

# The **PROBIAN**

Monthly Newsletter of the Probans Club of Cobourg and District

## Presidential Decree



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

**Welcome to Probans 2011, may we all have a wonderful year!**

Our Probans Christmas Committee did it again, on Dec. 2nd, another successful luncheon.

It was great to see so many members sharing the festive meal.

At our Dec 16th meeting we had a surprise visit from Santa Claus and his favorite Helper. They arrived to the accompaniment of Christmas music played by one of Santa's Elfs. Santa and his Helper worked 'quick as a wink' distributing candy canes, wishing everyone a Merry Christmas. Many of our members took the opportunity of having their picture taken with Santa.

THANK YOU SANTA (**Tom MacMillan**), HELPER (**Bert MacMillan**) and ELF (**Russ Donaldson**) for bringing JOY, GOOD CHEER and BEAUTIFUL Christmas music to our meeting.

The winners of the three \$25.00 draws plus the CD of Christmas music were:

- 1 **Budd Philp** - \$25.00
- 2 **Joyce Linton** - \$25.00
- 3 **Joy Somerville** - \$25.00
- 4 **Doreen Pettit** – Christmas CD

Audrey Levtoy gave us a fun overview of her year as President. When the meeting adjourned Audrey led the way to view the trees at the Capitol Theatre. Thank you Audrey, We know everyone enjoyed it!

## Marie and Kathy

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### In this issue;



**“Party Perfect”- Christmas luncheon a smash hit! – page 3**

**Probans’s New Year’s Resolutions – page 3**

**“Keep Your Fork” page 7**

**Coming Events – page 8**

**December 16<sup>th</sup> Meeting Speaker’s Corner – page 9**

**“Cake Mix Warning” – page 10**

January, 2011  
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Editor Bill Johnson  
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## **Weight Equals Longer Hospital Stays**

**Sociologists Weigh In  
On Obesity Increasing  
The Length Of  
Hospital Stays**

Sociologists found a direct relationship between obesity and duration and frequency of hospital stays. Researchers found that, on average, obese persons stayed one and a half days longer than those with normal weight. Sociologists attribute the connection to disease--46 percent of obese adults have high blood pressure. Obesity is also linked to an increased risk of heart disease, diabetes, stroke and other illnesses. The researchers also note that the longer a person has been obese, the more likely their hospital stay is lengthened.

The numbers on North America’s scales are going up. A recent study puts Mississippi at the top of the list with the highest rate of adult obesity in the

**Continued on page 2**

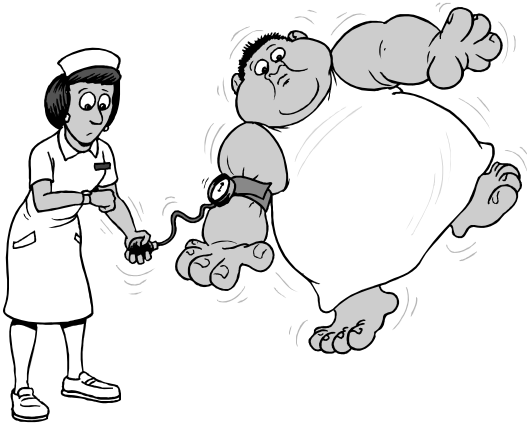
***Continued from page 1*** - country. New research shows how extra weight is adding up to longer hospital stays.

Annette Armstead knows what it takes to stay healthy. Before she started exercising, she weighed 225 pounds.

"I was tired of people telling fat jokes," said Armstead. "I was in pain all the time. I was so heavy that my knees would give out on me, and I was always falling down."

Obesity is linked with increased risk of heart disease, stroke, diabetes and other illnesses.

"I had problems with arthritis and different health problems, and everything they were saying [indicated] I was too heavy and I needed to lose weight," Armstead said. A new study by sociologists at Purdue University found obesity also leads to more frequent and longer hospital stays.



"Obese people, on average, stay at least one to one and a half days longer than a normal-weight individual," said Ken Ferraro, Ph.D., a sociologist at Purdue University in West Lafayette, Ind.

The main reason for extra hospitalizations is disease. Forty-six percent of obese adults in the study had high blood pressure, and obese adults who have been overweight since childhood and carried extra weight into adulthood pay the highest price for being heavy.

"The longer the person is obese, the longer their stay in the hospital," Dr. Ferraro said.

Tackling obesity at a young age is crucial to staying out of the hospital later on.

"If you can tell other people that you're on a diet, a lot of them actually might help you to stay on that diet, but if you're silent to your friends, then obviously they can't support you," Dr. Ferraro advised.

Armstead credits her weight loss to diet and exercise and has never felt better.

"I feel healthier at 55 than I did at 25," she said.

***ABOUT TYPE II DIABETES:*** Type II diabetes is the most common form of diabetes. In this form of the disease, either the body does not produce enough insulin, or the cells in the body ignore insulin. This can stop glucose from moving out of the bloodstream and into cells. Cells need the energy that glucose provides, and too much sugar in the blood can cause damage to the eyes, nerves, kidneys, or heart. These complications are very similar to the threats from type I diabetes, though type II can sometimes be treated with medications and diet instead of insulin (obtained through injections or in an inhaled form).

***WHAT IS BLOOD PRESSURE:*** Blood pressure is the force in the arteries when the heart beats, and when the heart is at rest. When blood pressure is high, there is an increased risk of heart disease (which leads to heart attack) and stroke. It is most common in adults over age 35, and is especially prevalent in African Americans, the middle-aged and elderly, obese people, heavy drinkers, and women who are taking birth control pills. Those with diabetes, gout or kidney disease are also prone to suffer from high blood pressure.

***WHAT CAUSES HEART ATTACKS:*** Heart attack is the leading cause of death in North and South America and in Europe. It is usually the result of prolonged hardening and narrowing of the arteries that direct blood into the heart. When blood vessels are healthy, oxygen-rich blood flows easily to all the muscles and organs of the body. But if they become clogged by the buildup of fatty deposits on vessel walls, blood can be cut off, killing heart muscle cells. This is called coronary heart disease, and it can lead to heart attacks or strokes.

***The American Sociological Association contributed to the information contained in this report.***



*Christmas Party Report -*

*It was “Party Perfect” at the Lions Centre as 113 Probians and Guests Celebrated!*



*There was a time to catch up with old friends.*



*A time to reminisce and enjoy the company of friends.*



*A time to share a laugh and a toast to the season.*



*A time to enjoy the decorations and the fine food.*

***Christmas Party Committee Report***

*Members of the Christmas Committee were: Eleanor Cobb; Margo Donald; Margarete Easton; Elen Graham; Doreen Guy (Chair); Carole Hiller; and Audrey Stacey.*

*The Lions Centre served 113 Meals.*

*Entertainment was provided by "The Unrehearsed" (Bob Trennum & Lee Batchelor)*

*50/50 Draw Tickets of \$63.00 each were won by Joan Edmunds & Elaine Elliott.*

*Special Draws were won by Kathy Cole- \$50 Matterhorn Restaurant Gift Certificate; Irene Flood- \$50 Oasis Bar & Grill certificate;*

*Jean Buchart- 4-Quart Chicken Dinners @ \_Swiss Chalet; Lil Graham- High Tea for 4 @ Meet at 66 King Street East.*

*Mary Korol won John Simpson's Scotch. Special thanks to Doreen Guy, right, for her work as Chair of the Christmas Party Committee. It was a great way to begin the Christmas Season. Well done!*



## Probian New Year's Resolutions!

Your task, fellow Probians, is to identify the author of the following New Year's Resolutions. Correct answers will be found on page 8 of this issue of the Probian.



#1: I would like to live well through 2011!

#2: I resolve to quit making a fool of myself by trying to get Probians into shape

#3: My New Year's Resolution is to try and cook better suppers .... maybe.

#4: My 2011 resolution is to use my treadmill one half hour, twice a day.

#5: "I resolve to slow down, relax a little and pay more attention to husband's needs!" Now, I'll have to "PUSH HUSBAND" to figure his "needs."

#6: Some years ago, I heard on Dr Phil that to achieve inner peace you must finish all the things you have started in life but never quite completed. So, I looked around my house to see all the things I started and hadn't finished, and before leaving this morning, I finished off a bottle of White Zinfandel, a bottle of Bailey's Irish Cream, a package of Oreos, the remainder of last night's pizza, the rest of the cheesecake, some Doritos, a box of chocolates, and a half bottle of scotch.

You have no idea how good I feel right now. I resolve to keep this up during 2011.

#7: I resolve to lose twenty pounds. To achieve this as a former doctor told me – to eat your normal diet but eat less of everything. Push away from the table. Also exercise. The slower that you lose the weight, you are also changing your eating habits, and you are more than likely to keep it off.

#8: I will continue visiting McDonalds for coffee where I enjoy meeting my fellow Probians.

#9: I resolve to lose 2.3 KILOS in 2011 so that I can look sexier than I already do.



Above is one of the original posters promoting the movie you will see on February 3<sup>rd</sup> after "Breakfast with the Golden Girls." Tickets are on sale now! See Russ Donaldson and get yours early.

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### More resolutions!

#10: I resolve to REVIEW each situation carefully before speaking out!

#11. I resolve to think first, speak later!

#12: "I resolve "to sit back, relax a lot, and see if I enjoy the pushing!"

**Who resolved to do what? Answers will be found on page 8**

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*In order to buy happiness  
you must first spend kindness!  
Thanks to Marlene Stothart for this kind thought.*

***Please note:*** This article was received too late for the Dec. issue of the Probian but the information is still valuable and I hope of interest. (Editor)

## ***A SPECIAL PROBIAN HEALTH REPORT***

### ***DIABETICS - Eat, Drink and be Healthy DURING THE HOLIDAY SEASON***



When it comes to decisions about your meal plan, you might have a good sense of how food interacts with your overall health. But what about alcohol? And what about specific dishes that only come around once or twice a year? Knowing when you can indulge and when to pass will keep you feeling great any month of the year.

#### ***Safer Sipping***

For many people living with diabetes, moderate alcohol consumption can be built into your care. It is vital to consult your healthcare team to determine your unique needs and go over the risks pertaining specifically to you before proceeding. It is also

important that your diabetes be under control. Consumption guidelines for the general public, including those with diabetes, are no more than three drinks a day for adult men and one drink a day for adult women. Since alcohol can increase the risk of hypoglycemia, people with diabetes need to be particularly careful and well-prepared.

Before having a drink, eat a well-balanced meal as you normally would. Check your blood glucose level to make sure it is within a range that is healthy for you. Have hypoglycemia treatment options with you, such as glucose tablets or six Life Savers®, and bear in mind that glucagon shots are rendered ineffective by alcohol. The symptoms of hypoglycemia can resemble those of intoxication, so make sure to inform someone in your party that you have diabetes, and wear an ID bracelet or carry a diabetes wallet card to prevent confusion in case you need treatment.



While having a drink, snack on foods rich in carbohydrates, especially if you are engaged in a physical activity like dancing. Drink slowly, use sugar-free mixes and keep water on hand to combat thirst.

Before bed, test your blood glucose and eat 15 g of a fast-acting carbohydrate if your levels are low. Alcohol can cause decreased blood glucose levels for up to 24 hours after consumption, so make sure to set your alarm for your regular wake time. Test your blood, take your insulin and eat your meals at the times you normally would the next day.

For some people with diabetes, the risks posed by alcohol are too great. It increases blood pressure, inflames the pancreas and raises the risk of eye disease. It also adds unnecessary calories to your meal plan and can weaken resolve towards avoiding unhealthy foods. Speak with your medical professional to see what works best for you.

***Continued on reverse side.***

### **Better Bites**

The holidays often offer a mouth-watering array of treats that can be tough to pass up. But with a few insights and some key substitutions, you needn't go without your favourite dishes and desserts. Approach the holidays with a plan to get the most out of the festivities.



### ***Minimize Weight Gain***

Recipes with rich, heavy ingredients usually mean packing on a few extra pounds and some uncomfortable bloating. People living with diabetes will benefit from keeping their weight stable, as fluctuations make management more difficult. Enjoy smaller portions of rich foods and balance your meals with in-season fruits and vegetables. These high-fibre foods are packed with nutrients and will help keep you satisfied, so you do less snacking. While the holidays are a busy time, don't neglect your regular exercise regimen. Besides helping manage holiday stress, exercise burns calories, giving you more wiggle room for your meals.

***Try: Green Beans with Citrus Mustard***

### ***Make Substitutions***

Create a healthier stuffing with whole wheat breadcrumbs or your favourite grain instead of traditional white bread. Baste your turkey with chicken broth instead of butter or drippings. Use cinnamon on your sweet potatoes instead of sugar or marshmallows. Swapping out high-calorie or high-fat ingredients for their healthier alternatives won't diminish flavour and will stretch your portions further.

***Try: Fresh Cranberry and Wild Rice Stuffing***

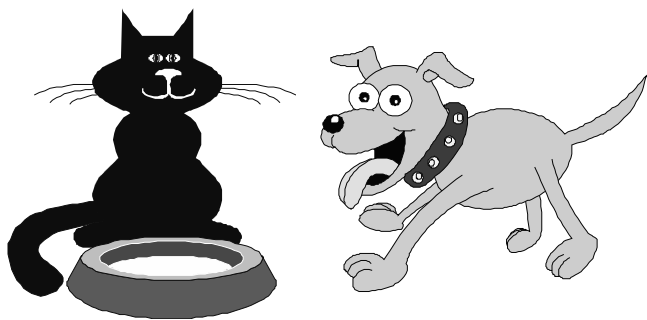
### ***Count Your Desserts***

Most desserts are high in carbohydrates, so you'll need to make allowances in your meal plan for them. Don't just add them to your regular meal—plan in advance by eating fewer carbohydrates during the meal. Have a healthy dessert option on hand, such as fresh fruit, so you can satisfy your sweet tooth without spiking your blood glucose levels.

***SOURCE: ACCU-CHEK Email NEWSLETTER - December, 2010***

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### ***Pets versus Kids -***



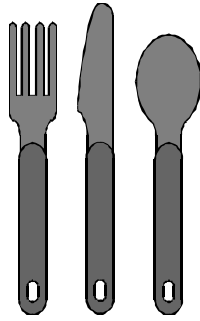
Finally, in fairness, dear pets, I have posted the following message on the front door:

Remember, dogs and cats are better than kids because they:

- (1) eat less,
- (2) don't ask for money all the time,
- (3) are easier to train,
- (4) normally come when called,
- (5) never ask to drive the car,
- (6) don't smoke or drink,
- (7) don't want to wear your clothes,
- (8) don't have to buy the latest fashions,
- (9) don't need a gazillion dollars for college and
- (10) if they get pregnant, you can sell their children

## **Keep your fork!**

There was a young woman who had been diagnosed with a terminal illness and had been given three months to live. So as she was getting her things 'in order,' she contacted her Pastor and had him come to her house to discuss certain aspects of her final wishes.



She told him which songs she wanted sung at the service, what scriptures she would like read, and what outfit she wanted to be buried in.

Everything was in order and the Pastor was preparing to leave when the young woman suddenly remembered something very important to her. 'There's one more thing,' she said excitedly.

'What's that?' came the Pastor's reply.

'This is very important,' the young woman continued. 'I want to be buried with a fork in my right hand.'

The Pastor stood looking at the young woman, not knowing quite what to say.

That surprises you, doesn't it?' the young woman asked.

'Well, to be honest, I'm puzzled by the request,' said the Pastor..

The young woman explained. 'My grandmother once told me this story, and from that time on I have always tried to pass along its message to those I love and those who are in need of encouragement. In all my years of attending socials and dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.' It was my favorite part because I knew that something better was coming...like velvety chocolate cake or deep-dish apple pie. Something wonderful, and with substance!'



"So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder 'What's with the fork?' Then I want you to tell them: 'Keep your fork. The best is yet to come.'

The Pastor's eyes welled up with tears of joy as he hugged the young woman good-bye. He knew this would be one of the last times he would see her before her death. But he also knew that the young woman had a better grasp of heaven than he did. She had a better grasp of what heaven would be like than many people twice her age, with twice as much experience and knowledge. She KNEW that something better was coming.

At the funeral people were walking by the young woman's casket and they saw the cloak she was wearing and the fork placed in her right hand.. Over and over, the Pastor heard the question, 'What's with the fork?' And over and over he smiled.

During his message, the Pastor told the people of the conversation he had with the young woman shortly before she died.. He also told them about the fork and about what it symbolized to her. He told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it **either**.

He was right. So the next time you reach down for your fork let it remind you, ever so gently, that the best is yet to come. Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed, cherish the time you have, and the memories you share being friends with someone is not an opportunity, but a sweet responsibility.


Send this to everyone you consider a FRIEND...and I'll bet this will be an email they do remember, every time they pick up a fork! And ..keep your fork!

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### **Words of Wisdom**

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light...

Plato, (427 BC – 347)

 **Coming Events –**  
**Mark your calendars!**

**December 19<sup>th</sup> – 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.

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**January 6<sup>th</sup> - 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.

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**January 20<sup>th</sup> – 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.

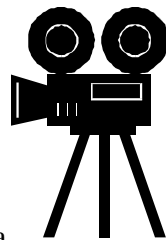
**January 28<sup>th</sup> – Dinner Theatre-at the Best Western – “The Trouble with Richard”** a

rousing comedy sure to entertain you. Tickets are \$33.75 and available from Nancy Foden.

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**January 28, 29 & 30<sup>th</sup>**  
**Northumberland**  
**Sunday’s Film Festival**

All Movies shown at the Northumberland Mall Cinemas. For more information, please contact Alma Draper at 905-372-5839



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**February 3<sup>rd</sup> – Special Probus 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. Tickets are on sale now – see **Russ Donaldson**.

Price- \$13.00 per person including taxes and tip..

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**February 7<sup>th</sup> – 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. It will take all our skills to ensure the dreaded Toilet Seat trophy does not return to our Probus Club.

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**Feb. 14<sup>th</sup> – Valentines Day** – okay, gentlemen – don’t say we didn’t warn you.

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**Feb. 25<sup>th</sup> – Mar. 5<sup>th</sup> – Northumberland Players present “Annie”** at the Cameco

Capitol Arts Theatre in Port Hope. For tickets please call 905-885-1071

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**Wed. Mar. 2<sup>nd</sup> – Garden Speakers**

**Series** – First of four meetings in support of the Northumberland Big Sisters & Big Brothers. Speaker – **Marjorie Mason, “Bulbs – everything you want to know.”** Meetings take place at Calvary Pentecostal Church, 401 Croft St. E., Cobourg. Doors open at 7:00 p.m., meeting begins at 7:30 p.m.. For more information, please call 905-885-6422 or contact Helen Lackey at 905-377-9803.

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**Wed. May 18<sup>th</sup> – “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.

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“It is customary to blame the media for peddling hysteria and alarm, and there’s something to that. Politicians have to take some of the blame as well – they happily jump on any passing craze if there looks to be an electoral advantage in it. Both media and politicians are merely playing to the crowd, happily exploiting our fears. They don’t actually create these fears, and while some researchers have proposed that our extreme risk-aversion has biological roots – only the ape that was afraid of everything managed to survive on the African savannah – our malaise actually stems from a deep-seated distrust of modernity itself.” **Andrew Potter, Maclean’s- Dec.**

## **Speaker's Corner– December 16<sup>th</sup> Meeting**



It was a festive spirited meeting, right from the start, with **Larry Flood** being welcomed to the meeting by **Basil and Jean Fox**, sporting bright red Santa hats. This, plus the Christmas background music courtesy of **Russ Donaldson**, put everyone in mood for some Christmas fun and fellowship.



**Audrey Levtov**, the third President of our Probus Club did a little reminiscing about her year at the helm, relating some humorous tales of what it was like to lead our Club during its third year. **Audrey** concluded her remarks by encouraging others to take a more active role in Club activities, citing the enjoyment and satisfaction she realized from her year as President.

We hope others will be encouraged by her words.



Of course, Santa dropped in with his favourite elf, to distribute candy canes and pose for photos, although Ron Fraser seems a little reluctant.



After the meeting at The Best Western, members adjourned to The Capitol Theatre in Port Hope to see the marvelous display of beautifully decorated Christmas trees. Above, **Joe Morra**, **Elma Parker** and **Eleanor Abramczyk** inspect one of the many trees on display. The Christmas display at the Capitol is always well worth the visit, and if you missed out on this opportunity to see the trees, you are encouraged to take the time to visit Port Hope before Dec. 25<sup>th</sup>.

## **New Year's Resolutions Revealed !**

Well here they are, dear readers ... the New Year's Resolutions of 12 Probian's. How many did you identify without having to look back here for the answers?

- #1: Joe Howieson**
- #2: Marlene Stothart**
- #3: Doreen West**
- #4: Doreen Guy**
- #5: Joanne Domine**
- #6: Jean Fox**
- #7: Ross Adams**
- #8: Marie Chisholm**
- #9: Russ Donaldson**
- #10: Mary Thomson**
- #11: Bill Johnson**
- #12: Jim Domine**

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### ***Life is no longer just "a piece of cake!"***

I always thought that "old" mixes that were past their expiration date would just not rise/bake correctly. This is scary! Note that it's confirmed on Snopes.



Somebody wrote: "Before my surgery I bought quite a few Duncan Hines cakes mixes that were on sale. A couple of months ago I decide to use one, I checked the expiration date and found it past, all the boxes were passed the expiration date. I phoned Duncan Hines to ask if the one that was only two months past was OK? She told me in no uncertain words to throw them all out, she even said to open the boxes and throw the mix in the garbage, just in case someone picked it up and used it."

***According to Snopes:***

Cake Mixes & Toxins- **\*\*PLEASE READ\*\*** Pass this on to ALL in your address book. You never know whose life you may save by doing so. For those of you at work, PLEASE remember to check your cupboards when you get home tonight!!!

***This is confirmed on Snopes!***

**<http://www.snopes.com/medical/toxins/pancake.asp>**

A student at HBHS (high school) had pancakes this week and it almost became fatal. His Mom (registered nurse) made him pancakes, dropped him off at school and headed to play tennis. She never takes her cell phone on the court but did this time and her son called to say he was having trouble breathing. She told him to go to the nurse immediately and proceeded to call school and alert the nurse. The nurse called the paramedics and they were there in 3 minutes and worked on the boy all the way to the hospital. He came so close to dying. Evidently this is more common than I ever knew.

Check the expiration dates on packages like pancakes and cake mixes that have yeast which over time develop spores. Apparently, the mold that forms in old mixes can be toxic! Throw away **ALL OUTDATED** pancake mix, brownie mixes, Bisquick, cake & cookie mixes, etc., you have in your home.

***P.S. Tell this to your children, grandchildren, nephews, nieces and anyone else who keeps these types of mixes in the cupboard.***

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***Larry's  
Proverbs –  
A new feature of  
The Probian ...  
No fear – no favour –  
the Probian's  
Newsletter!***

1. A day without sunshine is like night.
2. On the other hand, you have different fingers.
3. 42.7 percent of all statistics are made up on the spot.
4. 99 percent of lawyers give the rest a bad name.
5. Remember, half the people you know are below average.
6. He who laughs last, thinks slowest.
7. Depression is merely anger without enthusiasm.