

# The **PROBIAN**

Monthly Newsletter of the Probus Club of Cobourg and District

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## Health Tip for Seniors.



*The Bickersons  
j & J Domine*

### *Presidential Decree*

Well! What nice weather for Remembrance Day; warm and sunny. All three Cobourg Probus Clubs laid wreaths. Ours was laid by *Pat Gummer* and *Harry Knapper*. We were impressed with the turnout of veterans and spectators. It was also amazing to see all the young students there; many schools laid wreaths in memory of the veterans. There was also a large contingent of cadets representing all three services – from the new inductees, who made great effort to keep in step, swing alternate arms and keep their dressing; to the very smartly turned out and very capable looking junior

and senior NCO's. We are always pleased and proud to see these cadets. They learn discipline, a sense of responsibility, teamwork and a host of other skills that stand them in good stead, no matter what their future holds.

While we were in Texas, we hope you gave Kathy and Marie a good workout at the meeting on November 19; getting them ready for next year! We look forward to today's meeting, Friday December 4<sup>th</sup> at the Capitol Theatre and our Christmas luncheon on Thursday the 17<sup>th</sup> at the Lions Center. The Christmas Committee has been hard at work to provide us with a wonderful start to the Christmas season. We wish all you and yours a Merry Christmas, filled with family and friends. As always, a "white" Christmas is hoped for, how about on Christmas Day, when we're all organized?!!!!! Our first meeting of the New Year will be held Jan. 7<sup>th</sup>.

j. & J.

*Have you been naughty\*...or nice?*

*Santa is checking his list ...so – if you've been nice why not join a Probus committee and have fun while making new friends?*



*The real strength of Probus is YOU!*

*\* Ladies who have been naughty are encouraged to contact the editor!*

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*The **Probian** wishes you and yours  
a very Merry Christmas and*

*a Happy and most fulfilling New Year!*

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### *Diabetes:*

#### *The Feminine side and the Male perspective:*

There are many differences in the way diabetes affects men and women. With some complications, the degree of risk and the methods of prevention and treatment may vary. Understanding the differences between genders is as important as understanding the parallels.

People with diabetes can live full, active lives and avoid complications by learning to take good care of their health. But diabetes can affect men and women in very different ways.

Gender, along with age and ethnicity, is an important determinant in the treatment of diabetes. How osteoporosis, the menstrual cycle and hormone replacement therapy relate to diabetes, for instance, are issues unique to women.

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## *Diabetes – continued from page 1*



### **Men and Diabetes**

Sexual dysfunction and heart disease can occur in both men and women with diabetes, but the degree of risk as well as methods of prevention and treatment

may vary. Take a look at these facts and figures:

- According to a global study published in *Diabetes Care*, the prevalence of diabetes is higher in men than women.
- Men are less likely than women to seek medical advice for pain or acute medical problems and often have fewer people to talk with about health-related issues.
- Among people with diabetes, men are at greater risk for the serious nerve and blood vessel complications that can lead to amputation. And men with diabetes are twice as likely to have heart disease, than men without the disease.
- More than half of all men with diabetes are affected by impotence at some point in their lives.

But there is some good news to share too:

- Men are becoming more involved in their own healthcare than five years ago.
- Compared to women, men are more likely to stick to schedules, helping make diet, exercise and blood glucose management routines work. (And men are less likely to binge on food.)

If you see yourself in these statements, here is your chance to refocus on taking better care of yourself. By taking a direct approach to managing your diabetes, you may be able to prevent complications improve the quality of your own life (with the help of your family, friends and healthcare team) before they develop. You can single-handedly improve the quality of your own life (with the help of your family, friends and healthcare team).

### **Women and Diabetes**

While men and women share things in common when it comes to diabetes, there are also some unique differences. So how can high blood glucose and diabetes-related complications affect women differently? And how does diabetes impact you compared to the general female population?

- Uncontrolled blood glucose can lead to irregular menstruations
- You may experience more frequent vaginal or yeast infections, because the extra sugar in your bloodstream makes a better environment for them. If left untreated, it may also lead to urinary tract infections.
- Vaginal dryness or discomfort can often be aided by water-based, over-the-counter products.
- Make sure your blood glucose is properly managed before becoming pregnant, then work closely with your obstetrician. You may be able to offset an increased risk of complications during pregnancy.
- Women are at a higher risk of diabetic ketoacidosis. This results from too little insulin in the system—either from increased insulin resistance, underdosing or other causes—allowing ketones (poisonous by-products of fat metabolism) to enter the bloodstream.

Doctors understand the importance of preventing and treating these problems. So do not be afraid to share whatever is on your mind—that is why your doctor is there.

*This information from the Living Longer and Loving It website Newsletter – issue #20*

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***Words of Wisdom: Advice is like mushrooms – the wrong kind can kill you!***

## ***Driving Tip for Seniors and others!***



Russ Donaldson sent me an interesting email the other day concerning a new crackdown on drivers on our busy highways. This message informed the Probian of a move by the OPP to further protect officers who have stopped vehicles on major highways such as the 401. Violation fines are significant.

When you approach an OPP cruiser, or unmarked police car with its red roof and signal lights flashing, pulled in behind another vehicle which has been stopped for some reason, you are now required to pull over into *the left hand lane* if you are traveling a major artery. The reason for this is a response to the increasing numbers of officers who have been injured while on traffic duty by vehicles striking them as they carried out their duty.

This makes perfect sense, but please, take care when changing lanes at any time on a highway such as 401. As the old saying goes – “a policeman’s happy one” of times, so everything we can do to protect those and protect” day of the



***See you there!***

## ***Cobourg Probus welcomed Mary***

Cobourg Probiars were pleased to see Mary Buckley in attendance at the November 5<sup>th</sup> meeting of the Club. Mary was accompanied by her daughter, Mary Jane McLaren and received a very warm welcome from her many friends and admirers.



## ***Cobourg Probus welcomes our latest new member Marjorie Koren***

***Marjorie Koren*** was welcomed as our newest member at the November 5<sup>th</sup> meeting by Co-Presidents Joan and Jim Domine. Please extend a warm welcome to Marjorie at your first opportunity.

As our Club continues to grow in size it is increasingly easy for new members to be “lost in the crowd”. The Probian urges you to make sure this does not happen and that all new members are introduced to other members and encouraged to participate in Club activities, events and on committees. Say hello to Marjorie at your first opportunity and make her feel welcome.

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***Remember the date –***

***Thursday, December 17th***

***Probus Christmas Luncheon***

***At the Lions Centre***

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**And then the fight  
Started!**



My wife was hinting about what she wanted for our upcoming anniversary. She said, 'I want something shiny that goes from 0 to 150 in about 3 seconds.' I bought her a scale.



And then the fight started...

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When I got home last night, my wife demanded that I take her someplace expensive... so, I took her to a gas station.

And then the fight started...

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After retiring, I went to the Service Canada office to apply for CPP and OAS. The woman behind the counter asked me for my driver's license to verify my age. I looked in my pockets and realized I had left my wallet at home. I told the woman that I was very sorry, but I would have to go home and come back later.

The woman said, 'Unbutton your shirt'. So I opened my shirt revealing my curly silver hair. She said, 'That silver hair on your chest is proof enough for me' and she processed my benefits application.

When I got home, I excitedly told my wife about my experience at the Service Canada office.

She said, 'You should have dropped your pants. You might have gotten disability, too.'

And then the fight started.

**Words of Wisdom**

*The best cosmetic in the world is an active mind that is always finding something new.*

*Mary Atkinson*

*No man really becomes a fool until he stops asking questions.*

*Charles P. Steinmetz*



**Coming  
Events**

**Thursday, January 7<sup>th</sup> – Regular Meeting**  
*Alistair Cummins*, Chair of the Victoria Hall 2010 Committee will speak on the 150<sup>th</sup> Anniversary of Victoria Hall.

**Thursday, January 21<sup>st</sup> – Regular Meeting**  
Speaker to be announced.

**Friday, January 29<sup>th</sup> - Dinner Theatre at the Best  
Western Inn & Convention Centre**

**Steel Magnolias** – The story introduces us to a gaggle of gossiping ladies in a 1980's Louisiana small-town beauty parlour. The characters are familiar, engaging and truly hilarious in their joking as they cut up the local society with their biting, yet honest insights, all the time fussing with their hair.

The play swings between slap-your-sides comedy and dab-your-eyes tender moments. The conclusion is deeply moving: a skillfully crafted and lovingly evoked picture of kookiness and sisterhood.

**Please note:** Those wishing to reserve tables or seating are requested to have their cheques - **\$33.75 per person** – for the complete seating reservation, in by January 7<sup>th</sup> Probus meeting.

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**Monday, February 15<sup>th</sup> – Probus Bowling  
Tournament**

**All you need is a pulse!**

The 2010 Inter Club Bowling Tournament has been scheduled for MONDAY, FEBRUARY, 15th, 2010, at 9:30AM, at Northumberland Mall Bowling.

We are looking for 30 - 40 club members to sign up for this event. All that is required is a pulse and the desire to have some fun. A lunch to follow is in the planning stage. More information will be made available.

Contact Russ Donaldson at 905-372-7044 or [russ.donaldson@sympatico.ca](mailto:russ.donaldson@sympatico.ca) to sign up.

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**Speakers Corner**



At the **November 5<sup>th</sup> meeting**, **Brenda Nutter** treated us to a trip through the North West Passage, somewhere I suspect few of us have been, or are likely to go.

Brenda is a member of the Northumberland Photography Club, and specialises in travel photography. She says of herself:-

*“Photography provides me with the opportunity to see the world from multiple perspectives. It allows me to share a passion with exceptional people in incredible places. It opens the door to creating in a world that is limitless in its diversity. It makes me happy as I am constantly learning.”*

Brenda travels the world preferring to visit remote locations. She has visited all seven continents – quite a feat.

She is retired from teaching and now concentrates on travel photography. She has visited Canada’s ‘North’ on four occasions. This year she visited again, with ‘Adventure Canada’ and this morning we enjoyed seeing her pictures presented as a slideshow, accompanied by some very hauntingly beautiful music. Her favourite saying is “Capture the moment”

The first exercise she had for us was to sit with our eyes closed and imagine we were a satellite or other celestial being travelling across Canada’s North. She described where we were, and what we would see. Next, we had a history lesson about John Franklin and his search for the NW passage and finally, Raold Amundsen’s successful discovery in 1906.

The pictures in and around Gjoa Haven were of a community of 1200 people. (600 are children whose only contact with the outside world is TV and the Internet.) We saw images of tiny trees, dense hardy shrubs, beautiful multi-coloured flowers and plants all set against the stark polar desert - God’s Gravel Pit.

We watched Polar bears, Barren Ground Grizzly bears and musk ox completely ignoring the photographers – this was their land after all! Her final message was one of ‘Understand the north, sovereignty and of course the perils of climate change’ Bill Johnson thanked Brenda on our behalf, with one word “Wow!”

I think he spoke for us all.

*Submitted by Jean Fox*

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*If I can’t take it with me, I ain’t goin’! - Unknown*

**Special Note:** Several club members have made enquiries about the origination of the music Brenda Nutter used to accompany her presentation to the Club on November 5<sup>th</sup>. The song is called “**Northwest Passage**” and was written by Stan Rogers. The version Brenda used was by Holly Arntzen from her CD “**Winds of Change**”. Holly lives in Victoria, B.C.

**November 19h Meeting**



*A Class Act – Vicky, from Port Hope, Bass; Elizabeth from Gores Landing, Lead; Lisa from Baltimore, Baritone; and Donna, from Cobourg, Tenor.*

Members and guests attending the November 19<sup>th</sup> meeting were entertained by “**A Class Act**”, a quartet of talented ladies who not only performed for the club, but also encouraged those present to explore the realm of four part harmony.

This talented group of ladies presented some memorable old favourites that had Probian singing along and tapping their toes throughout their performance.

When it came time to explore Probian talent potential for singing four part harmony – well it was entertaining, but there was no suggestion we should give up our “day jobs” anytime soon.

Members of “A Class Act” were introduced to the club by Mim Hadden and thanked on our behalf by Joe Howieson..

**Four Great Truths**

*Raising teenagers is like nailing jelly to a tree!*

*Laughing is good exercise. It’s like jogging on the inside!*

*It’s frustrating when you know all the answers but nobody bothers to ask you the questions!*

*Wrinkles don’t hurt!*

## Something for the grandchildren!

Love him ... or hate him, Bill Gates certainly hit the nail on the head with a recent speech he gave to a group of high school students. We might all be wise to pass this along to our grandchildren, as well.

Gates spoke about 11 things students did not and will not learn in today's schools. He spoke about how feel-good, politically correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world.

**1:** Life is not fair – get used to it!

**2:** The world doesn't care about your self-esteem. The world will expect you to accomplish something **BEFORE** you feel good about yourself.

**3:** You will **NOT** make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

**4:** If you think your teacher is tough, wait until you get a boss.

**5:** Flipping burgers is not beneath your dignity. Your grandparents had a different word for flipping burgers:



They called it opportunity.

**6:** If you mess up, *it's not your parents fault*, so don't whine about your mistakes, learn from them.

**7:** Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about cool you thought you were. So before you save the ain forest from the parasites of your parent's generation, try delousing the closet in your own room.

**8:** Your school may have done away with winners and losers, but life **HAS NOT**. In some schools they have abolished failing grades and they'll give you as many times as you want to get the right answer. This doesn't bear the slightest resemblance to **ANYTHING** in the real world.

**9:** Life is **NOT** divided into semesters. You don't get any summers off and very few employees are interested in helping you **FIND YOURSELF**. Do that on your own time.

**10:** Television is **NOT real life**. In real life people actually have to leave the coffee shop and go to jobs.

**11:** Be nice to nerds. Chances are you'll wind up working for one.

If you agree with these points, you might wish to pass them along to your grandchildren ... maybe even your own children. If you don't agree, stick your head in the sand and take a deep breath!

*And – if you can read this, thank a teacher!*

## Special Event Notice

The regular February 18<sup>th</sup> meeting of the Probus Club of Cobourg & District will feature

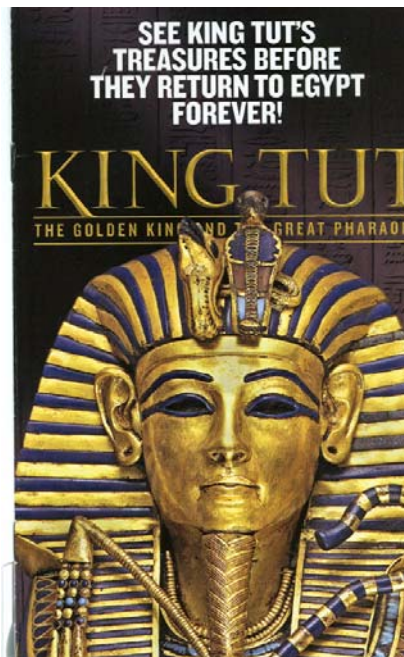
### “Breakfast with the Bickerson”

aka Joanne and Jim Domine

Another new departure for our Club ... a full **breakfast buffet with coffee** for just **\$10,00** per person, doors open 8:00a.m., breakfast at 8:30 a.m. Tickets will go on sale at the January 7<sup>th</sup> meeting and must be purchased before **Thursday, February 4<sup>th</sup>**. A vintage movie (probably a musical) will follow the breakfast. Following the movie, a coffee break, and then a short business meeting/

Plan now to attend and get your tickets early.

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**Wednesday, March, 3<sup>rd</sup> 2010**

**Admission to the AGO, bus transportation, followed by dinner.**

**\$65.00 per person**

**See Nancy Foden to reserve your place!**

## ***Which Tater Person are you?***

Some people never seem motivated to participate in Probus events or on committees. They are just content to watch while others do the work. They are called – “*Spec Taters*”!

Some people never do anything to help, but are gifted at finding fault with the way others do the work. They are called – “*Comment Taters*”.

Some people are very bossy and like to tell others what to do, but don't want to soil their own hands. They are called – *Agie Taters!*

There are those who say they will help, but somehow just never get around to actually doing the promised help. They are called – “*Hezzie Taters*”!

Some people can put up a front and pretend to be someone they are not. They are called – “*Emma Taters*”!

Then there are those who love others and do what they say they will. They are always prepared to stop whatever they are doing and lend a helping hand. They bring real sunshine into the lives of others. They are called – “*Sweet Taters*”!

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### ***PARENTING - Job Description***

This is hysterical. If it had been presented this way, I don't believe any of us would have applied!!!!

#### ***POSITION and TITLE:***

Mom, Mommy, Mama, Ma  
Dad, Daddy, Dada, Pa, Pop

#### ***JOB DESCRIPTION :***

Long term, team players needed, for challenging, permanent work in an often chaotic environment . Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24 hour shifts on call. Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far away cities! Travel expenses not reimbursed. Extensive courier duties also required.

#### ***RESPONSIBILITIES:***

The rest of your life. Must be willing to be hated, at least temporarily, until someone needs \$5. Must be willing to bite tongue repeatedly. Also, must possess

the physical stamina of a pack mule and be able to go from zero to 60 mph in three seconds flat in case, this time, the screams from the backyard are not someone just crying wolf. Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers.

Must screen phone calls, maintain calendars and coordinate production of multiple homework projects. Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks. Must be a willing to be indispensable one minute, an embarrassment the next.

Must handle assembly and product safety testing of a half million cheap, plastic toys, and battery operated devices. Must always hope for the best but be prepared for the worst. Must assume final, complete accountability for the quality of the end product. Responsibilities also include floor maintenance and janitorial work throughout the facility.

#### ***POSSIBILITY FOR ADVANCEMENT & PROMOTION:***

None. Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you .

#### ***PREVIOUS EXPERIENCE:***

None required unfortunately. On-the-job training offered on a continually exhausting basis.

#### ***WAGES AND COMPENSATION:***

Get this! You pay them! Offering frequent raises and bonuses. A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent. When you die, you give them whatever is left. The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish you could only do more.

#### ***BENEFITS :***

While no health or dental insurance , no pension, no tuition reimbursement , no paid holidays and no stock options are offered; this job supplies limitless opportunities for personal growth, unconditional love, and free hugs and kisses for life if you play your cards right.

Share this with all the PARENTS you know, in appreciation for everything they do on a daily basis, letting them know they are appreciated for the fabulous job they do... or forward with love to anyone thinking of applying for the job.

***\*\* AND A FOOTNOTE 'THERE IS NO RETIREMENT -- EVER!!!'***

***Submitted by the unknown Probian.***

## ***The Doctor is in!***

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### ***How to avoid the H1N1 flu***

**Eat right! Make sure you get your daily dose of fruit and veggies.**

Take your vitamins and bump up your vitamin C.

**Get plenty of exercise because it builds your immune system.**

Walk for at least one hour a day.

**Take the stairs instead of the elevator.**

Go for a swim.

**Wash your hands often. If you can't, keep a bottle of antibacterial stuff around.**

Get lots of fresh air, open the windows and doors whenever possible.

**Try and eliminate as much stress from your life as you can.**

Get plenty of rest, or take the doctor's approach!

**THINK ABOUT IT!**

**When you go for a flu shot, what do they do first?**

**They clean your arm with alcohol!!! Because alcohol kills germs! SO ...walk to the nearest pub (exercise) and put lime in your vodka (fruit) or celery in your Bloody Mary (veggies). Drink outside on the patio (fresh air), tell rude jokes and laugh (it eliminates stress) and then if you pass out, it's okay (rest).**

The way I see it, if you keep your alcohol levels up, flu germs can't get you!

**The moral of this story? Better a shot in the glass than one in your behind!**

**Live well ... laugh often ... Love much.**

### ***Questions for our times!***

- 1: *Why is divorce so expensive?*
- 2: *What do you call a smart blonde?*
- 3: *What to attorneys use for birth control?*
- 4: *What is the difference between a girl friend and a wife?*
- 5: *Where does an Irish family go on vacation?*

### ***Answers for our times!***

- 1: *Because it is worth it!*
- 2: *A golden retriever!*
- 3: *Their personalities!*
- 4: *10 years and 45 pounds!*
- 5: *A different pub!*

## ***Probus Remembers***



Cobourg Probians **Pat Gummer**, **Harry Napper** and Club Co-President **Jim Domine**, were on hand for the Remembrance Day service at the Cenotaph in Victoria Park on November 11<sup>th</sup> to lay a wreath of remembrance on behalf of the Club

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## ***A Little "On the Job" Training***



**CoPresidents Elect Marie Chisholm and Kathy Cole** received a little on the job training when they chaired the Probus meeting on November 19<sup>th</sup>, filling in for the vacationing Bickersons (a.k.a. Dominies). The **"Dynamic Duo"** did an excellent job keeping the meeting on time and lively. A new meeting format saw the entertainment open the proceedings with the singing of "O Canada" led by the Class Act. It is obvious that these two ladies will handle their responsibilities well during their term in office