



## The PROBUS Club of Durham West

Next General Meeting **April 13<sup>th</sup>, 2023**, HMS Ajax Room  
South Entrance Ajax Community Centre,  
75 Centennial Road, Ajax, ON L1S 4S4

### President's Message for April 2023

The days are getting longer, and the temperature is getting warmer! The birds are singing, and courting, as I walk outside in the sunshine. It's supposed to rain, snow, sleet, and rain, again, on the weekend. That's okay. My neighbour's snowdrops are blooming, and the daffodils are already six inches high.

We have good news from the Town of Ajax! There is a new speaker device, that is on a stand, that has Bluetooth capabilities, in the HMS Ajax room. A Guest Speaker who has their own headset microphone can connect to it and walk around the room to talk. We can play *Oh Canada* or music from a cell phone that is paired with the speaker. Awesome!

Thank you for making donations to the coffee fund box, on the kitchen counter, last month. The box will be at the meetings to ensure that we can continue to offer coffee. Please bring some change with you to future meetings.

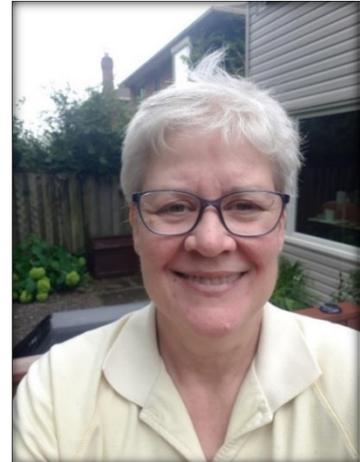
There is always room for members to start/lead or participate in a "spin-off" of any Activities group that is currently at full capacity. We have people who are willing to help get these activities going.

We must thank Shirlie Van Putten for inviting us along on her organized trips both locally and overseas. There is so much to do in the Durham Region and Greater Toronto Area. Do you want to go somewhere and bring some Probud friends along? Please, do reach out to others at General Meetings and share your thoughts, and make some plans.

Everyone is getting excited about being outside, eating together, and finally being able to hug in person, even the courting Turtle Doves...

Happy Spring, everyone!

Ada Larock  
[dwprobus.president@gmail.com](mailto:dwprobus.president@gmail.com)



## Share the Wealth

Sandra Armour won the Share the Wealth draw for March in the amount of \$48.50.

Congratulations Sandra!

Ada Larock  
President



## APRIL SPEAKER

April 13<sup>th</sup>, 2023

### PROF. MARK RECTOR – “Oh Canada” Our Home and Inventive Land

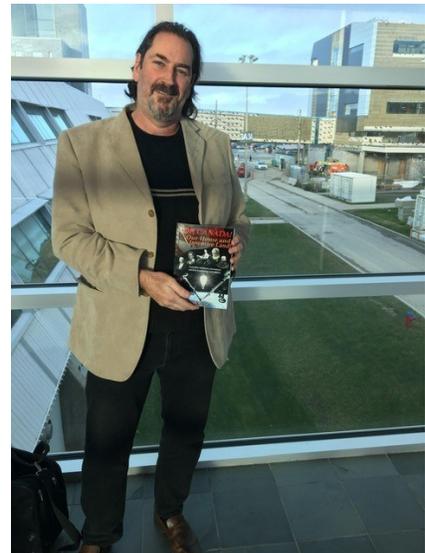
It was a Humber professor’s experiences while teaching that inspired his new book.

Throughout his teaching career, Professor Rector has collected stories about Canadian inventors and inventions as learning material for students in his electronics engineering classes.

This led to his latest book “Oh Canada”! Our home and Inventive Land that chronicles the history of Canadian firsts in industry, technology, and society.

A passionate, entertaining, and gifted presenter with the ability to hold an audience and bring stories and anecdotes from across this land to life in a fun and engaging way.

[Click here](#) for more information on Professor Rector.



### Follow-up on our Speaker for March

At our March General Meeting, the Reverend Susan Sheen spoke to us about the Lion’s Foundation Guide Dog program. It was a very informative and enjoyable meeting.

Susan brought five potential guide dog puppies and their handlers with her. Pictured here is one of our members enjoying kisses and hugs from one of the pups!



For those who were unable to attend the meeting, the following YouTube links are available.

<https://youtu.be/yDC7RHfEaiU>

[https://youtu.be/qaz\\_OZ9Uktw](https://youtu.be/qaz_OZ9Uktw)

## MEMBERSHIP

We presently have 272 members and room for more!

At the General Meeting in March, Name Badges were presented to (from left to right in the picture):

Jacqueline Knapton, Dale Hart, Doug Hart, Julie Odle, Susan Lemieux, Terry Chong, Deborah McDougall-Jones, Ada Larock (President).



We introduced a way to welcome our newest members by asking them to wear an identifying lanyard on a volunteer basis. This seems to have been widely accepted and we are looking at a similar way to identify guests. Please remember - **Guests are welcome but must sign in with their sponsored member. If they don't have a sponsor they will be asked to show Government identification at the membership desk.** We have experienced some issues with guests not registering and it is imperative that all in attendance are recorded.

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

## SOCIAL

Please note, 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.

Be aware that many people are very allergic to scents so please **DO NOT wear perfume or aftershave** when attending 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 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 use the suggestion box for feedback and ideas for social events.

## LES MISÉRABLES IN CONCERT AT WESTBEN

Experience the music of one of the most moving musicals in history. An all-star cast assembles at The Barn to bring to life all the favourite musical moments from this international hit. Featuring Adam Fisher, Robert Longo, Caitlin Wood, David Michael Moote, Maher Pavri & Kim Dafoe.



This venue includes picnic grounds, a snack bar and the Milkshed Bar which serves beer and wine. The grounds open 90 minutes before each performance. You are asked to arrive at least 30 minutes before the show.

**Date:** Tuesday, July 25, 2023

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

**Cost:** \$52 (Concert only)

You may opt to join us for dinner at the Mill Restaurant at your own cost.

This is a self-drive/carpool event.

Please indicate if you will be joining us for dinner as we need a firm number for reservations.

To register for this event [Go to the Event](#)

CONVENORS: Maria Bawcutt [bamb63e@gmail.com](mailto:bamb63e@gmail.com)  
Sharon Fenn [sf809@hotmail.com](mailto:sf809@hotmail.com)

## UPCOMING EXCURSIONS

For any of the following excursions please contact **Shirlie Van Putten** at [shirlievanputten@rogers.com](mailto:shirlievanputten@rogers.com) or call **905-619-8583**.

**Flyers will be available at the next General Meeting on April 13.**

## DAY TRIPS

### Thursday, April 20– Dunlap Observatory – Cost \$17.00

The David Dunlap Observatory is Canada's largest optical telescope with a primary mirror measuring more than 1.88 metres (74 inches) in diameter. Constructed in the 1930s, the Observatory is located in the heart of Richmond Hill.

Visit the Observatory and enjoy a working demonstration and outdoor telescope viewing with portable telescopes (weather permitting). This is a great opportunity to ask an RHDDO Astronomer questions about what they know and what they are discovering.

**April 20-23** are the peak dates for a Meteor Shower in Southern Ontario.

### **Thursday, April 27 – Niagara Parks Power Station Tour – Cost \$124**

From the most towering turbine to the tiniest detail, uncover fascinating stories hidden within the historic Niagara Parks Power Station, our newest must-see attraction. New this year, descend 180 feet in a glass-panelled elevator and explore the 2,200-foot++

0-long tunnel, leading to an observation deck at the river's edge. You will be dropped off at Clifton Hill to get lunch.

Your tour includes:

- Return transportation by deluxe motor coach;
- Tasting at a local Winery;
- Guided Tour to Niagara Power Plant & tunnels;
- Driver's Tip;
- 407 Toll.

### **Wednesday, May 17th – Stratford Theatre Presents “Rent” – Cost \$184**

Set in Manhattan in the 1990s and inspired by Puccini's opera *La Bohème*, this rock musical by Jonathan Larson follows a group of young East Village artists, performers, and philosophers as they struggle through the hardships of poverty, societal discord and the AIDS epidemic in the search for life, love, and art. With a song list that includes the iconic “Seasons of Love,” “Rent” tells a story as relevant today as when it took Broadway by storm more than 25 years ago.

Your tour includes:

- Return transportation by motorcoach;
- Orchestra-level ticket;
- Lunch at Queen's Inn;
- 407 Toll;
- Driver's Tip.

### **Tuesday, June 13 – Visit to the Royal Botanical Gardens & Whistling Gardens – Cost \$126**

Royal Botanical Gardens (**RBG**) is the largest botanical garden in Canada. It is located at the western tip of Lake Ontario. Four distinct formal gardens are contained within 1100 hectares of a nature reserve, nestled into the slopes of the Niagara Escarpment.

Whistling Gardens Mission is: to establish an internationally recognized horticultural destination attraction, featuring exclusive contributions to our plant collections. Focusing on new and viable

ornamental plants for today's gardens with a special emphasis on conifers, woody plants and peonies.

Your tour includes:

- Return transportation by motor coach;
- Guided Tours of both Gardens;
- Driver's Tip;
- 407 Toll.

## **MULTI-DAY TRIPS**

### **June 7-10 – Louise Penny – Three Pines Tour - Cost \$1,159 + HST**

Award-winning Canadian author Louise Penny has captivated the world with her compelling mystery novels set primarily in the Eastern Townships of Quebec. Her wildly popular books from the Three Pines series have consistently topped the New York Times bestseller lists and have been translated into 29 languages, selling more than 10 million copies worldwide. Her recent collaboration, co-authoring the State of Terror with Hillary Rodham Clinton has cemented her as one of the mystery genre's all-time greats.

### **July 14-24 – Newfoundland – Cost \$4,419 (double)**

Every Canadian should go at least once to Newfoundland to experience the people and see the magnificent scenery. This excursion includes 10 nights accommodation in Newfoundland, site seeing, boat cruises, etc.

### **September 3-8 – New Orleans - Cost \$2,699**

Your five-night stay in New Orleans is at the DRURY INN -Located in the historic Cumberland Phone Building just one block from the St. Charles trolley.

Your stay in New Orleans Includes:

- New Orleans City Orientation tour;
- Tour to the Houmas Plantation, including lunch;
- Bayou Swamp Tour.

### **November 16-23 – King Meets Country – Memphis & Nashville – Cost \$3,700**

Your trip includes:

- Round trip direct airfare from Toronto to Nashville;
- Three nights in Memphis – downtown hotel including breakfast;
- Four nights in Nashville – downtown hotel including breakfast - also includes evening "Happy Hour" - snacks & drinks;
- City tours of Memphis and Nashville;

- Graceland - the “Elvis Experience” and Sun Studio;
- Country Music Hall of Fame + RCA Studio B;
- Grand Ole Opry and The Ryman Auditorium;
- **Performance at the Grand Old Opry - the highlight of the tour!!!**

## 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, and their contact information is available on the webpage.

Certain activity groups have participant limits, due to the nature of the group, and there is a waiting list. 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 consider becoming an activity leader.

Tips and tricks are available for new group leaders to start a new group. Starting a new group provides you with an opportunity to meet like-minded people who enjoy the same activity as you.

If you are interested in joining a group, we are looking forward to hearing from you. Please reach out to our Activities Chair, Bev Waite at [bev.waite@outlook.com](mailto:bev.waite@outlook.com)

## APP-TEASERS

When, our Nibbles group reached capacity, and in response to requests, a new “nibbles-type” group has formed called App-teasers.

The plan is for it to be an informal afternoon gathering for 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 App-Teaser will be on Tuesday, April 25th. If you are interested in attending please email Roseann at [blakeroseann695@gmail.com](mailto:blakeroseann695@gmail.com), who will share more details.

## BILLIARDS

The PROBUS Club of Durham West has been invited to join two other PROBUS clubs to play billiards every other Friday.

**Where:** Petrina’s Billiards – 21 Harwood Avenue South, Ajax.  
(The entrance is on the north side of the building).

**When:** 11:00 a.m. until 1:00 p.m.  
**The dates for April are the 7th and 21st.**



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

The bar will be open but no food will be available.

This is a drop-in format and registration is not required.

If you have any questions please contact Bev Waite at [bev.waite@outlook.com](mailto:bev.waite@outlook.com).

## BOWLING

**Thursday, April 27 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.

Contact Bonnie each month to sign-up.

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

**Location:** Ajax Bowling Centre, 172 Harwood Avenue South.

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

Please contact Bonnie **each month** if you would like to bowl at  
[bcutten0809@rogers.com](mailto:bcutten0809@rogers.com) or call 905-831-7489 for more information.

## 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 feel free to contact me ( Linda Robbins) at  
[Richard.robbins@sympatico.ca](mailto:Richard.robbins@sympatico.ca).

Looking forward to meeting new members.

## CINEMA CLUB NEWS

On Saturday, March 18, a group of us met at Landmark Cinemas in Whitby and watched, Everything Everywhere All At Once.

It was an interesting movie and gave us a lot to discuss when we went to Denny's after the movie.

The next movie date will be Saturday, April 15, 2023 at Landmark Cinemas in Whitby.

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

If you have any questions or would like to join us, you can contact me, Karen Dryden, at [kdryden2852@gmail.com](mailto:kdryden2852@gmail.com) or Anne McKenzie at [annel.Mckenzie@gmail.com](mailto:annel.Mckenzie@gmail.com).



## CREATE AND CHAT

Thirteen busy crafters attended the first meeting at our new location at Parkland Lifestyle Residences in Ajax, bringing with them a variety of work including crochet, quilting, paintwork and even a Sudoku puzzle. It was a lively meeting with a number of patterns and ideas exchanged. Also we welcomed a new member to the group.



For our new location and to view more photos of our projects [Click here](#).

Contact: Sharon Marshall, [oxford9390@gmail.com](mailto:oxford9390@gmail.com)

## DARTS

Darts will be starting up again, with a slight change. It will be held on the third Tuesday of the month from 1:00 p.m. to 2:30 p.m. at the King's Castle on Westney Road. South, in the Giant Tiger plaza.

It will be a drop-in format, and registration is not required, but members must bring their own darts.



Members are welcome to arrive a little early and enjoy some lunch, a drink, and some conversation while playing a couple of games.

Ruth Bridge is on vacation so if you need more information please contact Pat Bolger.

**Contact:** Pat Bolger at [pbolger@rogers.com](mailto:pbolger@rogers.com)

## DINNER GROUP – “Dinner is Served”

For more information contact: Maria Bawcutt [bamb63e@gmail.com](mailto:bamb63e@gmail.com)



## DURHAM WEST MARATHON BRIDGE CLUB

Our members are looking forward to the 2023 season.

For further information please contact us.

Contact: Dave Powley at, [powleydi@gmail.com](mailto:powleydi@gmail.com) or (905) 683-1444

## FRIENDLY EUCHRE

In April, we will be changing one of our Euchre days due to Good Friday. Normally we would play on the 7<sup>th</sup> but the library has arranged for us to play on Friday the 14<sup>th</sup> instead. This will mean we will have Euchre two Friday afternoons in a row.

**The April dates are the 14th and 21st.**

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

**Everyone is welcome.** If you are interested in joining us, please contact me. At [annbuffett28@gmail.com](mailto:annbuffett28@gmail.com).

## GARDENING CLUB

The Gardening Club will be inactive over the winter but will start again next Spring.

See you then and stay safe.

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

## LET'S EAT

The Let's Eat dining group met at Cloud Nine, in Ajax for our March outing. We had a great time and the food was delicious. Several members commented that they would like to go back again and try other menu options.

With our new format, we were able to invite members from our waitlist and look forward to extending the invite in the future. We're looking forward to our next outing in April!



Contact Mary McFadden at [mcfadm2@gmail.com](mailto:mcfadm2@gmail.com) or Ada Larock at [larockgrada@gmail.com](mailto:larockgrada@gmail.com)

## NATURE LOVERS

If you are interested in joining the Nature Lovers activity group please contact Geoff Cutten.

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

## NIBBLES AT NIGHT

Our March Nibbles at Night was hosted by Dru and Jim Carter. It was a small group as many members were vacationing in Florida but that didn't keep everybody from having a great time and delicious Nibbles.

Our Nibbles group is currently at capacity.

[Click here](#) for more information on Nibbles and to check out a variety of photos taken by our members.

Fran Griffin [frangriffinhome@gmail.com](mailto:frangriffinhome@gmail.com)



## NORDIC POLE WALKERS

Walkers meet twice a week on Mondays and Fridays at 10:00 a.m.

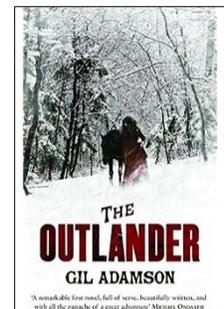
Contact Eileen Nixon at [eileennixon8585@gmail.com](mailto:eileennixon8585@gmail.com) for information.



## NOVEL READERS BOOK CLUB

In April, the Novel Readers will be exchanging impressions about the historical novel, *The Outlander* by Canadian author Gil Adamson. While Gil Adamson has had other works published, *The Outlander* is her first novel and is set in western Canada in the early 1900s. She has written a sequel to the story, called *Ridgerunner*.

Looking ahead to May, our selection will be *The Maid* by Nita Prose. *The Maid* is a murder mystery and is Nita Prose's first novel.



The Novel Readers meet monthly, usually 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)

## OUTDOOR GOLF GROUP

The Outdoor Golf Group is currently inactive but will start again in the Spring.

Hope to see everyone there.

If you are interested in joining us email Marcia Everitt at [marciaeveritt@yahoo.ca](mailto:marciaeveritt@yahoo.ca)

## SNAPPED CAMERA CLUB

The Snapped Camera Club didn't meet in March.

We look forward to their next picture-taking trip and more amazing pictures!

[Click here](#) to check out a variety of photos taken by the Snapped Camera Club.



If you are interested in joining the group, please contact Lorna Smith at [lsmith1@bell.net](mailto:lsmith1@bell.net)

## UKULELE STRUMMERS

The ukulele strummers are having fun meeting twice a month. Here are some members playing together

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

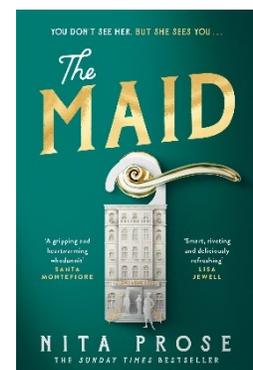
If you are interested in joining our Wednesday Walking Group please contact Bernice Pyke at [billandbernicepyke@hotmail.com](mailto:billandbernicepyke@hotmail.com)

## WORDS WORTH READING BOOK CLUB

In April, the members of the book club will be discussing "The Maid" by Canadian author Nita Prose. The novel became a New York Times and Canadian bestseller just a few weeks after its release. As outlined in a CBC article "The Maid is a gripping mystery about an awkward yet perfectionist hotel maid, Molly, who becomes the lead suspect in a murder case after finding a dead man in his hotel room."

Presently our book club is at capacity.

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



# SHARING OUR RECIPE

## WAKE ME UP MUFFINS

When I make these muffins, “The Big Guy” can be found in the kitchen with his face mashed into the hot muffin eating it right out of the cupcake papers. They are packed with nutritious ingredients and you can add nuts or seeds to bulk up their volume. I have also added dried cranberries, chopped dried apricots or dried cherries. This recipe can be halved if you want just 12 muffins but why would you do that when you can make 24 and freeze some for later.

“The Big Guy” says his beverage of choice is a strong black Columbian coffee with a little shot of Bailey’s.

Fresh squeezed orange juice and bubbly wine would make a lovely Mimosa for a Brunch.

This recipe is a combination of muffin recipes from my mother’s recipe book. She had the basic parts memorized and just created interesting muffins with nuts, seeds, dried fruits or fresh berries. They were always good. She was a diabetic so she was always cutting back the sugar which can be done but the brown sugar gives that glossy look and caramel flavour to these amazing muffins. Give them a try!

<b>WAKE ME UP MUFFINS</b> <b>Dry Ingredients:</b>	<b>Method:</b>
<p>1 ½ cups all-purpose flour                      1 ½ cups whole wheat flour                      1 ½ tsp baking powder                      1 tsp baking soda                      ½ tsp salt                      ½ tsp cinnamon</p> <p><b>Wet Ingredients:</b></p> <p>1 ¼ cups brown sugar                      1 cup canola oil                      2 eggs                      1 tsp vanilla                      1 ½ cups grated carrot                      1 cup crushed pineapple (not drained)                      1 cup raisins                      1 cup unsweetened coconut                      1 cup plain yoghurt</p>	<p>Heat Oven to 375 F                      Bake for 24 minutes</p> <ol style="list-style-type: none"> <li>1. Grease muffin tins or arrange cupcake papers.</li> <li>2. In a side bowl, cover raisins with hot water then drain before adding later to the batter.</li> <li>3. Combine all the dry ingredients in a large mixing bowl.</li> <li>4. In a separate bowl combine all wet ingredients, mixing as you build. Start with brown sugar, add oil then beat in eggs, vanilla, grated carrot, undrained pineapple, drained raisins, coconut and plain yoghurt.</li> <li>5. Combine the wet and dry ingredients and mix until just combined. The batter will be very loose.</li> <li>6. Spoon batter into the cupcake papers or greased muffin tins.</li> <li>7. Bake for 24 minutes. Cool for 5 minutes then transfer to a cooling rack.</li> </ol>

<b>WAKE ME UP MUFFINS</b> <b>Dry Ingredients:</b>	<b>Method:</b>
	P.S. These muffins tend to stick to the papers when they are hot but release nicely after they have cooled.

Submitted By Patricia Bolger [pbolger@rogers.com](mailto:pbolger@rogers.com)

For updates from the Town of Ajax, including the Library News please click on the link below:

[https://view.publitas.com/ajax/55plus-link\\_newsletter\\_winter-2022/page/1](https://view.publitas.com/ajax/55plus-link_newsletter_winter-2022/page/1)

SCWW (Seniors Centre Without Walls) operates Monday through Wednesday and provides free virtual programs in which older adults and seniors can participate in comfort from home.

To participate in the program via Zoom or call-in, contact [55plus@ajax.ca](mailto:55plus@ajax.ca) or call 905-619-2529, ext. 7243

### **EngAge Arts Ajax – Performing Arts Series.**

For information on future performances [Click here to view the poster.](#)  
Participants must reserve a free ticket for each performance.

Tickets for upcoming performances can be obtained by calling 905-619-2529, ext. 2787, or by emailing: [stfranciscentre@ajax.ca](mailto:stfranciscentre@ajax.ca).



### **Library Bridge**

Library Bridge takes place in the Rotary Room at the library's main branch.

The following schedule is for bridge at the library for April.

Dates for April are:

Thursday, April 6, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, April 13, 2023, 2:30 p.m. to 4:30 p.m. Bridge Lesson – Topic: Weak 2 Bidding Sequences

Thursday, April 20, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, April 27, 2023, 2:30 p.m. to 4:30 p.m. Bridge Lesson – Topic: Takeout Doubles

Harvey Brodhecker, [hbrodhecker@yahoo.ca](mailto:hbrodhecker@yahoo.ca) (is on vacation until April).

If you have questions please contact Elaine Lievaart (Library Coordinator) at [elaine.lievaart@ajaxlibrary.ca](mailto:elaine.lievaart@ajaxlibrary.ca)