



THE PRO-BUZZ

Newsletter of the PROBUS Club of Northumberland - April 2014

It's a new ball game



Spring is the time of rebirth, new growth, new beginnings, and the start of the baseball season. With this Spring comes the good news that your Pro-Buzz newsletter is alive and well, and is off and running with a new team on board. Just before the trade deadline, four new players were signed uptrading in their spectator status for an active role in bringing you all the latest buzz about what's happening with PROBUS Northumberland.

Eve Gorringer will be co-ordinating all the newsletter content assisted by Trish Morgan, and Russ & Helen Hulme will be putting it all together every month. Most of these pinch hitters are relatively new members of the club, and hope to bring a new perspective as they get into the swing of things and become more comfortable in their tasks. Thanks to Carol & Bob Petter and Gary Bennett for giving us the game plan, and showing us the playbook. They did a sterling job during their tenure, and we hope to continue the tradition.

Happy Easter everyone. We hope you enjoy this issue. See you next month.

-Your ProBuzz Team

MARCH 13th Meeting - The PATH Project

On March 13th we had the pleasure of hearing Wendy Kolodziejczak and Gayle Einarsson talk about this new community project called PATH that is being developed at the Northumberland Hills Hospital to improve the care of our aging population. The hospital has been given a \$3 million grant to establish a communications network between medical staff, patients, care givers, and family members in the community. This networking should enable us to become fully aware of all the options that are available to us as we grow older. The model developed will be applied across the Central East LHIN, and possibly across the entire province.

PATH stands for *Partners Advancing Transitions in Healthcare* and is a first with Ontario patients. The Northumberland Hills Community Partnership was chosen from the 27 other communities across Ontario that applied. One of the main reasons given was the way we work as a community, an accolade of which we can be proud.

Aging is a life long journey and being informed and prepared should have a positive impact on our future standard of living. PATH can help. We will bring you further reports on this project, meantime more information may be obtained at www.pathwaytoagingwell.com You can also subscribe to their newsletter by going to www.changefoundation.ca/path-news/

(The March 27th meeting presentation on the Sifton-Cook Museum will be reported in the May issue)

LUNCH BUNCH

Visit to the Red Lantern



On March 27, twenty-five hungry Lunch Bunchers descended upon the buffet at the Red Lantern, a local Asian restaurant. Food was plentiful, ranging from noodles to ice cream, and I noticed more than one member's plate kept filling up. The price was right (under \$10) and no one went home hungry.

~ *Marion Boys*

SINGLES CLUB



When the Singles Club gathers at The Gables in Brighton on Tuesday, April 15th at 12:30, it will be a special event ... we will be celebrating our first year of monthly luncheons. It's been a good year too, of mostly fine dining, visiting with folks we possibly missed at Probus meetings, and greeting new friends. At our first lunch at Marca's there were six present. For the past three months we've had eleven or twelve participants with a new face or two each meeting, to the point where I have to remind everyone to wear name tags.

I try to schedule the week between Probus meetings for our events, with Thursdays and Mondays seeming to be particularly well attended. Of course no one day is right for everyone, restaurants are often closed on Mondays, and this month I found myself running afoul of Good Friday when I had the bright idea of scheduling on a Friday.

My ambition for 2014 : to see some male faces at the table. Come on guys! We do individual bills ... honest !

~ *Louise Barraclough*

RULES OF CHOCOLATE EASTER EGGS

If you get melted chocolate all over your hands, you're eating too slowly.

Eat a chocolate Easter egg before each meal. It will take the edge off your appetite and you will eat less, lose weight.

Chocolate covered raisins, cherries, strawberries and orange slices all count as fruit. Eat as much as you like.

If you can't eat all your chocolate, it will keep in the fridge. But if you can't eat all your chocolate, what's wrong with you?

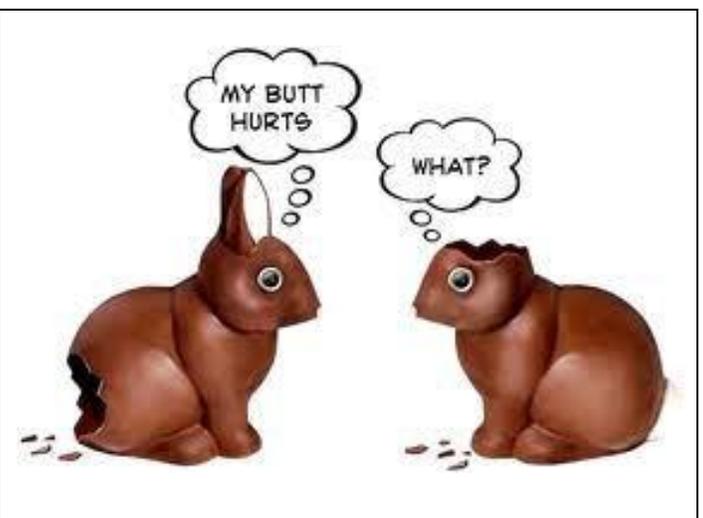
Money talks. Chocolate sings.

A box of chocolate eggs can provide your total daily intake of calories in one go. Isn't that convenient?

Chocolate is a miracle food. 2 lbs of chocolate consumed equals 5 lbs of weight gain.

It's not that chocolates are a substitute for love. Love is a substitute for chocolate. In fact, melting chocolate is better than a passionate kiss, scientists have found. Couples in their late 20s had their heart rates and brains monitored while they first melted chocolate in their mouths and then kissed. Chocolate caused a more intense and longer lasting buzz than kissing, and heart rates doubled.

So there you go. Love doesn't make the world go round. Chocolate does.



2014 ANNUAL GOLF TRIP

May 26, 27 and 28 in Orillia



We'll be playing golf at the Hawk Ridge Golf & Country Club and staying at the Best Western Couchiching Inn. Please make your own reservations by calling 1-888-869-2306.

Make sure you tell them that you are with the *PROBUS Northumberland golf group of Cobourg*, so that you get the group rate.

- Cost is \$279.36 for golfers, and \$194.36 for non-golfers.
- Golfers will play Monday and Tuesday at the Hawk Ridge Golf & Country Club pictured above. This is a top-rated 36-hole course.
- Hotel stay is 2 nights and includes 2 breakfasts and 2 dinners
- There is a shuttle bus to and from Casino Rama hourly from 5:30 pm till midnight. (Contrary to rumour, you do not have to share your winnings.)

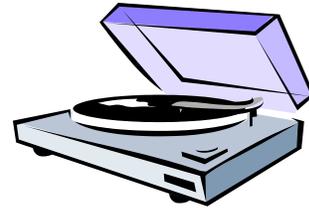
If you are interested in participating in this fun annual event, please sign up now. See Verna & Marie at the front desk.

~Verna Templer

NEED A RIDE?

If you need a ride to a meeting or event, please call Brian or Doreen Scott at (905) 377-0103 and they will arrange to have you picked up and returned home.

1960 HITS



These 1960 hits have been named for us, and we don't know if we should laugh or cry. Some of the artists from the 60s are revising their hits with new lyrics to accommodate those of us who can still remember doing the Limbo as if it were yesterday. And here they are:

Bobby Darin - "Splish splash I was having a flash"

Herman's Hermits - "Mrs. Brown you've got a lovely walker"

Ringo Starr - "I get by with a little help from Depends"

The Bee Gees "How can you mend a broken hip?"

Roberta Flack "The first time ever I forgot your face"

Paul Simon "Fifty ways to lose your liver"

The Commodores "Once, twice, three times to the bathroom"

Procol Harem "A whiter shade of hair"

ABBA "Denture Queen"

Tony Orlando "Knock three times on the ceiling (if you hear me fall)"

Helen Reddy "I am woman, hear me snore"

Willie Nelson "On the commode again"

Just remember, every day may not be good, but there is something good in every day !

Billy Buzzbee wants to know



Q - Why was everyone so tired on April 1st?

A - They had just come through a 31 day March.

SOCIAL BUZZ

April 10 – Lanor Woodhouse will host the Easter Parade and judges will choose the best Easter Bonnet this year.

April 15-16 – Jan Lundbohm is organizing another trip to Niagara Falls for some Casino time and a shopping spree for this weekday event.

April 23- Appies event will be hosted by Teresa Smith from 3-5 PM. Bring an appetizer and your own beverage of choice, and glassware. See Teresa for sign up and directions.

April 24- May 3 – Mark your calendars for **Shrek the Musical**, playing at Victoria Hall. I hear that it is a delightful version of the original story, weaving lively musical numbers through the plot. Call the box office now to get your tickets. \$28.50 each.

May 8 – We will again have our Anniversary Breakfast at the Lions' Centre on May 8th at 9 AM. The cost for a full breakfast (scrambled eggs, bacon, sausage, fruit, French toast, juice and tea/coffee) is \$11.50 per person. If you are not attending breakfast, the usual \$5 at the door will apply to cover your beverage and anniversary cake at the break. Please see Joanna Dwinell and Molly Lecky to get your ticket. Cheques only please! Final date for signing up is April 24th!

June 20- June 22 - Mary Parks from Belleville PROBUS has informed us that there is a 3-day trip planned from June 20, 21 and 22nd to Lancaster, Pennsylvania in Amish Dutch country. The trip includes your travel fare on deluxe coach leaving from Cobourg and Belleville, 2 dinners, 2 large buffet breakfasts, and 2 nights at the Country Inn & Suites in Lancaster. \$495 double occupancy and \$615 single. You'll visit the Corning Glass Museum, the Rockwell Museum and have time for shopping at an outlet mall. Price includes entry to the Sight & Sound Theater to view the famous **Moses** production. If interested call Lakeshore Tours at 905-623-1511 to sign up. Tell them you are with Northumberland PROBUS.

October TBA We are in the process of planning a trip to Toronto to see **Wicked**. If we have enough people interested, Jan Lundbohm will try to set a date for late October of this year. Cost is roughly \$135 per person. Please sign up with Jan ASAP if you are interested.

We are planning many exciting things for the summer, so stay tuned to ProBuzz. And don't forget to circle the second meeting in June for 'Picnic in the Park'.

~ Marilyn Csefko

SPEAKERS' CORNER

April 14 – Bill Checkly and others will tell us about the Sir William Top Hat Society. This group was founded in 1985 by Bill who is now Executive Director. Among other things, the group provides visits that offer a message of "You are special" to seniors, sick kids, and seriously ill adults in Ontario.

May 8 – Lori Pearson and Jeff Cain will talk about Northumberland 89.7 FM, "Small Town Radio". This is the new community station serving residents of Port Hope, Cobourg, and West Northumberland. It is a volunteer-run community station providing quality radio programming geared to local events.

May 22 – Russ Donaldson of Cobourg PROBUS will give us a presentation entitled "What I can do with my computer". Before you assume anything, Russ says the title has little to do with his presentation. Hmmm!

We think you will enjoy this line-up of speakers and you won't want to miss any of these meetings. The April 24th meeting is to be announced.

~ Harry Nash

THE LUNCH BUNCH

April 24 is the date for dining at the Swiss Chalet.

May 24 is when we meet at Kelly's Home Like Inn.

*Good food, good company, pleasant repartee.
What more could you ask? Won't you join us?*

~ Marion Boys



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*Note: Past issues of Pro-Buzz are available at
<www.probusnorthumberland.com>*