



The PROBUS Club of Durham West

General Meeting is April 14th, 2022, HMS Ajax Room - South Entrance Ajax Community Centre,
75 Centennial Road, Ajax, ON L1S 4S4

April 2022 President's Message

It was great to see some of you at our March in-person meeting. There were approximately 50 attendees with 35 Zoom members. We will keep up with proof of vaccination, social distancing, and masking for our April 14th meeting.



We have had several darts games at the King's Castle Bar & Grill, on Tuesdays from 12:30-2pm and discovered they also have Tuesday wing specials. Come on out for lunch and throw some darts. Challenge me at a game of Darts!

Earth day this year is Friday, April 22nd. We celebrate this day to protect the planet and make our world a happier, healthier place to live. Are we doing our part? What about recycling? Do you throw leftovers away or have them for lunch the next day? Come out and join our fellow members to clean up followed by brunch. Check out the Nature Lover's event for details.

Are there any members that would like to share their travel experiences? We are thinking about offering Armchair travel sessions where photos and stories of a one-hour length would be shared. If you would like to present your trip, contact me to plan to do so.

Please be aware of the Ontario License Plate Sticker refund SCAM. Service Ontario does not send text, they are issuing cheques automatically and mailing them to you. Never click an unknown link.

I would like to thank Ann Buffett for her involvement with our club's management team. Ann volunteered to edit the newsletter for 3 years followed by 3 ½ years as secretary. We all wish her the best in the years to come.

Please welcome Fran Griffin to the management team as secretary starting April 1st.

Easter is around the corner – time to switch over to your spring/summer wardrobe.

Happy Easter,

Ruth Bridge



Management Team for PROBUS Club of Durham West 2022 is available on our website:

<https://durhamwestprobus.org/contacts>

APRIL SPEAKER

April 14th, 2022

April Speaker - Durham Master Gardeners on *Preparing Your Garden for Spring*

We will hear from two certified master gardeners, Pam Clarke and Rabeeya Amjad on how to prepare our garden for spring/summer. We will learn about soil preparation, use of fertilizer and seeds, selecting plants, and controlling weeds.

Pam Clarke has served for many years on the Board of the Master Gardeners of Ontario. She has a Horticultural Certificate from the University of Guelph. Following a long banking career, Pam gained practical gardening experience operating her own gardening services business until 2014. Now Pam concentrates on sharing her gardening knowledge and finding ways to enjoy and make her garden easy to manage.

Rabeeya Amjad has recently completed her Horticulture certificate from the University of Guelph. In addition to her day job in business planning, Rabeeya has a family business of tropical plants and is passionate about gardening. Her area of focus is native gardening and creating urban spaces for native birds and pollinators.

MEMBERSHIP

The Membership list for 2022 has been completed and recorded. If you wish to sponsor a new member or if you did not renew your membership before February 28th, and wish to rejoin, you can obtain a membership application and member interest form under the "ABOUT US" section of the website. Once completed this can be brought to our in-person meeting or mailed, with a cheque payable to The PROBUS Club of Durham West, in the amount of \$50 to:

Mr & Mrs D Bicknell

611-1665 Pickering Pkwy

Pickering, ON L1V 6L4

Please note that the email for membership inquiries, change of address etc. is now

dwprobus.membership@gmail.com

TRAVEL: This just in! *Details are at the end of the newsletter*

SHAW FESTIVAL

Presents "Importance of Being Earnest" & "Damn Yankees"

DISCOVER OTTAWA

SOCIAL

BRUCE BELL TOURS <http://brucebelltours.ca>

Bruce Bell Tours is a unique guided walking tour of the St. Lawrence Market area in downtown Toronto. This is a walking tour, but apparently not too much walking. The Market tour will take approximately 90 minutes and we will then enjoy lunch in a local restaurant. Please see the link above for more information on the tour itself.

Bruce likes to keep the groups to about 20 to be sure everyone is able to hear him speaking.

Registration will start at the April general meeting, or you can contact Bev Waite or Lorna Smith at lsmith1@bell.net if you are interested.

Date: May 25th

Cost of tour: \$25 per person

Departure Time & Transportation: Travel by GO Train - Leaving Ajax or station of your choice at around 08:30am (time to be confirmed) and walking from Union Station to The St. Lawrence Market (approximately 1 Km)

Lunch: TBD at a local restaurant within walking distance.

LITTLE CANADA

Date: Thursday April 21st, 2022

Cost: \$25.00 plus tax, for admission to Little Canada

Transportation: GO Train and then a short walk to Dundas Square

Departure Time: Ajax GO at approximately 12:22pm.

Dinner: Old Spaghetti Factory

Little Canada is a new permanent attraction located in Dundas Square, Toronto. There are 5 regions from across Canada that have been recreated in miniature. We will have 1 – 2 hours for viewing. Check out the Little Canada website www.little-canada.ca

For those who are interested we can have dinner at the Old Spaghetti Factory before taking the GO train back home. Dinner and GO train costs will be dependent on what you order and the station where you travel from.

Let Bernice Pyke billandbernicepyke@hotmail.com know if you are interested in attending.

You will be contacted as soon as tickets go on sale.

Update: Bernice will also let you know what the latest is for vaccination and masking for Little Canada, Old Spaghetti Factory and the GO train when she sends out the email.

ABBA MIA at WESTBEN

You can dance! You can jive! But even if you can't, you can still have the time of your life when you join Westben and a barnful of fabulous singers and musicians for the rollicking return of the musical review of all your favourite ABBA hits. This is a self-drive/carpool event. You can opt to attend the show only or participate in both the show and dinner. Please specify when signing up as we need a firm count for dinner reservations.

Date: Thursday, July 21st, 2022

Show Time: 2:00 p.m.

Where: Westben Performing Arts Theatre, 6698 County Rd. 30 North, Campbellford

Cost: \$53 each, theatre only

Dinner after show: optional at The Mill Restaurant and Pub, Cobourg Creek Golf Course, 990 Ontario Street, Cobourg

Sign-ups will be available at the April and May PROBUS general meetings. For any questions, please contact the convenor, Maria Bawcutt, at bamb63e@gmail.com

1,000 Island Boat Cruise – Kingston <https://www.1000islandscruises.ca/>

Come join us for our first bus outing since COVID-19! We will be taking a Coach Canada bus to Kingston for a 3-hour, glass topped 1,000 Island Cruise. On board we will have a delicious lunch while watching the scenery. If you have any dietary or mobility issues, please let us know so we can inform the company.

Date: Wednesday June 22nd, 2022

Cost: \$125.00 – includes bus driver tip (members leave separate tip for lunch server based on \$45.00 meal). Cheque currently dated and payable to PROBUS Club of Durham West

Pick up location: Walmart Parking Lot in Ajax

Bus company: Coach Canada

Departure time: 8:15 am ready to load bus to leave at 8:30 am

The bus will make comfort stops to and from Kingston. Approximate return time is 6:30 pm.

Boat Cruise: Boarding at 12:00pm and departs at 12:30 pm

Lunch: still waiting for the 2022 menu – 3 entrée choices.

Website: <https://www.1000islandscruises.ca/dining/lunch/queenlunchmenu/>

Convenor: Deborah Barbisan dbarbisan@sympatico.ca

Lorna Smith lsmith1@bell.net

If you are unable to attend the April general meeting and wish to attend this social event, please contact Deborah Barbisan or Lorna Smith to arrange for a cheque drop off.

Note: Sign up will take place at the April general meeting. If by the end of the April meeting we don't have 50 people, we will be offering other PROBUS clubs the opportunity to sign up for the 1000 Island Boat Tour

HERONGATE BARN THEATRE

Check out their website <https://www.herongate.com/> for these two upcoming performances:

Broken Up: April 1st – May 14th

Jenny's House of Joy: May 20th – July 3rd

At this point we do not have any planned group trips to Herongate, however, if you decide to book let them know you are with PROBUS Club of Durham West and you will be seated with other PROBUS members.

GLOW IN THE DARK MINIPUTT

Please see <https://durhamwestprobus.org/Social-2>

for photos!

On February 22nd, 2022, our first PROBUS social function of the year was a trip to Putting Edge in Whitby. There were 30 members who were eager to get out and socialize again. We had a great time challenging ourselves on the colourful mini putt course. A few cheers were heard as people scored those rare Hole in Ones!! (Overshadowed by the moans of those who just missed the hole).

ACTIVITIES

Calling all Musicians!

Do you play an instrument? Did you used to play an instrument, are you a little rusty but wish you could get back to it? Would you like to get together with other like-minded people, have a few laughs and do some “jamming”?

We would like to determine if there are enough musicians to start a new activities group where you all would get together (location to be determined) on a regular basis and enjoy playing music together.

If you are interested in joining this group, we are looking forward to hearing from you! Please reach out to Bev Waite at bev.waite@outlook.com

Darts

The darts group launched on Tuesday March 15th with a small but mighty group! Wings and beverages were enjoyed by the group. Please drop by and join the group for a couple of hours of fun and a few laughs (no experience required) every Tuesday at 12:30p.m. at The King’s Castle on Westney Road South. <https://www.durhamwestprobus.org/darts>

Euchre

The Town of Ajax is starting to open room bookings to external groups like PROBUS. The Euchre group will be re-launching as soon as we have the “go ahead” from the Ajax Library. The group will meet every other Friday afternoon in the Rotary room at the Main Branch of the Ajax Library (55 Harwood Avenue).

If you are interested in joining, or have any questions, please email annbuffett28@gmail.com
Further details to come!

If your groups are meeting in person, please note that all PROBUS members participating in in-person activity groups must be fully vaccinated.

NOVEL READERS BOOK CLUB

On April 6, 2020, the Novel Readers intend to meet in person to discuss “*Beneath a Scarlet Sky*” by Mark T. Sullivan. This novel is set in World War II and is based on a true story of heroism. Our May book selection will be “*All the Devils Are Here*” by Louise Penny. The Novel Readers usually meets on the first Wednesday of the month. We currently have full membership.

For more information, please contact Colleen Lea at 905-686-1629 or colleenlea@hotmail.com

WORDS WORTH READING BOOK CLUB

This month the book club will be discussing Kristin Hannah's novel, "*The Four Winds*". As described in the Washington Post, this "emotional book is about the Dust Bowl era and the efforts made to organize migrant workers in California during the Depression to fight for their income, honour and their very lives."

We hope this will be our first time to meet in a home since we last did in October.

For those of you following the club online, please change the book and author for June for the Words Worth Reading Book Club? The selection has been changed from "*The Library Book*" by Susan Orlean to "*The Personal Librarian*" by Marie Benedict.

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

BOWLING

Update:

Our bowling dates are:

Thursday April 28th. 2 pm.

Thursday May 26th. 2 pm.

Thursday June 23rd. 2 pm.

The alley is following Durham Public Health Covid-19 policies.

The alley has a new automated scoring system.

Members must register with me each month.

We are not a league, and our motto is to have "FUN"! All levels of bowlers are welcome.

Bonnie Cutten (Lead) 905-831-7489

CINEMA CLUB NEWS

We are on hold until Landmark Cinemas start the morning movies again.

Do you like seeing current movies? And discussing them afterwards? Then the Cinema group is for you!

On the third Friday of each month, we go to a morning or early afternoon movie at Landmark in Whitby. Majority rules apply when choosing the movie. After the film, we go to one of the restaurants in the complex for fun and conversation about movies.

Whether we go to action, adventure, comedy, crime, fantasy, historical, romance, or documentary, we always find something to inspire us.

If you have any questions or you 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

We have many photos of our projects on the website: <https://durhamwestprobus.org/create-and-chat>

Karen Dryden made a blanket for Ajax Pickering Hospital. I also crocheted blankets and hats for APGH. Inge Mueller is making a Hearts a Plenty Project. There is a reversible Afghan project kit that she bought from Mary Maxim - truly a challenge - just halfway done!

Dorothy G. spent time learning to do saltwater mittens. Real stinkers!

In the meantime, I'm still making red scarves - working on the sixth - and am well ahead for Christmas 2022.

Contact: Sharon Marshall oxford9390@gmail.com

GARDENING GROUP

Weather permitting the members will meet, outdoors, at 2:00 pm on Monday April 4th at Paradise Park in Ajax. We will be discussing plans for the coming gardening season. An alternate date will be announced if the weather on April 4th is unsuitable for meeting outdoors.

Geoff Nie

NATURE LOVERS

Nature Lovers of The PROBUS Club of Durham West is registered with the Great Global Cleanup. This is a worldwide campaign to remove billions of pieces of trash from neighbourhoods, beaches, rivers, lakes, trails, and parks — reducing waste and plastic pollution, improving habitats, and preventing harm to wildlife and humans.

The Nature Lovers group will meet, as in past years, at the south parking lot of the Ajax Community Centre - HMS entrance (75 Centennial Rd Ajax) **from 9 am to 10 am Friday, April 22, 2022**, to pick up the litter around the ACC and the Ajax Pickering Hospital.

Contact Geoff Cutten at gcutten0809@rogers.com

if you wish to join the Nature Lovers for a brighter, greener, and cleaner planet.

SNAPPED PHOTOGRAPHY

Snapped Outing to Purple Woods, Wednesday, March 16th. Please check <https://durhamwestprobus.org/snapped-camera-club> for photos!

Purple Woods is part of the Central Lake Ontario Conservation located in north Oshawa at Simcoe St and Coates Rd.

What was supposed to be a sunny day ended up being a very foggy outing to Purple Woods. Some Snapped members got some great pictures of trees surrounded by fog. Since we were in the area, we all stopped at White Feather Country Store in Raglan to treat ourselves to some sweets.

If you are interested in joining our Snapped Photography group, please contact Lorna Smith at lsmith1@bell.net

WEDNESDAY WALKING GROUP

Each Wednesday at 10 am we meet at a different spot in the area to walk for up to one hour. Most of our paths are paved and have washroom access. We have fast walkers as well as ones who like to stroll. So, I am sure you will find people who are happy to walk at your pace as you chat.

Walking and talking is a great way to get to know other members. We walk rain or shine. There is no need to commit to a walk. You just show up when and if it is convenient for you. Sometimes we have a half dozen members walking. Other times we have 20 or more.

If you would like to join us, just send me your name and email address. I will then add you to the weekly email location list. So come out and join us for fun while we walk!!

Bernice Pyke
billandbernicepyke@hotmail.com



NEWS

Ajax residents with a valid library card can now make appointments with the Ajax Library for free Tax Clinics at the Main branch 905-683-4000. With the reopening of the Town's facilities there are many events available at https://www.ajaxlibrary.ca/events_including watch movies, learning seminars, armchair travel, and Senior Centre without Walls –

Waterfront parking enforcement comes into effect May 15th. Ajax residents will need to register their licence plates again at https://www.ajax.ca/en/inside-townhall/by-law.aspx?_mid_=7476#Residents-Waterfront-Parking--Free-register-now

Go to www.ajax.ca/agefriendly to find the Spring LINK Newsletter, details of the Amateur Poetry contest, SCWW schedule and lunch & learn April 16 on Nutrition and Aging.

Leap into Spring with the 55+ Spring Fling Dance and Luncheon. There will be entertainment and a light lunch catered with community vendors on site. Tickets are available for purchase at our Seniors centres and Community Centres, reserved online or paid for at the door. For more details visit: <https://www.ajax.ca/en/play-and-discover/activities-and-recreation-programs.aspx#Older-Adult-55-Events>

** Special note** a Town of Ajax staff member will be in the HMS room before our April 14th Probus meeting from 9:30 to 10:00 for ticket sales.

The Recreation and Parks Master Plan guides investments and priorities for recreation and park services to the year 2031. The Town of Ajax wants to know your thoughts, questions, and comments to help create and implement a master plan that is reflective of the residents of Ajax. To learn more and register for the session go to ajax.ca/RPMP. The session is on Thursday, March 31 at 7 p.m. and will include:

- Opening comments/welcome
- Draft Recreation and Parks Master Plan (RPMP) presentation
- Q&A period

For your info: <https://seniorsmealbox.com/>



- FREE to eligible seniors on a short term / long-term basis
- Delivering specially cooked Hot Meals and weekly frozen meals for Seniors in need.
- Provide culturally diverse meals bringing the taste of home to many seniors
- Currently deliver to: Ajax, Pickering, Whitby, Oshawa and Scarborough

Sharing our Recipes

Tagine is a cookware made of ceramic and clay commonly used in Morocco. (Sharing our Recipe photo)

One year in a fit of cooking, I bought a small Tagine at the kitchen store, then “**The Big Guy**” and I commenced to search for recipes as well as Persian flavourings. **Beef Tagine with Beets and Oranges** is from the cookbook “*Tagine – Spicy Stews from Morocco*” by Ghillie Basan.



It is one of our favourites that might just get you hooked on the exotic flavours and start you searching for tagine recipes. There are several specialty items like preserved lemons, harissa and ras-el-hanout that are more prominent in other tagine recipes. But this beef tagine recipe is fragrant and exotic with minimal heat. It was just enough to spice up our kitchen with “**The Big Guy**” and a gyrating belly-dancing routine.

The Tagine is a shallow, round, earthen pot with a unique conical lid designed for slow stovetop cooking. Any heavy stovetop cookware with a lid can get great results.



With the rising cost of food, I am finding that it is best to plan meals and shop strategically as it keeps the waste to a minimum and pushes me to buy only the exact amounts required for the recipe. Some of the ingredients in this recipe can be sourced at the local bulk food store. I typically try to buy a sirloin steak or small roast, then trim it carefully and expect the citrus and stewing to help tenderize the beef. Fresh chili peppers or dried chili peppers can be used but remove all the seeds if you do not want any heat at all!

<p>Beef Tagine with Beets and Oranges Serves 2 hungry seniors.</p>	<p>“The Big Guy” recommends a Rioja or Tempranillo Red Wine from Spain.</p>
<p>2 Tbsp of Ghee (Or 1 Tbsp butter + 1 Tbsp oil) 3 garlic cloves crushed 1 red onion, halved and sliced lengthwise 1 inch ginger, peeled then chopped 1 red chile, seeds removed and sliced thin 2 tsp coriander seeds, crushed 1 cinnamon stick, broken in 2 2-3 red beets, peeled and quartered 1 lb lean beef, cut in 1” cubes 1 thin-skinned orange cut into segments (mandarin or tangerine) 1 Tbsp honey 1 Tbsp orange flower water (optional) Sea salt and ground black pepper</p> <p>Garnish A pat of butter 1-3 Tbsp pistachio nuts, shelled or pine nuts Flat-leaf parsley, roughly chopped</p> <p>Serve with rice or couscous, baked squash and lots of warm flat bread.</p>	<ol style="list-style-type: none"> 1. Start with oil and stir in the garlic, onion, and ginger until they begin to change color then add the chile, coriander seeds and cinnamon stick. 2. Add the beets and saute for 2-3 minutes then toss in the beef and saute 1 minute. 3. Add enough water to almost cover the beef and beets, bring to a boil, reduce the heat, cover, and simmer for 1 hour. 4. Add the orange segments, honey, orange flower water (use less the first time) and season with sea salt and pepper to taste. Cover and cook a further 10-15 minutes. 5. Melt a pat of butter, toss in the pistachio nuts stirring over medium heat until they start to turn golden brown. Add to tagine along with chopped parsley and serve. <p>Submitted by pbolger@rogers.com</p>

Travel: This just in!

SHAW FESTIVAL

Presents "Importance of Being Earnest" & "Damn Yankees"

June 21 – 22, 2022

Niagara on the Lake

Your Tour includes:

- Guided tour of Whistling Gardens (see the peonies)
- Picnic lunch
- One night stay at Holiday Inn in Niagara on the Lake with breakfast
- Orchestra level ticket to "Importance of Being Earnest" & "Damn Yankees"
- Visit to Niagara-on-the-lake
- Driver's tip

Cost \$499 + hst double occupancy / call for single pricing

For more information or TO BOOK – Call Shirlie 905-619-8583; shirlie@hnatravels.com



Discover your Capital!!!

Thursday, May 19th to Saturday, May 21st,
2022

Payment due: April 1st

Highlights of the tour:

DAY ONE: Diefenbunker Cold War Museum



DAY TWO: City Tour followed by:

- Rideau Hall
- Royal Canadian Mint
- Tulip display at Dow's Lake
- National Art Gallery
- Museum of History

DAY THREE: Canadian War Museum/ Rideau River Afternoon
Cruise YOUR TOUR includes:

- Return transportation by deluxe highway motor coach
- Two night's accommodation at the Historical Lord Elgin Hotel – ideally located downtown
- Admissions to attractions listed as “Highlights of the Tour”
- Free time to explore the famous Byward Market, for shopping or dining at your leisure.
- Two breakfasts and one lunch
- Services of an HNA Travels Tour Director

COST: \$699. per person/double occupancy + HST Single occupancy \$929 + HST

Non-refundable deposit of \$ 300. Upon booking – **Balance due April 1st, 2022**

TO BOOK – Call Shirlie 905-619-8583; shirlie@hnatravels.com

CANCELLATION INSURANCE is always recommended, please contact

SANDERSON TRAVEL INSURANCE 1-877-226-8728 and tell them HNA Travels sent you!

HNA Travels - Heatherington & Associates

TOUR AND EVENT PLANNERS

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