

The **PROBIAN**

Monthly Newsletter of the Probus Club of Cobourg and District

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Presidential Decree

Your President Writes -



Harry Knapper
President

REMEMBRANCE DAY 2011 Remembrance Day brings back memories of visiting War Cemeteries in Europe--W.W. 1 near Arras in France and Gallipoli, Turkey, W.W. 11 at Cassino, Italy, Arnhem, Holland, and near Caen in Normandy, France. Standing before row on row of crosses is a very humbling experience.

This summer marked the end of Canada's combat mission in Afghanistan. However it marks the beginning of the training of Afghan nationals. The hope is that it will bring more stability to this tortured land. Canada's commitment to Afghanistan has come at terrible cost both in the fallen and in many more wounded. From 2002 when four young men died in a friendly fire incident to the loss of M.Cpl. Frances Roy on June 25, 2011, 159 lives have been lost.

The Cobourg Legion has established a wall of honour to recognize these heroic Canadians. It must be said: "They shall grow not old as we that are left grow old; Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, We will remember them."

On Nov. 11, our Probus Club will participate in the laying of wreaths at the Cenotaph in Victoria Park. Members are encouraged to attend. The Cobourg Legion will be open for visitation if members wish to visit the wall of honour. The photographs of the fallen are on view.



The Club's new Management Committee met for the first time following the October 20th meeting. Points discussed were the Club's financial position and future Program Committee concerns.



Grandparents & Discipline:

The Good, the Bad, and the Interfering
by Kathy Buckworth

Your parents disciplined you. But would you let them discipline your children?

"I actually don't mind if they say something to my kids. I figure I turned out okay."

"I think their generation had more common sense. I like their input."

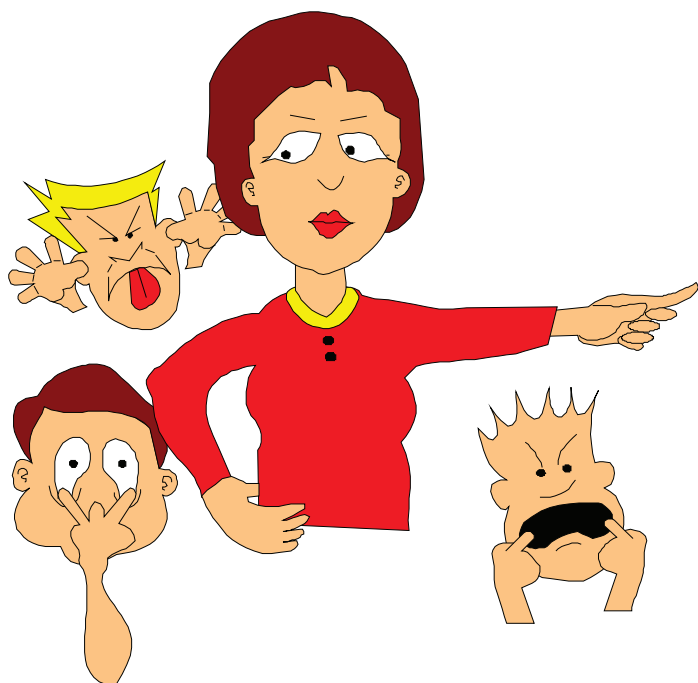
"Times have changed. They're my kids. They don't understand our lives and they need to back off."

Depending on the kids, the parents, and the grandparents, there's no hard and fast rule on what rules we want our parents to impart to our own children, and what the consequences of not following those rules should be. Disciplining our own children has enough challenges of its own: How much is too much, what is the most effective way to get your message across, and how do you know if the "punishment" really fits the "crime". But when the discipline is coming from your own parents, to your kids, the waters get even muddier.

Growing up in the 60's and 70's, when I got out of line there were two forms of discipline that I would expect to receive: A wooden spoon across my behind from my Mom, or worse, the dreaded
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Continued from page 1: words “Wait till your father gets home.” This would result in the “I’m not mad, I’m just disappointed” speech delivered by my Dad when I know he just wanted his dinner and a big fat cigar.

Fast forward a generation and most parents wouldn’t dream of raising a wooden Popsicle stick, let alone a wooden spoon, to their children and with Moms and Dads both out all day working, the threat of someone coming home into the environment just to punish a child seems a bit ridiculous. It’s all “time-outs”, and “thinking chairs” today. Don’t get me wrong, I support this for the most part. But how do you deal with your parents attempting to discipline your kids in the ways that they know (or think) worked on you? And what if it is at odds with how you would discipline your kids yourself?



“If grandparents are acting as babysitters, they have the right to discipline in the manner they feel is best. It may not be your way, but unless it is harmful - let it go.... Your child will understand that Gramma and Grampa do things differently and adjust to different styles of discipline”, says Alyson Schafer, family therapist and author of “Ain’t Misbehaving”. “If however the family is all together, the parents should act as the sole disciplinarian”, she clarifies. “If Gramma or Grampa jump in, you can say “hey - I got this.... being a grandparent is supposed to just be the fun stuff!”

But what if the discipline is given in a form that seems to criticize the parenting that you’re doing? “Ask to have those discussions when the grandkids are not in ear shot. At those times, you can explain you appreciate their sharing ideas with you - but ultimately

you have your own ideas about childrearing. It’s okay to decide to “agree to disagree”. Schafer emphasizes. Above all, it’s important to take a step back and realize that having grandparents in your kids’ lives is a positive thing overall. Your kids won’t have their grandparents around forever, and seeing the big picture becomes of primary importance, versus the details of discipline. “The message that I think is so important to get across to parents is that they are so so lucky their children have grandparents and the best gifts you can give kids is the joy of having extended family and seeing everyone getting along. Both my parents have passed on and I would give anything for my kids to have a day with their grandparents again - the little stuff like discipline ultimately is a niggly point. It may not be “optimal” but fighting about it is worse!”

Mom and Dad will always be the ultimate authority for their children; accepting some guidance and/or ignoring some irrelevant rules that a different generation believes in is a small price to pay for the grandparent/grandchild bond. “Parents will always be the big influence in a child’s life - remember that when choosing your battles with the grandparents”, says Schafer.

Some things to think about

Thanks to ***Margot Donald*** for these words of wisdom.

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$4,000 per month.

My grandpa started walking five miles a day when he was 60. Now he’s 97 years old and we have no idea where the hell he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I’m doing...

I joined a health club last year, spent about 250 bucks. Haven’t lost a pound. Apparently you have to go there!

Every time I hear the dirty word ‘exercise’, I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

If you are going to try cross-country skiing, start with a small country.



Coming Events - Mark your calendars

November 12th – NOEL an musical programme presented by the *Northumbeland Orchestra and Choir* at Trinity United Church. Tickets available at the Victoria Hall Box Office and the Capitol Theatre – single tickets \$28 for adults; \$25 for seniors and \$12 for students.

November 17th Meeting – Regular Meeting to be held at the Best Western Inn & Convention Centre. Speaker will be *Alistair Commins* a member of the Northumberland Flying Club which specializes in building and flying powered model aircraft.

November 22th – Cobourg Historical Society – Regular Meeting – at 8:00 p.m. at Victoria Hall. Visitors are always welcome. For more information <http://cdarchives.org>.

November 26th – Christmas in Cobourg House Tour presented by the Cobourg Inner Wheel Club. Tickets for this event are \$20.00 each and available at the Victoria Hall Box Office; Marlin Travel; Cobourg Tourism Office at Marie Dressler House and the Buttermilk Café.

December 1st – Christmas Luncheon at Cobourg Legion. Tickets \$25 per person on sale now and supply is limited, so get yours early. For tickets or more information, see *Annette Ashfield* or one of the committee at any regular meeting, but hurry! Meeting starts at 12 noon.



December 15th Meeting – will be held at The Capitol Theatre in Port Hope

There will be a regular meeting of the Probus Club of Cobourg & District with a business session which will be held upstairs (there is an elevator) at the theatre, followed by the always popular Christmas Tree tour at the theatre. Meeting will commence at the regular time, with the display of trees visit to follow.

January 5th Meeting – Regular Meeting

to be held at the Best Western Inn & Convention Centre at the regular time. Speaker will be retired **Brigadier General Jeffrey Brace** who enjoyed a distinguished military career during which he piloted aircraft carrying members of the Royal family; Pope John Paul II; and Prime Minister Pierre Trudeau. During his 35 year career in the military he flew a number of different aircraft including C130 Hercules and Boeing 707. He also spent two years serving in Germany and has many interesting tales to tell of his adventures. Don't miss this meeting.

January 19th Meeting – Regular Meeting at the Best Western Inn & Convention Centre. Programme to be announced.

Church Funnies

from the desk of Probian *Don Morrison*

The reluctant Pastor

One Sunday morning, a mother went in to wake her son and tell him it was time to get ready for church, to which he replied, "I'm not going."

"Why not?" she asked.

"I'll give you two good reasons," he said. "(1), they don't like me, and (2), I don't like them."

His mother replied, "I'll give you two good reasons why you SHOULD go to church: (1) You're 49 years old, and (2) you're the pastor!"



Goat for Dinner

The young couple invited their elderly pastor for Sunday dinner. While they were in the kitchen preparing the meal, the minister asked their son what they were having. "Goat," the little boy replied.

"Goat?" replied the startled man of the cloth, "Are you sure about that?"

"Yep," said the youngster. "I heard Dad say to Mom, 'Today is just as good as any to have the old goat for dinner.'



Speakers Corner - October 6th Meeting Probus visits the Cobourg Library



Above, Margot Donald presents a token of appreciation to *Charmaine Lindsay*, CEO of the Cobourg Library after the tour of the facility.

Well, it was very different Probus meeting on October 6th as the Club toured the Cobourg Public Library. While things did not work out exactly as planned, Club members were given a most interesting and informative look at the workings of the library.

The meeting opened with a presentation by library CEO *Charmaine Lindsay* in which she presented an overview of the facility's services to the public.. Ms. Lindsay pointed out that Cobourg has one of the highest percentages of seniors in the province while the number of children, young people and families is decreasing. At the same time educational attainment in this area is lower than in the province as a whole. This combined with the challenging relevance of technology is changing the manner in which the library serves the community.

The library's goals are to support literacy; provide access to technology and training; provide assistance to small business and entrepreneurs; and create cultural and tourism opportunities.

"The library is committed to being an exceptional community resource for information, exploration, inspiration and enjoyment," said Ms. Lindsay. To this end the library will seek to develop partnerships within

the community to be able to work in unison for the greatest mutual benefit.

Ms. Lindsay closed by telling the audience, "This is not the library you remember, and you are going to experience that as you tour the facility." The tour proved to be interesting and challenging, and Ms. Lindsay has reported that five members of our Club have offered their services as volunteers since the tour, a good indication of the success and enjoyment of the visit.

October 20th Meeting- Bob MacDonald spoke about Home Security while away.



Bob MacDonald of *Home Minders* was the speaker as 89 members and three guests attended the October 20th meeting of the Club at the Columbus Center on October 20th. His presentation was of interest to the many Probian who seek warmer climes as winter approaches, or simply travel extensively.

The speaker provided a number of "tips" on home security that many may overlook during the excitement and anticipation of a much needed vacation.

MacDonald pointed out such simple things as never placing an address tag on the outside of your luggage when travelling, pointing out that it is very easy for someone to obtain your name and address, plus the knowledge that you are headed out of town from your tag while you are standing in the check in line at the airport. (How many of you ever thought of that?)

The presentation reminded Club members of the need to have your home monitored while away in order to comply with insurance requirements as well as protect your belongings from water damage and heating system failure.

Following his talk, *MacDonald* was asked many questions by Probian interested in the new service Home Minder provides. *Joe Morra* thanked the speaker.

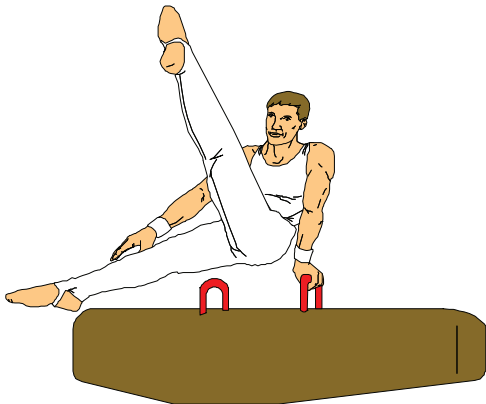
Special Notice Regarding the December 15th meeting and Visit to the Capitol Theatre

Capitol Theatre – UP/Down The meeting at the Capitol Theatre on December 15th will be held upstairs prior to the tour of the Christmas Tree display. There is an elevator at the site which will provide easy access to the meeting room and return to the Christmas Tree display area.



We look forward to seeing you there!

Staying Fit can be challenging!!!



A male member of the Probus Club was working out at the local fitness centre when he spotted a sweet young thing enter. He asked his personal trainer – “Quick, what machine should I use to impress that sweet young thing over there?”

The trainer studied him carefully for a moment then replied, “I’d try the ATM in the mall!”

Finally ... the taxpayer defined!

“The taxpayer is someone who works for the federal government but does not have to take the civil service examination.”

“The nearest thing we will ever see to eternal life on this earth is a government program.”

These words once spoken by **Ronald Reagan**.

Goulin’s Goodies

submitted by Dennis the Menace



This should be read only to those whose level of maturity qualifies them to relate to it...

1960: Long hair ... 2010: Longing for hair

1960: KEG ... 2010: EKG

1960: Acid rock ... 2010: Acid reflux

1960: Moving to California because it's cool
2010: Moving to Arizona because it's warm

1960: Trying to look like Marlon Brando or Liz Taylor
2010: Trying NOT to look like Marlon Brando or Liz Taylor

1960: Seeds and stems ... 2010: Roughage

1960: Hoping for a BMW ... 2010: Hoping for a BM

1960: Going to a new, hip joint
2010: Receiving a new hip joint

1960: Rolling Stones ... 2010: Kidney Stones

1960: Screw the system ... 2010: Upgrade the system

1960: Disco ... 2010: Costco

1960: Parents begging you to get your hair cut
2010: Children begging you to get their heads shaved

1960: Passing the drivers' test ... 2010: Passing the vision test

1960: Whatever ... 2010: Depends

Do you feel old yet? Pass this on to the other old fogies on your list. Notice the larger type, that's for those of you who have trouble reading..

So have a nice day!!!! It is good to have friends who know about these things and are still alive and kicking!!!!

Have you ever wondered what the ten commandments would have looked like if Moses had run them through the Canadian Parliament?



Sale! Sale! Sale!
... and just in time
for Christmas giving!

At the November 17th meeting of the Probus Club of Cobourg & District *Jessie Smith of Graphic i.d.* will

have on display and for sale many Probus logoed items of clothing. This is an excellent opportunity to do your Christmas shopping early. This is a –

Going our of business sale –

with all items marked down and offering exceptional value. If you'd like to add to your wardrobe of quality Probus clothing items, here is your chance.

This is a one day opportunity only!

For more information, go to www.probuswear.com

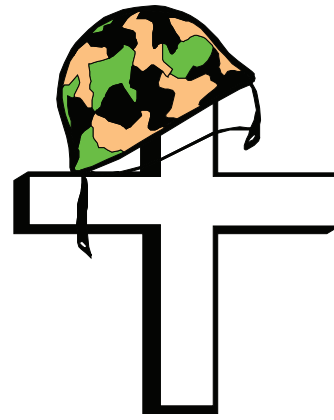
Meet the new membership team!



Jim Hales and Angie Poirier (Hales) are the new Membership Team of the Probus Club of Cobourg & District. Theirs is a big job and a very important one to the Club. The Probian thanks them both for taking on this task, so vital to the efficient operation of the Club.

Membership Survey Results
Coming Soon!

Thank you to all Probian who took the time to complete the Membership Survey distributed at the October 20th meeting. The results will be tabulated shortly and available to the membership as soon as possible. The aim of this survey is to better understand the membership of the Club and its interests. Thank you to all who participated.



Lest we forget!

On November 11th pause to remember all of those who have served in the defense of our freedom!

Great Quotes

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.

Socrates

I was married by a judge. I should have asked for a jury.

Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe.

Jimmy Durante

I have never hated a man enough to give his diamonds back.

Zsa Zsa Gabor

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat.

Alex Levine

My luck is so bad that if I bought a cemetery, people would stop dying.

Rodney Dangerfield

Money can't buy you happiness But it does bring you a more pleasant form of misery.

Spike Milligan

Until I was thirteen, I thought my name was SHUT UP .

Joe Namath