



ganaraska currents

August 2016

Volume 10 Number 8

QUOTES

Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true.

* Robert Brault *

When I was young, I admired clever people. Now that I am old, I admire kind people.

* Abraham Heschel *

If those who owe us nothing gave us nothing, how poor we would be.

* Antonio Porchia *

You cannot do a kindness too soon for you never know how soon it will be too late.

* Ralph Waldo Emerson *

By swallowing evil words unsaid, no one has ever harmed his stomach.

* Winston Churchill *

Real generosity is doing something nice for someone who will never find out.

* Frank A. Clark *

We have two ears and one mouth so that we can listen twice as much as we speak.

* Epictetus *

Walking with a friend in the dark is better than walking alone in the light.

* Helen Keller *

Everything will be okay in the end.

If it's not okay, it's not the end.

*unknown *

Your Probud Calendar

Aug. 11	Probud Meeting – 9 AM at the Port Hope Recreation Ctr. Ray Williams, Bob Kearns, Steve Snell & Bob Gibson will do slide show presentations of their many trips.
Aug. 18	Appies & Drinks – 2 to 5 PM at Bob & Kathy Wallace's Contact: Marilyn #786-2549
Aug. 28	Rovers – 11 AM Sunday brunch at Chemong Lodge, 764 Hunter St., Bridgenorth. Car pool available. Contact: Carol #885-0545 or Michelle #885-0180
Aug. 30	Pub Night – 6 PM at the Beamish House Pub on John St. Contact: George #885-1594
Sept. 6	Euchre – 1:30 PM at the Ruth Clarke Ctr. 1 st game of the new year. Contact: Joyce #797-2555
Sept. 8	Annual General Meeting – 9 AM at Baxter Creek Golf Course. \$5 cost payable by Aug. 11 th . Speaker: Ted Staunton, local author.
Sept. 15	Wine Tour – 8:30 AM to 6 PM - By bus through Prince Edward Cty., Waupoos Winery tour, tasting & lunch (included), farmers market, candy shop, cider tasting & more. Metro p/u & drop off - \$49
Sept. 22	Probud Meeting – 9 AM at the Port Hope Rec.Ctr. Speaker: Rhonda Cunningham – Equipped Care programs, NHH Foundation
Sept. 22	Lunch Bunch – 11:45 AM at C J's Bar & Grill (formerly Casey's) Contact: Joan #419-0360



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

Kawartha Turtle Trauma Centre

We had a wonderful and entertaining visit from Petra Munro from the KTTC in Peterborough. She not only told us about the centre but also brought us three of their residents so we could get up close and personal.

The KTTC is Ontario's only native turtle hospital and staff will travel far and wide to pick up any injured turtles, bring them back to the hospital, treat them for any injuries, feed and care for them until they are healthy enough to survive on their own and then release them back into the area they came from. They also will pick up any turtle eggs that people may find on their property. These are also cared for until ready to be released.

There are eight turtle species in Ontario and they are the Painted, Snapping, Map, Stinkpot, Blandings, Spiny Soft Shell, Wood and Spotted. There is also a non-native species called the Red-eared turtle.

Some turtle facts:

- * Turtles out-date dinosaurs – they are approx. 220 million years old and remain unchanged.
- * They are cold-blooded
- * They hibernate from October to spring, under water, in mud. They don't need to breathe for up to six months.
- * Less than 1% reaches adulthood (8-25 yrs.)
- * Seven species are at risk of extinction as their reproduction is slow, road mortality is high, loss of wetlands and their eggs are food for other species.
- * The loss of 1–2% annually will lead to 'extinction'.
- * They are important for our biodiversity as they are garbage disposals.

What can we do to ensure their continued existence?

- Slow down and drive safe.
- Do not pick them up.
- Help injured turtles by calling the Trauma Centre ASAP.
- Do not put the injured turtle in water.
- Place in a plastic box, record where you found it and do not use glue or epoxy on any injuries.



Petra urging Frank to get up close and personal to her turtle friend



It's OK Anthony. This isn't the Snapper.



This is the Snapper, and needs to be handled oh so carefully, as Petra is showing us.

Appies & Drinks



Our gracious host Steve, with his furry friend Chip



Some of the many guest out on the deck



Leslie & Michelle bringing their 'appies' to the table

A Friendly Reminder:

Many of you will remember that back on December 10th, a group of ladies from Helping Hands Cobourg came to our meeting to tell us about the projects, local, national and international, that they work on. There were four members of this group that did that presentation, but, there are so many more that actually work on these projects (making sleeping mats, sewing children's clothing, etc.).

As these projects are so important, I thought it would be beneficial to us (helping others is always leaves a good feeling) and to all those that benefit from these projects, to send out a reminder of how important the items are that they collect. So please help us to help them and also keep many items out of our landfills.

Some of the items they collect are:

- Sheets – flannelette and cotton – used for making nighties and dresses for little girls
- Gently used women's and children's clothing
- Milk bags and the plastic bags your papers are delivered in
- Good used blankets and bedding
- Campbell soup labels
- Stamps
- Medical supplies
- Diapers – sizes 5 & 6
- Pop cans – not crushed & tabs left on.

They donate these to the Legion

Even if you don't have many of these items, every little bit helps. Roger and I will pick these up at every meeting and deliver them to a member of their group.

Thank you for your support,
Lacey Ingram
Communications

Advice from a tree:

- Stand tall and proud
- Go out on a limb
- Remember your roots
- Drink plenty of water
- Be content with your natural beauty
- Enjoy the view.

SHARE THE WEALTH WINNERS



July 14 \$35.50 Elaine Simmons

August/September CATERERS

August 11

Captain: Jan Blaikie
Helpers: Rosalie Jakobi
Willie Jakobi
Joan Bebee

Sept. 8 AGM

Sept. 22

Captain: Volunteer Needed
Helpers: Volunteers Needed

Oct. 13

Captain: Volunteer Needed
Helpers: Volunteers Needed

"Step Up to the Plate"

Volunteers are needed to help set up refreshments at our meetings.

Accept that some days you're the pigeon,
and some days you're the statue.

'Scott Adams'

New Mailing & Email Addresses

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COMMUNICATIONS ASSISTANT: Volunteer Needed

GANARASKA CURRENTS

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

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