

The **PROBIAN**

Monthly Newsletter of the Probus Club of Cobourg and District



Harry Knapper
President

HAPPY NEW YEAR: The New Year has dawned---may it bring you joy of the spirit and soundness of body and mind.

The recent opinion survey reinforces a picture of an energetic group of seniors (all a year older) talented and involved. Being a social club, expectations are high for good entertainment, educational experiences and enjoyment of good food. Some of these goals are met through the program committee chaired by Toni Thompson. Others will require a re commitment on your part.

Here are some New Year Resolutions for your consideration:

1. Invite a friend or acquaintance to one of our meetings. Encourage them to join and get involved. New faces bring new ideas.
2. Seriously consider joining the executive. Long term, a new treasurer is needed (August). A new vice-president will join in September.
3. Our club has enjoyed many years of a variety of Christmas celebrations, car rallies, and summer sizzlers. Gather some friends and jump start the planning for these.
4. Rejuvenate our business meetings by contributing a poem, a quiz, a song, or get us out of our seats with a physical activity. Do a Russ Donaldson and branch out into a special outing, in-club or as an add on. Toni would be pleased to hear from you.
5. Make this a Happy New Year for our club by getting involved again.

Health Alert: The Community Center has an exercise track on the upper level overlooking the main ice pad. It's well marked and consists of a rubber type compound and is non-slip. Please wear appropriate sports type footwear. Park on the east side, with easy access by stairs or elevator. Five laps equal a kilometer, eight equal a mile. Come out and join us.



Support Your Probus Club Management Committee and Build a Stronger Club!

President – Harry Knapper - Past Presidents – Marie Chisholm and Kathy Cole
Vice-President – John Egberts - Recording Secretary - Mary Korol
Corresponding Secretary - Shirley Duncan - Treasurer - Don Morrison
Membership Chair - Angie Poirier and Jim Hales - Probian Editor - Bill Johnson
Program Chair - Toni Thompson - House Manager - Budd Philp
Community Service Chair - Nancy Logan - Special Events Chair - Nancy Foden
Historian/Photographer - Marilyn Macklin –
Share the Wealth Draw - Margarete Easton

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Editor Bill Johnson
wjohnson@eagle.ca

What every older Canadian should know about Financial Abuse

**Source: Seniors
Canada**
www.gc.ca

Financial abuse is the most common form of elder abuse in Canada. Financial abuse can happen at any time, but it will often start after a health crisis or after the death of a spouse, partner or close friend. People who are alone, lonely or in poor health are more vulnerable. They may find it harder to protect themselves from demands for money or other forms of financial abuse, or from physical and emotional abuse, which may occur at the same time.

Financial abuse can be difficult to identify or recognize. It is often a pattern rather than a single event, happening over a long period of time. The important thing about protecting yourself from financial abuse is to remember that your money and property belong to you. They are not your family's or anyone else's.

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Mary's story:

Lee frequently pressures his grandmother for small amounts of money. He always says he will repay her, but if she asks him when, he gets angry and accuses her of not trusting him. Mary cares about her grandson but his behaviour has become a problem. In talking to a trusted neighbour, Mary realizes that Lee is abusing her and that the abuse could get worse if it is not stopped. She decides she will call the police to find out how to stop the abuse without putting herself or her home in danger.

What is financial abuse?



Financial abuse is the illegal or unauthorized use of someone else's money or property. It includes pressuring someone for money or property. Some types of financial abuse are very clearly theft or fraud. For example, if someone cashes your pension cheque and keeps all or part of the money without your permission, or if they misuse a power of attorney to take money from your bank account for themselves, they are stealing from you. A power of attorney is a legal document that allows the person appointed as the "attorney" to make financial decisions on behalf of another person, called "the donor." The attorney is required to act in the interests of the donor, not in his or her own interests.

Other examples of financial abuse are harder to put a name to. These can include pressuring, forcing or tricking you into:

* Lending or giving away money, property or possessions

- * Selling or moving from your home
- * Making or changing your will or power of attorney
- * Signing legal or financial documents that you don't understand
- * Working for little or no money, including caring for children or grandchildren
- * Making a purchase you don't want or need, or
- * Providing food and shelter to others without being paid

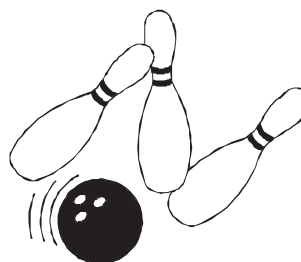
Who are the abusers?

Abusers are usually people who have a close connection to you. They can include your spouse, son or daughter, other relative, friend, neighbour, or caregiver. They use their connection to take advantage of you and force you to do what they want.

Where can I go for help?

If you think you are experiencing financial abuse, ask for help. The abuser may try to make you think that you are the one who is causing the problem, but this is not true. If you don't have a family member or close friend who can help you, there are community resources you can use to stop the abuse. Ask your bank or credit union, your local seniors' centre, or even your doctor where you can go for advice and help. Or contact your local police.

Source: Seniors Canada – www.gc.ca



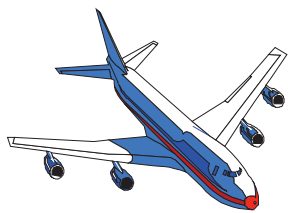
**Probus Inter-Club Bowling
Tournament!
Monday, Feb. 13th, 2012
Northshore Lanes
Northumberland Mall**

Cost: Bowling – 3 games - \$10.00 plus fifty cents for bowling shoes if required.

**Luncheon after at the Lions Centre - \$18.00 taxes inc.
Meet at the Mall – Northumberland Lanes at 9:30 am
Bowling starts at 10:00 am sharp.**

NOTE: You must register and pay for the luncheon by Thursday, January 5th, 2012

**To register, contact Russ Donaldson at
905-373-7044 or by email at
russ.donaldson@sympatico.ca**



9 Places to consider visiting on your next vacation.

1: Grand Canyon: Carved over millions of years by the Colorado River, Arizona's Grand Canyon measures 277 miles long, 4 to 18 miles wide and one mile deep. It offers dramatic, beautifully colored landscapes and is one of the most studied geological areas in the world. Hiking, mule rides and white-water rafting are popular ways to explore and experience the canyon.

2: Redwood National Forest in Northern California is home to the world's tallest trees. An old-growth redwood can reach more than 200 feet tall and up to 20 feet in diameter. The average age of the redwood trees is about 500 to 700 years old.

3: The Great Barrier Reef, off the northeast coast of Australia, is the largest coral reef system on Earth and can be seen from outer space. It is comprised of more than 2,900 separate reefs spanning more than 1,600 miles. The best way to experience this natural wonder is under water. Snorkeling or diving opportunities are offered on many tours here.

4: When visiting Rio de Janeiro, Brazil, travelers can't miss the spectacular vistas of the Harbor of Rio de Janeiro, which was created by erosion from the Atlantic Ocean. Several mountains, including Sugarloaf and Corcovado, surround the harbor and offer perfect vantage points. Though not a natural wonder, one of the most recognizable sights here -- the "Christ the Redeemer" statue -- sits atop Corcovado Mountain.

5: The peak of Mount Everest is the highest spot in the world at 29,029 feet above sea level. This massive mountain is located in the Himalayas, on the border of Nepal and Tibet. Tours that include Mount Everest are for the truly adventurous; most include strenuous treks to Everest Base Camp, which stands at 17,600 feet.

6: The Dead Sea, on the other hand, is the lowest point on Earth, its surface and shores more than 1,300 feet below sea level. Lying between Israel and Jordan, the Dead Sea is a hypersaline lake that is almost nine times saltier than the ocean. No plants or fish can survive in the water due to the high salt content, hence the name.

Many itineraries in Israel and Jordan spend time at a Dead Sea resort so that guests can experience the easy buoyancy of floating in these waters, which are thought to have healing properties.

7: Fed by Zambia's Zambezi River, Victoria Falls is the tallest and widest waterfall in the world. It measures a mile wide and 360 feet tall. The mist created by the falls as the thundering curtain of water plummets into the Zambezi Gorge can rise 100 feet in the air, explaining the name given by the Kololo tribe in the 1800s: Mosi-oa-Tunya -- "the smoke that thunders."

8: Uluru, better known as Ayers Rock, is a sandstone rock formation in the heart of Australia, rising to a height of 1,142 feet. It features caves, water holes and springs, and it is known for the way it seems to change color over the course of the day. Tours that visit Ayers Rock typically offer an opportunity to view the monolith at sunrise or sunset, when the colors are most vibrant.

9: One of the most incredible places on Earth is Tanzania's Ngorongoro Crater. Created when the upper two-thirds of a towering volcano collapsed into its base, the Ngorongoro Crater is the world's largest unbroken caldera. Often called "Africa's Garden of Eden," it encompasses more than 100 square miles of desert, grasslands, forests, lakes and streams, and it is home to more than 25,000 large animals and the greatest concentration of mammalian predators in the world.

The "OLDER CROWD"

Thanks to Probian Jim Sandham for this contribution to The Probian.



A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked '**NO REFILLS**'."

Christmas Luncheon 2011- Outstanding



Meet the Committee that made the luncheon such a success!

The most successful 2011 Xmas luncheon was made possible by the hard work and careful planning of a committee chaired by Annette Ashfield. The Probian, on behalf of the Club, extends a sincere, “thank you” to Margaret Cochran; Muriel Sudbury; Irene Flood; Marilyn Ryan; Toni Thompson; Chair Annette Ashfield and Joy Sommerville for delivering such a wonderful event.



Above: Dennis Goulin, Bert MacMillan and Co-Past President Kathy Cole enjoy a moment of fellowship before lunch.

Left: A “sold out” crowd of Probians and guests filled the Legion Branch and enjoyed the entertainment and an excellent meal.



Above: Guest Mary Smith shares a “catch-up” moment with Muriel Sudbury prior to lunch being served.



Right: There was dancing in the aisles as Joanne Domine and Jo Morra just had to get moving to the beat of the band.



Above: Past Co-President Marie Chisholm, Don Morrison, Fran Morrison, Alma Draper and John Draper shared the Christmas Spirit before lunch.



Will Marie Buntin share her prize with husband George?

Thanks, once again, to the Christmas Luncheon Committee for a truly memorable event!

PIFF*
is coming
February 16th!
Got your
tickets yet?
Better see
Russ Donaldson
soon and get yours
now to avoid
disappointment.



- **Probus International Film Festival.**



Musical entertainment at the Christmas Luncheon was provided by the **Diane Williamson Rock Trio** who had Probians toes tapping in short order with a selection of old standards.

Something to think about!

“Socialism only works in two places : Heaven where they don’t need it and hell where they already have it!”

Ronald Reagan

The most terrifying words in the English language are “I am from the government and I am here to help!”

Ronald Regan

“It has been said that politics is the world’s second oldest profession. I have found it to be a lot like the first.”

Ronald Reagan



Coming Events ...

Mark Your Calendars

**Want to know what’s coming to
The Capitol Theatre?**

You may have your email address added to the **Capitol Theatre’s** mailing list to receive weekly email updates on future programs. Just request that your email address be added to The Capitol Theatre emailing list by emailing: lweldon@capitoltheatre.com

By doing so, you can view trailers for the movies, YouTube videos of the performers, etc. The updates always list **EVERYTHING** happening at the theatre for the next 30 days.

January 19th Meeting - Regular Meeting at the Best Western Inn & Convention Centre. Speaker will be **Professor Robert Washburn**, speaking on one of the **Fathers of Confederation**, the **Hon. James Cockburn**.

February 2nd Meeting- Regular Meeting At the Best Western Inn & Convention Centre. **Jennifer Clarke** will speak on mental health issues.

Monday, February 13th – Inter-Club Bowling Tournament Northshore Lanes in the Northumberland Mall! Meet at the Mall ay 9:30 a.m. Bowling starts promptly at 10:00 a.m. Luncheon after bowling at the Lions Centre.

Cost: Bowling, 3 games, \$10.00 plus 50 cents for bowling shoes if required. **Luncheon:** \$18.00 including all taxes. Cash Bar available. You **must register** and pay for the luncheon by Thursday, January 5th, 2012

To register, please contact Russ Donaldson by calling 905-372-7044 or email russ.donaldson.sympatico.ca

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February 16th - PIFF* Special Movie & Luncheon Meeting at the best Western Inn & Convention Centre. Doors open at 11:30 a.m. Lunch served at 12 Noon - Movie –“Singing in the Rain” - 12:45 p.m. - **Ticket Price: \$17.00 per person** gratuity included. Tickets available from **Russ Donaldson at meetings of Jan. 5th and 19th.**
***Probus International Film Festival**

A “Capitol” Meeting - December 15th



It was a great way to begin the count down to Christmas for Probians as President **Harry Knapper** welcomed members to the Capitol Theatre in Port Hope for another visit to a display of 60 fully decorated Christmas trees and Holiday wreaths. Probians were welcomed by **Louise Weldon** of the Capitol Foundation to this years beautiful display of trees to be won.



It was like old times again as “**The Bickersons**” a.k.a. **Joanne and Jim Domine** told members some of their special Christmas memories.



There were lots of great treats to eat, thanks to **Audrey Levto**v, who made sure all had plenty to choose from.



In the entrance to the theatre Probians took time to admire the display of trees and wreaths. Above **Pat Gummer** and **Fran Morrison** admire the handiwork of the merchants and businesses that sponsored the individual trees.

*The Capitol Theatre display
through the imaginative eye
of Russ Donaldson*



Who gives a hoot about Christmas?

May you all find Peace at Christmas and throughout the coming years.

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**IMPORTANT HEALTH INFORMATION
FOR WOMEN ! From Mary Thomson**

Do you have feelings of inadequacy? Do you suffer from shyness? Do you sometimes wish you were more assertive?

If you answered yes to any of these questions, ask your doctor or pharmacist about Cabernet Sauvignon.

Cabernet Sauvignon is the safe, natural way to feel better and more confident about yourself and your actions. It can help ease you out of your shyness and let

the world know you're ready and willing to do just about anything..

You will notice the benefits of Cabernet Sauvignon almost immediately and, with a regimen of regular doses, you can overcome any obstacles that prevent you from living the life you want to live.

Shyness and awkwardness will be a thing of the past and you will discover many talents you never knew you had. Stop hiding and start living.

Cabernet Sauvignon may not be right for everyone. Women who are pregnant or nursing should not use it. However, women who wouldn't mind nursing or becoming pregnant are encouraged to try it.

Side effects may include: dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, loss of virginity, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Strip Poker, Truth Or Dare, and Naked Twister.



WARNINGS:

* The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.

* The consumption of Cabernet Sauvignon may cause you to tell your friends over and over

again that you love them.

* The consumption of Cabernet Sauvignon may cause you to think you can sing.

* The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.

Please feel free to share this important information with as many women as you feel may benefit!

Now just imagine what you could achieve with a good Shiraz.

Editor's Note: You just can't make this stuff up folks.