



## The PROBUS Club of Durham West

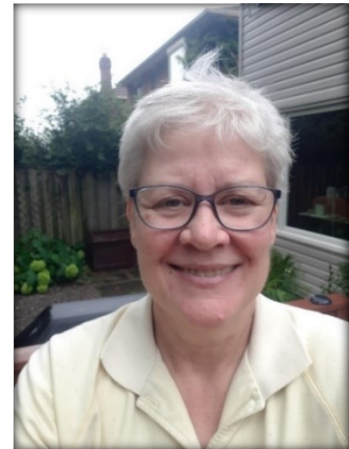
Next General Meeting is on **September 14, 2023**, at **10:00 a.m.**  
in the HMS Ajax Room, South Entrance, Ajax Community Centre,  
75 Centennial Road, Ajax, ON L1S 4S4

### President's Message for September 2023

When September is a time that no longer means getting the kids ready for school, high school or university, we must reinvent September. A few of us are taking trips. Now that the tourists are home with their children, there will be more room on the sand and in the sunshine. Ain't it great to be retired?

We finally chose a couple of dozen photos to make an album for a family wedding. Downloaded the photos, picked a template, and photos were automatically placed on the pages. Paid online and it will arrive in about 3 weeks. It used to take that long to get your photos back when you mailed in a film to be processed.

The skills I have used at work, home and in PROBUS were rooted in the after-school programs at High School. Thank you, teachers! You have done great work!



September marks changes. The nights are getting chilly. Even the leaves started to turn in late August. Please take another read through the newsletter and check [durhamwestprobus.org](http://durhamwestprobus.org) to join some activities. Even better, share your talents and teach someone! Mahjong, anyone?

**ALERT!** You may or may not be aware that there has been an increase in COVID cases in Ajax recently. Masks are optional at PROBUS meetings and events but please feel free to wear one if this makes you feel more comfortable,

Cheers  
Ada Larock, President

### SOUND SYSTEM

The sound system issues at our General Meetings are here to stay. We will not be using the overhead speakers due to static issues. We have met with the Town and looked at various solutions. Our best available option, for now, is to use the single portable speaker at the front of the room. We encourage members to sit closer to the front to maximize their experience.

## COFFEE

### HURRAY!! COFFEE/TEA IS Back!

Coffee and tea will again be available at our General Meetings.



## DONATIONS REMINDER

This is a reminder that Sandy Clarke, a long-time member of our club, along with several helpers, collects toiletries every year for inclusion in annual Seasonal gifts for the less fortunate.

If you have small-sized toiletries, perhaps from a recent trip, and would care to donate them to those in need please bring them to any PROBUS meeting or contact Sandy at [sandyc2640@gmail.com](mailto:sandyc2640@gmail.com)



Men are often forgotten so any shaving products or other items that could benefit men are especially welcome. There are many men needing help these days.

Ada Larock  
[dwprobus.president@gmail.com](mailto:dwprobus.president@gmail.com)

## WHAT CAN YOU DO WITH THE WILD APRICOT MEMBER APP?

### By Walter Matias – Vice President

Thanks to one of our members, Ann Eriksson, who has used this feature with another PROBUS Club, we are happy to inform you that you can download a Wild Apricot App that allows you to use many Wild Apricot built-in features. If you use this app for more than one club, using the same e-mail and password – you should be able to choose which club you are signing into.



Following is a list of features you might find useful:

- Renew your membership
- View a member directory
- View another member's profile
- Email your fellow members
- View a calendar of upcoming events
- View details of upcoming events
- Add an event to your device calendar

- Register for an event and pay the registration fee
- Specify the number of guests (if the ticket type was set up to collect the total number of guests only)
- View your existing event registrations
- Cancel an existing event registration (if your site administrator has enabled this option for your ticket type)
- Pay an outstanding event registration fee
- View and update your member profile
- View your membership card

To download the Wild Apricot member app for Android, [tap here](#).

To download the Wild Apricot member app for iOS, [tap here](#).



## SEPTEMBER SPEAKER

**September 14<sup>th</sup>, 2023**

**DIANE DUPUY – President and Founder of Famous People Players**

Diane Dupuy is President and Founder of the Famous People Players, a professional black light theatre consisting of developmentally challenged people.



Come and hear the extraordinary story of her life and her dream to open the Dine and Dream Theatre in Toronto. Where people could enjoy a three-course meal from their culinary program and later enjoy a show that will leave everyone cheering.

She is the author of five bestselling books. The Order of Canada recipient has been named Woman of the Year by B'nai B'rith Women. Diane has also been the recipient of many more awards on both artistic and humanitarian levels.

You will be both amazed and inspired by her story. [Click here](#) for more information on Diane Dupuy and our past speakers.

# MEMBERSHIP

Our Club continues to grow with new members registering online monthly. We now have 291 members. At this rate, we should hit 300 by the end of the year.

We are often asked when membership renewal is due. At one time this was in September, but was changed to January 1st a few years ago. Renewals will begin to be sent out in December and can be paid online using Wild Apricot. We will accept cheques or e-transfers if absolutely necessary. This does, however, create extra handling for your volunteer members of the Management Team. Any memberships not renewed by January 31st will be archived and will require a new application with the additional administrative fee.

I have several new member badges that have not yet been picked up. These are available at the monthly General Meeting. I will be contacting those members by email.

A reminder that the Suggestion Box and the Buddy sign-up sheet for computer-related assistance can be found at the Membership Desk.

If you need help with Wild Apricot contact Walter Matias at [dwprobus.vp@gmail.com](mailto:dwprobus.vp@gmail.com) or Ena Shaw at [durhamwestprobus@gmail.com](mailto:durhamwestprobus@gmail.com).

Something new; to speed up the process at the front registration desk, when someone is identified as a guest, they will be given a yellow lanyard to wear and will then be directed by our greeters to the Membership Desk. We will then record their sponsors or check identification as required.

If you arrive late to a meeting (after the front desk greeters have moved into the meeting room) please stop by the Membership Desk to be checked in.

Guests may attend up to two meetings before deciding to join the Club.

New members can be identified by a blue lanyard, please ensure that we give them a special welcome so they get to know us.

## NAME BADGES

Pat McPherson joins us as a new member. She is seen here receiving her membership badge from President Ada Larock and Membership Co-Chair Beverly Bicknell, at our August General Meeting.

**Please wear your name badge at every PROBUS meeting and event.** It helps identify you as a member and makes it easier for your fellow members to greet you and get to know you.

It also serves as a level of security.



You may purchase a replacement badge at the Membership Desk or contact us at [dwprobus.membership@gmail.com](mailto:dwprobus.membership@gmail.com) if yours has gone missing. The cost of a new badge is \$25.00.

Bev & Dave Bicknell [dwprobus.membership@gmail.com](mailto:dwprobus.membership@gmail.com)  
Membership Chair

## SUGGESTION BOX

If you have any suggestions, please write them down and put them in the suggestion box.

The Management Team will review any suggestions received in the suggestion box that month at their monthly management meeting and post a response in the following month's Newsletter



**The following suggestion was received at our August GM.**

### **Perhaps the coffee could be purchased in the Tim Horton's Jugs?**

This was discussed at the recent Management Team meeting and the following points were made:

- Cost is \$22.59 per jug and they serve up to 12.
- We would require approximately 10 jugs = \$225.90
- They require pick-up by a member before each meeting.
- They are heavy and awkward to pour into individual cups
- They are ecologically unsound as they must be disposed of after use.

Since we have been able to make alternate arrangements and include the cost in next year's budget, we thank you for the suggestion and will table it for now.

We will save previous suggestions on the Members Only page of our website. [Click here](#) to see past suggestions.

## SHARE THE WEALTH

The Share the Wealth draw at our August GM was won by Mark Scanlon. Mark won \$72.00.

The picture shows Roy Boon accepting the "loot" on behalf of Mark who was unavailable.



Thanks, Roy and congratulations Mark!

# SOCIAL

Please note that there are **NO REFUNDS** if you sign up for an event and are unable to attend. You may have someone go in your place by getting payment from them and notifying the convenor of the event of the change, along with the name and phone number of the person replacing you.

If registration for an event is currently at capacity, please feel free to join the waitlist. If someone has already registered but subsequently finds that they can't attend, you can purchase their ticket. In this case, the Convenor will contact the first person on the waitlist. This is done on a person-to-person basis. Wild Apricot is not involved.

Some of our members are unable to drive but would like to participate in social events. If you are planning on driving to an event and are willing to share your ride with someone unable to drive, please contact the event convenor and let them know. Likewise, if you need a ride, contact the event convenor so they can match you up with a driver.

**NOTE:** We have had several complaints lately from people who are allergic to scents so we would like to emphasize that in consideration of those who suffer from these allergies, you **DO NOT wear perfume or aftershave** when attending PROBUS gatherings.

Please use the suggestion box for feedback and ideas for social events.

[Click here](#) For information and pictures relating to past events.

## ANNUAL PICNIC (Registration Closed)

Come join your fellow members at our annual picnic. There will be fun outdoor games and a delicious hot meal of roast chicken, roast potatoes, rice and garden salad.

The food is being provided by Churrasco Restaurant in Ajax. Dessert and bottled water will also be provided. The venue includes a covered picnic pavilion, so the fun will go on rain or shine!



**This event is limited to the first 100 registrants.**

**Date:** Wednesday, September 6, 2023

**Time:** 3:30 p.m. to 7:30 p.m.

**Cost:** \$22.00

**Location:** Cullen Central Park, 4999 Cochrane Street, Whitby

**CONVENOR:** Maria Bawcutt [bamb63e@gmail.com](mailto:bamb63e@gmail.com)

## 2023 NINE AND DINE

Hey there all you golfers!

Come and join us at a Nine and Dine event on September 26.

Nine holes of golf will be played at Hawthorne Golf Course, 3470 Salem Road, Pickering. This will be followed by dinner at the Pickle Barrel restaurant in Pickering.



To ensure sufficient participation, we will not invoice registrants until 20 participants have signed up for golf. Once we have reached our 20 minimum, invoices will be sent to those who have already registered and those joining thereafter.

There is a maximum registration limit of 28 participants for golf.

All are welcome to join us for dinner only, if you choose.

**Date:** Tuesday, September 26, 2023

**Time:** 2:00 p.m. (Registration)  
Dinner will be at 6:00 p.m.

**1st Tee Off:** 2:30 p.m.

**Cost:** \$30.00

When registering please indicate:

- Golf only - \$30.00
- Golf and dinner - \$30 (dinner your cost)
- Dinner only - your cost

Please be sure to click on the appropriate box when registering as we need to let the restaurant know the numbers for dinner. Also, if you have guests please fill in the box for “**Number of Additional Guests**” at the bottom of the registration page.

This is a self-drive/carpool event.

To register [Go to the Event](#)

CONVENORS: Bev Waite [bev.waite@outlook.com](mailto:bev.waite@outlook.com)  
Jean Jackson [jeanej@rogers.com](mailto:jeanej@rogers.com)

## LET'S GO BLUE JAYS!

Registration is currently at capacity but please join the waitlist.

The last exciting game of the season is taking place at the Rogers Centre on Sunday, October 1<sup>st</sup> and our club has secured 50 seats!

When every game counts, 50 lucky members will be there for the last deciding game of the season with the Blue Jays vs. Tampa Bay Rays.



The seats are in the 200 Level on the west side of the ballpark between third base and home plate. To make it even more exciting it is Fan Appreciation Day and there will be two giveaways. These giveaways will be announced on the Blue Jays website. Watch for it!!

**Date:** Sunday, October 1, 2023

**Time:** 3:07 p.m.

**Cost:** \$59.95 including tax

**Location:** Rogers Centre

This is a GO train/carpool event (own expense)

To join the waitlist [Go to the Event](#)

CONVENORS: Sharon Fenn [sf809@hotmail.com](mailto:sf809@hotmail.com)  
Sharon Marshal [oxford9390@gmail.com](mailto:oxford9390@gmail.com)

## 2023 ANNUAL CELEBRATION OF THE HOLIDAYS – DECEMBER 7, 2023

The celebrations will begin at 11:30 a.m.

11:30 to 12:30 p.m. - Social Hour

12:30 to 2:00 p.m. - Lunch

You will have a choice of two entrees for lunch.



To register [Go to the Event](#)

Please indicate your choice of entrée and that of your guest(s) when you register.



**Pricing:** Members and Member Guests **\$60** each  
**Non-Member Guests - \$65** each

**Please note - Due to technical limitations, a member can only register the following:**

- themselves and other Members, or
- themselves and Non-Member guests

A member cannot register a combination of other members and non-members.

When registering be sure to add the name(s) of your guest(s) as name cards will be provided to make it easier for the wait staff to serve the correct meals.

## **Lunch Menu:**

### **Starter:**

Butternut Squash Soup, Rolls and Butter.

### **Entrée Choice 1:**

Traditional Carved Turkey Dinner with Homestyle Stuffing, Roasted Potatoes, Brussel Sprouts with Bacon, Cranberry Sauce & Gravy,

### **Entrée Choice 2:**

Blackened Salmon. Cajun Seasoned Salmon Fillet Garnished with Grilled Lemons, White and wild Rice Medley,

Both entrees will be served with a vegetable medley,

### **Dessert:**

Molten Lava Cake (Decadent Chocolate Cake Filled with a Premium Dark Chocolate Centre),

Served with a Warm Bourbon Custard,

Coffee & and tea will be served with dessert

A PREMIUM CASH BAR will be available as well as non-alcoholic cold beverages including assorted pop, assorted juices, and non-alcoholic beer.

There will be raffle prizes and Deidrey Francoise, a well-known entertainer, will lead us in a sing-along.

For registration [Go to the Event](#)

CONVENORS: Lorna Smith [lsmith1@bell.net](mailto:lsmith1@bell.net)  
Liz Ryan [mikelizyan50@rogers.com](mailto:mikelizyan50@rogers.com)

## UPCOMING EVENTS/EXCURSIONS

For any of the following events/excursions please contact **Shirley Van Putten** at [shirleyvanputten@rogers.com](mailto:shirleyvanputten@rogers.com) or call **905-619-8583**.

### DAY TRIPS

#### Thursday, September 29 – Georgian Spirit Boat Cruise - \$168

This is a dinner cruise with music and dancing.

Georgian Spirit boat cruises offer more than 30,000 islands and beautiful sites in Georgian Bay. Enjoy a delicious BBQ dinner on the cruise from Beausoleil Island to Honey Harbour. Georgian Bay is full of history and spectacular sights.

##### Your trip includes:

- Return round trip by motor coach;
- BBQ chicken & ribs for dinner;
- Sunset Cruise;
- Driver Tip.

#### Tuesday, October 3 – Picton Wine Tour - \$153

Welcome to Prince Edward County, a Designated Viticultural Area in Ontario with close to 40 wineries and new ones popping up every year. Our winemakers are true pioneers – tenacious, innovative, and passionate. The limestone-rich soils of Prince Edward County produce wines with an unmistakable sense of place. The natural minerality of the soil is highlighted in the wines and other flavours developed from the nutrients and minerals the grapes absorb as they grow. Our winemakers are serious about wine, but the tasting experience in Prince Edward County is refreshingly unpretentious. Sip award-winning wines quietly looking out over acres of vineyard or enjoy the hustle and bustle of a crowded patio. With tasting rooms in rustic old barns, industrial production facilities, and modern, sleek concrete & steel buildings, wine tasting in Prince Edward County never gets boring.

##### Your trip includes:

- Return transportation by Motor Coach
- Bus departs by 8:45 am
- Lunch at The Waring House
- Tasting at two Wineries
- A Visit to the “Lake in the Mountain”
- Driver’s Tip

## **Thursday, November 9 – St. Jacob’s Sparkles – \$125**

Kick off your holiday shopping season with a visit to St. Jacob’s Farmers Market. Explore 250+ vendors - fresh produce, international cuisine, artisans & and more! Visit the Farmers Market, Picard’s Peanuts and the Village of St. Jacob’s.

### **Your trip includes:**

- Return transportation by luxury Coach;
- Dinner at the Jacob’s Grill;
- Visit to Farmer’s Market;
- Visit to Picard’s Peanuts.

## **Wednesday, December 13 – A Christmas Carol - \$153**

Ebenezer Scrooge is back! Nestled in the heart of the ultimate Christmas village, the charming holiday favourite A Christmas Carol returns to the Shaw Festival’s Royal George Theatre. It’s the perfect annual reminder of what Christmas is all about. Arrive feeling “Bah, humbug!” and leave full of warm, fuzzy Christmas spirit.

### **Your trip includes:**

- Return transportation to the Shaw Festival by motor coach;
- Lunch at a local restaurant;
- Orchestra Level ticket to see “A Christmas Carol”;
- 407 Toll;

## **MULTI-DAY TRIPS**

### **Sunday, September 3 to 8 – New Orleans - Cost \$2,699**

Your five-night stay in New Orleans is at the DRURY INN -Located in the historic Cumberland Phone Building just one block from the St. Charles trolley.

### **Your stay in New Orleans Includes:**

- New Orleans City Orientation tour;
- Tour to the Houmas Plantation, including lunch;
- Bayou Swamp Tour.

## Thursday, November 16 to 23 – King Meets Country – Memphis & Nashville – Cost \$3,700

Your trip includes:

- Round trip direct airfare from Toronto to Nashville;
- Three nights in Memphis – downtown hotel including breakfast;
- Four nights in Nashville – downtown hotel including breakfast - also includes evening “Happy Hour” - snacks & drinks;
- City tours of Memphis and Nashville;
- Graceland - the “Elvis Experience” and Sun Studio;
- Country Music Hall of Fame + RCA Studio B;
- Grand Ole Opry and The Ryman Auditorium;
- **Performance at the Grand Old Opry - the highlight of the tour!!!**

## Saturday, January 6 to 2024 – Sun & Fun – Dominican Republic – Cost from \$2,149 to \$2,755 (including airfare)

The Grand Palladium Punta Cana Resort & Spa Hotel in the Dominican Republic is in an ideal setting directly on beautiful Bavaro Beach, approximately 22 km from the Punta Cana airport. This 4 ½ star all-inclusive hotel has six amazing pools with all services, where guests can experience something truly unique. The Hotel has 13 restaurants; 23 bars; WiFi; a fitness center; 24-hour drinks/snacks; an in-room safe; and a waterpark.

## Monday, February 26 to March 20, 2024 – Portugal – Hotel Paladim & Alagoamar – Cost #3,499

**Portugal’s Algarve Province**, with its magnetic Moorish appeal, has become a Mecca for snowbirds trying to escape the harsh reality of winter. It’s also one of Europe’s most picturesque and friendly holiday destinations. The Algarve is what most of us envision the Mediterranean to be. The whitewashed villages cascade into the sea. Cobblestoned streets are lined with outdoor cafes, bistros, wine bars, and markets full of fresh fruits and vegetables. The weather is wonderfully spring-like and invigorating.

## ACTIVITIES

The PROBUS Club provides its members with the opportunity to join a wide variety of Activity groups. If you are interested in joining a group, the activity leaders are looking forward to hearing from you, and their contact information is available on the webpage.

Certain activity groups have participant limits, due to the nature of the group, and there is a waiting list. If you have an interest in a particular group that is at capacity, please contact the Activity Chair ([bev.waite@outlook.com](mailto:bev.waite@outlook.com)), and your name will be added to a waiting list, or consider becoming an activity leader.

Tips and tricks are available for new group leaders to start a new group. Starting a new group provides you with an opportunity to meet like-minded people who enjoy the same activity as you.

If you are interested in joining a group, we are looking forward to hearing from you. Please reach out to our Activities Chair, Bev Waite at [bev.waite@outlook.com](mailto:bev.waite@outlook.com)

## Mahjong Update

Thank you to all of you who completed the Mahjong survey. The response was excellent! Thirty-four of you responded to the survey, seventeen are interested in playing the game, thirteen members have never played before, four consider themselves novices, and one has experience.

An email has been sent to the members who have indicated an interest in learning how to play with information about the game.

A venue is presently being secured for this group and a plan is being developed to teach the large number of new players.

If you did not have the opportunity to complete the survey and would like to learn to play Mahjong, please email [bev.waite@outlook.com](mailto:bev.waite@outlook.com) to be added to the list.

**Needed:** If you have a set of Mahjong tiles that you would be willing to lend to the activity group, please email [bev.waite@outlook.com](mailto:bev.waite@outlook.com).

## BILLIARDS

The PROBUS Club of Durham West has been invited to join two other PROBUS clubs to play billiards every other Friday.

**Where:** Petrina's Billiards – 21 Harwood Avenue South, Ajax.  
(The entrance is on the north side of the building).

**When:** 11:00 a.m. until 1:00 p.m.  
**The September dates are the 8<sup>th</sup> and 22<sup>nd</sup>.**

**Cost:** \$6.00 for two hours

The bar will be open but no food will be available.

This is a drop-in format and registration is not required.

If you have any questions please contact Bev Waite at [bev.waite@outlook.com](mailto:bev.waite@outlook.com).



## BOWLING

Bowling is starting up again following the summer hiatus.

This is not a league **so please notify Terri Kelly each month** if you plan to bowl.

We welcome new bowlers whether novice or expert so come and join us for some fun!



Bowling is once a month on the fourth Thursday of the month starting at 2:00 p.m.

The first game of the season will be on September 28<sup>th</sup>.

**Location:** Ajax Bowling Centre, 172 Harwood Avenue South.

**Cost:** \$12.00 includes 2 games and shoes (\$2.00 for shoes)  
\$10.00 if you have your own bowling shoes. Payment at the bowling alley.

Contact: Terri Kelly at [kellyterria@hotmail.com](mailto:kellyterria@hotmail.com), or 905-427-7267  
Janice Doll at [kty-pwr@rogers.com](mailto:kty-pwr@rogers.com) or 905-239-0719 or

## BREAKFAST CLUB

On the first Tuesday of each month, a group of Probus members gather at a restaurant for breakfast.

Ajax has many wonderful restaurants open for breakfast.

There is lots of chatting over a nice hot coffee or tea and a good breakfast.

New members of the group are welcome.

For more information please contact: Linda Robbins at [Richard.robbins@sympatico.ca](mailto:Richard.robbins@sympatico.ca).

Looking forward to meeting new members.

## CINEMA CLUB NEWS

On Saturday, August 19, a group of us saw the movie, Oppenheimer, then we went to Denny's for lunch and a lively chat.

If there is a movie you'd like to see, please let me know.



If you'd like to join in the fun, please contact Karen Dryden at [kdryden2852@gmail.com](mailto:kdryden2852@gmail.com) or Anne McKenzie at [annel.Mckenzie@gmail.com](mailto:annel.Mckenzie@gmail.com).

## CREATE AND CHAT

Fifteen creative ladies attended the August meeting at Parkland Lifestyle Residences. They shared current works and discussed future projects, all at high volume and intensity.

Some beautifully crafted Hallowe'en costumes were brought in for donation to the Sunnybrook Neonatal Clinic, which will be delivered by Bev Waite, and another red scarf, which will be donated to Aids Durham at Christmas, was delivered.

Projects included knitting and crochet items (blankets and scarves) as well as quilts both completed and in progress.

If you are interested in joining our group, please contact me. Sharon Marshall, at [oxford9390@gmail.com](mailto:oxford9390@gmail.com)

For more photos of our projects [Click here](#).



## DINNER GROUP – “Dinner is Served”

Our restaurant of choice in August was the Hot Rocks Diner in Whitby. There was a good selection of delicious food and great conversation.

For more pictures of our dinner group [Click here](#)

For more information contact: Maria Bawcutt at [bamb63e@gmail.com](mailto:bamb63e@gmail.com)



## DURHAM WEST MARATHON BRIDGE CLUB

Marathon Bridge is played between September and April.

Sign-ups are held in August.

Please call or email Dave Powley at, [powleydi@gmail.com](mailto:powleydi@gmail.com) or (905) 683-1444 for further information.

## FRIENDLY EUCHRE

Friendly Euchre will be held at the Ajax Main Library in the Rotary Room.

Games will be on **September 8<sup>th</sup>** and **September 22<sup>nd</sup>**.

Doors will open at 1:30 p.m. and Euchre starts at 2:00 p.m. and finishes at 4:00 p.m.

**Everyone is welcome.** If you are interested in joining us, just come to the library, or I can be contacted at [annbuffett28@gmail.com](mailto:annbuffett28@gmail.com).

## GARDENING CLUB

On Tuesday, August 1st, five members of the Garden group met and travelled to Bowmanville to see the sunflower fields at Braggs Sunflower Farm.

The fields were planted with paths throughout, almost like a maze. Very beautiful and with photo opportunities throughout.



The store had fresh eggs, just-dug potatoes, and many varieties of bird seeds, as well as their black-oiled sunflower seeds.

A beautiful day was enjoyed by all followed by a delicious lunch at "Yardbirds" (no pun intended) in Bowmanville.

We are looking forward to our September 5th visit to the beautiful Rosetta MacLean Gardens overlooking Lake Ontario in Scarborough followed by lunch at The Black Dog Pub!

For more pictures of our gardening group [Click here](#)

For more information concerning our group contact:

Sharon Fenn at [slf809@hotmail.com](mailto:slf809@hotmail.com) or  
Sharon Jackson at [sharonrjackson20@gmail.com](mailto:sharonrjackson20@gmail.com)

## LET'S EAT

Eleven members enjoyed dinner at The Black Dog Pub on Thursday, August 17th. The conversation was lively.

If you are interested in joining a fun group, we would love to have you join us.

For more information contact: Ada Larock at [lrockgrada@gmail.com](mailto:lrockgrada@gmail.com)





## NIBBLES

Our August Nibbles at Night was hosted by Maria and Bob Bawcutt. As always a great time was had by all including brilliant conversation of course, and lots of laughter.

Our Nibbles group is currently at capacity.

[Click here](#) for more pictures.

For more information contact: Fran Griffin at [frangriffinhome@gmail.com](mailto:frangriffinhome@gmail.com)



## NORDIC POLE WALKERS

Rain or shine, walkers meet twice a week on:

Mondays at the Ajax Rotary parking lot; and  
Fridays at the end of Lake Driveway and McClaren in Ajax  
at 10:00 a.m.

No registration is required. Just show up with or without poles,  
your choice.

For more information contact Eileen Nixon at  
[eileennixon8585@gmail.com](mailto:eileennixon8585@gmail.com).

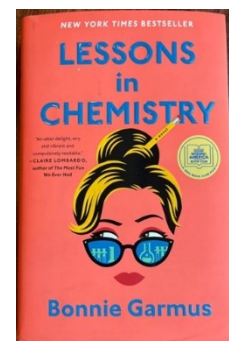


## NOVEL READERS BOOK CLUB

Following their summer hiatus, Novel Readers is back to meeting on the first  
Wednesday of the month.

September's selection is Lessons in Chemistry by Bonnie Garmus. The  
book is on the New York Times bestseller list and is being made into an  
Apple TV Series.

For more information, please contact Liz Ryan at [mikelizryan50@rogers.com](mailto:mikelizryan50@rogers.com)



## OUTDOOR GOLF GROUP

Outdoor golf continues on Tuesday mornings at Hawthorne Valley.

Let them know you are a PROBUS member, and you will get the special rate.

Hope to see you on the fairways!

If you are interested in joining us email Marcia Everitt at [marciaeveritt@yahoo.ca](mailto:marciaeveritt@yahoo.ca)



## SNAPPED CAMERA CLUB

Snapped went back in time to pay a visit to the Pickering Museum Village for their July outing. The weather was perfect for our outing. The Pickering Museum Village is located in Greenwood approximately 15 minutes from Ajax. We saw a variety of buildings such as the oldest building at the museum, a blacksmith and workshop building, a general store, Brougham Temperance House, Duffin's Creek General Store, Bible Christian Chapel, Collins House and many more. We were guided through the village by a very informative tour guide.



**The Snapped group did not meet in August.**

For more pictures [Click here](#).

If you are interested in joining Snapped, please contact Lorna Smith at [lsmith1@bell.net](mailto:lsmith1@bell.net)

## TABLE TALK

The Table Talk group will restart in September.

For more information contact Shahid Naeem at [naeemsx@gmail.com](mailto:naeemsx@gmail.com)

## UKULELE STRUMMERS

The ukulele strummers are looking forward to reconvening on Wednesday, September 13<sup>th</sup> following our summer break. Details will be emailed to group members closer to the event. Keep on strumming and humming! We will be together again soon!

Membership is currently at capacity.

For information contact Sue Porter at [s.e.porter@rogers.com](mailto:s.e.porter@rogers.com)



## WEDNESDAY WALKING GROUP

Join us each Wednesday at 10:00 a.m. for a one-hour walk (or stroll) along pathways in the area. There is no need to confirm your attendance...just show up when you can. You can walk quickly with like-minded people, or you can saunter/stroll along with others. The choice is yours.

We walk rain or shine. However, the routes each week are selected based on the weather reports. We try to have locations with washroom access when possible. If you would like to be on the email list for the weekly locations, just send your name and email address to Bernice Pyke and she will put you on the list. Hope to see you on the trails for some conversation and gentle exercise.



[Click here](#) for more information and pictures of our walkers.

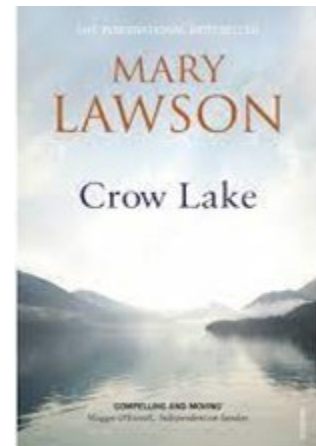
Contact Bernice Pyke at [billandbernicepyke@hotmail.com](mailto:billandbernicepyke@hotmail.com)

## WORDS WORTH READING BOOK CLUB

In September the book club will be back meeting in the members' homes now that we've all enjoyed our summer recess.

We will be discussing *Crow Lake*, the first novel written by Canadian author Mary Lawson who is a distant relative of Lucy Maud Montgomery.

The Canadian Encyclopedia writes that "*Crow Lake* explores the connection people hold for the land on which they are born, a common theme in Canadian literature". According to Goodreads, it is a "literary experience in which to lose yourself by an author of immense talent. It is set in the rural badlands of northern Ontario and is a drama of family love and misunderstandings and of resentments harboured and driven underground. The novel leapt to the top of the bestseller lists only days after being released in Canada and earned glowing reviews in *The New York Times* and *The Globe and Mail*, to name a few".



There are ten members in our book club and we are currently at capacity.

Contact: Jean Jackson at 905-420-6410 or [jeanej@rogers.com](mailto:jeanej@rogers.com)

# SHARING OUR RECIPE(S)

*Recipe, Courtesy of Patricia Bolger*

“**The Big Guy**” and I like to search for recipes that have a variety of flavours from the Mediterranean. I found this recipe for **Mediterranean-style beef Skewers** in the *Toronto Star Ricardo Recipe Section* (date unknown). The unique ingredient in this beef marinade recipe is **ground sumac** which comes from a shrub that is grown on the high plateaus of Sicily, Turkey and Iran. The bright red berries of the sumac shrubs (not the same species as our Ontario sumac) are dried and ground into a dark red-burgundy colour that has the smell and taste of lemon without any sour taste. Ground sumac can be found in the Middle Eastern spice section of a large grocery store. **Lemon zest** with salt, black pepper and a dash of paprika can be substituted. There is also a spice blend called **Za'atar** that contains sumac.



I like to pair the Mediterranean-style beef Skewers with this **Orzo Salad** that was shared with me by my friend, Miguel, who is an amazing cook and has more cookbooks than anyone else I know. Both “**Miguel and The Big Guy**” would recommend a crisp white wine to compliment this meal.



<p><b>Mediterranean-Style Beef Skewers</b></p> <p>Soak 8-10 wooden skewers in water for at least 30 minutes.</p> <p><b>INGREDIENTS</b></p> <p><b>Beef Marinade</b> 1 ½ lbs steak, cut into cubes ½ tsp ground sumac (or 1 tsp lemon zest, salt, pepper and pinch of paprika) ½ tsp ground coriander ½ tsp salt 2 garlic cloves, chopped 2 Tbsp olive oil Combine all ingredients in a covered bowl. Refrigerate for 8 hours.</p>	<p><b>Orzo Salad</b></p> <p><b>INGREDIENTS</b></p> <p>1 cup orzo 1 ½ tsp salt 2 quarts water Boil orzo for 6-8 minutes then drain. Toss with 1 Tbsp olive oil. Cool for 15 minutes.</p> <p><b>Add</b> 8-10 cherry tomatoes, halved ½ cup Feta cheese 2 Tbsp capers, rinsed Plus 1 tsp of capers brine from the jar Black olives (optional) Fresh parsley</p>
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<p><b>Skewers</b>  3-4 bell peppers, a variety of red, yellow or orange cut into 1½” to 2” chunks  2 small zucchini, cut in medallions 1” thick  Cherry tomatoes (optional)  2 Tbsp olive oil  Salt and Pepper</p> <p><b>METHOD</b></p> <p>Combine the vegetables in a bowl then drizzle with olive oil and season with salt and pepper.</p> <p>Build each wooden skewer with beef cubes alternating with the colourful vegetables. Grill on high for 4-6 minutes on each side or until the meat is done to your preference.</p> <p>Serve with lemon wedges.</p>	<p><b>Dressing</b>  1 Tbsp lemon zest  2 Tbsp olive oil  ¼ tsp salt  ¼ tsp pepper  Mix and serve.</p>
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For updates from the Town of Ajax, including the Library News please click on the link below:

[https://view.publitas.com/ajax/55plus-link\\_newsletter\\_spring-2023/page/1](https://view.publitas.com/ajax/55plus-link_newsletter_spring-2023/page/1)

SCWW (Seniors Centre Without Walls) operates Monday through Wednesday and provides free virtual programs in which older adults and seniors can participate in comfort from home.

To participate in the program via Zoom or call-in, contact [55plus@ajax.ca](mailto:55plus@ajax.ca) or call 905-619-2529, ext. 7243



## Celebrate Seniors Week with us!

From Monday, September 11 to Friday, September 15

### Zoo-percharge Your Fun!

For guests aged 65+, the perks are plentiful:

- Enjoy a 50% discount on Zoo admission
- 50% off Zoomobile rides
- 30% off **NEW** Gold Senior Memberships\*
- 50% off **NEW** Silver Senior Memberships\*
- 10% off food purchases
- Explore the Gift Shops with 10% off on all your purchases

\* Must be a NEW Senior Membership, in-person purchases only, not available online.

We extend a warm welcome to our esteemed seniors. Make the most of this special week and immerse yourself in the remarkable world of your Toronto Zoo.

### Age-Friendly Walking Study

Is your neighbourhood age-friendly?



If you're over the age of 65 years and live in the Durham Region, you may be eligible to participate in a research study. You may receive a \$100 gift card for participating.

For more information [Click here](#).

### Ajax Library Bridge

Library Bridge takes place in the Rotary Room at the library's main branch.

Following is the schedule for September.

Thursday, September 7, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, September 14, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, September 21, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, September 28, 2023, 2:30 p.m. to 4:30 p.m. \* *Bidding Lesson No Trump Openings and Bidding Sequences when Responder has a Balanced Hand*

\* *This is the first in a series of lessons which cover Bridge Bidding. The lessons will continue until the spring on the second and fourth Thursdays of the month. The lessons build on material from previous lessons.*

If you have questions please contact Harvey Brodhecker at [hbrodhecker@yahoo.ca](mailto:hbrodhecker@yahoo.ca)

## **Town of Ajax 55+Wellness and Information Fair**

A 55+ Wellness and Information Fair arranged by the Town of Ajax will take place on September 9, 2023, from 10:00 a.m. until 2:00 p.m. in the HMS Ajax Room at the Ajax Community Centre. We have requested a table for this event as we continue to promote our club.



PROBUS Canada has worked with Johnson Inc., a national benefits provider, to offer a benefit plan custom-designed for our members. The plan includes the following voluntary benefit options that can be purchased on a stand-alone basis to meet your insurance needs:

- Extended Health Care (EHC) with "Prestige" Travel Insurance (includes Trip Cancellation)
- Dental Care
- MEDOC® Travel Insurance (includes Trip Cancellation)
- Stand-Alone Trip Cancellation/Interruption
- Guaranteed or Term Life Insurance

For more information visit

<https://www.probuscanada.ca/run-a-club/insurance/healthtravel-insurance>