



The ProBuzz



*Newsletter of the PROBUS Club of Northumberland
January 2015*



NOW THAT WAS A PARTY!!

Our Christmas Party & Dinner held on December 10th at the Lions' Centre was attended by 98 members and guests. The traditional turkey dinner was delicious, preceded by a beautiful grace delivered by Jo Carleton. Bob Trennum & Friends provided beautiful Christmas music during our cocktail hour.

After dinner, Bob led us in a festive sing-along, with line dancing and square dancing. The organizers then held a ticket draw with gifts kindly donated by Sue Lanctot. Later in the evening, Bob & friends played dance music to close out this most enjoyable evening.

Many thanks to Lynn & Bill Ramsay, Verna Templer, Marg Denny, Lise Johnson and Michelle Tabor for a wonderful evening!

~ Donna Cooke



2014 Christmas Party

Accolades to the people who were instrumental in organizing this great evening



Lynn & Bill Ramsey



Michelle Tabor



Verna Templer



Lise Johnson & Marg Denny



**November 13th Meeting
Remembrance Day Service**

~ by Barbara Redding

It was a privilege to be in attendance for the Probus Remembrance Day Service on November 13th. Following the singing of "Oh Canada" led by Peter and Marilyn Csefko, their rendition of 'Willie McBride' was so beautiful as it told the story of a young World War One's life and death. After the two minute silence was observed, William Ruttle gave a lovely rendition of 'Flowers of the Forest' on the bagpipes. This was followed by Verna Templer's moving interpretation of "In Flanders' Fields" accompanied by Peter Csefko's background music. After the singing of 'Oh God Our Help In Ages Past', Lynn Ramsay acknowledged the Veterans in attendance: Geoff Coleman, Harold Coward and Jim Stirling. Everyone applauded and gave thanks for their service. The service ended with the playing of 'Retreat'.

May we always remember them.

Don Whalen... one more good veteran

Our last issue listed the names of Northumberland Probus veterans who had served their country. Don Whalen's name was inadvertently missed, and his military profile is listed below. We thank him for his service

After 3 years of service in the militia, in 1953 Don enlisted in the Canadian Army in the Artillery Corps. His postings included service in Quebec, Manitoba, England, Israel and many posts in Ontario. He served with the United Nations as a military observer on the Golan Heights in 1968-1969 after the Arab/Israeli Six Day War. Don retired in 1988 with the rank of Captain. His memory of his time in service is *"It was a great career and I enjoyed the travel, the military life style, the people I met, and the chance to serve my Country."*

Thank you Don.

Lunch Bunch

In November a good sized group enjoyed the hospitality of Kelly's Homelike Inn with lots of conversation, the popular Special of the Day (liver & onions), plus other good looking entrees.

On January 22, 2015 we are booked to go to **Casey's** on Strathy Road – always a favourite spot.

On February 26, 2015 we are going to try **Boston Pizza** at the Northumberland Mall. One of our members suggested it – lots of good parking, a full menu, and the recent renovations have made for a comfortable and roomy setting.

Hope to see you all in the New Year.

~Marian Boys

November 27th Meeting

Dr. George Tardik

~by Eric Carlton

Our speaker today was Dr. George Tardik, a local Naturopathic Doctor and Registered Acupuncturist.

His presentation was based on the importance of several actions everyone can take to improve their own overall health. The importance of Omega 3 Fish Oil as a daily supplement was stressed. When asked whether we should buy Omega 3 eggs he said we were wasting our money unless we were prepared to eat several dozen at a time.

Being a consultant for the Ministry of Health he advised us that Krill Oil is not a replacement for Omega 3 Fish Oil! Please be aware of this point. He also advised that we do not require Omega 6 as a supplement because we get enough of this if we eat a balanced diet. In fact, he suggested that supplements with Omega 6 oil be deposited in the garbage as they are useless.

Simple ways to improve our overall health were regular exercise, eating 23 almonds daily and a bowl of oatmeal each morning. Such practices will help reduce our cholesterol. He also suggested that a multi-vitamin each day was useful for some seniors but not everyone.

Judging by the questions asked I think everyone found it to be a very informative session.

Singles Club Activities

Our November outing was to Bulai's Taste of Thai in Port Hope. Even though the restaurant also offers regular entrees, we all enjoyed various Thai dishes. To finish a very good year of fine food and even better companionship, quite a number of us enjoyed a Christmas lunch at the Woodlawn Inn on Thursday, December 11th.

The general consensus is that in winter we like places with parking lots, so here's the schedule to bring in 2015

:

Monday, January 12th

Ricco's Bar & Grill, Cobourg

Tuesday, February 17th

The Rail Side, Port Hope

Wednesday, March 18th

The Mill, Cobourg

~ Louise Barraclough

YEAR IN REVIEW

As we welcome in the New Year we stop for a moment to reflect on the past year, and what a year it was! We experienced a vast array of interesting speakers which helped trigger impressive turn-outs for each meeting ... well attended golf & dine outings, a good variety of interesting trips and theatre/concert events special events such as the Anniversary Breakfast, Picnic in the Park, and the Annual BBQ the "Appies & Drinks" gatherings hosted by various members ... Food Bank drive for the Salvation Army ... the renewal of the Milk Bag program ... a special observance of Remembrance Day ... theme-motivated meetings for Valentine's Day and Halloween and an Easter Parade. During the year we welcomed 19 new members to our Club which is more than a 10% increase. Many of them became volunteers in club activities to join the other regular volunteers who all pitch in to keep this club running smoothly and creatively.

Here in brief recap is what happened on a month to month basis as reported in your Newsletter:

JANUARY 2014

Brrrr! The beginning of our winter of discontent, weather wise anyway, but it didn't stop Probians from enjoying a full schedule of events. The Speaker's Bureau under Harry Nash was very active, as members enjoyed presentations from Cobourg Fire Chief Mile Vilneff and from George Weatherby who installed the aerial atop the CN Tower. Food is good for the soul and the Lunch Bunch nourished theirs at Casey's while the Singles Club enjoyed the repast at The Rail Side in Port Hope. Haggis wasn't on the menu at either of these locations but it certainly was at our Annual Robbie Burns celebration when Bill Ruttle piped in the hot haggis in all its tasty glory.

FEBRUARY 2014

The cold weather continued with the Polar Bear dip on Cobourg Beach cancelled for the first time in years because of the freezing cold. Probians warmed up to our speakers, however, who included Dr. Bob Scott of Rotary Polio Plus, and Mette Aarlev of the Northumberland YMCA. Twenty-nine of our club members participated in the Probus Northumberland Bowling Tournament at Northumberland Lanes. The Lunch Bunch organized a great Valentine's Day lunch, and the Singles Club met to dine at the Woodlawn Inn. On the entertainment side, a group enjoyed the presentation of Calendar Girls at the Best Western Dinner Theatre on February 7th. A few brave souls journeyed to Titus Mountain in Malone, NY for skiing and lived to tell about it. Not bad for a short month, eh?

MARCH 2014

You guessed it! March came in like a lion and went out like a lion! But Probians braved the cold March winds to attend presentations by Wendy Kodziejczak and Gayle Einarsson of the PATH project on March 13th and by Stanley Usherwood who talked about the Sifton-Cooke

Heritage Centre on March 27th. Not to be deterred by the elements, the Lunch Bunch met at the Red Lantern for Chinese food, and the Singles Club enjoyed the pub fare at The Mill.

APRIL 2014

April brought new meaning to taking a cold shower, as we had lots of them, some of which were mostly sleet. It was warm and cozy indoors however for a presentation by Bill Checkley of the "Sir William Top Hat Society" on April 14th. This meeting also featured our annual "Easter Parade" where members sported some very creative Easter Bonnets. On April 24th Probians tested their knowledge with an interesting quiz conducted by Harry Nash. The Singles Club had planned their First Anniversary Lunch at The Gables in Brighton, but bad weather prevailed and they met at the Golden Chopsticks in town instead. Meanwhile the Lunch Bunch savored the BBQ chicken at Swiss Chalet. On the travel front, a number of Probians enjoyed a visit to Niagara Falls Casino for some slots and shopping.

MAY 2014

Can warmer weather really be on the way? In your dreams! It was an active month, however, highlighted by our Annual Anniversary Breakfast on May 8th replete with a hot breakfast, two anniversary cakes and musical entertainment supplied by Peter and Marilyn Csefko. The speaker that day was Barry Walker of Northumberland 89.7 FM Radio. And on May 22nd we all enjoyed an interesting viewing of YOU TUBE clips from the files of Russ Donaldson. You know, maybe spring really was on the way at last because 24 golfers met at Salt Creek to play a round (no, play a round, not play around). This was a prelude to the Annual Golf Outing, this year at the Hawk Ridge Golf & Country Club in Orillia. 42 golfers and 17 non-golfers enjoyed themselves, either on the links and/or with dining and accommodation at the Best Western Couchching. On the local culinary front the Lunch Bunch met at Kelly's Homelike Inn, and the Singles Club checked out the menu at Marca's on the Wharf.

JUNE 2014

June really was busting out all over with numerous activities. The speaker on June 12th was John Krauss, Music Director of the Northumberland Orchestra & Choir. Many members of this group, which included a number of our club members participated in the spectacular presentation "Till the Boys Come Home" at Trinity United Church on June 14th... a tribute to our service men and women, with songs and marches from WW1. On June 23rd a group of Northumberland Probians journeyed north for a cruise on Stony Lake. Golf was alive and well when 23 golfers braved the rainy weather at Shelter Valley Pines on June 16th, and a large group vied for the "Probus Golf Shield" at Cobourg Creek on June 23rd. The annual Picnic in the Park? Well that was a great one with beautiful weather for a change, a scrumptious pot luck groaning board, and a perfect day for trying one's skill at lawn bowling.

JULY, 2014

The July 1st parade in town was enhanced with the presence of Probus Northumberland who were represented by Jamie Doolittle riding in Bill Alls' classic 1951 Mercury, along with a number of members parading behind Don Jones' truck that was proudly bearing our Probus banner. Speakers that month included our own Harry Nash who narrated the story of "The Third Battle of Mons", a little known story of a famous war related trial in Cobourg. On July 24th we heard an interesting presentation from Michelle Fallone of Consumer Affairs Ontario. On the social front, twenty-six of our members travelled to the Westben Theatre in Campbellford for a program of musical excerpts from "The Phantom".

AUGUST 2014

While Jack Frost had been out and about for most of our previous meetings, our speaker on August 14th was Stan Frost, Deputy Mayor who told us about some of the inner workings of Cobourg Council. There was no second meeting per se this month, but 95 members gathered at Roseneath Fair Grounds on August 28th for our Annual Summer BBQ. Good food, good weather and a good time. Speaking of good times, a good number of Probus members joined other community members to help Verna celebrate her 90th at the Columbus Centre. And on the sporting scene, 25 golfers enjoyed a day at Shelter Valley Golf Club. The Singles Club lunched at the Victoria Inn at Gore's Landing.

SEPTEMBER 2014

What a jam-packed month this was! Our speakers on September 11th were Marie Anderson and Shannon Linton from SONG 'Sound of the Next Generation'. On September 25th we had a presentation from Jan Ethier of Amnesty International. On September 12th, fifteen members took a memorable bus trip to New York City and enjoyed the sights and sounds of the Big Apple. On September 19th a group carpooled to Belleville for the Loyalist College Luncheon. Earlier in the month a group bused into Toronto for a delightful experience at Ripley's Aquarium with dinner after at the Mandarin. The Lunch bunch met at Dalewood Golf Club, and the Singles Club dined at Tomasso's in Trenton. One of the highlights of the month was the 1000 Islands Cruise out of Gananoque with 55 members enjoying a shipboard buffet and a memorable tour of Boldt Castle. And the golfers? They had three outings during the month with rounds at Salt Creek, Cobourg Creek, and Stonehenge. Also during this month the Milk Bag program was renewed, and a Food Drive for the Salvation Army was undertaken at both September meetings.

OCTOBER 2014

Speakers this month were Linda Davis, President/CEO of Northumberland Hills Hospital, and Tammy Robinson, CEO of Cobourg Public Library. Fifty-six Probiars enjoyed the stage presentation of WICKED at the Ed Mirvish Theatre in Toronto, with dinner after at (you guessed it) The Mandarin. The Lunch Bunch dined at Stanley's Fish & Grill.

NOVEMBER 2014

The first November meeting was the Remembrance Day service, and the second meeting featured guest speaker Dr. Tardik who spoke on naturopathic medicine. The Lunch Bunch met at Kelly's Homelike Inn.

DECEMBER 2014

Winding down the year (and what a year it was) the Annual Christmas Party took place at the Lions' Centre on December 10th which was attended by 98 members and guests ...what a great turn-out and what a way to end our year! And not to be outdone, the Singles Club had a Christmas luncheon at the Woodlawn Inn on December 17th so it was a really festive month.

WELCOME NEW MEMBERS!

Doug & Sue Davies
27 Skye Valley Drive
Cobourg K9A 4J7
905-372-7876

Joan Wilkinson
163 Aird Street, Box 264
Grafton KOK 2G0
905-349-3923

We welcomed 19 new members in the calendar year 2014 bringing our total membership to 186.

~ Dianne & Gord Graham

Thoughts for 2015

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time. Call up a forgotten friend. Drop all old grudges and replace them with pleasant memories. Vow not to make a promise you don't think you can keep. Walk tall and smile more – you'll look years younger. Don't be afraid to say "I love you". Then say it again. These are the sweetest words in the world

~ Anonymous

SOCIAL CALENDAR

Stratford and Shaw Festival

We were very pleased at the interest our membership showed in these two summer trips. Jennie Herniak has spoken with everyone on our lists; but just in case you haven't had a call, please let me know.

Dame Edna

Jan Lundbohm has booked very good seats for Sunday, April 12, 2015 at 2 p.m. This production will take place at the Royal Alexandra Theatre at a cost of \$130.00. Dinner at the Mandarin Restaurant is included in the price. The deposit is \$30.00. Cheques to be made out to Probus N Travel. For those who are not familiar with the Dame Edna character, there is a good bit of information on line; but Jan will be available to talk to you about this final adieu to Dame Edna. Shirley Erskine will be taking names and cheques.

Agawa Canyon & Mackinac Island

Lakeshore Travel organizes an annual coach tour to Agawa Canyon in Sault Ste. Marie and Mackinac Island in Michigan. This is a five-day trip in the autumn of 2015. Costs will be in the thousand dollar range. The travel agent is just putting together the packages for this trip. We will be in touch with interested members as soon as the packages are available. Deposits will be \$200 with the balance payable 30 days prior to the date of the trip. Two days of this trip is travel time, one day is Agawa Canyon and two days are at Mackinaw Island. I will be at the table at break to take names and answer any questions you might have about the tour.

Ideas for Trips and Events

Please let me know if you have any ideas for trips or events. My e-mail address is roslynn211@gmail.com. I would be very interested in hearing from you. This month we will be announcing other trips, some fun and some cultural.

~ Roslynn Cooke for Marilyn Csefko

Bowling Tournament --- The bowling tournament is held each year with the Probus Clubs of Northumberland. We meet at 9:30 am on Monday, February 2, 2015 at Northshore Lanes in Northumberland Mall in Cobourg. Bowling is \$10 with \$1 for shoes if needed. This is paid at the bowling alley that day. After we finish bowling we go to the Lions Community Centre for a buffet style lunch and award prizes. The cost of lunch is \$20 and paid by cheque to Probus Northumberland and is due at sign up time.

This is a fun event for us to meet other Probus members from other clubs. You can come and bowl, go to lunch, or just come to lunch. Sign up with Brian Scott. We can accommodate 110 bowlers and up to 140 for lunch

~ Brian Scott

SPEAKERS' CORNER.

January 8, 2015
Elizabeth McKinley
The Shelter of Hope

~ Harry Nash

LUNCH BUNCH

January 22nd - Casey's in Cobourg

February 26th - Boston Pizza, Northumberland Mall

~ Marian Boys

SINGLES CLUB

Monday January 12th - Ricco's Bar & Grill, Cobourg

Tuesday, February 17th - The Rail Side, Port Hope

~ Louise Barraclough



**PROBUS Club of Northumberland,
PO Box 491, Cobourg, Ontario, K9A 4L1**

**YOUR PRO-BUZZ TEAM WISHES YOU
ALL A HAPPY AND HEALTHY NEW YEAR**

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

**FEBRUARY DEADLINE IS
FRIDAY, JANUARY 30, 2015**