

The PR BIAN

Monthly Newsletter of the Probust Club of Cobourg and District

Presidential Decree



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

THE WEARING OF THE GREEN

The Club celebrated St. Patrick's Day on the 18th - we were always a little different. It was great to see so many wearing green - even though some couldn't find any Irish in their ancestry. **Bill Johnson** had threatened to wear orange but instead wore a green tie with beer steins on it. Way to go Bill.

Margaret Easton was entirely dressed in green. **Mary Buckley** and her daughter were stupendous in their green outfits with the largest green glasses ever seen.

Everyone looked great. Too bad the Simpsons were away as we had bought John an Irish hat to wear, as we know he couldn't afford a trip to the \$ store. A big “thank you” to **Stone Avery** for attempting to sing some Irish Ballads - too bad no one knew the words.

Mae who works for the Best Western is retiring and was given a rousing send off when introduced by Russ. Mae has catered to our needs since the Club started meeting at the Best Western nearly 15 years ago. Thank you Mae.



Everyone should seriously consider **Don Morrison's** golf and lunch date on June 24th at the **The Golden Girls set the pace!**

beautiful location of Shelter Valley. Many of us do not golf but we could all enter a putting contest and enjoy a lovely lunch for only \$15.00! Sounds like a perfect way to spend a day. Tickets will be on sale soon, come and try to beat Kathy and Marie in the putting contest.

Mark your Calendars!

Thursday, June 24th is Probust Golf Day!

Watch for more news and information at future Probust meetings and plan to join us for 9 holes of glorious golf and lunch, come for the luncheon alone!

or –

Why not make up a foursome and come join in the fun and fellowship?

Carts are available and the course is truly beautiful. Make day of it!

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How To Begin An Exercise Program

The key to a successful program is selecting an activity (or activities) that you will enjoy. Even moderate levels of activity can provide important health benefits. Here are some questions that can help you choose the right kind of activity:

1. How physically fit are you?

If you've been inactive for some time, you may want to start with walking or swimming at a comfortable pace. Beginning with less strenuous activities will allow you to become fitter without straining your body. Once you're in better shape, you can gradually change to a more vigorous activity if you wish.

2. How old are you?

If you're 40 or older and have not been active for a while, avoid strenuous activities such as jogging when you're first starting out. For the first few months, build up the length and intensity of your activity gradually. Walking and swimming are especially good forms of exercise for all ages and levels of fitness.

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3. What benefits do you want from exercising?

If you want the benefits of exercise that condition your heart and lungs, there are activities that will accomplish that. Check with your doctor to make sure the exercises you choose are right for you.

4. Do you like to exercise alone or with other people?

Do you prefer individual activities such as swimming, team sports such as soccer, or two-person events such as tennis? Exercising with a friend can help you get started and keep you going. If you want to exercise by yourself, that's fine too.

5. Do you prefer to exercise outdoors or in your home?

Outdoor activities offer varieties in scenery and weather. Indoor activities provide shelter from the weather and the convenience of exercising at home as with equipment such as a treadmill or a stationary bicycle. Some activities such as bench stepping, running in place, or skipping rope can be done indoors or outdoors. If your main exercise can be seriously affected by weather, then choose a second, alternate activity. Then you can switch activities and still stay on your regular schedule.



6. How much money are you willing to spend for sports equipment or facilities?

Many activities need little or no equipment. For example, brisk walking only requires you to have a comfortable pair of walking shoes. Many communities offer free or inexpensive recreation facilities and physical activity classes.

7. When can you best fit an exercise program into your schedule?

Although most experts suggest exercising in the mornings is ideal, if that's not convenient for you, you can do it at another time. If you're going to exercise in the evening, just remember to do it at least two hours before your bedtime.

Something to think about!

*Honey whets the appetite, and so does wisdom!
When you enjoy becoming wise, there is hope for you!
A bright future lies ahead!*

Proverbs 24:13:14

Wonder Words

These fit so well they should be in a dictionary.

ADULT: *A person who has stopped growing at both ends and is now growing in the middle.*

BEAUTY PARLOUR: *A place where women curl up and dye.*

CANNIBAL: *Someone who is fed up with people.*

CHICKENS: *The only animals you eat before they are born and after they are dead.*

COMMITTEE: *A body that keeps minutes and wastes hours.*

DUST: *Mud with the juice squeezed out.*

EGOTIST: *Someone who is usually me-deep in conversation.*

HANDKERCHIEF: *Cold Storage.*

INFLATION: *Cutting money in half without damaging the paper.*

MOSQUITO: *An insect that makes you like flies better.*

RAISIN: *Grape with sunburn.*

SECRET: *Something you tell to one person at a time.*

SKELETON: *A bunch of bones with the person scraped off*

TOOTHACHE: *The pain that drives you to extraction.*

TOMORROW: *One of the greatest labour saving devices of today.*

YAWN: *An honest opinion openly expressed
and MY Favourite!!*

WRINKLES: *Something other people have, similar to my character lines.*

Submitted by Russ Donaldson.

Speakers Corner



Bruce Craig Lakefront Utilities Systems.

March 4th Meeting

“Everything You Ever Wanted To Know About ‘Smart Meters’ & More”

Your Programming Committee is devoting the month of March to the greening of our community. With this in mind our speaker today was **Bruce Craig**, CEO

Bruce reviewed briefly the 5 components making up Lakefront’s operations and then dealt specifically with the subject of Smart Meters.

Lakefront is owned by the citizens of Cobourg. Its mandate is to buy electricity from the provincial grid and deliver it to our homes. The wholesale rates are dictated by the province. The retail rate reflects the cost of the electricity plus the cost of delivering it to our homes.

The province - faced with rising costs and power shortages, has chosen to use conservation as a means of controlling costs. Smart Meters will be used to shift the load on the grid, thus controlling costs. Rates will be dictated by “time of use” and “user pay” measures. The most economical electricity will be available between 9PM & 7AM. Time sensitive pricing will vary during summer & winter and rates will be reviewed and adjusted (probably upwards) by the province on an ongoing basis.

It was also pointed out that on July 1st the introduction of the HST will impact the purchase price of our electricity by 8%. Again, this is separate from the introduction of Smart Meters.

In summary, Mr. Craig suggested we have 12 to 18 months before Smart Metering in Cobourg will go into operation, sometime in 2011.

Judging from some of the questions from the floor it was apparent that our members were prepared to **“shoot the messenger”**. Talk to Mr. Rinaldi or Mr. McGinnty, folks. All Lakefront Utilities is responsible for is buying electricity on your behalf and delivering it to your house. It’s YOUR company!

Submitted by Russ Donaldson



Sarah Holland and District Horticultural Society.

March 18th Meeting

Bert MacMillan introduced speaker **Sarah Holland**, President of the Cobourg Horticultural Society, at the March 18th meeting . During her presentation Sarah pointed out that last year, the floral clock in Victoria Park commemorated the **150th anniversary** of the **Cobourg**

The presentation was illustrated with photos of many prominent as well as secluded beauty spots in the area created by the Society's members. Probians were invited to take time to smell the roses in the Victoria Park garden, or to stop and admire the garden designed and by the Cobourg Horticultural Society at the 5-corners, across from the library, with its stone plaque and Hoselton sculptures, rescued from their former location.

The Cobourg Society hosted the 2009 Horticultural Society conference, where 155 centre pieces of white roses and baby's breath beautified the tables. (The **white rose is Cobourg’s official town flower**). The annual garden tour of the four local horticultural societies: Cobourg, Port Hope, Grafton and Colborne, showed off many creative displays using water, rocks, ponds, driftwood, and Probians were encouraged to “just enjoy a leisurely walk in a local wooded area”.

The society holds its annual plant sale May 22nd (at the Columbus Centre from 9:00 a.m. to 11 a.m.) and flower shows will follow May and August. Amy Reinhart was the recipient of a Horticultural Society scholarship to a student aiming for a career in horticulture.

If you want to turn your brown thumb into a green one, join the Society's members at the Columbus Community Centre on the first Wednesday of the month.

Fran Morrison thanked the speaker on our behalf.

Submitted by Elma Parker



Coming Events of interest to Probian

Mark your calendars for:

April 15th Meeting - Toni Thompson of our club presents "Dressage Horse Competitions.

Toni is a member of Dressage Canada's Hall of Fame, and relatively new member of our club who will speak to us about her extensive experience with this fascinating subject. She hopes to present a video as part of her presentation.

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

Featured speaker - Voyageur Bob -Abrames - world's foremost voyager.

An invitation has been issued to the North Shore and Northumberland Probus Clubs to join us on this occasion. Doors open at 8:30 a.m. - Meeting starts at 9:30 a.m.

May 26th - 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 3rd - Regular Meeting - Theme to be announced.

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. Watch for more information to follow

July 1st - CANADA - 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 12th annual tree planting in memory of those Probian who left us during the past year. Luncheon to follow in the Lions Pavillion .

The Banking Crisis simply explained...

Young Paddy bought a donkey from a farmer for £100. The farmer agreed to deliver the donkey the next day.



The next day he drove up and said, 'Sorry son, but I have some bad news. The donkey's died.'

Paddy replied, 'Well then just give me my money back.' The farmer said, 'Can't do that. I've already spent it.'

Paddy said, 'OK, then, just bring me the dead donkey.' The farmer asked, 'What are you going to do with him?'

Paddy said, 'I'm going to raffle him off.' The farmer said, 'You can't raffle a dead donkey!'

Paddy said, 'Sure I can. Watch me.. I just won't tell anybody he's dead.'

A month later, the farmer met up with Paddy and asked, 'What happened with that dead donkey?' Paddy said, 'I raffled him off. I sold 500 tickets at two pounds a piece and made a profit of £898'

The farmer said, 'Didn't anyone complain?' Paddy said, 'Just the guy who won. So I gave him his two pounds back.'

Paddy now works for the Royal Bank of Scotland.

Thanks to Don Morrison for these words of wisdom.



Cobourg Probus welcomes Jim Hales as our latest new member!

Jim Hales was introduced to Probus by **Angie Poirier** A retired math teacher for 32 years at Fleming College, Jim lived in Port Hope for 14 years and moved to Cobourg last August. As a hobby he enjoys working in stained glass. Be sure welcome Jim.

Cobourg Probus Celebrates St. Patrick's Day!



Does it get any greener than this?

Left, **Mary Buckley** arrives at the meeting wearing the green. Great glasses, Mary. You must spend a fortune on lens cleaner.

Right, **Bob McCurdy** wore a huge green hat that left no doubts as to his willingness to celebrate. Wonder if the Cat in the Hat had a sale, or does he always dress like that? We'll never know!



Left, **Delores Stephenson and Elaine Elliott** catch up on the news during the break. They must be members of "**The Green Hat Society**"

which suddenly seems to be following "**The Red Hat Society**" for local prominence.

Right, **Dagny Snow** was not the least bit shy about her intention to celebrate St. Patrick's Day with a large, shamrock adorned chapeau.



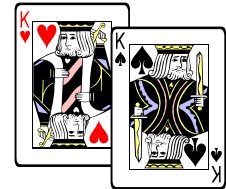
It was truly a day worth celebrating. One wonders if **John Simpson's** absence was an attempt to avoid having to admit Ireland really exists, or was it just that green is not his colour.

Thanks to all who took part in the fun of the 17th.

FLOTSAM AND JETSOM

Each king in a deck of playing cards represents a great king from history: -

Spades - King David
Hearts – Charlemagne
Clubs – Alexander the Great
Diamonds – Julius Caesar



If a statue in the park of a person on horseback has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

San Francisco cable cars are the only mobile national Monument in the U.S.

What do bullet proof vests, windshield wipers fire escapes and laser printers have in common? - All were invented by women.

Which day are there more collect calls than any other day of the year? – Father's Day.

Men can read smaller print than women; women can hear better. (Gentlemen beware)

Coca-Cola was originally green.

It is impossible to lick your elbow (don't even try)

Most boat owners name their boats and the most requested name? **Obsession!**

The only food that doesn't spoil? Honey.

Intelligent people have more zinc and copper in their hair.

And now you know!

Thanks to JSF - the Fox folks for this great trivia.

Kids say the strangest things!

I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Gramma, you forgot to kiss the toilet paper good-bye!"

I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye.

I thought Joe Howieson sent this in, but it must have been Jan because Joe doesn't wear lipstick.

A THOUGHTFUL SCOTTISH HUSBAND?



Did you hear about the thoughtful Scotsman who was heading out to the pub? He turned to his wee wife before leaving and said, Sheila – put your hat and coat on, lassie.'

She replied, 'Awe, John, that's nice - are yee taking me tae the pub with you?'

'Nay', John replied, 'I'm switching the heat off while I'm out.'

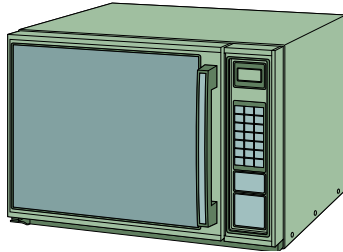
Does this sound like anyone we know?

Thanks to Kathy Cole for this story.

Important Safety Tip

Microwaving Water!

A 26-year old man decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he set the timer for, but he wanted to bring the water to a boil. When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup, he noted that the Water was not boiling, but suddenly the water in the cup 'blew up' into his face. The cup remained intact until he threw it out of his hand, but all the water had flown out into his face due to the buildup of energy. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave scarring.



He also may have lost partial sight in his left eye. While at the hospital, the doctor who was attending to him stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick, tea bag, etc., (nothing metal).

General Electric's Response:

Thanks for contacting us, I will be happy to assist you. The e-mail that you received is correct. Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds! Before moving it or adding anything into it.

Here is what our local science teacher had to say on the matter: 'Thanks for the microwave warning. I have seen this happen before. It is caused by a phenomenon known as super heating. It can occur anytime water is heated and will particularly occur if the vessel that the water is heated in is new, or when heating a small amount of water (less than half a cup).

What happens is that the water heats faster than the vapor bubbles can form. If the cup is very new then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form. As the bubbles cannot form and release some of the heat that has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point.

What then usually happens is that the liquid is bumped or jarred, which is just enough of a shock to cause the bubbles to rapidly form and expel the hot liquid. The rapid formation of bubbles is also why a carbonated beverage spews when opened after having been shaken.'

Thanks to Russ Donaldson for this timely message.

The Last Word



As you have by now seen, this is a six-page edition of the **Probian**. This has come about in direct response to comments received in the **Readership Survey** done early in **Bill Johnson**

March. At that time 56% of respondents opted for either a four-page or six-page newsletter.

The challenge is now to keep all readers happy after 83% replied that they enjoy the content as it is - and 87% enjoy the number and size of photos which appear. I will do my best to follow your wishes, but I need your ongoing input, comments and suggestions, please. The size of future issues will also depend, of course, on the Probian's budget and the amount of news and number of photos available.

There were other suggestions received which I will continue to work on in future issues. One suggestion which came from several replies, was that we include a new member profile when new members join our Probus Club. This will depend on the wishes of new members to bare their souls.

The Probian is your Newsletter. Please continue to let me have your ideas and suggestions. Thank you.

Bill Johnson