



in TOUCH



Probud Club of Colborne

FOUNDED 2003

at www.probusnorthumberland.com

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check us out

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Bonnie's Corner

We weathered through February without our President Doug, and I think we had some fun too! Someone on the radio said the other day, 'If Canadians didn't have the weather to talk about, they'd have nothing to talk about at all'.

Winter Poem

Its winter in Canada and the gentle breezes blow,
Seventy miles an hour at thirty-five below.
Oh, how I love Canada when the weather's up to your butt
You take a breath of winter and your nose gets frozen shut!
Yes, the weather here is wonderful so I guess I'll hang around.
I could never leave Canada.....I'm frozen to the friggin' ground.

Keep warm everyone and I will see you at the next meeting.

Vice-President Bonnie Hilliard.

Speaker's Corner

Feb. 4th – Peter Farger was our guest speaker for this day. He has been a musician, but became a set designer in 1984. He went on to design sets for such TV programs as Canadian Idol, Deal or No Deal, Smarter than a 6th Grader, and the Juno awards. He had no formal training, but loved art and went on to win his second Gemini award for his production design for the 2008 Juno Awards. It was very interesting learning about the process that takes place when a set is designed.

Cheryl Storey from Community Care, visited us and informed everyone about the frozen 'Meals to Go' that are available at the office on King Street, for the low price of \$4.50. She also mentioned the golf tournament June 6th in support of Community Care.

Feb. 18th – Heather Stubbs, a Cramahe resident, spoke on 'Your Comfort Zone'. Heather is a singer, and a teacher, as well as an excellent speaker. She talked about how to survive stress. We learned things such as: 'Don't ask why is this happening to me', rather take action to change things; 'An act of kindness boosts the immune system'; and 'One positive thought makes one feel better'. It was very enjoyable listening to Heather with her upbeat attitude.

Brenda Chapman of Community Care Campbellford visited us and spoke about a 6-week course being held in Friendship House, King St. Colborne, called 'Living a healthy life with a chronic illness'. It begins March 16th.

THE PROBUS CLUB OF COLBORNE MEETING SCHEDULE

Mar. 4th – Bob Sherwood will speak on Travel Routes to Learning

Mar. 18th – Laurie Macdonald will tell us about Victim's Services

CLUB EVENTS (Watch the notice board!!!!!!)

The last bowling day of the season is Feb. 25th at the Brighton Bowling Lanes at 10:00a.m.

BOWLING CLUB

I will report on the final bowling in the next newsletter. It is being held Feb. 25th, which is the day I leave for Florida. Judi

BOOK CLUB REPORTS

Harold Harnden chose Just Peace by Matty J.T. Stepanek. Matty was born with an inherited disease in the Muscular Dystrophy group of disorders. He died in his 14th year. His amazing mother, who also suffers from the disorder, edited Just Peace which is a compilation of Matty's poems, essays and email correspondence. Larry King, Oprah Winfrey and former President Jimmy Carter (who contributed text to be included in the book) were some of his friends and admirers. Matty proposed that Peace can be attained in the world if individuals 'listen to their heartsongs'. The book includes many photographs of Matty and friends and fellow peacemakers. Everyone enjoyed the book.

March 19th, Joyce Gamble has chosen the 2008 Giller Prize novel, Through Black Spruce, by Joseph Boyden. The Colborne Library will have copies soon.

COMMUNITY EVENTS

Watch for Salem United Church's Soup Lunch the first and third Fridays of the month.

March 27th – Community Care, Campbellford is offering a course called, Living a healthy life with a chronic disease, at Friendship House. It is a 6-week course. Call CC Campbellford if interested.

Thanks to Joan and Clare Musselman for keeping us informed. A reminder to everyone: there is indoor walking at the Keeler Centre every weekday morning from 9:00 to 11:00 am.

It was also great to learn from Clare, that there is a defibrillator housed in the Keeler Centre.

THE LAST WORD

February has seemed like a very long month to me. Perhaps it is because I'm waiting to go to Florida for the month of March. Thanks so much to Shirley Ross for doing the newsletter in my absence. I really *need* this holiday. Our President, Doug Galt, is enjoying a vacation in New Zealand with a former president, Cathy Galt. Funny they have the same last names. Bonnie Hilliard, our Vice President, has been doing a great job while he's been gone. We hope Doug and Cathy are having a terrific time, and will tell us all about the trip when they return. We will all look forward to seeing our absent friends in April when they too, return from the south.

Editor: Judi Eakins