



PROBUS PATTERN

May 2012
Volume 14 Issue 5

President's Message

MANAGEMENT COMMITTEE

PRESIDENT
BARBARA LOUCKS

VICE-PRESIDENT
GARY WEBB

PAST PRESIDENT
BILL MINION

SECRETARY
KEITH PICKETT

TREASURER
JEANNETTE RUTHERFURD

MEMBERSHIP
JOHN BUCHAN

PROGRAM
FRASER CARR
SHIRLEY KANE

SPECIAL EVENTS
CATHARINE RAMSEY

NEWSLETTER
CAROLYN WEBB



First of all I would like to thank our Vice President, Gary Webb, for filling in for me at the April 17th meeting.

It is not long now until Gary will be your President and he will be working with a new Management Committee. It is amazing, when you are having fun, how quickly time passes.

So let me remind you to help the Nominating Committee by thinking about who can serve. Article IV (d) of our bylaws states "The president and vice president shall serve for one year. The remaining members of the Management Committee may seek re-election for a second year but none may hold the same office for more than two years. However no person may hold office on the Management Committee for more than four consecutive years."

In my next letter, having held a Management Committee meeting, I shall let you know which positions will need to be filled. Then it will be time to get down to the serious business of nominating your new Management Committee.

Because of a press deadline, I am not able to comment on the afternoon of "Appies and Drinks" at Catharine Ramsey's beautiful home. But I am sure, knowing our Probud members, that a good time was had by all. Thank you Catharine for your kind hospitality.

A committee, headed by Dorothy Gilmer, is working to plan the June 12th picnic. This will be held once again at the Adamson's wonderful lakefront property. We do appreciate their kind invitation to enjoy the day.

Following the April 6th meeting I wrote down the names of some of you who would volunteer to help with the spring picnic or the Christmas party. You may be receiving a phone call asking for your help.

At our next meeting we are all looking forward to sharing time with members of the Ganaraska Probud Club. They will be joining us to hear Alan Rutherford tell of some of the travel adventures that he and Jeanette have shared.

I'll see you on May 15th.

Barb

Probud Patter
The newsletter of the
Port Hope and District
Probud Club
Box 322, Port Hope, ON L1A 3W4

Editor: Carolyn Webb
p.carolyn.webb@gmail.com
www.probudnorthumberland.com

SPEAKERS' CORNER

**April 3
Dr. Stacey Fritsch
Naturopathic Medicine**



Doreen Rossi thanks Dr. Fritsch

Stacey is a licensed Naturopathic Doctor whose passion for Science, health and others was evident as she spoke to us on April 3rd. She impresses that it is important that the “Root” of the illness and what triggered the cause in the first place, is what must be determined and dealt with. It is the “whole” person, not just the ailment.

Things stressed were

- Life Style and Prevention,
- Mind Frame
- Getting medications under control
- Body Composition (BMI)
- Exercise (watch U Tube “23 1/2 Hours”)
- Understanding Fats - what fats? Trans fats are bad!
- Replacing butter and margarine with olive oil, coconut oil
- Stress, taking time to relax
- Vitamins “E”, all 3 forms and “D”

Stacey is currently employed at the Port Hope Chiropractic Health Centre, 181 Toronto Road, unit #6, Port Hope, Ontario, L1A 3V5, and can be reached by calling 905-885-5111.

We are sure she would welcome any follow up you might have after her presentation to us.

**April 17
Gary Lumsden
Canadian Anti Fraud Centre**



Gary Lumsden was our speaker on April 17th and gave us a very informative as well as an interesting presentation. Gary is a volunteer for the CAFC (Canadian Anti-Fraud Centre). It was amazing during this presentation how he identified all the possible ways the scam artists get to us innocent people.

- FRAUD
- Recognize it
- Report it
- Stop it.

For further information or questions, call 1-888-495-8501 or on the internet www.antifraudcentre.ca

Gary would be quite happy to give presentations to any interested groups (large or small) in the future. As he says, the more we educate the better. Gary can be reached at lumsdengary@gmail.com

Since his visit Gary sent me a message thanking us for having him – he found us a very enthusiastic group. Gary also sent his thanks to Noel for his much appreciated “technical assistance”

***My sincere thanks to Fraser and Edith Carr for helping out by sending these photos and information to me.
Carolyn***

WELCOME NEW MEMBERS – TERRY HICKEY AND ELEANOR CARTER



Both Terry and Eleanor are alumni of Trent University. After graduation Terry taught school in Peterborough for several years.

He moved on to the computer business and over the past 12 years has been commuting to San Diego on business.

They moved to Port Hope six years ago to be nearer to family.

Terry can be found on the golf course early in the morning working on lowering his score. He is also a moving force in the Port Hope Rate Payers Association and attends most of the Tuesday night Council meetings.

Eleanor has been involved in arranging Ladies' Tuesday morning golf.

We welcome Terry and Eleanor.

Terry and Eleanor introduced by Judy and Vern Johnson

=====

CANADIAN INTERNATIONAL MILITARY TATTOO, JUNE 24, 2012 AT COPP'S COLISEUM - HAMILTON

This is no longer an official Probus trip since so few people indicated interest

However, for those who are interested, the same Lakeshore Tours and Travel trip can be booked through MARLIN TRAVEL on Walton Street, downtown Port Hope.

It is exactly the same trip at the same price, \$102, which includes bus, show ticket and brunch at Tucker's Marketplace. The bus leaves Gilmer's Home Hardware at 8.45am. Ask to see their brochure and book quickly as these day trips tend to fill up fast. *Pauline Carrick*

PROBUS CLOTHING

Unfortunately, we can no longer buy clothing with the Probus emblem through Graphic i.d. They are concentrating on the business side of their operations. I guess we were too labour intensive and not as profitable. For other sources www.probus.org the official Probus web site, has some other suggestions. Raycraft has Probus items, emblems, golf shirt and badges. Dsensations.com/ESTore has several clothing items, although you pay shipping on these orders. I still have a few items at half price - see me at the break to snap these up. *Pauline Carrick*

MEMBERSHIP FEES

John Buchan will be collecting these starting May 15th. Fees are the same as last year - \$40 for singles and \$80 for couples. He would much appreciate your paying by cheque.

JACK GOERING – ENVIROMENTAL AWARD

We salute Jack on receiving this Award at the recent Port Hope Civic Awards ceremony. Jack's son presented an impressive nomination and listed all of Jack's many contributions to several very important environmental issues.

SPECIAL EVENTS

- MAY 15 JOINT MEETING WITH THE GANARASKA CLUB
LIONS CENTER
- JUNE 12 ANNUAL PICNIC – ADAMSON COMPOUND
CO-ORDINATOR – DOROTHY GILMER
- OCTOBER 3 CRUISE FROM PORT SEVERN TO THE BIG CHUTE MARINE RAILWAY
CO-ORDINATOR – EDITH CARR

PROGRAMS – FRASER CARR and SHIRLEY KANE

- May 1 Bruce Williamson
Teaching in Borneo, Malaysia
- May 15 Al Rutherford
My Journey up the Amazon
- June 5 Terry Bell
A Glimpse of Africa
- July 17 Amy McGillivary
What the Ruth Clarke Center Offers You

CATERING – ANNE SHIELDS

MAY CAPTAIN JUDY JOHNSON

- 1 Eleanor Carter, Terry Hickey, Betty DeLong, Vern Johnson
- 15 Vern Johnson, Don Kent, Marg Tait, Shirley Robbins

JUNE CAPTAIN ALAN BUTLER

- 5 Marion and Doug Gellatly, Pauline and Jim Graham

GREETERS – BARBARA WINFIELD

- May 1 Fran and Don Campbell
- 15 Shirley Kane and George Watson

=====

IMPORTANT - PLEASE NOTE MEETING DATES

As our annual Picnic is being held on June 12th there will be no meeting on June 19th.
The dates for July and August are as set out below

JULY 17th

AUGUST 21st

There will be a Patter in July but none in August