



NORTHSHORE NEWS

A publication of The Probust Club of Northshore Cobourg

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President

Bob Robertson

oldbobthephotog@Yahoo.ca

Nov/Dec: Busy Time For Northshore

Bake Sale

Christmas Party



Our annual bake sale/silent auction on November 7th was a huge success. So many choices! What to bid?



Close to one hundred people enjoyed a sumptuous turkey dinner on December 5th at the Lions Centre. The room was festively decorated and the group was entertained by a world-famous (perhaps infamous) dance troupe under the direction of choreographer Sharron McMann. Unfortunately (perhaps fortunately) any photos/videos of their performance have been confiscated by Cirque de Soleil which is using them as a model for their next extravaganza in Las Vegas.

After a carol sing and friendly conversation everyone went home to sleep off a busy morning. Many thanks to **Linda Sedgwick Girard** and her committee of, **Elinor Fox, Susanne Fennessey, Sharron McMann**, for organizing this great event.



Ban pre-shredded cheese!

Make America grate again!

News Reporting in Northumberland County

The closed office of Cobourg's Northumberland Today is a stark reminder of the new realities of newspaper publishing. Corporate flexible governance arrangements in November, 2017, resulted in potential cost savings that adversely affected small town community newspapers. The dearth of local news, particularly last fall before municipal elections, prompted a desire by local citizenry to fill the gap. At our meeting of January 7, two speakers told of their approach to meet the inadequacy of local news reporting.

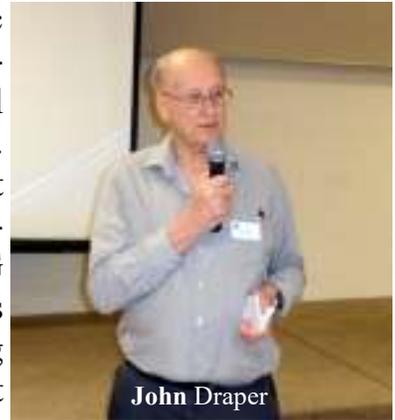


Michael Hanlon

Michael Hanlon, a resident of Cobourg, has a lifelong extensive background in news publishing. He has been editor, columnist, staff and feature writer, as well as a foreign and war correspondent. Michael joined with John Miller of Port Hope to set up a web site called NORTHUMBERLAND HUB. Over 200 people attended a meeting to express support for its start up. It offers no advertising but depends on grants and donations. A journalism student at Loyalist cobbles together stories of local important events. It is colorful and has covered cannabis, student action, and human interest stories. Unless a dependable revenue stream is achieved, Michael stated that the HUB will cease to operate by April, 2019.

Our second speaker was John Draper, also a resident of Cobourg and a retired engineer. John is the editor of PRO BUZ a news letter for the Probus Club of Northumberland. Over time, John set up a number of web sites

to address specific interest groups resulting in a small computer business. John's main interest now is the non-profit COBOURG NEWS BLOG. His focus is Cobourg and does not report on Port Hope or Northumberland County. The concentration is on the Cobourg Council meetings, Provincial and Federal policies that affect Cobourg, major crimes and business issues. From time to time he invites Graham Woods to submit an opinion column. There are established criteria for accepting contributions from the public as well as guidelines for those who wish to sent in comments. John intends to continue presenting the BLOG but has no successor plans. We are grateful to citizens such as Michael and John and their counterparts in the county who believe in informed citizenry and are willing to make the effort to achieve their goal.



John Draper

Harry Knapper

Stratford Trip!!



Bellville Probus Chapter is organizing an overnight bus trip to **Stratford** on September 5th and 6th to see **Billie Elliot** at the Festival Theatre on the 5th and **Private Lives** at the Avon Theatre on the 6th. Accommodation will be at the **Festival Inn** Stratford. Dinners are included both nights and a buffet breakfast on the 6th. The cost of **\$385—\$400** covers transportation , overnight shared hotel room(2) excellent seats for both performances, two dinners and one breakfast. Contact **Judy Johnson 905 377 9812** for further details.

PROBUS Bowling Tournament 2019

Monday, April 15th

Location: Northshore Bowling Lanes, Northumberland Mall,

Time: 10 am

Cost: \$10.00 Cash/\$1.00 Shoe Rental Fee

Luncheon: Royal Canadian Legion BR133, Cobourg

Time: Bar - Opens 12:30 pm/Lunch – Served 1:00 pm

Menu: Three Course/Roast Beef/Sit-Down Meal

Cost: \$22.00 Per Person

For information contact Mary Potter mpotter11@cogeco.ca, 372 1758

New members are encouraged to join in the fun.

Non-bowlers are welcome to watch the bowling &/or attend the luncheon.

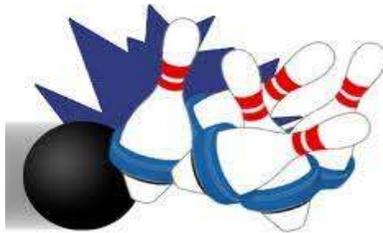


Photo by R. Keith Simpson

On Nov 14, 2018 thirteen gentlemen of the Probus Men's Group (including some friends) had a guided tour of The Canadian Automotive Museum in Oshawa followed by an enjoyable lunch at the Tap & Tankard Pub in Whitby

Senior's Healthcare

On November 7th, our Probos Club welcomed Dr. Mukesh Bhargava to the stage. Art Seymour introduced him as the Chief of Staff at Northumberland Hills Hospital, and as a person who has been instrumental in local efforts to make healthcare accessible.

Dr. Bhargava thanked Art Seymour for his enthusiasm and energy, and then began explaining the journey to bring about better outcomes in healthcare in Northumberland. He arrived in Cobourg in 2012, following a medical career that began in India, took him to the U.S and then Canada. He came to Ontario, Canada because we have a great healthcare system. What he discovered is that the Healthcare System is great but the Care is not so great. WHY?

Healthcare tends to only speak to people in the healthcare industry. Dr. Bhargava gave the analogy of healthcare being like kids who are thrown into a river. One person rescues some of them, another throws a life-saver ring and another builds a raft.

The person who jumps into the river to rescue some is the Emergency/Home Physician.

The person throwing the lifesaver is the Specialist/Medicine/Medical Procedures.

The one building the raft is the Family

What's missing? The person who is throwing the kids into the river upstream! Why is someone throwing people into the river in the first place?

One doctor cannot change the system, so let's try to work with the resources we have. When we go to see the doctor because something is wrong, they will order tests, order medication and then follow up to see how things are going.

The amount of time and money spent on prevention is limited. Handouts don't get read, Photography and videos on a website have to be kept up to date and patients cannot ask questions. Medicine has become depersonalized (i.e. the person with the heart disease, MS, cancer, etc). It is time to bring back personalization to healthcare, to go upstream and provide information but not become fatigued by giving the same information out over and over.

Education Sessions were already available in the area but they were poorly attended. Why? Because they were not adaptable. The time of day didn't work

for many and resulted in poor attendance. Dr. Bhargava started by meeting with a small group of people to discuss how to reach out and educate the community about integrated healthcare and prevention.

The resulting program is called PACE- Personalized Assessment and Change Education. The program has ZERO COST, and is totally volunteer driven. Doctors, Nurses, Yoga Instructors, Dieticians and other Healthcare Practitioners all volunteer their time to speak at the meetings. Dr. Bhargava moderates the meetings, introduces the speakers and provides a Q&A period at the end of each session.

There are handouts typed up and approved by the speakers after each session. Students from Loyalist College's Media and Film Course attend the sessions to tape and film. The addition of this to their curriculum helps to encourage young people to be aware of the Healthcare system and all it has to offer. After 3 years PACE has a ZERO dollar footprint earned solely with sweat equity.

Past sessions have included a presentation of cooking lessons for those who are unwell and a talk about how to prepare for an Emergency (i.e. medication list etc) The sessions are not about personal advice but serve to start a conversation. Meetings are on the 3rd Wednesday of each month from September until June alternating between the Port Hope Community Health Centre and the meeting room on the second floor of the Northumberland Hills Hospital. Everyone is seated by 5:30. Seats are available free of charge, on a first-come, first reserved basis. Pre-registration is required, to manage room occupancy limits. For information on upcoming sessions, visit www.pacetalks.com

As usual, interesting questions were asked by Probos members. We were reminded that if we have a problem at the hospital, then we should complain to the hospital before we complain to everyone else.

Hallway medicine often results from people attending Emergency without any real reason to be



(Continued from page 4)

there. We need to address Right Care, Right Place, Right Time

How can we get healthier before we get sick. Mammograms, Colonoscopies, Vaccines are all a good place to start....but there is a study from Harvard University that shows that socializing and networking where people help each other is a leading factor for longevity. Listen to the TED TALK on this study.

There is still much to be learned about preventative medicine. PACE is a good place to find out about how to be responsible and proactive when it comes to our own health and healthcare.

Bryan Armstrong thanked Dr. Bhargava and presented him with a gift basket on behalf of our group.

Louise Weldon

Drinks and Appies

Mary Potter is looking for a host for February. If you are interested in volunteering please call her at 905 372 1758



Future Meetings & Speakers

February 6 th :	Louise Nadeau Principal William Academy	
February 20 th :	Anne-Marie Cummings Retirement Consultant/Author Baby Boomer Bonding	
March 6 th :	Cindy Taylor Photographer/Educator Travel Excursions	
March 20 th :	George Parker Local Historian From Forest To Farm	

Northshore Bridge Club

February 14 Shane & Kathy Maclean

February 28 Keith & Dawn Simpson

Are you interested in joining a fun group to play casual bridge twice a month?

Contact Rick Potter 905 372 1758



Long-Service Pins Awarded



Eric Rankin 10 yr



Paddy McCoy, Peggy & Paul Linton



John & Dixie Winkworth,

Halina Targon



John & Elinor Fox



Bryan & Roberta Armstrong, June Collins



Karen & Bruce Steel



Mary Lou & Haigh Gledhill, Liz Muir

Over the past three months long-service pins (10 and 15 years) were presented to qualifying members. As our club continues to grow we are thankful for those whose leadership has allowed Northshore Probus to flourish.

Networked Communities for Seniors



It was no surprise for our Probus group to learn that 50% of Cobourg's population is comprised of senior citizens! We baby boomers rock!! So when Madeleine Currelley, the CEO of training and development for Networked Communities for Seniors stood before us and explained a new telephone app that is available specifically to help socialize

us even more, we were all ears.

As seniors we are a very important demographic. We have a large voice politically and socially. Studies find consistently that we want to remain connected socially, be productive and have purpose and to feel like we still contribute to society. Social isolation is a concern for all seniors and becomes an even greater concern as we age and experience health issues.

By 2030 there will be 2.2 million Canadians over the age of 75. With 70% of seniors going online every single day the Networked Communities for Seniors App was recently launched in Cobourg and Port Hope as a way to keep us connected. It offers daily challenges based on the preferences we enter when we sign up.

The app will only work on a phone. It does not work on tablets or laptop computers at this point, although the creators are hoping to have the funding to implement changes with the next phase.

Madeleine was thanked for her presentation by Frank Farago and was given a gift basket as a thank you.

On a personal note, I downloaded the app on my iPhone, but when I declined access to my personal calendar and photos I could not advance further into the app and deleted it.

Louise Weldon

Welcome to Northshore



November 7th Past President Rose Wood presented Lynda McAllister with her membership package. Welcome Lynda. Members are reminded we should be helpful and friendly to all new members so that they will easily assimilate into the club

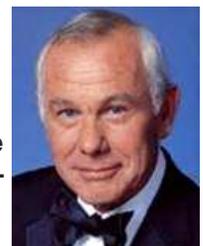
When a man opens a car door for his wife, it's either a new car or a new wife.



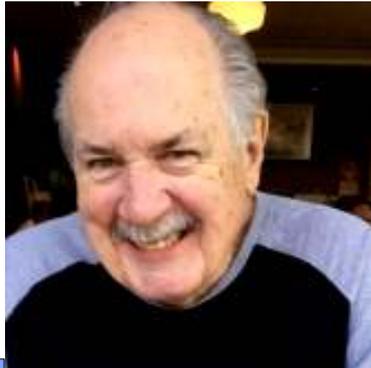
Prince Philip

If life were fair, Elvis would still be alive today and all the impersonators would be dead.

Johnny Carson



ANOTHER LOSS FOR OUR NORTHSHORE FAMILY



(From the editor's desk)

At the January 16th meeting we were saddened to learn of the passing of Bob Skene. Bob and Bruce Steel served as co-Presidents of the Northshore Probus Club (Cobourg) 2009 - 2010. In preparing this tribute I read his obituary which said **"Bob was a hell of a guy, filled to the brim with an insatiable zest for adventure, enthusiasm for great food and a heart that could hold fierce friendships."** It was evident that he was a true character. I regret that I never met this jovial man.

Pat, Bob's wife sent the Potters a photo of Bob at an Oakville hallowe'en celebration dressed as a cowboy but had several pieces of toast stuck to his outfit. **His outfit: a "Toasted Western".**

Bob was looking for a new home and toured Mary Houston's apartment. Things went well until the bathroom. "This place is no good!" he exclaimed, **"I can't fit through the door to get in the shower"**

The Potters were close friends. Rick remembers bass fishing in Algonquin and Bob relating about his fishing exploits all over the country (wherever his work took him). Mary commented on Bob's interest and love of Northshore Probus after he moved; **"When we visited he always asked questions about the events and people here."**

His friend and co-president, Bruce Steel, summarized how many in our club remember Bob. "I knew Bob, only as a casual friend at that time, but the year turned into a true bonding experience. Bob had an **innate ability to make people smile**, laugh and generally feel better about themselves. All of that was accomplished without Bob saying a word. I would see the look in his eyes and say, "Bob you can't say that". He would give his impish smile and retort, "why not"? His jokes were outrageous but everyone enjoyed them and people clamoured for more. Several meetings were held at Bob's house and he and Pat were always kind, generous hosts. **Bob had a charisma which few people possess.** It was a sad day when Bob left the club and relocated to Oakville only to be outdone by the sadness we now feel with his passing away."

Peter Chrisomalis