



NORTHSHORE NEWS

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President

Brenda Carter

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Flushed With Pride



On April 4th, area Probus clubs gathered at Northshore Lanes for a day of fun and friendly competition. The lanes were a busy, loud place with laughter, shouts and a few groans. We welcomed to our teams some people who were brave enough to try bowling after many years. Bravo to them for being such good sports. Our club had 20 bowlers who had practised in the previous weeks to improve their game. Everyone gathered at the Lions Centre after the tournament to have lunch and await the announcement of the results.

Northshore did bring home a prize. In fact it was the biggest prize - physically the biggest that is - the infamous Toilet Seat Trophy! Of course this generated much laughter. Jack Chapman was happy to present this to the club at the next meeting. Thanks to everyone who represented our team and we encourage your participation next year.

Mary Potter



President's Message

I can feel the summer coming, won't be long now. Last week all the plants started to POP. Along with the tent caterpillars, black fly and mosquito. Nothing's perfect...apart from our great members.

It's time to start thinking about how you'd like to get involved and taking your turn on one of the Management Committee sections, Speaker, membership and so on. Where do your talents fit? OR if you've never done it before...what would you like to try your hand at? You'll have lots of support.

Talk to Brenda Moore, me or the current position holder. Check out what they do. I'm adding a 'Volunteers Wanted' section to our meeting Agenda net week, along with the 'What's on' already started. See you soon, your President Brenda Carter

Trips & Tours

July 27 Stratford

"A Chorus Line" \$165
See Sharron McMann

August 21 Shaw Festival

Sweeny Todd \$175

Engaged \$ 155

Cheques to Jenny Herniak of the Cobourg Probos Club

Lunch Bunch

Wednesday June 22/16 at the Old Jail
More info coming
Sharon Holmes is the contact



Note: It is not on a Probos Meeting date.

Drinks and Appies

Terry and Gloria Ashcroft's on
Wednesday May 18 from 4 to 6 pm.
Let them know if you plan to attend



If people evolved from apes, why are there still apes?

Poverty and Possibility

“God helps those who help themselves” so goes the old saying. But then that does not mean God might not use a few helpers along the way. Now all of us know of the United Way and its good works and so we have Paul and Joan Macklin, co-chairs of the last United Way campaign to give us a “a “crash course...a sort of United Way 101” where our money has gone and how it has enhanced the lives, the possibilities of the 24, 713 people it has served.

Now then all of us also know that this is a most generous community. I have had the privilege of coming to know this first hand many times over the last half century personally as a Habitat for Humanity volunteer and of course more recently reporting on the large number of groups speaking to our club.



As one would expect, the United Way’s mission statement is, “Better lives for everyone in the community”. It supports thirty groups as “a ready link of what they do educating those in need

with those who provide the services”. Thus fundraising remains a big part of what they do. Now administrative cost is between “15 to 18 percent” of the money that is raised. That money is partially used to educate caregivers in meeting the needs they provide.

The services fulfil a wide range of needs. With summer approaching concern focuses more on kids programs particularly on programs for kids with disabilities. The Saint John’s Ambulance provides therapy aids for those with isolation problem. There are therapy dogs for kids with special needs. Family Violence Prevention offers assistance in “building healthy relationships and dealing with issues”. Big Brothers and Big Sisters helps out single parent families with children. The Victorian Order of Nurses provides foot care. There is mem-

bership assistance available to join the Cobourg YMCA. Food for All helps out the food banks as well as Breakfast Clubs in the schools. The Help Centre provides a range of services from filling out forms to financial planning and filing Income tax forms for those with difficulties. There are groups that provide mattress sets, school bags and school supplies for kids. And then there are phone numbers that are answered by a live person, 24 hours a day, service in 150 languages available for those needing help. And of course, the charity still near and dear to my heart Habitat for Humanity that helps people become homeowners with volunteer help, corporate donation of materials and its new program “Renew It” where Habitat volunteers help out with projects around the home providing loans based on ability to pay.

Of course this is the briefest possible description. I know my space and do my best to keep to it. But it is more than enough to convince you in what a great place we live.

Julius



Paul and Joan were most informative and displayed the great volunteerism that exists in our community

Why do they use sterilized needles for lethal injection?

Chick Trip Memories

{Northshore member Judi Curtis presented a short summary of her culinary education during an excursion to Italy. The following is our scribe, Julius Varga's reaction to Judi's entertaining talk}



I probably would never have made the trip, not that I don't enjoy the

company of women. Then too this was a gastronomic adventure as much about different foods as it was about sharing in their preparation, taught by folks for whom such habits are much a part of each day's routine. Now it's not that I dislike foreign cuisine or that I am a total stranger to the kitchen. The fact that it was Italy should have tempted more. After all Italy is home to fully 60% of the UNESCO world heritage sites and the region she explored was the country's south from Naples to its heel on the Gulf of Taranto far from the sophistication of Rome, poorer for sure but more traditional as well, the past not just remembered but actually lived. Then Judy Curtis began her talk.

What goes around comes around. Still here slow food never really left and the "our super market culture" and "industrial food" never caught on. "Modernity" she reminds us "only arrived after WW11." The Mediterranean diet now accorded all sorts of health benefits never really going out of fashion. Judy's acquaintance with the culture began with a stay at an 18th century "fortified farm" that once was a nobleman's hunting lodge. It is still a "working farm... surrounded by wheat fields". The meals were picnics served on long tables outside on white table clothes. Breakfast consisted of fruit and all local and in season, "picked everyday", yogurt, local cheeses and crusty bread. The local attraction was the caves, hollowed out from the soft rock made

larger as the family grew "that had been lived in for millennia". The government did put people into apartment blocks after the war but the people trickled back to their caves especially after the region became a tourist attraction.

There were of course other places with their own gastronomic attractions. Bread from Altamura sold from shops built into a wall. Then there was home-made pasta, rolled out by an older lady somewhat embarrassed having a crowd of spectators marveling her as she performed a task so long practiced and then guiding them taking small chunks of dough and shaping them into shells. Followed in Furnello with a visit to a "mostly restored shepherd's hut that once was a home to a monastery". And making mozzarella cheese, "boiling sheep's milk and adding



rennet to curdle and solidify" followed by lunch featuring the unvaried diet of the shepherd of the cheese, tomatoes and olives supplemented in winter with a hot vegetable broth and "bread that will last forever". There was a visit to an ancient Greek settlement "dating back to 3 to 400 BCE to learn more about olives and

olive oil tasting and learning that "Extra Virgin" doesn't mean anything" look at the colour...it should have a slightly greenish hue".

There was nothing left to do now, just some touristy stuff. A visit to Naples and of course Pompeii whose destruction by the eruption of Vesuvius cast a pall of the last years of Augustus' reign and now has become a preserved and restored treasure for our time. Thanks Judy, and should you at some future date decide on a demonstration of your now enhanced culinary skills, and think me worthy of an invite, I will be too happy to come and bring a very good bottle of *Valpolicella* so your taste buds may also enjoy a well deserved nostalgia break.

Julius

If a deaf person goes to court, is it still called a hearing?



Pictured left, Judi Curtis demonstrates to Karen Steel how the stick chair (on right) was the perfect tool for her travels around Italy. Below the wonderful bread of Altamura hot out of the oven.



Future Speakers



June 1 Gina Gillespie photo journalist Afghanistan

June 15 Mark Cullen (see page 7)

July 6 Bruce Steel The Galapagos Islands

Sept 7 Ed Burtt - Avro Arrow



Get Involved

If you are interested in helping with the BBQ , hosting a drinks and appies or arranging a lunch bunch, please contact Debbie Bedford 905-372-0717

The Anniversary BBQ is Wednesday August 17th. More details to follow. Debbie Bedford is the contact person.

Save the date for the Car Rally on Wednesday October 5th.

What disease did cured ham actually have?

On Following Champlain

Of course Champlain wasn't on vacation when he made the trip, not like Peggy and Paul Linton. Then too it also wasn't even a waterway. The Trent-Severn system, to hear Peggy explain it, was not a waterway until the building of the dams, locks and canal over 87 years. Still the trip remains an adventure and they had the pictures to prove it. Equally the voyaging provided an opportunity to connect with friends, kin, grandkids along the way and for Peggy yet another opportunity to take one more picture of a loon. (She did remind us she really liked loons as if we couldn't have guessed as much with all the pictures she had of them.)

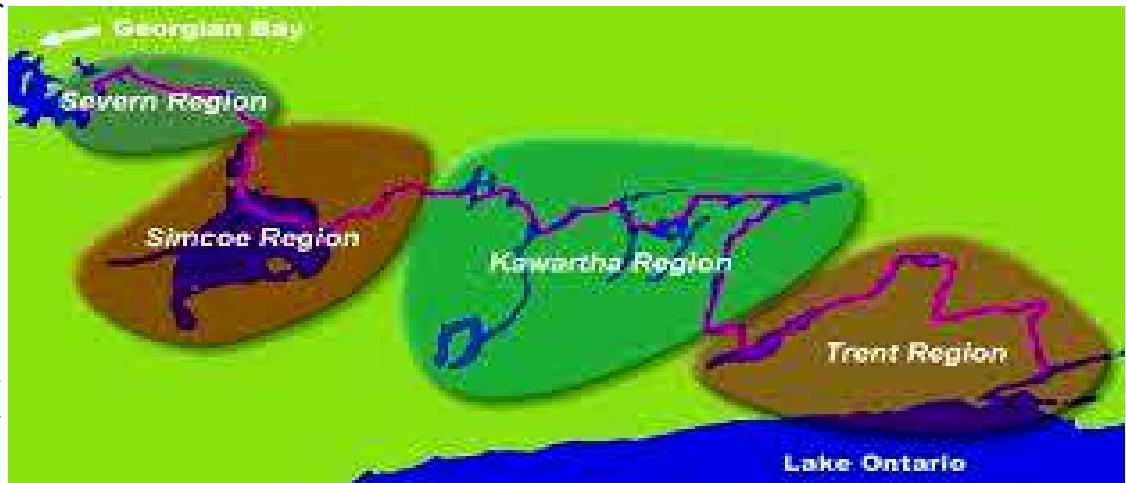
The 386 k. trip begins at The Murray Canal on the Bay of Quinte and the first lock is at Trenton. Now Peggy offers advice to the landlubbers more water-wise: A red triangle in a channel means go to the right, a black square means steer to the left and any rock with a tree on it is an island, and a cable across the river is a safety line so you won't be swept away should a dam sluice open when you are unawares. Carry bikes, you never can tell when you might have to go Canadian Tire when you are parked, sorry tied up.

Then there are helpful sight-seeing tips. Lock 18 at Hasting calls itself the "Hub of the Trent. The Lift-lock in Peterborough is quite unique "100 years old...made with concrete with no reinforcement...and be set for a long wait." There's St. Peter's Church built on a rock. "Church services every Sunday conducted by local clergy". Burleigh Falls is "all rocks and trees" and the racoons at Love Sick Rock are "scared of nothing". Bobcaygen "the ospreys are very noisy" and Fenlon Falls

is "the best place to take pictures". Balsam Lake is the highest point in the system at 364 m. above sea level. And guess what, Canal Lake happened after a canal was dug. Lake Simcoe is Peggy's least favourite spot. "It's always rough." The lock at Lake Couchiching was "the last lock built, completed in 1920."

There is of course a great advantage of this vacation. You get a chance to do it all over again this time in the opposite direction. Bon Voyage

Julius



Peggy accepts a token of appreciation . Paul is seated in the background

Why does a round pizza come in a square box?

Welcome to Northshore



On May 4th President Brenda Carter presented Vera Watson with her membership package. Make sure to give Vera a warm Northshore welcome at future meetings.

Mark Cullen is the speaker for our June 15 meeting.

He will be talking about tree planting along the Highway of Heroes corridor but will also respond to some general gardening questions

Ensure your seat by seeing Judy Baker or Trish Riddell for your ticket.



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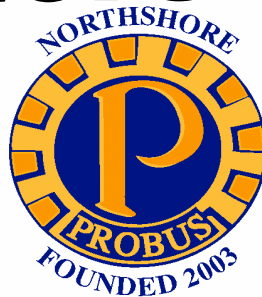
This meeting is open to the public. 170 tickets have been sold.

Other Probus Clubs and the Horticulture Club members will be attending.

\$5.00 for members and \$10.00 for non-members.

Whose idea was it to put an “S” in the word “lisp”?

Northshore Calendar



June 1 Regular meeting Gina Gillespie speaking re **Afghanistan**

June 2—17 Capitol Theatre '**On Golden Pond**' starring John Winkworth

June 15 Special meeting with speaker **Mark Cullen** (see pg 7)

June 17 Golf Tournament Shelter Valley \$55.00 in support of the Northumberland Help Centre.

June 22 Lunch Bunch at the Old Jail

July 6 Regular meeting Bruce Steel speaking about the **Galapagos Islands**

July 12 and 14 Fouth Line Theatre presents '**The Heroes of Hunter Street**'
Tickets \$34.00

July 27 Stratford '**A Chorus Line**' \$165.00 see Sharron McMann

August 17 Anniversary BBQ

August 21 Shaw Festival '**Sweeny Todd**' \$165.00 '**Engaged**' \$155.00
Cheques to Jenny Herniak of the Cobourg Probud Club

September 7 speaker Ed Burt 'The Avro Arrow'

October 5 Car Rally