



in TOUCH



# Probud Club of Colborne

# March 2016

Box 865, Colborne Ontario K0K 1S0  
FOUNDED 2003

PROBUS CANADA WEBSITE [www.probus.org](http://www.probus.org)  
Check us out at [www.probusnorthumberland.com](http://www.probusnorthumberland.com)

**Meetings are held on the first and third Wednesdays of each month from September through June at the Keeler Centre in Colborne**

(Unless otherwise designated by the current executive)

## 2015-16 Executive

President	Anja Guignon
Vice President	Gord McArthur
	Bob McNutt
Secretary	Louise Blackshaw
Treasurer	Alan Cullum
Past-President	Martin Blackshaw

## Committees

Greeters	Louise McNutt
	Bob McNutt
Speakers	Judi Eakins
Membership	Alan Cullum
Membership Drive	Shirley Ross
	Bonnie Hilliard
Coming events	Bonnie Hilliard
Sunshine	Diane Dycke
Bowling	Gord McArthur
Set-up	Al Mackie
Liaison	Dorothy McKinney
Christmas, Anniversary Luncheon and Picnic	Martin Blackshaw
	Louise Blackshaw
Theater	Gord McArthur
	Carol McArthur
Car Rally	Graham Norcutt
	& Friends
In Touch Editor	Louise McNutt

## From the President's Perch



Hello my friends.

Hope you all had a good Easter weekend with lots of chocolate, or flowers or whatever makes you happy. The temperature seems to be slowly creeping up, the ice is off my lake, can't wait to go swimming.

I hope you are all enjoying our Probud meetings.

We will soon need to make a decision whether we have the picnic on June 15th or change the date and go to the Lions presentation with Mark Cullen.

We will be having our anniversary meeting the middle of April, which will be fun.

In the next little while we will be asking you if you want to stay in any position for another year or step down.

We still don't know if we will need to pay rent for our room as they plan to have a public forum to discuss it. Stay tuned.

I am looking forward to seeing our members returning from Florida, May you stay safe on your journeys home.

Your President

Anja

# HAPPY SPRING

(I HOPE IT COMES SOON)

**March 2, 2016: COLBORNE PROBUS MEETING**

26 members were at this meeting.

**March is PROBUS Month**

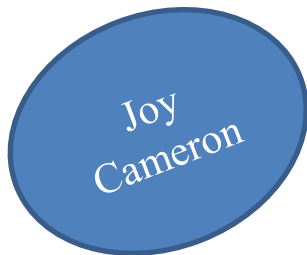


Gord reading a story about Squirrels

**Anja Guignon introduced our speaker: Joy Cameron**

Joy spoke to us about Qigong. This is an exercise that is very similar to Tai Chi. It is a slow gentle movement exercise that will give you results similar to acupuncture but without needles.

Qigong is natural life force energy that flows through all living things. It sustains and nourishes our bodies and it can be used to support and increase the body's natural self-healing ability.





Thank you, Joy for giving us such a great but slow workout.

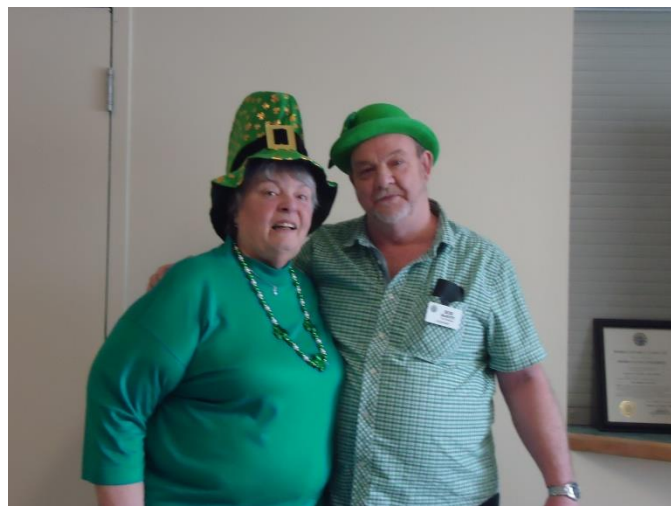


Joy and Anja

Our Share the Wealth winner ????? (Somehow I need to remember this.)

**March 16th, 2016: COLBORNE PROBUS MEETING**

(The editor was unavailable for this meeting and the supply editor didn't take notes.)



Judi and Bob - Our wannabe Irish People

Share the Wealth winner was Gord McArthur.

**From the Bowling Lanes**

**March 23, 2016**

Six members, three couples, gathered in Brighton for an enjoyable two games of “questionable accuracy”. This was the first of two extra outings prior to the Tournament in April. Apparently the goal was to get as close as possible, WITHOUT hitting the pins. Mission accomplished!

Louise and Bob McNutt joined the Lees and McArthurs for this outing.

The second game was much improved, compared to the first. In the spirit of compassion, the scores will remain secret..... for now.

Our next outing will be Wednesday, March 30<sup>th</sup> and all are welcome.

Respectfully

Gord

**March 30, 2016**

A sunny, clear blue sky; what a day to hold our last bowling outing for the season. Eight of our members gathered in Brighton for fun and exercise at Presquile Lanes. Returning from last week, Mary & Bob, Carol & Gord and Bob McNutt. Louise and Martin and Graham Norcutt added greatly to our group. Everyone showed improvement.

We will be looking for a new coordinator for this event next year. Please give this some consideration over the summer.

Respectfully submitted

Gord McArthur

**Speakers for April: from Judi**

Knowing Judi, as we all do, I am sure they will be great speakers.

**Upcoming Events:**

Wizard of Oz will be at the Capital Theatre from April 7 to the 16

Victoria Hall - Al Briscoe with his Sweetwater Band will be playing May 8 at 2 p.m.

May 14<sup>th</sup> Carroll Baker and Baker Street Band will be at the Cobourg Community Centre. It will be a big concert. Al Briscoe will be on Steel Guitar. This is a fundraiser St. Michael's Church Restoration fund.

**April in Touch Deadline – April 27<sup>th</sup>, 2016**

Email address for 2015/16 editor is: [mcnuttl@bell.net](mailto:mcnuttl@bell.net)

## Perks of reaching 70 & beyond! (Continued)

7. Things you buy now won't wear out.
8. You can eat supper at 4 PM.
9. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with elevator music.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
16. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to a manageable size.
19. You can't remember who sent you this list.

And you notice these are all in big print for your convenience.

Forward this to everyone you can remember Right now!

**AND THE MOST IMPORTANT THING:**

Never, NEVER, NEVER, Under any circumstances,  
Take a sleeping pill, and a laxative on the same night!

"Good friends are like stars...You don't always see them, but you know they are always there."