



NORTHSHORE NEWS

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Portugal or Bust



Thursday morning March 7th was sunny and bright with the mercury battling to exceed -14 Celcius. No wonder there were so many happy faces of Probian and friends preparing to board the Franklin bus to begin a wonderful vacation in sunny and warm Portugal. We are certain that there will be marvelous stories recounted upon their return



Presidential Ponderings



Happy Spring Everyone!

Well we made it!! Winter is on it's way OUT! The big question in the Curtis household is 'will all those bulbs I planted last fall come up in my garden or somewhere in the southern hemisphere?!' The other big news is that Al and Judi are parents again. Dixie had 8 healthy puppies on St. Paddy's day. New life is rampant around our house and six of them have families waiting for them as already! Wow!

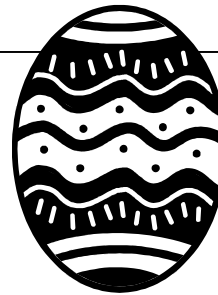
I have spoken a number of times at meetings about our new Operating Guidelines and Procedures document . This is the first step in a work plan which includes reviewing the club By-laws and the Job Descriptions for the Executive and Management Team members. These will all be collated in a handbook for each position on Management Team, which means new members of the team will have a solid starting point for their tenure. I want to thank the four gentlemen who put in a many hours to develop this document, Bruce Steele, Bryan Armstrong and Past President's Paddy McCoy and Bruce Collins. Without their dedication this first step would not have been completed. On behalf of everyone, many thanks guys.

I hope everyone who journeyed to the warmer climes this winter had a great time. Now that you are back, I look forward to seeing you at meetings and enjoying all the great activities Northshore Probus has planned for the spring and summer. Come out and get involved everyone.

Speaking of getting involved, our Social Events Committee Chairs, Brenda and Sharon are looking for your assistance on any number of committees being formed to organize and run our major

club events this year e.g. the BBQ, car Rally, Christmas dance etc. Consider getting involved, particularly if you are new to the club. You will have lots of fun, get to know other club members and begin to feel like a real 'Northshorer' . Hope to see everyone out and about!! Happy Spring.

Judi



Mark your calendar



No meeting on May 18th as it conflicts with the Spring Fling



Speaker's Corner

On Fooling the Old

With age comes wisdom, a more generous habit of mind, a trusting nature that presumes the best in everyone and will not stoop to think ill without absolute proof. That little money put by for a rainy day is no longer small, holding out much hope that what life might still persist will enjoy some comfort. As Terry Stanley, Media and Community Relations Officer for the Cobourg Police will explain, it is our virtues that make us vulnerable." People are after your money...older people are a favourite target...always at home and have



Terry Stanley, Media and Community Relations Officer

money."

Terry relates the details of the "Granny Scam". "A man phones up late at night representing himself as a grandchild or a cop. The grandson is in jail, needs bail money right away. She has to send it right away. " Terry points out that that "the police don't even know the number of victims...many don't come forward." He advises," Talking about it is prevention" and warns that phone calls requesting money should be considered "Red flags".

There are also local scams afoot. Even I got the one about "the free cell phone..." and how about the kid on your door step wanting to see your utility bill. For once being a techno-moron really is salvation. "Facebook offers access to you." Terry mentions. Me, I have difficulty with my TV remote, why would I want to fool around with more gizmos. And, what about those really official looking e-mails from banks...?

Guard your stuff hardly needs repeating. Top of the list is your Social Insurance Card. With that in hand miscre-

ants could do all sorts of harm to you, taking out a loan in your name being only the least. Terry's advice, "Never carry the card. Leave it at home and memorize the number should you need to give it out. (That is going to be a challenge Terry. The only numbers I know off by heart is my phone number and one pin number.) Health cards are selling on the street in Toronto for \$5000. "They will replace your picture." Then there are stories around that the strip on the back of hotel room cards has credit card information. "Don't leave them behind." Finally "Shred everything" and little helpful advice from Brenda Carter, " Don't recycle, re-use it as compost in your flower beds."

Finally for those too polite just to hang up some closing words that would leave a positive impression. For those charities that persist, "We have our list of charities to which we regularly contribute, and I'm sorry yours is not one of them." and for those whom you think would do you harm, "I don't want to be rude but if you don't hang up, I will." Otherwise you will know how the line, "There's no fool like..." will be completed.



Julius

Future Speakers



April 6
Northwest Passage Expedition
Donna Wootton

April 20
International referee/athlete
Barbara Marion

May 4
RCMP training Afghan police
Cameron McFarlane

May 18
No meeting

Depend on the rabbit's foot if you will, but remember it didn't work for the rabbit.



Fabergé Easter Eggs

Peter Carl Fabergé original name Carl Gustavovich Fabergé [1846 - 1920] was a Russian jeweller, best known for the famous Fabergé eggs, made in the style of genuine Easter eggs, but using precious metals and gemstones rather than more mundane materials, each egg is about 5 inches tall and depicts a different event or theme in Russia's history.

He was commissioned to create the first egg for the twentieth wedding anniversary of Tsar Alexander III and his wife Maria Feodorovna, of Russia, in 1885. Every subsequent Easter, another egg was made for Maria as a gift from her husband. After the passing of Alexander III, his son took up the tradition presenting his wife and his mother with their own custom Fabergé egg every Easter. In all, 50 eggs were commissioned; to this day eight are still missing.

This is the Coronation Egg, which features the coach that Empress Alexandra rode into Moscow in 1897.



The rules of chocolate

If you get melted chocolate all over your hands, you're eating it too slowly.

Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

The problem: How to get two pounds of chocolate home from the store in a hot car.

The solution: Eat it in the parking lot.

Diet tip: Eat a chocolate bar before each meal.

It'll take the edge off your appetite and you'll eat less.

A nice box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?

If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?

If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.

Money talks. Chocolate sings.

Chocolate has many preservatives. Preservatives make you look younger.

Why is there no such organization as Chocoholics Anonymous?

Because no one wants to quit.

Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.

Chocolate is a health food. Chocolate is derived from cacao beans. Bean = vegetable. Sugar is derived either from sugar beets or cane, both vegetables. And, of course, the milk/cream is dairy. So eat more chocolate to meet the dietary requirements for daily vegetable and dairy intake.



The three best pleasures in life are scratching, sneezing and eating chocolate.



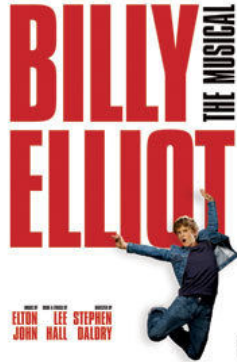
Trips and Tours

Date: May 25th

Cost \$115

(Transportation and tickets only
You are on your own for meals)

Payment by April 6



Mormon Tabernacle Choir



Monday, June 27th

\$120.00

Mormon Tabernacle Choir at Roy Thomson Hall

2:00 p.m.

Sign up sheet out with a \$50.00 deposit.

Payment by May 1st

Coming Events

Bridge Club 2 will meet on April 14th at Sharon O'Connor's. April 28th location TBA. Please let Sharon know if you can attend.

Lunch Bunch is cancelled for May as it falls on the same date as Spring Fling in Peterborough.

Best Western Dinner Theatre tickets for 'Looking' April 8th will be handed out by Sharon O'Connor at April 6th meeting. Please see Sharon if you signed up.

The Victorian Operetta Society is presenting **Nonsense** at Victoria Hall. Please see Brenda Carter if you would like tickets for the Saturday April 16th matinee. If you already signed up please pick up your tickets from Brenda at the April 6th meeting. There is little space left.

Bid Euchre group will get together April 12th at Roberta and Bryan Armstrong's house

Drinks and Appies next get together will be April 20th in the Party Room at 145 Third Street from 4— 6 pm. **(time change)** Please let Carole Stock know if you are going.

Probus Volunteer Days

We have placed sign up posters on the side table. At the break could you scan the activities and sign up for the ones you are most interested in supporting?

Activities Calendar:

August Anniversary Party (BBQ)

October (Fall) Car Rally

November Silent Auction

December Christmas Party

Lunch Bunch (12-month bookings)

Come and discuss with Sharon O'Connor or myself, Brenda Carter throughout March and April... or let us know which activity (or activities) *you* are picking this year. We don't want to be forced to cancel any activity for lack of participation.

Northshore Garden Tour is being planned for sunny June, please see Mary Potter if you would like your garden featured.

One of life's greatest mysteries: you eat a 2 lb. box of chocolate.....and gain 5 lbs.



Shrove Tuesday



Etymology of the word "Shrove"

In modern English, the word 'Shrove' has no meaning outside of pancake or Shrove Tuesday. Academics can trace shrove to the past tense of the verb shrive, which itself means absolution. This derivation helps to cement the meaning of eating up luxury food before the penance of fasting during Lent.

If you bring to mind other old words such as Yuletide (Christmas) and Eastertide, then it will be no surprise that there are lesser known '-tides', Allhallowtide (Halloween), Whitsuntide (Whitson) and Shrovetide. My point is that Shrove Tuesday is the last day of Shrovetide.

Shrove Tuesday Traditions

In the 21st century, Shrove Tuesday is most strongly associated with pancake activities.

- The world record for cooking the biggest pancake was set in Rochdale, Yorkshire, England in 1994. The super-pancake measured 15 metres in diameter and weighed 3 tons.
- Ralf Laue from Leipzig, Saxony, Germany broke the world record in 1997 by tossing a pancake 416 times in two minutes.
- Pancake races in various towns, most famously, in Olney, Buckinghamshire, England.

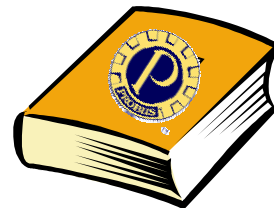
Easter date trivia

Easter Sunday is set by the 1st full moon after the Spring Equinox (which is March 20). Here's the interesting info. 2008 was the earliest Easter any of us will ever see the rest of our lives! And only the most elderly of our population have ever seen it this early (95 years old or above!). And none of us have ever, or will ever, see it a day earlier! Here's the facts:



- 1) The next time Easter will be as early as March 23 will be the year 2228 (200+ years from now). The last time it was this early was 1913 (so if you're 95 or older, you are the only ones that were around for that!).

Membership Directory

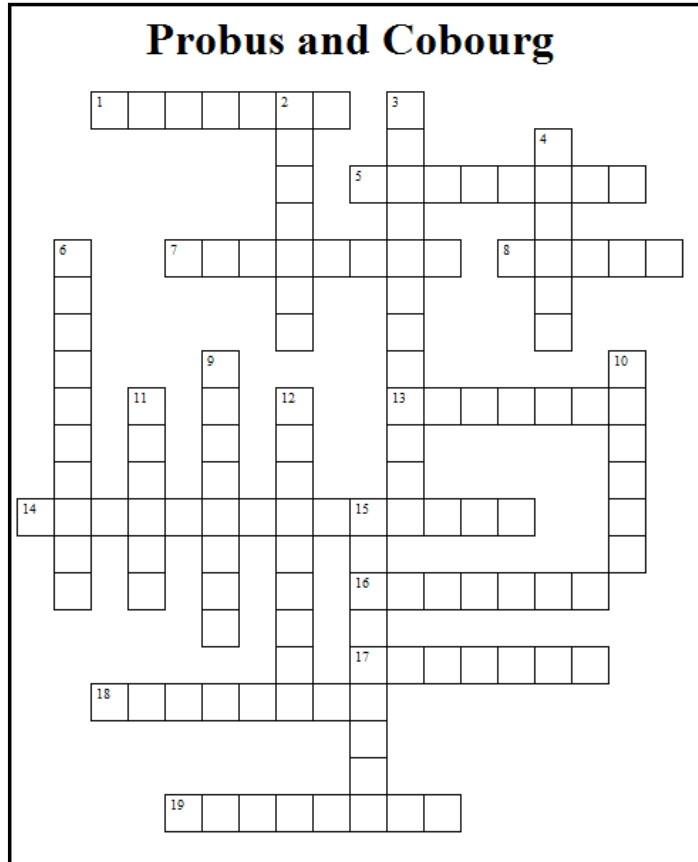


An updated Probus Club Membership Directory is in. This is a useful tool for Probians who travel and would like to visit other Probus meetings on their holidays. There will be copies with Trips and Tours, the secretary and President. The directory is also available on the website.

How do you post a bunny? Hare mail



Northshore Crossword



ACROSS

- 1 Cobourg hockey team
- 5 Cobourg Father of Confederation
- 7 Cobourg silent star
- 8 Immediate Past President of our club
- 13 Our lake
- 14 Our county
- 16 Our home town
- 17 Country where 1st Probus Club formed
- 18 Meaning of last 3 letters of Probus
- 19 _____ Hall

DOWN

- 2 Founder of Upper Canada Academy(Vic Hall)
- 3 Meaning of 1st 3 letters of Probus
- 4 Northshore President
- 6 Probus event in Vancouver Sept 13 - 15
- 9 Where Sharron took a trip
- 10 Founder of Probus in Canada
- 11 April 24, 2011
- 12 Site of 1st Canadian Probus Club
- 15 Destination of ferry 1907 - 1952

Answers on page 8

Hot Cross Buns History

Dating back to medieval times, the buns were traditionally eaten on Good Friday, but they are now popular all around the Easter season. These sweet treats, fragrant with fruit and spices, are marked with a cross, either slashed into the dough before baking, or drizzled on in icing afterwards. The history of hot cross buns dates far back to the pre-Christian era. It is thought that they are descendants of the small cakes offered to Eostre, the goddess of spring. They may have been marked with a cross even in ancient times, to represent the four quarters of the moon. In later centuries the church, unable to stamp out ancient pagan traditions, decided instead to "Christianize" the buns by associating the cross with that of Jesus.

Paschal bread, made in a round shape, is very popular in Eastern Europe [in Russia it is known as paska. The German Easter loaf is Osterstollen and in the Netherlands people eat a sweet bread filled with raisins and currants called paasbrod.

What do you get when you pour hot water down a rabbit hole? A Hot Cross bunny.



The Easter Bunny

The Easter Bunny is a mythological rabbit who brings presents and sweets to children on Easter Day!!

The Easter bunny was introduced to American folklore by the German settlers who arrived in the Pennsylvania Dutch country during the 1700's.

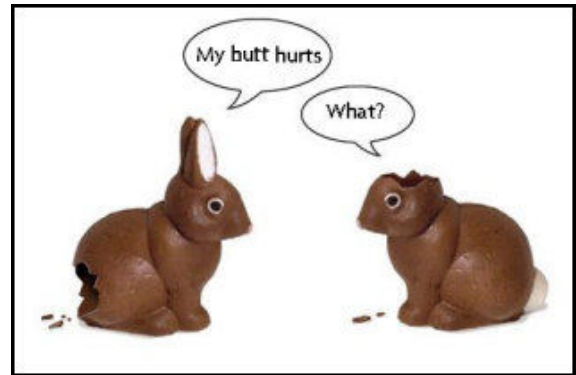
The Easter bunny probably has its origin in pre-Christian fertility tradition. The hare and the rabbit were the most fertile animals known and they served as symbols of new life during the blossoming Spring season.

The bunny as an Easter symbol appears to have its origins in Europe, where it was first mentioned in German writings in the 1500's.

The first edible Easter bunnies were made in Germany during the early 1800's, and were made of pastry and sugar.

Crossword answers

Probos and Cobourg



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