



NORTHSHORE NEWS

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President

Brenda Moore

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TAKING CARE OF BUSINESS



The management team held an extra meeting in July to prepare for fall activities and consider budget concerns. Results from this meeting will be presented to the membership at the AGM on October 21 (photo by Brenda Carter)

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**PROBUS CLUB OF NORTHSHORE
ANNUAL CAR RALLY
OCTOBER 7TH, 2015
COME JOIN THE FUN AND ENJOY THE
BEAUTIFUL SCENERY
TICKETS ON SALE NOW**

Welcome to Northshore



President Brenda Moore presents Fran Brownley with her membership package at the June 3rd meeting

Racehorses — Rags to Riches????



Many people think that owning race horses is a glamorous and lucrative pastime. Caroline Thornton dispelled that idea when she talked to Northshore Probus about her adventures.

Set in the rolling countryside near the Ganaraska Forest, Oak Knoll Stables is a picture-perfect location. Horses roam in large, grassy fields with stables and the family home close by. The horses raised here are standardbred, which means they will race with a sulky or type of cart.

During foaling season, it is not unusual for horse breeder Caroline to get two or three hours sleep a night.

Horses generally give birth to a foal -- or baby horse -- in the middle of the night, said Ms. Thornton. She and her husband Ken Morden own Oak Knoll Stables. When Ms. Thornton, an avid horse rider, started the breeding stable with Mr. Morden in 2005, she knew little about the business. Mr. Morden owned race horses and decided to build a new facility for the business. Breeding, raising and racing standardbred horses has become Ms. Thornton's favourite job in her life.

The stables are home to broodmares (the mother of foals), yearlings (horse in first year of life) and foals (newborn). Since 2005, Oak Knoll Stables has raised many standardbreds and many of them are racing in Ontario or the United States. As a horse breeder Ms. Thornton has learned the process from insemination to birth and to raise the horse until it is ready to be sold at approximately 18 months old. She knows how use a device to place semen in the mare's cervix. A mare's gestation period is 11 months but similar to human births, foals can come early or late, she said.

Ms. Thornton has learned how to tell if a mare is ready to give birth. There are three signs that a mare is ready -- wax on the teats, dropped pelvic muscles and the back end of the horse feels like jello, she said. When the mare is giving birth, Ms. Thornton must help in the delivery, particularly if there are complications. She has reached inside the birth canal to realign the foal for a safe birth. Hardly a glamorous situation!

It was apparent from Caroline's enthusiasm and sincerity that she really loves her farm life and the animals that give her love and support. You can learn more about Oak Knoll Stables at the website at www.oakknollstables.com

Peter



Instead of the John I call my
bathroom the Jim!
That way it sounds better when I
say I go to the Jim first thing
every morning!!!

Drinks & Appies



Brenda Carter hosted “drinks & appies” in June. The Victorian theme produced a variety of gorgeous chapeaux.



Vice Presidents message:

Just a short note this month as your other Brenda, your President, has taken a well-earned vacation. Brenda Moore will be back with us after the next meeting.

It has been an unusual summer weather wise, late to start, with cold persisting until Victoria Day. This last week I’ve been hearing chainsaws and smelling wood smoke, and the air has that special Canadian nip that marks Fall-is-coming to me.

Although we have fewer meetings during the summer fun and fellowship continue from Theatre, Drinks & Appies, Anniversary BBQ, Trips and Tours and Lunch Bunch...the list is amazing. This summer more members from the other Northumberland Probus Clubs have joined us. It was great to see them. We are so fortunate to have members who organize our events, and meet to plan our Fall activities. We do appreciate all that you do.

Cheers, Brenda Carter

Anniversary Picnic



Participants engaged in many competitive but friendly activities. (Above left to right) Ladder toss; Croquet; Bean Bag toss.

(Below left) The winning team. (Below right) The real winner Bruce Collins pockets the 'share the wealth' winnings'.



There were plenty of enthusiastic fans to cheer!!

(All photos by Lynda Ghent)

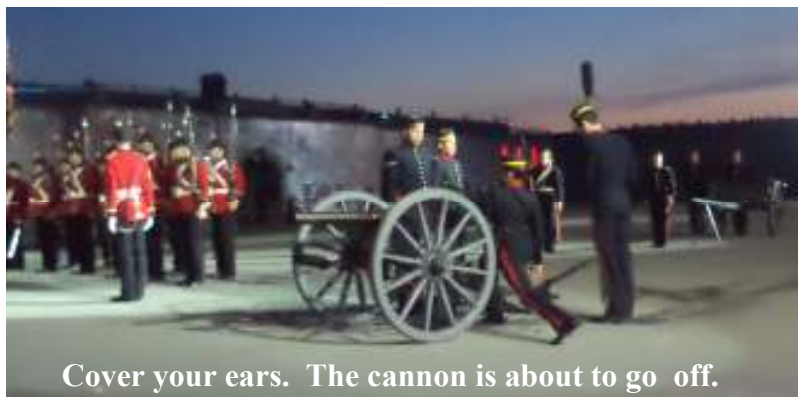
Trips and Tours

4th line Theatre --- Almost 70 of our members and their guests were entertained by the two summer shows... the July production of *The Bad Luck Bank Robbers* and the August production of *Gimme That Prime Time Religion*. Both shows were comedies and a lot of laughter was heard throughout the audience at both shows.

Old Fort Henry--- 48 of our members and colleagues from Northumberland and Campbellford Probus traveled to Kingston to the heritage Fort for a very unique experience. The day was clear and sunny and we arrived at 4:00pm to have supper in the dining room followed by a very special show put on by the Fort Henry Guards and the United States Marine Drill Corp and Band. The show included marching drills, a silent drill by the US Marines, firearm and cannon battles, and music from both The Old Fort Henry Guard Band and the US Marine Corp Band. The evening closed with a wonderful fireworks display.



Dinner in the Barracks



Cover your ears. The cannon is about to go off.

Motown the Musical

Date: Wednesday October 28, 2015
 Where: Princess of Wales Theatre
 Time: 2:00 pm Matinee
 Cost: \$135 per person - bus and show
 Supper back in Cobourg at Swiss Chalet
 For those who wish, reserve when you sign



Upcoming

up

The musical is based on the story of Berry Gordy's founding of the Motown label and his personal relationships with such artist as Diana Ross, Smokey Robinson, Marvin Gaye, The Supremes, Stevie Wonder, Martha and the Vandellas, etc.

The story starts with the 25th anniversary of Motown with flashbacks. Some of the songs include- *Ain't No Mountain High Enough*, *Baby I Need Your Loving*, *Criusins!*, *Dancing in The Streets*, *Do You Love Me*, *Get Ready*, *Sugar Pie Honey*, *I'll Be There*, *Shop Around*, etc. I dare you to not get up and dance in the aisles!!!

Writing Ones Memories

A memoir is hardly a biography. Its intent is to convey an impression of a life lived rather than its details, the lessons learned rather than an accurate record, a gift for those left behind, “a legacy of your insights”. Still like all forms of writing Diane Taylor points out needs discipline and a plan similar to all forms of writing to make it successful.

Some of it seems quite obvious. “Establish a routine, make a time, set a place and then stick to it. Writing after all is the physical part of thinking.” But then she maintains that, “writing is therapeutic...white blood cell count actually increases.” Writing is equally healing in what it has to say. She cites the example of the Iranian author Marina Nemet who spoke to one of our Spring Flings about being sent to an Iranian prison as a teenager and just missing execution for protesting having her education limited to Islamic teachings. Her theme remains most valuable still, “We must be vigilant about our democracy so it can never be lost again.” Then she cites another Augie Berestine about his experience at a Residential School on the book or “Thou Shalt not Hate” a memoir written by a doctor about his experience in a Palestinian refugee camp.

But then Diane reminds us that one does not have to be part of some cataclysmic event to have something to say. She cites the example of an immigrant from Costa Rica adjusting to Canadian life, or less dramatic but still interesting a father writing to his children what it was like to grow up as a boy on a Pacific island. Diane says that anyone can write something similar even if your childhood experiences do not involve anything as dramatic. She advocates finding that lost child and how you saw the world and how that perception shaped you.

The chief importance is setting down “What made you the way you are.” The title of President Obama memoir, “Dreams from my Father” speaks for itself. Opening lines offer opportunities for ntrigue such as one memoir that starts off “I wished he might have kissed me right then but it would have

been a terrible idea.” Or a personal need expressed by another, ‘My mother’s needs and my fatigue...’ and then the supernatural implications inspired by a story beginning with the words, “Prophetic dream...”

Memoirs are personal experience seasoned with the passage of time. It is the insight that judgment brings to it that makes it matter, Making sure your memories are not just your own but a legacy shared.

Julius



Diane is thanked by Connie Poole

Lunch Bunch

Where: Victoria Inn, Gores Landing

Date: September 22, 2015, 12 noon

Excellent menu planned. We would suggest you make your decision at our first meeting in September when more information will be provided. Numbers are limited.

For any further information please contact **Sharon Holmes at 905-373-8394.**



On Becoming an Institution



Mandy's expressive voice and hands kept the Probus audience captivated

Tom Mac-Millan as Town Crier was an institution. Unless you have lived your life under a large rock and consequently didn't get out much over the

past decade or so, you probably attended some event that began with his hardy "Oh Yea, Oh Yea". The Highland Games, Proms at Victoria Hall, all began that way. I even remember hearing his call once from my front stoop as he shouted his greetings at some event at St. Mary's school. Mandy Robinson is our Town Crier now. Both their outfits are blue but from there the differences begin.

The most obvious is that being Town Crier is hardly women's work. She quotes the stats. In Britain the split is 60/40 in favour of men. And then she begins her greeting with the more traditional "Hear Ye, Hear Ye". She obviously wasn't in the OPP. She describes herself as "ever a volunteer, sometime Shakespearean actress, reader of poetry...motivational speaker."

She related a story of a New York City Taxi driver and his last fare of his shift. The call takes him out of his way to an old, dark house. He honks his horn, nothing happens, he honks again, still no movement. He was about to leave but decides to give it one more try, goes to the house, rings the bell, tries the door and opens it. There he finds an old woman who needed a ride for medical attention. She makes the point that "we have to condition ourselves to see that our lives revolve around splendid moments" and "exercise

patience" to realize them, in this case "It was the sound of one life closing". As a volunteer at the Golden Plough she has seen many people dumped there. For her, "words have to have impact... motivation, cause of reflection, a purpose in life" ultimately answering the question, "Do I count?" The role Town Crier is arduous, "at least 60 events a year, an hour and a half to prepare, make-up, costume." She even had to complete a police course. She has no intent to compete with Tom's legacy rather hopes "to create the role her way". She intends to be true to tradition of the times, "Men bow, women curtsy...no breeches for her, I will dress like a lady". And if all this helps her becoming her own person, she still admits, "It all makes me feel like a queen."

Julius

Stoney Lake Cruise

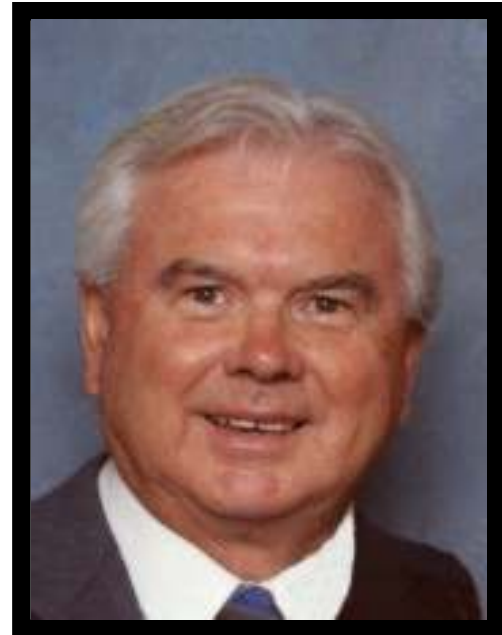
June Collins is organizing a boat cruise of Stoney Lake

Wednesday September 16

Includes lunch for \$ 35



In Memoriam



Over the summer the Northshore family was saddened by the loss of two members : Jill Mills and Gary Blakely. Our deepest condolences go out to the families of Jill and Gary

Upcoming Speakers

September 23: Ed Burtt: Founder of Ocean Scan Services

The mission to find HMS Speedy which sank off Presquile in 1804

October 7: no meeting, no speaker, Car Rally

October 21: Roderick Benns "Canada's leaders": Anecdotes about past Prime Ministers

November 4: Jo Anne Page Stephen Lewis Foundation

Grandmothers to Grandmothers program