



NORTHSHORE NEWS

A publication of The Probust Club of Northshore Cobourg

Volume 12 Issue 6

April 2015



President

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Happy Easter!



Solve this puzzle. Answer on page 8



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President's Message

Looking Ahead

It is hard to believe that I am almost half way through my year as President of our club. I really enjoy working with every committee and love getting to know each of our members better.

In a couple of months we will put together a list of nominees for next year's Management Committee. **However, due to the recent resignation of our Vice President I am currently accepting nominations for this position.** It is a very exciting position to hold and presents many opportunities to get to know more about Probus, the Executive Team and Committee members. Many long lasting friendships are in place today because of the time spent behind the scenes and at the meetings.

I am including the Mandate and Job Description for the **Vice President** position below so that you may see exactly what is required for anyone who is interested in this position.

Mandate:

To support the President in a manner that helps the President to carry out his/her duties in a meaningful and positive manner.

Duties include:

Attend management team meetings. You are eligible to vote.

Attend meetings with or on behalf of the President (Management/General/County Council).

Running meetings (Management/General) in the President's absence.

Sharing

Promote and sell the Spring Extravaganza tickets through share the wealth, there are nine clubs involved.

Every Spring, verify who of the current Management Committee chairs are willing to continue for another term. Then, inform the general membership and recruit volunteers to fill vacant positions. (The Past Presidents Council will oversee the nomination and election of the Executive)

Manage and update the Emergency Call list. The Emergency Call List is in place to call members in case of cancellation of a meeting due to inclement weather, a change of venue or any other information that needs to be passed on immediately. Any decision to implement the call list will be made in consultation with the President. It's important to have enough callers to contact all members. Periodically through the year, verify with callers that they wish to continue being on the list. Be sure they all know what procedures are in place for calling the members.

Any other duties that are assigned by the President.

Position Binder to be maintained and passed on.

Sub Committee:

We formed a sub-committee at the beginning of my term as President to simplify and update our Operating Guidelines and Procedures Manual and By-Laws. This committee is chaired by Paddy Mc Coy who was the second President of Northshore Probus. Paddy and his two teams, together with feedback from the Management Team and members, have delivered an outstanding manual and updated set of By-Laws in record time. These updates will make it easier for current and new Executive Members going forward.

Chair and Committee Positions

I expect many of the current members will wish to carry on, however we always end up with some positions that need to be filled.

It is never too early to express your interest as a committee member or help with the many jobs that go on behind the scenes. We need people to volunteer to take positions in order that the club can continue as smoothly as it has to date. It is a great way to really get to know your fellow members and have fun.

I invite you to submit your name to anyone on the Management Team if you think you may be interested and/or have any questions, or nominate someone that you think would be an asset to our club.

I look forward to the second half of my year with anticipation.

Brenda Moore

A Necessary End



Libby Bailey refers to her notes during her presentation to Northshore

That is the way Shakespeare described death and then he added the obvious, “it shall come when it will come”. The poet Joan Didion in her memoir to mark her husband’s passing saw the time

between that “shall” and that “will” as “my mind turning increasing to illness, to the end of promise, the dwindling of days, the inevitability of the fading, the dying of the brightness.” Libby Bailey of Community Care came to tell us how this final rite of passage between the inevitable and the imminent may in the end give meaning to the whole sum that is existence.

“Family might be scared of the ‘D’ word”

It is her emphasis of the “Community” in this “Care” that makes this a reality. It begins with a referral to Access, anyone from an aware neighbour to a professional. Indeed she says, “She has gotten many referrals coming from different levels that were worried about the same person.” Of course needs might vary but they are still met by volunteers. Everything from a person to drive someone to an out of town medical appointment, to delivering Meals on Wheels, to calling someone who lives alone or people once a week just alone to see how they are doing. All these services are performed by volunteers. These services aren’t necessarily free but with their help become available. There are hundreds of volunteers providing thousands of hours of care.

Her particular area of interest is Hospice Care. There is of course a societal benefit in having the person stay in his or her home as long as possible. Hospice and Access offer continuity of care from

hospital, to nursing home and finally to Palliative Care. “They support people who are now living well until they die”. For still born children they provide a Memory Box with baby’s clothing to help the parents with their grieving.

Still “All need someone to walk with us...volunteers are carefully matched with clients...people who have had similar experiences in their own lives.” She notes that clients “are tired of asking family members all the time” and then “family members may just need a break sometimes “or “might just be “scared of volunteering...frightened of the using the ‘D word’ “and yet still be” eager to talk about it with a stranger.” The volunteer is trained to remain flexible with the client. “It is their death and whatever they want should happen.” Then too “Every family has their own way of doing things” and the volunteer “has to be attentive family dynamics, religious views if present...what the family needs.”

One of her clients wanted a party with her friends and relatives. She got dressed up, put on make-up and had a grand time and died the next day.

Libby maintains that “when a person helps another both the helper and the one helped are changed by the process” and so Libby persists in giving because she too keeps on receiving.

Julius



EASTER TRADITIONS



For Christians, Easter is a deeply religious holiday, celebrating the day Jesus arose from the dead after the Crucifixion. It has also become a highly commercial event, full of chocolate rabbits, decorated Easter baskets, and colorful eggs.

And, of course, there's the Easter Bunny, dropping off baskets of treats in the middle of the night to delight children everywhere on Easter morning. But how did all the candy chicks, chocolate bunnies, and dyed eggs become such a large part of the celebration?

Some claim that the word Easter derives from Eostre, a pagan goddess of spring and fertility. According to folklore, Eostre found a bird dying from the cold and turned it into a rabbit so its fur would keep it warm—but that rabbit still laid eggs like a bird. "In one version [of the story], the bunny paints and decorates the eggs as a gift to Eostre to show his loyalty and love," says Brandi Auset, the author of *The Goddess Guide*. It's possible this story is the reason that bunnies and birds—and chicks, if you ask the company that makes the popular Peeps marshmallow candies—are connected with the holiday.

Dyeing Easter eggs may have a deeper religious connection as well. One tradition regarding Easter eggs is related to Mary Magdalene, the first person to see Jesus after the Resurrection. She was holding a plain egg in the presence of an emperor and proclaiming the Resurrection of Jesus Christ. The emperor said that Jesus' rising from the dead was as likely as that egg turning red—and the egg turned bright red while he was still speaking. In addition, for the 40 days leading up to Easter, known as Lent, Christians begin preparing for the holiday by praying, meditating, and making personal sacrifices. "Christians [have historically] prepared

themselves by forgoing ordinary dietary items, such as meat, eggs, and milk," says Anne Kathryn Killinger, the author of *An Inner Journey to Easter*. "For many years, Easter was known in Western Europe as Egg Sunday, for eating eggs on that day was one of its joys." Those eggs were often presented in baskets lined with colored straw to resemble a bird's nest, thanks again perhaps to Eostre.

Where does all the chocolate come from? "The tradition of chocolate eggs began in 19th-century France and Germany and soon spread to the rest of Europe and eventually the United States," says Katherine Tegen, the author of *The Story of the Easter Bunny*. "To receive the special Easter eggs, children were told to make nests from hats or baskets so the Easter Bunny could leave them there." Killinger says that many Christians are also eager to eat chocolate on Easter because it's a common modern-day sacrifice during Lent.

Another typical Easter food is lamb. "Lamb is traditional because Jesus' last supper was the Passover meal," says Karen Jean Matsko Hood, the author of *Easter Delights Cookbook*. "If he ate meat during that meal, it would have been lamb." But Jews traditionally do not eat pork, so why is ham so often a part of the Easter table? "Salted pork would last through the winter and be ready to eat in spring before other fresh meat was available," says Hood.

It's very likely that children play an important role in the origin of the fun side of Easter. "For Christians, this is a serious holy day, dealing with issues of life and death," says Robin Knowles Wallace, the author of *The Christian Year: A Guide for Worship and Preaching*. "Because of the difficulty of sharing these big issues in age-appropriate ways, sometimes we divert to the more lighthearted symbols of eggs and rabbits, hence the proliferation of Easter-egg hunts at churches."



What's in a Name?

The best known answer to the question. "What's in a name?" comes from Shakespeare. "A rose by any other name would smell as sweet." Terry Fallis, in his fourth novel adds another twist in answering that question by naming the protagonist, Earnnest Hemmingway, who, but for the addition of a couple of letters to his name would share not just the sound but also the spelling of a more famous namesake. Of course his protagonist's character is quite the opposite that of his namesake, a manly man, "a man larger than life, more famous for his life than his work." Terry sat in a Cuban bar where the real Ernest sat, and drank Mojitos or Cuba Libres, as he wrote the Cuban chapter of his book. The fictional Earnnest is after all an American and up until a month or so ago, and President Obama's decision to lift the embargo on American travel to the island was proscribed.

The premise of the book will answer is "What must life be like to live with that famous name and yet not be famous." Of course his answer has "pieces of my life strewn all over the place" and enough reality to provide "plausible explanation" for the events that are about to happen.

Terry teased us with a sketch outline of his outlandish story which begins with Chinese missionaries, a profitable corporate entity based on providing more comfy male skivvies whose success was sealed with sales to the U.S. army and WW1. A series of CEO's all named Earnnest have claimed that position until our protagonist who wants to move on and whose sister Sara is qualified for and interested the position but denied it. And our protagonist inevitably decides to seek out those who share his curse of a famous name and no accomplishments and finding eight such forms a terrible baseball team. He moves on taking the advice of friend begins to trace the path of the famous Earnnest around the world (minus Cuba of course) as a means to purge his angst and thus becoming entangled in the running of the bulls in Pamplona while fleeing four small dogs, Pomeranians in this case, that are his greatest fear... As you can tell things get really complicated. Truth Check: there is a Hemmingwear Company in Chi-

cago and it makes underwear. (Note the spelling)

Speaker's Corner

The author's career path began with being a Public Affairs Consultant in Ottawa with the Mulroney Government. He has since four books in print right now the first being made into a musical comedy. (Yes Virginia there is life after politics.) Well you know it would happen, our hapless hero wants to write a "great novel" trusting that conjuring up the dead spirit of the famous Earnnest will break his dreadful case of writer's block. Terry fortunately hardly shares his problem, the slightest hint of reality and off his imagination goes and takes us on a splendid ride. His books are available in local book stores such as the Avid Reader.

Julius



Terry Fallis accepts a token of appreciation from the Northshore Probud Club after his humorous description of his newest book.

Upcoming Speakers

- April 15 Dan Buchanan - "The Dr. King Story" (only criminal to be executed in Northumberland - hanged at what is now the Golden Plough)
- May 6 - Helping hands - Carol Carmen
- May 20 Waterfront Festival - Kevin Ward Chamber of Commerce
- June 3 Caroline Thornton - "Racehorses - Rags to Riches or Reverse?!"
- June 17 Mandy Robinson, Cobourg Town Crier
- July 8 - Diane Taylor - "The Gift of Memoir"
- Sept 16 Jo-Anne Page - "The Steven Lewis Foundation, Grandmothers to Grand mothers program"

Social Activities

Drinks and Appies - April 14th at Lynda Mitchell's 4 p.m.

Lunch Bunch - May 20 - Crawford's - details to follow

Trips & Tours

The scheduled trip to the Ripley Aquarium has been cancelled. Sharron McMann will handle the refunds.

Easter jokes to share with your grandchildren

What do Easter Bunny helpers get for making a basket? A: Two points, just like anyone else.

How can you find the Easter bunny? A: Eggs (x) marks the spot.

Why was the Easter Bunny so upset? A: He was having a bad hare day!

What is the difference between a crazy bunny and a counterfeit banknote? One is bad money and the other is a mad bunny!

What did the bunny want to do when he grew up? Join the Hare Force.

How do you make a rabbit stew? Make it wait for three hours!

What has big ears, brings Easter treats, and goes hippity-BOOM hippity-BOOM? A: The Easter Elephant.

What do you call a line of rabbits walking backwards? A: A receding "hareline".

What do you call a rabbit with fleas? A: Bugs Bunny.

What kind of jewelry do rabbits wear? A: 14 carrot gold.

How do bunnies stay healthy? A: Eggercise!

What do you call rabbits that marched in a long sweltering Easter parade? A: Hot, cross bunnies.



Time is valuable

The other day a quote by Benjamin Franklin came to mind when I received the news that Connie Richardson had passed away.

“Don’t put off until tomorrow what you can do today”

Call that friend that you have not talked to lately, but may have been thinking about.

Take 15 minutes to visit your neighbour who might just appreciate sharing a cup of coffee during these cold winter days.

Contact your family members and let them know how much you care about them.

The point is that time is valuable, shine your light on others while you still have the time.

Submitted by Brenda Moore



When a woman says "What?", it's not because she didn't hear you.

She's giving you a chance to change what you said.

answer

What goes up

Must come down

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