



NORTHSHORE NEWS

A publication of The Probust Club of Northshore Cobourg

Volume 11 Issue 1

October 2013



President Yvonne Seymour

yseymour@nexicom.net

Northshore Celebrates 10 Years



All eleven presidents from the past were on stage on September 4th at the Lion's Center to receive the Past Presidents' plaque (pictured below). See page 8 for the rationale of having the geese on the plaque.



IN THIS ISSUE

- Page 2Presidents' messages
- Page 3El Camino - Lee Wakelin
- Page 4..... Armstrong/ Macdonald - Wangan
- Page 5 Ellen Currie
- Page 6..... Social Events
- Page 7..... Cobourg CCC
- Page 8.....The Goose Story

Yvonne Seymour Elected New President of Northshore Probud

September 16th was election day for Northshore and Yvonne Seymour was elected as the new president. Pictured at right, Past President Sharon Holmes entrusts the President's Gavel to Yvonne



Hello everyone. On Sept 16th I assumed the role of your President for the coming year. My first thought is to thank the Management and all the Committee Chairs and members who have worked so diligently during the past year. Sometimes we have only a slight inkling of the time and effort it takes to plan and implement so many events and activities. We take on those duties because we believe in our club and also enjoy working together. Special thanks to Sharon Holmes for her work and commitment as President this past year. Also many thanks to Sharon O'Connor for sharing the Vice President's role with me and taking over the duties during the time when I was having health issues for many months and I was unable to help. I look forward to the coming year as I as feel I have a great team in place to support me, as your President.

Au revoir everyone. Gone but not forgotten I hope. I would really like to thank those who have helped me be an effective President. I had a wonderful year and enjoyed helping with the Anniversary luncheon and other events. Most of all I loved working with the wonderful people who assisted and supported me in Probud. There are so many of you that I must thank individually, and I have started. I would only ask that you allow Yvonne the same degree of love and support. She will make a fine President. Many thanks again. See you at the meetings.

Sharon

Walking “The Way”

Curious how one comes to form a sense of mission? For Lee Wakelin, retired Elementary School Librarian, it began with an Art History course at Queen’s. The prof went on about the ancient *pilgrimage* route through northern Spain, the El Camino. He showed slides of ancient churches, stone walled medieval towns, ancient lands tilled for ages. She enjoyed it, talked to her kids about doing it herself one day. Finally bored with the seemingly endless repetition of her intention they said, “Just do it, mom!”

And so she did. Even then one hardly goes on an 800k trek through the Pyrenees Mountains on a whim. Lee had been an experienced hiker and she did train somewhat hiking all over Port Hope. “It is hillier than Cobourg.” Then she knew how to fit herself out properly: a 20 pound backpack, heavy to put on yet easier to carry, one that would help her maintain proper posture as she walked. There would be walking poles much like one’s used by cross country skiers specially designed to telescope and fit into a backpack to ease the burden on her knees. She would also bring her “bible”, a journal written by one who had trekked the distance many times recording maps, *albergues* to stay, see and places to eat.

Still even all this would not prevent her reliance on the generosity of strangers. And there would be plenty of that. Farmers along the way shared their harvest of fruit necessitating a further kindness of fellow pilgrims willing to part with their Imodium, “no Johnny-on-the-spots”. She attached herself to a five young Germans who would set her pace for the rest of the pilgrimage, “30 kilometres a day.”(Roughly that’s between here and somewhere in Peterborough every day for a month.) There would be *tapas*, appetizers of bread and cheese offered along the way.

Her day would begin early—her most common photos were of the sunrise—on the road by 7:00 am. The path well worn was clearly set out, stone posts marked with the seashell symbol, traditionally viewed as the utensil used by St. James to eat his meals. Water and wine available everywhere dispensed through fountains, “still no wash-

rooms”. The walk ending in the afternoon, all gathered in the plaza in front of a church, *vino tinto, cafe con leche* to celebrate the day’s end. Then suppers shared that lasted until 9:00 p.m. now with friends who once were strangers from all over the world, more *vino tinto*. Then sleep in bunk beds with a crowd, “ear plugs a necessity”.

Lee said, “It was total history.” They would pass through Pamplona of the running-of-the-bulls-Hemingway fame, Burgos, the home of El Cid the hero of the war against the Moors. Then there were religious landmarks like a huge cross at whose base people have been leaving stones to mark their passing. And there would be personal milestones, crossing the Pyrenees looking down on the wide plain below, Lee, musing to herself, how boring the next five days trek after all she had accomplished.

Thus not surprisingly the quest’s end at the cathedral of Santiago de Compostela now hardly seemed enough. There would have to be three more days, “...only 90 K...it seemed so easy”, finally to the ocean, lands end. She confessed, “I now knew what people felt like when a war ended.” Yet still Lee insists her quest was not “spiritual”. But then surely the pilgrimage became such, it’s completion a triumph of the spirit, a will, shaped to her purpose, made to yield to that stronger self within.



Julius Varga

Lee demonstrates essential walking boots required for such a strenuous trek.

WINDY CITY CELEBRATION

Bryan and Roberta Armstrong celebrated their anniversary in August with a trip to the “Windy City” of Chicago. (editor’s note) I trust they didn’t ride their bikes all the way from Cobourg. If so, Bryan may have to change his name to “Lance”!



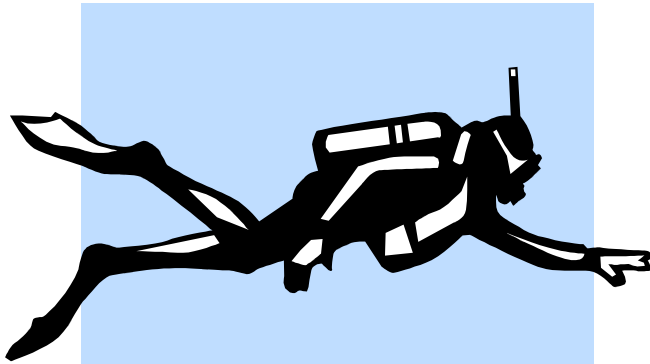
Have Board — Will Dance

Sandi MacDonald — Wangan entertained the Anniversary gathering with a rousing step dance



ALL IN ONE LIFETIME

Ellen Currie enjoyed a loving, privileged childhood in Rhodesia. Once grown, she found her mate, Brian, and they began a happy marriage, resulting in two children. Their lives were wholesome, happy and industrious. Then the sadness and the fear blew in like a tornado: the 60's uprisings of the black people in various African countries, including Rhodesia, caused many families to emigrate to avoid the violence. Ellen and Brian chose Canada for their new life because Canada was also a Commonwealth country.



Acclamation to everyday life in Canada posed some challenges for Ellen. Socially, she had to learn her way around housewifery: cooking and cleaning. She had to find a job, and of course she wanted to have friends. Ellen began to volunteer and also went to work as a school secretary. Soon she had plenty of friends. An environmental challenge for herself and her family introduced itself as *Winter*, along with his pals the *North Wind, Snow and Ice*. Once Ellen and Brian had been informed of the tool known as a windshield scraper, they were able to leave the kitchen knives in the kitchen. The children soon found the joy of tobogganing down the icy hills.

After many fulfilling years in their chosen jobs, Ellen and Brian made a life changing decision that opened a new chapter of their lives in Canada. Together they opened a store that sold diving equipment and encouraged the sport by giving lessons. The **INNERSPACE DIVE STORE/SCHOOL** kept Ellen and Brian in the "I work all the time mode"(seven days a week, 14 hours per day). Ellen took on a challenge as a way of advertising

their business. She stayed underwater for 68 hours; her reward was twofold. She established a Guinness World Record for her daring underwater adventure. As well, enough interest unfolded that Ellen and Brian were able to sell their store at a worthwhile price. In retirement, Ellen learned to play golf which had always been Brian's favorite sport.

Living in Africa for 25 years, working with teachers, parents and children as a school secretary, interacting with many young people at the Dive store, plus a multitude of volunteer placements in Canada, forged an insightful, confident author named Ellen Currie. She has written two children's books, some short stories that have been published in magazines and anthologies. Now she has written a book called *'Be Careful What You Think', Volume I*.

Jill Mills



June Collins thanks Ellen Currie for her informative and inspirational talk.

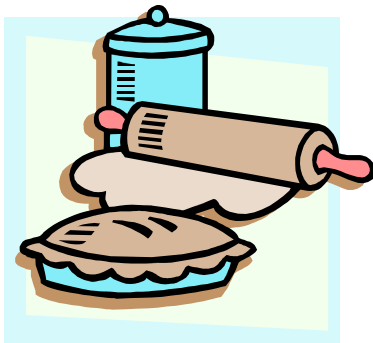
UPCOMING SOCIAL EVENTS

CHRISTMAS PARTY



Date Wednesday, December 4, 2013
Time After our regular PROBUS meeting
Place Lions Centre
Cost \$30.00 - tickets on sale at the October and November meetings
 This will be our 2013 Christmas Party! Lunch will be a turkey dinner with all the trimmings. We have planned entertainment and door prizes!
 Come prepared to have a good time. Dress up - be festive.
 Hope to see you all there!

CHRISTMAS CRAFT AND BAKE SALE

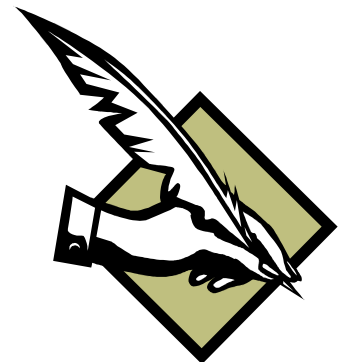


NOVEMBER 20TH



Help Wanted

The Northshore Newsletter is searching for person(s) to help with reporting on the presentations made by speakers to the club. If you have an interest in such a duty please let your editor know. It involves taking brief notes and making a short report for the newsletter. Publishing our speakers reports is important. It lets those who miss meetings know what transpired and it is an important tool in recruiting new members. Thank you for your consideration of volunteering for this small task.



Peter Chrisomalis : Editor

Finding Treasure

Imagine Cobourg's CCC as a giant treasure chest. The precious gold, rubies and emeralds within the chest are the myriads of activities available to members and visitors. Thus, the treasure's great worth exists in the form of the opportunities to enhance bodily health and comradely spirit. In the midst of the inspirational treasure is lodged an oyster. Upon opening, the mother of pearl shell reveals two valuable and radiant 'human pearls'. The high performance, charming human pearls are Allison Massey, a graduate of Brock University, and Krista Williams, a graduate of the University of Toronto. These two women explained to Probud Northshore the bounty available in the CCC programs of which they are the coordinators.



To extend the metaphor just a little longer, imagine the panorama of colors in a treasure chest and then look at (online or in print form, available at the CCC's main desk), the multicolored program schedules prepared by Allison and Krista. The plethora of activities for children

and adults, coordinated by Allison, includes dance, skating, day camps, 'mad science', and so much more. Coordinator Krista's programs for Seniors also provide a wide spectrum, including yoga, wood carving, carpet bowling, and painting to mention only a few.

Programs in both categories are available for a moderate fee. One joins the CCC with a payment of \$20, renewed annually. Then if the chosen activity is "drop in", one pays \$1 upon dropping in; if the program requires 'registration', one pays a fee to share the costs of hiring a certified instructor in that program. Another point on the economic side is that a receipt from a children's program involving fitness qualifies for the tax credit.

The CCC provides a newsletter 3 times per year to keep you up-to-date on the newest programs available or 'coming soon'. Both Allison and Krista are open minded and forward thinking individuals. When you speak with them, they listen to your ideas or suggestions. They, just like everyone else, have a budget to follow. If they try out a new program, gleaned from the members' suggestions, or require new equipment for any program, they follow this protocol: the coordinators require consistent numbers of participants for 2 months before purchasing new materials.

In conclusion, consider perusing the colorful and excellently organized schedules, along with 800 other members, and find a gem for yourself or your grandkids. Enjoy your treasure!

Jill Mills

***Nov 6th Speaker
Colonel Gregory Smith***

Canada's role in Afghanistan

The Goose Story

When you see geese heading south for the winter flying along in a "V" formation you might be interested in knowing what science has discovered about why they fly that way and the lessons for us.

It has been learned that as each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a V formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

People who share common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone, and quickly gets into formation to take advantage of the lifting power of the bird immediately in front.

If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going. We are willing to accept their help and give our help to others

When the lead goose gets tired, he rotates back in the wing and another goose flies point.

It pays to take turns doing hard jobs. We should respect and protect each other's unique arrangement of skills, capabilities, talents and resources.

The geese honk from behind to encourage those up front to keep up their speed.

An encouraging word goes a long way.

Finally, when a goose gets sick, or is wounded by a gun shot, and falls out, two geese fall out of formation and follow him down to help and protect him. They stay with him until he is either able to fly or until he is dead and they launch out on their own or with another formation to catch up with the group.

If we have the sense of a goose, we will stand by each other.

When we use these five principles in our own life it will help us to foster and encourage a level of passion and energy in ourselves, as well as those who are our friends, associates or team members.

'Individual empowerment results from quality honking'

Next Newsletter published Nov 20th

It will feature:
**Anniversary celebration
Car Rally**

Northshore News

Publication of Probud Club of Northshore Cobourg

Editors:

Peter Chrisomalis: pchrisomalis@cogeco.ca

Bryan Armstrong: bryana@sympatico.ca