

PROBUS NORTHSHORE

NEWSLETTER



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President's Message

It's Your Move

Our club is comprised of friendly, outgoing, active people that we can count on for support both when we share happy experiences but also when times are difficult. This is what Probus is all about - friendship!

Seven years ago, when the Probus Club of Northshore became the third Probus Club in Cobourg, I knew very few people attending the first session. Today, many of these individuals, as well as others that joined in subsequent years, I classify as good friends. On a personal level this has been very rewarding.

Through Probus, our membership can boast about our social groupings that have expanded as the number of people has escalated to its present level of 175 people. By year's end we could be at an all time high! Life is just about perfect, isn't it? What more could Probus provide me?

The answer of course is sitting right before us and the response that comes to mind (with a slight change in syntax) is John F. Kennedy's, "ask not what your club can do for you, but what you can do for your club. Probus will work for someone if he/she is prepared to put something into it to make it better. People who put the most into something inevitably are the ones that derive the most satisfaction from it.

I marvel at each meeting listening to reports from each of our committees learning about the many facets of each group and the fun things they are undertaking. Some activities are culinary, some theat-

rical, some involve tours, some specialize in socializing with others through events such as our annual Bake Sale, Christmas Party, our summer picnic, Appies and Drinks and the Lunch Bunch, while others are scheduled and ongoing such as bridge and the genealogy groups and others still are athletic in nature, such as bowling. We have so many committees and functions that a person would have difficulty being aware of them all if Bryan Armstrong didn't have things so well outlined in our monthly newsletter.

We have had many people join our club over the past few years. We always say new members are invited and encouraged to join the organizing team of an event but at times I believe we return to the same group we worked with in the past. This is human nature. We focus on "our comfort zone". In many situations that is fine, especially for people new to a particular committee as they hone the skills others have gained through years of experience.

To all club members I ask you to volunteer for a committee that is of interest to you. For the experienced people, please take a giant step in a direction you haven't gone before - a new committee, share new ideas, meet new people, be creative. All you need is to be willing to try something different. If you do and don't succeed, don't worry, no one in this club will be upset, but in all likelihood you will try something and it will work. For reassurance look at the number of mistakes I make on a daily basis, minute by painful minute. That's my long winded way of saying our club is as good as we

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make it.

And now the rest of the story or the next chapter or the next step ... call it what you wish but we have a present need and one that is imminent.

First for the present. We likely will require some people to complete our new Telephone Tree network to contact members in a time efficient manner in case of a change in meeting location, a meeting cancellation due to inclement weather or to notify people of an issue or event. Many people tell me they can't or don't like speaking before a group. This job is not onerous and is one on one and only

required on rare occasions. All you need is a phone and some time. What an opportunity!

The future job involves next year's elections. Several positions will be open and new people with new ideas are always welcome. More information will be coming in future months from Vice President Judi. Please consider one of the positions before giving an immediate "No". Remember the Little Engine that could – "Yes I can, Yes, I can".

Thank you to everyone for making my term, to date, as Club President, an enjoyable experience.

Bruce

Social Activities and Events



Lunch Bunch will meet at the Oasis Bar and Grill at 31 King St. E., on February 17th at noon.

Bridge Club 2 will meet on Feb. 11th at Sharon O'Connor's and Feb. 25th at Dorla Hope's.

A Volunteer Fair will be held on February 17th. Round table discussions and information sessions will be held with different volunteer organizations from Northumberland County. Ten organizations have confirmed participation. It will be an opportunity to see what the different organizations do and what assistance they may need. Three ten minute sessions will be held. You can go to which ever table with the organization you are interested in learning about.

Best Western Dinner Theatre: "The Long Weekend" A 15 year friendship is tested when two couples retreat to a remote weekend cottage. As hilarious truths and deceptions are revealed, the sparks begin to fly. Friday April 30, 2010. Tickets at \$33.75 will be available in April.

Drinks and Appies. Anyone wishing to host a Drinks and Appies please leave your name and date you are thinking of with Gloria Ashcroft. A host is needed for April and June.

Diane Morrison - Co-ordinator

Speaker's Corner



Our scribe
Julius Varga

Travels by Karen along with
Bruce

Vacations are mostly about indulgence, time passing slowly on some tropical shore, where the most pressing concern is the need to flip to the other side already. The sole intellectual challenge being a very trashy novel read with a wary eye so no one will notice you blushing as you turn its pages with unseemly haste. And of course pina colodas at your beck and call, delivered by the most charming of young ladies whose smile and pleasant "You're welcome" all but guarantees their services will be required ever so soon again. Well, if that's your vision, you are not going to be hanging out with Karen and Bruce Steel anytime soon. One would have expected that after their voyage to Antarctica then traipsing up the Andes searching through Inca ruins, they would mellow a bit, find a beach somewhere, kick back, and start acting their age. Wrong! This time it's on safari in South Africa, Botswana and Swaziland, and Zambia. "A bit of a route, travel-wise, but worth it."

Even if this "call of the wild" hardly meant "venturing where no man has gone before" it still was a great adventure, "twenty three hours just to travel there" and that was just to Cape Town, the starting point. The safaris themselves were on private land. But still they were able to see "all the big five game animals, based on the skill required both to hunt and find them." And they had the pictures to prove it. Still, Karen conceded that sometimes the camera just had to be put away. They were "constantly rubber necking, appreciating the moment", "the bird life amazing", "the unique plants". They were cautioned to stay on the trails, the animals were protected, "had to be frightened away could not be killed". The tourists did not have the

same guarantees thus had to be more cautious.

Africa remains a very poor continent. Thirty-nine percent of Swaziland has AIDS. "We met a group of 25 people, all of them dying." Karen sadly noted, "There would be children looking after children." There is no health care in Zambia. Women would have their first child at the clinic because these births would be more difficult and then home-birth the others because of the cost. They visited a village that had been in the same location for 700 years where the people had to walk 6k. to obtain safe drinking water. Still Karen acknowledged, "They saw the nice side of Africa,"

Then there were those curiosities that Bruce latched onto and was willing to share just in case "enquiring minds want to know".

- A Zebra's stripes are intended to confuse predators
- An elephant's urine stinks when it is horny.
- The only ones to ride the ostriches were the women. (Bruce commented, "The men were too smart.")
- Male lions can have a pride of up to twelve lionesses and can have sex "every ten to fifteen minutes for days" Male lions rarely live longer than 10 years, ("A fair exchange." Bruce commented.)

Unattached women walk around bare breasted, married women cover up. (No comment from Bruce was recorded on this custom.)

Vacations end and within weeks so too that once tanned youthful glow passes, and one is free to meditate on the challenge posed by one's expanded girth. But some will rest content knowing their spirit of adventure still thrives.

Julius

Two antennas met on a roof, fell in love and got married.
The ceremony wasn't much, but the reception was excellent.

Speakers and Entertainment

- Feb. 3rd Belinda Clarke ND . . Naturopathic health methods
- Feb. 17 Volunteer Fair
- March 3rd Judge John Bark - Strange stories from the bench
- March 17 Routes to Learning (Educational Tours)



John Fazekas : Convenor

From The Astrology Department : What Are You?

AQUARIUS - The Sweetheart (Jan 20 - Feb 18) Optimistic and honest. Sweet personality. Very independent. Inventive and intelligent. Friendly and loyal. Can seem unemotional. Can be a bit rebellious. Very stubborn, but original and unique. Attractive on the inside and out. Eccentric personality.

From the desk of our Corresponding Secretary:

Since September 21 I have sent 24 cards and 5 newsletters on behalf of the Probus Club of Northshore. I have received a few calls thanking you for your thoughtfulness. The latest card sent was to Ralph and Cobie Skinner on the death of Ralph`s brother. So let us continue to reach out to our friends and show them that we care.

Our guidelines for sending cards are for sympathy, get well, congratulations and thinking of you. Sympathy cards are sent to a member who has lost a spouse, parent, sibling or child. Newsletters are sent to speakers or a group of entertainers and to others as requested by the executive.

Connie

Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.

NEW MEMBERS



Bev and Peter Chrisomalis



Cobie and Ralph Skinner

Speaker's Corner



Our scribe
Julius Varga

The Tao of Tai Chi

The way to become pumped and buff in the view of Western fitness lies in the credo “no pain, no gain”. Its practices thus are tied to numbers, an endless ritual of reps and sets, muscle straining, heart pumping, heavy sweating efforts to force the body to even higher levels of endurance. The test for success measured as more is good, bigger is better. Thus to hear Marja Webster begin her demonstration of Tai Chi with the instruction, “Relax, be yourself in your body” and then very encouragingly promise, “This is not the warm up but the real exercise” is not just different; it’s almost heretical.

Tai Chi, Marja points out, had its origins in monasteries in China. It was learned and spread throughout China when families that could not pay their debts had to send a family member to a monastery to perform good works as a way of paying off their obligation. Its practices evolved out of martial arts then shared by the monks with the peasants who were not allowed to bear arms yet still needed self protection. The discipline arrived in Canada inadvertently in 1970 when a master who was refused a visa to the United States came here instead. He worked during the day as a tailor and taught Tai Chi’s skills at night.

Tai Chi is founded on the principle that the “body does not like being immobile...movement is perfectly natural, sort of like eating (performed as by) children who just do it without the

slightest thought.” Still Marja points out, “As you age the body changes and you have to change and adapt.” The exercise is careful to not strain the joints, “putting no weight on the knees... preferring instead to put the weight on the large muscles.” She stresses that Tai Chi is also an “internal art...improving not just the muscle tone (but also) a meditative part.”

The exercises performed by Marja and her volunteers are slow and deliberate “seven moves done in a specific sequence”. Their performance emphasizes grace rather than strength, their precision requiring a certain fluidness of movement. “The number of repetitions depends on what you want”. Marja however points out that a completed session means “walking at least two kilometers.”

There are health benefits to following its regimen. Marja asserts “...lungs and heart change, circulation improves, blood pressure drops...the steps puts it all together.” The brochure quotes “an avid practitioner...diagnosed with Parkinson’s disease” that Tai Chi “has helped me regain my balance, strength and coordination...I am walking without having to think about it.” Finally our Judy Johnson adds that “Because of my arthritis I used a cane for three years, now I don’t use it at all.”

Life, once again, proves one size hardly fits all. The test, as always, lies in searching for what works for you. Once found the measure of success achieved is shaped, as ever, by the passion with which you pursue its way.

Julius

NEW MEMBERS



Jill and Paul Mills



Bill King



Daphne King

The Management Team

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