



Presqu'ile PROBUS Post



Newsletter of the PROBUS Club of Presqu'ile August 26th 2015

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President's Message

Allow me to say I am enjoying this weather; however
I know it is a difficult time for some.

I have had less than relaxing few days. I need a rest!

We have scheduled, and re-scheduled and I can now
advise that our meeting in September will indeed
include our Anniversary Party as we had originally
hoped. We will have time to accommodate our short
meeting, our guest speaker.... and our party.

Please take note that the meeting will commence at
9:30 a.m., a half hour earlier than usual. We hope to
see everyone there as we look forward to celebrating
our first year as a Club.

Fred has prepared very professional looking sign-up
sheets for us. Thank You Fred! These sheets are for
use by all Interest Groups. It is important to have a
list of people who attend events.

Our next General Meeting is Wednesday, September
16th at the King Edward Park Community Centre.







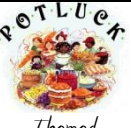
Liz Riel

VICE PRESIDENT - Dot

I want to echo that it is very important that we be on time and in our seats for the next general meeting in September. That time is 9:30 a.m., not the usual 10:00. We have much to do, and not a lot of time to do it in. (and we've got a party!) I would also like to thank you for your support and understanding as I deal with a painful and emotional personal issue, the terminal illness of a loved one. Please continue to hang in there with me.

SPECIAL INTEREST OR ACTIVITY GROUPS

As the groups have information to pass on, this will be included in the newsletter, i.e. times, dates, places, specifics of all sorts. Thank you to coordinators for keeping our info current.

	Golf - Ladies and Gentlemen Sept 1 st and 22 nd , (Tuesday afternoons) all welcome. Coordinator - David Crouch - djcrouch@hotmail.com or 613-475-3467
	Meet & Eat Dinner Group Usually Tuesdays @ 5 for Appetizers, Dinner & Dessert Coordinators - Jim Kovacs & Sandy Fawcett Kovacs - 613-475-5062
	Lunch Bunch UPCOMING - Wednesday Oct 21st @12:30 @Capers in Campbellford Coordinator - Jean Finkle - 613-439-8869
	Monarchy Group Meets/organizes/attends local events, details as known monthly (see coming events) Coordinator - Ronda Moran - rondam1959@hotmail.com
	Bridge Group Every other Thursday at 2 p.m. Coordinator - Erla Hawthorne - ehawthorne@cogeco.ca
	Bowling Club First Wednesday of the month @ 1:30 p.m. Coordinator - Fred Smith - fred.j.smith@sympatico.ca
	Sept 4 th , International Theme - Doug & Nancy Hall residence Monthly themed potluck, sign-up and finite details at PROBUS general meetings Coordinators - Brenda Wyles bwyles9933@gmail.com & Nancy Hall fancy105@hotmail.com

SOCIAL COMMITTEE REPORT - Acting Chairs - Pat Dunn & Linda Crouch

On Friday, August 21st, a group of 26 members of the Presqu'ile PROBUS club journeyed to the Rosehall Run Winery to see the Festival Players of Prince Edward County production of ``Stag and Doe``. A wonderful, funny, enjoyable afternoon was had by everyone. A great production, a little wine tasting and great company! Thanks to Pat Dunn for getting the ball rolling on this.



Reminder:

Huff Estate winery tour, Wednesday Sept 9th at 11:00 am. Tastings, tour, lunch.

SOCIAL COMMITTEE EXCITEMENT FOR YOU

The Social Committee would like to give you advance notice of a number of fun opportunities that we are working on. We hope to see many of you at these events.

SEPTEMBER BRIGHTON BARN THEATRE

WHAT : WHEN THE CAT'S AWAY – a very funny British farce

COST: \$15.00

WHEN: Sunday September 20 2:00 P.M.

CONTACT: Pat Dunn 613-475-9002 or padeycakes@gmail.com

Because of the timing of this event, we have a very firm deadline. A Sign-up sheet will be available at the September 16 General meeting and payment is expected with your sign-up on that day. Tickets may be limited. An optional group dinner can be arranged at the time – venue to be decided.

OCTOBER KINGSTON BOAT TOUR (90 MINUTE TOUR)

COST: \$31.00 a person

WHEN: Tuesday October 6 11:00 A.M.

CONTACT : Linda Crouch 613-475-3467 or lindacrouch@live.ca

In the afternoon, you will also have an opportunity to visit the public farmers' Market which is being held that day and is close to the boat. You may also wish to visit the Kingston Penitentiary Museum – entry is by donation. The area is full of boutique and specialty shops as well as other attractions. Car-pooling can be accommodated for those who wish to travel together or need a ride. A sign-up sheet will be available at the September 16 General meeting.

NOVEMBER STIRLING FESTIVAL THEATRE

WHAT: TREASURE ISLAND – the naughty Panto (a musical comedy)

COST: \$38.42 all in (for a group of 20 plus), \$42.94 all in (less than 20)

WHEN: Wednesday November 25 2:00 P.M.

***** We currently have 20 tickets on hold that have to be confirmed in mid-September. There will be a sign - up sheet available at the September 16th meeting but if you know now that you want tickets PLEASE DO NOT WAIT UNTIL THEN TO LET ME KNOW. Payment will be expected at the September meeting.

CONTACT: Chris Penhall 613-475-3779 or Wayne at c.w.penhall@gmail.com

Accommodations can be made for those who need rides.

FUTURE PLANNING – A return visit to Loyalist College for lunch in the fall and a December celebration at our General meeting.

SHARE THE WEALTH

The winner of the July draw was Brenda Wyles. She took home \$32.00. Congratulations Brenda



PROGRAMME COMMITTEE REPORT - Stan

In **September**, we will hear from Rick Conroy, the publisher and editor of the Wellington *Times* newspaper. Rick will discuss the role of the Community Newspaper in today's world.

MEMBERSHIP - Fred

Birthdays in September.

Sept. 1 Nancy Hall

Sept. 5 Marian Trudell

Sept. 7 Diane Baxter

Sept. 11 Graham Warner

Sept. 12 Jeannine Lee, Gerald Trudell,
Gord Young



Sept. 15 Debbie Worobetz

Sept. 18 Bev Young

Sept. 21 Susan Donald, Jean Finkle

Sept. 24 Jean Abraham

Sept. 25 Iain Henderson, Jim Kovacs

New Members:

Gerald Trudell

FROM THE EDITOR - Nancy

The following is perhaps a little longer than I'd hoped, but it contains important information relevant to members of our club, me included. Please take a peek for everyone's health, *yes yours too*.

"The Invisible Illness"

Environmental illnesses are often called "invisible illnesses," because it's not apparent from the way someone looks that they are sick or suffering. As with many things in life, looks are deceiving. For many people, breathing in fragrances from perfumes, colognes, household products and cleaners can just be a little annoying, "...but for a growing number of others, these smells, called 'emissions of volatile organic compounds,' can be a form of torment that throws their bodies into reactive overdrive.

One whiff of a chemical cocktail - coming from not only perfumes and detergents but also construction materials, fabrics, furnishings, cleaning supplies, adhesives, paints, caulks, and paper - can result in a vast array of debilitating symptoms.

It's even more difficult for those around to understand when there's no visible reaction.



Why Go Fragrance Free? Millions Report Adverse Reactions to Perfumes and Fragrances.

WHAT CHEMICALS???

Perfumes used to be made from natural ingredients like flowers and herbs. However, perfume formulations changed sometime around the late 70s and early 80s. Today, they are approximately 95–100% synthetic (man-made). Using crude oil or turpentine oil as the base material, synthetics are usually derived from chemical reactions.

These synthetic compounds are chemicals that can be dangerous to many when inhaled or applied to the skin. Perfumes, colognes, and many other scented products contain an abundance of harmful chemicals, many of which are listed on the EPA's Hazardous Waste List. They also include numerous carcinogenic chemicals, neurotoxins, respiratory irritants, solvents, aldehydes, hundreds of untested and unregulated petro-chemicals, phthalates (which can act as hormone disrupters), narcotics, and much more.

Also, Toluene (methyl benzene) was detected in fragrance samples and collected by the EPA as early as 1991. Toluene is a 'hazardous waste.' It is flammable and volatile, it attacks the central nervous system, blood, liver, kidneys, eyes, and skin, and it serves as an asthma trigger. Methylene chloride is also found in pesticides and septic tank cleaners.

WHO DOES THIS AFFECT?

Multiple Chemical Sensitivity (MCS) is "...marked by multiple symptoms in multiple organ systems (usually the neurological, immune, respiratory, skin, 'GI,' and/or musculoskeletal) that recur chronically in response to multiple chemical exposures. MCS Symptoms commonly include difficulty breathing, sleeping and/or concentrating, memory loss, migraines, nausea, abdominal pain, chronic fatigue, aching joints and muscles, and irritated eyes, nose, ears, throat and/or skin and sometimes even – unconsciousness. In addition, some with MCS show impaired balance and increased sensitivity not just to odors but also to loud noises, bright lights, touch, extremes of heat and cold, and electromagnetic fields."

Even if the general population isn't likely to suffer acute effects from exposure to fragrances, there are long-term chronic health effects connected to these chemicals that we don't fully understand yet. In all, as we are mindful of those who do have reactions for whatever reasons, maybe we should consider our own health.

Whether or not we personally experience any noticeable reactions to these chemical fragrances, we should be considerate of our friends, family, co-workers, club members, church members or even strangers whose lives are greatly altered by whether or not we use these items.

Thank you!

(Stepping down from soap box now)

COMMUNITY LIAISON - Pat

If you wish to publicize a local not for profit event that might be of interest to fellow PROBUS members please call Pat Dunn at (613) 475-9002, or email the information to padeycakes@gmail.com.

SMILE - There's not much wrong with the younger generation that becoming a parent and a taxpayer won't cure.

UPCOMING EVENTS

Wed Aug 26 Last of the Music in the Square at Memorial Park in Brighton. 6:30 - 8:30, Brighton Citizen's Band (Concert Music)

Sat Aug 29 Codrington Family fun day. BBQ, corn roast, watermelon, music, children's activities. FREE Bring a salad or a dessert if you can. (and a lawn chair)

Daily until Aug 30 Sunday Drive presents Warkworth 11am - 4 pm. "A festival that brings artists and arts presenters from the city to the village of Warkworth transforming it into a hub of contemporary

Sat Aug 29 "Birds of Prey" Displays and talks. 10:30 - 11:30 am. At Memorial Park. Courtesy of Brighton Public Library.

Sept 11 - 13 Warkworth Fall Fair, at the Warkworth Arena and Community Centre. Fri 7pm Battle of the Bands, BBQ and Beer Gardens. Lots of fun events and shows Sat and Sun.

Fri, Sat and Sun Sept 4, 5, 6 Monarchs and Migrants Weekend. Presqu'ile Park. Bird banding, Monarch tagging, guided nature walks.

Sat Sept 12 Brighton Horticultural Society Plant and Yard Sale 10 am- 4pm

Fri Sept 11, Sat Sept 12 Trenton Scottish Irish Festival Military Tattoo Fri \$15 at gate. Sat The Barra Mac Neils Free

MUSIC IN THE PARK Brighton, Wednesdays: July 29 R&R, Folk/Roots; Aug 5 Cedar Rail, Country/ Rock & Roll; Aug 12 Shout Sisters, Pop/Motown FREE

MUSIC IN THE PARK COLBORNE on Thursdays, free.

CONCERTS BY THE GATES Fridays, July 31 and Aug 21 and Sept 4, near the entrance to Presqu'ile Park, Brighton, 7:30pm, FREE

MEAT DRAWS at Brighton Legion 3pm Saturdays

FAMILY FUN DAY Sat July 25 10-2 pm Memorial Park, Brighton. Games, Prizes, Raffles, BBQ, Face painting, etc. Take the grandchildren! Proceeds to Kawasaki Disease Research



Ladies and Gentlemen, Come Celebrate With Us!

Queen Elizabeth II

Queen of Canada

Longest Reigning British Monarch

Guests are invited to dress up (or not) for the event, so bring out your hats and gloves and join us for tea.

Time-Out Tea Time

Meet Monday, September 21st, 10 a.m. to noon

Trinity-St. Andrew's United Church, Community Centre, corner of Chapel and Prince Edward Streets, Brighton.

Everyone Welcome – Free – Wheelchair accessible.

For more information, call Jean Finkle @ 613-439-8869.