

The **PROBIAN**

Monthly Newsletter of the Probus Club of Cobourg and District

Presidential Decree



**Marie Chisholm and
Kathy Cole
Co-Presidents**

BEST WISHES FOR A MERRY CHRISTMAS AND A JOYOUS NEW YEAR!

We would like to thank and acknowledge many members who have made our meetings memorable. Nov. 4th our remembrance service; **Ross McKie** playing the pipes, **John Simpson, Granville Nickerson & Tom MacMillan** reading a verse from "In Flanders Fields", **Tom MacMillan** for assisting with the service,

In addition we would like to thank **Jennie Herniak** for her story and generous gifts. . The torch Jennie donated will become a unique part of our meetings.

Nov. 18th, the Leafs and the Wanabees were back in action attempting to prepare us all for our pre-conditioning 2011 training, This group was under the direction of **Des and Sheila Barry**. The cast included **Des & Sheila Barry, Jennie Herniak, Annelies Lichtenberger** and **Marlene Stothart**.

It appears we will require more of this training level "if "we are to be ready for a fitness challenge. Many of you have graciously greeted members at the door, thank you. A big thank you to **Jim Stirling** and **Granville Nickerson** for laying our Probus wreath at the Cenotaph. Also, thank you to all the members who have helped behind the scene's.

To date it has been a pleasure for us to work with you. Watch out for us! We might be knocking on your door, our wish is to have all members involved in some way.

Best Wishes for a Merry Christmas, and a Wonderful, Healthy, Prosperous, 2011.

Marie and Kathy



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Stroke warning signs ...

**The Five Signs
Stroke is a medical
emergency.**

Recognizing and responding immediately to the warning signs of stroke by calling 9-1-1 or your local emergency number can significantly improve survival and recovery. If a person is diagnosed with a stroke caused by a blood clot, then doctors can administer a clot-busting drug available only at a hospital, and only within a few crucial hours after symptoms begin.* That's why it is very important to be able to recognize the 5 warning signs of stroke and immediately call 9-1-1 or your local emergency number in order that a stroke can be treated quickly. That's why it is so important to recognize and respond to the warning signs.

**The five signs are -
Weakness** - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

Trouble speaking – Sudden difficulty speaking – or understanding or confusion, even if temporary.

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Stroke warning signs continued from page 1-

Vision problems - Sudden trouble with vision, even if temporary.

Headache - Sudden severe and unusual headache.

Dizziness - Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, CALL 9-1-1 or your local emergency number immediately.

*Health Canada has approved the clot-busting drug called tPA to be used within 3 hours from the time symptoms begin. However, emerging science is now showing that tPA could be effective up to 4 ½ hours afterward. As a result, the Canadian Stroke Strategy has issued new Canadian Best Practices Recommendations for Stroke Care, which have included this new treatment time. Still, it will be up to the attending emergency doctors to determine when tPA may be administered or if it is appropriate to the situation.

For more information on stroke warning signs, please read our brochure Emergency signs, signals, actions - for life and Emergency wallet card for heart attacks and strokes.

Source: Ontario Heart & Stroke Foundation

An Entomologist speaks on Bed Bugs



This is must read! When an entomologist talks about insects we should listen. Since everything comes from offshore to-day, the following warning should be heeded.

This is not farfetched: An entomologist (insect expert), and has been telling them that there is an epidemic of bed bugs now occurring in America. Recently I have heard on the news that several stores in NYC have had to close due to bed bugs, as well, A complete mall in New Jersey has also been closed..

He says that since much of our clothing, sheets, towels, etc. now come from companies outside of America, (sad but true), even the most expensive stores sell foreign clothing from China, Indonesia, etc. The bed bugs are coming in on the clothing as these countries do not consider them a problem. He

recommends that if you buy any new clothing, even underwear and socks, sheets, towels, etc. that you bring them into the house and put them in your clothes dryer for at least 20 minutes. The heat will kill them and their eggs. **DO NOT PURCHASE CLOTHES AND HANG THEM IN THE CLOSET FIRST.** It does not matter what the price range is of the clothing, or if the outfit comes from the most expensive store known in the U.S. They still get shipments from these countries and the bugs can come in a box of scarves or anything else for that matter. That is the reason why so many stores, many of them clothing stores have had to shut down in NYC and other places. All you need is to bring one item into the house that has bugs or eggs and you will go to hell and back trying to get rid of them. He travels all over the country as an advisor to many of these stores, as prevention and after they have the problem.

Send this information on to those on your e-mail list so that this good prevention information gets around quickly.

RANDOM FACTS of interest!

Antarctica is the only continent without reptiles or snakes.

An eagle can kill a young deer and fly away with it.

In the Caribbean there are oysters that can climb trees.

Intelligent people have more zinc and copper in their hair.

The world's youngest parents were 8 and 9 and lived in China in 1910.

The youngest pope was 11 years old.

Mark Twain didn't graduate from elementary school.

Proportional to their weight, men are stronger than horses.

Pilgrims ate popcorn at the first Thanksgiving dinner. They have square watermelons in Japan - they stack better.

Thanks to Russ Donaldson for these facts interest.

Speakers Corner- Nov. 4th Meeting



Probian **John De Visser** was the speaker and presented an interesting insight into the challenges and experiences facing a professional photographer.

John has had his very great photographic talents displayed in some 50

John De Visser

books as well as National Geographic and many other magazines.

As a photographer, John's goal was "to capture a vision and share it with others." A goal he achieved repeatedly through his work. One of his most interesting challenges was taking the photographs for a book on "Churches and Cemeteries" of Canada. This work resulted in over 250 images being captured through the lens of his camera.

A highlight of his career was being assigned to photograph the Royal Family, which resulted in one of his photos being used on the Queen's Christmas Card. His talk was one more example of the often hidden talents of Probians. He was thanked by **Margot Donald** for sharing his story with us.

November 18th Meeting-

Speaker at the November 18th meeting was **Dr. Bob Scott**, who gave a powerful presentation on Rotary's battle to end polio world-wide.

Dr. Scott told of Rotary International's contribution to the world-wide polio eradication effort.



Dr. Robert "Bob" Scott

"By the time the world is certified polio-free, Rotary's contributions to the global polio eradication effort will exceed US\$600 million. In addition, millions of dollars of 'in-kind' and personal contributions have

been made by and through local Rotary clubs and districts for polio eradication activities. Of even greater significance has been the huge volunteer army mobilized by Rotary International. Hundreds of thousands of volunteers at the local level are providing support at clinics or mobilizing their communities for immunization or polio eradication activities. More than one million Rotarians worldwide have contributed toward the success of the polio eradication effort to date," Said Dr. Scott.

Rotary International is currently striving to raise US\$200 million to match the \$355 million in challenge grants received from the Bill & Melinda Gates Foundation for the fight against polio.

Dr. Scott said, "As long as polio threatened even one child anywhere in the world, children everywhere remain at risk. The stakes are high, but Rotary is committed to winning this fight."



Dr. Scott was welcomed to Probus by guest **Jan Howieson**, wife of events chair **Joe Howieson**.



Jennie (Tie Domi) Herniak staged an impromptu fight with Des Barry during the meeting warm-up session.

5 Foods that Fight the Flu

1. Raw garlic

This pungent superfood is a powerful flu fighter. Garlic contains compounds called allion and allicin, which have direct antiviral effects, says Bryan Rade, a naturopathic doctor based in Halifax. “If you happen to come in



contact with a flu virus, [garlic] can help destroy it before it becomes a full-blown flu in the body.” To get the most out of garlic’s flu-fighting properties, it’s best to chew a raw clove every three or four hours. If you can’t bear the taste, try cutting cloves into pieces and swallowing them down like pills. Rade suggests mixing crushed garlic with honey, which is also reputed to have antiviral properties. Still not in love with idea of eating raw garlic? Add a few extra cloves to a soup or stir-fry. “Even if [garlic] is cooked, [it] still has sulfur-containing compounds, which have anti-microbial activity as well,” says Rade.

2. Onions

Like garlic, onions also contain the antimicrobial compounds allion and allicin. To get this superfood’s full flu-fighting action, Rade recommends consuming a serving of raw onions every few hours.

If that seems unpalatable, add extra servings to your meals, like in a French Onion Soup.

“Trying to put it into your food is much better, in my opinion, because then it’s part of your lifestyle,” says Rade.

3. Spices

Spices such as turmeric, cloves and cinnamon are packed with antioxidants, which help improve the function of the immune system.

Rade suggests consuming a teaspoon of spices every day to help ward off the flu. Try mixing some cinnamon into your morning oatmeal or sprinkling extra nutmeg over a bowl of applesauce.

If you’re already feeling ill, traditional Indian medicine (called Ayurveda) recommends using spices to help sweat out a fever: Sip a tea from a mixture of boiling water, 1/2 teaspoon (2.5 mL) each of

cinnamon and coriander and 1/4 teaspoon (1 mL) of powdered ginger to help bring your temperature down.

4. Berries

All berries have high concentrations of antioxidants to help fight off flu viruses, says Rade, but blueberries pack the most punch: When tested against other foods, blueberries were found to have more antioxidants than 40 other fruits and vegetables.

Rade recommends eating at least one serving (1/2 cup or 125 mL) of raw berries every day to help you stay healthy during the flu season. If you can’t find fresh berries during the colder months, stock up on the frozen variety.

“Eating frozen berries isn’t as good as eating them fresh, but it’s better than eating them cooked,” says Rade. Run frozen berries under cold water to thaw and eat them in salads, smoothies or yogurt parfaits.

5. Chicken soup

Grandma was right to load you up with her own special brew. Researchers are finding that soup works to ward off viruses. One theory is that hot soup raises the temperature in the nose and throat, which creates an unwelcoming environment for viruses that thrive in cool and dry places. Rade points to research that found that the chicken itself has flu-fighting properties. “Homemade chicken soup has protein groups that have been shown to have anti-viral activity,” says Rade. However, he emphasizes that the soup has to be homemade to ward off viruses. “Stuff out of a can isn’t going to have the same therapeutic value,” he adds.

Make up a big batch of our Old-Fashioned Chicken Noodle Soup and keep some in the freezer in case of emergencies.

Source: What’s New Newsletter by Sympatico

It’s an Age Thing!

Don’t worry about senility – when it hits you, you won’t know it! – *Bill Cosby*

There are three signs of old age, loss of memory ... and I forget the other two. – *Red Skelton*

I adore my bifocals; my false teeth are fine, my hairpiece looks good, but I sure miss my mind.

Anonymous

Probus Remembers – Nov. 11th



Ross McKie leads a special head table group of Probianians into the Columbus Centre as Cobourg Probus held a remembrance service for those who served in Canada's wars.

John Simpson opened the meeting by reading the opening verse of "In Flanders Fields" as a tribute to the fallen.

Ross McKie

Joining John in reading "In Flanders Fields" were **Tom MacMillan**, and **Granville Nickerson**.

The reading was followed by two minutes of silence. It was a very fitting and moving opening ceremony. Each year, Remembrance Day seems to grow in importance to Canadians, and so it should.



Probianians reflected during a moments silence during the November 4th meeting.



Many Cobourg Probianians attended the Remembrance Service in Victoria Park, estimated to be the largest gathering at a Remembrance Service in many years. Above, Past-Presidents **Joanne and Jim Domine**, **Jim and Marjorie Stirling** and **Granville Nickerson** watch the proceedings.

About the Probian...

The **Probian** Newsletter is published once each month and distributed at the first meeting each month. Copies remaining are made available at the 2nd monthly meeting.

The **Probian** is also available on line, thanks to Web Master, **John Draper**. To read the newsletter on line, simply Google Cobourg Probus, and follow the prompts.

This is a "Members Newsletter" and your comments, suggestions and ideas for content are always welcome. Please address your comments to: wjohnson@eagle.ca



On November 11th, **Jim Stirling and Granville Nickerson** laid the Probus wreath during the Cenotaph Ceremony in Victoria Park.

**Just when
you thought
you'd heard
everything
... read this!**



The liquid inside young coconuts can be used as a substitute for Blood plasma.

No piece of paper can be folded in half more than seven (7) times. Oh go ahead...I'll wait...

Donkeys kill more people annually than plane crashes or shark attacks. (So, watch your Ass)

You burn more calories sleeping than you do watching television.

Oak trees do not produce acorns until they are fifty (50) years of age or older.

The first product to have a bar code was Wrigley's gum.

The King of Hearts is the only king WITHOUT A MOUSTACHE

American Airlines saved \$40,000 in 1987 by eliminating one (1) olive from each salad served in first-class.

Venus is the only planet that rotates clockwise. (Since Venus is normally associated with women, what does this tell you? (That women are going in the 'right' direction?))

Apples, not caffeine, are more efficient at waking you up in the morning.

Most dust particles in your house are made from DEAD SKIN!

The first owner of the Marlboro Company died of lung cancer. So did the first 'Marlboro Man'.

Walt Disney was afraid OF MICE!

PEARLS DISSOLVE IN VINEGAR!

The three most valuable brand names on earth: Marlboro, Coca Cola, and Budweiser, in that order.

It is possible to lead a cow upstairs...but, not downstairs.

A duck's quack doesn't echo, and no one knows why.

Dentists have recommended that a toothbrush be kept at least six (6) feet away from a toilet to avoid airborne particles resulting from the flush. (I keep my toothbrush in the living room now!)

And the best for last....

Turtles can breathe through their butts. (I know some people like that, don't YOU?)

So Remember, knowledge is everything, so pass it on.....and go move your toothbrush!

Another contribution to the Probian by Russ Donaldson.



Probus Looks Back

A new feature introduced to Probians attending the November 4th Meeting was a brief presentation by the Club's 2nd President, **Ron Fraser**.

Ron told how he was cajoled into first joining and then serving on the executive of the newly formed club.

Past Pres. Ron Fraser

The Cobourg Club, one of the first in the area, grew rapidly to 132 members. There was a "waiting list" of people wishing to join the Cobourg Probus Club and this ultimately lead to the formation of other clubs in the immediate area.

Probus in Canada was imported from England where the idea originated. Actively supported by Cobourg Rotarians **Bill Moore** and **Wally "The Candy Man" Reid**. The Probus ideal was quickly embraced by senior all across Canada. We are indeed fortunate to have such a warm and inviting Cobourg Club. Current membership stands about nearly 150 members.



**Coming Events -
Mark your calendars!**

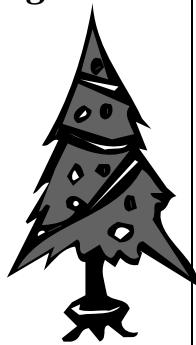
**December 5th - Northumberland Film
Sundays presents "The Nowhere Boy."**

Run time 98 minutes – Rating 14A

Showing at the Northumberland Mall Cinemas at 4:00 pm. An emotionally charged family melodrama masquerading as a rock'n roll biopic. This is a classic British melodrama, anchored by the performance of Kristin Scott Thomas giving one of the subtlest, richest roles in – her career. Tickets \$8.00 each. Presented in cooperation with the film circuit of the Toronto Film Festival.

**December 16th – Special Cobourg
Probus Event at the Capitol
Theatre, in Port Hope -
following the Club Business
meeting at the Best Western.**

-an opportunity to view the annual Christmas Tree display afterwards at the Capitol Theatre at 11:30 a.m. A truly wonderful way to welcome the "Christmas Spirit". Watch for more information to follow, soon!



**December 19th – Concert Band of
Cobourg Annual Christmas Show –**

Two shows – 2 & 7 p.m. One of Cobourg's most popular Christmas Events. Tickets at Victoria Hall Box Office at \$5.00 each.

January 6th - Regular Meeting at the Best Western Inn & Convention Centre. Guest Speaker – **Mike Nickerson, "Sustaining Our Environment."**

There will be a new feature at this meeting – a monthly book review by a Club member. This week **Karen Allen** will review a recent read.

January 20th – Regular Meeting at the Best Western Inn & Convention Centre. Speaker will be Probian Past President **Larry Flood** speaking on **"My Life as a Marine Engineer."** Knowing Larry Flood, this should be a meeting not to be missed.

January 28th – Dinner Theatre-at the Best Western – "The Trouble with Richard" a rousing comedy sure to entertain you. Tickets are \$33.75 and available from Nancy Foden.

**February 3rd – Special Meeting –
Breakfast with the "Golden Girls"
a.k.a Marie Chisholm and Kathy Cole!**

at the Best Western Inn & Convention Centre. A very special meeting featuring a full breakfast buffet and classic movie presentation. Those who attended last year's breakfast meeting" will tell you it was one of the best ever. Watch for tickets to go on sale soon.

February 7th – Bowling Tournament at the Northumberland Mall Lanes as our Club tries once again to rid itself of the hated toilet seat. **Russ Donaldson** is looking for bowlers. Bowling starts at 10:00 a.m. Sign up for a good time as we compete with other area Probus Clubs. More details to follow.

Wed. May 18th – "Spring Fling 2011" at the Evinrude Centre, 911 Monaghan Road in Peterborough. Theme - "Celebrate in the Kawarthas." Watch for more information coming soon. Tickets \$35.00 each.

**A GREAT LESSON
IN LIFE AND LONGEVITY ...**



... be nice to others, because time does make a difference!

*One day you will no longer be the big dog...
Just the old dog....*

... and it's nice to be surrounded by friends.

Words of Wisdom

"Old age is winter, alas, for many people, but for those who are wise and optimistic, it is the happy and fruitful time of harvest."

Anon.

What were these Probians so excited about?



It was the Probus All-Stars!



The opening minutes of Cobourg Probus Club meetings have always been unpredictable, but the last few have taken on a whole new look. Above, the **Cobourg Probus Hockey Heroes** got the November 18 meeting off to a wonderful start with a stirring rendition of **“It’s a Great Old Hockey Game”**. Seen above from the left, are **Marlene Stothart, Annelies Litchenberger, Sheila Barry, Jennie ‘Tie’ Herniak and Des Barry**.



Invite a friend to join us at Cobourg & District Probus

Ken Ledgard, who does such a fine job managing the club membership list, has suggested that we are always in the market to welcome new members to our Club. Ken suggests that he would be happy to provide Membership Application Forms to any member who would like to pass them along to a prospective new members. Just see Ken at any meeting and he will be happy to provide you with a form. New members are the life blood of our Club. Why not suggest membership to a friend, neighbour or acquaintance, soon.

62 Probians enjoy lunch at Rosewood Estates

After the November 18th meeting 62 members and guests ventured out to Rosewood Estates for a delightful luncheon.



◀ It was a great way to conclude a Probus Meeting and those in attendance certainly seemed to enjoy the opportunity to enjoy the ambiance and hospitality of Rosewood Estates. Thanks to Margot Donald for organizing the outing.