



# NORTHSHORE NEWS

A publication of The Probus Club of Northshore Cobourg

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President

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## President's Message

### Our Strength is Fellowship; Our Success is Participation



Hopefully the April showers will bring the May flowers as promised by whomever!

I'm dashing around packing to leave for a family wedding in Cancun, Mexico.

Then I remembered

the Newsletter deadline is when I am away. So I will keep this brief.

A great number of our Snow Birds are back and came out to the last April meeting. It was great to see you all. Welcome Home!

Plans are under way as was announced at the last meeting for our 14<sup>th</sup> Club Anniversary in August. John Egberts, one of our newer member but not new to Probud, has taken the helm for organizing the event. Harwood Community Centre is booked and the rest of the details will be forthcoming as soon as they have been arranged. Thanks Team.

Don't forget to get your ticket for the 2017 Probud Clubs of Northumberland Spring Celebration to be held at the Keeler Center, Colborne. The cost is \$40.00 and the speaker is Terry Fallis, Canadian author.

It's time to start to think about our Club going forward – that is to say elections. I know that seems a way off but time flies when you are busy Probud members. Give some serious consideration to joining your Management Team. Talk with any member of the current Team for information about which position interests you. Don't forget – It's your Club and "Our Strength is Fellowship; Our

Success is Participation."

We are hoping that our excellent bowling team does not come home with the special trophy this year. But I sure hope you had a lot of fun.

Sharron McMann's many events are listed somewhere in this newsletter. So have a look and see which appeals to you for entertainment this summer.

SEE YOU ALL ON MAY 3<sup>RD</sup> AT OUR NEXT PROBUS MEETING.

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## Upcoming Speakers

- May 3**      New Canadian Centre:  
Luz Ofelia Maya
  
- May 17**    Stagecoach King: The story of William Weller  
Dan Buchanan
  
- June 7**     Margaret Allison: Food Share program
  
- June 21**    Tour of Victoria Hall and Art Gallery of Northumberland



## 4th Line Theatre Productions

**Bombers: Reaping the Whirlwind** by David S, Craig Thursday July 13th

**The History of Drinking In Cavan** – by Robert Winslow  
Thursday, August 10th      **NOTE DATE CHANGE**

Tickets are \$37.00 each, transportation is not provided

Shows are at 6 pm (Many people bring a picnic supper, tables provided)

## Brighton Barn Theatre

### The Savannah Sipping Society

April 21st to May 6th. See Lynda Ghent or call  
The Brighton Barn for tickets @ 1-613-475-2144  
leave a message



## Meeting Nature's Needs

It has to be decades now. We were driving out west to visit the in-laws and the kids needed a break. We stopped in one of those paper mill towns in Northern Ontario and I just had to ask, "Does it always smell this bad around here." Her retort was perfectly acceptable then, "That smell is



Mark Peacock (file photo)

money." It was not our generation that made that answer unacceptable, but we have changed anyway. Mark Peacock of the Ganaraska Conservation Authority how this understanding must continue to grow.

The Authority, he reminds us, is the only environmental agency organized on the basis of the watershed. "It is the water engine that ensures everything can grow and live." It is objective is "to keep the water clean because there is always someone downstream", the practical goal "to guard against floods" and the philosophical hope "that our footprint does not have to be so large."

History offers little but a legacy of mistakes from which to learn. Lumbering began in the 1790's compounded by huge population growth by the 1870's and intensive farming of every piece of land. The Oakridge's Moraine is sandy soil poor for farming but also prone to erosion leading to huge floods downstream in Port Hope and Co-

bourg. Restoring the land was first conceived in 1941 as a capital program providing employment for the returning soldiers. Under the leadership of A.H. Richardson poor land was purchased and trees planted. The native White Pine was replaced by the Red Pine and "11,000 acres have been returned to the way they once were...a tribute to the vision of our communities." In fact some harvesting of tress has begun again.

The work still continues with education of kids. There are dorms for over-night stays and their teachers. Sometimes even Inner city kids who know little of the wild are bused in. The school's motto is "Where to go when nature calls."

Successes multiply. Atlantic salmon has been restored to Cobourg Creek. Fish populations are tracked by Electro fishing. Fish are shocked weighed and measured and returned safely to the stream. Grown water levels are monitored. Working partnerships with landowners acquaint them with the area Conservation plan as to where tree should be planted. Native species such as prairie grass are being re-introduced Weather stations are

maintained throughout the area, snow samples collected, water estimates made, flood risk assessed. The current issue is storm drains in urban settings. Water going down storm drains goes into the lake untreated. There is a variety of concrete that permits rainfall to soak through. A little reminder if you own a

pool, drain it over your lawn and don't add to the problem.



*Julius*

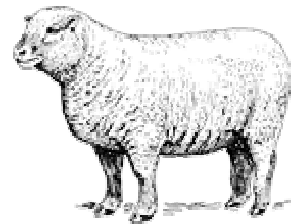
# Use It Or Lose It

1. What does this mean?      1 end 3 end 5 end 7 end

2. Sam had a box containing colorful balls. The colors are black, yellow and orange. The total number of balls he had in his box is 60. There are 4 times as many black balls as yellow balls. 6 more orange balls than yellow balls. How many balls of each color did Sam have?

3. The following words have their vowels removed, can you find the missing animals?

- RDVRK
- RNDR
- PRCPN
- RHNCRS
- SQRRL
- CLT
- FRRT
- SKNK
- DNKY
- NTLP



4.

At a recent visit to the reptile house at the local zoo, I counted a total of 27 heads and 70 feet. I was counting snakes, lizards and people and I know that there were exactly twice as many lizards as people.

How many snakes did I count?

5. How does this make sense?

- 1 was a race horse
- 2 was 12
- 111 race
- 2112



Answers on page 7

# Bowling Tournament



**Oh Crap!! We won the toilet seat again**

**Monday April 24** Probians from the area met for a friendly bowling competition at the Northshore Lanes (you would think the name would auger well for us). However such was not the case and Jack Chapman is pictured top left accepting the less than coveted trophy.

On a happier note, Bryan Armstrong presented Mike Bedford with the award for men's high triple.

After all that exercise the participants gathered at the Lions' Centre for a wonderful meal.



## Avoiding & Preventing Falls

Staying safe in our community

As we age we become more conscious of our frailty. Sherri Bernie of Community Care was here to remind us just how much we are still masters of our own fate. Half of all people over 80 will experience a fall, while only a third of those 55 or less will do so and once you have fallen, you are twice as likely to fall again. The financial cost to the medical community extends to one billion dollars resulting in part from 20,000 admissions to hospital. The emotional toll causes some to fear even going out, becoming self-imposed shut-ins.

Falls originate from fairly well known medical causes: balance issues, medical interactions, failing vision, blood pressure that should be checked with the proper medical professionals and

**Community Care**  
Northumberland

your being diligent about reading the factsheet that comes with your prescriptions. Sherri warned particularly to be extra careful with medications that “help you to relax”. And, of course she also gave a gentle reminder that “alcohol is a drug” and of course it can have an effect on other drugs you might be taking. There is the sensible shoes issue and my particular issue: an abrupt attack of stupidity and over confidence getting a pizza from the freezer downstairs that resulted in my dislocating my shoulder.

Then there is the familiar admonition “to stay physically fit” along the usual reminder that “it’s never too late to start” and of course the encouragement “as little as 30 minutes a day can work wonders” and the dire warning, “the greatest risk is an inactive lifestyle”. Then there is the direction that your intrepid reporter failed to do. “Be aware of your surroundings”. Then there those other bits of well known advice that just seem to keep on giving: “Stay well hydrated, eight glasses of water a day” and “Eat a well balanced diet.” And don’t do as I did but as your mother told you so long ago.



Sherri Birney takes questions after her presentation



## Going Electronic

The Management Team of Northshore is trying to be resourceful and has made the decision to cut costs by reducing the number newsletters produced in hard copy. We estimate that we can save the club \$40 to \$50 dollars with each issue.

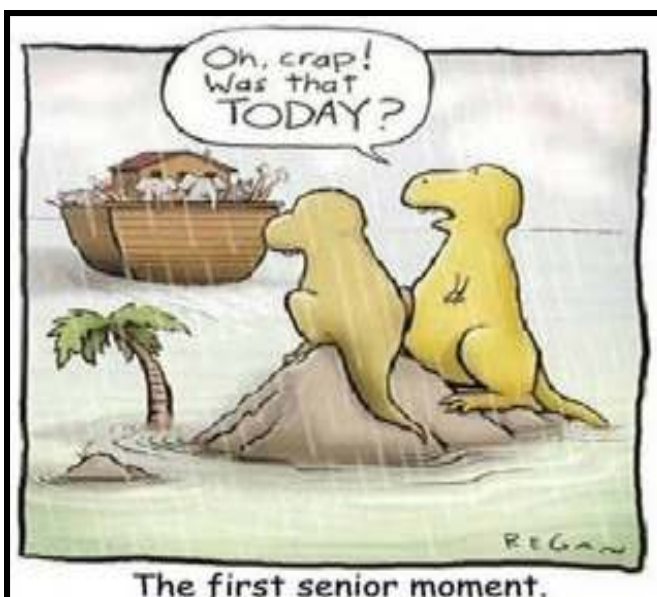
We realize that many people prefer to have a hard copy, something to hold in their hand, and we will produce enough copies to satisfy that need and as well have issues for guests to peruse and learn about our great club.

If you want to receive a hard copy please let me know or give your name to the membership team when you come in the door. From then on your copy will be set aside with your name on it to be picked up when you come.

I was pleased to see so many people enjoyed last month's newsletter received by email. Of course one of the advantages is that even if you are away for an extended period of time you can keep up to date with your Probus family, in living colour no less!

If you have any questions, concerns or suggestions please let me know.

Peter Chrisomalis— editor



### Quiz: How Old Are You Really?

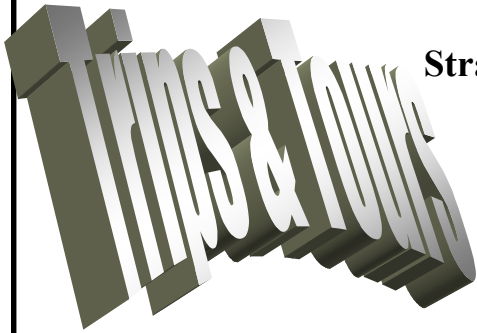
From the following list of 25 items, count all the ones that you remember -- not the ones you were told about!

1. Candy cigarettes
2. Soda-pop machines that dispensed bottles
3. Coffee shops with tableside jukeboxes
4. Home milk delivery in glass bottles with cardboard stoppers
5. Party lines
6. Newsreels before the movie
7. P. F. Flyers
8. Butch wax
9. Telephone numbers with a word prefix (e.g., Olive - 6933)
10. Peashooters
11. Howdy Doody
12. 45-RPM records ... and 78-RPM records
13. S&H Green Stamps
14. Hi-fi systems
15. Metal ice trays with lever
16. Mimeograph paper
17. Blue flashbulb
18. Packards
19. Rollerskate keys
20. Cork popguns
21. Drive-in theaters
22. Studebakers
23. Washtub wringers
24. Black Jack chewing gum
25. Wax Coke-shaped bottles with colored sugar-water

If you remembered!

- 0 - 5 = You're still young
- 6 - 10 = You are getting older
- 11 - 15 = Don't tell your age
- 16 - 25 = You're older than you think

1. Odds and ends
2. 9 yellow, 36 black, 15 orange
3. Aardvark, Reindeer, porcupine, rhinoceros, squirrel, ocelot, ferret, skunk, donkey, antelope
4. 14 Lizards, 7 people and 6 snakes
5. One was a race horse,  
Two was one too.  
One won one race,  
Two won one too.



**Stratford - Guys and Dolls**, Thurs. July 27, 2017,  
\$50.00 deposit due now. Final Cost \$160



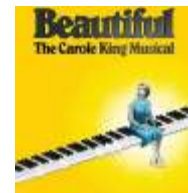
**Shaw - Me and My Girl**, Thurs., Aug. 17, 2017  
\$50.00 deposit due now. Final Cost \$160



For more info on the above **Contact – Jennie Herniak**, 905-372-5953,

**Beautiful - The Carol King Story**, Wednesday August 30

Cost \$160 includes supper



**Dinner Theatre: Forever Plaid**, May 5<sup>th</sup>, 2017; 6 p.m. \$50.40;  
Best Western Hotel. If you have already seen it you will want to see it again! If you have not, it is a fun evening out! Think...”Four Lads”, “Jersey Boys”, “Perry Como Show”. You will know the songs from your youth (remember the sock hops) and you will want to sing along. I have tickets for the front row. So check your calendar and get a group together for a fun night!

Some tickets still available: *Cheques made out to Cobourg Motor Inn*

Info on above :**Contact - Sharron McMann**, 905-372-3567

[samcmann@sympatico.ca](mailto:samcmann@sympatico.ca)

**Musical ABC’s at the Capitol Theatre May 20th 7:30 p.m.**

Enjoy the a cappella sounds of the Ganaraska Chordsmen, the instrumental banjo virtuoso Jamie McPherson ( twice Canadian Champion ) and the comedy routine of the Aristocrats quartet from 17th France.

Tickets available from Peter Chrisomalis ( 905 372 8376 )

Adults \$20.00 Students \$10.00