

# PROBUS NORTHSHORE

NEWSLETTER



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## **February has Groundhog Day and we have 10 good reasons to celebrate...**

*It is on every calendar.*

*It helps relieve cabin fever.*

*The rodent's forecast is no less reliable than the Canadian Weather Service.*

*At least one of these critters is bound to see things your way.*

*Valentine's Day is too depressing.*

*Unlike the Easter Bunny, he keeps his dirty paws outside.*

*As they use to say on the radio  
"The Shadow Knows".*

*It is fun to say Punxsutawny".*

*If a rodent can bring us an early spring, more power to him.*

*In Canada, either way we come out ahead.*

*Happy February, Happy Valentine's Day, Happy Family Day, and happy Groundhog Day...and we do not need to*

*wait for any of these day to have a day off!*



# Bulletin Board

*Feb 18 - - Lynn and Bruce Bateman will be the coordinators for the Small Business and Hobby Show. Let them know if you are interested in reserving a table to showcase your small business or hobby.*

## CALLING ALL LADIES LIVING IN NORTHUMBERLAND COUNTY WHO WERE BORN IN 1939

*The year 1939 was a very significant one in the history of the world. A sad time for some parents who waved goodbye to their children, as they marched off to war. But, during that year, there were many households full of happiness with the arrival of a pink bundle of joy.*

*Those pink bundles will be celebrating their 70th birthday in 2009. Alma Draper, Bert MacMillan, Kathy Cole and Donna Donaldson don't plan to let this anniversary of their birth slide by quietly! They would like to invite all ladies in Northumberland County who were born in 1939 to come on out and celebrate!*

*A lunch is being planned, to take place in early June, in Cobourg - location to be determined by the number who contact us and wish to attend the party.*

*Call Alma at (905) 372-5839 or Bert (905) 372-6548 for more information. Let us know by March 31st so date and location can be finalized*

## Programme Speakers and Events

- Feb. 4 Dave Dryden - Sleeping Children around the World
- Feb. 18 Small Business and Hobby Show
- March 4 Patrick's Day Dancers

Rose Wood and Cal Johnston Co-Chairs



Q: Why should 50+ year old people use valet parking?  
A: Valets don't forget where they park your car.

Speaker's Corner

**"Life is not measured by the number of breaths we take, but by the moments that take our breath away."**

This is the underlying philosophy of Hospice which is a service that provides care to individuals who are dying and to their families. It's an organization of volunteers who work with other professional care workers to support those with life-threatening illnesses.

Dame Cecily Saunders, in England, founded the modern Hospice movement in 1948. In Canada, June Callwood was an early Hospice supporter who helped establish Casey House in Toronto, a hospice for patients dying of Aids. Her book "Twelve Weeks In Spring" heightened awareness of this need in Canada.

Hospice Northumberland was established in 1993 thanks to the initiative of Dr. Bob Scott, Colin Dowsett and a small group of interested citizens. A survey of professional caregivers using a Rotary Club grant followed by a meeting for public input led to the formation of Hospice Northumberland. The Hospice Northumberland mission statement states:

"Our mission is to help people facing a life-threatening illness maintain their dignity, choice, and quality of life, while giving respite to their family and caregivers before and after the death of their loved ones."

"Choice" could include whether you stay at home or in hospital, whether or not you take pain medication and other ways to take control of your life.

Today, in Cobourg, Hospice has an office on Division Street with a small full time staff to manage things. They also have a satellite office in Brighton. A volunteer board of 9 directors keeps it all



going. Our speaker today, York Bell-Smith, and his assistant, Bill Andrus, are both on this board and both also work as client service volunteers.

As York says, "Hospice is a philosophy of care" not necessarily a place. Volunteers give support to not only ill people but also to their caregivers including bereavement support. He says "we are persons centered rather than disease centered". In other words they help clients to deal with the daily chores of life and to live it up a little in ways they wouldn't do on their own. They are like extended family. Staff co-ordinators are trained to match volunteers with the clients to assure a rewarding experience for both. A 30 hour training course that is standard across the province is provided for volunteers.

Hospice funding is 40% by the Ontario Ministry of Health and the balance from local fundraising, special events and from individuals. Many of us are familiar with the local special events that include 'Voices for Hospice' local choirs at Trinity Church, Toronto All Star Big Band concert at The Capital Theatre, 'Divide and Plant' sale in the spring, 'Brighton your Summer' fashion show, and 'Hospice Cup Challenge' racing at the Brighton Speedway.

Hospice Northumberland services Northumberland County from west of Port Hope to east of Brighton and north to Rice Lake. Most of the referrals come from the Northumberland Hills Hospital.

In conclusion York states "Hospice is a concept of caring, not curing, and of families and communities looking after our own". You can support this by becoming a client service volunteer and by supporting their various fundraising and other special events.

Review by Bryan Armstrong

Q: Is it common for 50+ year olds to have problems with short term memory storage?  
 A: Storing memory is not a problem, retrieving it is the problem.

Speaker's Corner (ctd)



Our scribe  
Julius Varga

**The Brain and the Bear**

*It probably began with Walt Disney. Everyone of "a certain age" can recall those nature shows, the animals in the wild so cute and cuddly, and the prospect, in one's imagination at least, of a happy harmony between man*

*and beast in a sort of Garden of Eden redux. All one needs is the will and, as the modern commercial still insists, a quiet running SUV. Rick Stronks, in charge of the Education Program at Algonquin Park, has a more realistic goal, "to feel more comfortable around bears" and that, as always, "the brain is the most powerful tool."*

*Knowledge is the key. Yet at the outset that hardly seems enough. A male Black Bears can be "150 to 300lbs." and females as much as "200lbs." If a bear's vision and hearing is "about the same as humans", but its "sense of smell 10 to 20 times that of a human ...able to detect a rotting carcass up to a half kilometer away" (No mention was made of a living, breathing body.) Then there are "those powerful hands and non-retractable claws." It seems like small consolation that the Black Bear "is not a great hunter."*

*But scientists seek more. By attaching a radio collar to bears can track their movements by the signal's unique signature and thereby come to know the animal's range. Then having found its den they set up a camera with an infra-red beam device triggered to take a picture and record the date of the bear's emerging in March. The key discovery from this is that during five months of hibernation a bear will lose "40 percent of its body weight". Thus its major task is to restore their body mass before the coming winter. In this effort fall becomes a particularly crucial. One tracked female put*

*on "60lbs. in one month of eating" and then had four cubs the following January.*

*Yes, Black Bears will fish, but only in the spring when more favored foods are available, "much preferring a female fish for the higher protein content of its roe". A mother bear will even teach her cub the skill, catching the fish first, releasing it in shallow water to ease its capture by the cub. Yes, bears will climb trees, again a short film illustrated a bear dexterously balanced at the top of a beech-nut tree, swaying and munching away, "completely comfortable". (A lesson to be learned by living, breathing ones, who might consider tree climbing as a good survival strategy.)*



*Rick cautions that since Black Bears are "totally not worried about humans." and because humans are more likely to become worriers, his*

*mission is "to educate the humans". It seems common sense to stow food in the car trunk and maintain a clean campsite especially clear of "any high fat garbage" such as on a BBQ grill. Bear encounters of course are more problematic - his advice "Stay calm; assess the situation". Happily "the most common encounter is the bear fleeing". It is most safe to follow its example, "never approach a bear". As bears have "lost their fear of humans" home invasions are possible, "If the bear is just nosing around give the bear a chance to escape". If a bear takes a defensive posture "snorts... bluff charges, runs at you" his advice is to "back away...don't run...make noise, a whistle is a good tool". Finally if a bear is predatory it "will come at you constantly and you will have to fight, be aggressive...bear spray is handy...don't play dead"*

*It is reassuring to note that Algonquin has had only three serious incidents in the last 100 years. The cold comfort of statistics, perhaps, but still forewarned is forearmed. There is a certain strength in cliché.*

### The Official Canadian Temperature Conversion Chart

50° Fahrenheit (10° C)  
 Californians shiver uncontrollably.  
 Canadians plant gardens.

35° Fahrenheit (1.6° C)  
 Italian Cars won't start  
 Canadians drive with the windows down

32° Fahrenheit (0 ° C)  
 American water freezes  
 Canadian water gets thicker.

0° Fahrenheit (-17.9° C)  
 New York City landlords finally turn on the heat.  
 Canadians have the last cookout of the season.

-60° Fahrenheit (-51° C)  
 Mt. St. Helens freezes.  
 Canadian Girl Guides sell cookies door-to-door.

-100° Fahrenheit (-73° C)  
 Santa Claus abandons the North Pole.  
 Canadians pull down their ear flaps.

-173° Fahrenheit (-114° C)  
 Ethyl alcohol Freezes.  
 Canadians get frustrated when they can't thaw the keg

-460° Fahrenheit (-273° C)  
 Absolute zero; all atomic motion stops.  
 Canadians start saying "cold, eh?"

-500° Fahrenheit (-295° C)  
 Hell freezes over.  
 The Toronto Maple Leafs win the Stanley Cup

### How many zeros in a billion???

The next time you hear a politician use the word 'billion' in a casual manner, think about whether you want the 'politicians' spending YOUR tax money.

A billion is a difficult number to comprehend, but one advertising agency did a good job of putting that figure into some perspective in one of it's releases.

A billion seconds ago it was 1959.

A billion minutes ago Jesus was alive.

A billion hours ago our ancestors were living in the Stone Age.

A billion days ago no one walked on the earth on two feet.

A billion dollars ago was only 8 hours and 20 minutes at the rate our government is spending it.

While this thought is still fresh in our brain...let's take a look at New Orleans ....it's amazing what you can learn with some simple division.

Louisiana Senator, Mary Landrieu (D) is presently asking Congress for 250 BILLION DOLLARS to rebuild New Orleans ..

Interesting number...What does it mean?

Well... If you are one of the 484,674 residents of New Orleans (every man, woman, and child) you each get \$516,528.

Or... If you have one of the 188,251 homes in New Orleans, your home gets \$1,329,787.

Or... If you are a family of four...Your family gets \$2,066,012.

Washington < HELLO!!! > Are all your calculators broken??

A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'

### Social Activities and Events

Feb. 6. *On Golden Pond – Best Western Dinner Theatre - 32 tickets available Cost \$33.75. - make cheques payable to Best Western dated prior to Jan. 10. See Diane Morrison*

March 18 *Lunch Bunch - - Details To be Advised*

March 27 *'The Last Resort' at Victoria Hall Cobourg*

Feb. 12 *Bridge Club2 at Dorothy Miller and Bill McCrindle's*

Feb. 26 *Bridge Club2 at Dorla Hope's.*

*Do anyone want to host Drinks & Appies for February.*

*It's that time again to start thinking about this year's coming events. We have the August BBQ to plan and the October Car Rally. If you are interested in helping out with either of these events please sign up.*

*A calendar of events for the year has been drawn up for you to have at hand when you want to know what is happening and when. It is available at the registration table. There will be ongoing updates to the calendar. A new one will be posted on the bulletin board at each meeting with the updates in red. A new calendar will be drawn up every six months.*



Diane Morrison - Co-ordinator

### Trips, Tours and Theatre ( Out of Town )

1. 'The Sound of Music'- The Princess of Wales Theatre, Toronto  
Wed. May 13 Matinee- Cost TBA. Sign-up sheets available now.
2. ' Toronto All-Star Big Band' - - 17 piece Band & TABB Five voices  
Hospice Northumberland Presentation. Capitol Theatre, Port Hope  
Sat. May 23<sup>rd</sup>, \$38.00 Sign up Sheet available now.



June Collins and Carol Lawless (Co-Chairs)

Summer's almost here in Ontario...we can now see the deer moving around.  
Yep, won't be long.



*New members inducted into the club  
Jan and Chuck Chidley and John Fazekas*

Two hats were hanging on a hat rack in the hallway. One hat said to the other,  
'You stay here, I'll go on a head.'

## Your Management Committee

### The Executive

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# A Final Thought

Many things have a sex - or gender in modern parlance.

For example:

Ziploc bags are male, because they hold everything in, but you can see right through them.

Copiers are female, because once turned off; it takes a while to warm them up again. It's an effective re-productive device, if the right buttons are pushed, but can wreak havoc if the wrong buttons are pushed.

A tire is male, because it goes bald and it's often over - inflated.

A hot air balloon is male, because, to get it to go anywhere, you have to light a fire under it , and of course , there's the hot air part.

Sponges are female, because they're soft, squeezable and retain water.

A web page is female, because it's always getting hit on.

A subway is male, because it uses the same old lines to pick people up.

An hourglass is female, because over time, the weight shifts to the bottom.

A hammer is male, because it hasn't changed much over the last 5,000 years, but it's handy to have around.

A remote control is female. Ha! You thought it 'd be male, didn't you? But consider this: it gives a man pleasure, he'd be lost without it, and while he doesn't always know the right buttons to push, he keeps trying!