



# NORTHSHORE NEWS

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## Happy St. Patrick's Day

There are only two kinds of people in the world, The Irish and those who wish they were. The following quiz will test your knowledge of all things Irish. Have fun! Answers on page eight. Remember, only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar, and fat.

1. What are the names of the members of the Irish rock band U2?
2. What does "Erin go bragh" mean? (For extra credit: What language is it?)
3. What is the alternative title of the song "Danny Boy"?
4. What are the colors of the flag of Ireland?
5. What were the shapes of the marshmallow pieces in the original Lucky Charms cereal? (For extra credit: What does the leprechaun say as a sales pitch for the cereal?)
6. In the song "When Irish Eyes Are Smiling," what can you hear in the lilt of Irish laughter?
7. [Notre Dame](#) derives from what language?
8. What is the name of the Irish priest depicted by Spencer Tracy in the 1938 classic movie "Boys Town"? (For extra credit: What is the Boys Town motto?)
9. Before baking Irish soda bread, why is a cross traditionally slashed in the top of the loaf?

10. What is the minimum number of years that Irish whiskey is aged?
11. What Irish singer tore up a picture of the Pope on live television?
12. In Irish folklore, what is the traditional profession of a leprechaun?
13. In the song "I'm Looking Over A Four-Leaf Clover," what does the fourth leaf represent?
14. In early television commercials for Irish Spring soap, a woman expresses her approval of the product by saying what phrase?
15. Movie idol Clark Gable was miscast in a 1936 movie portraying what Irish patriot?
16. What is the historical root definition of the word "whiskey"?
17. What type of meat goes into a traditional Irish stew?
18. What is the title of the final novel by Irish writer [James Joyce](#) which is known for its experimental language and free associations?
19. Where would you start looking for Irish moss?
20. What were the years of the Irish potato famine?



## History of St. Patrick

It is known that St. Patrick was born in Britain to wealthy parents near the end of the fourth century. He is believed to have died on March 17, around 460 A.D. Although his father was a Christian deacon, it has been suggested that he probably took on the role because of tax incentives and there is no evidence that Patrick came from a particularly religious family. At the age of sixteen, Patrick was taken prisoner by a group of Irish raiders who were attacking his family's estate. They transported him to Ireland where he spent six years in captivity. (There is some dispute over where this captivity took place. Although many believe he was taken to live in Mount Slemish in County Antrim, it is more likely that he was held in County Mayo near Killala.) During this time, he worked as a shepherd, outdoors and away from people. Lonely and afraid, he turned to his religion for solace, becoming a devout Christian. (It is also believed that Patrick first began to dream of converting the Irish people to Christianity during his captivity.)

After more than six years as a prisoner, Patrick escaped. According to his writing, a voice-which he believed to be God's-spoke to him in a dream, telling him it was time to leave Ireland. To do so, Patrick walked nearly 200 miles from County Mayo, where it is believed he was held, to the Irish coast. After escaping to Britain, Patrick reported that he experienced a second revelation-an angel in a dream tells him to return to Ireland as a missionary. Soon after, Patrick began religious training, a course of study that lasted more than fifteen years. After his ordination as a priest, he was sent to Ireland with a dual mission-to minister to Christians already living in Ireland and to begin to convert the Irish. (Interestingly, this mission contradicts the widely held notion that Patrick introduced Christianity to Ireland.)

Familiar with the Irish language and culture, Patrick chose to incorporate traditional ritual into his lessons of Christianity instead of attempting to eradicate native Irish beliefs. For instance, he used bonfires to celebrate Easter since the Irish were used to honoring their gods with fire. He also superimposed a sun, a powerful Irish symbol, onto the Christian cross to create what is now called a Celtic cross, so that veneration of the symbol would seem more natural to the Irish. (Although there

were a small number of Christians on the island when Patrick arrived, most Irish practiced a nature-based pagan religion. The Irish culture centered around a rich tradition of oral legend and myth. When this is considered, it is no surprise that the story of Patrick's life became exaggerated over the centuries-spinning exciting tales to remember history has always been a part of the Irish way of life.



## Future Speakers

March 2

**Fraud and Seniors**  
*Constable Terry Stanley*

March 16

**Preparing your garden for spring**  
*Betty DeLong*

April 6

**Northwest Passage Expedition**  
*Donna Wootton*

April 20

**International referee/athlete**  
*Barbara Marion*

May 4

**RCMP training Afghan police**  
*Cameron McFarlane*



How did the Irish jig begin? Too much drink and not enough washrooms.

# Coming Events



**Bridge Club 2** will meet on **March 10<sup>th</sup>** location TBA; and on **March 24<sup>th</sup>** at Dorothy Miller and Bill McCrindles's house. Please let them know if you can attend.

**Lunch Bunch** next get together will be **March 16<sup>th</sup>** at the new Rosewood on Densmore Road. Lunch is \$9, limited to first 50 people to sign up. Please see Sharon O'Connor.



**Drinks and Appies** next get together will be (provisionally) **April 20<sup>th</sup>** in the Party Room at 145 Third Street from 6 - 8pm. Please let Carole Stock know if you are going. The date will be confirmed.

## Probos Volunteer Days

There are 61 days of opportunity during March and April for the members of the Probos Club of Northshore Cobourg.

We have a calendar of fun activities throughout the year ...but without members to lead, and others to work with them, they simply will not happen. Besides, it's a great way to get-more-involved and get-to-know other members!

### Activities Calendar:

- August Anniversary Party (BBQ)
- October (Fall) Car Rally
- November Silent Auction
- December Christmas Party
- Lunch Bunch (12-month bookings)



Come and discuss with Sharon O'Connor or myself, Brenda Carter (Social activities and Events co-coordinators) throughout the months of March and April... or let us know which activity (or activities) *you* are picking this year. We don't want to be forced to cancel any activity for lack of participation.

# Presidential Ponderings



Going to try to be short as I'm on the way to the airport, leaving for my little break to the sunny south. I can't believe that February is almost over. Where did the time go? Wait I know .... as a member of the sandwich generation I've been taking care of an ailing parent and grandkids. Usual babysitters were either ill or away and Nana and Grandpa had to step up to the plate. While it's lots of fun and we like to spend lots of time with them, it is stressful as I can't remember the tricks of the trade anymore! I'm sure looking forward to a little respite courtesy of Holland America.

Anyway spring is almost here, or so my groundhog tells me. Which means we will begin to see things green up, the buds come out and the all the beautiful spring bulbs flower and Dixie give birth. Yes, there will be a litter of pups in the Curtis household later this month. Initially they will be cute little blind bundles who can't even stand on their own legs, but within a month they will be quite mobile. One gets lots of exercise chasing 8 or 9 active puppies all over the backyard. Guess I'd better keep going to the gym regularly so I can keep up with them.

By the time this is published the Portugal bunch should be well on their way. Have a great time everyone and enjoy the Piri Piri, Cataplana, and the afternoon coffee and brandy - a much more civilized 'afternoon tea' if you ask me. I will see everyone on the 16th. Diane will be conducting the meeting on the 2nd. Many thanks Diane for stepping in again.

Judi

## Help

Gerry Moon purchased a date loaf with a coconut pecan topping at the bake sale. It was delicious and she is desperately looking for the person who baked it in order to get the recipe. Would the master baker please contact Gerry. (Editor's note, please hurry as I think I noticed signs of withdrawal.)



What is Irish and stays out all night? Paddy O'Furniture



# Wellness Fair

The Feel Good/Wellness Fair which occurred on Wed. Feb.16/11 was comprised of six information depots: one information booth and five information representatives.



## Victorian Order of Nurses

The Victorian Order of Nurses' representative, Sharon Brewster, explained that the V.O.N. is a non-profit organization. Its vision statement is: **The VON will be a leading charitable organization in Canada; it will address community health and social needs.** Their motto is *Health starts at home*. This well known group received its Royal Charter in 1897; it has been making a difference in Canadians' lives, coast to coast, since then. A wealth of information may be found on their website: [www.von.ca](http://www.von.ca).



Sharon Brewster shares info with Connie Poole

## Haliburton, Kawartha, Pine Ridge District Health Unit

The HKPR Health Unit exhibit contained a well organized table backdrop and several useful (and free) booklets. The emphasis from this display was the encouragement of **prevention** of falls. *Recipes for Good Health* and *A Guide to Preventing Falls* along with more cautionary advice can be accessed online at [www.hkpr.on.ca](http://www.hkpr.on.ca).





Osteoporosis Canada  
Ostéoporose Canada

## Osteoporosis Canada

The Osteoporosis Canada's representative, Heather Eatson, provided our club with many pamphlets on the widespread osteoporosis problem in our seniors' society. She also mentioned the recent changes to the calcium/vitamin D ratio for persons over 50 and diagnosed with osteoporosis. She pointed out a 'calcium calculator' that allows each individual to figure out his/her needed daily intake. As well, membership in a group called COPN (Canadian Osteoporosis Patient Network) is encouraged. This information and more can be obtained at [www.osteoporosis.ca](http://www.osteoporosis.ca) and

[www.osteoporosis.ca/copn](http://www.osteoporosis.ca/copn) or 1-800-463-6842.



Barb Simpson collects pamphlets from Heather Eatson

## Northumberland Home Spa



Northumberland Home Spa is a mobile spa service that travels to the homes of male and female senior clients. Certified PSWs Trina Dyson, Kimberly McBride and April Robinson offer personal care spa treatments that promote health and well being. Some of the treatments available range from Aromatherapy Relaxation Massage to spa bathing, spa facials, spa manicures and/ or pedicures and personal grooming (hair care and shaving). Reiki and reflexology are also offered. More data and appointment bookings are available at:

[www.northumberlandhomespa.com](http://www.northumberlandhomespa.com)  
or at 905-372-3984.



Tina Dyson and Kimberly McBride explain their services to a group of attentive listeners

## Herbalist



Robert Ellis, Chartered Herbalist, Medical Intuitive, Reiki Practitioner and Life Coach offers clinic services in Orono, Port Hope and Cobourg. He also offers mobile services for areas surrounding these towns. Robert has twelve years of experience in conducting consultations, assessments and healthy lifestyle strategies. He promises pain free, non-invasive, completely natural methods. Some of the many ailments for which he claims success in treating are allergies, asthma and arthritis, along with high blood pressure, back pain and ulcers. To learn if Mr. Ellis can help you, contact him at: [robertellis\\_herbalist@hotmail.com](mailto:robertellis_herbalist@hotmail.com) or call 905-800 0650.

## Chair yoga with the “Y”



Y.M.C.A. representative Nancy Little and volunteer Shannon invited 8-10 Probus members at a time to participate in ‘Chair Yoga’. One group after another spent approximately ten minutes with Nancy learning and practicing *flexibility and strength through classic yoga postures*. Ms. Little also highlighted other fitness classes available at the ‘Y’, such as **Prime Time** (gentle aerobics for seniors), **Pilates Intro**, and **Seniors Walkfit**. More data is available if you stretch out your arm and type [www.ynorthumberland.com](http://www.ynorthumberland.com) or call 905-372-0161.

What do you get if you cross a 4 leaf clover and poison ivy? A rash of good luck.

# Welcome



President Judi Curtis welcomed Mel and Lynda Liversage into the Northshore fold at the Feb. 16th. meeting

The annual Probus Bowling Tournament held in early February was a great opportunity to have fun and get some exercise. Thanks go to the following bowling and lunch companions for their support: Charles Campbell, Eva Campbell, Dorothy Miller, Bill McCrindle, Helen Scott, Bill Scott, Marg Brocanier, Lee Wakelin, Vera Kalisz, Roberta Armstrong, Cheryl Brackenbury, Lynne Bateman, Sharon O'Connor, Ron Watters, Bryan Armstrong and Joan Greer. The Lions Club provided an excellent roast beef dinner.



We are pleased to report that we did not win the infamous 'Toilet Seat Trophy' for the lowest scoring team.

We are trying to build up our participation in this event and would encourage Probus members to not let lack of recent or past experience deter them from getting in on the fun. Contact Mary Potter for additional information if you wish to try out this sport. Next year, our club is organizing this event.

*Mary Potter*

Why do people wear shamrocks on St. Patrick's Day? Real rocks are too heavy.

**Answers to Irish quiz on page 1**

1. Bono, The Edge, Adam Clayton & Larry Mullen Jr.
2. Ireland forever. (Extra credit answer: Gaelic.)
3. Londonderry Air. The **lyrics** were written by an English lawyer named Fred Weatherly to a traditional tune.
4. Green representing Roman Catholics, orange representing Protestants and white in between representing living together in peace.
5. Hearts, moons, stars and clovers. Shapes added to later versions of the cereal included horseshoes, pots of gold, rainbows and red balloons. (Extra credit answer: "They're always after 'me Lucky Charms." Or, "They're magically delicious.")
6. You can hear the angels sing. The **lyrics** are: "When Irish eyes are smiling, sure 'tis like the morn in spring. In the lilt of Irish laughter, you can hear the angels sing. When Irish hearts are happy, all the world seems bright and gay. And when Irish eyes are smiling, sure they steal your heart away."
7. French. **Notre Dame** means "Our Lady" in French.
8. Father Flanagan. (Extra credit answer: "There is no such thing as a bad boy.")
9. To scare away the devil.
10. Four. The usual distilling age is 7 to 8 years. Premium Irish whiskies are aged many more years.
11. Sinead O'Connor.
12. A cobbler or shoemaker.
13. Somebody I adore. The **lyrics** are: "I'm looking over a four-leaf clover that I overlooked before. One leaf is sunshine, the second is rain, third is the **roses** that grow in the lane. No need explaining, the one remaining is somebody I adore. I'm looking over a four-leaf clover that I overlooked before."
14. "Manly, yes, but I like it too."
15. Charles Parnell in a movie titled "Parnell."
16. Water of life. It is a shortened version of the Irish word uisgebeatha. Uisge means water and beatha means life.
17. Lamb or mutton chops.
18. Finnegans Wake.
19. In the water. It is a seaweed found along the west coast of Ireland. Also called carrageen, it is used as a thickener in puddings, soups, ice creams, cosmetics and medicines.
20. 1845 to 1849.

# Irish Blessing

**May the road rise to meet you.  
 May the wind be always at your back.  
 May the sun shine warm upon your face.  
 And rains fall soft upon your fields.  
 And until we meet again,  
 May God hold you in the hollow of His hand.**



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