



Probuis Patter

Port Hope and District Probuis Club, since 1998

Regular Meetings

Current Officers

President	Keith Pickett
Past President	Marguerite Doritty
Secretary	Catharine Ramsey
Treasurer	Alan Butler
Membership	Fran Campbell
Program	Jeanne Keiser Lois Hueston
Special Events	Joan McIntosh Shirley Kane
Newsletter Chair	Murray Munro
Audio Visual	John Buchan

Speaker

July 3. Bob Cranley on how to use a defibulator

Greeters Marg and Paul Tait

President's Musings



As I write this, we have not yet taken the vote on the motion to close the club and I don't know what the result will be.

If the motion is accepted and we close the club that will be unfortunate but we will be able to look back on twenty years of good fellowship, many fun events and a host of great speakers.

If the motion is defeated and we continue to run the club I think that will give us a wonderful opportunity for renewal. We obviously have to find different ways to do things, unless we have some people step up between now and September, we will be running without individuals to find speakers and other programs, nobody coordinating special events and the Vice President will also be the Treasurer. All of which means a much smaller management committee and the need for more involvement in club activities by the general membership. I think that would be a positive outcome.

The picnic was a great success, glorious weather, good food, conversation and "OH" those hats. Thanks to all involved but specially Shirley, Joan and Liz.

We still have the BBQ, Cruise and Car Rally to look forward to and, of course, the appies.

Sign up and join in the fun!

Be good to yourselves,
Keith.

A VERY IMPORTANT MOTION TO BE PRESENTED AT THE JULY 3RD MEETING

It is moved that: **The Probus Club of Port Hope and District shall close and cease to operate effective September 4th, 2018.**

In accordance with the club by-laws we will vote on this motion at our general meeting on **July 3rd, 2018.**

Voting will be by ballot and will require a two thirds majority to pass.



Our June speaker, Rebecca Rutherford, spoke of her trip to Guatemala in February. This is an ongoing project by Horizons of Friendship to help the people of the country. Horizons of Friendship is helping with a Maternal Newborn Child Health project. The vision is to ensure that traditional Mayan health practices and beliefs are recognized and available with western medicine, ensuring a holistic community centered approach.

Some of the barriers to care of the Mayans are mistrust and apprehension that result in an underutilization of healthcare. Even though health services are free, pharmaceutical and laboratory services are not.

Only 30% of Mayan girls go to secondary school, the majority have only a grade 4 education. Girls marry early, 1 in 5 give birth before they reach 17. There is a plan to train and equip 170 health clinics with equipment and medicine. Also, to train and equip 1040 indigenous midwives. Some of the pictures Rebecca showed had equipment from Port Hope hospital.

Guatemala has the third highest rate of chronic malnutrition in the world. You can help, for every dollar donated the Canadian government contributes six. Now that's what I call bang for the buck.

Northumberland News had an article of two Guatemalan midwives visiting Cobourg, well worth the read if you were interested in Rebecca's talk.



Here is the link to the Northumberland News article

<https://www.northumberlandnews.com/community-story/8687210-guatemalan-midwives-visit-cobourg-s-horizons-of-friendship/>

COMING EVENTS

CORN ROAST 2018.

Patio of the Port Hope Legion from 4:00 - 7:00 pm., Tues. 28th., Aug. 2018.

\$12:00 per ticket, available at the July and Aug. meetings. Cash bar. Door prizes and prizes for most colourful dress, male and female.

If you know anyone you might like to invite, especially if they are potential members, bring them along to see how much fun we enjoy.

Contact Sel. or Anne Shields at the meetings or at 905 885 4029 if :

- you need more information.
- you wish to help with the preparation.
- you wish to donate a prize.

Check your bottom drawer for the gaudy tee shirts , shorts etc. you bought on your Caribbean vacation and haven't worn since, or that message tee shirt you never wear. The more colourful the better because you might just win a fabulous prize and be shown on the Patter front page.

LIFT LOCK CRUISE REMINDER

Assemble at the Lions centre at 11.15, July 16th and please come do not go out on your own, we have some people who need a ride . Thanks Shirley

HERE ARE SOME OTHER TIPS TO PROTECT SENIORS FROM THE HEAT:

--if it feels cold indoors, turn up the air conditioning a bit. If you don't want to stay inside, sit on a shady porch under a ceiling fan or near a box fan.

--To keep the house cooler without running the air conditioning, close curtains or blinds on the east side of the home during the morning, and the west side in the afternoon.

--if you don't have air conditioning or don't want to use it in a heat wave, make sure you spend at least some time in a cool air-conditioned space like a mall, theater or air conditioned car.

--have plenty of drinks that you prefer, but stay away from iced coffee and other highly caffeinated drinks, or pop loaded with sodium, which is bad for heart health. Do not drink alcohol, which is dehydrating.

--Keep frozen treats handy that have a high water and low sugar content, like sugar-free Popsicles (you can make your own using juice). Or serve fruit with a high water content, like watermelon.

--dress appropriately for warm weather, so make sure that your clothing is lightweight, not form-fitting and light in color. Hats are useful, but make sure that they are loosely woven or ventilated so they don't trap heat and broad-brimmed so they shade the entire face.

Probus Summer Picnic



Some like sitting in the sun

After a cloudy morning the sun came out for a wonderful day.



Others like sitting in the shade