



Ganaraska Currents

GANARASKA VALLEY PROBUS CLUB

Our Newsletter

September 2009

Volume 3 Number 9



50-50 winners!

27 Aug – Steve Snell

won dinner at the Elmhurst Inn

10 Sep – Anthony Skinner

won \$38.00

SEPTEMBER CREW

Caterers

Captain.....Kathy Wallace

8 Oct.....Barb Tiffin

Sally McCracken

Dianne Mowat

22 Oct.....Yvonne & Ken
O'Neill

If unavailable please find a
substitute or call
905-885-8281

Greeters

Captain.....Muriel Cornelius

8 Oct.....Anne Cheshier

Helen Dayman

22 Oct.....Laverne & Lois
Meadows

If unavailable please find a
substitute or call
905-885-5530

**GANARASKA
CURRENTS** web site at:

http://www.probusnorthumblerland.com/ganaraska_news.htm

Contact the editor
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2nd ANNUAL PICNIC

Everybody had a great time at
GOLDEN BEACH RESORT
on RICE LAKE



A great place for swimming...



...fishing...



...playing games...



...walking around and looking at the beautiful scenery...



...or just sitting and relaxing...



...but certainly everybody enjoyed the terrific food that was served. Many thanks to Dorothy Giddings, Steve Snell, Joyce Prince and John Wright.

RAKE WITHOUT THE ACHE



Our 10 September speaker, **Kim Patton**, is a Port Hope Chiropractor who has some of our members as her patients. She spoke about how to do gardening and chores around the house without injuring joints and lower backs. She had everybody on their feet doing stretches to keep bodies limber, but Ken, you're going in the wrong direction.



Kim had many good tips for lifting such as keeping your back straight, bending your knees and holding what you are lifting close to your body. A good piece of advice for protecting your lower back is to move as if you already have a sore back. Use an ergonomic rake and stand straight when raking. Move the rake sideways in a curving motion around you. Your number one garden tool, however, should be your watch so that you do not work too long and you should take breaks often. Wear a support belt for your lower back and always wear good, strong shoes, never old worn-out ones. When you do have sore muscles, ice packs speed healing. Heat packs are only comforting.

OCTOBER SPEAKERS

8 Oct – **Jenny Kyle** will talk about her experiences in a Japanese Prisoner Of War camp in the Philippines during World War II.

22 Oct – **Andrea Monner** will tell us about the hundreds of aboriginal carvings in the huge white marble rock face at Petroglyphs Provincial Park northeast of Peterborough.

APPS N' DRINKS IN THE FOREST

Apps N' Drinks on 17 September was hosted by **Marilyn Dunne** and **Dave Strong** at their beautiful home inside a sixteen acre forest. As always, there was lots of interesting conversation and everybody brought delicious appetizers for an early supper.



Dave took everybody on a walking tour of the forest explaining the natural history of the area as well as identification of the plants and trees growing there.



Many thanks to Marilyn and Dave for graciously hosting another delightful Apps N' Drinks.



UPCOMING EVENTS...

RECYCLING TOUR

7 October at Northumberland Recycling Plant
Lunch at the Grafton Inn after the tour
Sign up now
Joyce Prince 905-885-8281

DINNER THEATRE

1 November at the Best Western in Cobourg
5:00 PM dinner, 7:00 PM show
"Relatively Speaking" a hilarious comedy
Sign up immediately so that the price can drop
to \$33.50 as soon as 40 people sign up
Pay by 9 October
Steve Snell 905-885-9929

Catching up on news at the picnic



Your fastidious editor is gratified to see you all reading the newsletter with such rapt attention. Perhaps this photo will help to urge you to volunteer to take photos, collect information or write captions and short articles for this very same newsletter. No computer work is required. Come see me. We'll talk...

ONGOING EVENTS...

PUB NITE

Join us for dinner, conversation, drinks
and a sumptuous door prize
Last Tuesday of the month
6:00 PM at the Beamish House
Eileen Mountain 905-885-4816



APPS & DRINKS

Bring an appetizer and your own drinks
Steve Snell 905-885-9929

EUCHRE

1st & 3rd Tuesday from 2 to 4 PM
Ruth Clarke Senior Centre 81 Mill Street
Reg Colborne 905-885-1722

BOWLING

5 October is the first session
1st Monday of the month at 1:30 PM
Northshore Bowling Lanes
Marshall Johnstone 905-885-8477

LUNCH BUNCH

After 1st meeting of the month
12:30 PM at The Mill in Cobourg
Betty Curtis 905-885-5304

CHESS

New members encouraged
Dave Broughton 905-885-1870

Membership Information

<u>NAME</u>	<u>ADDRESS</u>	<u>TELEPHONE</u>	<u>E-MAIL ADDRESS</u>
Elaine Simmons			e_simmons@rogers.com
Changes			
New Members			
Mary Lou & Andrew Haynes	R.R.1 Port Hope	905-753-2365	andrewhaynes@sympatico.ca
Mike Jenkins	55 Jiggings Court	905-885-8456	none

Don't forget to pay your MEMBERSHIP DUES for 2009-2010.

MEET OUR NEW MEMBERS

MARY LOU & ANDREW HAYNES



Andrew and Mary Lou were born and raised in Port Hope/Cobourg and Toronto respectively. They have lived in Canton for over 25 years. They have two children: Christine, who lives close by in Canton, and Andrea, who lives in Calgary. They have two beautiful grandchildren (aren't they all), four months, and two-and-a-half years old. They are a constant source of amusement and can be returned to Mom and Dad when dirty.

Andrew enjoys Rotary, fundraising and continues to play a key role in both the Parkinson Society (local and regional) and the " Swim for Independence," a local hydrotherapy program. He retired from sales in 1997.

Mary Lou works in Toronto as a legal assistant and has worked in the profession for 35 years. She is looking forward to retirement SOON!!!!!! They share common interests in a 1966 Mustang, travel , playing cards, reading and, of course, grandchildren. They look forward to meeting new friends and renewing old acquaintances at Probus.

MIKE JENKINS



I was born and raised in Picton, Ont. My career in teaching was spent in Durham Region. My wife Linda, our dog Foxy and myself moved to Port Hope two years ago. We thoroughly enjoy it here.

I like to golf, bike ride, read, and swim to name just a few. Thank you for your kind welcome the last meeting.

Editor's Note: Mike is Linda Popham's husband and he gets this welcoming appearance in the newsletter because he is just joining the club now. Linda was a founding member from the beginning and therefore only got her picture in the newsletter when she gave out candy kisses in the rain to all the car rally participants. This also explains why Mike was working in the Kitchen at his first club meeting.

Welcome Mike.

EAT YOUR VEGETABLES OR THIS COULD HAPPEN TO YOU...



"I can't understand it, they used to turn the other way..."

Yes, Eileen and Ken...



...we all love you too.