



# NORTHSHORE NEWS

A publication of The Probust Club of Northshore Cobourg

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President

Bob Robertson

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# Northshore Probiants

## Celebrate ST. PATRICK'S DAY



Northshore Probust celebrated St Patrick's Day and Probust Month at the March 20th general meeting. Pictured above (l—R) Cal Johnson, Doug and Louise Weldon and Frank Farago. The party started early with a filling breakfast prepared by the Lions Centre staff. Our guest speaker was our own Probust leprechaun Jamie Dolittle (picture and article on page 5)





# Ladies' Night Out

January 30th several of the ladies gathered at CJ's for an evening of fun and laughter. Perhaps they were talking about the group pictured on page 8 of this publication.  
Photo: Lynda Ghent



*Submitted by Diane Morrison*



## Baby Boomer Bonding

On February 20th, Roslynnne introduced us to Anne Marie Cummings, a local author who describes herself as a reinvention coach who counsels Baby Boomers on how to change directions in life to find fulfilment in retirement.

Fourteen months ago, Anne Marie purchased a grand old house on Church Street and has renovated it specifically with bringing people together. MARIGOLD MANSION is a home with private bedrooms and bathrooms but shared living space...a place where people who don't want to live alone can live together under one roof and look out for one another.

When we have meaning and purpose to our lives we stay mentally and physically fit and live longer. Many people find themselves a bit lost after retiring from jobs that filled their lives with purpose and made them feel useful. Anne Marie believes that building an alternate career after retirement is what we need to keep us going and offers an 8 step course:

**Find our passion...discover who we are and take action**

**The purpose of life is a life of purpose**

**Be relevant. Be financially sufficient**

Anne Marie's own life story has included working in a law office, for a computer company, as an interior designer and as a life coach helping people reinvent themselves.

Many people spend more time planning a 2 week vacation than planning for their retirement! Many do not have enough savings to retire when the time comes which leaves a significant percentage of retired people to live solely off government benefits. That is why we see elderly people working at Walmart or in coffee shops. It is a known fact that stress can reduce a life by 7 years.....so if we reduce stress then we can increase our life expectancy.

### The Eight Steps to Reinventing Yourself:

Pursue what excites you - find your passion

Create a vision of you perfect reinvention outcome  
- create a Vision Board

Create a process map - what are the steps to go from where you are to where you want to be

Actions - make a chart of the action items required to accomplish each step - create a timeline

Be prepared to change your dreams as time goes on and your mindset changes. Reinvention is not a straight line.

Surround yourself with people who support your journey and move away from people who do not.

Work with a coach and invest in your reinvention. Sign up for a boot camp or retreat to enhance your journey.

Enjoy the journey. When you are retired no one is telling you what to do. **YOU CAN DO THIS!!**

On February 26th Anne Marie will welcome you to a bootcamp free of charge, with the only requirement being a purchase of her book. Her final message to our group was: Use it or Lose it! Words we can all live by! John Egberts thanked Anne Marie and presented her with a gift basket .

Louise Weldon



Marigold Mansion

# Welcome to Northshore



**On March 6th two new members were presented with their membership package by vice president Linda Sedgwick Girard Pictured left is Marjorie Heaton and on the right is Doreen Campbell. Make sure you introduce yourself to them and make them feel welcome to our great club.**

**Pictured below, Past President Rose Wood presents 15 year pins to l—r) Mary Lou and Haigh Gledhill and Liz Muir.**



### *A Free Spirit*

Our guest at the Probud meeting of March 6 was photographer Cindy Taylor. (pictured below) Cindy's photographic accomplishments have been published in magazines, trade publications and corporate brochures in Canada and the U.S. Her 20 years experience resulted in exhibits at fine art shows and galleries.

For 7 years she has offered Design and Photography Education programmes. Locally she offers courses in Abstract Photography, Photography Level One and Two, Natural Light and Travel Photography. She is currently a reporter for the Northumberland News.

Cindy's presentation primarily offered a snap shot of her life's travels. She left humble Montreal beginnings to join the army as an under age recruit. In 1984 she was crowned Miss Cornwall in a beauty pageant. She moved to Toronto where she spent 10 years in modelling and acting. Cindy has travelled extensively world wide, leading tours and on photographic assignments. Later activities in real estate and farming (both organic and tree farming) were included. She and her musician husband settled in Cobourg.

Throughout her life, Cindy has had paranormal experiences such as voices, spectral images, and out worldly guardians. Some of her reflections were expressed in hilarious fashion.

Her karma leads her to believe in Buddha and the reincarnation of life.

Her mantra is to see Beauty as a gift, to know Beauty as the truth.

Harry Knapper



### UPCOMING SPEAKERS

**April 3rd**

**Raul Scorz  
Outreach Coordinator  
Horizons of Friendship**

**April 17th**

**Louise Nadeau  
Principal  
William Academy**

**May 1<sup>st</sup>**

**Fran Fearnley  
Curator of the  
Rice Lake Gallery  
Zim Art**

**May 15<sup>th</sup>**

**Art Seymour &  
Doug Weldon & Co.  
Event Organizers  
Games Galore**

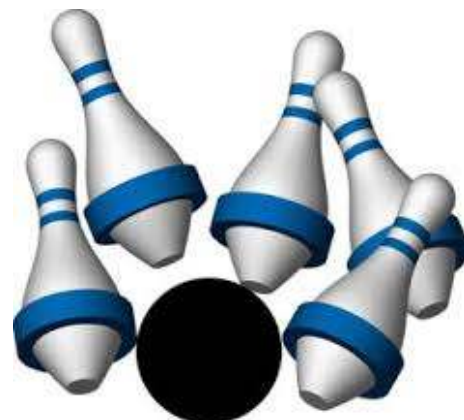
### **Bowling Tournament**

**Monday April 15th**

**Arrive by 9:30 Bowling starts at 10:00**

**Cost: \$10 per bowler + \$1 for shoes**

**Lunch at the Legion Bar opens 12 p.m.**



## Jamie Doolittle - Probud Canada

Our speaker on March 20th was Jamie Doolittle, Treasurer of Probud Canada. He's a bit of a character and quickly put our minds at ease that a talk about Probud to die hard Probudians like ourselves could end up being a bit on the dull side. From the moment Jamie took the microphone wearing oversized green sunglasses and decked out in his St. Patrick's Day finery, he had our undivided attention.

PROBUS is an acronym for Professionals in Business, and began in 1965 across the pond in the UK but did not have any Canadian chapters until 1987 when a small group started up in Cambridge, Ontario. The first president, John Morris, actually has an award for exceptional people named after him. Canada now boasts 250 clubs (37,500 members) with 14 new clubs starting up in the past 4 years. Originally there was a club in Montreal but it folded when they were told by the government that all meetings, correspondence etc. Would have to be conducted in both official languages.

Jamie spoke about the **Strategic Plan for District 1**

1. Community Awareness
2. Increased Membership and Member Participation
3. Providing Activities to help fulfill a fruitful retirement for all members

### **Probud Canada Highlights**

- A. Promote The Ideals of Probud on a National basis
- B. Provide Fellowship
- C. A Social Club...not a Service Club
- D. Minimum cost to Members
- E. National Newsletter
- F. Website has been redesigned and that is where you can go to find Probud supplies
- G. Organizes a National Rendezvous
- H. Promotes New Clubs and Supports New Club Startups
- I. Website lists ALL PROBUS CLUBS AND WHERE THEY ARE
- J. Probud has Liability Insurance for all of the Directors on the Board
- K. Recruitment Strategy - How to bring in new members

Jamie emphasized how fortunate we were to have a club with men and women both being welcome. There are 40 Men's Clubs, 40 Women's Clubs and 170 combined Clubs in Canada, with many clubs meeting only once a month. Northshore Probud meets twice a month which gives us that much more opportunity to socialize and benefit from our new friendships. Remember our motto:

**BE A FRIEND..... BRING A FRIEND!**

I think we were all enlightened as a result of Jamie's talk. I know that this Probud member learned some interesting facts about Probud Club and the discussion that followed. When we travel, we can find a Probud Chapter nearby and attend their meetings. A great way to meet fellow Probud Members! Thanks Jamie!

Louise Weldon



# TEXTING FOR SENIORS

- BFF** - best friend fell
- BTW** - bring the wheelchair
- TTYL** - talk to you louder
- BYOT** - bring your own teeth
- LMDO** - laughing my dentures out
- FWIW** - forgot where I was
- IMHAO** - is my hearing aid on?
- OMMR** - on my massage recliner
- ROFLACGU** - rolling on the floor laughing and can't get up

## Drinks and Appies

Host: Linda & Charlie Girard

784 Princess of Wales Drive  
Cobourg

April 26 at 6P.M.



Submitted by Diane Morrison



**Your Ganaraska Chordsmen**  
 Present an A Cappella afternoon  
 Featuring  
**The Oakridge Chorus**  
 With special guests, internationally acclaimed  
**Yonge Guns**

**LOVE IS IN THE AIR**

Saturday April 27th 2019  
 2:00 p.m. to 4:00 p.m.

Fellowship Baptist Church  
 469 Elgin Street Cobourg  
 Beside the Best Western

Tickets \$20.00

For Tickets **SNAPD TIX**  
 CONTACT Peter Chrisomalis 905 372 8376

# ROMEOS



The Romeos (Retired Old Men Eating Out) enjoyed food and fellowship at the Mill.  
Photo: Bob Robertson

## Newsletter Editor Wanted

After almost nine years as editor of the Northshore newsletter, I am looking for someone to take over the job. Some computer literacy is necessary, but not a lot. I will be more than willing to assist, train, mentor. The software (Microsoft Publisher) will be supplied.

This is a wonderful way to learn about all the people and activities of the club. You will have the assistance of great reporters such as Louise Weldon and Harry Knapper  
Please think about it. I will be more than happy to answer any of your questions.

Peter Chrisomalis

And you thought it was a Probus bowling trophy! All these years we've been using it wrong,  
Submitted by Paddy McCoy

