



PROBUS Club of Durham West

www.durhamwestprobus.org

June 20th is Father's Day,
Happy Father's Day to
Fathers, Brothers and
Grandfathers!



VICE-PRESIDENTS' MESSAGE

Welcome June! The sun is shining, the grass is green, and we are all looking forward to brighter days ahead. May has been its usual weather pattern, one day you need a coat, the next day in shorts! Summer is just around the corner – that much awaited season. Get your golf clubs out!

To view recordings of our general meetings, you can find the latest recording link on our website at <http://www.durhamwestprobus.org>.

The Management Committee would like to give our membership an early notice of safety precautions that we will be taking. It is critical that we protect the health of our guests, speakers and members given our age profile.

Therefore, we will be requiring full vaccination against the COVID-19 virus to attend in-person club meetings and events including social activities, interest groups and membership meetings. As we get closer to the time of in-person meetings and events, the Management Committee will provide more information as to how we will be administering this vaccination requirement policy.

We would like to wish all the fathers, brothers and grandfathers a Happy Father's Day.

Ruth Bridge
Vice President

June 2021
**PROBUS Monthly Meeting
via Zoom June 10th, 2021**

Byron Simmons, President
bandjsimmons@rogers.com

Ruth Bridge, Vice President
rbridge@rogers.com

Jim Hinnecke, Past
President

james.hinnecke@rogers.com

Ann Buffett, Secretary
annbuffett28@gmail.com

Bernice Pyke, Treasurer
billandbernicepyke@hotmail.com

Geoff & Bonnie Cutten,
Membership

gcutten0809@rogers.com

Shahid Naeem, Speaker
naeemsx@gmail.com

House, volunteers needed

Lorna Smith, Social
lsmith1@bell.net

June Booth, Activities
jdbooth52@yahoo.ca

Ada Larock, Newsletter
durhamwestprobus@gmail.com

Ian Medford, Webmaster
ismedford1@gmail.com

The monthly General Meeting for The PROBUS Club of Durham West Zoom identifier and passcode will be emailed out to members with this newsletter.

Please check out the PROBUS Club of Durham West website

<http://www.durhamwestprobus.org>

For information on other PROBUS Clubs in Canada go to <https://probus.org> and for International Clubs go to <https://probusglobal.org>.



Happy Father's Day June 20th, 2021



"It's not what you see on the horizon. But what you can envision over the horizon that keeps dreams alive and reached!"
Anon.

JUNE SPEAKER

The June speaker will be Dr Amy Barron. The title of her talk will be “Digger, Teacher, Soldier, Spy” which is about the archaeologists working for military intelligence in World War I.



Amy Barron has worked in the museum field for over twenty years most recently as the Curator of the Scugog Museums. She is currently teaching full-time in the Museum Management and Curatorship graduate certificate program at Fleming College. She has a PhD in Ancient History and Archaeology from the University of Toronto as well as a Certificate in Museum Studies from the Ontario Museum Association (OMA).

Seeking Speakers for the General Meetings

The Speakers Committee of Probus Club of Durham West strives to find interesting and educational speakers for the general meetings. In regards, the committee is always looking for referrals. If you have heard an interesting speaker or heard of one, please pass on the name and contact info to one of the Speakers Committee members.

Shahid Naeem - naeemsx@gmail.com

Roy Boon - royboon67@gmail.com

Gord McKay - gordmckay@rogers.com

Marilyn Brown - mommiemar13@gmail.com



MEMBERSHIP



Our newest members of the PROBUS Club of Durham West are Susan Graham, Anne Marie Johnson, Bernard Lacy and Sheila Lacy. Welcome, Susan, Anne Marie, Bernard, and Sheila!

We have room for more members so encourage your friends and neighbours to come and join our club.

Remember, if you have a change of address, telephone number, or email address please contact us directly so we can keep the membership list up to date.

Keep healthy and safe,

Bonnie & Geoff Cutten
Membership Chairs

Graphic
Design
Expertise

Do you like to dabble in Graphic Design? Are you a talented amateur or retired professional? We want you!

Our club would like to have a volunteer(s) to help us design a brochure **to promote** The PROBUS club of Durham West in our community and **attract new members**. Please contact Jim Hinnecke at james.hinnecke@rogers.com

SOCIAL



Whether we are near or far, we are still connected through: Zoom, face book, telephone, and emails. We will get through this, together!

ACTIVITIES

Some Activity Groups continue to conduct their meetings using the club's ZOOM account. If your group decides to meet by Zoom, the group leader can contact me for the user i.d. and passcode. Zoom is a great way of keeping in touch and sharing your interests.

Marathon Bridge - will be require a coordinator, whenever the group can meet in the future

Coordinating an interest group can be rewarding as it keeps you in touch with your group members. It also allows your group the opportunity to send in an article for the newsletter. June Booth, jdbooth52@yahoo.ca, Activities Chair

Sharing Our Recipes

It's cherry season and here is a perfect recipe for fresh cherries:

Rustic Cherry-Chocolate Clafoutis

Clafoutis was first made popular in the Limousine region of France during the 19th century.

Prep time: 20 min. Total time: 65 min

Serves: 8

- 1 lb. fresh sweet cherries
- 3 tbsp. Unsalted butter, divided
- 1 cup all purpose flour
- 1 pkg. (100. g) ground almonds
- 1 cup milk
- 1/2 cup 10% half & half cream
- 4 large eggs
- 1/2 cup plus 2 tbsp sugar, divided
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/3 cup, about half a bar, chopped Swiss dark chocolate
- 2 tbsp icing sugar



Method:

1. Preheat oven to 375 F and place rack in centre of oven. Wash cherries; remove stems and pits.
2. Melt 2 tbsp butter. In a food processor or with a hand mixer, combine flour, almonds, milk, cream, eggs, 1/3 cup sugar, melted butter, vanilla and salt. Mix until batter is completely smooth, 45-60 seconds. Let rest.
3. Butter a 10-inch ceramic or earthenware tart or pie pan with remaining 1 tbsp butter. Pour 1/3 of the batter into dish and bake until very lightly set, 5 minutes. Remove from oven and scatter cherries, remaining 2 tbsp sugar and chocolate over batter. Pour remaining batter evenly over all. Bake until puffed, set and golden brown around the edges, 45-50 minutes. Let cool 10 minutes; dust with icing sugar and serve.

FINISHING TOUCH:

Before servicing, dial up the presentation with some additional grated chocolate, icing sugar or both.

Sharing our Recipes

*The **Burrito Bowl** is one of the best recipes for patio dining on a hot summer day. It is fresh and filling for an evening meal and then the leftovers make a great Taco Salad for lunch the next day. I found this recipe in **The Star - Ricardo** a few years ago and have modified and adapted it to suit our tastes. The "**The Big Guy**" thinks it has amazing flavors. The first time we made this recipe we started with 1 Tbsp of Siracha Sauce and the second time we increased to 2 Tbsp. Now "**The Big Guy**" thinks he can handle some **HOT STUFF** so I will be ramping it up to 3 Tbsp for our next recipe. When you shop, look for the smaller bottle of Siracha or, if you must, buy the larger bottle, plan to share with your friends, neighbors and relatives. I would also recommend that you check out the list of garnishes before you shop.*

*At the Hockey Rinks out West, they serve **Taco Salad**; start with a small-sized bag of Doritos, crush the Doritos inside, open the bag at the top and add meat, chopped lettuce, diced tomato, diced onion, spoon of shredded cheddar cheese and top with Catalina Dressing and sour cream. Eat right out of the bag! It is a local hit and an idea for a picnic or a deck party!*

BURRITO BOWL

Feeds 2 Hungry Seniors a full meal

“The Big Guy” recommends an ice-cold tall-boy BEER in a frosted glass.

<p>Rice</p> <p>1 cup rice 1 Tbsp vegetable oil 2 ¼ cups water ½ tsp salt</p> <p>In a pot, heat vegetable oil, stir in the rice then add the water and salt. Bring to a full rolling boil, reduce to simmer, cover and cook for 20 minutes. Rest for 5 minutes.</p>	<p>1</p> 	<p>Meat</p> <p>1 ½ lb lean ground hamburger 2 Tbsp vegetable oil 2 tsp chili powder 1 tsp onion salt 1 - 2 or 3 Tbsp Siracha sauce</p> <p>In a skillet, brown the meat in the vegetable oil for 6-8 minutes then add the chili powder, onion salt and siracha. First time, add just 1 Tbsp of Siracha sauce unless you are familiar.</p>	<p>2</p>
<p>Corn Salad - Make ahead and chill</p> <p>1 small can kernel corn, drained OR 1 cup frozen corn, cooked 3 minutes in the microwave then cooled 1 medium tomato, diced 1/2 can black beans, rinsed and drained (save the other half for the Taco Salad tomorrow) ¼ cup cilantro, roll then cut across with scissors 2 tsp cumin Black pepper or Red Chili Flakes</p> <p>In separate small bowls prepare the garnishes: grated cheddar cheese, Nachos, more cilantro, jalapeno bits- no seeds, sour cream, lime wedges, and avocado slices (just before serving).</p> <p>Build your Burrito Bowl with rice, meat, corn salad and top with the garnishes at the table.</p>	<p>3</p>	<p>Tomorrow Lunch – Taco Salad</p> <p>Mix the leftover meat, rice and black beans from Burrito Bowl recipe. Heat 3 minutes in the microwave.</p> <p>Set out separate bowls of – Doritos or Nachos; Onion, diced; Tomato, diced; Corn Salad leftovers; Cheddar Cheese, shredded; Lettuce, chopped; Avocado, sliced; Cilantro, scissored; Jalapeno, chopped without seeds; and red chili flakes. Catalina Dressing Sour Cream</p> <p>In your bowl, start with lots of lettuce, add meat/bean/rice mixture, crush some Doritos on top and then load on your preferred toppings. Finally, top with Catalina Dressing and a dollop of sour cream. Enjoy!</p>	<p>4</p>

--Submitted by P. Bolger, pbolger@rogers.com

MILK BAGS



Thank you to all who still collect the milk bags during COVID-19. Please continue to do so as the need is just as great now as it was before. Milk bags are used to make sleeping mats for third world countries and for the homeless people in our own local organizations. They also serve as packaging for medicines and food and at times used for operating tables.

You may drop off your collection of milk bags at 71 Hurley Road, Ajax and leave on our front porch.

Thank you.
Sharon & Renzo Castellarin

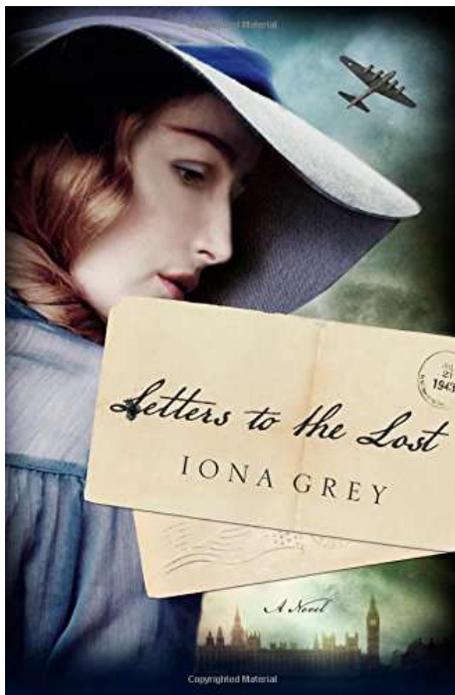
*Spring is the time to
Plant seeds and watch
Them grow.
Help others.
Watch them grow.*



BOOK CLUBS

Novel Readers Book Club

The Novel Readers will meet on June 2, 2021, to discuss our final book selection, "They Left Us Everything", a memoir by Plum Johnson. In addition to sharing our observations and connections with the text, we will also be planning our upcoming reading season. **The Novel Readers do not meet during July and August.** We normally meet on the first Wednesday of the month at 1:00 p.m. For more information, please contact Colleen Lea at 905-686-1629 or colleenlea@hotmail.com



Iona Grey

Letters to the Lost: A Novel

WORDS WORTH READING BOOK CLUB

In June, the book club will be reading the novel, "Letters to the Lost" by Iona Grey. It's a story that focuses on two men and two women - Stella and Dan in 1940's England and Jessica and Will in 2011 England and transitions back and forth between the lives of the two couples.

We continue to meet on Zoom but hope that once we all have had our second vaccination, we might be able to safely distance in a backyard to discuss our next book.

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

CINEMA CLUB

Good day fellow Cinema Club members, present and future.

Like you, Karen and I continue to look forward to the safe return of our monthly cinema outings as well as in person gatherings for the other events we have signed up for or would sign up to attend, once available.

Claire Speed mcspeed@rogers.com 905-428-6356 and Karen Dryden
kdryden2852@gmail.com 416-580-0091

CREATE AND CHAT

Whenever they resume, meetings will take place at Westney Gardens, Art Studio, from 1-3 pm on the third Monday of the month.

Looking forward to being an active group again.

Please contact Sharon Marshall, for further information at oxford9390@gmail.com

MEET “N” GREET

Meet ‘n’ Greet is an informal Zoom chat meeting that gets together on the 2nd and 4th Tuesday of the month at 10:00 a.m. This is a great way to meet people and chat about anything and everything.

If you are interested in participating in Meet ‘n’ Greet, please contact Lorna Smith at ismith1@bell.net and I will send you the Zoom link on the Sunday prior to the Zoom meeting.

NATURE LOVERS

Here are the results of the Nature Lovers 10 Week Quiz. It was a close contest but here are the 3 winners:

The first prize of a \$15 Tim Horton's gift card goes to **Bernice Pyke** with 25 👍's.

The second prize of a \$10 Tim Horton's gift card goes to **Ian Medford** with 21 👍's.

The third prize of a \$5 Tim Horton's gift card goes to **Sue Porter** with 20 👍's.

Each of the top three winners also received the *Amatores Natura Award* certificate in recognition of successfully completing the ten-week Nature Lovers Quiz and achieving the three highest scores with all the rights, honours, and privileges thereunto appertaining. No doubt they will have these certificates framed and will hang them in a place of honour for all their family and friends to admire!

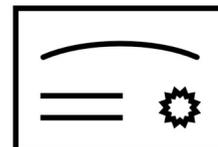
An honourable mention goes to the following Nature Lovers:

Dave Mackay, Doug Miller, June Booth, Lorna Smith, Sharon Fenn, Lynn Griffin, Ann Buffett, Maureen McNeill, Nancy Holt, Maddi Fitzpatrick, and Claire Speed.

If we are still unable to meet in person in the fall, I plan on holding another set of quizzes for the Nature Lovers.

Thank you to all that participated.

Geoff Cutten



The *Amatores Natura* Award certificate.



GARDEN CLUB

I have attached 2 photos from a members' spring garden. We are exchanging pictures to keep our members involved until we can gather again, hopefully by the summer.

Geoff Nie



SNAPPED PHOTOGRAPHY CLUB

Snapped photography once again met on Zoom for our May meeting due to “Stay at Home” orders. Members submitted their “Everything Nature” photos which were shared, and individuals discussed why they chose that photo. Another good time shared together. The month of June, members are challenged with a different theme each week. The theme is revealed each Wednesday and are given a specific time to submit their creative ideas. Looking forward to our June meeting and the creative ideas. If you are interested in joining Snapped, please contact Lorna Smith at lsmith1@bell.net

Some photos from our May meeting. Chipmunk – Ann Buffett, Trillium – Lynn Griffin, Bee – Bonnie Cutten,



Gladiolus – Dave McKay,
Pinecones – Jennifer Haddad,
Beach – Ian Medford



Wednesday Walking Group

Come join us each Wednesday at 10 am as we walk various paths around the region. We try to do paths that have washroom access. We can accommodate fast, moderate and slow walkers so there is no reason not to come out and join us. We normally walk for about an hour. However, some paths are split ones where we pass by the starting spot mid walk, so you could do a half hour walk if that is all you feel like doing. There is no need to commit to walking each week. You just show up whenever you can. To get on the weekly email location list, you need to send me your name and email address. Then just show up for chats and walks!! Looking forward to seeing you on the trails!

Bernice Pyke
billandbernicepyke@hotmail.com

When out walking...

I went for a morning walk (6:50 am) at the end of Port Union and there were 9 swans there to greet me. They are so beautiful.

Lorna Smith

Social Distancing by Lorna
Smith

(Photos, stories, jokes and
comics are always welcome!

--*Editor*)





June is Aging Well Month. The Town of Ajax is offering free activities that includes Bingo, Dance Party, Performances, Yoga and Presentations. RSVP required at www.ajax.ca/55plus

Registration for June Craft Crate opens Tuesday, June 1st at 9 am for an Origami kit.

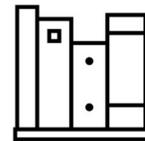
From June to July the Town of Ajax will be running an Amateur Photo Contest with themes from nature, architecture, portraits and pictorial photos with prizes for the top three photos. More details and applications are available online at www.ajax.ca/55plus

Have you seen Ajax's Link Newsletter? It is seasonally published and written for Older Adults with information on activities and local support programs. If you did not see the paper copy you can find it online at <https://view.publitas.com/ajax/55-plus-newsletter-link/page/1>

Hopefully, you aware of the new Parking Management plan for the Ajax Waterfront that began on May 15th until September 15th with enforcement beginning on May 25th. Ajax residents can park for free by registering their license plates and non-residents must pay online to park at designated parking areas, **on certain days**. Go to www.ajax.ca/register for more information and registration.

Some of you know Robbie Prochilo, who has been working with our senior population. Robbie has accepted a role with the City of Vaughan. You can contact Allison Kushner Allison.kushner@ajax.ca at 905-619-2529 ext 7233 who will be overseeing the programs and services that he ran.

Ajax Library has rolled out a new webpage at <http://preview.ajaxlibrary.ca/> with an easier-to-navigate Events Calendar, library services, or visit the Virtual Branch (it is always open!) Discover movies and music, listen to an audiobook and so much more.



WACKY WORDS

THE SWANKY NAIL

1 Get it Get it Get it Get it	2  Jack	3 Somewhere 	4 R00R
5 <u>READ</u>	6 Blood Water	7 Beeeee	8 CANCELL ^D
9 once 	10 Egg Egg HAM	11 Try $\frac{\text{Stand}}{2}$	12 T O W N
13 NlbumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice ³	18 R O G O N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 Big Big ignore ignore	23 RAKEN	24 KNEE light light

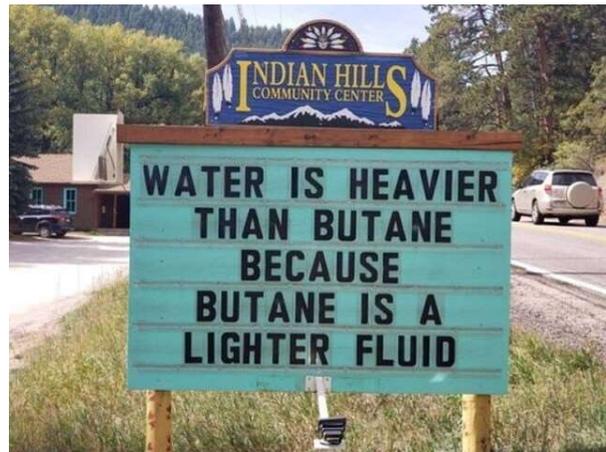
Solutions to Wacky Words

- | | |
|--------------------------------|---------------------------------------|
| 1. Forget it | 11. Try to understand |
| 2. Jack in the box | 12. Downtown |
| 3. Somewhere over the rainbow | 13. Bump in the night |
| 4. Back door | 14. First aid |
| 5. Read between the lines | 15. One in a million |
| 6. Blood is thicker than water | 16. Apple pie |
| 7. Bee line | 17. Ice cube |
| 8. Cancelled cheque | 18. Rocking around the Christmas tree |
| 9. Once upon a time | 19. Think outside the box |
| 10. Green eggs and ham | 20. Six feet under ground |

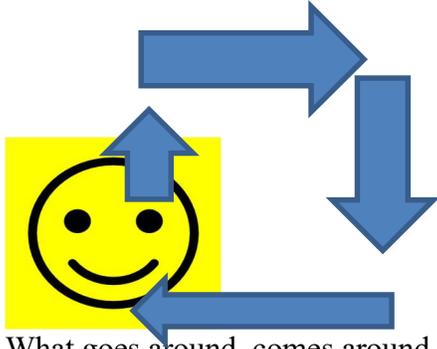
You will have to guess the rest:

- 21. _____
- 22. _____
- 23. _____
- 24. _____

Here is a little lighthearted entertainment.



Laugh and the world laughs with you.



What goes around, comes around.



Laughter is good for the soul

#12

- Serenity Raven-Wolf



When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.
But now that I am older,
I've set my body free:
There's the comfort of elastic
where once my waist would be.
Inventor of those high-heeled shoes
my feet have not forgiven:
I have to wear a nine now,
but used to wear a seven.
And how about those pantyhose -
They're sized by weight, you see,
so how come when I put them on
the crotch is at my knee?
I need to wear these glasses
as the print's been getting smaller:
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to gray
And my skin no longer fits;
On the inside, I'm the same old me,
It's the outside's changed a bit.

SerenityRavenWolf.com

Thank you!

Happy Father's Day to those who are our fathers, grandfathers, and act as a father to their loved ones.

We honour you on June 20th, 2021.