

# The **PROBIAN**

Monthly Newsletter of the Probus Club of Cobourg and District

October, 2009  
Volume 16–No. 1  
Editor Bill Johnson  
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**Presidential Decree.** A new year begins! We hope you will find it interesting, exciting, just a “little” different and guess what? You still have us!! We thank last year’s Directors and Committee Chairs and Members for all their help and support. We thank you, our members for your support and encouragement. We are proud to belong to a Probus Club where caring people look out for others in our group. As we welcome new members, please invite them to join your table and to feel “included”.



**The Bickersons**  
our **J. & j. Domine**

Our new executive will look a little different. (The list should be attached to the minutes of our September 17<sup>th</sup> meeting.) With the new “Program Committee” replacing “Speaker’s Chair”, expect something different. At the second meeting in October we will circulate sheets asking for people to work on our various club events, first being next year’s Mystery Car Tour and the Christmas 2010 Party. Remember, Probus becomes more enjoyable and meaningful when you join a group. As our parents told us, working together makes light work and “bonus”, you make new friends. We’d like to thank our new Probian Editor for providing such a flattering (true to life!) picture!!!

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## **Probus Club of Cobourg & District Executive 2009-2010**

**Co-Presidents**  
**Jim & Joanne Domine**

**Past President**  
**Larry Flood**

**1<sup>st</sup> Vice President**  
**Kathy Cole**

**2<sup>nd</sup> Vice President**  
**Marie Chisholm**

**Rec. Secretary**  
**Mary Korol**

**Corresponding Secretary**  
**Yvonne Green**

**Treasurer**  
**John Draper**

**Membership**  
**Ken Ledgard**

**Probian Editor**  
**Bill Johnson**

**House Mgr.**  
**Dennis Goulin**

**Community Service**  
**Nancy Logan**

**Historian/Photographer**  
**Marilyn Macklin**

**Program Committee**  
**Russ Donaldson**  
**Elaine Elliott**  
**Audrey Levtov**  
**Bert MacMillan**  
**Ross McKie**  
**Mary Thomson**

**Special Events**  
**Nancy Foden**  
**Doreen Guy**  
**Doreen Irwin**  
**Joyce Sherwood**  
**Dorothy Allen**

**50/50 Draw**  
**Audrey Stacey**  
**Rene McCormick**

## **Safety Tip for Seniors.**

Put your car keys beside your bed at night. Tell your spouse, your children, your neighbors, your parents, your Dr's office, the check-out girl at the market, everyone you run across.

Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car.

The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch Coordinator.

Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it.

It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain.

*Cont'd on page 2*

## Safety Tip for Seniors

*cont'd from page 1-*

It works if you park in your driveway or in your garage.

### **Test it. .**

If your car alarm goes off when someone is trying to break into your house, odds are the burglar/ rapist won't stick around. After a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that.

And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or prevent a sexual abuse crime.

Would also be useful for any emergency, such as a heart attack, where you can't reach a phone.

Seniors would be well advised to carry their car keys with them in case they fall outside and need help. They could activate the car alarm and then get the help they need.

Please pass this on.

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## Support the 40<sup>th</sup> Year Anniversary Campaign of



## Northumberland United Way 40 Years of Service to your community!

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### Great Canadian Sayings

On stupidity -

*Hang crepe on your nose ... your brain is dead!*

*You were born ignorant and you've been losing ground ever since!*

*He's about two sandwiches short of a picnic?*

*One wall in his attic isn't plastered!*



**ELMA PARKER**

The task of putting together the monthly newsletter is a major undertaking. Collecting all the news from the various committees and members, assembling the coming events information and then keying, proof-reading and finally printing of the bulletin requires a continuing commitment of time and effort. Our Club has been enriched by Elma's continuing contribution, and for that we say a very sincere "thank you" for a job well done.



## **NORTHUMBERLAND**

# **EXPOSED**

**FOR ALL TO SEE!**

**A SHOWING OF THE BEST IN  
PHOTOGRAPHY BY THE  
MEMBERS OF THE  
NORTHUMBERLAND  
PHOTOGRAPHY CLUB**

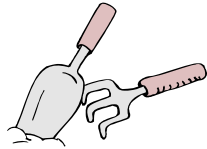
**FREE ADMSSION**

**Oct. 17 thru Nov. 07**

**In the Gallery at  
Meet at 66 King Street E.  
Cobourg, ON.**

**Come see what you've  
been missing!**

## Good News for gardeners!



“Flowers make people better, happier, and more helpful; they are sunshine, food, and medicine to the soul.” American botanist Luther Burbank may have been onto something when he proclaimed this in the early 20th century. Many decades later, studies have found that flowers may actually have health benefits—especially for older adults. A 2001 Rutgers University [study](#) found that flowers eased depression, improved social interaction, and enhanced memory in adults age 55 and older. The study was partially funded by the [Society of American Florists](#).

**“Flowers make people better, happier, and more helpful; they are sunshine, food, and medicine to the soul.”**

The study found that after receiving flowers 81% experienced reduced levels of depression, 40% expanded their social contacts beyond their normal social circles, and 72% scored much higher on memory tests than seniors who didn't receive flowers. The participants—more than 100 seniors with an average age of 73—were split into groups that received one flower delivery, two flower deliveries, and no flower deliveries over a two-week period. The no flower delivery group did receive flowers at the end of the study.

“The no-flowers groups became irritated and wanted the study to be over and their depression and anger shifted, but the two-doses group got happier and happier and happier,” said Dr. Jeannette Haviland-Jones, a professor of psychology and director of the Human Development Lab at Rutgers who led the study.

**A 2001 Rutgers University [study](#) found that flowers eased depression, improved social interaction, and enhanced memory in adults age 55 and older.**

The study began with the intent of looking at the effect of flowers on older adults after previous studies had shown a positive effect on people who unexpectedly received flowers. Seniors were reluctant to join the study until researchers agreed to test their memories—so a memory component was added. Participants were asked to keep a daily journal of any social interaction they had. The journals also included questions for the participants to answer. Interviewers then asked participants questions about events recorded in the journals, as well as the flowers they received. In the final interview, memory tasks were included.

**“The results are significant because as our nation grows older and life becomes more stressful, we look for easy and natural ways to enhance our lives - and the lives of our aging parents.”**

The results are significant because as our nation grows older and life becomes more stressful, we look for easy and natural ways to enhance our lives - and the lives of our aging parents,” said Jones. “Now, one simple answer is right under our noses.” “

Another [study](#) conducted in 2006 by Harvard University and Massachusetts General Hospital found that not only does receiving flowers have health benefits, but simply displaying fresh-cut flowers in the home can have advantages. The study found that the presence of flowers in the home increases feelings of compassion, decreases anxiety, and boosts energy and enthusiasm at work. The greatest mood-boosting effects were felt when fresh-cut flowers were placed in the kitchen, dining room, or family room.

Dr. Haviland-Jones currently has a grant to research the effect that flowers have on Alzheimer's disease and dementia patients. In an earlier study, a nursing section of an Alzheimer's unit reported that the day it received shipments of flowers was “always a good day.” With more research we may be better able to understand just why flowers elicit the types of responses found in these studies, and learn how flowers can be optimally used to help Alzheimer's and dementia patients.

*From the Living Longer and Loving it website.*

## *Do you think we will ever learn!*

*“You cannot legislate the poor into freedom by legislating the wealthy out of freedom. What one person receives without working for, another person must work for without receiving. The government cannot give to anybody anything that the government does not first take from somebody else.*”

*When half of the people get the idea that they do not have to work because the other half is going to take care of them, and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that my dear friend, is about the end of any nation. You cannot multiply wealth by dividing it.”*

*Dr. Adrian Rogers, 1931*



## **The unvarnished "Truth about Beer"**

An educational feature  
of the *Probian*!

Well you see, Probian, it's like this . . . a herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members.



In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first.

In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. And that, Probian, is why you always feel smarter after a few beers.



## **Just for the "Pun" of it!**

*A pessimist's blood type is always b-negative!*



### **Shotgun wedding: A case of wife ... or death!**

If electricity comes from electrons ... does that mean the morality comes from morons?

### **A gossip is a person with a great sense of rumour!**

When you dream in colour is it really a pigment of your imagination?

### **Condoms should be used on every conceivable occasion**

Banning the bra was a big flop!



## **Coming Events**

**Mark your calendars!**

**Oct. 08 - Fall Car Colour Tour** with lunch at the lovely *Elmhirst's Inn*. Tickets \$20 per person. See *Marie Chisholm*.

**Oct. 15<sup>th</sup> Regular Meeting** - Russ Donaldson will be our guest presenter - "*Me & My Computer*". A series of relatively short Audio/Video vignettes to excite the senses.

**Oct. 24<sup>th</sup> - A Special Invitation** to all Probus Club Members -

You are cordially invited to attend a "Probus Only" reception on *Saturday October 24th, 2 - 4 p.m.* at "*Meet at 66 King East*" in Cobourg.

This event will give you an opportunity to leisurely view 50 fabulous framed photographic prints, as presented by members of the Northumberland Photography Club.

The event is absolutely free. There will be a cash bar available should you care to sip on a glass of wine while taking in the photographic gems that will be on display.

Why not make up a party of you Probus friends and pay us a visit?

**Russ Donaldson & John Draper**

**Oct. 30<sup>th</sup> - Dinner Theatre at the Best Western** - "*Relatively Speaking*" - marriages, mix-ups and mayhem - a recipe for a hilarious disaster in this great comedy. Tickets \$33.75. See *Dorothy Allen*.

**Nov. 4<sup>th</sup> - Stage West Theatre - "Viagra Falls"** \$65.00 each - covers bus transportation, lunch and theatre. Only a few seats still available at press time. See *Nancy Foden*

**Nov. 5<sup>th</sup> - Regular Meeting - Brenda Nutter** will be our guest presenter. Her subject will be a description of her very recent traversing of the Northwest Passage. Brenda is an Adventure Travel Photographer and her photographs are not to be missed!

## Speakers Corner



***Sept. 3<sup>rd</sup> speaker, Cam McFarlane, answers questions from Probians after his compelling presentation on his service with the Canadian Forces in Afghanistan***

Our speaker, Cam McFarlane, is a Police officer and a homegrown Cobourg boy who spent a year in Afghanistan on a mission to help train the Afghan police. He was one of seven Canadians sent over for that purpose and he presented us with a firsthand view of the country.

As his pictures slid slowly across the screen, Cam drew verbal images of his own. First and foremost was the dust and every day was sunny and hot. On patrol you were laden with 50 – 60 pounds of gear so drinking water a must.

At Nathan Smith Fort, Cam was able to fly both the Cobourg and Port Hope flags. We saw views of the flags, the Tim Horton's and the Canadians playing hockey, but he and his team were there to both train the Afghan police officers and help design security enhancements.

Cam explained that the recruits were young, poor, (most without shoes) and illiterate. An interpreter was needed to explain maneuvers. The 100 personnel that the Canadians trained were given uniforms and new weapons and were sent to areas where they lived, but the uniforms serve to make easy targets. Cam saw some police officers urge an egg or other tribute from locals, but he eventually understood the corruptive behaviour because the pay was so low and most had families to feed.

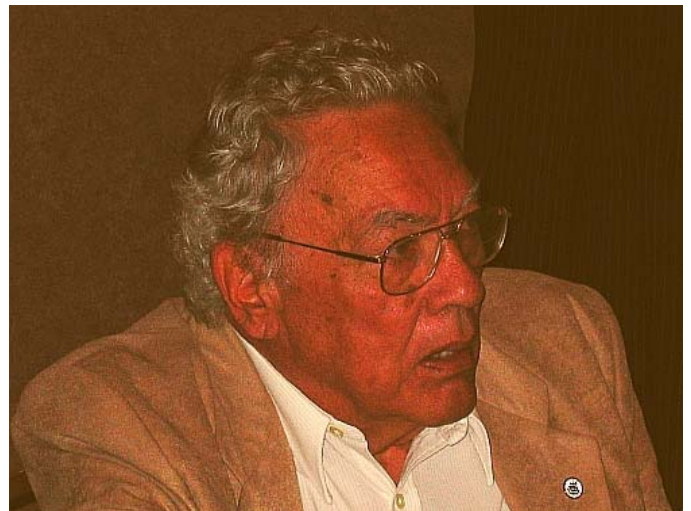
The Canadians depended on US forces for ground transportation because their reserves are stretched. Going out on patrol was certainly an eye-opener – mud walls, hand-built, no running water and no personal hygiene. The life span of the average male is 42, and the country has one of the highest infant mortality rates in the world with corruption everywhere.

When out on patrol they always asked three questions – “How are you?” – “Is there anything I can do for you” and” “What is going on in the area?”

Trust is a huge issue as you have no idea whether the person you are speaking with is a friend or foe, and you have no way to tell.

Cam was transferred north to Kabul for 3 weeks as a police advisor to the ambassador and here things were somewhat better. Cam spoke of the Della Dam project, which will aid with irrigation. This is a big project hampered by a lack of money and info structure. His talk was an interesting close-up and personal look at the challenges our troops face in Afghanistan every day, yet they remain positive and committed to their mission.

***Report by Karin Allan***



***Those attending our meeting Sept 17<sup>th</sup> were treated to a comprehensive speech by area resident Larry Hall, on the subject of Black History.***

Larry grew up in the Garden Hill area. Before retiring, he was employed as a Broadcaster for Cobourg radio station CHUC and a free lance Print Journalist.

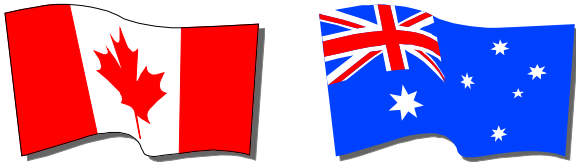
Larry has a keen interest and knowledge of Black History considering his family roots date back to the 1700's in North Carolina. Together, two of his Ancestors escaped the horrors of slavery in the U.S arriving in Montreal in 1851 before settling in Northumberland County. A number of their descendants became very accomplished members of society.

A few local facts of Black History quoted by Larry: - In 1630 the founder of Port Hope, E Smith, was known as a Slaver. He was a former merchant in the state of New York. The last Slave Auction in Northumberland is recorded in 1824. Thomas York was the first black man to reside in Cobourg in 1846.

***Persons, who don't own themselves,  
are never free!***

***Report by Doreen Guy***

*Once in a while someone does a nice job of describing a Canadian. This time it was an Australian dentist.*



### *An Australian Definition of a Canadian*

In case anyone asks you who a Canadian is . . .

You probably missed it in the local news, but there was a report that someone in Pakistan had advertised in a newspaper an offer of a reward to anyone who killed a Canadian - any Canadian..

An Australian dentist wrote the following editorial to help define what a Canadian is, so they would know one when they found one.

A Canadian can be English, or French, or Italian, Irish, German, Spanish, Polish, Russian or Greek. A Canadian can be Mexican, African, Indian, Chinese, Japanese, Korean, Australian, Iranian, Asian, Arab, Pakistani or Afghan.

A Canadian may also be a Cree, Métis, Mohawk, Blackfoot, Sioux, or one of the many other tribes known as native Canadians. A Canadian's religious beliefs range from Christian, Jewish, Buddhist, Muslim, Hindu or none. In fact, there are more Muslims in Canada than in Afghanistan. The key difference is that in Canada they are free to worship as each of them chooses.

Whether they have a religion or no religion, each Canadian ultimately answers only to God, not to the government, or to armed thugs claiming to speak for the government and for God.

A Canadian lives in one of the most prosperous lands in the history of the world. The root of that prosperity can be found in the Charter of Rights and Freedoms which recognize the right of each person to the pursuit of happiness.

A Canadian is generous and Canadians have helped out just about every other nation in the world in their time of need, never asking a thing in return. Canadians welcome the best of everything, the best products, the best books, the best music, the best food, the best services and the best minds. But they also welcome the least - the oppressed, the outcast and the rejected.

These are the people who built Canada. You can try to kill a Canadian if you must as other blood-thirsty

tyrants in the world have tried but in doing so you could just be killing a relative or a neighbour. This is because Canadians are not a particular people from a particular place. They are the embodiment of the human spirit of freedom. Everyone who holds to that spirit, everywhere, can be a Canadian.”

Makes you proud, doesn't it?

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## **GEOGRAPHY FACTS**

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*I have always said , you should learn something new everyday. Unfortunately, many of us are at that age where what we learn today, we forget tomorrow.*

*But, give it a shot anyway.*

### **Alaska**

*More than half of the coastline of the entire United States is in Alaska .*

### **Amazon**

*The Amazon rainforest produces more than 20% the world's oxygen supply. The Amazon River pushes so much water into the Atlantic Ocean that, more than one hundred miles at sea off the mouth of the river, one can dip fresh water out of the ocean. The volume of water in the Amazon river is greater than the next eight largest rivers in the world combined and three times the flow of all rivers in the USA.*

### **Antarctica**

*Antarctica is the only land on our planet that is not owned by any country. Ninety percent of the world's ice covers Antarctica . This ice also represents seventy percent of all the fresh water in the world. As strange as it sounds, however, Antarctica is essentially a desert. The average yearly total precipitation is about two inches Although covered with ice (all but 0.4% of it, ice.), Antarctica is the driest place on the planet, with an absolute humidity lower than the Gobi desert.*

### **Brazil**

*Brazil got its name from the nut, not the other way around.*

### **Canada**

*Canada has more lakes than the rest of the world combined. Canada is an Indian word meaning ' Big Village .'*

### **Chicago**

*Next to Warsaw , Chicago has the largest Polish population in the world.*

*And now you know!*

## **Welcome our newest members!**



Say “Hello” to **Budd and Joan Philp** – the newest members of our Club. Take the first opportunity you have to welcome them to our club and get to know them better.

## ***Christmas is coming!!!***

Well, okay, it is still a few weeks away, but it will be here before you know it, and so will our annual Probus Christmas party. This year it will be held on Thursday, December 17<sup>th</sup>, at the Lion’s Centre on Elgin Street. The social time begins at 12:00 noon, with luncheon – traditional Christmas fare with all the trimmings to follow at 12:30 p.m. There will be a cash bar, plus music and entertainment. Ross Adams assures The Probian it will be one swinging time, so mark your calendars and watch for tickets at \$30 per person to go on sale. Get yours early!

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## ***Understanding Computer Gender***

A SPANISH Teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. 'House' for instance, is feminine: 'la casa.' 'Pencil,' however, is masculine: 'el lapiz.'

A student asked, 'What gender is 'computer'?' Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether computer' should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that 'computer' should

definitely be of the feminine gender ('la computadora'), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

***(THIS GETS BETTER!)***

The women's group, however, concluded that computers should be masculine ('el computador'), because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model..

The women won.

## ***More of those Maple Leaf Jokes!***

The O.P.P. are cracking down on speeders heading into Toronto. For the first offense they give you two Toronto Maple Leaf tickets.

If you get stopped a second time, they make you use them.

Q. What do you call 30 millionaires around a TV watching the Stanley Cup Playoffs?

A. The Toronto Maple Lea

## Margaret's Birthday!



John comes from Aberdeen in Scotland – and if you do not know that city's reputation, it is supposed to have the most tight-fisted, citizens in all of the UK. I would say cheap but I think I would be severely reprimanded for such disloyalty.

John loves this and plays the part to the hilt. He is neither cheap nor tight fisted but would love

you to think he is – in truth, he is a dear, kind man who would go out of his way to help anyone. Margaret is his long-suffering wife.

The story here is – my husband and I were out taking our daily walk along the beach. It was a beautiful end of September day with a hint of autumn in the air but still warm enough for light clothing; lots of visitors on the beach but not the huge crowds of summer, even a few brave souls venturing into the water. We often met John and Margaret taking their 'constitutional' and this day we found them sitting sunbathing on one of the many benches, so we sat and talked for a minute. It seems it had been Margaret's birthday during the week and she was still enjoying all the attention. She told us about the surprise visit from their only daughter who lives in Toronto – this really made her day and they all went to Tim's for coffee.

Here John piped up to tell the rest of the story. With a twinkle in his eye, he told us, "I went up to the girl and asked for three coffees, one Boston cream donut and a knife."

Right away, we knew what was coming.

He continued, 'she looked at me and I explained that it was Margaret's birthday and I was getting us a treat! Then the girls all started to sing Happy Birthday to her. I very carefully divided the donut in three and we had a grand feast.'

What he did not tell us - it would have ruined his image - was that same night they all went out for a big dinner, to one of our more up-scale dining rooms for the real celebration.

John, your secret is safe with us.

Thanks to Jean & Basil Fox for this piece!

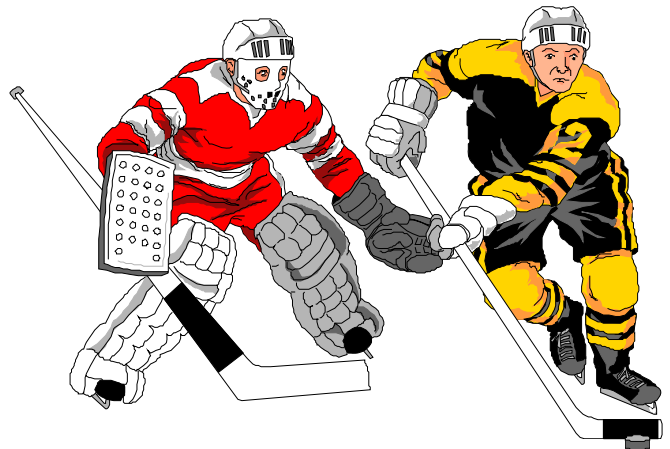
***"Do what you do so well that people  
will pay to see you do it again!"***

## *Ontario Judge makes unprecedented ruling...Interesting Read.....*

**TORONTO, ONTARIO (CP) –**

A seven-year-old Toronto, Ontario boy was at the centre of a Toronto city courtroom drama yesterday when he challenged a court ruling over who should have custody of him.

The boy has a history of being beaten by his parents and the judge initially awarded custody to his aunt, in keeping with child custody law and regulations requiring that family unity be maintained to the degree possible.



The boy surprised the court when he proclaimed that his aunt beat him more than his parents and he adamantly refused to live with her. When the judge then suggested that he live with his grandparents, the boy alleged they had also beat him.

After considering the remainder of the immediate family & learning that domestic violence was apparently a way of life among them, the judge took the unprecedented step of allowing the boy to propose who should have custody of him. After two recesses to check legal references and confer with child welfare officials, the judge granted temporary custody to the Toronto Maple Leafs, whom the boy firmly believes are not capable of beating anyone.

Thanks to Alma Draper for this self-evident truth.

### An Editorial "thank you!"

***Thanks to all Probians who sent in material for the October issue of the Probian. If your piece didn't make it this time, look for it in a future issue. I will try and use as many submissions as possible each issue, budget restraints allowing. It is good to be back with the Probian and I look forward to the challenges that lie ahead. Thanks for your support! BJ***

