



# NORTHSHORE NEWS

A publication of The Probus Club of Northshore Cobourg

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## President's Message

Four years ago I, a somewhat shy newcomer to Northumberland along with my husband Rick joined Northshore Probus. The first year was spent meeting other members and getting to know the workings of Probus.

The next year, I was asked to be the Committee Chair for Social Activities and Events. I agreed on condition that I had a co-chair who would be the spokesperson. I never did any public speaking and was petrified of getting up in front of all of you. A co-chair was found, so we were all set.

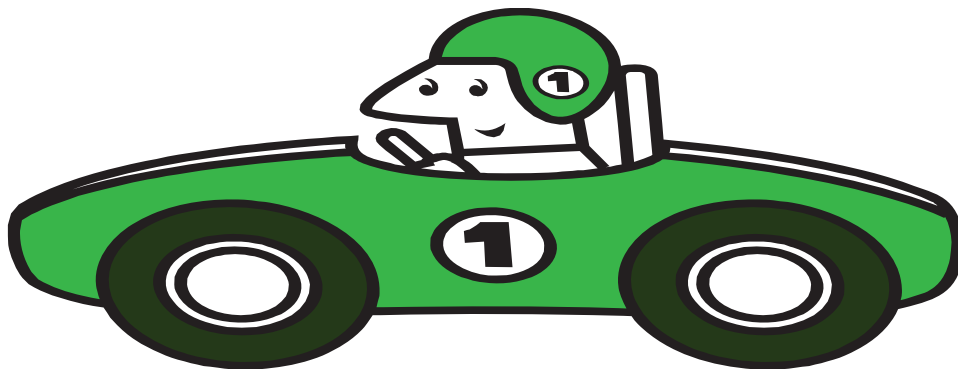


Life happens and my co-chair became unavailable. And there I was, having to get up on that stage to let you know what the coming events were. Shaking, red faced and teary eyed, I, with your support, did it.

And as they say, "the rest is history". Thank you for your support and trust. I am very honoured to be your President and, along with the new management team, hope to have a fun-filled successful year.

*Diane Morrison*

## HAPPY CAR RALLY



**Our Annual General Meeting took place Sept 21st. Past Presidents Jack Chapman and Paddy McCoy conducted the process of electing the new executive members and introduced the new Management Committee Chairpersons who volunteered to serve the club this year. The whole team is shown below.**



# **Trips and Tours**

**European River Cruise**—Sharron McMann is exploring the group's interest in a European River Cruise in the spring, summer or fall of 2012. More details will be given if sufficient interest is shown.

## Meeting Day Programs

October 19	Travelling, from a Tour Guide's Perspective
November 2	Weight Loss and Health Issues
November 16	Silent Auction Bake Sale

Money can't buy happiness, but it sure makes misery easier to live with

Speaker's Corner

**Guinness Is Not Just About Beer**

There is no doubt that Northumberland has been discovered. What with all the celebrity locals like a world renowned author and a Governor-General Prize winning poet and the movie types such as Academy Award nominated film director and an actor who adapted his grandfather's WW1 experiences into a successful film, the world has been beating a path to our door. Still with all these personalities their fame was acquired elsewhere, they just live here. But there is one world beater, Rev. Kevin Fast, whose road to celebrity status began right here, on King St., with a local fire truck, offering evidence, if not absolute certainty, to the claim that if you can make it in Cobourg you can make it anywhere.

Kevin explained how simply his journey to world class status began. Eighteen years ago with the Highland Games, he got "hooked on the strength stuff." His horizons widened, asked the Fire Chief, "If he could borrow a fire truck...pull it a bit?" Then as a passing thought, he wondered, "Is that a world record?" He had to investigate, "The Guinness Book had rules and regulations". In 1998 he set a world record, decided to rest on his laurels, "I'm satisfied". In 1999 the idea of two fire trucks came up, "I can do that...make it into Ripley's Believe It Or Not". In 2001 a new challenge, someone dared "to beat his record"; three trucks would make short work of that upstart.

But there would be a permanent solution, perform feats that no one would even consider matching. How about pulling a house on a trailer for Habitat for Humanity or going to China and lifting seven cheerleaders on a platform and hold them aloft for a minute or maybe pulling a Globe-master Cargo plane on the tarmac in Trenton? That last one would require two months of training, gym five days a week, pull a truck up a hill at least



twice a week, and a couple of practice tries, one in the rain before the record breaking effort.

Success has come out of "evolving" his own technique through "trial and error...sticking with what works." Kevin points out that moving a weight through a full range of motion reduces the amount that can be lifted. The secret lies in incremental movements, reducing the distance of the lift increases the potential of the weight that can be moved. As Kevin describes his actions, "I am almost fully laid out, pulling myself along, taking many small steps." And as we all saw the plane moved.

Fame has hardly brought fortune; Kevin still wears the Roman collar, kept his day job. But there still are perks, appearance on *Regis and Kelly*, "travel the world for free with his wife, Switzerland, Italy, Norway, Singapore, and most recently China". He explains, "I never beat a record by a whole lot then they have to invite me back next year...it's a great hobby."

Then there are still prospects. Although Kevin has "lost height", he has been "fortunate, injury free for 18 years". He still trains at the Y now more often with his son, opportunities on the horizon for new records working as a pair. And then, when asked if he was saving any world records for his son to beat, a laughing Kevin replied, "The kid's got an attitude, He thinks he's going to break them all." As Sir Edmund Hillary when asked, "Why climb Everest?" quipped "Because it's there", so it is and so it ever will be, our finest efforts exist but to be bested. Still it would be nice if some would stay in the family.

*Julius Varga*

# Welcome to Northshore



President Judi welcomed Bill and Jean Gardner as new members to our Club June 1st

## Retirement Planning

If you had purchased \$1,000 of Nortel stock six years ago, it would now be worth \$49.

With Enron, you would have had \$16.50 left of the original \$1,000

With WorldCom, you would have had less than \$5 left.

If you had purchased \$1,000 of Delta Air Lines stock, you would have \$49 left.

But, if you had purchased \$1,000 worth of wine one year ago, drunk all the wine, then turned in the bottles for the recycling REFUND, you would have had \$214

Based on the above, the best current investment advice is to drink heavily and recycle.

I Love cooking with wine, sometimes I even put it in the food

Speaker's Corner



To Autumn II

Seasons change leaving many questions in their wake. This is especially true when it comes to our gardens. And that is the reason why each year we invite Betty DeLong

back to explain how we may better cope with the transition. Betty's encyclopaedic knowledge of her craft and her boundless enthusiasm to share her experiences makes her always a fascinating speaker. In a departure from her customary presentation she chose simply to answer questions.

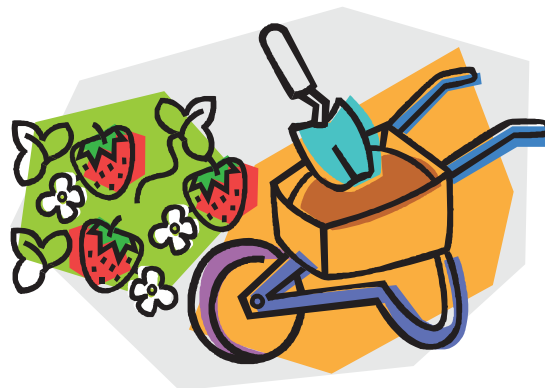
The appropriateness of transplanting now seemed a common concern. Betty said "Yes" to whole host of things that can be moved even now, "flowering bushes, irises, hostas..." She explains, "Flowering shrubs transplanted in early September do better. If you leave it to spring, "Don't transplant in hot weather March and April are better." A personal story would confirm she knows whereof she speaks. There was her comment about this bush she had moved three times, "...just couldn't seem to find the right spot for it...husband wanted to know if it was going to be moved again." Moving a Hosta, be prepared, "have an axe ready."

Then there were

all those little varmints that do the garden ill. Chinch bugs the bane of one Probian's lawn. She had advice but cautioned, "You didn't hear it from me." (And, this being a family publication, you are not going to read it here either.) But I will relent just a bit and mention "dormant oil in spring kills a whole multitude of things" as they begin to grow.

Then there was pruning. This has been a great year for roses, "they are too tall, the wind will catch them" and always a helpful hint, "prune so the buds point outward". With hydrangeas, prune in spring. "The bigger the plant gets the smaller the blooms" And if you need any encouragement, "Go at with anything you want". Then one can improve on nature with Hydrangeas, "water with tea".

And finally, there is the bane of two out of the three Probians on my block, a fungal infestation that has killed off at least half of our front lawns. Her advice involves bull work, "clean up the area, and add new soil and re-seed and lots of water." Gee, guess what it works, I am happy, and most important of all the wife's happy.



Julius Varga

### Harley Mechanic

A mechanic was removing a cylinder-head from the motor of a Harley motorcycle when he spotted a well-known cardiologist in his shop.

The cardiologist was there waiting for the service manager to come and take a look at his bike when the mechanic shouted across the garage "Hey, Doc, come take a look at this?"

The cardiologist, a bit surprised, walked over to where the mechanic was working on the motorcycle.

The mechanic straightened up, wiped his hands on a rag and said, "So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new.

So how come I make \$39,000 a year and you get the really big bucks when you and I are doing basically the same work?"

The cardiologist paused, smiled and leaned over, then whispered to the mechanic..... "Try doing it with the engine running."

### In Memorium

With all the sadness and trauma going on in the world at the moment, it is worth reflecting on the death of a very important person, which almost went un-noticed last week.

Larry LaPrise, the man who wrote "The Hokey Pokey", died peacefully at age 93.

The most traumatic part for his family was getting him into the coffin.

They put his left leg in. And then the trouble started.

Some people joined the Bid Euchre Club to play cards . . . Some to eat . .



Suicidal twin kills sister by mistake

# Coming Events

**Bridge Club 2** will meet on October 13th at Dorla Hope's home, with meeting on Oct 27th to be announced

**Bid Euchre group** will play Oct. 11th at Bryan & Roberta Armstrong's home and on Oct. 25th at George & Inez Redmond's home.



## **Best Western Dinner Theatre**

On Friday November 4<sup>th</sup> our club will attend the production of 'A Month of Sundays' Only one chance to get your tickets from Sharon O'Connor at the October 19<sup>th</sup> meeting break

Tickets are \$33.75 each; please note this will be the last show for Probud members at this price, before the price increases.



'Don't dress for dinner' a comedy at the **Brighton Barn Theatre** runs Sept 23, 24, 29 and 30, October 1, 6, 7, and 8<sup>th</sup> at 8pm; and on Sept 25 and Oct 2 at 2pm.

Information will be on the side table.

All seats are \$15. The telephone number is 613-475-2144

**Next Drinks and Appies** will be on October 13<sup>th</sup> from 4-6 pm at Bill and Daphne King's home. Please see Daphne at the break if you plan to go



The new Management Committee members are listed on page 8  
Please save this information for future reference  
It will not be in future issues of the Newsletter this year

A bartender is just a pharmacist with a limited inventory

## The Management Team 2011/2012

### Executive

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