



# in TOUCH



Probuss Club of Colborne  
Box 865, Colborne Ontario K0K 1S0  
**FOUNDED 2003**

**November 2010**

PROBUS CANADA WEBSITE [www.probus.org](http://www.probus.org)  
Check us out at [www.probusnorthumberland.com](http://www.probusnorthumberland.com)

## **FROM THE PRESIDENT'S PEN**

This is my first experience in contributing to a newsletter so please bear with me as I waffle on. I am looking forward to the coming year and working with the Executive and Chairs of the various committees. At the time of this writing (end of October), we appear to have filled pretty well all of the positions with the exception of a volunteer to take on next year's car rally. I would very much appreciate hearing from anyone interested in this challenge.

While thinking of the car rally, I want to repeat our collective thanks to Cathy and Doug Galt for this year's event. Not only did we see some beautiful and out of the way scenery but we also learned of some unique sites in our County. And Cathy and Doug arranged for excellent weather. Literally the next day, the winds and rains came in and the leaves really started to fall. What timing!

It was obvious from the success of the day that Cathy and Doug had spent a great deal of time researching the route to ensure our enjoyment. In saying this, don't let me discourage next year's Car Rally Team from volunteering. There is more to see and we have a keen group of drivers. We just need a leader.

Speaking of which, any club or organization is only as successful as its Executive, its Committees and its Members and the communication between them. As I mentioned at our last meeting, please feel free to contact any of us on the Executive or the Committees to give us your thoughts. (*Editor's note: Next issue of In Touch will have the Executive and Committee members list.*)

## **SPEAKERS CORNER**

October 6 Katherine Venn spoke to our membership. She is Regional Sales Manager for Philips Lifeline. Katherine reminded us that one in three people over 65 years are at risk for falls. She, utilizing building blocks, built a teetering tower of risks: balance, mobility, medication(s), fall in blood pressure, sensory deficits and home hazards. Katherine suggested eight behaviour changes we can perform: stay active and exercise, talk to healthcare professionals about concerns, use devices (like a cane), wear proper flat shoes, review

medications to ensure proper use, rise slowly, remove clutter and have eyesight regularly checked. There was a video showing a new Lifeline system which detects falls.

The meeting portion included election and installation of the 2010/2011 Probus Executive. Bob Lee is President; Judy Eakins is Vice President; Louise Blackshaw continues as Secretary and Alan Cullum continues as Treasurer. New President Bob Lee presented Bonnie Hilliard, Past President, with a thank you gift. Alan Cullum reported on our financial status. Bob will be meeting with his Executive to formulate a financial plan for 2010/11.

October 20 Meeting opened with Mary Lee inspiring us to sing Oh Canada with joy and reminding us the Nellie McClung was born on this date! Sandy Grant, Registered Holistic Nutritionist, presented her vision of wellness: Mental, Physical and Spiritual components of an individual's life must be in balance. Her solution for stress is to 'pause and take a deep breath'. She gave an overview for good nutrition as nutrients: Carbohydrates to comprise 60% of energy, Protein 15% and the remainder 25% from Fats. By choosing high quality foods, an individual's Vitamin and Mineral needs should be met. Water, the often forgotten nutrient, should be generously consumed.

## **ANNUAL CAR RALLY**

The weather was bright and sunny on Wednesday, October 13, 2010 as 43 laughing Colborne Probians fired up their horseless carriages and headed off onto some unknown back roads of Northumberland County. Some brave souls drove with the top down. The first stop was at the local jeweler's home (Fred Drehlich) who provided them with some directions to the next stop of a retired dairy farmer/MPP (Howard Shepard). Soon they found themselves travelling down some unimproved roads and into the Northumberland Forest. Stops were then made at Black Oak Savanna Interpretive centre and Golden Beach Resort. Now the challenge was from an excellent vantage point, could they see the Peterborough Lift Locks? Next they discovered a poultry farm, the Harwood Fish Hatchery and the Fudge Mill to name but a few of the high lights on the trip. They drove between 2 stone pillars on Dean's Hill Road to find a Lion and his wife who gave them directions for the remainder of the trip. As they motored through the Ganaraska Forest they found out "who loved who" and it was on to Millbrook.

The Millbrook Lions prepared a lunch of BBQ'd chicken with all of the trimmings. The lunch was held up due to a few who missed some of the turns on the route. Following lunch the questionnaire was marked with many complaints about the so called right answers. Then that dramatic moment came when the winners of the rally were announced and the coveted Family Auto Road Tour (F.A.R.T.) Trophy, with some cider, was awarded to Anja and Judi. Then cider was given to the second place entry of the Noakes and the Blackshaws.

(Un)fortunately, a very difficult Probian brought to the attention of the Illustrious Chair that a possible mistake had been made, and really the team of Doherty, Doherty, Rahn and Bruce had been second. After checking the records it was noted that a very wee, small, minuet, insignificant, minor, understandable miscalculation had inadvertently occurred. At the following meeting the official second place team of Doherty, Doherty, Rahn and Bruce received a cider kit (apples and a potato masher).

*This report respectfully submitted by Doug Galt, Chair*

## **PROBUS BOWLING**

2010/2011 bowling schedule is now official! Our first date is Wednesday November 10 with gathering at 9:45 am at Presquile Lanes in Brighton. The time is so we aging people can get our shoes on in time to start at 10. Those bows can be hard to tie! The cost this year is \$12 due to the HST. Look forward to seeing many of you there. A sign-up sheet will be available at our Nov 3 Probus Meeting.

## **THEATRE**

1. Stirling Festival Theatre's fall schedule is available at [www.stirlingfestivaltheatre.com](http://www.stirlingfestivaltheatre.com). Note that *Hansel & Gretel* will be a panto from Nov 19 – Dec 31. Great for Christmas gift giving!
2. Another Christmas Panto will be *Snow White* from Dec 6 – 21 at the Capitol Theatre in Port Hope. [www.capitoltheatre.com](http://www.capitoltheatre.com)
3. Northumberland Players season has started. Nov 24 – 27, *A Christmas Carol* will be performed at Victoria Hall, Cobourg. *The Trouble with Richard* will be a dinner theatre held at the Best Western in Cobourg Jan 21 - 23, 28 – 30 and Feb 4 – 6 2011. Call 905-372-2210.

## **COMMUNITY**

1. Winter Walking at the Keeler Centre has resumed Monday to Friday from 9 – 11 am, except holidays. The Community service is a safe way to stay healthy and avoid falls!
2. Upcoming Northumberland Land Trust events are:  
Sat Nov 6 at 5pm – Gala dinner and Auction with speaker Ron Reid on Land Trusts;  
Tickets \$50 each  
For information contact Ashley at 613-570-0741.
3. Salem United Church Soup Lunches November 5 and 19.
4. A Green Steps Workshop with Bonnie McCool is planned for Tuesday November 9 from 1:30 – 3:30 pm. Bonnie holds these in her home; attendees prepare their own cleaning supplies and discover how it is easy to save the environment with simple homemade products. Cost is \$20. Book asap at 905-753-2013 or at [greensteps@eagle.ca](mailto:greensteps@eagle.ca). Also available are 'green spa sessions' which are listed on her website [www.greenstepswithbonnie.com](http://www.greenstepswithbonnie.com).
5. **Seniors' Computer Classes:** Willis College – Cobourg Campus in Northumberland Mall plans to repeat courses offered this past spring with the possibility of new topics. A schedule has not been developed yet. Please contact Willis College directly for information at 905-372-8978.

## **UPCOMING DATES**

**Membership Renewal. Alan Cullum, our intrepid Treasurer, wants you to know that if you have not paid; your membership renewal is now overdue! The renewal fee is \$40.00 each.**

**Wed Nov 3 – Probus:** Allison Roberts of Eco-Spark speaking on “Monitoring the Moraine”

**Fri Nov 5** - Colborne Legion, Branch, Roast Beef Dinner 5 – 6:30 pm for \$10.

**Sat Nov 6** – Eden United Church Turkey Dinner; settings 5 & 6:15 pm; contact for tickets 905-344-7244

- Salem United Church exhibit of theme quilts 10 am – 4 pm with Salem Valley Quilters’ Tea & Sweets 1 – 3 pm (\$4); this event kicks off the 150 Anniversary of the Church.

**Sun Nov 7** – Castleton Town Hall; performances by Jimmy Bowskill (folk blues) and Cecilia Ignatieff (ragtime piano); \$20 single/ \$30 family

**Wed Nov 10** – 1<sup>st</sup> Bowling date; Presquile Lanes in Brighton at 10 am sharp; \$12 cost includes shoe rental; contact Gord McArthur 905-355-2665 for information.

**Wed Nov 17 – Probus:** Angie Fazekas from Ten Thousand Villages, Cobourg

**Fri Nov 26 & Sat Nov 27** - Salem United Church Bazaar

**Wed Dec 8 – Annual Probus Christmas Party** – details in next issue of In Touch

**Wed Jan 26/11** – 2<sup>nd</sup> Bowling date

**Wed Feb 2/11 – Probus:** Daryl Strogryn, Director of World Outreach, Youth for Christ/Youth Unlimited - Canada

**Wed Feb 23/11** – 3<sup>rd</sup> Bowling date

**Wed March 23/11** – last Bowling date

## **THE LAST WORD**

There is that fall chill in the air foretelling of the next season. Our only tree has lost most of its leaves – fortunately the leaves have blown east and Gord doesn’t have any to rake up! He would say life may be different if ever anyone builds on the lot next to us.

Now we can look forward to the year end feeding frenzy to pad our stomachs for winter. Sometimes I feel like I am a brown bear preparing for hibernation – must build up my fat stores for winter’s long rest. Guess I should continue walking at the Keeler Centre to balance my intake with output. If you do not understand my logic, see me at the next meeting – November 3.

**Carol McArthur, Editor**

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**December Issue Deadline –November 24/10**