



ganaraska currents

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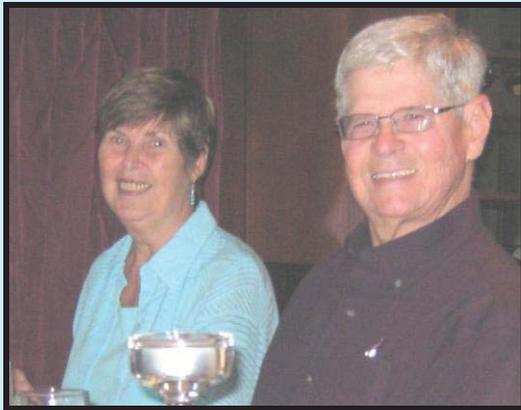
LUNCH BUNCH



Lunch was enjoyed at The Railside after our May 23 meeting. Thanks to Lynda Britton for organizing.



Charlie Dobbie, Lynda Britton, Joan & Mike O'Grady, Bruce Britton and Steve Snell



Carol Patterson and Anthony Skinner

Your Probud Calendar

June 13	Probud Meeting at the Town Park Recreation Centre at 9:30 a.m. Speaker: Amy from Ruth Clarke Centre will present an overview of the facility.
June 17	Golf Tournament at Ashbrook Golf & Country Club at 1 p.m. \$50 includes 9 holes, cart and dinner. Mini-putt and dinner \$25. Dinner only \$20 at 5 p.m. Last chance to sign up and pay at June 13 meeting.
June 19	Apps & Drinks at Elaine Simmons' house: 2-350 Lakebreeze Drive, Newcastle. 2 p.m. to 5 p.m. Limit 30-35.
June 20	Euchre closing party for players and spouses at 12 noon at Betty & Garry Curtis's home – 20 Jeffries Street.
June 22	Rovers at Kawartha Downs at 6 p.m. \$30 includes buffet dinner and \$5 card for the slots. Limit 30-40. Sign-up and pay at June 13 meeting.
June 25	Pub Night 6:00 p.m. at The Beamish (George Grimes: 905.885.1594)
June 27	Probud Meeting at the Town Park Recreation Centre at 9:30 a.m. Speaker: Garry Curtis will speak about Dr. Bernardo's children.
June 27	Lunch Bunch at 12 noon at the Woodlawn, 420 Division Street, Cobourg. Sign up at sign up table.
July 3	Apps & Drinks at Michele & Bill Langevin's house. 68 Cavan Street, Port Hope. 2 p.m. to 5 p.m. Limit 30-35
July 11	Probud Meeting at the Town Park Recreation Centre at 9:30 a.m. Speaker: Dixie Allen - "Hiking in Iceland"
Aug 22	Picnic at Irwin's Farm – members \$15, guests \$17. Buy tickets at June 13 meeting. Entry to picnic by ticket only. Please contact Marilyn Dunne or Dave Strong if you are able to help at the picnic.
Sep 12	AGM – Save the date! Details to follow.
Sept 19	Car Rally – Save the date! Details later.

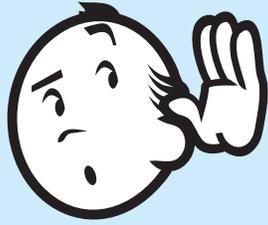


HAPPY FATHER'S DAY JUNE 16TH



THERE IS ONLY ONE PROBUS MEETING IN EACH OF JULY AND AUGUST

WHAT WAS THAT DEAR???



The speaker at our May 9 meeting was Kelly Morgan-MacKenzie who is a Board Certified Hearing Instrument Specialist with 21 years of experience and a secondary degree in Counseling. She is the owner of Sound Hearing Solutions in Port Hope and Newcastle. She also sits on various boards relating to hearing problems. In her spare time she is the President of the Rotary Club of Port Hope and past-president of the Port Hope HBIA.

Kelly discussed the first signs of hearing loss – having trouble with a conversation with two or more people, turning up the sound on the TV and generally straining to hear words. There are many causes for hearing loss, for example an illness, tinnitus, medications, hereditary hearing loss, work-related injuries and general aging. A hearing test starts with lots of questions as well as a physical examination of the ears and tests in the sound booth with different frequencies and even a word test. The test results may require a medical referral or amplification with the use of hearing aids.

There are lots of myths relating to hearing aids – they whistle, are ugly, useless in groups, need batteries often, have problems with wind noise and are too expensive. But if they are fitted properly in both ears a lot of those concerns can be easily addressed because technology has greatly improved the design of the hearing aids. The new “Lyric” style provides extended wear time and is 100% invisible. There are government subsidies available to assist with the purchase price and there are several price levels to consider. You may not need all the gadgets that are now available on hearing aids so the mid price range may be suitable.

Kelly assesses patients who seek treatment for hearing loss and provides information on the various hearing aids that are available.



Gwen Logan thanking Kelly for a great presentation

APPS & DRINKS



Thank you to Felicity and John King who hosted the Apps & Drinks event on May 17th.



Anthony Skinner, Willy Jakobi and Bill Langevin



Lois Meadows, Georgina Rose and Felicity King



Lois & Ron Frizell and Rosalie Jakobi



Marilynn Dunne and Gail Chadwick

MAY DAY EXTRAVAGANZA

On May 21st about 325 members of the seven Northumberland County Probus Clubs attended the May Day Extravaganza at the Keeler Centre in Colborne. It was a wonderful time for socializing and meeting members of other clubs. The lunch was delicious too!



Presidents of the seven clubs who arranged this great event – thank you!



Don & Ruth Newington, Lorna Turner, Diane Haynes and Janet Tedford

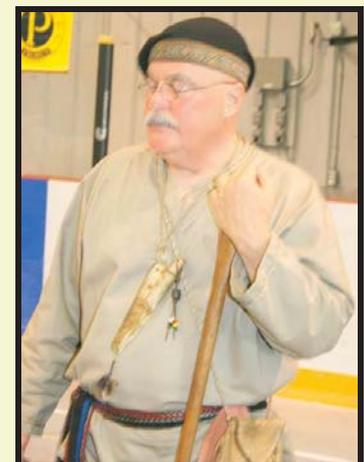


June Lentir, one of the lucky Share the Wealth winners



Mike O'Grady, Lois & Verne Meadows, Joan O'Grady

The special guest speaker was Bob Abrames, a famed voyageur. Bob entertained us with his humorous story about his historic 2,500 km expedition in a 26 ft. birch-bark canoe from Montreal to Winnipeg in 2005. Bob was one of nine people who were selected from a group of 800 applicants representing different age groups and backgrounds. The 3 women and 6 men were thrown together for 100 days traveling in the same way that voyageurs would have traveled in 1806, i.e. absolutely no modern day comforts such as bug spray, toilet paper, tooth brush, no communication with home - nothing that didn't exist 200 years ago. They survived, as their predecessors did, on a diet of dried peas and lard with the occasional fish. A truly amazing story. If you would like to read more about Bob's incredible journey, check out his website www.abrames.com



Bob Abrames in the clothing he wore on his epic journey

The Story of a British Home Child

Story: Linda Goldie

On May 23, Sandra Joyce gave a very informative and emotionally moving presentation about the British "Home Children". After her parents' deaths, Sandra was visiting Pier 21 in Halifax and discovered, for the first time, that her father had come to Canada from Scotland as one of the home children. Her father had never spoken about this to the family. The shame and secrecy surrounding this piece of Canadian history motivated her research and eventually the publication of her book "The Street Arab – The Story of a British Home Child". Sandra spoke with conviction and passion about the need to know our own Canadian history as part of our national identity.

Between 1869 and 1939 over 120,000 British children were sent to Canada as indentured farm workers or domestics. Although the general belief is that these children were orphans, most still had one living parent but were destitute because there was no social assistance available for these families. There were over 55 sending organizations including the well-known Bernardo Homes. The program helped to empty the British orphanages and Poor Houses after the effects of the Industrial Revolution, WW I and the Spanish flu epidemic. The cost of sending a child to Canada was the equivalent of caring for the child for one year in Britain.

These children spent 5 to 6 weeks on cargo ships and, on arrival, were "distributed" to homes as cheap farm labour. Farmers could place an order in advance to receive a home child. The children were required to sign a certificate of indenture effective until they reached eighteen years of age. Although some were lucky and well-treated, many were abused, ostracized from the family and made to work and live in extreme conditions. Supervision of the children after they arrived was inconsistent or non-existent.

In 2010, the UK offered an official apology to these children and their descendants. Australia received some of these children and also offered an apology. Canada did not see the need for an apology.

It is estimated that 1 in 10 Ontarians can trace their ancestors to the British home children. In an effort to counteract the shame and secrecy that

has often kept this part of Canada's history unknown, September 28 is now officially designated in many places as British Home Child Day.

Given the number of family stories being shared at break and the line up to purchase Sandra's book, it was obvious that this topic struck a very personal note with many Probus members and was very much appreciated.



Garry Curtis thanking Sandra Joyce for a fascinating presentation

MORE SMILES FROM PHYLLIS DILLER



- You know you're old if they have discontinued your blood type.
- My mother-in-law had a pain beneath her left breast. Turned out to be a trick knee.
- Old age is when the liver spots show through your gloves.
- Whatever you may look like, marry a man your own age - as your beauty fades, so will his eyesight.
- I want my children to have all the things I couldn't afford. Then I want to move in with them.
- A smile is a curve that sets everything straight.



HERE COMES THE SUN

Summer officially arrives with the June Solstice at 1.04 a.m. on June 21. The June solstice day has the longest hours of daylight for those of us living north of the equator. Those living or travelling to the north of the Arctic Circle are able to see the “midnight sun”, where the sun remains visible throughout the night, while those living or travelling south of the Antarctic Circle will not see sun during this time of the year.

With the wonderful sunny days ahead of us, it’s a good time to remind ourselves about the use of sunscreen.

Overexposure to the sun causes sunburn, premature aging of the skin, wrinkling, and skin cancer, including melanoma. Here are some tips to help you enjoy the outdoors without hurting yourself.

- Pick a broad-spectrum sunscreen that protects against UV-A and UV-B rays and has a sun protection factor (SPF) of at least 60. Look for a waterproof brand if you will be sweating or swimming.
- Be sure to apply enough sunscreen. As a rule of thumb, use an ounce (a handful) to cover your entire body.
- Use on all parts of your skin exposed to the sun. Apply thickly and thoroughly.
- Apply sunscreen about 30 minutes before being in the sun so that it can be absorbed by the skin and less likely to wash off when you perspire; reapply after swimming or strenuous exercise and often throughout the day if you’re outdoors.
- Wear a broad brimmed hat and protective clothing, such as long pants and long-sleeved shirts especially if you don’t like or don’t have any sunscreen.
- Finally, don’t forget your sunglasses.



PORT HOPE PROBUS CLUB

On Tuesday, June 4 Joan O’Grady and Steve Snell visited the Port Hope Probus Club and presented them with a cheque for \$600. This represents the funds which the Port Hope Club had loaned to our club for initial start up costs. We have held it in our club account for the past 6 years. At the time of our club’s inception it appeared that a third Port Hope club might be necessary so with the agreement of the original Port Hope club we have kept it in our account for the past six years to sponsor a new club in Port Hope. The Ganaraska Valley Management Committee felt that this is no longer necessary as both clubs are presently below their membership caps. Our committee decided it was time to pay the money back to our sponsors. They were delighted to receive it.



**Joan O’Grady, Steve Snell and Gary Webb,
President of the Port Hope Probus Club**

Gardening Thoughts

Weather means more when you have a garden. There’s nothing like listening to a shower and thinking how it is soaking in around your green beans.

When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

God made rainy days so gardeners could get the housework done.

SHARE THE WEALTH WINNERS

May 9 - Lynda Britton won \$37.50
 May 23 - Diane Haynes won \$52.00



JUNE/JULY CREWS

CATERERS

June 13

Captains: Marcel & Julie Rondeau
 Helpers: Liz Linton
 Elaine Simmons
 Barbara O'Kane

June 27

Captains: Carol Patterson & Anthony Skinner
 Helpers: Cathy Finlayson
 Dorothy Spicer
 Leo Spicer

July 11

Captain: Pat Clarke
 Helpers: Michelle Cunningham
 June Lentir
 Dorothy Giddings

GREETERS

June 13

Lynda & Bruce Britton

June 27

Ruth & Don Newington

July 11

Roger & Lacey Ingram

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GANARASKA CURRENTS

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A huge **THANKYOU** to Lacey Ingram who has volunteered to be the Assistant Editor of our newsletter. We will be working together to produce the newsletter each month so remember to smile sweetly when either of us approach you with our cameras!



Show Me the Money



We will start collecting Annual Dues in June. Please give your payment by cheque to Mike O'Grady.

Current members - \$40.00
 New members - \$60.00