



Probis Patter

Port Hope and District Probis Club, since 1998

Regular Meetings

Officers for 2016/2017

President	Betty DeLong
Vice President	Marguerite Doritty
Past President	Barbara Struthers
Secretary	Fiona Maarhuis Allan Butler
Treasurer	Dan Kuzmich
Membership	Dorothy Gilmer Doreen Rossi
Program	Jeanne Keiser Lois Hueston
Special Events	Joan McIntosh Shirley Robinson Shirley Kane
Newsletter Chair	Murray Munro

Greeters

Feb. 7 Owen and Dorothy Lent

Feb. 21 Pat Goodyear and Una Norneys
Speeling

February presenters

Elizabeth Kellogg February 20th

Vice President's Message

February is the month of ground hogs and Valentines! Will you be MY Valentine??

Probis is a social club and we are good at things like Valentine luncheons (Feb 7th !) and coming up a celebration dinner for St. Patrick's Day. I have been asked by the Council to explore with you whether there are other social activities you would like to be involved in. Bridge? Antiques? Books? Politics?

Scrabble? Euchre? Think about it, and if you would like to have other options, please let me know at the February meetings what would be of interest to you. And of course we will need a leader for any group that is formed = so line up a volunteer!

Reminder: I hope you all are looking about for new members to join us! The next two meetings feature

Elizabeth Kellogg on "Birds" (February 20) and Mark Collins (OPP) on Art Theft (March 7th).

I look forward to the Valentine luncheon – and hope to see you there!

Marguerite Doritty

Recent Events



Cathy Hudson, from My Bark Avenue had an interesting talk and demonstration on dog training. I have forgotten the name of her dog but she managed to train it to do things that that breed would not normally do.

It takes a lot of perseverance to train some dogs to fetch and return.



This is the dog that played Toto in the Wizard of Oz at the Capital Theater last summer.

January 17th dawned as an icy morning and attendance at the Probus meeting was low because of our fear of falling. However, Pam MacDougall our guest speaker was undeterred and gave us a very interesting talk. Pam is the Health Promotor at Port Hope Community Health Centre. Located at 99 Toronto Road, Port Hope, the Centre serves as a primary health care facility for the community. Pam gave us a summary of how the facility started, how it is funded and who are the target clients.

Services and personnel are varied and include doctors and nurse practitioners, dental care, a diabetic clinic, a registered dietician, and a welcome addition, a pharmacy.

In addition to primary medical services, the Centre offers a vast array of interesting health related classes, such as diabetic information and care, osteoporosis, an arthritis clinic, a stroke survivor support group, women's wellness, several cooking classes, including one for men, yoga and targeted exercise instruction to name a few. A calendar outlining all the services and programs is available at 99 Toronto Road. You are sure to find a program that suits your interests and needs, many offered in a social group setting of like-minded people. Most of these are free. The Centre provides access to the Ontario Telemedicine Network and GAIN (Geriatric Assessment and Intervention Network).

Probus members took advantage of the opportunity to ask Pam questions about the services and programs.

Submitted by Jeanne Keiser and Pauline Carrick

Lion Centre Storage and the Port Hope Probus Archives

Perhaps it is not surprising that the Club, as it nears its 20th anniversary, is running out of storage space in the Lions Centre cabinet. Consequently, your management committee decided to eliminate out-of-date material and edit archival photos, Minutes and similar supporting documents. On behalf of the committee Erik Norenus is in the process of reviewing these holdings under the following guidelines: (1) retain only the last three years of management committee Minutes; the remainder to be destroyed (blue-boxed), and (3) edit to reduce the number of existing photo albums; offer surplus photos to members. (There are no photo prints after 2011.) Patter photos can be seen on-line at <https://www.probusnorthumberland.com/news/port-hope-news>

5 Ways for Seniors to Keep Active in the Winter

Are the winter blues getting you down? After the excitement of the holidays, the reality of shorter, colder, and darker days may make you want to hibernate until spring. But it's important to stay physically and mentally active in the winter, regardless of snowstorms and early sunsets. Here are 5 tips to keep you motivated and engaged this season, so that you can stay healthy and happy all-year round.

1. Socialize.

Social commitments tend to wind down in the winter and people gravitate towards staying indoors. But isolating yourself can lead to a loss of energy and motivation, which in turn makes you less likely to stay active. Consider joining a social group with a common interest, such as a book club or knitting circle, and visit with friends or family as often as possible. Not only is socializing a great way to keep active, but it also lifts your spirits and inspires you to stay engaged in other areas of your life.

2. Get the Gear.

If you don't have proper winter attire, then you're more likely to sit at home and avoid venturing outdoors. Make sure you are equipped with warm clothing, including a hat, scarf and mittens, and a good pair of boots with traction. It's also important to review winter safety tips, including the best way to prevent a fall. This will make outings safer and more comfortable, regardless of the cold weather.

3. Sweat a Little.

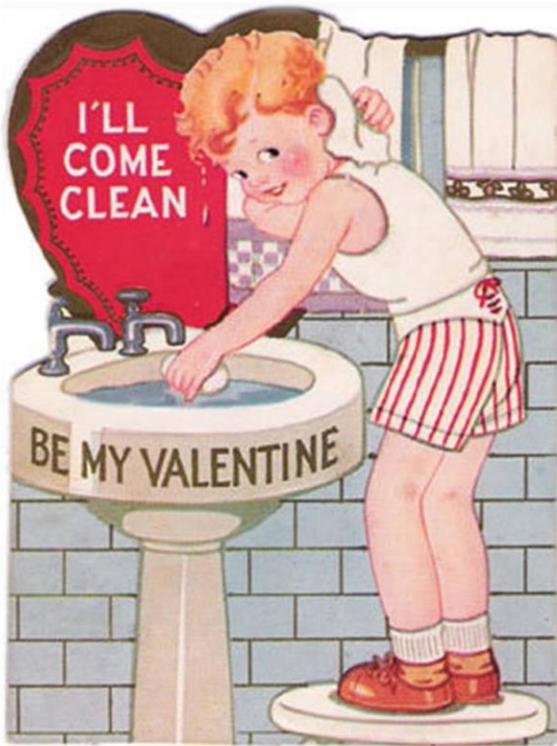
Working out is one of the best ways to stay physically and mentally healthy. A walk around your neighbourhood is a great excuse to break a sweat, and you get the added bonus of fresh air and sunshine. If you don't feel comfortable walking alone, consider joining a walking group or asking a neighbour to join you. On those extra cold, blustery days, try an at-home yoga DVD, join a local senior's fitness class, or consider taking up weight lifting. Exercise improves your energy levels, keeps your mind and body strong, and helps prevent injuries.

4. Just Move.

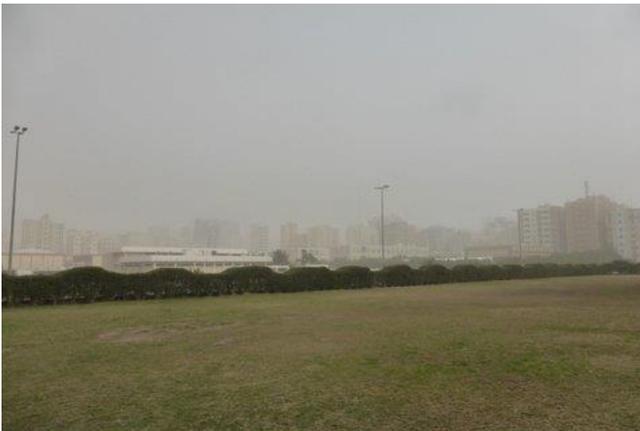
You don't need to commit to a full workout to stay active. If fitness classes or at-home exercises aren't feasible, then make an effort to get up every hour or so to walk around. Simply spending a few minutes stretching, moving from room to room, or tidying around the house is a great way to get your blood flowing. There's no form of activity that isn't good enough; as long as you're getting off the couch, that's what matters.

5. Exercise Your Mind.

Working your body isn't the only way to stay active. Keeping your brain fit is just as important, especially in the winter when people tend to have fewer engagements. Find something you enjoy doing, whether it's puzzles, crosswords, brainteasers or reading, and commit to doing it for at least an hour each day. Stimulating your mind will improve your memory, your mood, and your health.



Don't forget the valentines luncheon on February 7th



When Fran and I went out we thought it was foggy, actually it was a very fine sand. There was a layer of sand over everything.

are 2 things you can't get, pork and alcohol, I miss them both. It a bit getting used to Kuwaiti money, the Dinar. One Dinar is worth \$4.30 cdn.

Last Saturday we went to the main Souk (market), may stalls with a huge variety it items. We bought some spices and olives (delicious).

News from Kuwait

Fran and I arrived safely on January 5th and were met at the airport and driven to our apartment. It is a two bedroom, two bathroom layout with a small fully equipped kitchen (no dishwasher), and living room / dining room, fully furnished on the 3rd floor.

One thing that takes some getting used to is the weekend. Friday and Saturday make up the weekend, Sunday thru Thursday are work days.

There is a supermarket about 1.5 km away, it has a large selection of western food for you to buy. But some of it is expensive, a box of triscuts costs about \$10. We won't be eating any triscuts over here. Local food is cheap. Fran bought a 4 quart baskets of tomatoes and another of cucumbers along with some dill and some onions that cost about \$4 cdn. There