



Lovely Llamas

On July 12th, Brian Bowden spoke to us about llamas. Brian, more familiarly known as Bear, lives just outside Brighton with his wife, Helve. They have 5 llamas, along with 4 chickens, 3 ducks, a barn cat, 2 indoor cats and a new puppy. Quite a menagerie! They have had llamas since 1999 and had shown them at numerous fairs, the Royal Winter Fair being the biggest success. They also bred llamas until 5 years ago but they are now just their pets and companions.



Brian Bowden, with photographs of his llamas and their fleece, talking to Frank Griffin

David explained that a llama is a domesticated camelid widely used for meat and as pack animals in the Andes for centuries. Llamas are vegetarians, have three stomachs and a full size llama is between 5.5 ft and 6.0 ft tall. The gestation period is about 11-1/2 months and at birth, a baby llama (called a *cria*) weighs approximately 30 lbs. Llamas are very intelligent and can learn simple tasks after a few repetitions.

When used as a pack animal, llamas can carry about 25% to 30% of their body weight for 5-8 miles. David brought photographs of his llamas as well as samples of the fleece which is very soft and can be spun into yarn. They are sheared every 2 years. Llamas are also excellent guard animals and protect smaller animals (i.e. sheep) from predators.

WELCOME TO A NEW MEMBER



Helene Fisher

Helene was born in Toronto. She moved a few years later to King Township in York County where she went to school. She worked for Bell Telephone during the war, and later on was hired to work for 4 lawyers. She met her husband while working there. They married and had 5 children then moved to Port Hope, where her husband had gone to school at Trinity College School. They settled here and stayed for 35 years. Helene did volunteer work for the Red Cross, Meals on Wheels and at Sick Kids. She loves sewing, reading, walking and bird watching.

DOG DAYS OF SUMMER

Where did the phrase "dog days of summer" come from, and what does it mean? Back in ancient Rome people living around the Mediterranean Sea noticed that the brightest star in the sky, Sirius, rose and set with the Sun during mid-summer. Sirius is also known as the dog star and is part of the constellation called Canis Major, or the Big Dog. Sirius is so bright, that it is believed ancient Romans thought it contributed to the heating of the Earth. Because Sirius rose and set with the Sun, known as conjunction, the period of the year 20 days before the conjunction and 20 days after became known as the dog days of summer, when temperatures were usually very hot & crops got little rain. Sound familiar??

APPIES & DRINKS

40 of us met at Lynda and Bruce Britton's lovely home on Rice Lake on Thursday, July 19 for Appies & Drinks.



It was a little cloudy but no one complained!



Lois Meadows, Gayl Squire & Sylvia McMahon



Elaine Simmons & Pat Rawson with Janet Kershaw in background



Our host Bruce Britton entertaining the ladies.

Queen Marie at 4th Line



By Julie Rondeau - Photos by Ray Williams (except for Web photo above.)

The production of Queen Marie at 4th Line on Thursday, July 26 was great!!

There were reserved seats for 34 members who attended the play. We all met for dinner at a covered patio prior to the show...there was a catered dinner for those who had requested it.

The show was a musical about Marie Dressler, (seen above with Greta Garbo), who was born in Cobourg in 1869. In 1930, she received an Academy Award for her role in 'Min & Bill'. She died of cancer in 1934 in Los Angeles. Shelley Simester gave the performance of a lifetime as Dressler. It was a truly enjoyable evening with rave reviews from all who attended. Even though the sky was 'threatening', Mother Nature cooperated and supplied us with favourable weather.



Enjoying the picnic: Leslie Ewert, Meredith Boughan, Penny McMahon, Ray Williams, Barry McMahon, Carolyn Williams, Elaine Simmons



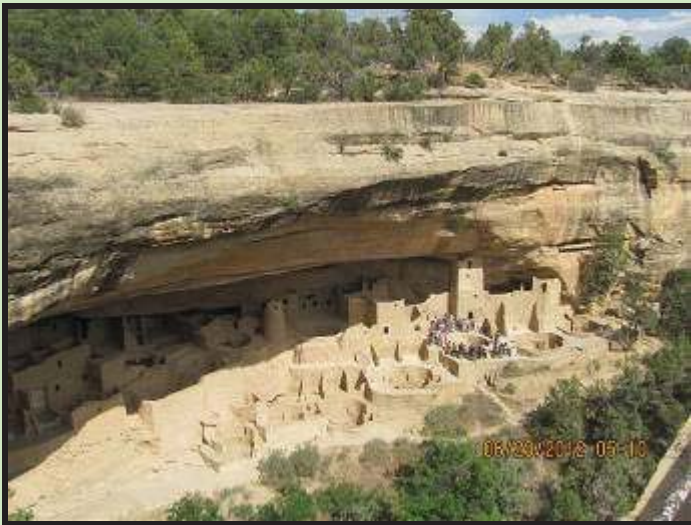
Gayl Squire, Marilyn Dunne, Julie & Marcel Rondeau

Four Corners

By: Dave Strong



At the end of March, Marilyn and I placed our 5th wheel trailer and F350 pickup truck in storage in Casa Grande, Arizona, after having toured the south eastern portion of the state with my cousins, who are Alberta snow birds. June 12th, we flew from Toronto to Phoenix, and retrieved the RV from storage. We set up camp in a KOA at Apache Junction, on the east side of Phoenix, near the Superstition Mountains, through which the US Cavalry pursued Geronimo in the late 19th century. One day we drove the Apache Trail through the mountains; we now know “where the hell Tortilla Flats is” ... Along a very narrow, bumpy, wagon track through some cactus covered mountains!



Mesa Verde cliff dwellings

The plan was to explore the Four Corners area where Arizona, New Mexico, Colorado and Utah come together. It is of considerable interest scenically, geologically, and archeologically. The southwestern US is quite dry. A huge area of mostly desert, it can be divided into Low Desert, and High Desert areas. Southern Arizona is mostly Low Desert, with much Cactus, and is highly populated with cities like Phoenix [about 4 million people], and Tucson [about 1 million]. In the summer, temperatures hit 114 degrees Fahrenheit, and air conditioning and pools are the saving graces for much of the population. Low Desert winter daytime temps range 70s-80s, with cool nights. As one travels north and east, the elevation increases to above 5000 feet, and the summer temps moderate a bit... to daytime highs of about 85-95. Winters are cold and snowy. The High Desert is often open plateau country that would be prairie if there was adequate water, and is cut by deep canyons and arroyos created by millions of years of run-off water from ancient seas and glaciers. The famous Colorado River created the Grand Canyon which runs roughly east to west across northern Arizona... but the canyon country extends far up into Utah and to the Rocky Mountains of Colorado. It is matched on the east side of the Continental Divide by the headwaters of the Rio Grande River, which also rises in Colorado and flows southerly through

(con'd next column)



Grand Canyon & California condor perched in centre of pix.

New Mexico before turning east to form the International Boundary between the US and Mexico.

We spent a few days in Apache Junction attending a Qi Gong training course in Phoenix so Marilyn could accumulate some Continuing Education Credits, and then were joined by my daughter Erin and her family. We traveled north via Camp Verde and Sedona to Williams, AZ, to catch the “Grand Canyon Railway” train to see the Grand Canyon. On approaching the rim of the canyon, we peered at a California Condor perched on a pinnacle nearby, and were impressed by the sheer depth and scale of “The Big Ditch”. The kids enjoyed the sights, including the re-enactment of a train robbery by mounted gunmen, enroute. It was a great way to see the canyon without fighting crowds, long drives, and finding places to park.

After the kids returned home, we drove north, and then east to Santa Fe and Taos, New Mexico. Sights along the way included a stop at the Meteor Impact Crater near Winslow, Arizona; and an orientation stop at Gallup, New Mexico, where we rested a couple of days, saw a visiting native dance group from Taos, and learned a bit about the native tribes, including the Navajo, Ute’s, and Pueblo groups, descendants of Anasazi natives who settled in the Four Corners area before the first contacts by the Spanish. Even today, populations are sparse in the area. “Montezuma’s Castle”, Taos Pueblo, and Mesa Verde were highlights of our archeological visits. We also enjoyed fantastic rock scenery and geological formations along the Rio Grande and Colorado valleys, particularly enjoying The Colorado National Monument near Grand Junction, Colorado, and the Arches and Canyonlands National Parks near Moab, Utah. It is a great area to visit, given adequate preparation for summer heat and long drives. Well worth the trip!



Marilynn Dunne & Dave Strong

SAFE E-MAILING PRACTICES

Many thanks to Eileen Mountain for sending me this article which she had come across on the Probus Canada website

We know that some uninformed Probusians believe that they get Spam and other unwanted e-mails simply because their e-mail addresses might appear on the Probus website. This is an unwarranted assumption that has absolutely no basis in fact, as the e-mail addresses included on the Probus website are not hyperlinked and are of no interest to Spammers. The simple truth of the matter lies in the fact that most people practice "UNSAFE EMAILING" and many don't spend a few dollars and employ Spam filters on their systems. We've circulated this information before but think it's high time we get the message out there again. This applies to ALL of us who send emails. So, **PLEASE** read the following, even if you're sure you already follow proper procedures. Do you really know how to forward emails? 20% of us do; 80% **DO NOT**.

Do you ever wonder why you get viruses and/or junk mail? Don't you hate it? Every time you forward an email there is information left over from the people who got the message before you, namely their email addresses and names. As the messages get forwarded along, those lists of addresses continue to grow and all it takes is for some poor sap to get a virus, and his or her computer can send that virus to every email address that has come across his computer. Or, someone can take all of those addresses and sell them to a spammer so that he can send junk mail to them in the hopes that you will go to the site and he will make five cents for each hit. That's right, all of that inconvenience over a nickel. How do you stop it? Well, there are several easy steps. Try the following if you haven't done it before:

(1) When you **forward** an email, **DELETE** all of the other addresses that appear in the body of the message (at the top). That's right, **DELETE** them. Highlight them and delete them, backspace them, cut them, whatever it is you know how to do. It only takes a second. **You MUST click the 'Forward' button first** and then you will have full editing capabilities against the body and headers of the message. If you don't click on 'Forward' first, you won't be able to edit the message at all.

(2) Whenever you send an email to more than one person, **DO NOT use the To: or Cc: fields for adding email addresses. Always use the BCC: (blind carbon copy) field for listing the email addresses.** This is the way the people you send to will only see their own email address. If you don't see your BCC option, click on where it says To: and your address list will appear. Highlight the address and choose **BCC:** and that's it, it's that easy. When you send to BCC: your message will automatically say 'Undisclosed Recipients' or the principal addressee in the 'TO:' field of the people who receive it.

(3) **Remove any 'FW:'** in the subject line. You can re-name the subject if you wish or even fix spelling.

(4) **ALWAYS hit your Forward button from the actual email you are reading.** Do you ever get those emails where you have to open 10 pages to read the one page with the information on it? By forwarding from the actual page you wish someone to view, you stop them from having to open many e-mails just to see what you sent.

(5) Have you ever received an **email that is a petition?** It states a position and asks you to add your name and address and to forward it to 10 or 15 people or your entire address book. **The email can be forwarded on and on and can collect thousands of names and email addresses.**

.A FACT: The completed petition is actually worth a couple of bucks to a professional Spammer because of the multitude of valid names and email addresses contained therein. **DO NOT put your email address on any petition.** If you want to support the petition, send it as your own personal letter to the intended recipient. Your position will carry more weight as a personal letter

Continued next column ...

than a laundry list of names and email address on a petition. (And don't believe the ones that say that the email is being traced, it just isn't so!)

Some of the other emails to DELETE and NOT forward are:

1. The one that says something like, 'Send this email to 10 people and you all see something great run across your screen.' Or sometimes they'll just tease you by saying 'something really cute will happen. IT ISN'T GOING TO HAPPEN!!!! ! (We are still seeing some of the same emails that we waited on 10 years ago!)
2. Don't let the bad luck ones scare you either ; **delete them**, they're trash
3. **Before you forward an 'Amber Alert', or a 'Virus Alert', or some of the other emails floating around nowadays, check them out before you forward them.** Most of them are junk mail that's been circling the net for YEARS! Just about everything you receive in an email that is in question can be checked out at **Snopes**. Just go to www.snopes.com. **It's really easy to find out if it's real or not. If it's not, please don't pass it on.**
4. **Before sending the email scroll down to the bottom and remove ALL the build up of 'Virus Protection Messages' and other advertising** that get tacked on each time an email gets forwarded. So please, in the future, let's stop the junk mail and the viruses.



The Window From Which We Look

A young couple moved into a new neighbourhood. The next morning while they are eating breakfast, The young woman saw her neighbour hanging the Wash outside.

"That laundry is not very clean", she said.

"She doesn't know how to wash correctly.

Perhaps she needs better laundry soap."

Her husband looked on, but remained silent.

Every time her neighbour would hang her wash to dry, the young woman would make the same comments.

About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband:

"Look, she has learned how to wash correctly.

I wonder who taught her this."

The husband said, "I got up early this morning and cleaned our windows."

And so it is with life. What we see when watching others depends on the purity of the window through which we look!

SHARE THE WEALTH WINNER

July 12 Joyce Ferguson won \$42.00



AUGUST/SEPTEMBER CREWS

CATERERS

August 9

Captain Charlie Dobbie
Helpers Gwen Logan
Roger Ingram
Lacey Ingram

September 27

Captain Steve Snell
Helpers Dorothy Giddings
June Lentir
Pat Clarke

GREETERS

August 9 Dorothy & Cliff Donaghue

September 27 Dave Strong & Marilynn Dunne

The September 27 speaker will be confirmed
in our next newsletter.

ADULT PONDERINGS

I think part of a best friend's job should be to immediately clear your computer history if you die.

Nothing is worse than that moment during an argument when you realize you're wrong.

I totally take back all those times I didn't want to nap when I was younger.

Map Quest really needs to start their directions on the nearest highway. I'm pretty sure I know how to get out of my neighbourhood.

Obituaries would be a lot more interesting if they told you how the person died.

Bad decisions make good stories.

I wish Google Maps had an "Avoid Ghetto" routing option.

Sometimes I look at my watch three consecutive times and still not know what time it is.

People who forward e-mails without deleting the tons of previous recipients should be tarred and feathered and then shot. (see article on page 4!!)

The first testicular guard, the "cup", was used in hockey in 1874 and the first helmet was used in 1974. That means it only took 100 years for men to realize that their brain is also important. Ladies – quit laughing!



Carla Hall's Buttermilk Pie

¾ cup sugar
1 tblsp flour
3 eggs, beaten
1/3 cup melted butter
1 cup buttermilk
¼ tsp salt
1 tsp vanilla extract
1 store bought pie shell (Suntree has good frozen ones)

Prep: Preheat oven to 375o.

Combine sugar and flour. Stir in egg. Add butter, then buttermilk, salt and vanilla.

Pour mixture carefully into shell.

Bake for 15 minutes, then reduce oven temperature to 350° and bake for an additional 30 minutes.

Cool and serve with whipped cream if desired but it doesn't really need it.

I got this recipe from watching "The Chew" one day and I was intrigued. The pie is to die for!! It doesn't taste of buttermilk in case you're wondering

Michele Duval Lane

**Our Speaker at our meeting
on Thursday, August 9 will
be Dave Adams from Five
Counties Children's Centre.**



ANNOUNCEMENT FOR PROBUS MEMBERS!

**Julie & Marcel Rondeau's family is hosting
an Open House to celebrate their parents'
50th Anniversary on Sunday, August 12 from
2 to 5pm, at the Columbus Community
Centre, Spencer St, Cobourg. Please drop in
and help make this an anniversary they won't
soon forget!**

UPCOMING EVENTS...

APPS & DRINKS

August 19. 2 p.m. till 5 p.m. Joan and Mike O'Grady's. 50 Huffman Avenue.

SUMMER PICNIC

August 23 at Irwin's Farm. 11.30 a.m. onwards. Please do not arrive before 11.30 a.m. as we will be busy setting up. Lunch will be provided at 12.30 p.m. by the same caterers as last year – Hayden Taylor. \$15 for members, \$17 for non-members. Bring lawn chairs – no alcoholic beverages.

ROVERS LUNCH

September 10 at Elmhurst Resort. \$16.65 for lunch, includes tax and tip. Cheques to Lois Meadows by August 9 meeting.

ANNUAL GENERAL MEETING

September 13. 9.30 a.m. at Ganaraska Forest Centre. Mike O'Grady is collecting \$4 per person which includes continental breakfast.

CAR RALLY

September 20. \$15 per person includes roast beef lunch. August 9 last date for sign up.

PROBUS EXTRAVAGANZA!

May 21, 2013. For those of you who like to book ahead, mark your calendars for this really exciting event. More details to come.

BUS TRIP TO STRATFORD

We have been invited to join the Northshore Probus Club to see the 2 p.m. matinee of the musical 42ND STREET on Saturday October 13, 2012. Supper will be at the restaurant, Angie's Kitchen. This is an all-you-can-eat roast beef and roast chicken dinner served family style with platters of meat and vegetables on the table. Good Mennonite food. Dessert is assorted pies. There will be a stop for lunch but you will need to pay yourself.

Bus pick-up in Colborne, Cobourg and Port Hope. The cost for the bus, theatre and supper, taxes and tips will be \$145.00. Please see Ray Williams if you are interested in this trip.

ONGOING EVENTS & contacts

PUB NITE

- Join us for dinner, conversation & drinks.
- Last Tuesday of the month 6:00 PM at the Beamish House
- Coordinator: George Grimes 905-885-1594

ROVERS

- Second Tuesday of each month. Different locations and coordinators as announced at meetings.
- Contact: Joan O'Grady 905-885-1018

APPIES & DRINKS

- Bring an appetizer and your own drinks
- Coordinator: Marilyn Dunne 905-786-2549

EUCHRE

- Euchre will restart in September.
- Coordinators: Garry & Betty Curtis 905-885-5304

LUNCH BUNCH

- After the second meeting of the month. Will restart in September.
- Coordinator: Maggie Colborne 905-885-1722

BOWLING

- Bowling will restart on Monday September 10.
- Coordinators: Georgina & Bryan Rose 905-797-3415

CONTACT INFORMATION Ganaraska Valley Probus Club Executive 2011– 2012

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