

The BIAN

Monthly Newsletter of the Probans Club of Cobourg and District

Presidential Decree



**“The Golden Girls”
Marie Chisholm and
Kathy Cole Act. Pres.**

It wasn't quite the 2010 Olympics “but” the Northshore Bowling Lanes in Cobourg depicted fellowship and skill of the highest quality when the 5 area Probans (Cobourg & Port Hope) Clubs took up their annual bowling challenge. The athletes mixed well and cheered each other on; this was sportsmanship at its best. It was a fun filled day with over 30 members of our Club enjoying themselves. After a most trying but enjoyable morning we adjourned to the Legion for lunch which was catered by the Legion volunteers. Congratulations to the “Probans Club of Cobourg and District” for not bringing home the dreaded toilet seat. This dubious honour went to the Northshore Club.

St. Patrick's Day is March the 17th and would everyone please wear green on Thursday, March 18th.

On Thursday April 1st we will be holding our first meeting of the month. To help celebrate spring let's all wear our Easter Bonnets to this meeting. You can decorate your hat with flowers, ribbons, rabbits, lambs (stuffed ones only please) etc. There will be a contest to see who is the best haberdasher. This contest will be open to all, so Probans get ready to join the fun. We would like you to bring an Easter card (\$ store variety or home-made) sign the card (please print) and leave it at the desk with Elizabeth and Ken Ledgard when you check in.

By the time you read this, the Bickersons (alias J & &) will have started their well deserved holiday with their daughter and her family in Australia. Hopefully, we will receive updates on their time spent in Australia that we can share with you.



Good News an Bad News On the Inter-Club Bowling Front

There was good news and bad news at the February 18th “Breakfast with the Bickersons” meeting as word was received that after a recount of the results, our Cobourg and District Probans Club had indeed won the much maligned “Toilet Seat” Trophy.

Left, Cobourg Bowling Rep **Russ Donaldson** takes great delight in presenting the trophy to Presidents **Jim and Joanne Domine**. And now for the good news! The Probans Club of Cobourg & District will **NOT** be hosting the five club inter-club bowling tournament next year. At the luncheon following this year's event, it was agreed that to be fair to all clubs, the honour (?) of hosting the annual event will be awarded in alphabetical order, starting with next year's tournament in 2011. This means that the **North Shore Probans Club** will be the official host club in 2011 and Cobourg will not receive this dubious honour until **2014!** So relax Cobourg Probans, it seems we are off the hook for three more years.

March, 2010
Volume 16 - No. 6
Editor Bill Johnson
wjohnson@eagle.ca

The Five Common Myths About Exercise:

Myth #1 – Exercising makes you tired

As people become more physically fit, most feel physical activity gives them even more energy than before. Regular, moderate-to-brisk exercise can also help you reduce fatigue and manage stress.

Myth #2 – Exercising takes too much time

It only takes a few minutes a day to become more physically active. To condition your heart and lungs, you only need to exercise for about 30 minutes, three times a week.

If you don't have half an hour in your schedule for an exercise break, find two 15-minute periods or even three 10-minute intervals. After discovering how much you enjoy these exercise breaks, you may want to make them a habit. Then physical activity becomes a natural part of your life.

Myth #3 – All exercises give you the same benefits

All physical activities can give you enjoyment. Although
continued on page 2

Five Common Exercise Myths continued



low-intensity activities performed daily can have some long-term health benefits and lower your risk of heart disease, only regular and vigorous exercises such as fast walking, jogging, or swimming improve your cardiovascular system and burn off the extra calories.

Myth #4 – The older you are, the less exercise you need

We tend to become less active as we age, so it's even more important to make sure we're performing enough physical activity. In general, older people will benefit from regular physical activity just as much as young people do.

Myth #5 – You have to be athletic to exercise

Most physical activities don't require any special athletic skills. In fact, many people who found school sports difficult have found other activities are easy. A perfect example is walking, which requires no special talent, athletic ability, or equipment.



Source: cybernation.com



Cobourg Probus Welcomes Dave Lyon

Dave Lyon is the newest member of the Probus Club of Cobourg & District. Dave was inducted into the Club at the February 4th meeting

and welcomed by **Co-President Jim Domine**.

Making new members feel welcome is the responsibility of all Probian, so take a minute to say "hello", Do your part to make our newest member feel most welcome. Invite him to join your committee or event in the planning stage. It's a great way to encourage participation in our club and to allow new members to feel wanted as well as welcomed..

The Gentle Art of Aging

A group of **40 year old friends** discussed where they should meet for dinner.

Finally it was agreed upon that they should meet at the Ocean View restaurant because the waitress's there had low cut blouses and were very young.

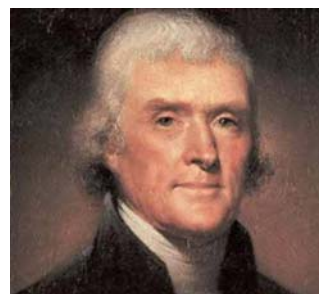
10 years later at 50 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because the food there was very good and the wine selection was good also.

10 years later at 60 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

10 years later, at 70 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because the restaurant was wheel chair accessible and they even had an elevator.

10 years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because they had never been there before.

Thanks to Doreen Guy for this only too true piece.



Something to think about!

Every once in awhile you stumble over something that seems to strike a nerve. This one can really cause you to think.

"I believe that banking institutions are more dangerous to our liberties than standing armies. If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around the banks will deprive the people of all property until their children wake-up homeless on the continent their fathers conquered..."

Thomas Jefferson, 1802

Speakers Corner

The February 4th Meeting was an opportunity to find out everything you wanted to know about our new Community Centre and were not afraid to ask. Patti Ley and Paul Allan gave a masterful presentation of the topic and entertained and answered the many questions, which continued well after the presentation. Members were encouraged to complete a form listing any questions they still had and making any comments they wished and were assured that all issues would be addressed by the various sub-committees working on the project. Russ Donaldson gave a brief introduction and Alma Draper thanked the speakers with her usual touch of humour.



Paul Allan

Submitted by Mary Thompson



Above, Patti Ley (white blouse) responds to questions and suggestions from interested Probian after the presentation.

Editor's Note: It was very obvious that there is great interest and broad support for the new community centre project. It was also obvious that there are some concerns over the size and location of *The Senior's Centre* within the complex.

While a new *Seniors' Centre* need may well have been the catalyst which originally sparked interest in what has become a major Recreation Centre project, it is obvious that the Seniors' Centre has become only one component of a much more ambitious undertaking. After the meeting there appeared to be as many opinions as there are Probian, and that is a good thing.

Watch for comments on the Recreation Centre Project in upcoming issues of the Probian.

Bill Johnson

The February 18th Meeting "Breakfast with the Bickersons"



It was refreshingly different, most enjoyable, and entertaining. Just a few of the comments overheard after the February 18th - "Breakfast with the Bickersons" meeting.

Our beloved Co-Presidents, **Joanne** and **Jim** were there in all their regal splendour to welcome members on arrival and a hard-working events committee joined in to direct members to seating and meal arrangements.

The breakfast buffet offered a wide range of tasty items and a hungry horde of Probian had no trouble at all working up an appetite. **Kudos** to the **Roger Tessier** and his staff at the Best Western for a great event.

After the breakfast, the film *Broadway Melody of 1940* was shown to an appreciative audience. A brief business meeting followed, during which it was announced that after a recount of the bowling tourney held February 15th, our very own Cobourg Club had indeed won the **Toilet Seat Trophy**.



Special thanks to John Draper and Russ Donaldson for their efforts in making the movie presentation so successful and to the entire events committee for another most entertaining and innovative meeting program. Their efforts are truly appreciated by our

members.

The Trophy

Marie Chisholm and **Kathy Cole** were introduced to the Club as acting Presidents during the upcoming absence of "**The Bickersons**."

It was also announced that the March 4th meeting of the Probus Club of Cobourg & District will be held at the Lions Centre on Elgin Street at the regular time.

At the conclusion of the meeting many members took the opportunity to say "**Bon voyage**" to **Joanne** and **Jim Domine**, off for a well deserved vacation with family in Australia.

*It's not how much time you save during your life,
it's how you spend it!*

***The Preservation of Man –
a little oriental wisdom!***

The horse and mule live thirty years and nothing know of wines and beers.
The goat and sheep at twenty die with never a taste of scotch or rye.
The cow drinks water by the ton and at 18 is mostly done.
The dog at 16 cashes in without the aid of rum or gin.
The cat in milk and water soaks and then in 12 short years it croaks.
The modest sober bone dry hen lays eggs for nogs, then dies at 10.
All animals are strictly dry, they sinless live and swiftly die.
But sinful, ginful, rum-soaked men survive for three score years and ten and some of us, the mighty few, stay pickled till we're 92.

Compliments of "***Waltzing Matilda Inn***"
Kowloon, H.K

THE YEAR IS 1909



One hundred years ago.
What a difference a century makes!
Here are some statistics for the Year 1909:

The average life expectancy for men was 47 years.

Fuel for this car was sold in drug stores only. Only 14 percent of the homes had a bathtub. Only 8 percent of the homes had a telephone.

There were only 8,000 cars and only 144 miles of paved roads. The maximum speed limit in most cities was 10 mph. The tallest structure in the world was the Eiffel Tower

The average US wage in 1909 was 22 cents per hour. The average US worker made between \$200 and \$400 per year. A competent accountant could expect to earn \$2000 per year. A dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year. A mechanical engineer earned about \$5,000 per year.

More than 95 percent of all births took place at HOME . Ninety percent of all Doctors had **NO COLLEGE EDUCATION!** Instead, they attended so-called medical schools, many of which were

condemned in the press AND the government as substandard.'

Sugar cost four cents a pound. Eggs were fourteen cents a dozen. Coffee was fifteen cents a pound.

Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars

The population of Las Vegas , Nevada , was only 30 !!!!

Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was no Mother's Day or Father's Day.

Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school..

Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores.

Back then pharmacists said, 'Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health' (**Shocking? DUH!**)

Eighteen percent of households had at least one full-time servant or domestic help

There were about 230 **reported** murders in the **ENTIRE U.S.A. !**

Try to imagine what it may be like in another 100 years. **IT STAGGERS THE MIND!**

Thanks to Russ Donaldson for this interesting look back.

Makes perfect sense to me –

“My reading of history convinces me that most bad government results from too much government.”

Thomas Jefferson

Inter-Club Bowling Tournament a Great Success



Far left: The infamous Toilet Seat Trophy

Centre: Malcolm and Myrtle get ready to bowl.

Right: Russ Donaldson, Tournament Representative for the Cobourg Club, explains that we would rather not to win the trophy this year.

Left to right: Cobourg Probian show their style and form as they compete in the Annual 5 Club Tournament.

John Simpson showed great promise in the warm-up .

Angie Poirier concentrated on the headpin as she prepared to bowl.

Audrey Levtoy was all determination as she prepared to get a strike.

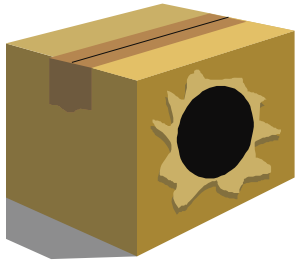


Above: After the tournament over 115 participants and guests adjourned to the Cobourg Legion for a time of fellowship and a wonderful luncheon prepared by the Legion ladies. The luncheon was followed by entertainment and the awards ceremony. The event was well run and raised the bar a notch higher for the Northshore Probus Club which will host the 2011 - 5 club bowling tournament .



Cobourg's Mary Korol Celebrates a Strike

It is hoped that more Cobourg Probian will plan to take part in this annual event next year. A Club our size should really be able to muster a few more warm bodies to take part and help us knock down enough pins to rid ourselves of the dreaded Toilet Seat Trophy.



Suggestion Box

At the conclusion of the highly successful February “Breakfast with the Bickersons” meeting it was suggested to the *Probian*

that we should make a breakfast meeting an *Annual Event* for the Club.

Your Club Executive is always interested in feedback from members which will help us plan for future meetings and events. We would welcome your ideas and suggestions on any future meeting strategy.

The *Probian* would like to follow-up on the suggestion of a possible “*Annual Breakfast Meeting*”. Please send your comments, ideas and suggestions on this, or any other idea to the *Probian* to wjohnson#eagle.ca or by telephone to 905-373-4470. Your responses will be reported in a future issue.



Northumberland Players Present “The Long Weekend”

By. Norm Foster

Friday, April 30th

A fifteen year friendship is tested when two couples retreat to a remote cottage for a weekend. As hilarious truths and deceptions are revealed, the sparks begin to fly. This biting and inventive comedy of manners offers up plenty of surprises and plot twists along the way.

The Long Weekend is a very humorous play with some of the most sparkling and funny dialogue that Foster has ever written. You wont want to miss it.

Tickets - \$33.75 each

(Includes dinner, show taxes & service)

To order tickets, watch for more information at a future *Probus Club* meeting.

“I would have you learn this great fact: that a life of doing right is the wisest life there is.”

Proverbs 4:11



Coming Events of interest to Probians

Mark your calendars for:

**March 18th – Regular Meeting
at the Best Western Inn &
Convention Centre**

Gardening Theme -details at March 4 Meeting

**Wear something GREEN in honour of St.
Patrick’s Day**

**May 6th – All Cobourg Probus Meeting
Best Western Inn & Convention Centre**

**An invitation has been issued to the North
Shore and Northumberland Probus Clubs to
join us on this occasion – the first ever “All
Cobourg” meeting.**

**Doors open at 8:30 a.m. – meeting starts at
9:30 a.m..**

Programme Committee Dates To Remember

July 1st 2010

Because Canada Day falls on the 1st Thursday of July we have decided that our regularly scheduled Probus meeting will be cancelled that day.

July 15th 2010

This is our 3rd Thursday of the month regular Probus Meeting. **“COME PLANT A TREE WITH ME”**

Plans are well advanced for our 12th Annual Tree Planting in memory of those Probians who left us during the past year.

Location Victoria Park

Type of tree A Ruby Red Chestnut Tree

Time 11 AM

To Follow..... Lunch

Location..... Victoria Park Lions Pavillion

Time Noon

Price..... To be determined

Menu..... Still in the formative stages but guaranteed to be first rate!

Club Business 1:00PM

Wrap up 1:30 PM 2:00 PM



The Probus Club of Cobourg & District Welcomes Joan & Fred Hawes

Co-President Joanne Domine welcomed our Club's newest members, *Joan and Fred Hawes* at the February 18th meeting. Be sure to take the time to introduce yourself to the happy couple and encourage them to join a committee and enjoy the benefits of active participation. New members, after all, are the life blood of our Club.



A lesson to be learned about automobile security!

John Simpson was kind enough to send the *Probian*

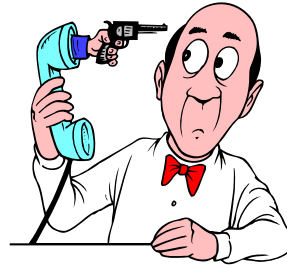
some rather disturbing information about auto security in and around Cobourg. Seems that twice over the last few months member *Jennie Herniak* has twice been the victim of automobile license plate theft. On the first occasion thieves removed the plates from Jennie's car, but were kind enough to leave the bolts behind. The second time around, the thieves took the plates and the bolts.

There has been an outbreak of car vandalism in our town lately and this should serve notice to all of us to do everything we can to protect our property and the property of our neighbours.

Bad enough to have your plates stolen like this, but dealing with the police and licensing authorities can be a time consuming and annoying experience. Jennie was even asked to take a driving test.

Make sure you do what you can to protect yourselves

Why Newspaper Editors Go Grey



Have a look at some of the following headings from recent newspapers across the world. Does anyone proof read anything any more?

“Something went wrong in Jet Crash expert says”

“Panda mating fails, Veterinarian takes over”

“Miners refuse to work after death”

“Juvenile Court to Try Shooting Defendant”

“Cold Wave Linked to Temperatures”

“Couple Slain; Police Suspect Homicide”

“New Study of Obesity Look for Larger Group”

“Hospitals are Sued by 7 Foot Doctors”

“Local High School Dropouts Cut in Half”

“Typhoon Rips Through Cemetery; Hundreds Dead”

“Red Tape Holds Up Bridge”

“Man Struck By Lightning: Faces Battery Charge”

The Official Canadian Temperature Conversion Chart

50° Fahrenheit (10° C)

- Californians shiver uncontrollably.
- Canadians plant gardens.

35° Fahrenheit (1.6° C)

- Italian Cars won't start
- Canadians drive with the windows down

32° Fahrenheit (0° C)

- American water freezes
- Canadian water gets thicker.

0° Fahrenheit (-17.9° C)

- New York City landlords finally turn on the heat.
- Canadians have the last cookout of the season.

Stay warm Probian, Spring is on the way!

LAKE SUPERIOR FACTS

Lake Superior contains ten percent of all the fresh water on the planet Earth.

It covers 82,000 square kilometers or 31,700 square miles.

The average depth is 147 meters or 483 feet.

There have been about 350 shipwrecks recorded in Lake Superior.

Lake Superior is, by surface area, the largest lake in the world.

A Jesuit priest in 1668 named it Lac Tracy , but that name was never officially adopted.

It contains as much water as all the other Great Lakes combined, plus three extra Lake Eries .

There is a small outflow from the lake at St. Marys River (Sault Ste Marie) into Lake Huron, but it takes almost two centuries for the water to be completely replaced.

There is enough water in Lake Superior to cover all of North and South America with water a foot deep.

Lake Superior was formed during the last glacial retreat, making it one of the earth's youngest major features at only about 10,000 years old.

The lakes deepest point is 405 meters or 1,333 ft.

There are 78 different species of fish that call the big lake home.

The maximum wave ever recorded on Lake Superior was 9.45 meters or 31 feet high.

If you stretched the shoreline of Lake Superior out to a straight line, it would be long enough to reach from Duluth to the Bahamas.

Over 300 streams and rivers empty into Lake Superior with the largest source being the Nipigon River .

The average underwater visibility of Lake Superior is about 8 meters or 27 feet, making it the cleanest and clearest of the Great Lakes. Underwater visibility in some spots reaches 30 meters.

In the summer, the sun sets more than 35 minutes later on the western shore of Lake Superior than at its southeastern edge.

Some of the world's oldest rocks, formed about 2.7 billion years ago, can be found on the Ontario shore of Lake Superior.

It very rarely freezes over completely, and then usually just for a few hours.

Complete freezing occurred in 1962, 1979, 2003 and 2009.

Thanks to Russ Donaldson for this interesting data.

Out of the mouths of Babes!

A grandmother was telling her little granddaughter what her own childhood was like: "We used to skate outside on pond. I had a swing made from a tire, and it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. > "I can't read."

Thanks to **Joe Howieson** these gentle words.

Inner Peace:

***This is so true
If you can start the day
without caffeine,
If you can always be cheerful,
ignoring aches and pains,***



***If you can resist complaining and boring people
with your troubles,***

***If you can eat the same food every day and be
grateful for it,***

***If you can understand when your loved ones are too
busy to give you any time,***

***If you can take criticism and blame without
resentment ,***

If you can conquer tension without medical help,

If you can relax without liquor,

***If you can sleep without the aid of drugs...then you
are probably the family dog!***