



# PROBUS Club of Durham West

**General Meeting is February 10<sup>th</sup>, 2022, via Zoom**

## **February 2022 President's Message**

For my first newsletter message as your club's president, I wish you all a Happier New Year, at least better than last year. I want to thank everyone who contributed to the club's success during the past year and to all those who have stepped forward to volunteer their time and commitment to our club. Because of you we are keeping alive.

Our January speaker Lianne Harris was very entertaining and informative. If you missed it check out our "NEW" website where we have recorded her presentation. You will notice our new website has an easier to use format and redesigned webpages and navigation.

What a beating we took on January 17<sup>th</sup> with the massive thundersnow storm. With the winter solstice behind us we can now look forward to longer days. Just because its winter is no reason not to stay active and engaged. Maybe you can be encouraged while we watch the 2022 Winter Olympics held in Beijing.

The Management Team will continue to monitor the situation and we will get together when it is safe to do so. We hope to be able to offer hybrid meetings where in-person plus Zoom will be offered to connect to the monthly meetings. We will require proof of vaccination when the time comes. This is great for those snow-days where you don't want to leave your home or for those snowbirds a distance away. If you need further assistance getting familiar with logon and using Zoom, I would be happy to help you.

I wish all of you a very Happy and Healthy 2022!

Ruth Bridge



**Management Team for PROBUS Club of Durham West 2022**

Ruth Bridge, President [rbridge@rogers.com](mailto:rbridge@rogers.com)

Vice President, vacant

Byron Simmons, Past President [bandjsimmons@rogers.com](mailto:bandjsimmons@rogers.com)

Ann Buffett, Secretary [annbuffett28@gmail.com](mailto:annbuffett28@gmail.com)

Liz Ryan, Treasurer [mikelizryan50@rogers.com](mailto:mikelizryan50@rogers.com)

Dave and Bev Bicknell, Membership [bbicknell@rogers.com](mailto:bbicknell@rogers.com)

Shahid Naeem, Speaker [naeemsx@gmail.com](mailto:naeemsx@gmail.com)

House, vacant

Lorna Smith, Social [lsmith1@bell.net](mailto:lsmith1@bell.net)

Bev Waite, Activities [bev.waite@outlook.com](mailto:bev.waite@outlook.com)

Ada Larock, Newsletter [durhamwestprobus@gmail.com](mailto:durhamwestprobus@gmail.com)

Walter Matias, Webmaster [webmasterdwp@gmail.com](mailto:webmasterdwp@gmail.com)

## **FEBRUARY SPEAKER**

**February 10<sup>th</sup>, 2022 via Zoom**

### **SPROG by Malcolm Kelly**

SPROG is a historical fiction which narrates the adventures of a group of young men who enlist in the Canadian Air Force during WWII.

Malcolm Kelly was a professional journalist for 37 years. He is the founder and coordinator of a renowned post-graduate sports journalism program at Centennial College in Toronto. Malcolm is a former writer and/or editor at the Canadian Broadcast Corporation's online sports department, the National Post, Ottawa Citizen, Southam News, Thomson News, Town Crier Newspapers, and the Canadian Press. A bestselling author, he has written four non-fiction books.

Malcolm was born in Bradford-on-Avon, England. His family moved to Canada in 1966. He is the son of two Second World War veterans. His father was one of the famous 47 British escapees after the Battle of Calais in 1940, and his mother was a Blitz survivor who joined the army's ATS.

## MEMBERSHIP

Dear Members of the PROBUS Club of Durham West,

The membership renewal fee for the year 2022 is **\$30 per person** and was due on January 1, 2022.

To date we still have many members that we have not heard from.

Even though we have not had any in-person monthly meetings since last March 2020 there are still costs to incur in operating a social club. Your membership fees cover membership payments to PROBUS Canada, liability insurance premiums, our website, Zoom and speaker fees, and the equipment required to make those possible, as well as administrative costs associated with the newsletter and treasurer reports and contracted meeting room rentals.

If you do not plan to renew your membership, please email [bbicknell@rogers.com](mailto:bbicknell@rogers.com) or call us at 905-428-9478 so that we can remove you from our membership list.

Cheques must be received no later than **February 28, 2022**, or you risk losing your membership status and being placed on a waiting list to rejoin. An additional new member fee will be assessed at that time. Please do not wait until this final date to make the renewal process go as smoothly as possible.

Please make your cheque payable to:

**The PROBUS Club of Durham West**

Remember to date it with **2022**

Mail with a note indicating the full name and address of **each person** paying a membership fee to:

**Mr. & Mrs. D Bicknell (Membership Chairs)**

**611- 1665 Pickering Parkway**

**Pickering ONT L1V 6L4**

There are still open spots available for any friends, neighbours, or relatives who may be interested in all that our club has to offer. We can provide you with membership applications.

Stay safe and stay warm – especially all those who had to shovel snow over the last week!

Bev & Dave Bicknell

## **SOCIAL**

### **"Coming Soon - Save the Dates"**

#### **Putting Edge - Glow in the Dark Mini Golf - Whitby**

Tues February 22nd – 2:30pm

#### **St Francis Centre Ajax**

**The Young Novelist - in City and Country:** A folk duo that uses local lore in their songs

March 5, 7:00-9:00

#### **Middle Raged - Sketch Comedy Show**

Saturday March 26th - 7pm-9pm

Further details for each event will be sent via email.

Cobourg – Christmas in Northumberland - Northumberland Orchestra and Choir – December 11, 2021, photos at the end.

Port Hope - Festival of Lights and Trees – Capitol Theatre – December 12, 2021, photos at the end.

### **Little Canada**

Little Canada has been postponed to a future date due to the venue being closed and the increasing cases of Covid 19. Stay tuned for a new date.

### **Herongate Barn Theatre**

Check out their website <https://www.herongate.com/>

for upcoming performances:

Murder at the Howard Johnson's: February 11th – March 26<sup>th</sup>

Broken Up: April 1<sup>st</sup> – May 14<sup>th</sup>

Jenny's House of Joy: May 20<sup>th</sup> – July 3<sup>rd</sup>

At this point we do not have any planned trips, 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.

### **Best Western Plus – Cobourg** <https://northumberlandplayers.ca/>

The Savannah Sipping Society – Best Western Hotel Cobourg 905-372-2105 Dinner theatre. A comedy performed by the Northumberland Players. Dates Jan 21, 22, 23, 28, 29, 30, Feb 4, 5, 6, 2022.

Your social committee continues to follow the reopening of Ontario and plan future outings.

Lorna Smith, Social Chair

## **ACTIVITIES**

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**

The Novel Readers continue to hold our monthly meetings on Zoom. On February 2, we will be discussing *The Lost Apothecary* by Sarah Penner. The story is told from the point of view of three characters and the novel moves back and forth from the present time to London in the early 1800's. Looking ahead to March, our club will exchange ideas about *The Forgotten Daughter* by Joanna Goodman. The Novel Readers usually meet 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](mailto:colleenlea@hotmail.com)

### **WORDS WORTH READING BOOK CLUB**

In February the book club will be discussing the novel, *Five Little Indians* by Michelle Good, a Cree Canadian writer from Red Pheasant Cree Nation in Saskatchewan. According to Goodreads, the novel is "told from the alternating points of view of five former residential school students as they struggle to survive in 1960's Vancouver and the bonds of friendship that sustain them" and was inspired by the author's experiences. This novel was the winner of the 2018 HarperCollins/UBC Prize for Best New Fiction, was a finalist for the Scotiabank Giller Prize and was also a finalist and/or winner of many other literary awards.

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

## **BOWLING**

We plan to bowl on **Thursday February 24th. at 2 pm.** I will contact members on my list confirming details.

The alley is following Durham Public Health Covid-19 policies. The alley has a new automated scoring system.

**Cost: \$8.00 for two games plus \$2.00 for shoe rental unless members have their own shoes.**

**Location:** Ajax 5 pin Bowling Centre, 172 Harwood Ave. S. Ajax

Participants must be fully double vaccinated. Members must show proof of vaccination & photo ID.

Members are required to wear a mask unless drinking or eating.

The alleys and balls are sanitized after each group has finished their games before the next group.

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 after the lockdown.

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](mailto:kdryden2852@gmail.com)

or Anne McKenzie at [annel.Mckenzie@gmail.com](mailto:annel.Mckenzie@gmail.com)

## **CREATE AND CHAT**

Happy New Year everyone. I hope you were able to enjoy some family time over the holidays and feel refreshed to begin a new year.

As you may have guessed, we are not able to gather indoors yet as a group, but this does not limit our ability to enjoy our chosen crafts and keep up with each other's progress. If you have learned a new craft perhaps you would like to share.

I have already started on red scarves! Also, when I delivered the scarves for Christmas 2021 to AIDS Committee of Durham Region (ACDR), they gave me a bag of red wool in return so, if you also feel inclined, please contact me.

In the meantime, keep well and hope to see you soon.

Contact: Sharon Marshall,

[oxford9390@gmail.com](mailto:oxford9390@gmail.com)

## **NATURE LOVERS**

We are planning a trash clean-up around the Ajax Community Centre (ACC) this April, around Earth Day. I am proposing to hold a nature-orientated scavenger hunt (this will be a car rally of

teams of 4) in June. Another nature-orientated scavenger hunt/walkabout will be at the Toronto Zoo in September (on Seniors Day as entry is free >65 yrs.). Stay tuned for updates. If you are interested in participating in these events you must join Nature Lovers! Contact Geoff Cutten at the email address below to join.

Please visit the new PROBUS Club of Durham West website - Activities - Nature Lovers for photos of past outings.

Geoff Cutten [gcutten0809@rogers.com](mailto:gcutten0809@rogers.com)

### **Wednesday Walking Group**

Winter may be here, but that doesn't mean that we have to move indoors. Why not join us each Wednesday at 10 am to walk outside, for up to one hour? We walk on various paved (hopefully) paths in the area. Many of the paths have heated washrooms available. We have people who like to walk quickly as well as those who just like to saunter along. So, you can always find someone who will walk at your pace. Since we walk a different route each week, you will need to sign up for the weekly location email.

To do this, send your name and email address to me at [billandbernicepyke@hotmail.com](mailto:billandbernicepyke@hotmail.com). Then just show up when you are ready to walk. No need to commit ahead of time. Hope to see you on the trail, despite the weather!! There's a photo taken in minus 15 C weather at the end.

Bernice Pyke



Snowshoes are available for loan until March (weather permitting) from the McLean Community Centre at 95 Magill Dr., Ajax. You can make your request at

<https://forms.ajax.ca/Recreation-Culture-and-Community-Development/RPAL/Fitness/Snowshoe-Loan-Program-Request-Form>

Safely enjoy free outdoor skating (refrigerated ice surface) with family and friends Monday to Sunday from 9 a.m. – 9 p.m.! No pre-registration required. Call 365-885-3848 to check rink status before heading out to skate.

Stay, play, and learn with the Town of Ajax! Connect directly with your instructor during live-streamed classes such as Yoga and Adult Fitness that take place in a fun and interactive online setting. Find out more at [ajax.ca/programs](http://ajax.ca/programs).

The Ajax Fire Department and Enbridge are offering Fire & Carbon Monoxide alarms on a first come, first serve basis. We still have gift cards for members that entitles you to a free 10-year alarm. Ajax Fire will arrive in a marked vehicle, in uniform with ID to install the alarm for the resident, also free of charge. In addition to being an Ajax resident you must live in a detached, semi-detached or townhouse. (This is not for those who live in an apartment building where building management would be required to maintain the fire alarm system.)

To receive your gift card, call Laura Rae at the Town of Ajax 905-619-2529, ext. 7231 or email Laura Rae at [laura.rae@ajax.ca](mailto:laura.rae@ajax.ca)

and indicate you are with the PROBUS Club of Durham West. The gift card will be mailed to your provided home address. You can contact Shelley Langer at the fire department to schedule pickup or installation by calling 905-619-2529, extension 6056.

Ontario Tech University is a great resource for free programs, such as Age-Friendly Speaker Series. <https://ontariotechu.ca/agefriendly/speaker-series/index.php>

If you miss a session of interest, you can always review the recording.

Durham Region also offers seminars and a Healthy Aging website <https://www.durham.ca/en/health-and-wellness/healthy-aging.aspx>

Craft Crate registration opens February 8 for a soap making kit. They can be picked up on February 15 and 17 from 9:30-11 or 1-2:30. The LINK Newsletter Winter edition is available at [https://view.publitas.com/ajax/55plus-link\\_newsletter\\_winter-2022/page/1](https://view.publitas.com/ajax/55plus-link_newsletter_winter-2022/page/1) .

Don't forget the Ajax Library programs such as Senior Centre without Walls, Armchair Travel and coming soon Tax Clinics. <https://www.ajaxlibrary.ca/events>

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## Sharing our Recipes



For the past 2 decades, “**The Big Guy**” and I celebrate **Valentine’s Day** by preparing a special evening meal. I send him out to buy a bottle of wine then we prepare and feast on a new recipe. This year I am hoping to add some rapid-fire action in the kitchen and then smooth it all over with a silky decadent dessert. The recipe this year is “**Bang Bang Shrimp Rice Bowls**” and then we will cool it all off with “**Chocolate Mousse a la Yoghurt**”. If you are averse to shrimp, you can easily substitute chicken.

“**The Big Guy**” and I like our food somewhat spicy so I would use the full 1 ½ Tbsp of Sri racha when I make the sauce. If you are unfamiliar with Sriracha, start with ½ Tbsp of Sriracha adding a teaspoon at a time until you reach a pleasant taste for you. Sriracha has a particular taste that adds to this recipe so try not to eliminate it totally.

I buy the frozen raw shrimp that is shelled and deveined but has the “tails on”. This bag of shrimp is the 31-40 count per pound size. They are quick and easy to defrost, and I would say 8-10 shrimp per person is a good measure.





**“The Big Guy”** recommends a crisp white wine like a Sauvignon Blanc or maybe try to increase the giggles with a bubbly Prosecco. He tells me that the wine needs to be sweeter than the food.

## **Bang Bang Shrimp Rice Bowls**

### **Sauce**

¼ cup mayonnaise  
1 ½ Tbsp Sri racha  
1 Tbsp rice vinegar  
2 Tbsp sugar  
Mix and send to the table.

### **Rice**

1 cup rice  
1 Tbsp vegetable oil  
2 ¼ cups water  
½ tsp salt  
In a pot, heat oil, stir in rice add water and salt. Bring to a full rolling boil, cover and simmer for 20 minutes. Rest for 5 minutes.

### **Shrimp**

2-3 Tbsp cornstarch  
16-18 Shrimp of the 31-40 count size  
2 Tbsp olive oil  
1 Tbsp butter  
Fry 3-4 minutes until pink. Blot on a paper towel.

### **Garnishes**

Prepare toppings at the table: 2 medium tomatoes, diced; 2 stalks of green onion, chopped; 2 cups cabbage cut in 1/8” strings; strips of red or yellow peppers.

**Create** your bowl with rice, vegetables, shrimp and top with sauce.

Submitted by PBolger

## **Chocolate Mousse a la Yoghurt**

½ cup milk  
2/3 cup semi-sweet milk chocolate chips or 3 blocks of semisweet Baker’s blocks  
2 cups full-fat unsweetened Greek Yoghurt  
2 Tbsp raw honey or pure maple syrup  
½ tsp vanilla extract

In a small saucepan over medium low heat, stir the milk and chocolate until fully melted and blended.

Remove from heat and whisk in honey and vanilla extract.

Cool for 20 minutes then add the yoghurt and whisk until smooth.

Pour into individual dessert dishes or wine glasses then refrigerate for 4 hours.

Garnish with a few fresh berries, grated chocolate or mint leaves.