



The PROBUS Club of Durham West



General Meeting October 13th, 2022, HMS Ajax Room
South Entrance Ajax Community Centre,
75 Centennial Road, Ajax, ON L1S 4S4

October 2022 President's Message

October 1st is PROBUS Day and carries on for the whole month of October. PROBUS Month was initiated in 2013 by Steve Campbell of the PROBUS Club of Shediac Shores in New Brunswick. At the time Steve was a member of the Executive on the Board for PROBUS Canada. His slogan for the event was, "Be A Friend - Bring A Friend".

PROBUS Club of Durham West will celebrate National PROBUS Month by offering Bring-a-Friend to our October 13th meeting. Guests will have their name entered into a draw for a free one-year membership in 2023. There are no residence restrictions as we grow our club to be the best in Durham Region!



I would like to thank all the members who attended the September General Meeting and participated in the by-laws voting. We had a good turnout and managed to get through the voting process in under an hour. All proposed amendments were passed and ballots subsequently destroyed.

We continue to make good progress with our migration over to Wild Apricot – our new club management platform. We are currently investigating a work around for members who share one common e-mail. We had asked members to have individual e-mail addresses, which we still recommend. However, we might be able to allow members to have a joint account if they are unable to do so. We'll keep you posted.

We are still targeting a mid to late October launch. We'll keep you posted with subsequent emails including any special instructions when we're ready.

OUR CLUB NEEDS YOU – OUR MANAGEMENT TEAM NEEDS YOU

A number of members have come forward to join the Management Team for 2023! Some are new to the team and some are changing roles because they enjoy being part of this GREAT group. However, we continue to have some vacancies and are looking for volunteers to share in the efforts that make our group great! The positions that still need to be filled are:

- House Committee Chairperson (to lead a subgroup of volunteers)
- Social Committee Chairperson (to lead a subgroup of volunteers)
- Speaker Chair (standalone position working independently)
- Webmaster (standalone position)

We Need A New Webmaster

With Walter moving over to the V.P. role in 2023 we will need a new webmaster for next year. No web development or technical experience is required. These tools are designed so that anyone can learn. If you've ever worked with WORD you're well under way. Features like inserting links, images or tables will already give you familiarity with the platform. You'll receive all the training and support you'll need to be our next webmaster. Reach out to us at durhamwestprobus@gmail.com

With the cold weather around the corner, we would like to pilot an activity where members can “bring a puzzle,-take a puzzle”. Starting immediately we will have a table setup to display the puzzles. We cannot store them after the meeting so it is required that you take a puzzle as well – even if it's your own.

The days are still warm, but the nights are cool! You can tell its harvest time by going to the farmers markets and sadly the leaves are starting to change colour. On behalf of the Management Committee, we would like to wish you and your family a Happy Thanksgiving Day.



Ruth Bridge

President

OCTOBER SPEAKER

October 13th, 2022

Richard Mewhinney – Green Oranges Project in Uganda

Richard was born in Toronto and grew up in Scarborough where he attended Public and Secondary school as well as University of Toronto Scarborough Campus. Richard graduated in 1981 with a major in economics and a minor in computer science. Richard is married to Elizabeth and lives in Newmarket.

Richard has always been passionate about community involvement serving as a member of the Scarborough campus Alumni association, worked on multiple political campaigns at all levels of government and taught the Boating Course for the Canadian Power Squadron in Newmarket.



Richard became President of the Rotary Club of Newmarket in 2009, currently serving as President for the second time 2021-2022. In addition, Richard is the District 7070 Water and Sanitation chair 2015-present and Member of District 7070 Leadership team 2020-2022 in the role as Action and Partnership Committees Coordinator to oversee and assist all Rotary Area of Focus Committees.

In 2009 Richard made his first trip to Uganda and has returned to Uganda 24 times, most recently December 2019. He is passionate about a unique rain-water collection system at Ongutoi Health Centre for drip irrigation in an orange orchard where the revenue generated will provide long term free health care for this community and region.

September Speaker Follow-up: Chris Allum on Protect Your Money

Chris Allum, the speaker at our September General Meeting, has been kind enough to forward links to some of the resources she shared with us during her presentation. She would appreciate receiving any feedback you may have and has provided a link <https://www.surveymonkey.com/r/BNRZ8Y2> to a brief online survey for anyone who attended the meeting and would like to participate.

Resources

OSC website: www.GetSmarterAboutMoney.ca

Cryptoassets: <https://getsmarteraboutcrypto.ca/>

Investor News:

<https://www.getsmarteraboutmoney.ca/resources/publications/investor-news/>

Report Fraud - Local police

Canadian Anti-Fraud Centre: 1-888-495-8501 or <https://antifraudcentre-centreantifraude.ca/report-signalez-eng.htm>

OSC Contact Centre: 1-877-785-1555 or email: inquiries@osc.gov.on.ca

Other organizations that can help with an investing problem:

[Ombudsman for Banking Services & Investments](https://www.ombudsman.ca/): 1 (888) 451-4519

[Investor Protection Clinic, Osgoode Hall](mailto:ipc@osgoode.yorku.ca): ipc@osgoode.yorku.ca

[Investor Protection Clinic, U of T](mailto:ipc.law@utoronto.ca): ipc.law@utoronto.ca

MEMBERSHIP

We are pleased to announce that our membership dues for 2023 will remain at \$30 per member!! Lapsed membership renewals will be charged an administration fee of \$20 in addition to the membership dues.

At the September General Meeting we welcomed 3 new members. Pictured with President Ruth Bridge are Loretta Tanner (L) and Andrene Shanks (R). In another photo, Judy Tonna (L), new member, is with Roseann Blake (R) and won \$70 in our Share The Wealth draw. Congratulations and welcome to you all.



This brings our total membership to 288 and climbing.

There are more photos on our website <https://durhamwestprobus.org>

Bev & Dave Bicknell

Membership Chair

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

dwprobus.membership@gmail.com

SOCIAL

REMINDERS: There are NO REFUNDS if you sign-up for an event and are unable to attend. You may have someone go in your place by getting payment from them and notifying the Convenor of the event of the change along with the name and phone number of the person replacing you.

PLEASE BRING YOUR CHEQUE BOOK as you must pay for the event at the time of sign-up.

Use the suggestion box for feedback and ideas for social events.

Be aware that many people are very allergic to scents so please DO NOT wear perfume or aftershave to gatherings.

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 who is unable to drive, please contact the event convener and let them know your availability. Likewise, if you need a ride, contact the event convener and let them know so they can match you up with a driver.

AGA KHAN MUSEUM

We have arranged a Private Tour at the Aga Khan Museum.

SPECIAL NOTE: Each Private Group Tour is a **maximum of 10 seniors** for a set price of **\$120.00**.

We are hoping to get **2 full groups of 10 Seniors**.

The Aga Khan Museum is a museum of Islamic art, Iranian art and Muslim culture. It showcases artifacts from the entire range of Muslim culture and history. Check out their website to learn more about this interesting museum

<https://www.agakhanmuseum.org/index.html>



Date: Saturday, November 19th

Cost: \$24 which includes \$12 entry fee and \$12 for the private tour.

Time: You should arrive at the Aga Khan Museum Main Desk at **10:45 a.m.**

This is a car pool or drive yourself event and we encourage club friends to travel together.

The address is:

Aga Khan Museum
77 Wynford Drive
North York
Ontario M3C 1K1

Directions to the Museum: 401 West; South on Don Valley Parkway; off ramp at Wynford Drive; turn Right on Wynford Drive then Left into the Aga Khan Museum Parking Garage.

There is **Underground Parking** and the daily flat rate is **\$10**. Payment can be made at machines found in the parking areas, contactless online at [The Aga Khan Museum](#), or at the Visitor Services desk inside the Museum.

We will be proposing a "You-Pay Late-Lunch" spot for us to unwind and share our reflections and impressions of everything we learned at the Aga Khan Tour. Lunch location yet to be determined.

Convenors: Pat Bolger pbolger@rogers.com and Sharon Fenn slf809@hotmail.com

MARKHAM CONCERT BAND - MCB BRITISH INVASION

Markham Concert Band presents "MCB British Invasion" Website www.mcband.ca.

Location: Markham Flato Theatre

Date: Sunday October 23, 2022

Time: 2:00 pm

Cost: \$19.00

Call the theatre to reserve your tickets - Phone number 905-305-7469. Make sure to use PROBUS promo code.

PROBUS **OCTOBER** SOCIAL EVENTS

TUESDAY, OCTOBER 4TH at 2:00 P.M.

Where: Rotary Park, Ajax located at 177 Lake Driveway W. Turn left into the parking lot and park in the west end of the lot. We will gather in groups of no more than 15 (park rules without a permit) on the south side across from the parking lot under the trees. Social members will assist with directing you to the right area.

Bring your own chair, snack and beverage.

Lawn Games: Let's have some fun. If you have any lawn games such as lawn darts, croquet, bocce ball etc. please bring them along so we can have some safe outdoor fun with our PROBUS friends.

Weather: Let's hope for good weather. You don't need to notify us that you are coming so you can decide if the weather suits you. If the weather is looking bad an email will be sent out from Durhamwestprobus@gmail.com

Looking forward to seeing everyone for socializing and games.

Convenors: Maria Bawcutt bamb63e@gmail.com and Ann Buffett annbuffett28@gmail.com

HALLOWE'EN TRIVIA

Once again, Trivia Master Bernie Beales at the PROBUS Club of Uxbridge, is busy creating another trivia challenge for us all, based on a Hallowe'en theme. Other PROBUS clubs are invited to join in this new Challenge.

This will be a Zoom event and will require registration by e-mail at social.uxbridgeprobus@gmail.com in order to receive the zoom link which will be sent out a couple of days before the event.

Date: October 27th

Time: 7:00 p.m.

HOLIDAY/CHRISTMAS LUNCHEON

DATE: THURSDAY DECEMBER 8TH

Location: Ajax Convention Centre – 550 Beck Crescent, Ajax

Time: Social hour – 11:30 a.m. to 12:30 p.m.

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

Cost: \$40.00 for members and \$50.00 for guests

Entertainment: Deidrey Francois

Menu: Choice of Butternut Squash soup or Gourmet Caesar Salad. Entree choice of roast turkey or blackened salmon or stuffed pepper (vegan), warm apple and peach crumble for dessert, tea or coffee. Gratuities are included.

Sign ups will be at the October and November general meetings at the sign-up table. Sign-up forms are available in the newsletter or on the website.

Please bring your completed form to the general meeting with your cheque made payable to PROBUS Club of Durham West. Cheques will not be cashed until we have enough people to make this event happen.

Conveners: Sharon Castellarin (sharoncastellarin@bell.net) and Lorna Smith (lsmith1@bell.net)

PAST EVENTS

BIOGAS

A group of interested PROBUS members had a tour of the BioGas facility located on Zoo Road next to the Toronto Zoo. We learned how both zoo and food waste is being converted into usable energy to power homes and buildings. We saw a load of zoo waste arrive from the zoo which had the smell of a farm. Luckily there was no food waste being delivered that day! Check out their website for additional information <https://zooshare.ca>. A group of about 12 members still had an appetite to have lunch at the Black Dog Pub. Images are available at <https://www.durhamwestprobus.org/social-2>.

NINE AND DINE GOLF TOURNAMENT

The Nine and Dine golf tournament at Royal Ashburn Golf Club was a great success and everyone had a fun time. I know I didn't have to hit the ball as often since we played "best ball" which was rarely mine! The weather forecast was predicting rain all day but we only saw a slight drizzle on the last hole. We all had an enjoyable dinner afterwards and Bob Bawcutt was the lucky winner of a free round of golf and cart. Thanks to Juanita Hogg-Devine and Dale Thomas for organizing this event.

LUCY MAUD MONTGOMERY TOUR

A group of 24 members drove to Leaskdale for a very informative tour of Lucy Maud Montgomery's Manse where she lived for 15 years. We started off in the church and then walked up the road to the manse. Maud (she prefers to be called Maud) wrote 11 of her 22 novels here which was her most productive phase of her writing career. After the tour we had a lovely lunch in the church basement and a chance to purchase books.

<https://www.durhamwestprobus.org/social-2>.

Lorna Smith
Social Chair

COFFEE MUGS NEEDED

Many thanks for all the toiletries you have given me for distribution at Christmas . I have learned that the recipients are most appreciative receiving these toiletries in a mug which is gift wrapped. If you have one, some, any mugs, no longer needed or used, and would bring them to the next PROBUS meeting, I would happily see they go to a good cause. Many, many thanks for your help. Sandy Clarke

ACTIVITIES

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

APP-TEASERS

Presently, our Nibbles group is at capacity, and there have been a couple of requests to start a second group.

In response to the requests, a new "nibbles-type" group is forming called App-teasers. The plan is for it to be an informal afternoon gathering of conversation, snacks, and drinks. It will be held on the fourth Tuesday of every month and each month a member will host the group in their home/backyard. The next meeting will be on October 25th from 2:00 p.m. to 4:00 p.m. Roseann Blake has graciously agreed to be the leader for this group and would like to hear from anyone who is interested.

Please email Roseann at blakeroseann695@gmail.com if you are interested, and she will share more details.

NOVEL READERS BOOK CLUB

Looking ahead to October and November, our next books will be **The Midwife of Venice** by Roberta Rich and **Scarborough** by Catherine Hernandez. We hope to be able to meet in person. Our members usually meet on the first Wednesday of the month at 1:00 p.m. 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

The book we will be discussing in October is **The Only Woman in the Room** by Marie Benedict. It is a novel about the beautiful actress Hedy Lamarr. We learn about her escape from Austria and her controlling husband, to eventually land in Hollywood. Here she became a screen star and also tried to use her skills as a scientist to help the United States.

Presently our book club is at full membership.

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

BOWLING

Thursday, October 27th. at 2:00 p.m.

Join us for a FUN time!

Novices to experts are welcome!

We welcome new bowlers. This is **not** a league.

Bowling is once a month usually on the fourth Thursday afternoon.

Location: Ajax Bowling Centre, 172 Harwood Ave. South.

Cost: \$11.00 includes 2 games & shoes (\$2.00 for shoes)
\$9.00 if you have your own bowling shoes. Payment at the bowling alley.

Please contact Bonnie each month, to sign up, if you would like to bowl at bcutten0809@rogers.com or call 905-831-7489 for more information.

DURHAM WEST MARATHON BRIDGE CLUB

Our members are looking forward to the 2022-23 season.

For more information please contact Dave or Irveen Powley, at (905) 683-1444.

CINEMA CLUB NEWS

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

OUTDOOR GOLF UPDATE

Golf on Tuesday mornings at Hawthorne continues until the course closes.

Marcia Everitt at marciaeveritt@yahoo.ca

CREATE AND CHAT

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

Our October gathering will take place in the Arts Room at Revera Westney Gardens Retirement Residence, 1010 Westney Road N, Ajax, on the northwest corner of Westney and Rossland Road. Access to the parking lot is from Rossland Road, for those who haven't been there before. Hope to see you there.

Sharon Marshall at oxford9390@gmail.com.

DINNER IS SERVED

The Dinner is Served group met on Thursday, September 22nd at the Amici Trattoria in Pickering. We enjoyed delicious food and lively conversation.

For more information contact Maria Bawcutt at bamb63e@gmail.com

DINNER GROUP - "Let's Eat"

We have many photos of our outings on the website <https://durhamwestprobus.org/dinner-group>

For more information contact June Booth at jdbooth52@yahoo.ca.

FRIENDLY EUCHRE

We meet every other Friday from 2:00 p.m. to 4:00 p.m. October dates are the 7th and 21st. A notice will be sent out giving the location prior to the date.

October 7th Doors open at 1:30 p.m. and Euchre starts at 2:00 p.m. and finishes at 4:00 p.m.

LIBRARY RULES Regarding COVID

The library is following the Town and Region guidelines so they no longer ask people for proof of vaccination. They do not require that masks be worn in the library.

Masks are a personal choice if you wish to do so.

Coffee/tea and food will **not** be available. You may bring your own refreshments.

Everyone is welcome. If you are interested in joining us, please contact me.

Ann Buffett at annbuffett28@gmail.com.

GARDENING CLUB

Our outing to Guildwood Inn and The Rosetta Garden was canceled due to inclement weather. We are planning an outing to Edwards Garden on October 3rd.

We are always interested in anyone looking to join our group. Just send me your e-mail address and I will contact you.

Geoff Nie at geoff.nie@rogers.com

NATURE LOVERS

I spoke with Mother Nature on the morning of September 12th to ask if she could hold up on the rain so that the Nature Lovers could hold their Scavenger Hunt at the Toronto Zoo and not get drenched. She agreed!

Five teams walked the zoo for 3 hours seeking answers to nature-based questions. They even had to measure the length of a Snow Leopard's tail!

Did you know how many birds are depicted on the carousel at the zoo? Do you know the shape of a wombat's droppings? Next time you are at the General Meeting and find the conversation going stale locate a Nature Lover and they will be able to tell you the answers to these questions and much more exciting zoo trivia.

Congratulations to the winners of the Nature Lovers Toronto Zoo Scavenger Hunt.

1st Prize: The Zoo Capers (Dave, Joy, Janice, Lorna and Andrene)

2nd Prize: Zootopia (Bernice, Deborah, Gary and Emily)

3rd Prize: We're Not Cheetahs! (Ann, Ken, Bonnie, Gail and Ian)

4th Prize: The Tiger Lillies (Sharon, Sharon F., Shirley, Romola and Beverly)

5th Place: Cheetah Chicks - Sorry no prize (Eileen, Silvi, Maureen, Marilyn and Anne) but a special "Year of the Tiger Emoji" mention for having one of the best team howls at the wolves and imitating an orangutan.

Geoff Cutten at gcutten0809@rogers.com.

NIBBLES AT NIGHT

Check out a variety of photos taken by our members at <https://durhamwestprobus.org/nibbles-at-night>

The Nibbles at Night club continues to meet in person. It has been a wonderful summer of fun, laughs and delicious nibbles. We look forward to continuing to meet in person always following any COVID protocols when necessary.

Fran Griffin at frangriffinhome@gmail.com

SNAPPED PHOTOGRAPHY

Check out a variety of photos taken by our members at <https://durhamwestprobus.org/snapped-camera-club>

If you are interested in joining our Snapped Photography group, please contact me.

Lorna Smith at lsmith1@bell.net

WEDNESDAY WALKING GROUP

Each Wednesday at 10:00 a.m. we meet at a different location and spend up to an hour walking. Some people walk fast and some saunter along. So, you are bound to find someone who walks at your pace. If you would like to be on the emailing list for the weekly location, just send your name and email address to Bernice Pyke. Come out and socialize as you walk along!! For information contact:

Bill and Bernice Pyke at billandbernicepyke@hotmail.com

NORDIC POLE WALKERS

On Monday, September 28th, several of us did our usual walk on Rotary Park's waterside path and paused for a quick photo.

Eileen Nixon at eileennixon8585@gmail.com

SOCIAL BRIDGE AT THE MAIN AJAX LIBRARY

The library is having trouble locating the source of the water leak in the floor of the Rotary Room in the main branch of the Ajax Library. We have therefore been reassigned to the Multipurpose Room in the Audley branch of the library.

The following schedule is for bridge at the library for October:

Thursday October 6 2:30 p.m. to 4:30 p.m. Social Bridge.

Thursday October 13 2:30 p.m.to 4:30 p.m.Bridge Lesson (No Trump Bidding Sequences Part 3).

Thursday October 20 2:30 p.m. to 4:30 p.m.Social Bridge.

Thursday October 27 2:30 p.m. to 4:30 p.m. Bridge Lesson (Major Suit Openings and Response Sequences when Responder has a Major Suit Fit).

I have revamped my lessons. I hope you enjoy the improvement.

I LOOK FORWARD TO SEEING YOU ALL!

Harvey Brodhecker, email: hbrodhecker@yahoo.ca



NEWS

The Ajax Public Library Newsletter - **What's On** can be viewed or downloaded at <https://www.ajaxlibrary.ca/whatson>

The Amateur Short Story contest deadline is November 30 or join a book club. Do you want to learn a new skill? Free video courses led by experts on topics such as web design, business, marketing, photography and software development are available at <https://www.ajaxlibrary.ca/research-learn>

The St. Francis Centre's 2022 season opened on September 24th. See what's coming up at <http://stfranciscentre.ca/events/>

Free virtual programs older adults and seniors can participate in from the comfort of home.

SCWW operates Monday through Wednesday. October Schedule: To participate in the program via Zoom or call-in, contact 55plus@ajax.ca or call 905-619-2529, ext. 7243.

The next municipal election will be held on Monday, October 24, 2022. Ajax Council has approved the use of internet and telephone alternative voting methods for the 2022 Municipal & School Board Elections.

Visit the Town of Ajax 2022 Municipal & School Board Elections Website at <https://election.ajax.ca> for more information

Thank you to the Towns Older Adult Task Force who helped to put these newsletters together. Be sure to look out for our Winter 2023 newsletter.

Please find attached a copy of the newsletter along with a link to it at ajax.ca/55plus

SHARING OUR RECIPE

I have been feeding him so much spinach that “The Big Guy” is turning into Popeye! I will have to buy him a corncob pipe and a white Sailor Hat to complete his new image. Seriously, I have found another spinach recipe that is now on my favourite list. It has shallots, mushrooms and spinach with a creamy wine sauce. I found this recipe in the Diabetes Family Friendly Cookbook, Taste of Home/Reader’s Digest (2014). It is a cookbook for everyday meals and for each recipe, it breaks down the nutrition values per serving and gives the Diabetic Exchanges per serving. I found this helpful when I was first diagnosed with diabetes. I have adjusted this recipe for 2 hungry seniors so there are no left-overs for re-runs.

In the Fall, I have “The Big Guy” buy me 3-4 bundles of spinach to freeze. I wash, trim, dry and bundle 1-2 clutches of leaves between paper towel then insert them into medium-sized ZipLock bags. The paper towel seems to attract the humidity of the freezer and the leaves stay green without freezer burn. I use the kitchen scissors to cut the leaves as I add them frozen solid to a recipe.

Chicken Thighs with Shallots and Spinach

Serve with penne pasta or fresh salad and fresh bread.

4 skinless chicken thighs

½ tsp seasoned salt

½ tsp pepper

1 ½ tsp olive oil

4 shallots, thinly sliced

4-5 white mushrooms, sliced

1 cup white wine or chicken broth

2 clutches of spinach leaves

¼ tsp salt

½ cup fat-free sour cream



“The Big Guy” recommends a crisp white wine such as a Chardonnay or Pinot Grigio

1. Sprinkle chicken with seasoned salt and pepper.
2. In a skillet, heat olive oil then add chicken to cook 6-7 minutes on each side (170 degrees on a meat thermometer). Remove to the side.
3. In the same pan, stir shallots and mushrooms until tender; add the wine and bring to a boil reducing by half.
4. Add spinach and salt then cook until spinach is just wilted.
5. Stir in sour cream and nestle chicken into the sauce.
6. Serve.

Submitted by pbolger@rogers.com

PROBUS CLUB OF DURHAM WEST

**ANNUAL HOLIDAY LUNCHEON
THURSDAY, DECEMBER 8TH, 2022
AJAX CONVENTION CENTRE, 550 BECK CRESCENT, AJAX**

**SOCIAL HOUR 11:30AM -12:30PM
LUNCH 12:30PM-2:00PM**

MENU

SOUP (BUTTERNUT SQUASH) OR SALAD (GOURMET CAESAR)
ENTREES – CHOICE OF ONE
TRADITIONAL CARVED TURKEY DINNER or
BLACKENED SALMON or
STUFFED PEPPER (VEGAN)
DESSERT – WARM APPLE & PEACH CRUMBLE

EACH PROBUS MEMBER \$40.00 GUEST \$50.00

As a reminder of the Holiday Luncheon, please keep top portion.

Please tear off and hand in completed form with cheque attached to Lorna Smith or Sharon Castellarin at the General Meeting.

<Please indicate your choice with a check mark>

Member \$40.00/Guest \$50.00

Name of Member

Soup (Butternut Squash) or _____
Salad (Gourmet Caesar) _____
Traditional Carved Turkey Dinner or _____
Blackened Salmon or _____
Stuffed Pepper with white & wild rice (Vegan) _____

Name of Member/Guest

Additional Member \$40.00/Guest \$50.00

Soup (Butternut Squash) or _____
Salad (Gourmet Caesar) _____
Traditional Carved Turkey Dinner or _____
Blackened Salmon or _____
Stuffed Pepper with white & wild rice (Vegan) _____

Cheque Attached? Yes _____ Amount? _____

Registration for the Holiday Luncheon must be received by November 10th.

<Please make cheques payable to The PROBUS Club of Durham West>