



ganaraska currents

June 2014

Volume 8 Number 6

PUB NIGHT

Pictures by George Grimes



Lois & Ron Frizell, Dave Strong (welcome back Dave), Janet Kershaw & Eileen Mountain



Joyce & John Ferguson, Russ Mountain
Ruth & Donald Newington



Sally McCracken & Anne Marie & Ivan Elford
(friends of Kathy & Bob Wallace)

Your Probud Calendar

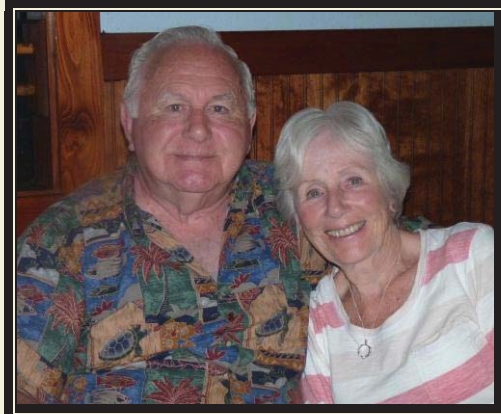
June 12	Probud Meeting – 9:30 AM at the Port Hope Recreation Centre Speaker: Sheri McKeen – from home to assisted living.
June 21	Appies & Drinks – 2 to 5 PM at Kathy & Bob Wallace's, 10 Campbell Rd, Port Hope. Bring your lawn chair
June 16	Golf Tournament – Golf 1:00; Mini-Putt 2:00; Dinner 5:00. Meal only \$20
June 20	Rovers – 5:00 PM at Chubby's Restaurant in Hoard's Station (between Campbellford & Sterling)
June 24	Euchre end-of-year luncheon at Garry & Betty Curtis's. Bring your own lawn chair and drinks
June 24	Pub Night – 6 PM at The Beamish House Pub, Port Hope. Contact: George Grimes, 905-885-1594
June 26	Probud Meeting – 9:30 AM at the Port Hope Recreation Centre – Speaker: Capt. Ron Perks R.C.N. (retired) – Canada's modern and high-tech. submarines
June 26	Lunch Bunch – 12 noon at the Red Rice Buffet, Peter St., Port Hope Contact: Joan O'Grady 905-419-0360
July 10	Probud Meeting – 9:30 AM at the Port Hope Recreation Centre Speaker: Steve Short – dispatcher for EMS (911), calls in & out
July 24	4th Line Theatre – Dr. Barnardo's Children. Bring your brown bag dinner for 5:00. Show starts at 6:00.
Aug. 21	Stoney Lake Dinner Cruise – Leaves from the Viamede Resort at 6:00 PM; Car pooling available.
Sept. ?	Wine Tour – more info TBA
Oct. ?	Drive 'n Dine – more info TBA



Sign up for many of the above events at our sign-up table

APPS & DRINKS

Pictures by Lorna Turner



Our hosts, Charlie Dobbie & Gwen Logan



Garry Curtis, Bruce Britton & George Grimes



**Eunice Hogg, Frank Griffin, Betty Curtis
& Dave Strong**



**Lois Meadows, Linda Britton, Marilyn Dunne
& Jan Blaikie**

LUNCH BUNCH

at Bobby C's Dockside Restaurant

Pictures by Lorna Turner



John & Felicity King, Sheila Scherer, Dorothy & Leo Spicer, Bob Mills, John & Joyce Ferguson, Henrietta Mills, Elaine Simmons, Leslie Ewert & Lois Meadows



Leslie Ewert, Lois Meadows (tucked in behind Leslie), Marion & Frank Griffon, Mike & Joan O'Grady, Tim Scherer, John & Felicity King

FIVE RULES TO REMEMBER IN LIFE

1. Money cannot buy happiness, but it's more comfortable to cry in a Mercedes than on a bicycle.
2. Forgive your enemy, but remember the idiot's name.
3. If you help people when they're in trouble, they'll remember you when they're in trouble again.
4. Many people are alive only because it's illegal to shoot them.
5. Alcohol does not solve any problems, but then neither does milk.

PLAN Canada

by Linda Goldie

Aruna Aysola is the Manager of Planned Giving at Plan Canada and gave a very informative presentation about the work of that organization. Plan Canada is currently involved in 69 countries. Their purpose is to provide lasting positive change for children and youth in the most marginalized regions of the world. They do this by addressing basic life issues such as health, clean water and sanitation, child protection, economic security and emergency relief.

Plan Canada projects are selected to be holistic and sustainable. They always work with the people of a community and local government to determine the needs of the community. They are inclusive of all faiths and cultures. Their goal is education as a means to lasting change. Accordingly, 90 % of the people hired to work on projects are from the local region. As well, they remain in a community for 10 to 12 years before phasing out a project to ensure that it is sustainable locally.

Aruna talked about some specific projects such as micro finance projects to empower women and "Because I Am a Girl" programs which target health and education of female children who then marry later, have fewer children and healthier children, contribute to the family income and ensure their children are educated.

We should be proud to note that Canadians give more to Plan Canada than any other country. Last year Canadians sponsored a total of 180,000 children around the world.

You can support Plan Canada in different ways including project themes, donating a specific gift of hope, supporting a community or sponsoring a child. Of particular note is that 80 % of donations go to work in the field with the other 20 % allocated to fundraising and administration. This is a very responsible record for an organization receiving charitable donations.



Aruna Aysola

Osteoporosis Canada

Our speaker, Cathy Pearcy, is the Education Coordinator for the Peterborough Osteoporosis Chapter, Northumberland, Kawartha Lakes and Peterborough Counties, where she helps to promote and educate the public about osteoporosis.

Bone, called bone mass, is a living, growing tissue hardened by calcium and phosphorous and can repair itself. Bone mass changes with age with a 1% loss per year starting in our mid 30's and increases the older we get. Some medications can also cause bone loss. Enough bone loss can cause fragility fractures (falls from standing height).

The consequences of fractures are hospitalization, institutionalization, subsequent fractures and even death. Of 30 hip fractures in Canada, 28% of women and 37% of men will die within one year due to complications. Spinal fractures can result in back pain, depression, height loss, protruding abdomen, reduced lung function, weight loss, sleep disturbance and impaired activities of daily living.

Important information:

Men are not often diagnosed.

If over age 65 you need a bone density test.

Calcium – not enough in your diet your body will take it from your bones. Take supplements, if necessary, and at the end of the day.

Vitamin D – helps build stronger bones by increasing the absorption of calcium. It also improves muscles.

Protein – bone is made up of protein plus calcium and other minerals and is important for bone strength and flexibility.

Exercise – walking, gardening, weight training machines, push ups, etc., are all very good. Build exercise into your daily routine.

Medications – some can build bone while other slow bone loss. If you take three or more meds. discuss with your pharmacist about these and any vitamins.

Caffeine – minimize intake.

Prevent falls – have vision, hearing and blood pressure checked, care for your feet and footwear, eat a well-balanced diet and review home safety.

To learn more about osteoporosis, check their website at osteoporosis.ca



Cathy showing how to check for good posture

Legs slightly apart, feet a few inches from the wall, hips, shoulders and head touching wall.

SHARE THE WEALTH WINNERS



May 8 Willie Jakobi \$48.50
May 22 Leslie Ewert \$44.50

June/July CATERERS

June 12

Captain: Carol Patterson
Helpers: Rosalie Jakobi
Willie Jakobi
Anthony Skinner

June 26

Captain: Lois Meadows & Marion Griffin
Helpers: Marion Huffman
Janis Dillworth
Linda Popham

July 10

Captain: Marion Griffin & Lois Meadows
Helpers: VOLUNTEERS NEEDED

Aug. 14

Captain: Lois Meadows & Marion Griffin

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Yuk Yuk's Commedy Night at the Capitol Theatre



Bob & Kathy Wallace & Linda Britton (Linda won the draw for Capital Theatre tickets)



Lorna Turner, Willie & Rosalie Jakobi,
Gail & Gary Chadwick, Marcel & Julie Rondeau
& Steve Snell

GANARASKA CURRENTS

http://www.probusnorthumberland.com/ganaraska_news.htm

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DID YOU KNOW?

Elephants are the only animals that cannot jump!
The body's strongest muscle is the tongue!
Crocodiles cannot stick out their tongue!
All polar bears are left handed!
It's impossible to sneeze with your eyes open!