



# in TOUCH



**Probud Club of Colborne**

**March 2014**

Box 865, Colborne Ontario K0K 1S0

**FOUNDED 2003**

PROBUS CANADA WEBSITE [www.probus.org](http://www.probus.org)

Check us out at [www.probusnorthumberland.com](http://www.probusnorthumberland.com) or call 905-344-1340

**Meetings are held on the first and third Wednesdays of each month from September through June at the Keeler Centre in Colborne (unless otherwise designated by the current executive)**

## 2013-14 Executive

President	Diane Dycke
Vice President	Martin Blackshaw
Secretary	Shirley Ross
Treasurer	Alan Cullum
Past President	Barry McQuillin

### Committees

Membership	Alan Cullum
Greeters	Bob & Louise McNutt
Entertainment	Martin & Louise Blackshaw , Diane Dycke
Speakers Chair	Eileen Milley
Sunshine	Kris Rahn
Setup	Al Mackie
Bowling	Gord McArthur
Community events	Carol McArthur
Liaison	Dorothy McKinney
Newsletter	Sue McQuillin

**HAPPY  
ST. PATRICK'S  
DAY!**



## From the President's Perch

Winter 2014 will certainly not be forgotten. Personally, I can't wait until spring!

We have our anniversary lunch to look forward to in April. It will give us an opportunity to congratulate those members who will be celebrating their 10<sup>th</sup> anniversary with the club this year.

I have been requested to invite all the ladies who currently live in Northumberland County and were born in 1939, for lunch and entertainment at Best Western Inn, Cobourg on Tuesday June 17, 2014 at noon. Deadline date for tickets is May 31, 2014. For any additional information please contact Alma Draper at 905 372 5839 or email [adraper8@cogeco.ca](mailto:adraper8@cogeco.ca). Alma is a member of the Cobourg & District Probud club. They had a huge 70<sup>th</sup> birthday bash in 2009 with 80 people participating and decided to have another on their 75<sup>th</sup>.

Our club is strong because our members are always there ready to step in when needed. Well the club needs volunteers again, this time for making coffee; if you are able to help out by making coffee at our next meeting please give me a call or send me an email.

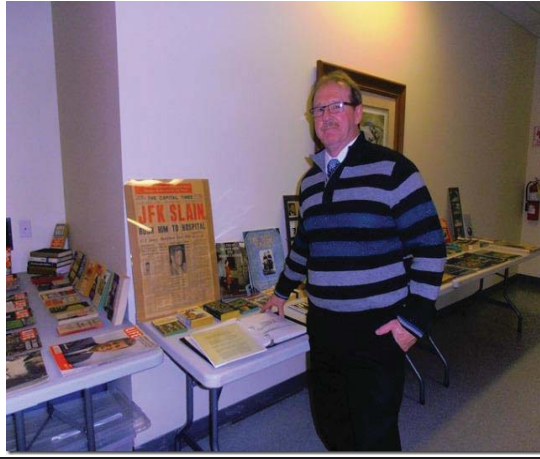
Diane

## Jan. 15

Our Guest Speaker for Jan. 15th was Duncan Armstrong from Wooler. Duncan has spent 25 years studying JF Kennedy's assassination. He had many fascinating anecdotes about that tragic time in history. He touched on the information that politicians and military brass were uneasy about both Kennedy and Martin Luther King gaining so much power.

He also mentioned that this event was the beginning of TV instant replays!

Duncan set up 5 tables of memorabilia to share with us. He told us that was only a portion of his total collection!



## Feb 5

This meeting was cancelled due to poor weather. Hasn't this been a winter to remember!?

## Feb 19

The speaker for this meeting was Lee Waklin. Some of us remembered her as "Ruth" from the play Calendar Girls, presented at the Best Western a short time ago!

In reality she was at our meeting to speak about hiking over the Pyrenees Mountains located in Spain and France. The particular hike she was on was called, "A Walk Across Spain Along the Path of Stars". The trail was marked by sea shells. Apparently Martin Sheen's movie "The Way" shows many scenes along this walk. Lee walked 32 km a day in about 11 hours. Happy Hour each evening was very welcomed!



*Editor's note – Thank you Louise and Bonnie for keeping me “in touch”. I'll try harder next month to be more organized!*

### **Upcoming Probus Events**

**Wed. Mar. 5** - Regular meeting – our St. Patrick's Day celebrations!

**Wed. Mar. 19** - Regular meeting - speaker - TBA

**Wed. Mar. 26** - Bowling at Presqu'ile Lanes in Brighton - 10:00am

### **Community Events**

**Mon – Fri weekly:** 9 – 11 am 'Walk at the Keeler Centre'.

**Senior Skating – Keeler Centre:** 11 – 11:50 am Wed & Thur; 4 – 4:50 pm Tue & Thur.

**Tue and Thur weekly:** Group Exercise Class with a focus on improving and maintaining performance and wellness through strength and balance; 10 – 11 am at the Keeler Centre; ongoing; participants are to preregister with Community Care Northumberland, Colborne office (905-355-2989).

**Colborne Legion dinner 5 – 6:30 pm: Fri March 7:** Toast Beef \$12 followed by a Roy Orbison Tribute Show at 8 pm \$15.

**Fri Feb 28:** Heritage United Church, Salem: Soup Lunches 11:30 – 1 pm; \$5 per lunch payable at the door. March Dates are 14 & 28.

**Sat March 1:** Rotary Club of Colborne present a Minor Hockey Classic Alumni game at Keeler Centre 6 – 8 pm; \$5 per person; goal is to build a new Picnic Shelter. Notice on bulletin board.

**Fri March 7 – Sun March 16:** March Break

**Sat March 8 & Sun March 9:** Warkworth Maple Syrup Festival; many events around town etc.

**Tue April 10 and Thur April 12:** start of a second series of classes for Fall Prevention for at risk seniors led by a physiotherapist; preregistration for the 12 week course with Community Care Northumberland, Colborne office.

Westben Arts Festival Theatre 15<sup>th</sup> Anniversary Season information on bulletin board.

**Tue March 18:** Cramahe Horticultural; Society meeting, Keeler Centre at 1:30 pm; speaker Keeley Biron updating members on 'New Projects around Cramahe Township'.

**Thur March 27:** 'Music for Motion' at Boston Pizza, Cobourg for Community Care Northumberland, Specialized Transportation Fundraiser. See information.

**Sat March 29:** Northumberland Diabetes Expo at Cobourg Lions Centre 10 am – 4 pm. See information.

*Thank you Carol McArthur for compiling these community events.*

## Automated External Defibrillator (AED) and CPR Demonstration

The Keeler Centre is receiving two new AED units, courtesy of the Heart & Stroke Foundation. I am inviting all user groups and their members that want to participate in a training session on **March 14, 2014 from 9am – 11:30am at The Keeler Centre in Rotary Hall.**

This training session is free of charge to anyone that would like to attend. I would recommend trying to have as many members from your organization attend.

If you are interested in attending, please contact me at 905-355-2846 ext. 21 or email me at [keeley@cramahetownship.ca](mailto:keeley@cramahetownship.ca). Please include your name and phone number in your message/email.

### Session Information:

The information session takes about 2 to 2 1/2 hours and is open to all users and staff. We will have to have a minimum of 20 participants in order to receive the two new AED units.

There will be a demo of the Zoll unit and a brief overview of how to perform CPR.

There will be time for participants to have hands on experience with the new unit and practice CPR on training manikins.

I look forward to your reply,

Keeley Biron

## **FROM THE BOWLING LANES**

On a cold and snowy February morning, eight bowlers and one “fan” made the trek to Brighton, for a wonderful morning of fun, fellowship and, oh yes.....bowling.

Although there were only three lady bowlers, Louise McNutt enjoyed the time with the group, cheering on hubby, Bob.

Mary and Bob Lee were able to partake this day, Mary being the top Lady with a 3 game high 360 and 3 strikes, Louise Blackshaw with 300 for second and Carol McArthur the third in the trio with a 214.

The top overall bowler for the day was Martin Blackshaw 501 for 3 games and 5 strikes, followed by Gord McArthur 489 and 7 strikes, Dave Miller 467 and 5 strikes then Bob Lee; 329 and 2 strikes and Bob McNutt 254 and 1 strike.

The highlight of the morning was Dave Miller scoring a high single of 210 and 3 strikes. Well done Dave!  
Our next gathering will be March 26

*Respectfully submitted*  
*Gord McArthur*

### **THE LAST WORD**

Today's last word is short and sweet and to the point. It comes to us via the internet,  
"When nothing goes right . . . go left!"

***Next In Touch Deadline –March 26, 2014***

Email address for 2013/14 editor is: [sue.mcquillin@yahoo.com](mailto:sue.mcquillin@yahoo.com)