

# The BIAN

Monthly Newsletter of the Probus Club of Cobourg and District

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Editor Bill Johnson  
[wjohnson@eagle.ca](mailto:wjohnson@eagle.ca)

## Presidential Decree



### Your Vice-President Writes -

My Concern about singing our National Anthem to open meetings was smoothly dealt with by **Joanne Domine**. We definitely will sing it at each meeting. Musical accompaniment would help, but in the meantime members will be willing to take the mike and get us started with a rousing O Canada!

In his book review, **John Simpson** gave an interesting account of **Andrew Carnegie's** rags to riches career. It's worth repeating his statement, "**Rich men die poor,**" as he gave away his millions. Personally, I would have preferred to have John speak before coffee time. This would have separated the two speakers and given each greater focus.

**Harry Knapper**  
Vice President

**Audrey Wilson** gave a detailed and fascinating account of the life cycle of the Monarch Butterfly. Audrey is the quintessential naturalist in our Northumberland and beyond. Her 50 plus years of Monarch Butterfly tagging and research, her owl rehabilitation connection with the Owl Foundation Centre and her availability as a drop off centre for injured animals are deserving of special recognition. Thanks to **Don Morrison** for ensuring her presence with us.

**Ken** and **Elizabeth Ledgard** are preparing a smooth transition of the membership records to their successors. Ken would appreciate all dues paid by September 15<sup>th</sup> in this regard. Ken organized the ten year pins presentation for eligible recipients. Thank you **Ken**.

The request for additional members on the program committee was met with great response. It augers well for an excellent year of great speakers and interesting outings. **Russ Donaldson** has an exciting event up his sleeve.

**Warren Harvey**, wearing his curling hat, asked our Cobourg Probus to provide a supporting letter so that the curling club can apply for a senior's grant, Your executive approved his request.

In closing, if elected, I will endeavor to lead the Probus Club of Cobourg & District through a meaningful and satisfying year. Many of you have offered support and words of encouragement and they are much appreciated.

**Harry Knapper**

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**Be sure to check the location of both October meetings of the Probus Club of Cobourg & District. We will not be meeting at the Best Western Inn and Convention Centre in October!**

## overcoming exercise roadblocks

Physical activity is essential for weight loss and overall health, especially for people with diabetes. A loss of just 5 to 10% body weight can be a big help in controlling blood glucose and lowering blood pressure and cholesterol. Many people find physical activity hard or don't know how to start. Here are five simple steps to help you get active and stay active:



1 Brainstorm the benefits: Make a list of the emotional and social rewards of staying active.

2 Identify roadblocks: If time is a concern, put exercise on your calendar and stick to it. Remember everyday chores, such as shoveling snow or cleaning the house, count as activity.

3 Set goals: Goals make sticking to an exercise routine easier.

Continued on page 2

***Exercise Road Blocks – Cont'd from page 1***

For instance, commit to walking a mile five days a week. Track your progress and keep challenging yourself.

4 Make a plan: To help reach your goal(s), decide which activities you'll do and when. Ensure you have a support system—a friend or family member—to help you to stick to it.

5 Reward yourself: Treat yourself to a new pair of runners or that new CD you've been eyeing. Avoid using food as a reward. Before you know it, physical activity will become a real habit.

***Source: Kraft Canada – Living Well with Diabetes Newsletter – Summer 2011***

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***More Wisdom from Steven Wright***

When everything is coming your way, you're in the wrong lane.

Ambition is a poor excuse for not having enough sense to be lazy.

Hard work pays off in the future; laziness pays off now.

I intend to live forever.... so far, so good.

If Barbie is so popular, why do you have to buy her friends?

Eagles may soar, but weasels don't get sucked into jet engines.

What happens if you get scared half to death twice?

My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."

Why do psychics have to ask you for your name?

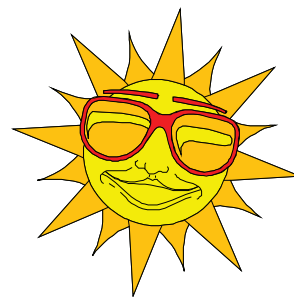
If at first you don't succeed, destroy all evidence that you tried.

A conclusion is the place where you got tired of thinking.

Experience is something you don't get until just after you need it.

***Thanks for Toni Thomson for these thoughts***

***You know it's HOT in ONTARIO when.....***



IT'S SO HOT AND DRY IN Ontario the birds have to use potholders to pull the worms out of the ground.

....the trees are whistling for the dogs.

....the best parking place is determined by shade instead of distance

....hot water comes from both taps.

....you can make sun tea instantly.

....you learn that a seat belt buckle makes a pretty good branding iron.

....the temperature drops below 95 F (35 C) and you feel a little chilly.

....you discover that in July it only takes two fingers to steer your car.

....you discover that you can get sunburned through your car window.

....you actually burn your hand opening the car door.

....you break into a sweat the instant you step outside at 7:30 A.M.

....your biggest bicycle wreck fear is, "What if I get knocked out and end up lying on the pavement and cook to death"?

....you realize that asphalt has a liquid stage.

....the potatoes cook underground, so all you have to do is pull one out and add butter.

....the cows are giving evaporated milk.

....farmers are feeding their chickens crushed ice to keep them from laying boiled eggs.

***Thanks to Russ Donaldson for sending this along.***

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***If you look like your passport photo –  
you are too ill to travel.***

**Speakers Corner- August 18<sup>th</sup> Meeting**



ButterflyUtopia.com

**Everything you ever wanted to know about the Monarch Butterfly!**

Audrey Wilson was the speaker at the August 18<sup>th</sup> meeting of the Club giving a truly fascinating look at the life cycle of the Monarch Butterfly. These fascinating creatures travel amazing distances and Audrey, through her slide presentation, gave members a highly informative, detailed and most entertaining look at the Butterfly’s journeys.



The speaker, introduced to the Club by **Don Morrison**, spoke on the subject “**The Monarch Butterfly Beyond Borders**”- explaining her life-long interest in the species. Her explanation of how Monarch’s are tagged here in Canada before they migrate to the south, and how they are then recovered and reported to naturalists here, was most interesting.

**Audrey Wilson**

Naturalist **Audrey Wilson** is an unchallenged expert in her field, showing a dedication and commitment to exploring the habits of the Monarch Butterflies that has won her the respect of her contemporaries all a cross North America.

Probian **Russ Donaldson** thanked the speaker for her presentation and presented her with a token of the Club’s appreciation.

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**Remember to Renew your Probus Membership by September 15th**

**Book Review -**

**John Simpson** gave this meeting’s book review reporting on David Nasaw’s tribute to David Carnegie.

Majestically told and based on materials not available to any previous biographer, the definitive life of Andrew Carnegie-one of American business's most iconic and elusive titans - by the bestselling author of **John Simpson** The Chief: The Life of William Randolph Hearst.



Celebrated historian David Nasaw, whom The New York Times Book Review has called "a meticulous researcher and a cool analyst," brings new life to the story of one of America's most famous and successful businessmen and philanthropists- in what will prove to be the biography of the season.

Born of modest origins in Scotland in 1835, Andrew Carnegie is best known as the founder of Carnegie Steel. His rags to riches story has never been told as dramatically and vividly as in Nasaw's new biography. Carnegie, the son of an impoverished linen weaver, moved to Pittsburgh at the age of thirteen. The embodiment of the American dream, he pulled himself up from bobbin boy in a cotton factory to become the richest man in the world. He spent the rest of his life giving away the fortune he had accumulated and crusading for international peace. For all that he accomplished and came to represent to the American public, a wildly successful businessman and capitalist, a self-educated writer, peace activist, philanthropist, man of letters, lover of culture, and unabashed enthusiast for American democracy and capitalism, Carnegie has remained, to this day, an enigma.

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**Scottish wisdom to remember- by Alma Draper**

1. Money cannot buy happiness but it's more comfortable to cry in a Rolls-Royce than on a bicycle.
2. Forgive your enemy but remember his name.
3. Help a man when he is in trouble and he will remember you when he is in trouble again.



### Coming Events - Mark your calendars

#### September 2<sup>nd</sup> – 4<sup>th</sup> – Labour Day Weekend – Shelter Valley Folk Festival

featuring Oh Susanna, Luke Doucet, Eliza Gilkson, Royal Wood and many more. Tickets available at [www.sheltervalley.com](http://www.sheltervalley.com) Adult advance tickets \$55, at the festival \$65.

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**September 15<sup>th</sup> – Regular Meeting-** at the Best Western Inn & Convention Centre. Probian **Nick Nickerson** will recount his experiences as a Naval Medical Officer and “How he almost won the George cross”.

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#### September 23<sup>rd</sup> – 25<sup>th</sup> – 10<sup>th</sup> Annual all Canadian Jazz Festival – Port Hope

Memorial Park, Port Hope. Friday evening performance are FREE – Saturday evening \$40, Saturday or Sunday afternoon pass \$20 (youth 8-17, day pass \$10, 7 years and under free). For ticket information call 905-885-1938.

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#### September 27<sup>th</sup> – Cobourg Probus Car Rally/Colour Tour.

Watch for more information on this popular annual event coming soon.

Always a highly anticipated **Club** outing, your committee is working hard to make this year’s Rally even better than ever. Tickets on sale now!



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**October 6<sup>th</sup> – Regular Meeting to be held at the C. Gordon King Centre – the Cobourg Public Library – Please note – the doors will not open until 9:30 a.m.** The meeting will be held in the Rotary Room which seats 120 persons. There is limited parking for about 40 cars, but there is on street parking on Albert and Ontario streets. **Library CEO Charmaine Lindsay** will give an introduction to “the latest in public library services” followed by an opportunity to visit 7 library stations.

#### October 20<sup>th</sup> Meeting – Venue and Speaker to be announced.

**Please note - This meeting will NOT be held at the Best Western Inn & Convention Centre.**

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**October 28<sup>th</sup> – Dinner Theatre** at the Best Western Inn & Convention Centre – “**A Month of Sundays**” by Bob Larbey. Two elderly gentlemen in a rest home face the challenges of life’s ticking clock. A delightful and heartwarming comedy and winner of the Evening Standard Theatre Best Comedy Award. Presented by Northumberland Players. \$33.75

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#### Just the thing for the September 27<sup>th</sup> Car Rally and Colour Tour

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**Meet the Early Birds-**  
Week after week, meeting after meeting, one able seems to fill up within minutes of the doors being opened. This gang of eager Probian is always first.



## **Remember your American friends**

Many Probian's have friends and relatives in the United States. The recession has hit everybody really hard. Here are just a few of the results.

My neighbour got a pre-declined credit card in the mail.

CEO's are now playing miniature golf.

Exxon-Mobil laid off 25 Congressmen.

A stripper was killed when her audience showered her with rolls of pennies while she danced.

I saw a Mormon with only one wife.

If the bank returns your check marked "Insufficient Funds," you call them and ask if they meant you or them.

McDonald's is selling the 1/4 ounce.

Angelina Jolie adopted a child from America.

Parents in Beverly Hills fired their nannies and learned their children's names.

My cousin had an exorcism but couldn't afford to pay for it, and they re-possessed her!

A truckload of Americans was caught sneaking into Mexico.

A picture is now only worth 200 words.

When Bill and Hillary travel together, they now have to share a room.

The Treasure Island casino in Las Vegas is now managed by Somali pirates.

And, finally.

I was so depressed last night thinking about the economy, wars, jobs, my savings, Social Security, retirement funds, etc., I called the Suicide Hotline. I got a call centre in Pakistan, and when I told them I was suicidal, they got all excited, and asked if I could drive a truck.

***Don't be too smug, it could happen here.***

***COPY THESE DOWN ON YOUR SHOPPING LIST. ALWAYS READ THE LABELS ON THE FOODS YOU BUY--NO MATTER WHAT THE FRONT OF THE BOX OR PACKAGE SAYS, TURN IT OVER AND READ THE BACK---CAREFULLY and check "the sell by" date!***

With all the food and pet products now coming from China, it is best to make sure you read label at the grocery store when buying food products. Many products no longer show where they were made, only give where the distributor is located. It is important to read the bar code to track its origin.

### ***How to read Bar Codes***



This may be useful to know when grocery shopping, if it's a concern to you.

The whole world is concerned about China-made "black hearted goods". Can you differentiate which one is made in Taiwan or China?

If the first 3 digits of the barcode are 690 691 or 692, the product is MADE IN CHINA. 471 is Made in Taiwan. This is our right to know, but the government and related departments never educate the public, therefore we have to RESCUE ourselves.

Nowadays, Chinese businessmen know that consumers do not prefer products "MADE IN CHINA", so they don't show the country of origin..

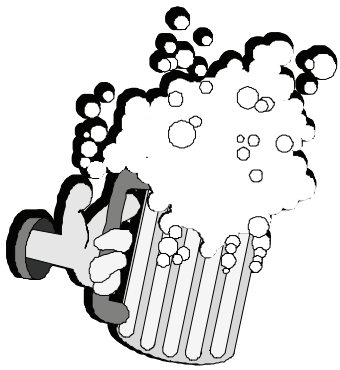
However, you may now refer to the barcode - remember if the first 3 digits are:

690-692 ... then it is MADE IN CHINA  
00 - 09 ... USA & CANADA  
30 - 37 FRANCE            40 - 44 GERMANY  
471 ... Taiwan            49 ... JAPAN  
50 ... UK

BUY USA & CANADIAN MADE by watching for "0" at the beginning of the number.

We need every boost we can get! If the government won't help us, we must help ourselves.

***Thanks to Elma Parker for sending this along to the Probian.***



## The Beauty of Beer!

Submitted to the *Probian* for your pleasure by our own *Russ Donaldson*.

Sometimes when I reflect on all the beer I drink, I feel ashamed. Then I look into the glass and think about the workers in the brewery and all of their hopes and dreams. If I didn't drink this beer, they might be out of work and their dreams would be shattered. I think...

"It is better to drink this beer and let their dreams come true than be selfish and worry about my liver."

**Babe Ruth**

"I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day."

**Lyndon B. Johnson**

"When I read about the evils of drinking, I gave up reading."

**Paul Horning**

"24 hours in a day, 24 beers in a case. Coincidence? I think not."

**H. L... Mencken**

"When we drink, we get drunk. When we get drunk, we fall asleep. When we fall asleep, we commit no sin. When we commit no sin, we go to heaven. So, let's all get drunk and go to heaven!"

**George Bernard Shaw**

"Beer is proof that God loves us and wants us to be happy."

**Benjamin Franklin**

"Without question, the greatest invention in the history of mankind is beer. Oh, I grant you that the wheel was also a fine invention, but the wheel does not go nearly as well with pizza."

**Dave Barry**

BEER: HELPING UGLY PEOPLE HAVE SEX SINCE 3000 B.C.!

**W. C. Fields**

Remember "I" before "E," except in Budweiser.  
Professor Irwin Corey

To some it's a six-pack, to me it's a Support Group - Salvation in a can!

**Leo Durocher**

One night at Cheers, Cliff Calvin explained the "Buffalo Theory" to his buddy

Norm:

"Well, ya see, Norm, it's like this. A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members! In much the same way, the human brain can only operate as fast as the slowest brain cells.

Excessive intake of alcohol, as we know, kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine!

That's why you always feel smarter after a few beers."

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**Worth the read!**

In 1887 Alexander Tyler, a Scottish history professor at the University of Edinburgh, had this to say about the fall of the Athenian Republic some 2,000 years prior:

"A democracy is always temporary in nature; it simply cannot exist as a permanent form of government. A democracy will continue to exist up until the time that voters discover that they can vote themselves generous gifts from the public treasury. From that moment on, the majority always votes for the candidates who promise the most benefits from the public treasury, with the result that every democracy will finally collapse over loose fiscal policy, (which is) always followed by a dictatorship." "The average age of the world's greatest civilizations from the beginning of history, has been about 200 years. And the clock is ticking.