



## The PROBUS Club of Durham West

Next General Meeting is on **October 12, 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 October 2023

The leaves are turning, and the temperatures are going down, down, down. Time to put away the summer clothes and break out the fall wardrobe. Time to get in a last golf game and some pickleball, too! Not that I have done either, as I prefer a brisk walk.

Have you joined any of the many activity groups that Durham West Probus offers? We have several activity groups that have openings. If you'd like to participate, please contact the activity leader. Many people would welcome a new face and a new perspective!

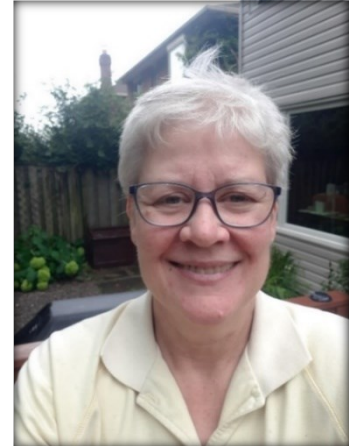
It was great to see so many new members getting their name badges at our last general meeting. This is the first time in four years that we have had such large numbers. Welcome new members!

Thank you, Gillian Martin, our House Chair for finding us a new coffee vendor for our meetings. It looks like we can expect some delicious coffee and savings going forward.

We would also like to recognize and welcome Donna Castanheiro who will be taking over the Speaker Chair role next year.

Thanks to our Blue Jays game convenors Sharon Marshall and Sharon Fenn for organizing our first event ever utilizing Ticketmaster. It was an entirely new experience for some of us, using digital wallets for the first time.

Fall is a time of renewal, of looking back, sorting out the flotsam and jetsam, and donating to a food bank or the local clothing drive. It's time to look forward to the next step.



Where do I want to be a year from now? Five years? We would like to make the journey with you.

We are thankful for each other, our families, our friends and our PROBUS friends!

Happy Thanksgiving!!  
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

Coffee and tea are again available at our General Meetings and judging by the amount that was consumed at the September meeting, I would say it was a welcome return.



In future, Calvert Catering will supply our coffee. They are very reliable, have been in business for 70 years, and are anxious to please their clients. Feedback about the coffee at our last meeting was encouraging and several people commented that their food is excellent too. To satisfy everyone's taste they will supply two types of coffee next time, regular and bold. There will be brochures and business cards available for anyone who may wish to use their services in future.

## DONATIONS REMINDER

Many thanks to those of you who so kindly contributed toiletries which will be included as gifts in Christmas hampers.

Currently, the small articles are placed in a mug and wrapped for distribution. If you have any further donations, please bring them to our next PROBUS meeting on October 12.



It is difficult to think of Christmas but the registration forms for hampers will be distributed shortly as pick-up usually occurs by the second week of December.

Thank you again. Sandy Clarke [sandyc2640@gmail.com](mailto:sandyc2640@gmail.com)

## Milk Bags

For those collecting the milk bags that members of the Club use to make sleeping mats - please only save the outer bags that contain the three inner bags. The smaller inner bags are not used.

Thank you. Beverley Bicknell [dwprobus.membership@gmail.com](mailto:dwprobus.membership@gmail.com)

## OCTOBER SPEAKER

**October 12<sup>th</sup>, 2023**

**TED BARRIS – Rush to Danger: Medics in the Line of Fire**



Lost in the WWII story of the Battle of the Bulge lay an account of sacrifice and survival that took historian Ted Barris nearly a lifetime to discover - the story of his father.

Throughout the winter of 1945, Sergeant medic Alex Barris waged a battle night and day to save lives in the middle of the bloodiest campaign the US Army faced during the liberation of Europe. But the author's pursuit of his father's story revealed an even greater challenge – learning what it was that motivates military medics surgeons, nursing sisters, stretcher-bearers, orderlies, and ambulance drivers to disregard their own well-being to save the lives of others on the battlefield.

Ted Barris is an award-winning journalist, author, and broadcaster. His writing has regularly appeared in the national press, as well as magazines as diverse as **Air Force**, **esprit de corps** and **Zoomer**. He has also worked as a host/contributor for most **CBC Radio** network programs, **PBS** in the U.S. and on **TV Ontario**. After 18 years of teaching, he recently retired as a full-time professor of journalism at Toronto's Centennial College. Barris is the author of 20 bestselling, non-fiction books, including a series on wartime Canada.

## MEMBERSHIP

We presently have 291 members.

Renewal for the 2024 Membership will be sent to you by email by November 15.

Please do not attempt to pay before you receive your invoice as the system is still set for new memberships at the half-year rebated amount.

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

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

Shown with Bev Bicknell (Membership Co-Chair) on the far left and Walter Matias (Vice-President) on the far right, are Linda Brown, Sheila Giordano, John Kelley, Renate Kelley, Sherry Button, Sheri Bredewold, Kathryn Bunston, Harvey Bunston, receiving their badges.

**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.

## REMINDER

This is a reminder to members that you can update your personal profile using Wild Apricot. Log-in and

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 September GM.

A social outing to Woodbine Racetrack

This suggestion has been passed along to Barbara Dixon (Social Chair) for review with the Social Committee.

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 September GM was won by Kathryn Bunston.

Kathryn (centre) is shown here with September speaker Diane Dupuy and VP Walter Matias. Kathryn won \$75.50 and kindly donated her winnings to Famous People Players.



Thanks and congratulations to Kathryn!

Apologies to Mark Scanlan who won the Share-the-Wealth in August and whose name was misspelled. Sorry, 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 convener 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 Convener 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.

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

The celebrations will begin at Ajax Convention Centre, 550 Beck Crescent, Ajax, at 11:30 a.m.

11:30 to 12:30 p.m. - Social Hour  
12:30 to 2:00 p.m. - Lunch



To register [Go to the Event](#)

You will have a choice of two entrees for lunch.

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.

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 **Shirlie Van Putten** at [shirlievanputten@rogers.com](mailto:shirlievanputten@rogers.com) or call **905-619-8583**.

### **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 the 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 & and 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**

### **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. Each group has a group leader and their contact information is available on the related webpage.

Certain activity groups have participant limits, due to the nature of the group. 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 you might consider becoming an activity leader and starting a new group.

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

We have been working hard on securing a venue as well as an instructor and tiles.

I am happy to announce that this has been accomplished (finally) and we are moving forward.

Lessons for Mahjong will commence in mid-October at Parkland Retirement Residence at Harwood and Taunton.

Twelve members who have indicated an interest will be contacted with the details of the lessons.

If you are interested in playing Mahjong and have not already indicated your interest, please let Bev Waite know. [bev.waite@outlook.com](mailto:bev.waite@outlook.com)

## APP-TEASERS

It is with sadness that the App-Teasers group will be folding. Many thanks go out to Rosanne Blake for leading this group for the past year and a half.

## 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 October dates are the 6<sup>th</sup> and 20<sup>th</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.

**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 to 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, September 16, a large group of us met at Landmark Cinemas in Whitby and watched, A Haunting in Venice.

Although it was darker than we all thought it would be, we all enjoyed it.

After the movie, we went to Mr. Greek for great food and a lively chat.

The next movie date will be Saturday, October 21, 2023 at Landmark Cinemas in Whitby.

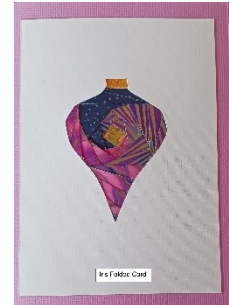
If there is a movie you'd like to see, please let me know.



If you have any questions or would like to join us, you can contact me, 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

On a blustery Monday, seventeen ladies met in the Great Room of Parkland Lifestyle Residences and discussed and displayed some completed current and planned projects. There was a Halloween applique, embroidery, working with wire, card making, crocheting and knitting and some discussion on quilting and quilting lessons in the future. We welcomed four new members to the group.



Members brought in blankets and baby hats for Ajax-Pickering Hospital; Halloween costumes for the preemie unit at Sunnybrook Hospital and another red scarf for Aids Durham.

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](#).

## DARTS

We are also announcing that the Darts activity group will be folding. Attendance was consistently low. We would like to thank Ruth Bridge for starting this group and persevering with it for the past year.

## DINNER GROUP – “Dinner is Served”

In September, we dined at State & Main in Pickering. It was a new experience for most of us and a fun evening. 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

### 2023-24 New Season

My husband David and I, have been members of the PROBUS Clubs of Ajax and Durham West for over 20 years and have enjoyed it immensely; we have gladly taken our turn in various Chairs, (Social, Bridge, VP, President, Past President) etc.

For the past few years, we have offered to organize the Marathon bridge activity as it was going to fold since there were no volunteers. It is now back in full form and we have 12 teams getting underway for 2023-24.

Marathon Bridge is played between September and April.

Sign-ups are held in August.

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

## FRIENDLY EUCHRE

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

Games will be held on **October 6<sup>th</sup>** and **October 20<sup>th</sup>**.

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

At the September General Meeting Activity Sign Up 10 new members signed up to play Friendly Euchre.

**Welcome to:** Doug and Sandra Goodwin, Sherry Button, Sharon Jackson, Terri Sullivan, Harvey and Kathryn Bunston, Linda Brown, Lorna Farmer and Barb Stevens.

**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 September 5th ten Garden Club members visited Rosetta Gardens, located in Scarborough. We thoroughly enjoyed the beautiful gardens which were in full bloom, strolling along the paths through the many trees that provided shade (thank goodness!) on a very hot day with gorgeous views of Lake Ontario.

We were lucky enough to arrive in time for a Monarch butterfly tagging and release demonstration!

We met afterwards at the Black Dog Pub for a delicious lunch and a mini-meeting to discuss ideas for future outings.

We are looking forward to our October 3rd visit to Durham College for a tour of the gardens and greenhouses and information on the Biodigester and the "Living Wall." We will then have a tour of the Culinary Lab Facilities including some historical information behind the beginnings of the college program.

We are looking forward to an interesting lunch at Bistro 67, prepared by, and served by, the students.



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

Sixteen hungry people met at Sauter's Inn in Ajax. It was organized by Ray Smith. It was a lively group and it was great to see so many attend.

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

For more information contact: Sharon Marshall at [oxford9390@gmail.com](mailto:oxford9390@gmail.com).



## NIBBLES

September Nibbles at Night was hosted by Sue Porter in her lovely home. Everyone had a wonderful time. Great bunch as always.

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

The October meeting of the Novel Readers will be held on Wednesday, October 4, 2023. This month's selection is Homecoming by Kate Morton.

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

To make up for not meeting in August, the Snapped group had two outings in September.

### ZimArt Rice Lake Gallery

A few members from Snapped took a long drive to ZimArt's Rice Lake Gallery.

Since the owner is retiring and the gallery will be closing after Thanksgiving we decided to add a second Snapped outing for September.

ZimArt Rice Lake Gallery is Located at 855 Second Line Road near Bailieboro and south of Peterborough. The website is <https://zimart.ca/>. It is an outdoor exhibit of over 50 Zimbabwean stone sculptures. Their work is on display in a beautiful natural oasis. Even though the weatherman was calling for a 70% chance of rain we took the chance and it was a beautiful day. If you can make the trip by Thanksgiving you won't be disappointed in the exhibit.



### Lynde Shores Conservation Area

On September 20, four of us went on an outing to Lynde Shores. The weather was perfect and there were lots of beautiful natural things to see.

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 had its September dinner at Magwyers Pub, Ajax. This was our second dinner at this restaurant since the summer of 2022. Food and service was very nice and we certainly recommend it to other dinner groups.

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



## UKULELE STRUMMERS

Ukulele strummers are happily back to playing twice a month. Members, please remember to send your selections.

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

Now that the heat of the summer is over, you are no doubt looking for a reason to avoid raking the leaves. Well, here is a good reason....you need to go walking with the Wednesday Walking Group!

This is a group for ALL people. We have those who love to walk and like to move at a good clip as they chat. But we also have those who like to saunter along and enjoy the scenery. And even stop from time to time to look at something or to catch one's breath. We walk for an hour (or less) starting at 10:00 a.m. on Wednesdays.



We start our walks from a different location each week. So there is constantly something new to look at. Most of our walks start from a place that has a washroom. Also, most walks are on paved or hard-packed surfaces. There is NEVER any need to commit to walking. You just show up when, and if, you feel like moving. To find out where we will be starting each Wednesday, you need to join our group by sending me an email with your name and email address. I will then add you to the weekly email which will tell you where to go for that week's walk.

We walk all year round, in all kinds of weather. Usually, we are lucky and the weather is fine for a walk and a chat. Hope to see you on the trails whenever you can join us.

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

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



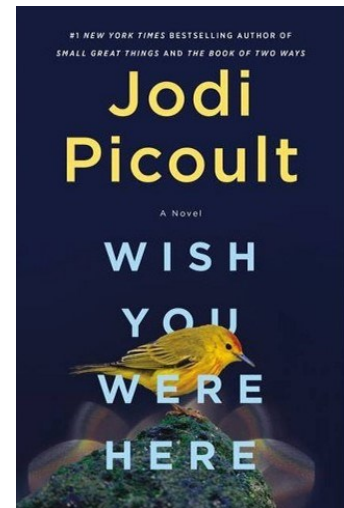
## WORDS WORTH READING BOOK CLUB

In October, the members of the book club will be discussing Jodi Picoult's novel, "Wish You Were Here". According to the author, it is about "the resilience of the human spirit in a moment of crisis". It is a topical story that Super Summary outlines as being "about a young woman who leaves for a trip to the Galapagos and gets locked down as borders close under quarantine during the COVID-19 pandemic".

Our book club meets monthly from September to June on the third Tuesday of the month.

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*

I'm sure many of you have boxes of tomatoes ripening in your kitchens. While browsing the internet, I found this great recipe for Tomato Soup and I have adjusted the recipe for our tastes. "The Big Guy" has helped me make this soup for lunches and he is a roaring fan of both the fresh version and the frozen version. In some batches, we have added sugar and in some, we have not. You can also make it fully vegetarian by substituting vegetable broth.

**"The Big Guy" recommends a large glass of icy cold milk with this lunch menu!**



## Best Tomato Soup Ever

On a large cookie sheet covered with parchment paper, layout:

8-10 tomatoes, cut in quarters, 1 red bell pepper, cleaned and cut in large chunks  
1 medium red onion, cut in chunks or substitute yellow onion  
8 garlic cloves, whole

Over the top spread:

1 tsp salt (use pickling salt if you are going to freeze any of the soup)  
1 tsp pepper (black or white pepper)  
1/2 tsp paprika  
1 tsp oregano

Drizzle olive oil over the vegetables and spices.

1. Bake at 350 for 45 minutes.
2. Transfer all to a large pot on the top of the stove and add:  
1 cup chicken stock or substitute 1 cup vegetable stock.
3. Use an immersion beater to purée the soup or cool the soup and use the blender.
4. Taste and decide if you need to add 1 tsp sugar to cut the acidity of the tomatoes and maybe a pinch of crushed chilli peppers to pop up the flavours.
5. Re-heat on the stovetop to bubbling.
6. Serve at the table with a drizzle of cream or a dollop of sour cream and dried parsley flakes.
7. Serve with toast soldiers, crackers, croutons or grilled cheese sandwiches.

### NOTE:

1. This recipe can be doubled if you have lots of ripe tomatoes but do not double the black or white pepper or the crushed chilli peppers. It was definitely over the top even for us!
2. This recipe can be frozen for up to 3 months in Ziplock Bags. It heated up nicely on the stove and it did not separate. I did not need to use the immersion beaters again.



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

## SENIORS' SAFETY – Time to get rid of rugs and flip-flops

### **Message courtesy of Irveen Powley**

We live in a wonderful Ajax condo and are very active; David 87, swims 50 laps every day; and we walk the 13 floors (down) every day.

Unfortunately, one Tuesday recently, while David was swimming, I saw the fire trucks turn in next door, and being curious, turned too quickly. My flip-flop caught in the rug and down I went and ended up sprawled on the floor with my left leg twisted behind my back; David would not be back for 35 minutes. The telephone is right on the table but out of my reach 😞

On David's return, we called 911 and an ambulance came and off we went to Lakeridge Ajax.

The diagnosis was a fractured left hip which required an operation. By Wednesday evening I was coming along wonderfully!

Kudos to everyone at Lakeridge Ajax. All of whom are working tirelessly. We are so blessed that we live in Canada!

**However, definitely time to get rid of possible household hazards!**

## **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, October 5, 2023	Social Bridge
Thursday, October 12, 2023	Lesson - No-Trump Openings and Stayman Major Suit Response Sequences.
Thursday, October 19, 2023	Social Bridge
Thursday, October 26, 2023	Lesson - Major Suit Openings and Response Sequences when Responder has a fit.

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

## Ajax Seniors Club

Ajax Seniors Club now has a website. Click here [Ajax Seniors Club](#) to check out what's happening.



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>