

# PROBUS NORTHSHORE

## NEWSLETTER



Volume 7, Issue 8  
May 2010

### President's Message

#### **It could be worse ... you could be me!**

I realized earlier this week that I have been slacking off. I haven't provided any tips on how to improve your life in quite some time, so this article is devoted to that topic.

When I was still working, I prided myself knowing that I was playing a role in facilitating the attainment of knowledge and educational growth of the children in my school. Today a successful day involves making the bed and a peanut butter sandwich on whole wheat bread. Some days I do better than others. Boy, how times change. Where have my productive years gone? Sure, Probust helps, it helps a lot. It keeps my gray cells active for several hours a week but more cells appear to be missing in action than found, while at large, on any given day.

What could I do?

I decided to take a higher level educational course to help cull my declining mental skills and improve my diminishing zeal for action. It is called "Productivity Enhancement for Seniors Without the Use of Artificial or Chemical Stimulants". I realize this sounds like a very difficult undertaking but I think I'm doing okay. The one concern, to date, has been the ninety year old instructor, who often forgets to come to class or else needs frequent absences for prolonged washroom breaks. For sure it has given new meaning to my life as I am now

embracing new opportunities to see things as they truly are, as perceived by a senior.

Perception is a great word. Luck is often tied in with how people view us. If they think we're smart, opportunities to participate in many activities becomes possible. If they think we're dumb we sit at home, as I often do, watching reruns of the Leafs last Stanley Cup victory, in 1967. Opportunities therefore, can be limited so take advantage of them as they arise.

Some key points and insight into my success in my course:

Always ask at least one question when in a group. People will then ask, "who's the guy/gal over there who asked that question?"

Always try to get the last word in because that is the one that people remember. (This cannot be a certainty for males in a mixed audience.)

Always have a quote or two available from famous people. Some of my favourites are:

W.C. Fields, "Hell, I never vote for anyone, I always vote against"

Winston Churchill, "A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty".

For younger audiences you can't miss with Calvin or even better Little Johnny.

For the sophisticated group dig up some Plato, Socrates or even Confucius, who said, "And remember, no matter where you go, there you are".

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Deny saying you like sports unless you are in an all male audience. Instead, speak of the theatre, ballet, the art gallery, anything dealing with the Arts. Very chic!

To generate audience participation disagree with the experts. Say, "I don't agree". When they ask "why" merely reply that there is more than one opinion on that topic. You don't need to know a thing about anything just choose your words carefully and remember to move to the back when things start to heat up.

Always carry a briefcase, poster or books with you to enhance your "intelligence appeal".

Remember it's all in perception! Look, dress, act the part, be charismatic and you are half way to success.

I learned all this in only the first four classes. Next week we deal with "attracting the opposite sex". Karen says I can't go but if I don't attend I understand I can catch a remedial or is it a make out session later in the week. I hope there's homework!

I plan to go door to door once the warmer weather arrives and spread all of the new found information I hope to have in my head. The Skinner's, Varga's, Bateman's, McCrindle's, MacLean's and Seymour's are all within crawling distance, so they're first. After that the world is mine! So, when I come a knockin, let me in!!

*Bruce*

### Social Activities and Events



**Bridge Club 2** will meet on May 13<sup>th</sup> at Bill Henry's and May 27<sup>th</sup> at Sharon O'Connor's.

**Lunch Bunch** will meet on May 19<sup>th</sup> at the Woodlawn Inn for their fabulous Buffet Lunch. Total cost will be about \$18.00, each person to pay their own. Please sign up so we can let them know how many are coming. A signup sheet is on the side table.

**Member's Garden Tour** will take place on June 23<sup>rd</sup>. There will be about four gardens to tour with lunch at a restaurant in between. We are still looking for gardens so if you would like to show your garden be it big or small we would love to see it. Please let Mary Potter know if you are interested in showing. Anyone who would like to go on the tour, please sign up.

**4<sup>th</sup> Line Theatre** Northumberland Probus club has invited us to join them at the 4<sup>th</sup> Line Theatre production of "Eldorado Town- The Port Hope Play". They will be going on a Friday in July and the tickets will be about \$20. There is no transportation being provided. Please sign up if you would to attend. Numbers are needed soon.

Diane Morrison - Coordinator

Speaker's Corner



Our scribe  
Julius Varga

*Our Field of Dreams*

This certainly wasn't the first call upon Cobourg's generous civic spirit in my 45 years as its resident. Nor is it to be the first sport's facility to seek our financial assistance, the building of Pad II and the Cobourg Y hav-

ing that distinction. Most certainly it cannot ever match the ageless grace of the restored Victoria Hall. Nor will it take on the importance of "the jewel of our town", the Northumberland Hills Hospital. Still, Gord Ley, the Campaign chair and Stephen Peacock, Chair of the Building Committee, believe the new community centre will come to fill a prominent niche in our community.



Gord Ley's literary reference to Kinsella's novel has a well known theme; "If you build it they will come". It's not that Gord expects Shoeless Joe to wander out from the woods on Alexandria Drive behind the construction site anytime soon. Alternatively the project, Gord has confidence, "will be more than an arena and gym... create ambassadors for our town, spreading the word... attract people to move here." It will generate, "opportunities for arts and sports groups..." challenge their creativity "to do tomorrow what they can't today" Thus it will become "a legacy for our children."

Stephen emphasized the building's practicality as a "multi-use centre". Besides the "2000 seat arena, with a full NHL size rink" it will have "5,300 square foot double gym, twice the size of the Y". It will include a "1700 square foot Senior's

Centre much larger than the Market Building... plus a kitchen". In addition there will be an indoor walking track, a Great Room with leather seating, fireplace and a restaurant. All this complete with parking spaces for 1250 cars wrapped around the entire building to ensure easy access to each area. This comes with his assurances that it will all be finished by March 31, 2011 built for "the highest rate handicapped accessibility" and the "Gold Standard of energy efficiency... the best quality at the lowest price." Equally there is an Operating Committee already at work to ensure the facility is "fully booked".

Cobourg's portion of the cost is \$9 Million, the rest of the cost picked up by the provincial and federal governments. "There are just twelve months to complete the fundraising." of 3.1 mil-

lion ( which is part of the 9 million above). There will be two phases to the campaign, a silent phase and a public phase. Gord estimates that "80 % of the money is already committed". .But there is not time to rest for the generous. There is still the "Y notch", an area deliberately left vacant for now, in preparation as the future home of the Cobourg Y.

Then there is the epiphany in the novel. "This is Iowa? ", thought Ray as he watched his wife playing with his daughter on the porch. "No, this is heaven" So too some time most certainly it will be asked, "This is just Cobourg, isn't it...?"

*Julius*

An invisible man marries an invisible woman.  
The kids were nothing to look at either.

### From The Astrology Department : What Are You?

TAURUS - The Enduring One (April 20 - May 20) Charming but aggressive. Can come off as boring, but they are not. Hard workers. Warm-hearted.. Strong, has endurance. Solid beings that are stable and secure in their ways. Not looking for shortcuts. Take pride in their beauty. Patient and reliable. Make great friends and give good advice. Loving and kind. Loves hard - passionate. Express themselves emotionally... Prone to ferocious temper-tantrums. Determined. Indulge themselves often.

## Bulletin Board

### Annual Membership Dues

Our current financial year ends on July 31st, and our new financial year begins on August 1st. Accordingly, this is the time when we must renew our membership dues. The annual fee for membership renewal is \$30.00 per member. New members must pay the membership fee plus the initiation fee totalling \$50.00. If you wish to renew your membership from August 1st, 2010 to July 31, 2011, please make your cheque payable to "The Probud Club of Northshore." Cheques may be post dated to August 1st, 2010, and are now being collected at each meeting by Kathy Maclean and Karen Steel at the membership desk as you enter.

### Probud Clubs of Cobourg Meeting

Thursday May 6  
At the Best Western , 2nd Floor Ballroom  
9 am to 10 am Conversation, Fellowship, Coffee and Buns  
10 am Speaker - - Bob Abrames

Regular Meeting May 19  
Spring Fling May 26 in Belleville

Speaker's Corner

The Go Green Together Centre

- Conservation of Resources
- Helping our Planet

Over the centuries, environmental changes have evolved because of major societal shifts, from an agrarian society to the Industrial Revolution, to the Information Technologies and Digital Revolution and now the emergence of the Green Revolution....how everyday people are helping the planet.

Judy Smith-Torrie Executive Director of The Go Green Together Centre gave a clear, concise account of the purpose of the Centre and its role in the community. She mentioned that the Go Green Together Centre is located in The Lakefront Utilities Building in Cobourg, providing a one stop resource for local residents, home owners and businesses desiring to reduce their energy consumption to save money and reduce green house gas emissions.

Judy chairs the Environmental Advisory Committee for the Town of Cobourg. She brings impressive curriculum vitae to this position having been Director Of Ontario International Development Corporation and the Joint Environmental Advisory Committee for Environment Canada and Statistics Canada that produced the first and only complete State of Environment Report For Canada. She has been an Environmental Consultant for over 30 years.

The Go Green Together Centre which opened last year receives support from the Ministry of the Environment and Lakefront Utilities, Cobourg.

Last year, they promoted several initiatives to engage the community: International Clothes

Line Week, Bike for the Planet, attended Festival and Sidewalk Sale with promotional literature and heralded a Wake Up Climate Event.

It seemed only natural that Judy would address us during Environmental Month with Earth Day on Thursday. Young people, she says, often see a disconnection between environmental goals and societal needs in today's economy. Yet, we must all practice environmental constraints to help the planet.

She outlined some innovative projects in the works or being considered for promotion by the Centre in cooperation with the Town of Cobourg through its Climate Action Plan to reduce the consumption of resources:

Water reduction consumption; The Town of Cobourg pledges to reduce water consumption by 25%----- Lakefront Utilities and Centre are promoting the use of a low flush Niagara Flaperless Toilet (at a reduced price for citizens) , guaranteed to reduce water consumption and to save money at the same time;

If renovating...the Centre can help you find out what you can do and what the pay-back will be from saving electricity, natural gas and water by making buildings more comfortable and less drafty through insulating, caulking, green roofs and renewable energy technologies through its partnership with Northumberland organizations.

Judy announced that the Centre added a new technology service in October; Solar Unlimited Network (SUN).This technology allows the energy from the Sun to be converted to

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Why does "fat chance" and "slim chance" mean the same thing?

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electric or heat energy through the use of photovoltaic panels. She reported an increase in interest throughout the Province about residential solar systems since the government announced its Feed-In-Tariff allowing home owners and small businesses to sell it into the electrical grid. Some initiatives being considered are:

Energy conservation: replacing the gas fired heater for Town's outdoor swimming pool with solar heat - panels on roof;

Suggestions to the Cobourg Community Centre Advisory Committee about considering

solar technology. She reported that the Community Centre is hoping to attain Leadership in Energy and Environmental Design and Green Building Rating system (LEED) certification.

In closing, Judy indicated that the Go Green Together Centre is looking for volunteers to assist in the office or to sit on committees. Interested persons are asked to telephone the Centre at 905 377 -1278 for further information.

GO GREEN WITH CLEAN ENERGY

*Chuck*

### Speakers and Entertainment

- May 5 Robert Winslow - 4th Line Theatre
- May 19 Richard Atkinson - Don't Just Retire .....
- June 2 Scottish Dancers - - -to be confirmed
- June 16 John Winkworth - Travelogue
- July 7 Mark Peacock, Ganaraska Conservation Authority Climate Change.
- Aug. 4 Air Force will speak on Centennial of Flight. It was suggested an invitation could be extended to veterans who are family of club members.



John Fazekas : Convenor

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

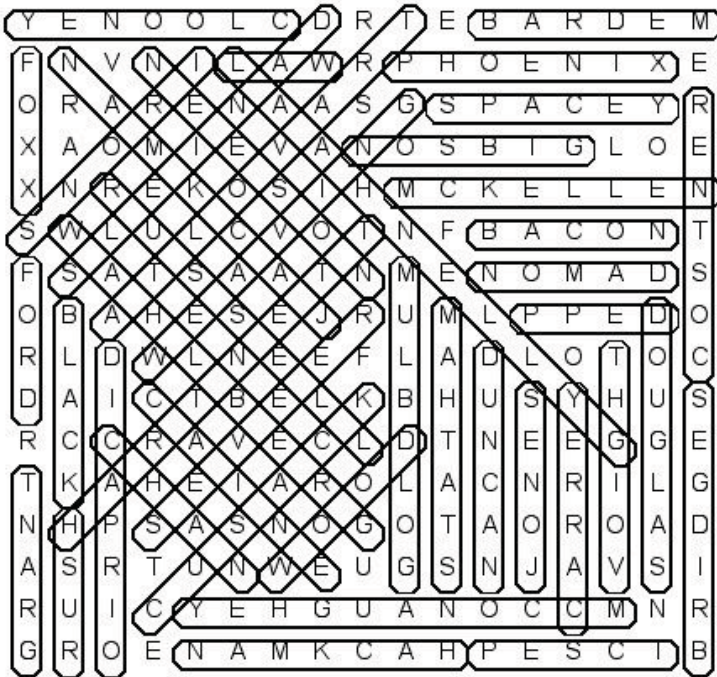


**Light Magical** in Brighton, Wednesday, June 2<sup>nd</sup>. Matinee 2:00 p.m. and supper. Cost is \$38.00 with cheques due today. Members provide own transportation.

**Portugal Trip:** March 2011. No information yet because of airline backlog due to volcano.

Sharron McMann, John Winkworth, Judi Cutis, Sharon Holmes, Dorothy Miller.

Last Month's Solutions



2	1	7	8	5	3	4	9	6
4	6	5	9	2	1	8	3	7
9	8	3	7	6	4	5	2	1
1	2	9	5	7	6	3	4	8
3	5	6	4	9	8	7	1	2
8	7	4	3	1	2	9	6	5
5	9	2	6	4	7	1	8	3
6	4	8	1	3	5	2	7	9
7	3	1	2	8	9	6	5	4

**Celibacy,**

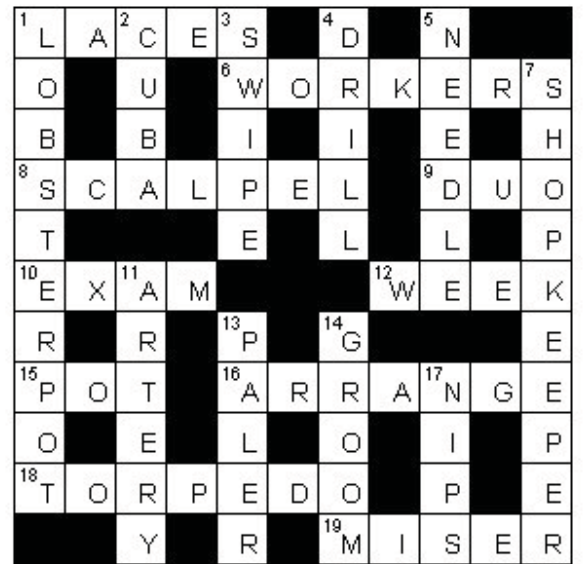
**a condition imposed by circumstances**

*While attending a Marriage Weekend,  
Walter and his wife Ann,  
listened to the instructor declare,  
'It is essential that husbands and wives know the things that  
are important to each other.'*

*He addressed the men, 'Can you name and describe your  
wife's favorite flower?'*

*Walter leaned over, touched Ann's arm gently and whis-  
pered, 'Robin Hood-All-purpose, isn't it?'*

*And thus began Walter's life of celibacy*



A group of chess enthusiasts checked into a hotel,  
And were standing in the lobby discussing their recent tournament victories.  
After about an hour, the manager came out of the office, and asked them to disperse.  
'But why,' they asked, as they moved off.  
'Because,' he said, 'I can't stand chess-nuts boasting in an open foyer.'

## The Management Team

### Executive

President	Bruce Steel	905-372-5897	kbsteel@sympatico.ca
Vice Presidents	Judi Curtis	905-372-3104	curtisskyevalley@hotmail.com
	Carol Dewey	905-372-1499	cardew42@me.com
	Diane Morrison	905-349-2272	nosirrom@eagle.ca
Treasurer	Roberta Armstrong	905-372-5908	bryana@sympatico.ca
	Jill Heffernan	905-372-7150	
Recording Secretary	Marion Buttars	905-373-0547	marion.buttars@gmail.com
	Joan Greer	905-372-3400	jgreer11@cogeco.ca
	Lee Wakelin	905-372-8474	lwakelin@hotmail.com
Past President	Sharron McMann	905-372-3567	samcmann@sympatico.ca

### Committee Chairs

Membership	Kathy Maclean	905-377-8069	kathymaclean@nexicom.net
50/50 Draw	Mary Houston	905-377-8038	stick17@sympatico.ca
	Judy Johnson	905-377-9812	geofnjudy@sympatico.ca
Trips and Tours	Sharron McMann	905-372-3567	samcmann@sympatico.ca
Social Activities & Events	Diane Morrison	905-349-2272	nosirrom@eagle.ca
Community Service	Dorla Hope	905-372-3285	dorla.hope@sympatico.ca
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