



THE PRO-BUZZ

JANUARY, 2009



WOW ! ! ! ! ! !



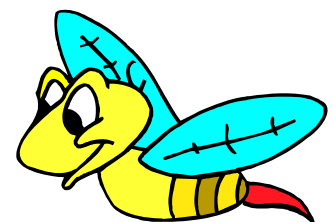
What a Christmas Party! Superb dinner, lots of dancing, and many prizes. A record total of 151 members and guests attended the festivities.

After dinner "the big guy" showed up. Santa and his helpers, Joe and Doreen cardinal, did a great job of distributing the multitude of gifts. It was rumoured that Jerry Moran was masquerading as Santa, but this could not be confirmed.

Music for the evening was provided by "The Unrehearsed" duet of Bob Trennum and Lee Batchelor. This was the third time that they have entertained us at our Christmas party, and again they were wonderful. They have already been booked for our 2009 Christmas Party, along with the Lions' Center.

Thanks go to many of our members who helped, who were; Dianne Lauder, Marie Van Dusen, Marian Boys, Helga Benham, and Verna Templer for her input and support.

Organized and reported by:
Doreen and Joe Cardinal



PRO-BUZZ MASCOT

MEETING SPEAKERS

Thursday, January 8th

Al Briscoe and His Steel Guitars – Presentation on Steel Guitars and a Concert on his Guitar.

Thursday, January 22nd

Randy Bird – Training of Wild Mustangs with Videos of His Work with Horses.

Thursday, February 12th

Bob Pearson – PowerPoint Presentation on “Routes to Learning Canada”.

Provided by: Ron Templer

COMING EVENTS

Dinner Theater – “On Golden Pond” – Friday, February 6th - Best Western Hotel –\$33.75 - John Winkworth and our own Betsey Stanley are featured performers – See Marg Madsen for reservations.

Bowling Tournament – Monday, February 2nd – Bowling at North Shore Lanes \$10 – Lunch at Cobourg Legion \$15 – Organized by the Port Hope Probus Club.

Andre Rieu – Air Canada Center – Friday, April 17th – Still Trying to Obtain Tickets – If Tickets become available, are you Interested?

Spring Fling – Wednesday, May 20th – Colborne Keeler Center – Cobourg Probus Club will host this event – \$35 – Speaker is William Thomas, a humourist who is a radio and TV commentator and author - More details to follow as they become available.

Golf Trip – Sometime during the last week of May – The location will be Buckhorn – Fred Cooke is the Organizer - More detail to follow next month.

Provided By: Verna Templer

LUNCH BUNCH

Thursday, January 22 @ The Buttermilk Café

Provided by: Marcie Polson

VOLUNTEERS REQUESTED

Two Members are needed to co-ordinate a simple celebration at our next meeting on Thursday, January 22nd. Archie McGeachie is ready with his pipes

A committee is needed for the Valentines Party at our February 12th Meeting, which will include a luncheon at the Lions' Center.

See **Verna Templer** if you would like to help with either of these events.

GOLF BALLS & BUTTERCUPS

Toward the end of the golf course, Dave hit his golf ball into the woods. He found it in a patch of pretty yellow buttercups. Trying to get the ball back into play, he ended up thrashing just about every buttercup in the patch.

All of a sudden, POOF! In a flash and puff of smoke, a little old woman appeared. She said, 'I'm Mother Nature! Do you know how long it took me to make those buttercups?

Just for doing what you have done, you won't have any butter for your popcorn for the rest of your life; better still, you won't have any butter for your toast for the rest of your life... As a matter of fact, you'll never have any butter for anything the rest of your life!!! Then, POOF! . . . She was gone!

After Dave recovered from the shock, he hollered for his friend Darrel, 'Darrel, where are you?' 'Darrel yells back 'I'm over here in the pussy willows.'

Dave shouts back, '**DON'T SWING DARREL, FOR THE LOVE OF GOD, DON'T SWING!!!**'

GRANDMAS DON'T KNOW EVERYTHING...

Little Tony was 9 years old and was staying with his grandmother for a few days. He'd been playing outside with the other kids for a while, when he came into the house and asked her: 'Grandma, what's that called when two people sleep in the same room, and one is on top of the other?'

She was a little taken aback, but she decided to tell him the truth. 'It's called *sexual intercourse*, darling.' Little Tony said, 'Oh, OK,' and went back outside to play with the other kids.

A few minutes later he came back in and said angrily, 'Grandma, it isn't called *sexual intercourse*. **It's called Bunk Beds**, and Jimmy's mom wants to talk to you.'

IS SHE DEAD OR DID SHE JUST LEAVE ????

There were two old men sitting on a park bench talking. One old man asked the other, "How is your wife?" Second old man replied, "I think she may be Dead!" First old man, "What do you mean you think she is DEAD?"

Second old man, "Well.... the sex is the same, but the dishes are starting to pile up."

Provided by: **Pamela Jackson**

IMPORTANT NOTICE ABOUT THE RISE IN ENERGY COSTS

Due to recent budget cuts and the rising cost of electricity, gas, and oil.....and the despair with the stock market.... **the Light at the End of the Tunnel** has been turned off.

We apologize for the inconvenience.

Provided by: **Pamela Jackson**

PRO-BUZZ QUESTIONNAIRE

It is important that our Newsletter provides effective and relevant communication for our Club, and the purpose of this Questionnaire is to obtain candid feedback from our members. Your comments and suggestions will be seriously considered for making improvements to our Pro-Buzz. Please take the time to complete the following and return it to your Pro-Buzz Editor. Your help in this regard will be greatly appreciated.

CURRENT PRO-BUZZ EDITIONS

What features **do you like** about the present Pro-Buzz format and articles?

What features **do you not like** about the present Pro-Buzz format and articles?

FUTURE PRO-BUZZ EDITIONS

What changes would you suggest that we make to future editions of our Pro-Buzz?

What additional features and subjects would you suggest to incorporate into our Pro-Buzz?

OTHER

Include any other comments and suggestions which you believe would improve our Pro-Buzz.

SEARCH FOR A NEW PRO-BUZZ EDITOR

Would you be willing to becoming the Editor of the Pro-Buzz, when our current editor becomes President in September, 2009? Yes _____ No _____

Do you know of any of our members who may be interested in becoming the Editor of the Pro-Buzz?
Member Name: _____

Note: A group of two or three members could be considered for this function.

Signed (Optional) _____

Insert

HOW TO SURVIVE A HEART ATTACK WHEN YOU ARE ALONE

Since many people are alone when they suffer a heart attack, this article seemed in order.

All of a sudden you start experiencing severe pain in your chest that starts to radiate out into your arms and up into your jaw. Without help, the person whose heart stops beating properly, and who begins to feel faint, has about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without letup until help arrives or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs, and the coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain normal rhythm. In this way heart attack victims can get to a phone and between breaths call for help.

ST JOHN AMBULANCE

St John Ambulance Cobourg is currently seeking individuals who are interested in becoming a member of the Board of Directors or to serve on a committee. For more information please contact Yvonne at (905) 372-0564.

Provided by: **Betty-Lynn Maxton**

CONTRACT RENEWAL

After serious & cautious consideration . . .

Your contract of friendship has been renewed for the New Year 2009!

It was a very hard decision to make. So try not to screw it up!!!

My Wish for You in 2009

May peace break into your house, and may thieves come to steal your debts. May the pockets of your jeans become a magnet for \$100 bills. May love stick to your face like Vaseline and may laughter assault your lips! May your clothes smell of success like smoking tires, and may happiness slap you across the face, and may your tears be that of joy. May the problems you had forget your home address! In simple words May 2009 become the best year of your life!!!

Provided by: **Ron Templer**

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