



Probus Patter

Port Hope and District Probuss Club, since 1998

February 2016

Regular Meetings

Feb 2: Bonnie Mc Tavish: "*Age Friendly Plan*" for Port Hope.

Feb. 16: Probuss Member Pauline Graham: "*Vietnamese Refugees 35 Years Later.*"

Mar. 1: To be arranged.

March 24: Joint meeting with the Ganaraska Club, featuring Mayor Bob Sanderson as speaker. PLEASE NOTE: *This is a THURSDAY. It will be held at the Lion's Club, our usual location at the regular time.*

Other Fun Things to Do



March 17: 6:30, Annual St. Patrick's Day Party at the Beamish House.

Also: Canada Blooms in March, Diana Ross in April, Tulip Festival in May, the Woodbine Races in June, and 4th Line Theatre in June/July.



See page 4 for more information and message from Events Organizer Edith.

President's Message

February 14 is Valentine's Day and is celebrated in many countries around the world. It began as a liturgical celebration of an early Christian saint named Valentinus. Few facts are known about him, he was a priest in Rome who was martyred about AD 20 and buried on the Via Flaminia (leading from Rome over the Apennine Mountains). His ministry was to help the Christians escape this persecution, and to provide them the sacraments such as marriage. The Roman Emperor Claudius II supposedly forbade marriages of soldiers in order to grow his army, believing that married men did not make for good soldiers.

Contemporary Valentine's Day is connected mainly with romantic love. The modern Valentine's Day customs developed in early modern England and spread in the 19th century. The customs include sending cards, flowers, chocolates to one's beloved.

2016 is a Leap Year. This is the extra day added in February every 4 years to today's Gregorian calendar. A Leap Year is divisible by 4. The actual length of a year (the revolution of Earth around the Sun) is 365.2422 days. If we didn't have Leap Years, the seasons would shift about a quarter of a day every year, and after 100 years the seasons would be off by 25 days. The extra Leap Day adjusts this drift. A person born in a Leap Year is known as a "Leapling"; many feel that to be born on that day is a sign of good luck. Ages ago, Leap Day was known as Ladies' Day, as it was the one day when women were free to propose to a man.

Have a good February.

Barbara



All Photos of Hearts by Barbara Struthers

Recent Events

January 4th: Ted Rafuse - "Coal to Canada"

As a teacher of history, and a lover of model railroads, who better to explore Canada's rail history than Port Hope local Ted Rafuse.

On January 4 we were lucky enough to hear him talk about a unique endeavor, a "Rail Ferry" that carried coal from mines in South Pennsylvania to Ontario via Rochester and Cobourg to the Grand Trunk Railway in Ontario.

Ted illustrated his talk with facts and slides of old photos and postcards that he had collected over many years, from the Ottawa archives, various American sources and his own "underground" contact network. (One vendor of old postcards was very pleased to do business with him, finding that after Ted published one of his several books, the value of related postcards tripled.)

The Ontario Car Ferry (OCF) was founded in 1904, with the objective of avoiding rail congestion by shipping the coal to Ontario by boat. Ontario #1 launched in 1905, and, sailing at 13 knots, crossed the Lake from the Genesee River Port to Cobourg in about 5 ½ hours. She carried 18 coal hoppers, as well as room for 350 passengers, and 31 berths. Ontario #2 followed in 1915.



Extensive work on the Genesee docks made use of a multiplatform trestle to use gravity to transfer coal from bins into cars to go into the holds of the vessels.



The schedule was for each boat to travel back and forth every day. Winter and ice could get in the way. The ice covered boat shown at right took three days to cross, having gone far off course owing to wind and poor visibility. Worried about the weight of the ice, the crew hacked at it with axes. The pilot house, on top, from where the boat was steered, was not unenclosed. BRRRR!



While moving coal was the *raison d'être* for the OCF, tourism traffic became the cream. Americans, seduced by posters offering a trip "to see a foreign country" and glad to get a break from Prohibition, flocked down by street car from Rochester. The boats geared up to carry over 1,000 passengers a day, offering them elegant dining rooms, lounges, card rooms, bars, and dancing on the decks. It was even possible for a "adventurous" couple to rent a stateroom.

Traffic fell off after World War II, and the 1949 Toronto Fire brought tougher but cost prohibitive safety regulations, so the boats' last voyages were in April 1950. The OCF was dismantled in 1954 at a sizeable profit for its owners.



All this, with many amusing and illuminating anecdotes collected by Ted, can be found in his book "Coal to Canada", unfortunately now out of print but available in many libraries. Ted has also published three currently available books: "Wooden Cars on Steel Rails: A History of the Crossen Car Companies, Cobourg", "A Railway to the Isle: A History of the Strait of Canso Railway Car Ferries", and "Rails across the River: A History of the Rail Car Ferry Service on the St. Lawrence River Between Prescott, Ontario & Ogdensburg, New York" Ted suggests that if anyone is interested in one or more of the books that they e-mail him directly at tedrafuse1@gmail.com. He cautions that he will be in Mexico for two months, and may not answer his e-mail every day.



Remember: There will be no Patter for March!



January 19: Morris Tait - "Everything you Need to Know about Exercise"

Just by looking at a very fit Morris Tait, one can see that he has always believed in the merits of exercise. Brother to our own Paul Tait, Morris taught physical education in school for many years, and after retirement became a Group Fitness Leader at the Cobourg YMCA. Even today he still runs a special seniors fitness session.

Morris described four key fitness areas: Aerobics, Strength Resistance, Stretching and Balance, giving examples of related potential activities and the benefits that will result. He also outlined what we should consider when deciding on a fitness facility, warning us about avoiding the costs of unnecessary extras and punitive contracts, and strongly

advising us to find a "culture" that suits us, so we won't feel out of place and quit early. Even better, start with a friend.

Lamenting falling levels of fitness in Canada, Morris warned us that low activity levels represent as much as a risk for mortality as smoking. And it has been proved that physical activity is as important as medication for type 2 diabetes.

After a short question period, Morris showed us a set of "chair exercises" that covered all four fitness areas.

Aerobics: March with your feet, knees up and as fast as possible. Then add in some arm exercises, lifting the arms at the elbow, pumping up and down, rolling the hands over each other and rotating the wrists.

Strength Resistance: Do each with as much strength as possible. Push down on the sides of your chair. Push your hands against each other in front of your body. Hold your knees, first on the outside trying to push in with the arms and out with the knees. Then reverse with the hands on the inside of the knees.

Stretching: one by one, raise and stretch each arm up and across the body at an angle. Then raise and stretch both arms, first as high as possible above your head, and then out in front of you.

Balancing: Stand beside your chair for support. Stand on only one leg as long as you can, using the chair as little as possible to correct your balance. Repeat with the other leg.



Morris demonstrating the balancing exercise

Secretary Keith Pickett's Summary of the Management Meeting, January 5th

All arrangements are now in place for the joint meeting with the Ganaraska Club on March 24th, 2016. Port Hope Mayor Sanderson will be the guest speaker.

Two members have, so far, signed up to lead club events for this year.

Treasurer Robert reported a balance of \$6,662. Also, we have agreed to an increase in rent from the Lions club from \$265 to \$299 each meeting.

The plan for emergency telephone contact with members needs updating. President Barbara and Past President Paul will take this review in hand.

We discussed how we might publicise our events to become better known in the community. Betty DeLong will try to get a report on the March 24th meeting into local media.

Our next meeting will be on February 2, after the regular meeting.



The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck!....anon

Welcome

To new members: Doreen & Dan Kusch, recently moved to Port Hope from Port Sydney, near Huntsville, where they were members of a Huntsville Probosc Club.



Fun Things to Do!

We are looking for hosts for our monthly Apps & Drinks

*Ideas, suggestions, or questions?
Please give Edith a call. 905-885-5390.*



Thursday, March 17: 6:30, Annual St. Patrick's Day Party at the Beamish House. Bar will open at 5:30. \$28 for a main course, dessert and a drink, tax and tip included. Tickets will be available at the Front Desk at February 2nd meeting. Limited to 45.

Shirley Robinson will again be arranging a group to go to **4th Line Theatre** for the "**The Hero of Hunter Street**", the story of the 1916 explosion and fire at the Quaker Oats factory in Peterborough. Date to be decided. The show will run from June 28th to July 23rd.



** A couple from the Ganaraska Club have offered a cake for the joint March 24th meeting to celebrate their 60th wedding*

Lakeshore Tours Trips: Posters available for more information

Friday, March 18th, Canada Blooms & Home Show, \$66. Depart Port Hope at 9:15am. Enjoy many seminars or wander the Marketplace & Exhibits.

See more at <http://canadablooms.com/>

Everybody's growing to it!



Thursday, April 7th, Diana Ross at Casino Rama. \$79 includes bus, buffet and show, starting at 9 pm. Depart Port Hope 2:30 pm

Thursday, May 17th, Canadian Tulip Festival in Ottawa, \$99. Depart Port Hope 7:45 am. Tour includes a buffet lunch at Tuckers marketplace, a City Tour and Dow's Lake.



Friday June 3: Woodbine Races & Slots, Depart Port Hope 10 am. \$55. Or, if you prefer to bet while dining at a fabulous buffet overlooking the track, the cost will be \$105.

Caterers: *coordinated by Dorothy Gilmer*

February Captain: Jeanne Keiser

Feb 2: Barbara Hawthorne, Pat Buchan

Feb 16: Liz Davidson, Judy Ritza

March Captain: Dorothy Lent

Mar 1: Gareth & Gillian Jones, Owen Lent

Mar 24: Pauline Carrick, Marilyn & Nelson Gardiner

April Captain: Anne Shields

April 5: Victoria Terry, Sheila Mead, Sel Shields

April 19: Jenny Vanderwindt, Bernice Makepiece, Catharine Ramsey

Greeters: *coordinated by Barb Winfield*

Feb 2: Barb Loucks, Alan Butler

Feb 16: Ruth Roy, Joan McIntosh

Mar 1: Sel & Anne Shields

Mar 24: Owen & Dorothy Lent

April 5: Nelson & Marilyn Gardiner

April 19: Doug & Marion Gellalty



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