

PROBUS NORTHSHORE

NEWSLETTER



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Probust Friendship

This is my last newsletter entry as my term of president draws to a close. Karen is taking me to Ireland in a few days so this is the meeting at which I must say, "adieu"! Leaves me sort of emotional and all choked up. It has been a pleasure serving this club and I hope people have had some fun along the way. I appreciate all of the support I have received from everyone and especially from the dedicated, talented people I was able to spend time with on the Management Team.

One of my personal goals was to meet new people and I have achieved this over and over again. This would not have been possible without the help of my ever patient and understanding wife. Deep down I know I tease my beloved entirely too much, but, damn, it's so much fun and Karen is a wonderful sport putting up with my antics. So an especially big thank you to my Princess as she has been my rock of stability, always providing assistance and wise words of advice to guide me through the challenges that arose (I know she would make a great President in a year or two!) but don't tell her I said so.



For my last newsletter some people have hinted, insinuated or even downright stated that I should try to present something serious and mature. What a horrible thought! A social club sending epistles of worldly knowledge and wisdom. What is the world coming to? However, because I try to be fair and equitable I decided to abide by the wishes of those people and make an attempt to satisfy their needs. This means rising to the challenge and being an obliging, serious and boring President.

Okay, I gave this serious crap some long, hard, deep reflective thought. In return I earned a headache and generated many potential topics that I have listed below, but nothing that truly moved me to words.

I thought of summer and how much fun it is with poison ivy, sunburn, mosquitoes, flies, high humidity, bird poop, goldenrod, congested roadways, road construction, burned BBQ suppers, humid, sticky, sleepless nights and now for 2010 we can also add hogweed to the list.

I gave thought to golf stories with sand traps, sliced drives, abrasive language,

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temper tantrums and wet soggy clothing following either a four hour sun shower or high humidity.

I thought of gardening with its raking and planting and knees on ground chores including weeding and thinning, fertilizing and don't forget watering thrown in as daily chores. All this and you yield nothing except aches, pains and sunburns. To top it off your grandkids visit and they don't want you to kill that damn fat rabbit for tonight's supper even though, it eats your plants.

You see, a sweet, serious, kind message just isn't my forte! Nothing was emerging! There must be something in my deep drawer of ideas that can be made serious and suitable for the faint of heart. It seems my batteries were never charged to address something I wasn't designed to do in the first place. I feel like a person asked to march across the Sahara Desert without any water. It isn't going to turn out well and truthfully it isn't going to happen.

So, I went to my emails and sure enough one of my friends had placed a sweet little poem in a message for me and

three hundred other guys in his address book. He didn't write it (because deep down he really isn't a sensitive guy) and no author was listed to give credit to but it is serious, it has a message and it met my needs. Wow! My day was made. Here goes, and by the way, I want to see this posted over everyone's stove so I know you liked it and promise to abide by its message:

Probos Friendship (my title)

- 1 cup Courtesy
- 1/2 cup Patience
- 1/4 cup Forgiveness
- 2 cups Understanding
- 1 cup Encouragement
- 2 tsp Unselfishness

Stir in a pinch of Praise. Add a dash of Wit and Humour. Season with Faith, and Confidence. Put in a 16" x 9" pan, bake at 350 degrees for a LIFETIME and serve with a generous portion of Love and Kindness.

(Note, these ingredients can be adjusted to help meet individual needs and taste.)

Bon appétit my friends and have a tasty, happy and full day!

Bruce

From The Astrology Department : What Are You?

VIRGO - The Perfectionist (Aug 23 - Sept 22)

Dominant In relationships. Conservative. Always wants the last word.. Argumentative. Worries. Very smart. Dislikes noise and chaos. Eager. Hardworking. Loyal. Beautiful. Easy to talk to. Hard to please. Harsh. Practical and very fussy. Often shy. Pessimistic.

Did you hear about the guy whose whole left side was cut off? He's all right now

Speaker's Corner



Our scribe
Julius Varga

Returning the Favour

Everyone appreciates the comfort pets bring to life. It doesn't take all that much convincing to justify the dog as man's most consistent best friend, ever ready with a slobbery wet kiss if one should merely offer a cheek in its direction. Of course, a pet's affection comes with obligations: answering your cat's insistent need for nourishment at 4:30 AM, or donning your coat, hat, gloves and boots, pooh packs at the ready in your pocket to take your dog for hopefully a short January evening's walk. Still "Getting the most out of your critter", says Shari Seymour, animal therapist and author "involves coming to know the philosophy of well-being that begins with touch."

Animals have emotional lives. Shari is insistent that her dog Reno "came with baggage...aggressive and crusty, growled a lot...not a whole lot of patience...had to be taught to relax...helped to develop the confidence to fit into her world." Curiously her solution is hardly different from how one might approach a human with similar issues. "Respect for space...communicate on their level... gain respect and trust." Shari believes in the theory that "emotions and stress are stored somewhere in the body". She explains, "When you find this point, touch will illicit the same response that caused the stress originally."

"We all know how good it feels to put your hands on animals." Shari maintains that human touch can work equally the other way, be trained to seek out the ailment. "Start with the head and the tips of the ears are like acupuncture points, rub first then slow down, make longer strokes...less is more, let the body deal with the stress on its own terms"

"The hands must work as a sculptor's", to become the instrument of cure. "Feel for the hinges, sense any differences in temperature. If the temperature is cooler, there might be restriction in blood flow to the muscle. The hip joint is most important, the rear legs provide propulsion, the front are mainly for steering. If the joints are not able to float, the joint grinds, becomes worn, causes pain."

Her hands move gracefully along her dog as she talks, describing her actions, Reno's response is testimony to the effect of her touch. Reno arches towards her hand, stretching out, and head curled to look at her, once that particular spot on his back is reached. Yet there is doubt among the veterinarian community. They are scientists... need evidence. Perhaps we are less picky, more easily impressed, content to know something mutually beneficial and yet equally pleasurable.

Julius

Social Activities and Events



Bridge Club 2 will meet on September 9th at Julius Vargas' and on September 23rd at Kathy and Shane Maclean's. Please let them know if you can attend.

Lunch Bunch. The next lunch will take place on September 15th. We are all meeting at the Red Lantern on William St. for a Chinese Buffet. The cost is \$5.99 plus tax and gratuity. Please sign up if you intend to go so I can reserve the tables. Signup sheet is on side table.

Drinks and Appies will be at Ralph and Cobie Skinner's on Oct. 7th. Ralph and Cobie live at 253 Parkview Hills Dr. off of Densmore Rd.

Car Rally The date for the Car Rally has been changed to October 20th. The fall colors should be in full display making a drive through the countryside spectacular. Details and ticket prices will be announced at the Sept. 1st meeting.

Due to the number of people who would like to play bridge we are thinking of adding another regular bridge day. We now play on the 2nd and 4th Thursday of the month. There will be a meeting later in September to discuss a second day to accommodate others who want to play. Please advise Diane or Kathy if your name is not on the reserve list.

Diane Morrison - Coordinator

Trips, Tours and Theatre
(Out of Town)



September 21 -\$26.00 Kawartha downs. Final day to sign up and make payment is Sept 1. Transportation not provided but if you want to go and need a ride please let me know.
 October 28 - Tickets for "Evita", Stratford are \$120.00 (Show, bus and supper) and going fast.
 Nov 12,13,14 - Shopping Trip to Erie and Grove City \$240.00. Tickets still available - see brochure with sign up sheet for more details
 Nov. 24 - Mystery Dinner Theatre "Dr Jekyll, there is nowhere to Hyde" at the Old Mill Inn, Toronto \$68.00 per person (lunch, show and bus). Invitation from another group.
 March 2011- Still time to sign up for Portugal and the Mediterranean Cruise. Sharron has info if needed.

Sharron McMann, John Winkworth, Judi Cutis, Sharon Holmes, Dorothy Miller.

Speaker's Corner



Our scribe
Julius Varga

Universal Issue, Local Solutions

A sense of helplessness can be learned. Take a complex crisis that demands attention, solution complicated by wide range of possible options, a total lack of political consensus can leave the society confused where doing nothing easily emerges as a conscious choice for nothing can be done, *que sera... que sera*. Climate change has become just such an issue, carbon tax, cap and trade, renewable energy, whatever, all impose lifestyle modifications at considerable cost, our efforts vascillate alternatively between hand-wringing and hand washing, hoping that the whole mess will all just go away. That is why the talk by Mark Peacock, Director of the Ganaraska Watershed, was so refreshing. There are things that can be done right now and if it should turn out that the crisis was not as great as feared, we can still be confident because "We have done the right thing".

"Climate change is not just about saving the polar bears", he asserts, "Think about local things." case in point, this year's January flood. "High flows are the issue especially heavy rain over ice and snow. On January 21 16mm (2inches) of rain fell over 21 hrs. ...producing a run-off of 80m. per sec. ...the infrastructure just couldn't cope." He cautions, "With climate change we can expect more such extreme storms." Conversely low water levels over the summer can have an economic impact. Minimum levels are defined by those that fish can live in." No one has to be reminded how important a healthy fish stock is to the local tourist industry.

When climate changes, animals move yet a glance at a vegetation map points out how difficult any such migration would be. The green spaces are not contiguous, broken up by farm land. Even bird migration is disrupted. Birds move when food sources are most plentiful along their flight path. "Different cycles of rain, different growth cycles of food...climate change changes the food source." Disaster has already happened. "Barn swallows are killed off when an early spring followed by cold destroyed their food source."



"If the pace of climate change is slow enough plants and animals," Mark advises, "will have a chance to adapt." Then the life cycles of plants and animals may prove a threat to survival. The Spruce tree, for example, has "a long period of puberty, thirty years before it produces any seed. Then the seeds are wind-bourn, travelling about 200m. but the winds are moving in the wrong direction to move north." Omnivorous species like seagulls and animals with short life spans will have the best chances of adapting. Amphibians the least as their environment will warm too slowly leaving the necessary adaption until it is too late

But then there are things that still can be done now. "Pay landowners to plant trees in the right place...corridors and landscapes to minimize stress of migration....don't create the cooking pot, plant trees to shade fish streams". For Mark, seeking the cause of global warming is irrelevant, "good things we can do now are good things anyway." The issue is not so much cleaning up our mess as proper stewardship over what we have been given.

Julius

This summer our club lost two members
We will miss their friendship



Brian Curry

Brian loved golf so in the winter he spent as much time as possible in Arizona. In retirement this meant he could be there six months a year where he also enjoyed the active social lifestyle we all hear about. His interests also included ballroom dancing, Formula 1 car racing, scuba diving and sail board surfing.

Jan Chidley

Jan was a new member to our club this year who we had little time to become acquainted with. Her family remember her fondly as their super social director for her three children and six grand children. She especially loved entertaining them all at her dream home on Rice Lake where she and Chuck lived after retirement.



NEW MEMBERS



Reg and Sarah Woods

Speakers and Entertainment

- September 15 Elections for 10/11 executive then short quiz.
- October 6 TBA
- October 20 Car Rally

John Fazekas : Convenor



The Management Team

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