



## The PROBUS Club of Durham West

Our Next General Meeting is on **February 8, 2024**, at **10:00 a.m.**  
in the HMS Ajax Room, South Entrance, Ajax Community Centre,  
75 Centennial Road, Ajax, ON L1S 4S4

### February 2024 President's Message

Welcome everyone to what promises to be another terrific year with an impressive list of planned events.

I look forward to serving you as your president for 2024 and working with such an excellent management team.

I would first like to again thank Ada for stepping into the role of President last year when the future of our club looked in jeopardy. We owe Ada a great amount of gratitude. With Ada's support, we were able to weather some tighter financial times and are now in good shape for the new year.



I want to welcome our returning members: Liz, Frances, Gillian, Dave and Bev, Ena and Bev Waite (in a new capacity). I would also like to welcome our new additions to the team: Alan as your new Vice President, his wife Laura as Activities Chair, Donna as Speaker Chair and my sister Maria as Social Co-Chair with Bev Waite. Make sure to check out the team's bios in December's newsletter if you haven't already.

Also, I would like to thank Anne McKenzie who stepped into the role of Speaker Chair last year and did a fantastic job.

If you missed our January Annual General Meeting we took a moment to recognize all our volunteers – the Management Team, the House Committee, the Social Committee and the Activity Leaders. It takes quite a group to make our club so popular.

As per my bio in December's newsletter, I took on the role of webmaster in 2022 and helped the club adopt Wild Apricot. If you're a recent retiree and are easing into retirement like I was, consider volunteering for our Management Committee or one of our other committees. It's a great way to meet new people and use your skills or develop new ones.

I moved into the VP role last year when the future of our club looked problematic and we needed all hands on deck. I felt that I just had to help keep the club going.

Every year the Town of Ajax provides a Senior of the Year award. It is awarded to a senior, 65 years or older, who has helped make Ajax a better place to live. This year, one of our very own members – Ray Smith received the award (details below).

I had the pleasure of working with Ray in my earlier role as webmaster when we were redesigning our website, back in early 2022. Ray has been a great advocate for those with

disabilities. It's easy to see why Ray received this award. See more about Ray's achievements below.

This month we celebrate our 15<sup>th</sup> anniversary as a club. Be sure to check out details in this newsletter about our planned Potluck Lunch following our General Meeting. It is also of course, when we celebrate St. Valentine's Day. It has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world. For many, it marks the first occasion of the year to buy more chocolate now that Halloween and Christmas inventory is running low.



Also in February, maybe I'll see some of my fellow car lovers at the Canadian International Auto Show.

Walter Matias  
President

## 2023 AJAX COMMUNITY AWARDS

### Senior of the Year Award - December 13, 2023

Kudos to PROBUS Club of Durham West member Ray Smith, who was presented with the Senior of the Year Award for 2023, by the Town of Ajax.

Ray has a passion for building accessible and age-friendly communities and it is shown by his active involvement as a member of the Town's Accessibility Advisory Committee, Age-Friendly Ajax Steering Committee, and the Recreation Older Adult Task Force. Through his committee work, Ray has assisted in improving the accessibility of a crosswalk in his neighbourhood, provided educational presentations to Town staff, and has been a great asset to improving the accessibility of Town communication materials, all through his lived experiences.

Although Ray has been retired for 5 years, he was a strong advocate for accessibility in his professional life. He worked with Sun Life Financial as an ambassador for workers with a disability as well as WSIB promoting the importance of health and safety. Ray was also a Union Steward and co-chair of the CUPE National Accessibility Committee. His passion for building accessible communities continued after retirement, as Ray is now actively involved with the local CNIB chapter. Through his dedication to the community, Ray strives to make recreation and community participation opportunities accessible for people with disabilities and seniors.

Ray is pictured here receiving his award.



## ANNUAL GENERAL MEETING

On January 11th, 2024 at our Annual General Meeting (AGM), the new Management Team for 2024 was voted in.

*From left to right, David Bicknell, Alan Lemay, Gillian Martin, Laura Lemay, Frances Griffin, Elizabeth Ryan, Bev Bicknell, Bev Waite, Ena Shaw, Walter Matias, Ada Larock and Donna Castanheiro. Listed below are the various roles being filled.*



### Positions being filled:

2024 MANAGEMENT TEAM	
Past President	Ada Larock
President/Wild Apricot Lead	Walter Matias
Vice President	Alan Lemay
Activities Chair	Laura Lemay
House Chair	Gillian Martin
Membership	Beverley and David Bicknell
Newsletter	Ena Shaw
Secretary	Frances Griffin
Social Co-Chairs	Maria Bawcutt/Bev Waite
Speaker Chair	Donna Castanheiro
Treasurer	Liz Ryan
Webmaster	Ena Shaw

## SOUND SYSTEM

Recently we have been able to use the Town's speakers from their Special Events Team. It is a significantly better sound system. We will continue to ask for this system when it is available. Because we can't guarantee when we get to use these, we encourage you to sit at the front of the room, just in case we have to use the single speaker system.

## COFFEE BREAK

**Typically, at our General Meetings, coffee and tea are available during the break.**

**For the February 8th meeting only, coffee and tea will be available before the meeting as there will be no break due to the Potluck luncheon which will begin at 11:30 a.m. following the meeting.**



Coffee and tea are supplied by Calvert Catering. They are very reliable, have been in business for 70 years, and are anxious to please their clients. To satisfy everyone's taste they will supply two types of coffee, regular and dark roast. Brochures and business cards will be available for anyone who may wish to use their services in future.

## FEBRUARY SPEAKER

**February 8th, 2024**

Don Cornack – Financial Advisor, IG Wealth Management

Don services numerous clients in the Durham Region and is here to discuss Estate and Tax Planning ideas, including how you can reduce Probate Fees on death.

He is a Financial Advisor at IG Wealth Management, serving the financial needs of clients for the last 14 years at IG. Don has designations including the Qualified Associate Financial Planner, Registered Retirement Consultant, and the Responsible Investing Specialist.



## MEMBERSHIP

The final date for renewal of the 2024 Membership was January 31, 2024.

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

New members Carmel Grieve (left) and Rob McPherson (far right) are pictured here with our President Walter Matias receiving their badges at the January, Annual General Meeting.

Welcome, Carmel and Rob.

**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](mailto:dwprobud.membership@gmail.com) if yours has gone missing. The cost of a new badge is \$25.00.

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

## 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 name.

If you need help with technical issues related to Wild Apricot, please add your name to the Buddy System sign-up sheet located at the Membership Desk and someone will contact you to provide assistance.

## SUGGESTION BOX

We have a Suggestion Box located at the Membership Desk. If you have any suggestions that you feel would make our club better, please write them down and put them in the suggestion box. This may include proposed social events or activities. We are always looking for new ideas.



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.

## January Suggestions

A suggestion to make gluten-free cookies available at our General Meetings was made at our January meeting.

### *Response from Management Team:*

Our cookies are donated and as such are not within our control. For those with allergies, please feel free to bring your own choice of snack.

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 January AGM was won by Geoff Cutten.

Geoff (left) is shown here with Nina, Assistant to our Speaker Jeremy Bertrand (far right), receiving his \$68.65 winnings.

Congratulations Geoff!



## DYNAMIC DOWNSIZING

Dynamic Downsizing was kind enough to sponsor the coffee for our Annual General Meeting. They also provided a beautiful basket as a prize draw.

Bruni Matheson was the winner of the draw and is shown here with the Dynamic Downsizing team receiving her prize

Congratulations Bruni!



## 2024 PROPOSED BUDGET

The proposed 2024 Budget has been posted on the Members Only page for your review. If you have any questions please contact us at [durhamwestprobus@gmail.com](mailto:durhamwestprobus@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 event convenor 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.

**PLEASE NOTE:** Many of our members suffer from allergies. In consideration of those who suffer from an allergy to scents, we ask that you please refrain from wearing perfume or aftershave when attending PROBUS gatherings or events.

## PAST EVENTS

### ANNUAL HOLIDAY LUNCHEON - DECEMBER 7, 2023

Our PROBUS Club of Durham West Christmas/Holiday Luncheon held on Thursday, December 7, 2023, was well attended by members and guests and everyone had a great time. We were entertained by Deidrey Francois who has a lovely voice and sang a variety of songs during dinner and then followed up with a lively Christmas sing-along. A big shout out to Bob Bawcutt who, with much encouragement from the audience, performed a duet with Deidrey. Well done Bob!

A traditional holiday meal of turkey and all the fixings was served as well as a choice of salmon dinner for some and a delicious chocolate lava cake for dessert completed the meal.



We thank the following members of our community for the generous and beautiful door prizes: VIVA, Chartwell, AMICA, Parkland, Moxies Restaurant, Hawthorne Valley Golf Club and Farm Boy.

In addition, we thank our PROBUS members who also donated wonderful prizes: Alan Dryden, the Cinema Club, Ron and Ada Larock, Roseann Blake and Barb Stevens.

We cannot forget to thank Bev Waite and her dad who again this year made the delightful wooden stockings that were placed at each table setting.

Raffle tickets were sold at both the November General Meeting and at the luncheon itself for the beautiful handmade quilt made and donated by our member Mary Mullen. As a result of the ticket sale, \$430 was raised for our club. The lucky winner of this amazing quilt was Barb Stevens. Our thanks go to Mary and congratulations to Barb.



Last but not least, we extend sincere thanks and appreciation to the Social Committee organizers of the luncheon whose hard work and dedication made this event so successful: Ada Larock, Lorna Smith, Sharon Fenn, Liz Ryan and Fran Griffin.

For more pictures [Click here](#).

Now for all the winners of the door prizes.

- |   |   |
|---|---|
| 1 Chartwell Treat Tower - Dorothe Mathews           | 10 \$50 High Tea at Calderwood-Claire Speed             |
| 2 Landmark \$50 gift card- June Booth               | 11 VIVA Men's Gift Basket - Sandra Cornish              |
| 3 Picnic Ensemble-Linda Dorward                     | 12 Epicure Mixes-Gift Basket-Maria Fairfield            |
| 4 Shawl, tea cups Basket -Brian Lampole             | 13 Lap Blanket Gift Basket-Gale Haywood                 |
| 5 AMICA \$50 Gas & \$15 Tim's Cards - Marie Dinelle | 14 Golf Balls and Tees-Carl van der Veer                |
| 6 Sunrise Photography - Janette O'Doherty           | 15 White Wine Basket-June Boon                          |
| 7 Red Wine Basket-Bob Bawcutt                       | 16 Parkland Chocolate Comfort Gift Basket - Wilma Brown |
| 8 Table Topper Gift Basket-Sheila Lacy              | 17 Farm Boy Gift Basket - Maureen Schorn                |
| 9 Golf Balls and 2 Golf Passes-Marilyn Cummins      | 18 \$75.00 Gift Certificate from Moxies-Marlene Gostlin |

## GLOW-IN-THE-DARK MINI PUTT – JANUARY 24, 2024

Glow in the Dark Mini Putt was a big success once again this year. The weather was kind to us and the roads were passable this year. (Remember that last year's event was on the day that the 401 was shut down.)



We had 23 people spend an enjoyable couple of hours getting their exercise swinging their clubs over and over again (The place has a reason for having a six-stroke maximum per hole),

doing deep bends to pick up the balls from the cavernlike holes (At least that is what it felt like when bending over six inches lower than my feet), patting themselves on the back if they got a good shot (at least I saw others doing that although I didn't feel the need myself) and banging their heads with their hands when they had another bad play (you should see my head bruises). Who says games are not Real Exercise? I heard lots of cheers, groans and everything in between during the event. Some groups kept score and others decided that lying was not what they wanted to do that day, so they skipped and insisted they were playing just for the fun of it. But whatever they chose, all had fun.

All and all it was a lot of fun. Hope to see you there next time.

Thanks to Bernice Pyke for organizing and Lorna apologizes for the not-so-great photos.

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

## UPCOMING EVENTS

### 15TH ANNIVERSARY – POTLUCK LUNCH

On February 8th we are planning a potluck luncheon to follow our February General meeting to celebrate our club's 15th anniversary. This will be an opportunity for us to celebrate with all the friends we have made over the years.

If you would like to join us (and did not sign up at the January meeting), please send an email to one of the convenors to inform them of your intention to attend and to let them know what you will be bringing. Please let us know no later than Sunday, February 4th.



Note that registration for this event will be **manual only** (not through Wild Apricot).

Our regular coffee and tea will be served at the Potluck together with bottled water.

**Date:** February 8, 2024

**Time:** General Meeting 10:00 a.m. to 11:30 a.m.  
Potluck: 11:30 a.m. to 1:00 p.m.

**Location:** Ajax Community Centre – HMS Ajax Room

If you have any questions please contact:

CONVENORS: Lorna Smith at [lsmith1@bell.net](mailto:lsmith1@bell.net) or  
Bernice Pyke at [billandbernicepyke@hotmail.com](mailto:billandbernicepyke@hotmail.com)

COURT WHIST  
WEDNESDAY, MARCH 6, 2024  
AJAX CENTRAL LIBRARY - ROTARY ROOM

Come and join our PROBUS friends, and play this fun card game - no experience required. Instructions will be provided.

This event is for **members** only.

*Come early to socialize from 1:30 p.m. to 2:00 p.m.*

You are welcome to bring your own drink and snack. Masks are optional.

OH! By the way, there will be PRIZES! Come out and try to win one.

This event is for **members** only.

**Date:** Wednesday, March 6, 2024

**Time:** 2:00 p.m. to 4:00 p.m.

**Cost:** \$5.50

**Location:** Ajax Central Library - Rotary Room

This is a self-drive/carpool event.

If you have any questions contact the Convenors:

Lorna Smith at [lsmith1@bell.net](mailto:lsmith1@bell.net) or  
Bernice Pyke at [billandbernicepyke@hotmail.com](mailto:billandbernicepyke@hotmail.com)

STEEL MAGNOLIAS – SATURDAY, MARCH 23, 2024  
SCARBOROUGH VILLAGE THEATRE

Join us for a touching, yet hilarious, presentation of Steel Magnolias. It is set in Louisiana and introduces the eccentric characters who live in a town, where social status means a lot.

We have 50 seats reserved, however, if we reach the 50 limit please join the waitlist. The show begins at 2:00 p.m. and runs until approximately 4:00 p.m.

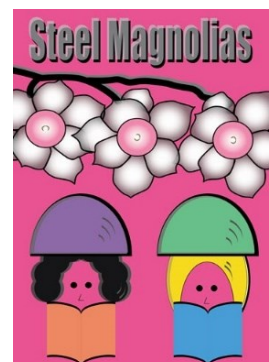
**Date:** Saturday, March 23, 2024

**Time:** 2:00 p.m. to 4:00 p.m.

**Cost:** \$20.00



For more information and to register [Go to the Event](#)



To Register  
[Go to the Event](#)

**Location:** Scarborough Village Theatre, 3600 Kingston Road, Scarborough  
(Kingston and Markham Road)

This is a self-drive/carpool event.

If you have any questions contact the convenor:

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

## 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 or starting 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)

## PROPOSED NEW BOOK CLUB

Do you love to read and chat about books? We have a few members interested in joining a book club and we need a few more people in order to start a third book club.

It is a great opportunity to get to know people and be introduced to new authors in a casual and relaxed setting.

Our book clubs usually meet once a month with each member hosting once per year.

Assistance will be provided to get this third group started. If you are interested, please let Laura Lemay know at [lauralemay@sympatico.ca](mailto:lauralemay@sympatico.ca).



## AMERICAN MAH JONGG

A group of 16 members assembled for the second round of Mah Jongg lessons at Parkland Retirement Residence. A number of members who attended the first round of lessons in October were present to coach and support our future players. We also had two Parkland residents who are veteran players to guide us. The room was full with six tables of beginners and the energy for learning was incredible. You could almost smell wood burning LOL. It was great to see how far the trainees from October have come! They gave hope to the newbies!

For those who have graduated from “Mah Jongg school” we continue to play every Wednesday at Parkland Residences between 1:00 p.m. and 3:00 p.m. Please check in at the reception desk to confirm in which room you will be playing as the room may change from time to time.

For those of you who have Mah Jongg sets, please bring them to ensure we have enough sets to play with.

If you are interested in playing Mah Jongg and have not already indicated your interest, please contact Bev Waite at [bev.waite@outlook.com](mailto: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 on the second and fourth Friday of every month.

**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 February dates are the 9th, and 23rd.**

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

Food and beverages are again available for purchase as the restaurant has re-opened under new management. This is a drop-in format and registration is not required.

**SINCE THIS IS A PUBLIC VENUE, PLEASE REMEMBER TO WEAR YOUR BADGE SO YOU CAN BE IDENTIFIED AS A PROBUS MEMBER.**



## BOWLING

We bowl on the 4th Thursday of each month at 2:00 p.m.

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!

**Date:** February 22, 2024

**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



## 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).

We are looking forward to meeting new members.

## CINEMA CLUB NEWS

On Saturday, January 20, a group of members of the Cinema Group met at Landmark Cinemas in Whitby and watched The Hunger Games.

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

The next movie date will be Saturday, February 17, 2024, at Landmark Cinemas in Whitby.



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)

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

## CREATE AND CHAT

The first meeting of 2024 involved fifteen ladies catching up with Christmas and New Year's events while enjoying an excellent afternoon tea. New projects, including socks, blankets, scarves, embroidery and a smocking machine were displayed. Also, patterns were exchanged and requested. It was a good turnout for a very cold winter day.

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”

In January we enjoyed excellent service, excellent food and excellent company with a lot of laughs at Symposium Cafe's Whitby location.

For more pictures [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.

We will play Euchre on **Friday, February 9th and 23rd.**

The doors will open at 1:30 pm and **Euchre starts at 2:00 p.m. and finishes by 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](mailto:annbuffett28@gmail.com).

## GARDEN CLUB

The Garden Club currently has 30 enthusiastic members and we are looking forward to our first meeting of the year on March 5th.

This will be our annual Planning meeting to come up with ideas and suggestions for our monthly outings throughout the year. We look forward to the suggestions put forward and this usually results in lively discussions as we decide on the dates for the outings.

Parkland Lifestyle Residences (located at 3 Rossland Rd W., Ajax west of Harwood) has graciously agreed to let us continue meeting in their beautiful Great Room on the 2<sup>nd</sup> floor.

The meeting will begin at 1:30 p.m. until approximately 3:00-3:30 p.m.

Please contact us if you are interested in joining our group.



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

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

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

## GOLF

The Indoor Golf activity at Ajax South Breeze Golf restarted on January 8th after a long, long wait. Although there were only 3 of us, Joanne, Chris and June, we did have a good time. This photo of Joanne was taken at our 2nd meeting on January 22nd while she was contemplating her next shot.



Our group meets every other Monday at 10:00 am. from January through April.

We normally play for 2 hours and the cost per hour is split between the number of players using the simulator. You can use all of your clubs except the putter – the machine putts for you.

If you have any questions please contact June Booth at 289-200-1496 or [jdbooth52@yahoo.ca](mailto:jdbooth52@yahoo.ca).

## LET'S EAT

We had six members come out on a cold and clear night to check out the Italian cuisine at Scaddabush Whitby. The food was tasty and the service was excellent.

Next month, we are going to A Tavola Bistro, 10 Meadowglen Drive, #2, Whitby.

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



## NIBBLES AT NIGHT

Another wonderful gathering of the Nibbles group, our first of the New Year hosted by Elizabeth Ryan. We also celebrated one of our member's 90th birthday with a homemade carrot cake as well as a variety of homemade cookies by our hostess. Everyone was in good spirits enjoying lively conversation and lots of laughs.

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

January 22 was a cold and windy Monday but 10 of the pole walking group made it out. Congratulations to these hardy souls.

Rain or shine, walkers meet twice a week at 10:00 a.m. on:

Mondays at the Ajax Rotary parking lot; and  
Fridays at the end of Lake Driveway and McClaren in Ajax.

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

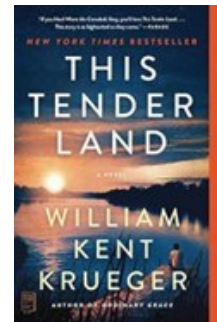
For more information contact Eileen Nixon at [eileennixon8585@gmail.com](mailto:eileennixon8585@gmail.com).



## NOVEL READERS BOOK CLUB

The Novel Readers Book Club will be meeting in February to discuss the book "This Tender Land". It is a coming-of-age novel that has spirituality as one of its main themes. As historical fiction, the novel follows four central characters on a physical and spiritual journey through the Depression era in the Midwestern United States.

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



## OUTDOOR GOLF GROUP

Outdoor Golf at Hawthorne Valley is on hiatus for the winter and will start up again in the spring.

Anyone interested in joining the group next season can email [marciaeveritt@yahoo.ca](mailto:marciaeveritt@yahoo.ca) for information and details. Looking forward to seeing you then.

## SNAPPED CAMERA CLUB

Snapped met in the party room of one of our members on December 5th for a potluck luncheon. Everyone who attended had a great time with lots of laughter and great food.

Our Snapped January meeting was held in the party room of one of our members and three members presented a slide show of their travel adventures. Bill Willis shared pictures from his train ride across Canada and parts of the United States. Angie Hobson also did a train ride in Switzerland. Alan Dryden presented pictures from his travels from Vancouver to Alaska. Thanks to Bill, Angie and Alan for sharing great travel shots with the rest of the Snapped members. I know I am now excited to travel to any one of these locations for my next much-needed vacation.

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



## TABLE TALK

A small group got together at Symposium on January 29.

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

## UKULELE STRUMMERS

The ukulele strummers are taking a winter break until April! Don't forget to practice strummers! See you all in April.

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

Great day, if a bit misty along the waterfront at the bottom of Liverpool. Lots of geese and swans in the water.



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.

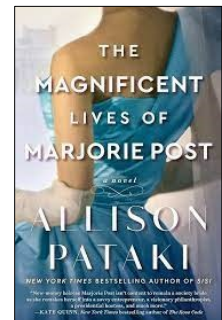
We walk all year round, in all kinds of weather. Usually, we are lucky and the weather is fine for a walk and a chat. Hope to see you on the trails whenever you can join us.

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

Contact Joy Karney at [joykarney@gmail.com](mailto:joykarney@gmail.com).

## WORDS WORTH READING BOOK CLUB

In February, the book club will be discussing the novel "The Magnificent Lives of Marjorie Post" by Allison Pataki.



As outlined by Goodreads, "The author has crafted an intimate portrait of a larger-than-life woman, a powerful story of one woman falling in love with her own voice and embracing her own power while shaping history in the process. From crawling through Moscow warehouses to rescue the Tsar's treasures to outrunning the Nazis in London, from serving the homeless of the Great Depression to entertaining Roosevelts, Kennedys, and Hollywood's biggest stars, Marjorie Merriweather Post lived an epic life few could imagine. Not content to stay in her prescribed roles of high-society wife, mother, and hostess, Marjorie dared to demand more, making history in the process. Before turning thirty she amassed millions, becoming the wealthiest woman in the United States. But it was her life force, advocacy, passion, and adventurous spirit that led to her stunning legacy." She even had the now very famous Mar-a-Lago built in Florida.

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

# SHARING OUR RECIPE(S)

*Recipe, Courtesy of Patricia Bolger at [pbolger@rogers.com](mailto:pbolger@rogers.com)*

Recently “The Big Guy” and I thought we would look for new adventures in the kitchen. This usually begins with finding a new recipe and then we are out scouring the stores for new ingredients. This recipe for Dan Dan Noodles is from one of my favourite recipe websites [www.theviewfromgreatisland.com](http://www.theviewfromgreatisland.com) where I have found many other recipes for noodle bowls.

In this particular recipe, there are several items like Mirin (a sweet cooking rice wine), chilli oil and Asian ramen noodles (not the wavy ramen noodles but straight flat thin noodles that are made with wheat dough and salt) are readily available at the local Asian grocery store. Green onions can be substituted for scallions. Hoisin, baby bok choy, lean ground pork, five spice powder and soy sauces are readily available in most stores. I could not find Sichuan peppercorns so I have marked it as optional. You can make ahead your own chilli oil by heating 1/3 cup canola oil and adding 2-3 or more red chilli peppers but limit the number of seeds you include the first time you make it. I bought a bottle of chilli oil at the Asian store. “The Big Guy” and I would still be out in orbit if we had used the full 1/3 cup of chilli oil as listed in this original recipe. Just think, you could conspire to launch yourself and your Valentine into outer space too!

## DAN DAN NOODLES

### INGREDIENTS

Serves 2 hungry seniors

#### Part 1 – Sauce

2 Tbsp tahini (sesame paste)

3 Tbsp light soy sauce

2 tsp sugar

½ tsp five spice powder

½ tsp ground Sichuan peppercorns (optional)

½ -1 tsp chilli oil added to 1/3 cup light oil (canola or peanut oil)

2 cloves garlic, minced

1 tsp fresh ginger, grated

#### Part 2 – Meat

1 tsp canola oil

½ lb ground pork, lean

2 tsp Hoisin sauce

2 tsp Mirin

1 tsp Tamari soy sauce (dark soy sauce)

½ tsp five spice powder



### **Part 3 – Noodles**

1 pkg of Asian noodles made from wheat flour dough and salt

(Think about reserving 1 cup of noodle water to dilute the sauce and also add to the meat)

### **Part 4 - Veggies**

1 bunch of scallions or green onions, trimmed, cut in quarters

5-8 baby bok choy, trimmed and sliced lengthwise

### **Part 5 – Garnish for the Table**

Chopped peanuts

Lime wedge

## **METHOD**

1. Measure all the ingredients for the sauce into a very small bowl. The tahini paste is very dense and will need some stirring to integrate. If it is a really thick sauce, dilute it by adding 1-2 Tbsp of noodle water from the boiling noodles.
  2. In a skillet on medium-high, brown the ground pork breaking it apart into crumbles. Add the Hoisin, Mirin, soy and spice powder. As the noodles boil, scoop out 1/3 cup of water and add it to the meat. Continue cooking on low heat until liquid has evaporated and the meat is dry and crisp.
  3. Boil a large pot of water and cook noodles as directed on the package. This is usually 3-5 minutes. Add the bok choy and scallions during the last minute of boiling or just long enough to wilt them.
  4. Assemble each tableware noodle bowl with a puddle of sauce, add the noodles and green vegetables, top with meat, squeeze lime juice over all and scatter with chopped peanuts.
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For information on Age-Friendly Ajax [click here](#).

## Ajax Library Bridge

Library Bridge takes place in the Rotary Room at the library's main branch from 2:30 p.m. to 4:30 p.m.

Following is the schedule for February.

### February

Thursday, February 1, 2024	Social Bridge
Thursday, February 8, 2024	Major Opening and Responder has no Major Suit Plus Reverses Responder with a Major Suit
Thursday, February 15, 2024	Social Bridge
Thursday, February 22, 2024	Lesson 9 - 2 Club opener
Thursday, February 29, 2024	Social Bridge

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.

## St. Francis 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/club-reference-guide/insurance/policies/healthtravel>