestyle has been found to reduce the risk of cardiovascular disease by as much as 83%, and type 2 diabetes in women by as much as 91%. Remember, although aging starts at birth, it's never too late to make sure your environment is keeping you healthy.

© Living Longer & Loving It

Editor's note: This is a great website for seniors which I heartedly recommend. It is always worth a look.



Coming Events Mark Your Calendars

**June 5th – Toronto All-Star Band at the Lions Ctr.
A Hospice Fundraiser –Cash Bar
Tickets \$35 each or \$60 for 2**

June 17th - Regular Meeting – Theme – Water

**June 24th Cobourg Probus Golf Day
Shelter Valley Pines Golf Course**
Come for a day of great golf (carts available) and a fabulous lunch served at the Club House. **Not a golfer? Not to worry.** Come join us for lunch only and enjoy the fellowship of Cobourg Probus. Tickets on sale now. See **Don Morrison**.

**July 1st - CANADA DAY-
NO MEETING**

Show your pride - Fly the Flag



**July 15th – SPECIAL MEETING 11:00 a.m. in
Victoria Park as Cobourg Probus remembers.** This will be the 10th annual tree planting in memory of those Probians who left us during the past year. Luncheon to follow in the Lions Pavillion .

Please Note – The Summer Sizzler has been cancelled for this year.

**September 1st – South Pacific - \$98 per person
Includes return bus transportation to
Toronto - theatre admission and dinner! Limited
tickets are available, see Nancy Foden for details.**

**Sept. 29th – The ever popular Car Rally
Watch for more information soon.**

Questions that Haunt Me!

What disease did cured ham actually have?

If a deaf person goes to court ... is it still called a hearing?

Why are you IN a movie, but you are ON TV?

Can a hearse carrying a corpse drive in the car pool lane?

**Why do doctors leave the room while you change?
They are going to see you naked anyway!**

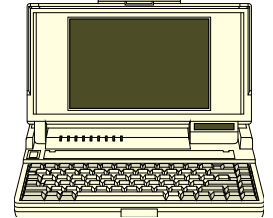
Somebody Help me ... Please!

THE COMPUTER SWALLOWED DONNA

The computer swallowed
Donna.

Yes, honestly it's true!
She pressed 'control' and 'enter'
And disappeared from vie
It devoured her completely,
The thought just makes me
squirm.

She must have caught a virus
Or been eaten by a worm.



I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.

In desperation, I asked Google
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'

So, if inside your 'In-box,'
My Donna you should see,
Please 'Copy,' 'Paste' or 'Scan' her
And send her back to me!

Submitted by Russ Donaldson

Lessons for living!

1. Be eccentric now. Don't wait for old age to wear purple.
2. No one is in charge of your happiness but you.
3. Frame every so-called disaster with these words "In five years, will this matter?".
4. Always choose life.
5. Forgive everyone everything.
6. What other people think of you is none of your business.
7. Time heals almost everything. Give time, time.
8. However good or bad a situation is, it will change.
9. Don't take yourself so seriously.. No one else does.
10. Believe in miracles.
11. God loves you because of who god is, not because of anything you did or didn't do.
12. Don't audit life. Show up and make the most of it now.
13. Growing old beats the alternative -- dying young

By Regina Brett, age 90.

THE GINGHAM DRESS or Look Before You leap!

A lady in a faded gingham dress and her husband, dressed in a homespun threadbare suit, stepped off the train in Boston, and walked timidly without an appointment in to the Harvard University President's outer office.

The secretary could tell in a moment that such backwoods, country hicks had no business at Harvard and probably didn't even deserve to be in Cambridge. 'We'd like to see the president,' the man said softly. 'He'll be busy all day,' the secretary snapped. 'We'll wait,' the lady replied.

For hours the secretary ignored them, hoping that the couple would finally become discouraged and go away. They didn't, and the secretary grew frustrated and finally decided to disturb the president, even though it was a chore she always regretted.

'Maybe if you see them for a few minutes, they'll leave,' she said to him!

He sighed in exasperation and nodded. Someone of his importance obviously didn't have the time to spend with them, and he detested gingham dresses and homespun suits cluttering up his outer office. The president, stern faced and with dignity, strutted toward the couple. The lady told him, 'We had a son who attended Harvard for one year.

He loved Harvard. He was happy here. But about a year ago, he was accidentally killed. My husband and I would like to erect a memorial to him, somewhere on campus.'

The president wasn't touched. He was shocked. 'Madam,' he said, gruffly, 'we can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery.'

'Oh, no,' the lady explained quickly. 'We don't want to erect a statue. We thought we would like to give a building to Harvard.'

The president rolled his eyes. He glanced at the gingham dress and homespun suit, then exclaimed, 'A building! Do you have any earthly idea how much a building costs? We have over seven and a half million dollars in the physical buildings here at Harvard.'

For a moment the lady was silent. The president was pleased. Maybe he could get rid of them now.

The lady turned to her husband and said quietly, 'Is that all it costs to start a university? Why don't we just

start our own?' Her husband nodded. The president's face wilted in confusion and bewilderment. Mr. and Mrs. Leland Stanford got up and walked away, traveling to Palo Alto, California where they established the university that bears their name, Stanford University, a memorial to a son that Harvard no longer cared about. You can easily judge the character of others by how they treat those who they think can do nothing for them.

A TRUE STORY By Malcolm Forbes

People will forget what you said,

People will forget what you did.

But people will never forget how
you made them feel'.

Cobourg Hosted Meeting of Three Cobourg Area Probus Clubs to Hear Bob Abrames... "The world's foremost Voyageur" speak.



Above, **Cal Johnston** and **Rose Wood** of the **Northshore Probus Club**

register on entering the joint meeting as Co-President Joan Domine looks on.

Right, **Stone Avery** was on hand to welcome Cobourg's guests from the Northshore and Sunrise Probus Clubs.

It was encouraging to see the large number of guests who attended this meeting and it is hoped this meeting format will be embraced by other clubs in the future.

Haunting Questions

"Why does a round Pizza come in a square box?"



Speakers Corner

May 6th Meeting

“The Worlds Foremost Voyager”

May 6th was a special day for “Probus Clubs in Cobourg” as 157 Probians met at the Best Western Hotel to hear **Bob Abrames**, storyteller extraordinaire, spin a 90 minute yarn of epic proportions.

The audience was spellbound. They were captured by the intriguing story of this great Canadian adventurer liberally sprinkled with humour and a few pointed cuss words.



Bob Abrames

After responding to a newspaper ad in 2005 for potential modern day voyageurs to paddle from Montreal to Winnipeg in 100 days, Bob was selected. This was actually a casting call for a docu-drama entitled “Destination Nor’Quest”, for which 9 were ultimately selected. At the time he was 52 years of age and living happily in retirement in Alexandria Ontario.

Bob is a 10th generation Canadian and is a direct descendant of three documented voyageurs. Their training was basic at best. A day to master the art of “making fire” that was aptly demonstrated with success. A day to learn the art of paddling a 750 pound birch bark canoe at a pace of 42 strokes per minute for 12 hours a day. And so it went.

We heard about their first day disaster when the canoe started to take on water while still within sight of Montreal shoreline. We heard about living without soap or a toothbrush for 100 days. His description of bugs and horse flies were chilling yet humourous. We also learnt that crossing a beaver dam isn’t rocket science but in their case common sense did not prevail and the resulting damage to their canoe was near disastrous.

What started as a team project ultimately became a four team race and its all captured on videotape. According to Bob if you tune in to TFO, the French equivalent of TVO on your TV dial, you will be able to catch this series in its entirety. Next week he leaves on the granddaddy of all voyageur canoe trips when he and a band of new adventures take off on a four month excursion from Winnipeg to the Arctic. Good luck Bob!

The presentation received a standing ovation a rare sight at a Probus meeting. Many thanks to **Marie Chisholm** for recommending this speaker and for making all the arrangements for him to attend today.

Russ Donaldson

May 20th Meeting – Canada’s Got Talent

Probians were entertained at the May 20th meeting by soloist, 19 year old **Claire Russell**, accompanied by a very talented 15 year old, **Ellen Meade**.



Ellen Meade

Singing a selection of old standards such as Nature Boy, made memorable by the late Nat ‘King’ Cole and Somewhere Over the Rainbow that we all remembered from The

Wizard of Oz, these charming young ladies brought back a lot of toe tapping memories from a very different time for all Probians in attendance.

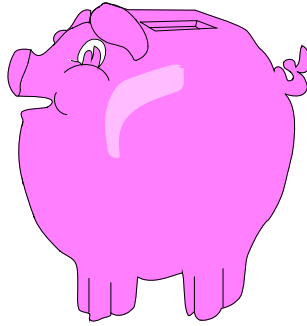
It was refreshing to see the talent and dedication of two such fine young ladies who performed so well for our entertainment. Proof, once more, that there is yet hope for the old world as we once knew it.



The May 20th meeting also marked the Cobourg Probus Club’s 15th anniversary. **Jim Stockdale** and **Ann Cohen** brought in the cake all enjoyed.

SOMETHING TO THINK ABOUT!!!

Imagine that you had won the following prize in a contest: Each morning your bank would deposit \$ 86,400.00 in your private account for your use. However, this prize had rules, just as any game has certain rules.



The first set of rules would be:

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.

Each morning upon awakening, the bank opens your account with another \$ 86,400.00 for that day.

The second set of rules:

1. The bank can end the game without warning; at any time it can say, "It's over, the game is over!"
2. It can close the account and you will not receive a new one.

What would you personally do? You would buy anything and everything you wanted, right? Not only for yourself, but for all people you love, right? Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every cent, and use it all, right?

ACTUALLY, THIS GAME IS REALITY!!

Each of us is in possession of such a "magical" bank. We just can't seem to see it.

THE MAGICAL BANK IS TIME!

Each awakening morning we receive 86,400 seconds as a gift of life and when we go to sleep at night, any remaining time is NOT credited to us. What we haven't lived up that day is forever lost. Yesterday is forever gone. Each morning the account is refilled, but the bank can dissolve your account at any time... ***WITHOUT WARNING!***

WELL, what will you do with your 86,400 seconds? Aren't they worth so much more than the same amount in dollars? Think about that, and always think of this: Enjoy every second of your life, because time races by so much quicker than you think. So take care of yourself, and enjoy life!

Here's wishing you a wonderfully beautiful day!!!

Life is short ... enjoy every minute if it!

An ode of English Plurals

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hice.

If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?
If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?

Then one may be that, and three would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him,
But imagine the feminine: she, shis and shim!

Let's face it - English is a crazy language. There is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England. We take English for granted, but if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? Doesn't it seem crazy that you can make amends but not one amend. If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the folks who grew up speaking English should be committed to an asylum for the verbally insane. In what other language do people recite at a play and play at a recital?

We ship by truck but send cargo by ship.
We have noses that run and feet that smell.
We park in a driveway and drive in a parkway.
And how can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out, and in which an alarm goes off by going on.

And in closing, if Father is Pop, how come Mother's not Mop? Go figure!

Meet The Four Goldberg Brothers

The four Goldberg brothers, Lowell, Norman, Hiram, and Max, invented and developed the first automobile air-conditioner. On July 17, 1946, the temperature in Detroit was 97 degrees.



The four brothers walked into old man Henry Ford's office and sweet-talked his secretary into telling him that four gentlemen were there with the most exciting innovation in the auto industry since the electric starter. Henry was curious and invited them into his office. They refused and instead asked that he come out to the parking lot to their car. They persuaded him to get into the car, which was about 130 degrees, turned on the air conditioner, and cooled the car off immediately.

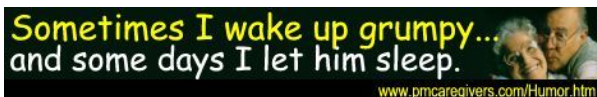
The old man got very excited and invited them back to the office, where he offered them \$3 million for the patent. The brothers refused, saying they would settle for \$2 million, but they wanted the recognition by having a label, 'The Goldberg Air-Conditioner,' on the dashboard of each car in which it was installed.

Now old man Ford was more than just a little anti-Semitic, and there was no way he was going to put the Goldberg's name on two million Fords. They haggled back and forth for about two hours and finally agreed on \$4 million and that just their first names would be shown.

And so to this day, all Ford air conditioners show -- Lo, Norm, Hi, and Max -- on the controls.

I can hear your groans from here. Control yourself!!! I don't write this stuff, I just pass it along. Now you do the same.

Senior's Bummer Stickers



Thanks to Doreen Guy for these great bumper stickers

Finally - The HST Explained

Sometime this year, we taxpayers will receive an "HST Compensation" payment. This is indeed a very exciting program, and I'll explain it by using a Q & A format:

Q. What is an 'HST Compensation' payment ?

A. It is money that the provincial government will send to taxpayers.

Q. Where will the government get this money ?

A. From taxpayers.

Q. So the government is giving me back my own money ?

A. Only a smidgen of it.

Q. What is the purpose of this payment ?

A. The plan is for you to use the money to purchase a high-definition TV set, thus stimulating the economy.

Q. But isn't that stimulating the economy of China ?

A. Shut up.

Below is some helpful advice on how to best help the economy by spending your compensation cheque wisely:

- * If you spend the stimulus money at Wal-Mart, the money will go to China or Sri Lanka ...
- * If you spend it on gasoline, your money will go to the Arabs.
- * If you purchase a computer, it will go to India, Taiwan or China.
- * If you purchase fruit and vegetables, it will go to Mexico, Honduras and Guatemala..
- * If you buy an efficient car, it will go to Japan or Korea.
- * If you purchase useless stuff, it will go to Taiwan.
- * If you pay your credit cards off, or buy stock, it will go to management bonuses and they will hide it offshore.

Instead, keep the money in Canada by:

- 1) Spending it at yard sales, or
- 2) Going to hockey games, or
- 3) Spending it on prostitutes, or
- 4) Beer or
- 5) Tattoos.

(These are the only Canadian businesses still operating in Canada.)

Conclusion:

Go to a hockey game with a tattooed prostitute that you met at a yard sale and drink beer all day !

No need to thank me, I'm just glad I could be of help. Presented in memory of the temporary income tax.

Spring Fling in Belleville - May 26th, 2010



Some of the early arrivals at the Maranatha Church included this fine group of Cobourg Probian.



While waiting for the Spring Fling to begin, our hero **Russ Donaldson** tried his hand at the sound system.



Fran and Don Morrison register for Spring Fling on their return from a European vacation.



A horde of hungry Probian attack the luncheon buffet in typical Probian fashion..



Above, a table of Cobourg Probian enjoy the fun and a quiet moment of conversation over lunch. good fellowship so typical of a Probus gathering.



Yvonne Green and Co-President, **Jim Domine** enjoy