



NORTHSHORE NEWS

A publication of The Probus Club of Northshore Cobourg

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President

Rose Wood

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The Gavel is Passed as President Rose Assumes Power!!??



WHAT A YEAR IT HAS BEEN!! WOW!

I can honestly say that I cannot believe that one whole year has gone by. I know it sounds trite. I have very much enjoyed my year as President of the best Probus Club in Canada. And I sincerely hope you have enjoyed your year as Probians as well. We are a very busy Club and with a little arm twisting

**“Our Strength is Fellowship,
Our Success is Participation”**

sometimes, you step up and make it happen - the newsletter,

the lunches, the drinks and appies, the various trips, the car rally, the Christmas Party, the Bake and Craft Sale, the Probus month celebration, our regular meetings and the Spring Celebration.

To the Management Team, the various Committees, the Past Presidents and to all who volunteer to provide the things that make our Club outstanding – **THANK YOU.**

Your dedication and knowledge of all things Probus are what made my year easy. I have been supported especially by the Past Presidents and I am very grateful for your assistance.

“Our Strength is Fellowship, Our Success is Participation” – a quote I found on the Probus Canada website in my early days and have kept it on my desk all year as a reminder what the Probus goal is all about. I believe our Club has fulfilled that in an outstanding way.

Good Luck to Rose Wood and the new Management Team.

Looking forward to my new role as your Past President for 2017/18. **Carol Lawless.**



“We are open to new suggestions”

I am not really sure what I am supposed to pass on to you at this point. My major hope is that we can have a successful year and from the looks of the volunteers from the last meeting things should go along swimmingly. I know that the trips and tours will be great as well as the other functions within the club.

I appreciate any ideas that you may want to present to me or to any of the management team. We are always open to new suggestions.

One thing that is great about this group is the team work on each event. We want to keep that going so that the choice is there for everyone to take part in something over the year. It is great to get together with other members to achieve a successful venture, no matter what it is. **Rose Wood**

Meetings to the end of the year

November 1

Speaker Weldons

November 15

Bake Sale

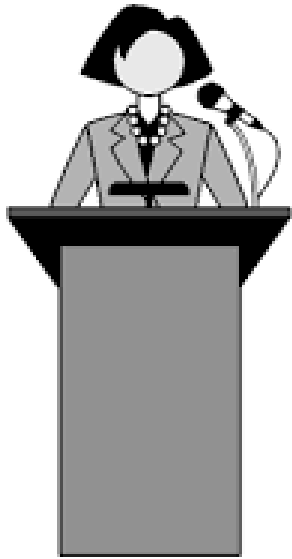
December 6

Christmas Party (starts at 11:30)

January 3

First meeting of 2018

Upcoming Speakers and Programs



November 1
Trip Across America
Louise and Doug Weldon



November 15
Bake Sale



December 6
Christmas Party
**** (no regular meeting)**



Input Wanted

Sheridan Van Blaricom, chair of Program & Speakers, is looking for input regarding the club's needs for 2018. Sheridan would welcome any suggestions or references for speakers or activities in the coming year. Please speak to him so that he may succeed in making our meetings even more informative and entertaining.

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November 15th Meeting

**Prepare your goodies for the
 silent auction.**

**Questions or suggestions should
 be directed to Mary Potter**

Welcome to Northshore

An important part of the Annual General Meeting on October 18th was the induction of three new members into the Northshore family. President Carol welcomed John Marchand, Donna Woods and Marilyn Ebbers. That's great! Even more good news is that five more people will be inducted in the coming few weeks



Some people should use a glue stick instead of a chapstick.

Car Rally 2017



First Prize winners: Alan Hanley, Therese May, Kathy Hart, Carol Lawless. This group also were judged the best dressed depicting the theme.



Best decorated car depicting the theme was won by Doug & Judy Baker, and Nick & Gerry Moon



Bob and Joan Ivers are all smiles after receiving the "Snail Trophy"



It's ok if you disagree with me. I can't force you to be right.

Carol Lawless presented Jack Chapman with a certificate recognizing his efforts as chief trophy maker.



Best poker hand was won by Al & Judy Curtis and Paul & Claire Desormeaux



Great Time: Great Rally

The participants in the rally traversed the hills of Northumberland. They had a snack break at the Big Apple, and a tasty lunch at Golden Beach where they were treated royally by the staff. There was also assistance from the Centre & Main Chocolate Co. in Warkworth. Everyone had a great time. Many thanks to the organizing committee for all their hard work. It is events like this that make Probus such fun.

Committee Members:

Bryan Armstrong, Roberta Armstrong, Lynda Mitchell, Brenda Carter, Bruce Collins, June Collins, Jack Chapman, David Harrison, Lynn Harrison, Cheryl Brackenberry, Donna Heenan, Liz Muir, Shane Maclean, Kathy Maclean, Sharron McMann



Paddy & Cheryl McCoy wait expectantly outside the Lions Centre for the rally to begin

I speak my mind because it hurts to bite my tongue all the time.



Christmas Party

December 6th Lions Centre

Dinner and Entertainment (Missy Knox)

\$35 per person

No regular meeting that day

Tickets on sale for the next two meetings

November 1 and 15



A Tip of the Hat to Julius

I couldn't let this issue of the Northshore Newsletter go by without mentioning a man who as a wordsmith extraordinaire summarized many of the speakers and events of this club over many years. (At least 10 I believe). Julius Varga tried to keep his articles under

500 words but at times he would ramble, reflecting on his own life and how it fit in with the topic at hand. Other times he would add historical facts to give a more complete background. I would be remiss if I did not mention his wife Louise who was his proof reader and editor.

I will miss the calls from him saying "When is the deadline?" But I look forward to working with Louise Weldon and Harry Knapper. They have some big shoes to fill. Thank you for your dedication to Northshore Probud Julius Varga, my friend.

Peter Chrisomalis Editor



Some mistakes are too much fun to make only once.

Sitting is the New Smoking

Christina left us with a lot to think about



When I quit smoking several years ago I thought I had removed the major risk to my heart health. However the speaker from September 18, Christina Cuzzolino, rained on my parade. According to statistics compiled by doctors and health units,

the greatest detriment to heart health is inactivity—just sitting around. This could be watching tv, or on the computer or taking a nap.

Christina is an exercise therapist working out of Scarborough hospital has responsibilities in this area as well. She compared the arteries and veins to major highways such as the 401. Over the years the highway and our arteries deteriorate. Some causes we can do nothing about:

- Age
- Heredity
- Gender
- Race
- Environment

Other causes we can control through:

- Exercise
- Diet
- Lifestyle (booze/smoking)
- Stress

Christina’s focus was on exercise which research shows:

- Builds and forms new blood vessels (highways)
- Helps with plaque build up
- Develops more mitochondria

She suggests exercise every day 5 days a week for 30 to 60 minutes. Start slowly and build up to it. Time units can be broken up. E.g. 3 x 10 minute sessions or 2 x 15 minutes sessions.

She recommended a short Youtube video by Doctor Mike Evans who does a great overview of the topic. You can see it at:

<https://www.youtube.com/watch?v=3F5Sl9JQao>

Christina left us with a lot to think about—while we’re walking that is.

Peter Chrisomalis



10 Year Pins Awarded

One of Carol Lawless final duties as president was to award 10 year pins to Bernice Sheppard, Cal Johnston and Rose Wood



How long a minute is depends on which side of the bathroom door you 're on.

PROBUS NORTHSHORE MANAGEMENT TEAM 2017/18

EXECUTIVE



President	Rose Wood	Vice President	Bob Robertson
Secretary	Marion Buttars, Nancy Telfer, Lynda Ghent		
Treasurer	Diane Morrison	Assistant Treasurer	Alf Johnston
Past President	Carol Lawless		

COMMITTEE CHAIRS



Membership	Norma Ingram , Lynda Mitchell		
Share the Wealth	Barb Montgomery	asst Judy Johnson	Trips and Tours Sharron McMann
Programs & Speakers	Sheridan Van Blaricom, assistants Terry Ashcroft, Frank Farago		
Goodwill Ambassador	Therese May	House Manager Cal Johnston	
Newsletter Editor	Peter Chrisomalis	Reporters	Louise Weldon, Harry Knapper
Club Historian	Vera Kalisz,	Documentation Advisor	Paddy McCoy

Some Final Notices

Come From Away” Sunday, June 17, 2018, \$165.00. Cheques to Probud Northshore postdated to April 1, 2018. Please see Sharron for sign-up list.

Giving Tree - asking for volunteers, starting November 13, 2017.