



The PROBUS Club of Durham West

Next General Meeting is on **November 9, 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 November 2023

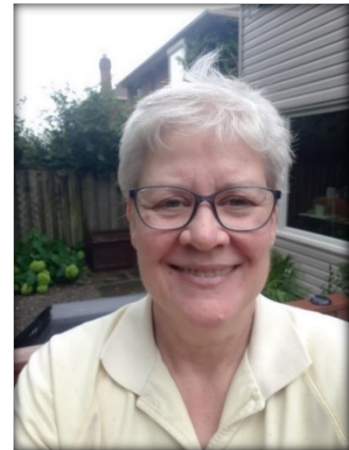


*Remembrance
Day*

Welcome to The PROBUS Club of Durham West. It's November and we honour those who served in the wars and those who made the ultimate sacrifice. We thank them for all that they have done to win our freedom.

Check out this website for more information about Remembrance Day in Canada:

<https://www.officeholidays.com/holidays/canada/canada-remembrance-day>



Thank you to those members of the Management Team who are finishing their terms this year. Welcome to the new Management Team who will be introduced to everyone at the Annual Meeting on Thursday, January 11th, 2024. In next month's newsletter, we will provide a short Biography and photograph of each of our 2024 Management Team.

The next few months will be busy, no doubt, but I'd like to thank you for attending our meetings, reading the newsletters, and checking out our website: <https://durhamwestprobus.org>

You will receive an email shortly to renew your membership. As we anticipated, the membership fee is going to increase to \$50 per person. It covers the cost of rent for the HMS Ajax room, guest speakers, coffee, the Wild Apricot application, and PROBUS CANADA fees which include our insurance coverage.

Our Monthly Meeting is on Thursday, November 9th, at the HMS Ajax Room, South Doors, Ajax Community Centre. Doors open at 9:00 a.m. and the meeting starts at 10:00 a.m. We could use your help to welcome everyone and make new members and guests feel at home.

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.

The Town of Ajax will provide us with speakers from their Special Events team for our next meeting. We will try this to see if it works better. If we like the system, we will use it when it is available.

COFFEE

Coffee and tea are again available at our General Meetings during the break.

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 was excellent too. To satisfy everyone's taste they will supply two types of coffee, 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 November 9.



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

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

NOVEMBER SPEAKER

November 9th, 2023

DR. AMY BARRON – Camp 30 in Bowmanville

Our speaker this month is Dr. Amy Barron who has a PhD in history and archaeology. She will speak to us about the history of Camp 30 in Bowmanville. A Second World War German POW camp that housed top-ranking German officers.



MEMBERSHIP

We presently have 291 members.

Renewal for the 2024 Membership will be sent to you by email by mid-November. The e-mail will have a link which will allow you to log in and pay online. The renewal fee will be \$50.00 as was advised in our message at the end of August.

Breakdown of What Your Annual \$50.00 Membership Fees Do For You

- A comprehensive website used to promote our club and attract new members
- Monthly general meetings featuring interesting guest speakers, refreshments and fellowship.
- Access to organized monthly social events. Some include group discounts.
- Access to up to 20 Activity Groups.
- A communication platform for e-mails and monthly newsletters
- Ease of registration and online payment for social events
- An online members directory for participating members
- PROBUS Canada insurance coverage for our meetings and events

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.

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 and guests by a yellow lanyard. Please ensure that we give them a special welcome, so they get to know us.

NAME BADGES

NO NEW BADGES THIS MONTH

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 dwprobud.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 Profile and Privacy settings by logging into Wild Apricot and clicking on your profile. If you need help with this please use the sign-in sheet for the Buddy System for assistance.

Bev & Dave Bicknell dwprobud.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



October Suggestions

Our Suggestion Box at the October GM once again included comments about the poor audio in the room.

This may be due, in part, to the fact that we are a volunteer organization, our management team are not professional speakers and using a microphone is not second nature. However, everyone is doing their best and we ask that you bear with us. If you are aware that you have

difficulty hearing the person speaking, arriving a little early so you can sit as close to the front as possible might be helpful. We don't want anyone to miss anything.

It should also be noted that any business items discussed before the break are usually detailed in the Newsletter except the financial information which is posted on the wall of the meeting room.

Suggestions from prior months are saved on the Members Only page of our website. [Click here](#) to see past suggestions.

SHARE THE WEALTH

The Share the Wealth draw at our October GM was won by Shirley Fournier.

She is shown here with October speaker Ted Barris, receiving her winnings of \$67.50.

Congratulations Shirley!



2024 Proposed Budget

We have posted the 2024 Budget on the Members Only page for your review. If you have any questions please contact us at durhamwestprobud@gmail.com.

To access the document [Click here](#).

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 convener and let them know. Likewise, if you need a ride, contact the event convener 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 last date to sign up for this amazing luncheon will be November 12th so that we can notify the Ajax Convention Centre of the numbers and meal choices.

If you need to pay by cheque, please bring it to the November General Meeting on November 9th and give it to Liz Ryan or Lorna Smith.



To register [Go to the Event](#)

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

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
Liz Ryan mikelizyan50@rogers.com

HOLIDAY LUNCH – SPECIAL RAFFLE

Mary Mullen, a member of Durham West Probus, and an experienced quilter for many years, has very generously donated one of her hand-sewn double-sized quilts with a beautiful Christmas colour theme.

The draw will take place at the Holiday Luncheon on December 7, 2023.

The quilt is to be raffled **Exclusively to PROBUS Club of Durham West Members.**

Tickets will be available at the November 9th meeting and at the Holiday luncheon

TICKETS – CASH ONLY – \$5.00 each or 3 for \$10.00

Proceeds from the sale of tickets are to be deposited with the Treasurer for the benefit of the PROBUS Club of Durham West and its members.



UPCOMING EVENTS/EXCURSIONS

For any of the following events/excursions please contact **Shirlie Van Putten** at shirlievanputten@rogers.com or call **905-619-8583**.

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

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.

Friday, August 23, 2024, to Monday, September 2, 2024 – Alaska Cruise – Cruise + Land – Cost depending on accommodations - \$2,799 to \$4,299 plus \$1,720 for Land Package

Monday, August 26, 2024, to Monday, September 2, 2024 – Alaska Cruise - Cruise Only - Cost depending on accommodations – \$2,799 to \$4,299

Alaska Cruise: Start your amazing adventure in Seward, Alaska. View the awe-inspiring Hubbard Glacier and spy brown bears, whales and eagles in Icy Strait Point. Explore the former gold-rush towns of Juneau, Skagway and Ketchikan. End your experience with a tour of the vibrant city of Vancouver.



7-Day / 6 Port Cruise aboard the Norwegian Jewel with all meals included plus the premium beverage package and WIFI package.

Group shore excursions, to enhance your experience, will be arranged to purchase before departure.

[Click here](#) to view the flyer for complete details.

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), 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

AMERICAN MAH JONGG

Sixteen Durham West members gathered at Parkland Place for the inaugural meeting of the Mah Jongg Activity Group. We were thrilled to have two residents of Parkland (Loretta and Fran) teach many new players, and refresh the memories of the balance of the group. Evelyn Buske and Bev Kemp also shared their expertise! The two hours flew by, and during our playing time, Gillian Martin, Ena Shaw and June Booth all achieved Mah Jongg! (Won a game). The energy in the room was palpable, and a great time was had by all.



If you are interested in playing Mah Jongg and have not already indicated your interest, please contact Bev Waite at bev.waite@outlook.com

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

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 November dates are the 3rd and 17th.

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.



BOWLING

Bowling has started 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, or 905-427-7267
Janice Doll at ky-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.

We are looking forward to meeting new members.

CINEMA CLUB NEWS

On Saturday, October 21, members of the Cinema Group met at Landmark Cinemas in Whitby and watched Killers of the Flower Moon.

Although the movie was 3 hours long, 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, November 18, 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 or Anne McKenzie at annel.Mckenzie@gmail.com

CREATE AND CHAT

Twenty-one members met at Parkland Lifestyle Residences for a lively and informative meeting. There was some discussion about methods of quilting and a show-and-tell involving artwork, embroidery, crocheting, knitting and quilting.

If you are interested in joining our group, please contact me. Sharon Marshall, at oxford9390@gmail.com

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



DINNER GROUP – “Dinner is Served”

We dined at Odine Japanese & Thai Fusion in October. The food was flavoursome, the prices reasonable and the conversation lively. For more pictures of our dinner group [Click here](#)

For more information contact: Maria Bawcutt at 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 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 **November 3rd** and **November 17th**.

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

We have lots of chatting and laughter, a very social group that enjoys a game of cards.

Everyone is welcome. If you are interested in joining us, just come to the library, or I can be contacted at annbuffett28@gmail.com.

GARDEN CLUB

Our Oct 3rd outing at Durham College was enjoyed by 11 interested members of our garden group. Our guide met us in the lobby of the Bistro67 building at 10:30 a.m. in front of the magnificent living wall and gave us a brief history of the W. Galen Weston Centre for Food. Mr. Weston donated one million dollars to create this centre to allow Culinary students to focus on growing food to be self-sufficient, learning to prepare meals in the state-of-the-art kitchen using the food grown in the gardens and greenhouses and then serving the scrumptious meals in the Bistro67 restaurant.



We then strolled through the greenhouses where we saw various plants growing, two fish ponds, huge plant storage units, and even mature lime trees! The massive outdoor growing areas were already harvested as it was October except for the row-upon-row of lavender!

We then proceeded to Bistro 67 for a delicious lunch.

Usually, the students assist in the preparation of the food as well as serving but they were away due to the Thanksgiving break.

We were all very impressed by the huge facility as most of us didn't realize the extent of the buildings and programs.

We are looking forward to our November 14 excursion to Van Belle Flowers, Greenhouses and Garden Centre to enjoy their superb decorating for the Christmas season! This family-owned and operated business has provided excellent service to the Clarington and Durham regions for over 50 years from its 9-acre Courtice location! They also have a shop in Whitby which has been in existence for 30 years!! Our Christmas luncheon will follow the visit.

For details regarding our November visit, please get in touch with Pat McPherson at 13wjr@gmail.com

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

For more information concerning our group contact the co-chairs:

Sharon Fenn at slf809@hotmail.com or
Sharon Jackson at sharonrjackson20@gmail.com

LET'S EAT

The Let's Eat group gathered at the Odine Japanese & Thai Fusion restaurant in October.

Eleven members and two guests participated.

The next dinner is at The Greek Tycoon in Whitby.

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

For more information contact: Ada Larock at larockgrada@gmail.com



NIBBLES

October Nibbles, hosted by Maria & Bob Bawcutt, was another great evening with 19 members enjoying a variety of appetizers and sharing lots of stories and laughs.

Our Nibbles group is currently at capacity.

[Click here](#) for more pictures.

For more information contact: Fran Griffin at 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.

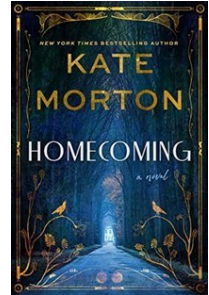
For more information contact Eileen Nixon at eileennixon8585@gmail.com.



NOVEL READERS BOOK CLUB

This month the Novel Readers will be meeting on the 1st of November to discuss Kate Morton's book Homecoming. The story takes place in Australia and centers around a perplexing murder case. The book had been scheduled for our October discussion but was rescheduled for the following month. It is a good read for anyone who likes Historical Fiction and a good mystery.

For more information, please contact Liz Ryan at mikelizryan50@rogers.com



OUTDOOR GOLF GROUP

We are winding down to the last weeks of golf at Hawthorne Valley.

Anyone who wants to join us next season can email marciaeveritt@yahoo.ca

If you are interested in joining us email Marcia Everitt at marciaeveritt@yahoo.ca

SNAPPED CAMERA CLUB

Snapped members had a great time at Cullen Central Park for their October outing, taking photos while searching for interesting items. There was lots of laughter and great photo opportunities.

If you are interested in joining Snapped, don't hesitate to get in touch with Lorna Smith at lsmith1@bell.net



TABLE TALK

Our Table Talk dinner group had its monthly get-together on October 30 at Mansion Kitchen and Bar, Pickering. This restaurant has recently reopened after an extensive restoration. The service, ambience and food were very nice. Other dinner groups may want to try it out.

For more information contact Shahid Naeem at naeemsx@gmail.com



UKULELE STRUMMERS

Ukulele strummers continue to play each 2nd and 4th Wednesday of the month. November dates are the 8th and 22nd.

Membership is currently at capacity.

For information contact Sue Porter at s.e.porter@rogers.com



WEDNESDAY WALKING GROUP

Hello, I am Joy Karney and am now the organizer of the Wednesday walking group which will continue to meet at 10:00 a.m. every week.

Our October 25 walk was the last walk organized by Bernice Pyke who leaves rather large shoes to fill and we are grateful for the research and time she has given to arranging a variety of walks over the years.



The plan is to continue these walks, about an hour in length, that accommodate both fast and slow walkers. Bernice has kindly passed on her list of walks and I expect to arrange these walks to suit a wide range of interests, though my preference is for natural options that also have good trails. My first walk will be November 1, and I've checked out the Duffins Trail off of Elizabeth Street. It's a great trail and a breath of nature in the heart of Pickering. I have included a few pics of those who have joined us in recent weeks as well as the trail I have mentioned. We are blessed with so many natural walkways both on the Ajax and Pickering waterfronts and in the Rouge Valley National Park which is only minutes away in the Pickering/Scarborough area. If you enjoy fresh air and friendships, please join us on Wednesdays.

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 Joy Karney at joykarney@gmail.com.

WORDS WORTH READING BOOK CLUB

In November, the book club members will be discussing the novel "Midnight Library" by Matt Haig. As outlined in the Bibliofile, the novel is "about a young woman, Nora, who is regretful about her life and feels alienated and unneeded in this world. In her unhappy emotional state, she comes across the Midnight Library where each book represents an entrance into another variation of what her life could have been. As she reads the books they allow her to access different versions of her life. Nora's journey of self-discovery results in a life-affirming and reflective story about the choices we make, the paths we've chosen and each of our places in this world".



Our book club meets monthly from September to June on the third Tuesday of the month. There are ten members in the club and we meet in each other's homes. We are currently at capacity.

Contact: Jean Jackson at 905-420-6410 or jeanej@rogers.com

SHARING OUR RECIPE(S)

Recipe, Courtesy of Patricia Bolger

Fennel, Sausage and Red Pepper Rice Pilaf

I found this awesome recipe in The Toronto Star a couple of years ago and "The Big Guy" and I just love the fragrance and the interesting taste of this one-pot stove-top recipe. I found the recipe again at www.ricardocuisine.com under the title **One-Pot Rice with Sausages, Fennel and Peppers**. It requires a special trip to the grocery to locate a stalk of fennel in the fresh vegetable aisle. Fennel (pictured below) is a bulbous vegetable with a feathery green top. It is a species of the carrot family and has a distinct anise or licorice flavour. It can be eaten raw, cooked or roasted and adds an aromatic component to any dish. Commonly used in recipes from the Mediterranean shores.



This recipe includes Spicy Italian Sausage but I have made it with the Salt and Pepper Sausages that are easily found at the local grocery.

"The Big Guy" recommends that you **immediately** capture the bottle of dry white wine, pour a hefty pre-dinner drink and then chill the bottle for dinner. A nice bottle of Riesling or a Pinot Grigio adds good flavour to both the Pilaf and the wine glass.

Fennel, Sausage and Red Pepper Rice Pilaf

Ingredients

1 lb. spicy Italian sausages, casings removed
3 Tbsp olive oil
1 stalk of fennel quartered lengthwise and thinly sliced
(Save the fennel fronds for garnish)
1 red bell pepper, seeded and cut into strips
2 tsp sweet paprika
1 ½ cups long grain par-boiled rice
3 cups chicken broth
½ cup dry white wine
Salt
Pepper



Fennel

Method

1. Use a large deep skillet and cook the sausage meat in the oil. Break up the meat as it cooks and browns.
2. Add the vegetables, stir and cook for 3-4 minutes then add the paprika and rice.
3. Next add the chicken broth and wine and bring to a boil.
4. Quickly cover and simmer over low heat for 18-20 minutes.
5. When ready to serve, add the Parmesan and fennel fronds to the top.

To Serve

½ cup Parmesan cheese, finely grated
3 Tbsp fennel fronds, chopped



For information on Age-Friendly Ajax [click here](#).

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 from 2:30 to 4:30 p.m.

Following is the schedule for September.

Thursday, November 2, 2023	Social Bridge
Thursday, November 9, 2023	Bidding Sequences when Responder has less than 3 cards of partner's major suit but the other major suit
Thursday, November 16, 2023	Social Bridge
Thursday, November 23, 2023	Minor Suit Openings and Response Sequences when the Responder has a major suit
Thursday, November 30, 2023	Social Bridge

If you have questions please contact Harvey Brodhecker at hbrodhecker@yahoo.ca

Ajax Seniors Club

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

St. Frances Centre for Community Arts and Culture

Fall has arrived, and with it comes a new season at the St. Francis Centre! From amazing variety performances and concerts to engaging family programming, live theatre, fun events, and thought-provoking films, this season has it all.

[Click here](#) to see the 2023-2024 Season at a Glance.



Tickets can be purchased online, at the Ajax and McLean Community Centres, the Audley Recreation Centre, or at the St. Francis Centre Box Office during posted Box Office hours. And don't forget that you can purchase group tickets (10 or more tickets purchased at once) and will receive a 10% discount.



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>