



NORTHSHORE NEWS

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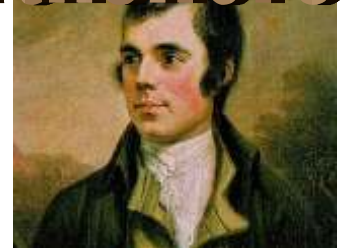


President

Brenda Carter

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Robbie Burns Visits Northshore



Marg Kropf (top left) gave a rousing, hilarious recitation of Robbie Burns' (top right) poem To A Mouse as Northshore Probust celebrated Robbie Burns Day at their January 20th meeting. Most people had little idea what Marg was saying but it did sound exciting. The text is reproduced below and there is a summary in plain English on page 7.

To A Mouse

*Wee, sleekit, cowran, tim'rous
beastie,
O, what a panic's in thy breastie!
Thou need na start awa sae hasty,
Wi' bickering brattle!
I wad be laith to rin an' chase
thee,
Wi' murd'ring pattle!*

*I'm truly sorry Man's dominion
Has broken Nature's social union,
An' justifies that ill opinion,
Which makes thee startle,
At me, thy poor, earth-born com-
panion,
An' fellow-mortal!*

*I doubt na, whyles, but thou may
thieve;
What then? poor beastie, thou
maun live!
A daimen-icker in a thrave 'S a
sma' request:
I'll get a blessin wi' the lave,*

An' never miss't!

*Thy wee-bit housie, too, in ruin!
It's silly wa's the win's are
strewin!
An' naething, now, to big a new
ane,
O' foggage green!
An' bleak December's winds en-
suin,
Baith snell an' keen!*

*Thou saw the fields laid bare an'
wast,
An' weary Winter comin fast,
An' cozie here, beneath the blast,
Thou thought to dwell,
Till crash! the cruel coulter past
Out thro' thy cell.*

*That wee-bit heap o' leaves an'
stibble,
Has cost thee monie a weary nib-
ble!*

*Now thou's turn'd out, for a' thy
trouble,
But house or hald.
To thole the Winter's sleety drib-
ble,
An' cranreuch cauld!*

*But Mousie, thou are no thy-lane,
In proving foresight may be vain:
The best laid schemes o' Mice an'
Men,
Gang aft agley,
An' lea'e us nought but grief an'
pain,
For promis'd joy!*

*Still, thou art blest, compar'd wi' me!
The present only toucheth thee:
But Och! I backward cast my e'e,
On prospects drear!
An' forward, tho' I canna see,
I guess an' fear!*

President's Message



As you read this the holidays are over and the undesired (what were they thinking?) gifts returned. We can now look forward to the days becoming longer (yeah) and lots of new activities with our members. Northshore's Emergency plans are complete. There are two: the Emergency Call list (for use if meetings need to be cancelled due to inclement conditions...quite the mouthful, and the Emergency Plan (required by Probos Canada), for emergencies at the Lions Community Centre. Please take a look at the Emergency Plan, and familiarize yourself with the Emergency Exits and mustering points.

Bowling Tournament

Monday April 4th
9:30a.m.



Northshore Lanes

Cost for 3 games \$11.00

Shoes \$1.00

(pay to your team captain on April 4)

Our goal is 25 bowlers for five teams

Practice sessions in March

Buffet Lunch 1:00 p.m.

Lions Centre \$24



To sign up for bowling and/or lunch

Contact Mary Potter

at

At our meetings prior to March 16

Phone 905 372 1758

Email mpotter@cogeco .ca

Watch for these events and more in 2016

Feb 5th Dinner theatre Best Western
"Boeing Boeing"

Capitol Theatre

Mar 4th "Secret Garden"
April "Wizard of Oz"
June "On Golden Pond"
July "Crazy for You"
Aug—Sept "Mamma Mia"

The Secret Garden,

Performed by the Northumberland Players, is being held at the Capital Theatre in Port Hope on March 4th, 2015, at a cost of \$31.25. **June Collins** has a sign up sheet. Tickets are available from **Sharron McMann**.

See more Northshore dates on page 8



Lining up for the buffet



Rick Potter stands behind the birch nametags he skillfully fashioned

Christmas Luncheon



Acting out the 12 Days of Christmas. We think it is ladies dancing?



The table is set

December 2nd over 100 members enjoyed a Christmas Luncheon at the Lions Centre. They participated in Christmas trivia, carol singing, and some impromptu acting of the “Twelve Days of Christmas. Of course they enjoyed a sumptuous turkey dinner provided by the Lions staff. Many thanks to the committee who organized such an enjoyable event.

A rubber band pistol was taken from algebra class as it was a weapon of mass disruption.

Welcome to Northshore



President Brenda Carter was busy welcoming new members in January. January 6th she gave out member packages to Barbara Klinkworth (top left) and Alan Liston (bottom left). January 20th she welcomed Lillian Isaac. (bottom right)



The midget fortune-teller who escaped from prison was a small medium at large.

Harmony Rings



The men standing on the risers comprise newest singing group in the Northumberland area - The Ganaraska Chordsmen. These men, members of the Barbershop Harmony Society have dedicated themselves to perfecting the intricate four part harmony style that has its roots in the deep South. They came to entertain our club December 2nd.

In the last half of the 19th century, U.S. barbershops often served as community centers, where most men would gather. Barbershop quartets originated with African American men socializing in barbershops; they would harmonize while waiting their turn, vocalizing in spirituals, folk songs and popular songs. This generated a new style, consisting of unaccompanied, four-part, close-harmony singing. Later, white minstrel singers adopted the style, and in the early days of the recording industry their performances were recorded and sold. Early standards included songs such as "Shine On, Harvest Moon", "Hello, Ma Baby", and "Sweet Adeline". Barbershop music was very popular between 1900 and 1919 but gradually faded into obscurity in the 1920s. Barbershop harmonies remain in evidence in the a cappella music of the black church.

Other researchers argue, that today's barbershop music is an invented tradition related to several

musical features popular around 1900 including quartet singing and the use of the barbershop chord but effectively created during the 1940s in the ranks of the Barbershop Harmony Society.

No doubt the style influenced such groups as the Ink Spots, Mills Brothers, The Four Lads and the Crew Cuts. More recently performers such as Insync and Pentatonix have shown the world the beauty of a cappella singing.

After performing several numbers the club presented the chorus with an honorarium which the men donated to their charity " Sing Canada Harmony" which supports vocal music programs in Canadian schools.



The group practices every Tuesday night at Terry Fox School in Cobourg. Any interested men are invited to attend. Just speak to Peter Chrisomalis and he will ensure that you receive a warm reception. Remember you don't have to read music to participate, most of our members don't have that ability. A love of music is all that is required.

Peter Chrisomalis



Travels in Turkey



We all know what a vacation should be—sun, sand, sea and surf—complimented by the occasional Margarita, whiling away the hours with some casual carnage courtesy of James Patterson, Robert Ludlum or the Kellerman’s, husband or wife, it doesn’t much matter. At least that is what we might do, after all, with a vacation it’s all about me and rest and relaxation. Still Lee Wakelin remains different. True she is no longer knocking off 30 k. a day as she did when she

hiked the El Camino, but the risk element is still there. Turkey is hardly on everyone’s must-see list, still to hear her tell it, it should be.

The whole Middle East hardly sounds all that welcoming a spot. What with the Jihadist menace, sectarian rivalry and civil war, thousands of refugees either in camps or on the move to safer locales. Even if the area has many attractions, it hardly feels all that safe. The carnage here after all is real.

Her trip began in Istanbul of the Sea of Bosphorus, a city uniquely located within two continents Europe and Asia complete with an Old and New Towns. The allegiances are equally divided between the past and the future. She showed pictures of the square where pitched battles were fought between young people and the police over cutting down a treed park area to make room for a new supermarket.

She showed areas of Cappadocia where houses were cut into the cliffs and an ancient site built by Christians in the 8th century totally underground at Derinkuyu. All services food, place for

animals, even churches, all provided for underground. Of course, there would be beaches on the Mycenae coast at Kaz. But also the Roman city of Areopolis and the much better known site of Ephesus, the place where Cleopatra seduction of Mark Antony began with her sailing into the estuary, that is now totally silted over. It even rated a mention in the Bible for an incident in which the apostle Paul was attacked while preaching in the amphitheatre by the merchants from the plaza across the street worried that he might affect the sale of statues of the local deity, Diana, the Huntress.

There of course natural wonders as well. Salt hills formed by hot springs flowing down the hill side left the entire slope with as if it was covered with snow. And another range of mountains formed of two layers, hard and soft, that with the centuries of erosion produced gray and white peaks.

Then she had picture of the expected touristy things, the male dancers known as the whirling dervishes, and of course and the bazaars still selling what they have been known forever to do, spices the aromas as tantalizing as ever.

Turkey has much to offer with its past and present something we might never have were not that Lee dared to go and then shared her travels with us.

Julius

I bought a new stick deodorant today.

The instructions said:
“Remove cap and push
up bottom.”

It hurts to walk but
whenever I pass wind the
room smells lovely



Getting Proactive About Your Life



Quantity of life is hardly valuable without a certain quality of life going along with it. Now Shakespeare did write, "Tis but time and the drawing out of days that men count upon." Well it's difficult to make the days count if one is nagged by aches and

pains. Dr. Peter Herron, a Doctor of Chiropractics, spoke to us about getting on the road to wellness and the role good posture plays in this task and the role that the individual must pay in his or her well being.

The modern world plays a role in the problems we have to overcome. We spend more of our time inactive in front of computer screens. Proper posture thus essential: chair height, elbow rests, key board and screen location not to mention taking a break every thirty minutes. Headsets make it easier if one spends a lot of time on the phone. Then there is the proper distance to hold a cell so

as not to put undue strain on your neck. (All of these issues are dealt with in greater detail in the handout.)

Of course one may always take a pill, but Dr. Herron states "Pills only deal with the symptoms not with the outcome." Outcome can only be accomplished by modifying one's posture. "Drug therapy leaves the patient only 9% pain free." In fact he says that "Every time one even takes even a Tylenol a teaspoon of blood bleeds out." Of the people who finally resort to back surgery, "50% continue to have problems". After all he explains, "The brain communicates to the body through the spinal cord...any misalignment chokes the spinal cord and the body can't communicate properly numbness and tingling are a signal."

The key thing in all this is that one has the obligation to be active in one's own healing. Doing the task the right way is the way to stay pain free, following his "Great help tips" is the beginning

Julius

To A Mouse - English



The speaker is plowing a field and accidentally turns up a mouse's nest. The mouse is shivering and terrified. The man stops his work to try to comfort the mouse.

He tells her to relax. He didn't mean to break into her nest. But then the speaker starts thinking more about it—the mouse is, after all, pretty justified in being freaked out. Mice *should* be scared of humans. We set traps for them, we set cats after them, and we plow up their winter nests. The speaker apologizes on behalf of all humankind. He says that the mouse might steal little bits of food from

human farms, but who cares? That one little mouse doesn't eat much. And now her little winter house is all in a ruin. He imagines the mouse planning ahead carefully for the winter—she worked so hard to make her nice little nest, and then, BOOM. The plow goes right over it.

But hey, says the speaker—that's life. Whether you're a mouse or a man, your plans—however well-laid—often get messed up. And after all, the mouse has it easy, compared to a human. Mice live in the present moment, while humans look to the past with the regret and to the future with fear. Lucky mouse.

In a democracy it's your vote that counts. In feudalism it's your count that votes.

Northshore Events

Upcoming Speakers

Feb. 17 - Cobourg Police Chief Kai Liu

March 2 HKPR District Health Unit

Drinks and Appies

Will be hosted by Judy Johnson on February 22nd at 107-125 Third Street (across from the Marina) from 4:00 p.m. to 6:00 p.m. Please bring your own drinking glass.

Please see Debbie if anyone is willing to host the April Drinks and Appies.

Special Lunch Bunch

**Lunch Bunch for March will be an Easter Breakfast
St. Patrick's Day Celebration**

Lions Centre on March 16th at 8:30 a.m.

Cost of \$12.00 and \$2.00 for coffee at the break during the regular meeting.



This is an Easter Breakfast with your best St. Patrick/s Day Hat or Wearing of the Green. Because Easter is early this year and the next meeting will be after Easter,

www.probusnorthumberland.com