

# The BIAN

Monthly Newsletter of the Probans Club of Cobourg and District

May, 2010  
 Editor Bill Johnson  
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## Presidential Decree



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

**WOW!** What a meeting. And on April Fool’s Day to boot. Those Easter Bonnets were lovely and winner photos appear below so you may see for yourselves just what you missed if you were not in attendance. The **Best Bonnet Award for Excellence** was won by **Eleanor Cobb**. Second prize went to a very imaginative **Doreen West** for her scarf collection design, while third place went to new member **Jim Stockdale** whom we suspect may have been a Shriner in a previous life. Each winner received an Easter pen to mark the occasion.

The **Easter Card Exchange** proved to a great way for members to intermingle with each other and meet Probans you may have missed being introduced to before. Marie and I would like to thank the Easter Ladies who distributed and cards; **Marlene Stothart, Mararete Easton, Julia Ford and Edna Head.**

Be sure to check the **Coming Events** listing on **page 5** of this issue. We have some interesting plans unfolding and you will not want to miss a single one of them.

*Acting Co-President Kathy Cole*

## The “Cats” in the Hats



**Eleanor Cobb**, left, 1st prize winner was wished well by **Marilyn Ryan**



**Doreen West** showed what a little imagination can do with a drawer full of scarves.



**Jim Stockdale** looked a little like a Shriner, Bunny Fez and all.

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**Probans Spring Fling- Belleville – May 26th**  
**Featured Speaker – Wilf Wilkenson**  
**Past-President of Rotary International**

## Automobile Service Tips for Seniors

It’s a little known fact, but; cars tend to rust more in the spring than they do in the winter.

During a typical Canadian winter the municipalities across the nation spread a variety of chemicals on the road, everything from calcium chlorides to common road salt. The fact is these chemicals coat a car's body (inside and out). Wait it gets worse.

Also imbedded in the seams and crevasses, is mud. This stuff develops over time as road dust mixes with the moisture in the air. It sticks like glue. Actually in the winter this chemical mixture of salt, chlorides, mud and water is quite benign. It’s frozen solid. Inactive. It’s when things warm up that - things warm up. The chemicals become active and start to damage the metal. The mud holds the moisture and corrosion begins. Given these facts what can an owner do to make their ride last longer?

First off let’s clear out as much of the dirty mud as possible. Many think that running the vehicle through the car wash is a start.

*Continued on page 2*

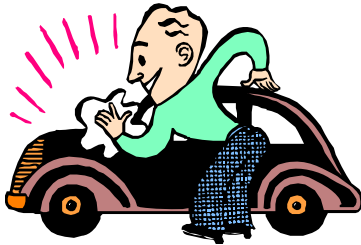
**Automobile Service Tips** – continued from page 1  
Actually it should be the last thing you do. A lot of the car washes recycle their water. That is they wash cars with dirty water and then rise with clean water at the end of the run. In the spring that recycled water is full of the very chemicals you want to get rid of. The best thing is to wash the car yourself. As soon as the weather allows pull out the hose and get ready to wash. Actually hand washing is the best way to actually see how much damage the winter has caused.

As this will probably be the first time you have seen the passenger side of the car since the fall, you'll be amazed as to the amount of nicks, scratches and stone chips that have collected of the season.

After having soaped down the vehicle it's time to rinse. By the way use a soap designed for washing cars, not dish soap. Dish soap is too harsh for today's high tech paints.

Start your rinse at the top of the vehicle. Run the hose at the base of the windshield on either side of the vehicle. You will notice that water comes out near the back wheel. Modern cars are designed to allow owners to flush the rocker panels.

Run the water till it flows clear. Next run the water at the base of the door glass. Again we are going to flush out the drain holes. Run the water till it flows clear.



After the body dries touch up any scratches and nicks with a matching touch-up paint. Here's a tip. If you can't match the paint use a clear nail polish. The idea is to seal the paint. Lastly a coat of wax and you are good to go.

**Source: Auto Sympatico sponsored by  
GM Goodwrench Service**

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### **Bits & Pieces**

A man never knows how careful he can be until he buys a new car or wears a pair of white shoes.

Never do card tricks for a group you play poker with.

Change is what a person wants on a vacation ... and a lot of currency too!

Living on earth is expensive, but it does include a free trip around the sun every year. **From George Buntin**

### **Save on Cell Phone Charges**

Cell phone companies are charging \$1.00 to \$1.75 or more for 411 Information calls. Since no one carries a telephone directory in their vehicle, they get away with it.

When you need to use the 411 information option, simply dial 1(800) FREE 411, or 1(800)373-3411, you will incur no charge. This works on your home telephone as well.

If you enter this number into your cell phone, you will always have a way to get a phone number if you need one.

This is the kind of information people don't mind receiving, so pass it on to your family and friends.

**Submitted by Russ Donaldson**

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### **Call for Volunteers**

### **Seniors Making Learning Happen**

The Learning Disabilities Association of Peterborough – Northumberland Services, is launching a new computer based tutoring program at the local Baltimore Public School. This program is aimed at learning disabled/learning challenged students.

If you are a senior who can devote one hour per week to help a student learn and grow, have computer basic skills you would like to use more, and are willing to learn and grow yourself, you are the person for whom we are looking to act as a program volunteer.

Program training will be provided at the Baltimore Public School and support will be available.

If you have one hour to spare each week, beginning in September, and would like to experience the joy of seeing a child learn new skills and understanding, while learning new skills yourself, please contact **Mary-Lou Maillet**, Resource Facilitator at 905-377-9414 or email [ldanorth@bellnet.ca](mailto:ldanorth@bellnet.ca)

**This program is funded by the Government of Canada's New Horizons for Seniors program.**

## **Natural home remedies: Stress**

Your body is designed to handle brief periods of stress from time to time. But too much isn't good for body or soul. Take control of your stress naturally with these tips.

Even when you can't change a difficult situation, you have some control over the way you deal with [stress](#). So if you're pulling out your hair, biting your nails to the quick, or worrying yourself into a tizzy, try these techniques to loosen stress's grip and restore a sense of sanity.

### **Dose with de-stressors**

- Ever since ancient Greeks began enjoying chamomile [tea](#), it has been praised for its healing properties.

Today, when an estimated one million cups are drunk each day throughout the world, **herbalists and naturopathic doctors praise chamomile as a wonderful remedy for stress.** Drink one cup three times a day.

- You can also add chamomile, along with other calming herbs such as lavender and valerian, to bathwater for a nerve-soothing soak. Wrap the dried herbs in a piece of cheesecloth and hold it under the faucet while you fill the tub.

- Get more vitamin C. In one study, under-pressure people who took 1,000 milligrams of C had milder increases in blood pressure and **brought their stress hormone levels back to normal more quickly than people who didn't take it.**

### **Beat stress with your mind**

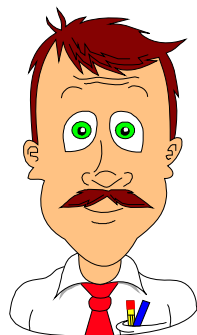
- Closely studied by Dr. Herbert Benson of Harvard University, **the relaxation response has been clinically proven to short-circuit stress.** Sit in a comfortable position in a quiet place. Close your eyes. Now choose a word or phrase to focus on ("It's okay," for example).

As you concentrate on breathing in and out, repeat the phrase each time you exhale.

If you get distracted by other thoughts, gently put them out of your mind and return to your word or phrase.

Continue for 10 to 20 minutes. Practice at least once a day.

Research has found that music can reduce heart rate, blood pressure and even levels of stress hormones in the blood. Take a break and listen to music you find soothing, whether it's jazz, classical or something else.



Do time- travel exercise. When you're feeling knotted up with some immediate concern, remember something that had you feeling equally tense a year ago.

How important does it seem today? Now try and project a year into the future, and look back on your present dilemma. Chances are that "leap forward" will give you a better perspective on what you are going through now.

### **Take a progressive approach**

- When you feel especially tense, try a technique called progressive relaxation. Sit or lie down in a quiet, comfortable place. Close your eyes. Now curl your toes as hard as you can for 10 seconds. Then relax them. After your toes, tense and relax your feet, legs, belly, fingers, arms, neck, and face. In other words, progressively "work" the tension all the way from the tips of your toes to the top of your head, and then "let it go."

### **Take steps to prevent stress**

- Get out for a [walk](#) or do some other form of exercise for at least 20 minutes, three times a week. Exercise boosts feel-good brain chemicals called endorphins, which lift your mood and make you feel less anxious.

- Limit your consumption of alcohol, caffeine, and sugar; and if you smoke, quit. **All of these substances can fire up your body's fight-or-flight response,** contributing to physical symptoms of stress like a racing heart, trembling, clammy hands, anxiety, and irritability.

- Take up a calming hobby. Knitting, working on puzzles, reading, or some other favorite pastime can help you take a breather from the stresses of life.

*Source: Sympatico.ca Health & Fitness.*

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### **When Insults had Class**

These glorious insults are from an era before the English language got down to four letter words.

The exchange between Churchill & Lady Astor:

She said, "If you were my husband I'd give you poison." Churchill replied, "If you were my wife, I'd drink it."

"He has all the virtues I dislike and none of the vices I admire." - Winston Churchill

**Speakers Corner**

**April 1<sup>st</sup> Meeting**



Victoria hall Volunteer Past President **Madeleine Thibault - Smith** was the presenter on April 1 at the Probus Club Of Cobourg's meeting. Madeleine moved to Cobourg with her husband Roy, 10 years ago and has been retired for 8 years. Her professional life included a 30 year career in education, as a French teacher, a pioneer of French Immersion,

**Madeleine Thibault-Smith** a vice-principal, a teacher trainer, a leadership co-coordinator, a principal and a TVO facilitator. Now she keeps busy with numerous volunteer roles in the community.

An important volunteer commitment is Madeleine's interest and participation in Victoria Hall Volunteers. She is the immediate past-president and has been active in chronicling the history of Victoria Hall and the development of the VHV - and that organization's importance in 'guarding' the integrity of this magnificent building.

In addition, she undertook personal, on-line and archival research to write a six-part series last year for 'Northumberland Today' about Victoria Hall as it celebrates its' 150th anniversary this May. She recently assisted with research for an article about Victoria Hall in the last issue of 'Watershed'.

Her presentation to Probus members, done in a story-telling form, was remarkably interesting in creating an understanding of how Victoria Hall, and the VHV came to be.

We were all more appreciative of the wonderful place Victoria Hall plays in the life of Cobourg, after her insightful presentation, realizing how fortunate we are as Cobourgites, that forward thinking folks not only built this grand old building in the 1850's, but that other forward-thinking people saved it in the 1970's and beyond.

May we all celebrate its' 150th anniversary this May with a high level of civic pride!!

Thank you Madeleine for helping us to appreciate our heritage!

*Submitted by Bert MacMillan*

**April 15<sup>th</sup> Meeting**



**Doreen Guy** introduced the speaker to-day, member **Toni Thompson** who spoke on Dressage Horse Competitions. Toni started riding horses at the age of two in England. She immigrated to Canada in 1949 and still had love for horses. Since then she has taught in two separate summer Olympics.

**Toni Thompson**

Toni is a member of **Dressage Toronto Hall of Fame**. With the help of videos she explained the different performing trot movements - collected, medium, extended and working. With another video we were shown basic dressage and freestyle dressage (performing to music). The rider uses hands and leg movements as signals to the horse. No talking to the horse is allowed. The participant would lose marks if they are caught talking.

Tests are made up of a certain number of movements to music. Toni and another lady were judging at an event and she noticed the horse was likely to jump over their judging table. However they quickly hid underneath the table when the horse jumped over the table and were okay.

The horse and rider are two athletes in total accord. Toni was thanked by **Audrey Levtov** for her enthusiastic talk.

*Submitted by Ross Adams*

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**Canadian Sayings**

It's okay to steal from the government or the CPR.  
It was probably yours in the first place!

***That tea is so weak it comes out of the pot on crutches.***

He's so ugly that when he was born the doctor slapped his mother.

***He likes work so much he could sit and watch it all day!***

Meet our new members



**Introducing Ann Cohen and Jim Stockdale**

**Ann Cohen** was born in Montreal. She moved to the GTA in 1984 for better job opportunities and lived and worked in Mississauga for the last 20 years. She said “I enjoyed that city and certainly the mayor, Hazel McCallion.”

Retiring in 2008 she moved to Cobourg, in November 2009. Her eldest daughter was here and for many years, Ann visited with her and she would show her about town and the surrounding areas. Ann was often here for the festivals and cultural events. Being familiar with the town it was easy to imagine living here. However, she was very glad when this club was suggested to Jim and her. “It provides the perfect opportunity to meet new people” Ann Said..

**Jim Stockdale** was born and raised in Beaconsfield QC a suburb of Montreal. He worked for some years for the CIBC and then a good number of years with The Standard Life Assurance Co. Jim had the good fortune to have lived and worked on both coasts of this beautiful country – 7 years in Halifax and 10 years in Vancouver as well as in Toronto (Mississauga) and Montreal. He and his wife chose Cobourg as the place they wished to retire to and did so last summer. They love this community and are looking forward to really getting to know it and the community better.

Be sure to extend a warm Probus welcome to both of our new members at your first opportunity.

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**Right: Warren Harvey** and his committee, are hard at work on this years **Fall Colour Car Tour**. Last year’s tour was one of the best ever and this year’s should be even better. Watch for more information coming soon and plan to attend.

**Coming Events**

**Mark Your Calendars**



**May 7<sup>th</sup> & 8<sup>th</sup> – PETTICOAT LANE SILENT AUCTION** in support of the Northumberland Hills Hospital Auxiliary.  
Friday May 7<sup>th</sup> – 10:00a.m. until 5:00 p.m.  
Saturday May 8<sup>th</sup> – 10:00a.m. until 4 p.m.

**May 20<sup>th</sup> – Regular Meeting – Theme to be announced.**

**May 26<sup>th</sup> - Probus Spring Fling 2010 – Belleville**  
Doors open at 8:15 a.m., program begins at 9:30 a.m.  
A great inter-club meeting. Luncheon to follow.

**June 3<sup>rd</sup> - Regular Meeting – Theme to be announced.**

**June 17<sup>th</sup> - Regular Meeting – Theme – Water**

**June 24<sup>th</sup> 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. Watch for more information to follow

**July 1<sup>st</sup> - CANADA DAY- NO MEETING Show your pride - Fly the Flag**



**July 15<sup>th</sup> – SPECIAL MEETING 11:00 a.m. in Victoria Park as Cobourg Probus remembers.** This will be the 12<sup>th</sup> annual tree planting in memory of those Probians who left us during the past year. Luncheon to follow in the Lions Pavillion .

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*Helen Cortesis*



*Larry Flood*



*Phyllis McBride*

## **More “Cats” in the Hats**



*Pug Heenan*



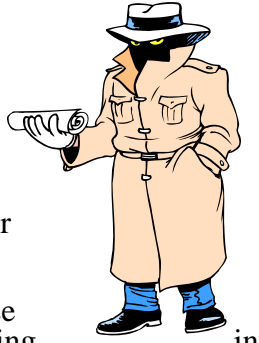
*Elma Parker*

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***Looking for new place for lunch?  
Even if you don't golf, there's a place waiting for you  
at the Probus Golf Day Luncheon – Thursday, June 24<sup>th</sup>  
at Shelter Valley Pines Golf Club at 12 Noon!  
Your choice – Chicken or Steak – just \$15.00  
Come a little early and enter the FREE putting contest!  
Maybe even win a prize! Tickets on sale soon!***

**Safety for your home...worth the read.**

**THINGS YOUR BURGLAR  
WON'T TELL YOU:**



1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
2. Hey, thanks for letting me use the bathroom when I was working your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
3. Love those flowers. That tells me you have taste... and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it..
5. If it snows while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom - and your jewelry. It's not a bad idea to put motion detectors up there too.
8. It's raining, you're fumbling with your umbrella, and you forget to lock your door - understandable. But understand this: I don't take a day off because of bad weather.
9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.
11. Here's a helpful hint: I almost never go into kids' rooms.
12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.

13. A loud TV or radio can be a better deterrent than the best alarm system .If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television. Find it at <http://www.faketv.com/>

*Two or three Probian's forwarded this to me.  
Thanks to each of you.*

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**Older folks deserve to have a little fun!**



Working people frequently ask retired people what they do to make their days interesting.

Well, for example, the other day my wife and I went into town and went into a shop. We were only in there for about 5 minutes. When we came out, there was a cop writing out a parking ticket. We went up to him and said, 'Come on man, how about giving a senior citizen a break?'

He ignored us and continued writing the ticket. I called him a Nazi. He glared at me and started writing another ticket for having worn tires.

So my wife called him a shit-head. He finished the second ticket and put it on the windshield with the first. Then he started writing a third ticket. This went on for about 20 minutes. The more we abused him, the more tickets he wrote.

Personally, we didn't care. We came into town by bus and the car had a Quebec sticker. We try to have a little fun each day now that we're retired. It's important at our age.

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***Words of wisdom***

Knowledge comes, but wisdom lingers.  
*Lord Tennyson*

Do not regret growing old.  
It is a privilege denied many!  
*Anon.*

## WRONG E-MAIL ADDRESS

This one is priceless. A lesson to be learned from typing the wrong email address!!

A Minneapolis couple decided to go to Florida to thaw out during a particularly icy winter. They planned to stay at the same hotel where they spent their honeymoon 20 years earlier.

Because of hectic schedules, it was difficult to coordinate their travel schedules. So, the husband left Minnesota and flew to Florida on Thursday, with his wife flying down the following day.

The husband checked into the hotel. There was a computer in his room, so he decided to send an email to his wife.

However, he accidentally left out one letter in her email address, and without realizing his error, sent the e-mail.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory following a heart attack.

The widow decided to check her e-mail expecting messages from relatives and friends. After reading the first message, she screamed and fainted. The widow's son rushed into the room, found his mother on the floor, and saw the computer screen which read:

To: My Loving Wife  
Subject: I've Arrived  
Date: May 6, 2010

I know you're surprised to hear from me. They have computers here now and you are allowed to send emails to your loved ones. I've just arrived and have been checked in. I've seen that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then! Hope your journey is as uneventful as mine was.

P. S. Sure is freaking hot down here!!!!

Thanks to **Lori Bernstein** for this amusing story.

## The Last Word!

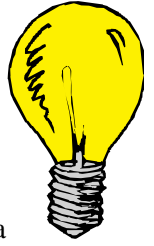
**The Probian Newsletter** is published once each month and distributed at the first meeting each month. Material forwarded for consideration for publishing should reach the editor not later than 12 days prior to the first meeting each month. Material should be emailed in plain text, preferably in 12 point Times Roman, black and white. Photos are always welcome, but please reduce them in size before sending. This is your newsletter and your suggestions are always welcome. Send material to:

[wjohnson@eagle.ca](mailto:wjohnson@eagle.ca). Thank you.



## It's time to start

### reading the labels!



A physics teacher in high school, once told the students that while one grasshopper on the railroad tracks wouldn't slow a train very much, a billion of them would. With that thought in mind, read the following, obviously written by a good Canadian.

Good idea. **One light bulb at a time!**

Check this out: I can verify this because I was in Lowe's the other day for some reason and just for the fun of it I was looking at the hose attachments. They were all made in China. The next day I was in Home Hardware and just for the fun of it I checked the hose attachments there. They were made in Canada!

In our current economic situation, every little thing we buy or do affects someone else - even their job. So, after reading this e-mail, I think this lady is on the right track. Let's get behind her!

She said: "My grandson likes Hershey's candy. I noticed, though, that it is marked made in Mexico now. I do not buy it any more. My favorite toothpaste, Colgate, is made in Mexico now. I have switched to Crest. You have to read the labels on everything.

This past weekend I was at Wal-Mart. I needed 60W light bulbs. I was in the light bulb aisle, and right next to the GE brand I normally buy was an off-brand labeled, "Everyday Value." I picked up both types of bulbs and compared the stats - they were the same except for the price. The GE bulbs were more money than the Everyday Value brand but the thing that surprised me the most was the fact that GE was made in MEXICO and the Everyday Value brand was made in - get ready for this - in Canada in a company in Ontario. Their Equate products are also made in Canada, and are very good.

So throw out the myth that you can not find products you use every day that are made right here. My challenge to you is to start reading the labels when you shop for everyday things and see what you can find that is made in Canada. The job you save may be your own or your neighbour's! (Your children & grandchildren also)

If you accept this challenge, pass it on to others in your address book so we can all start buying Canadian, one light bulb at a time! Stop buying from overseas companies! We should have awakened a decade ago.

Let's get with the program. Help our fellow Canadians keep their jobs and create more jobs here in Canada.

**Read the labels before you buy!**