



NORTHSHORE NEWS

A publication of The Probus Club of Northshore Cobourg

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President :

Sharon Holmes

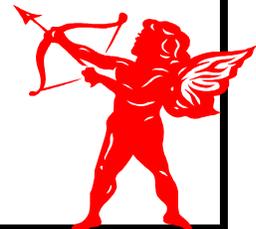
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Happy Valentine's Day



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May Extravaganza



Mark your calendar

May 21, 2013 at the Keeler Centre

9 am to 1 pm

Lots of snacks, refreshments and socializing

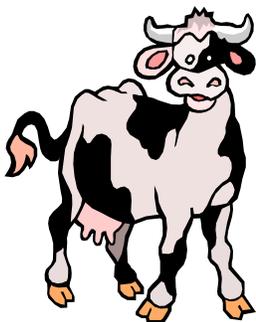
Lunch at noon

Cost \$25.00

Guest speaker - Bob Abrams - The Voyageur

This event replaces the Spring Fling. It has been organized by the 6 Probus Clubs of Northumberland and was planned in accordance with suggestions that members suggested

COWS



Is it just me or does anyone else find it amazing that during the Mad Cow epidemic our government could track a single cow born in Alberta years ago, right to the stall where she slept in the barn. They even tracked her calves to their stalls but they are unable to locate 125 000 illegal immigrants wandering around our country. Maybe we should give them each a cow?!



Love is a game that two can play and both can win. Eva Gabor

Suffer Little Children



The words are familiar, the speaker well known, their obligation clear, yet one still has concerns, “What’s to become of them?” Then along comes Reg Longman: cabinet maker, draftsman, architect, author, yet also an orphan, separated from

his siblings for years, placed in an orphanage by a family that could not care for them all. “There will be an answer” the song promises and sometimes there even is.

For Reg as for many others that answer grew out of the sense of mission of Thomas Bernardo one of Victorian England’s greatest philanthropists. He was a surgeon who wanted most to be a medical missionary to China who would find new purpose helping the poor children of 1870’s East London. He and his wife would provide food to 6 to 10 year old beggars. It was on little red haired boy whom he named “little carrot” who kept returning begging for food “but could not stay the night.” It was because of this experience that he would “vow never to turn a child away” to open up his own home taking in 15 children then buying other homes , establish his first mission church, “safe havens...protect them for their own well being...keep safe wayward girls in the time of Jack the Ripper.”

There would be a Canadian connection. Between 1892 and 1948 30,000 children ages 6 to 15 were sent here for a “little opportunity”. Many were sent to farms to work, many died from abuse, “girls suffered terribly”. Yet there were many who

had good lives some even were adopted by the families for whom they worked, even inheriting the farm. Still 14% of Canadians can trace their ancestry back a Bernardo Orphanage.

Reg’s father had been in the military and sent off to Hong Kong, his mother and the family followed but she returned to England with the children in 1943 before the Japanese conquered the colony. She died of pneumonia and family separated and he was sent to the orphanage where he stayed until he was 17. During the war, Reg explains, “sixteen or so mansions and castles” were used as orphanages “part of the British war effort...600,000 children passing through the institution”.

In spite of his description of life in the orphanage as “tough...physically abusive...deprived of food as part the disciplining” and of course, “no one to complain to about the treatment” , he still recalls “good times...many good memories”. If there was no parental or adult love, there were friends, “no one else cared for you ever” and then the accompanying deep sense of loss when a friend were sent to other orphanages. That’s why he still keeps in constant touch with them even now.

Then there was society’s attitude. They were “shamed for being orphans”, all too often labeled as “Borstal children” or wayward children that had been sent to a reform school. Teachers threatening students in school that if they didn’t behave “They would end up in Bernardo’s.” Always they remained “outsiders” having to go “back to the house” and not to a real home. Still after leaving he cared enough to return and volunteer and wrote a positive book about his life.

Once again it just goes to prove: It’s not what life does to you; it’s what you do with your life that ultimately matters

Speaker's Corner

Julius



Accessing Healthcare

That we are getting older is hardly a news-flash. That we live in an aging community thus comes as no surprise, three Probus Clubs in Cobourg should be a clue. That accessible healthcare has now become a priority is an obvious no-brainer. Thus it should come as great news that the Northumberland Family Health Team has begun operations. Its vision, as Tracy West its part time manager, states “...access to primary healthcare services through a sustainable healthcare model” seems to be exactly what we need.



“We can’t spend as we used to.” Tracy says about the current way things are being done; the statistics bear her out. “As the number of seniors doubles, medical costs will triple, rising 50% or \$20 billion in the next three years.” After all a “young person might see a doctor four times a year while the average 75 year old sees one an average of nine times”. The need for reform is more pressing here because “Cobourg has the second highest proportion of seniors in Ontario and the fourth highest in Canada”.

The answer for Tracy is “to provide the right care at the right time before the condition becomes acute...outside the hospital setting.” Thus the focus must be “on better delivery based on patient needs...shift resources into the community...move care from one area to another” all the

while providing it based on “best evidence, the highest standards...” Then, as “25% of all illness is preventable”, Ontario will stay healthy” through education encouraging self management by the patient.” Finally there is a “Senior’s Strategy” that aims at “keeping seniors healthy and staying in their own homes longer with house calls and home-care workers”.

Ten Health Care Professional groups currently provide their services on the lower floor of the Northumberland Mall whereas the twenty-one family doctors still operate from their current offices, but plans are afoot to put them all “under one roof in four years”. All the doctors have admitting privileges to the hospital and the other professionals are accessed through doctor referral. Tracy promises the result eventually will be “a more integrated model” with some “Nurse Practitioners having their own roster of patients”. Walk-in clinics could also become an option.

Of course “the cornerstone for healthcare” remains as it has always been the family doctor and the “priority of every person having a family doctor”. Thus area municipalities actively fund the physician recruitment effort, “identifying those who would prove a good fit for the community...willing to make lifetime commitment to its welfare.”

So it seems highly possible to take Marin Jackson’s words to heart, “viewing the process of aging not just as an accumulation of deficits but to reconfigure getting old as getting better.”

Julius



Tracy is thanked by Donna Sprague



Welcome to Northshore

On January 9th President Sharon Holmes welcomed three new members to Northshore Probus . Pictured below is Brenda Moore, bottom left Richard Pribble and bottom right Joan Robertson. It is great that our club is recruiting new blood that will make our meetings and activities even more exciting. Welcome Brenda, Richard and Joan!



The most effective way to remember your wife's birthday is to forget it once.



Audrey and the Monarchs

Our Probus Northshore Speakers Program on Wednesday, January 9, 2013, introduced us to a local hero! Audrey Wilson of Cobourg, who was featured in the **On Nature** quarterly as an eco-hero in the summer 2012 issue, had already won the Ontario **Nature Achievement Award** in 2008. Her career in Outdoor Education, (a subject she pioneered in Northumberland), allowed her daily ‘close contact’ with Mother Nature. Audrey’s ‘Outdoor Ed’ courses introduced and then encouraged our Northumberland youth, (3,300 students per year, for 22 years!), to admire, enjoy and study all Mother Nature has to offer. As well as teaching about nature’s treasures, she has been a lifetime ‘birder’, a founding director of the Northumberland Land Trust, a member of the Willow Beach Field Naturalists, and a volunteer of copious amounts of her own time studying Monarch butterflies.

Indeed when she began her volunteering at U of T’s **Insect Migration Studies** the scientific community did not yet know exactly where the Monarchs went when “*the orange veil*” covered every leaf of the enormous “butterfly tree” one autumn day and then vanished overnight. Dedication to the trials of a system named ‘tagging’, eventually garnered the information that the majority of Ontario Monarchs migrate to the Chiapas area of Mexico. With the typical exactness of the talented science teacher, here follows Audrey Wilson’s explanation of how a small, delicate insect can achieve such a feat.

Upon return from southern climes, the Monarchs’ mating takes place. The females deposit black, pinhead sized eggs on the underside of milkweed plants. (The milkweed, noxious to most other creatures, supplies food and protection from predators because the Monarchs themselves become toxic. Birds intuit this toxicity and avoid trying to

eat them.) After egg laying is complete, the recently returned Monarchs die. In about ten days, the caterpillars crack their eggs and eat the shells. Then they eat the milkweed; most grow to the size of a medium sized human index finger. When instinct tells the caterpillars they are fully grown, they take one day to spin a silk substance all around themselves. They hang attached from the leaf in the form of a capitol ‘J’. (This stage is called a pupa.) Ten days later (when a watcher can actually see the wing designs through the pupacase), adult Monarch butterflies remove themselves from the pupa. One can watch it happen! They must allow their new wings to dry and then they fly.

The Monarch butterfly does not eat milkweed. Instead, its hollow tube (proboscis) serves as a feeder. They enjoy the nectar of pink, purple and yellow flowers. This generation lives for six weeks, through our late spring and early summer. The eggs, pupa and adults they generate are aptly named the ‘Methuselah’ generation which lives for 9 months. Yes, Mother Nature has her secrets! Here is a description of the Monarch cycle of life from Jane Urquhart, author of **Sanctuary Line**: “The ones who come back to us may look exactly the same as those who departed, but it is their great-grandchildren who make the return flight, the two previous generations having mated and died at six-week intervals in springtime Texas and Illinois. The third generation that we welcome in June mates and dies six weeks later in our very own Ontario fields, engendering the hardy fourth Methuselah generation which amazes us as the orange blanket seen over a field, and lives an astonishing nine months in order to make the long journey back.”

Many thanks to Audrey Wilson for sharing her knowledge of and her enthusiasm for the Ontario outdoors! Be sure to have your binoculars and cameras ready for the arrival, and later the departure of the Monarch butterflies.

Resources; Northumberlandtoday.com, June 27, 2012; Jane Urquhart, **Sanctuary Line**, McClelland & Stewart Ltd., 2010

Jill Mills



A successful man is one who can make more money than his wife can spend.



SOCIAL ACTIVITIES

BRIDGE CLUB 1 - TBA - Check bulletin board

BRIDGE CLUB 2 – Feb 14th at the home of Elva and Ken West
Feb 28th at the home of Barb Simpson

This was the second bridge club to be formed within our Probus club. We meet twice a month at the home of one of our players on the Thursday the week after the Probus meeting. There is no commitment to attend any of the games. This is a very casual group with playing, talking and laughing but we do love our bridge.

Please contact Kathy Maclean 905-377-8069, or at kathymaclean@bell.net if you are interested in joining us.

BID EUCHRE - TBA - Check bulletin board

LUNCH BUNCH - March – Rick Potter - TBA

DRINKS & APPIES - February 25th - 4:00 pm - ????
Lynda Mitchell's - 1097 Frei St. – 905-373-1812

BOWLING – Monday, February 11 – contact Mary Potter

BRIDGE LESSONS – contact Diane Morrison

JANUARY LUNCH BUNCH -

We enjoyed a wonderful lunch bunch at the Limestone Steak House. 22 members sat down to steak, pasta, or salad with dessert and tea/coffee. Thank you, Brenda, for organizing it. We missed you and hope you are feeling better now.

The Story of A Valentine's Kiss

SINGLE BLACK FEMALE seeks male companionship for Valentine's day, ethnicity unimportant. I'm a very good kisser, and a girl who LOVES to play. I love long walks in the woods, riding in your pickup truck, hunting, camping and fishing trips, cozy winter nights lying by the fire. Candlelight dinners will have me eating out of your hand. Kiss me the right way and watch me respond. I'll be at the front door when you get home from work, wearing only what nature gave me. Kiss me and I'm yours. Call (405) 865-5675 and ask for Daisy. Over 12,000 'Romeos' phoned and found themselves talking to the Memphis Humane Society about an 7-week old Labrador retriever dog. Men are so easy....



A successful woman is one who can find such a man.

Upcoming Speakers

February 6
Joan Stover, Court Services
Topic: Humourous Talk About Local Prisoner Transfers

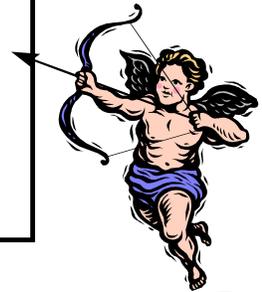
February 20 **Gary Lumsden**
Topic: Canadian Anti-Fraud Centre

March 6 **Bob Wallace - past Rotary District Governor**
Topic: Far East travels in connection with Polio Plus

March 20 **Stanley Isherwood**
Topic: Sifton - Cook Museum

April 17 **Bill King**
Topic: Life and Times of Enzo Ferrari

May 1 **Elizabeth Kellogg**
Topic: Birds; Their habitat in Northumberland County



Trips and Tours

Wizard of Oz March 13 \$ \$130.00



Canadian Tenors Thursday April 4 8:00 pm
 Bus and show only— please sign up \$ 85.00



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