



THE COBOURG PROBIAN

Volume 15, Number 2, November, 2008

The Probus Club of Cobourg and District

P.O. Box 63, Cobourg, Ontario K9A 4K2

Next Meeting: November , 20th, 2008

THIS SPACE RESERVED FOR PRESIDENT'S MESSAGE

SPEAKERS AND EVENTS

NOV. 6th Not confirmed

NOV. 20th **John Smith**
Elephant Riding in Africa

NOV. 28th **Trip to the Legislature**, Victorian Tea from 1 to 3 pm \$45.00 for bus trip and tea. Waiting list.

Dec. 4th **Pat Hamilton**
Tap Dancing Class

DEC. 18th **CHRISTMAS PARTY.** Mark your calendar for this festive party being planned by your Committee. Watch for details.

JAN. 15th **Tara Borwick**
Stream Steward Program

JAN. 30th **ON GOLDEN POND** dinner theatre at the Best Western. A touching, funny, and warmly perceptive study of a spirited and lovable elderly couple facing their twilight years.

DEM BONES - DEM BONES

Heather Easton was our speaker on Osteoporosis Strategy at the October 17th meeting. One in four women over the age of 50 and one in eight men are at risk. However, the disease can strike adults at any age. Osteoporosis is called "the silent thief" because it gradually robs bones of strength over time. Often there is no symptom until a fracture occurs. A bone mineral density test is the most accurate test for diagnosing osteoporosis.

Osteoporosis is a disease characterized by low bone mass and deterioration of the bone tissue, causing bone to thin and become weak. This leads to increased risk of fractures, particularly of the hip, spine and wrist. When bones are severely weakened by osteoporosis, even simple movements such as bending over or

twisting can cause fractures. The Ontario government says there are 25,000 hip fractures a year and 20 to 25 percent die of resulting complications in the first year following the fracture, others may lose their independence.

Eat a healthy diet, avoid caffeine, alcohol and smoking and of course, space travel. To get the calcium you need, consider a supplement and vitamin D helps the body absorb calcium and get lots of exercise, especially weight-bearing exercise, was the message left by Ms. Easton.

MEMBERS TO THE RESCUE

We're never stuck "for loss of words," when a designated speaker cancels, as happened Oct. 2nd. We're lucky to have great standbys in our club to rise to the occasion.

STONE AVERY always has a few good memories of his favourite haunts in Sault Ste. Marie. His colourful description of his trip to Agawa Canyon would out perform the best travel agent. Who could resist a trip to Agawa Canyon after hearing Stone?

Of course, we have our great Scot, JOHN SIMPSON, relating his story of two couples attending an event when some boisterous college teens threw a wad of gum that landed on John's new shirt. After complaining to all the right sources, John was not only reimbursed for the cost of the shirt, the cost of the tickets and also meals for four, but on John's instructions, Margaret put the shirt in the freezer and the gum came off. Leave it to John to come out on the winning side every time.

JIM SANDHAM told of his horrendous sail boat experience in gale-force winds when touching land again was a great relief.

RUSS DONALDSON told about receiving the "pink slip" from Bell after 34 years experience. What's a 53-year-old unemployed supposed to do at that ripe old age? Well, Russ had always been interested in baseball. So he went to lunch with some Blue Jay big-wigs who were looking for crowd recruits and found himself sitting among nine big macho ex-police officers who were miffed at the "little guy" who had the nerve to compete with them for this job. Russ was issued with special shirts and radios, determined to make his ex-police buddies get used to the idea that 'the little guy' was here to stay.

Russ retired at the end of 1995 and says losing his Bell job was the best thing that ever happened to him.

NEW MEMBERS WELCOMED

Four new members were welcomed into the Probus club at our October 2nd meeting. Margaret Hinchliffe, Annelies Litchenberger, Mary Stafford and Doug Ward will get their new badges and we'll look forward to their presence at all our functions.

TAKE TIME TO REMEMBER

Olive Reid and Miriam Johnson are residents of the Golden Plough and would like visits from old friends. Olive had memory problems but for a few brief moments a visitor brightens her day. Miriam is attached to the oxygen tank but enjoys catching up on all the local news. Nothing like old friends to brighten the day.

CHRISTMAS PARTY

Big plans are under way for the annual wing-ding at Lion's Centre. Elgin St. on Thursday December 18th, social hour 6 to 7 p.m. followed by a served Christmas dinner with all the trimmings at 7 p.m. Cash Bar.

Tickets \$45. Music and entertainment by The McNamara Ensemble. Many lucky draw prizes. Keep your ticket stubs. There will be a draw for 2 nights at a Toronto Luxury Hotel **OR** First Class Via tickets for two Cobourg- Quebec City Corridor. Your Christmas Party Committee are working hard to make this a memorable evening.

OH CANADA STAND TALL

(Submitted by George Buntin)

British Newspaper salutes Canada, By Kevin Meyer, The Sunday Telegraph, London.

Until the deaths of Canadian soldiers killed in Afghanistan, probably almost no one outside their home country had been aware that Canadian troops are deployed in the region. And as always, Canada will bury the dead, just as the rest of the world, as always will forget its sacrifice, just as it always forgets nearly everything Canada ever does. It seems that Canada's historic mission is to come to the selfless aid both of its friends and of complete strangers, and then, once the crisis is over, to be well and truly ignored.

Canada is the perpetual wallflower that stands on the edge of the hall, waiting for someone to come and ask her for a dance. A fire breaks out, she risks her life and limb to rescue her fellow dance goers, and suffers serious injuries. But when the hall is repaired and the dancing resumes, there is Canada, the wallflower still, while those she once helped glamorously cavort across the floor, blithely neglecting her yet again.

For much of the 20th century, Canada was torn in two different directions: It seemed to be a part of the old world, yet had an address in the new one, and that divided identity ensured that it never fully got the gratitude it deserved. Yet it's purely voluntary contribution to the cause of freedom in two world wars was perhaps the greatest of any democracy. Almost 10% of Canada's entire population of seven million people served in the armed forces during the First World War, and nearly 60,000 died. The great Allied victories of 1918 were spearheaded by Canadian troops, perhaps the most capable soldiers in the entire British order of battle.

Canada was repaid for its enormous sacrifice by downright neglect, its unique contribution to victory being absorbed into the popular Memory as somehow or other the work of the 'British.' The Second World War provided a re-run. The Canadian navy began the war with a half dozen vessels, and ended up policing nearly half of the Atlantic against U-boat attack. More than 120 Canadian warships participated in the Normandy landings, during which 15,000 Canadian soldiers went ashore on D-day alone. Canada finished the war with the third largest navy and the fourth largest air force in the world. The world thanked Canada with the same sublime indifference as it had the previous time.

Moreover, Canada is every bit as querulously alert to the achievements of its sons and daughters as the rest of the world is completely unaware of them. The Canadians proudly say of themselves – and are unheard by anyone else – that 1% of the world's population has provided 10% of the world's peacekeeping forces. So who today in the United States knows about the stoic and selfless friendship its northern neighbour has given it in Afghanistan?

Rather like Cyrano de Bergerac, Canada repeatedly does honourable things for honourable motives, but instead of being thanked for it, it remains something of a figure of fun. It is the Canadian way, for which Canadians should be proud, yet such honour comes at a high cost. This past year more grieving Canadian families knew that cost all too tragically well.

Lest we forget.

THE PREACHER'S SON
(Contributed by John McFarlane)

An old country preacher had a teenage son, and it was getting time the boy should give some thought to choosing a profession. Like many young men, the boy didn't know what he wanted to do, and he didn't seem too concerned about it. One day, while the boy was away at school, his father decided to try an experiment.

He went to the boy's room and placed in his study four objects:

- a bible,
- a silver dollar,
- a bottle of whiskey and
- a Playboy magazine.

"I'll just hide behind the door," the old preacher said to himself, "when he comes home from school that afternoon, I'll see which object he picks up.

"If it's the bible, he's going to be a preacher like me, and what a blessing that would be! If he picks up the dollar, he's going to be a businessman, and that would be okay, too. But if he picks up the bottle, he's going to be a no-good drunkard, and Lord, what a shame that would be. And worst of all, if he picks up that magazine, he's going to be a skirt-chasin' bum."

The old man waited anxiously, and soon heard his son's footsteps.

He entered the house whistling and headed for his room. The boy tossed his books on the bed, and as he turned to leave the room he spotted the objects on the table. With curiosity in his eye, he walked over to inspect them. Finally, he picked up the Bible and placed it under his arm. He picked up the silver dollar and dropped it in his pocket. He uncorked the bottle and took a big drink while he admired this month's centrefold.

"Lord have mercy," the old preacher whispered, "He's gonna be a politician!"

SMILES FOR THE DAY

It's always darkest before the dawn. So if you're going to steal your neighbours newspaper, that's the time to do it.

Don't be irreplaceable. If you can't be replaced, you can be promoted.

The journey of a thousand miles begins with a broken fan belt or a leaky tire.

If you think nobody cares if you're dead or alive, try missing a couple car payments.

If you tell the truth, you won't have to remember anything.

Everybody seems normal until you get to know them.

A closed mouth gathers no foot.

If at first you don't succeed, skydiving is probably not for you.

Contributions to the Probian welcome. Elma Parker at elmapar@eagle.ca or 534 Lakeshore Rd. Cobourg