



NORTHSHORE NEWS

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President

Brenda Carter

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Happy Irish Easter



With St. Patrick's Day and Easter so close together this year, the management team decided to have a breakfast to celebrate both occasions. Above, the Morrisons and Macleans dig in to a hearty breakfast.

Below, five past presidents (left to right) Sharron McMann, Sharon Holmes, Jack Chapman, Diane Morrison and Brenda Moore cut and serve the Easter and St. Paddy's cakes. Photos by Lynda Ghent. More photos on page 8.



President's Message



Hi Everyone.

The sun is shining, the birds are tweeting...*I* don't know how to Tweet, another goal for me!

It looks like it's going to be a later Spring than we'd hoped for as we have another 'polar vortex' on the way... sigh....didn't we call that a 'cold spell' before?

Our Snowbird members are popping up, like the spring flowers. 'Welcome back'. I'm looking forward to hearing all your winter stories at our meetings, and Drinks and Appie get-togethers, Lunch bunches, Outings, and Ladies' Nights.

April marks the halfway point of your Management Team's Term of office. That's so hard to believe as the time has just whizzed by. I ask that you begin contemplating (isn't that the second stage of change theory?) running/volunteering for one of the positions for 2016-2017. We have so many talented people in our Club with much experience and energy to contribute...and it *really* is a great way have fun while getting to know your fellow members.

Come on...you know you'd love to work with us!

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 simply nominate someone you think would be an asset to our club.

Brenda Carter

Future Speakers



April 20 Peggy Linton
"Photos of the Trent Severn Waterways"

May 4 TBA

May 18 TBA

June 1 Gina Gillespie photo journalist
"Afghanistan"

June 15 Mark Cullen
"Highway of Heroes Living Tribute"

Drinks and Appies

Where: Brenda Moore's

When: Thursday April 28

Time: 3 p.m. - 6 p.m.



Two silk worms had a race. They ended up in a tie.

It Begins with a Bank Robbery

That's how Jim Ronson started his novel *Power and Possession*. It is a desperate act by a drug addict, his voice angry, as he waves his gun about shouting orders, desperate to prove that he is in charge, hoping the words and actions might obscure his vulnerability. He muses afterwards, "How cool it all was." Another character has an affair, not so much a tawdry betrayal as self revelation, unfulfilled in her marriage, desperate to gratify a need unmet. As the other man says "Surely you don't love him otherwise you would make the marriage work." Jim did concede that it was there also "to add spice". He throws in also some archeology in the person of another character who thinks that the original settlers of North America instead of crossing the ice bridge linking Alaska and Asia actually paddled animal skin boats and followed the coastline south.



Jim is an author, has an actual publisher, a number of books in print, and even "with two copies of *Power and Possession* in the Cobourg Library" and curiously writes his books "long hand in scribblers." He is aware of "publishing software and e-books" but points out that "only ten percent of the reading public actually read one last year...while paperback sales rose." His answer to that curious fact is that "books are more tactile, a permanent joy to touch" and, if I may add from my own experience, it is difficult to read curled up with my laptop in bed.

Jim also shared some insights into the writing trade. Men usually write plot driven books and thus the books have to be mapped out to ensure that everything comes together. Women on the other hand women write more character driven narratives where events reveal who the person actually becomes. "Mystery writers of necessity have to map out everything."

Jim also has an underlying intention in all his books. He points out that "80% of Canadians live in urban settings" and he feels an obligation to encourage his readers "to enjoy nature, to reconnect with it". In his mind that is the only way we will learn "to cope with the dark time" and come to realize "people have changed the climate".

Julius

Trips & Tours

July 27 Stratford

"A Chorus Line" \$165
See Sharron McMann

August 21 Shaw Festival

Sweeny Todd \$175

Engaged \$ 155

Cheques to Jenny Herniak of the
Cobourg Probud Club

When cannibals ate a missionary, they got a taste of religion.

WE ARE IN GOOD HANDS



It was a pleasure to have our Chief of Police Kai Lui as our speaker. He was born in Taiwan and immigrated to Canada as a child. Kai and his wife recently celebrated their 30th Anniversary. They have two sons and a daughter. Growing up in Toronto and Montreal he developed a keen interest for a career in the Police Force. Being a Police Officer in China was not viewed as an honourable position but being raised in Regent Park in Toronto illustrated to him just how important the Police Force is in Toronto.

In 1984 there was a news article in the Ottawa Citizen advising that the Police Force had eliminated the height requirement for officers. So in 1986, Kai at 5 ft. 8 in. was hired by Ottawa as the first Asian Police Officer.

During his 22 year career with the Ottawa Force, Kai held many challenging positions and developed a strong reputation as an innovator and champion for diversity in the work place. He was made honorary Chief in Ottawa. Throughout his career he was presented with numerous awards recognizing his contributions to the communities. (see list at end of article)

Between August 2008 and September 2012, he served as the Chief of Police for the Town of Gananoque. In September 2012 Kai was appointed Cobourg's Chief of Police.

One of the first things Chief Lui did after his arrival in Cobourg was to hire a third party to conduct a survey with the residents of Cobourg. It was clear from the results that the residents of Cobourg wanted the Police Force to be more engaged.

In order to get to know the children in Cobourg better, the Police currently serve breakfast at various Elementary Schools. This helps the Officers to get to know the children before they get to the High School level.

There is also an after school program (After School Youth in Policing Initiatives) that hires students 15-18

to be trained as Police Ambassadors, on condition that they go back to school after the completion of the program. Chief Lui purposely hires students that cannot get a job or are disadvantaged in some way. There is a special fund for this program.

At the Cobourg Police website www.cobourgpolic.com you can find the Cobourg Police Business Plan together with their Strategic Priorities.

We are extremely fortunate to have a Chief of Police who is focused on helping the community of Cobourg, especially the Youth, and also promotes transparency.

The following is a list of the recognition that Chief Lui has received over the years:

2003 the first male recipient to be awarded the Ottawa **Immigrant Women's Services Award**. He was invited by the UN and CIDA to lecture on domestic violence and violence against women in countries around the World.

May 28th, 2007 – Asian of the year Award. This award recognizes contributions made by an Asian Canadian role model who balances a successful career with community and charitable work.

2008 - National Enriching My Canada & Yours (EMYC) Lifetime Achievement Award. Kai was recognized in Regina, Saskatchewan for his community service

He is also the recipient of- **The Police Exemplary Service Medal**

2013 –Kai received a **Queen Elizabeth 11 Diamond Jubilee Medal**.

2014 he was inducted as a member of the **Order of Merit for Police** by the Governor General of Canada.

We were able to enjoy an excellent video of some of the work that the students (Police Ambassadors) get involved in. The video was put together by the students. Truly we are in good hands.

Brenda Moore

When cannibals ate a missionary, they got a taste of religion.

Welcome to Northshore



President Brenda Carter welcomes Frank Farago into the Northshore family.

Photo by Lynda Ghent

A dentist and a manicurist married. They fought tooth and nail

Remember You Are Still in Charge

That's kind of difficult to keep in mind when you look at the small mountain of pills you have to take with breakfast or check the red letter days on your calendar and you discover that that the majority are all with assorted members of the medical professions. That is why listening to the three women from the Haliburton Kawartha Health Unit proved so refreshing. Kim Ledbetter, Joanne Brewster and Heather Grundy told us how we may take back some control over our lives with diet and exercise and assorted better habits. The good news is that there is nothing new or colossal about all this, little that couldn't have been learned at our mother's knees.

Kim began by saying "eat simple balanced meals" and advised "Don't eat anything you didn't eat when you were young." That means two-thirds of your plate should be vegetables and pasta and the meat portion no larger than "a deck of cards". Canada's Food Guide recommends a total of seven servings of fruits and vegetables a day for seniors. If weight is a concern, "Don't be tempted by fad diets" with the well known warning, "there is no quick and easy fix" and of course all those "before and after photos" in their commercials have be photo shopped.

If you haven't heard all that before, here is some more you should know, drink fluids. "If you are thirsty you are already dehydrated." Water is preferred over juices as they have too much

"sugar added" and she was not all that excited about my thoughts on red wine. But then there is always milk. Yogurt is a good substitute and if you want to put more effort into it, there are recipes for smoothies. Volumes of water she suggested are two litres for women and three for men. "Water cushions organs and joints."

Then too, the food industry is not all that helpful. "Added salt and added sugar" are always a major issue. Some products contain more than an entire days serving of salt. Soft drinks contain a lot of sugar, but then you already know that so is "Avoid highly processed foods". Calcium and vitamin D is helpful addition.

Now exercise, "keeping active reduces stress, increases energy level, improves one's outlook on life, helps you maintain an independent lifestyle." Well those are the reasons. And two and a half hours a week should do and ten minutes of walking a day. Now we are fortunate to be living in "an age friendly community, a safe and friendly place to live work and play." You should be able to find a safe place to exercise the Y and Community Centre, come easily to mind.

As the women pointed out, there more reasons and ways to act responsibly than there are excuses to do nothing. So see you when you turn ninety. We will celebrate together. I will bring the red wine.

Julius



A will is a dead giveaway.

Brain Stuff. . . From Cambridge University .

Olny srmat poelpe can raed this.

I cdnuolt blveiee that I cluod aulacly uesdnatnrd what I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mttar in what oredr the ltteers in a word are, the olny iprmoatnt tihng is that the first and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it wouthit a porbelm. This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the word as a wlohe. Amzanig huh? Yaeh and I awlyas tghuhot slpeling was ipmorantt!



When you've seen one shopping center you've seen a mall.



Top left: President Brenda proudly displays her Irish heritage?
Top right: Bruce Collins reveals his secret hiding place for stowing all that trivia.
Bottom left: Mary and Rick Potter try to channel the luck of the Irish for the "Share the Wealth" draw.

