



PROBUS Club of Durham West

www.durhamwestprobus.org

PRESIDENTS' MESSAGE

May 9th, 2021 is *Mother's Day*. Celebrations date back as far as the ancient Greeks where they would celebrate the day but very few people actually know its origin. The original meaning of Mothering Sunday and Mother's Day has been somewhat lost but it's still a day to solely appreciate mum.

We appreciate being able to walk by the lake in the early morning.



We appreciate the health care workers, PSW's, Doctors and Nurses.

Please contribute to the Ajax Pickering Hospital Foundation's COVID-19 Emerging Needs fund. Monies given will be used to purchase gift cards for support staff while on shift, to provide items to patients and families that are needed during their stays and fund the purchase of much needed equipment for the hospital itself. Please use this link to contribute.

All donations are tax deductible.
<https://www.canadahelps.org/en/dn/47482>

Stay positive, test negative,

Byron Simmons

May 2021
**PROBUS Monthly Meeting
via Zoom
May 13th, 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,
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Shahid Naeem, Speaker
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vacant, House

Lorna Smith, Social
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June Booth, Activities
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Ian Medford, Webmaster
ismedford1@gmail.com

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



Please check out our 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>.

“Motherhood is the biggest gamble in the world. It is the glorious life force. It’s huge and scary – it’s an act of infinite optimism.”
–Gilda Radner

“My **mother** is a walking miracle.”
--Leonardo DiCaprio

“A mother’s hug lasts long after she lets go.”
--Unknown



MAY SPEAKER **Sue and David Williams**



While in their early 50s, Sue, without an adventure-seeking bone in her body, and her husband David, without any real blue water experience, cast off in their 37 feet long sailboat from Hamilton and headed east to the North Atlantic Ocean. In the space of a year the couple completed two transatlantic crossings and spent 86 days on the high seas. Their adventure is chronicled in a memoir by Sue, *Ready to Come About*.

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 member of the PROBUS Club of Durham West is Bev Waite. Welcome, Bev!

We now have 313 members, so we have room for more members. Please 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

Wanted: Graphic Design Expertise

We are updating the 'new members' brochure for the club. If you've never

heard of this brochure, it's because we've never had much reason to use it. But now we have vacancies in our Membership and the brochure will be helpful in attracting additional members to the club.

The current brochure dates to the founding of the club and is a text heavy document based on a template originally provided by PROBUS Canada, not really customized to highlight all our club has to offer. I think we can do better.

Therefore, I'm looking for one or more members with graphic design expertise that will help me design a new version of the new member brochure that can be used online and for physical distribution incorporating club photographs and modern graphics.

If this sounds like a challenge you'd be interested in, for more information or to volunteer, please contact Jim Hinnecke or email James.Hinnecke@rogers.com

Instead of all the negative postings, here is a pic of some topless chicks in short skirts

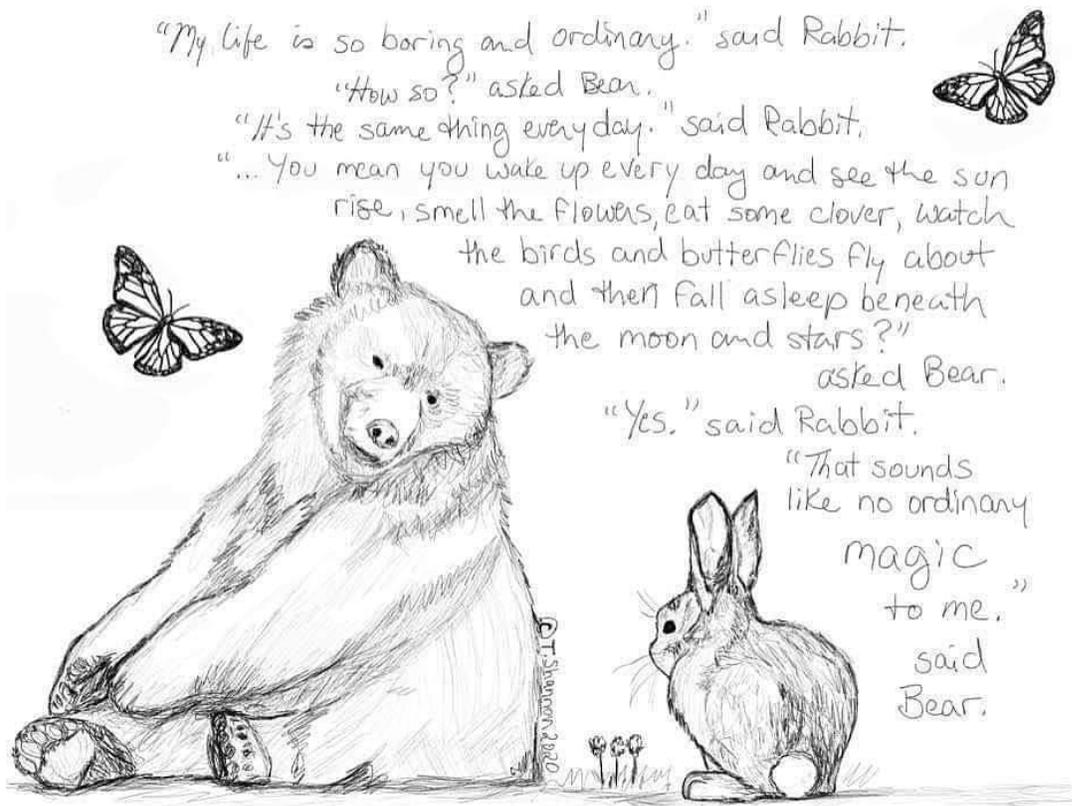


SOCIAL

Zoom Meet 'n' Greet

We are excited to announce that we will be continuing to meet on Zoom for an informal chat. We do not have any specific topics and will discuss anything. We challenged ourselves last meeting to avoid talking about vaccines and COVID – 19. We didn't do too bad. Since there were only 10 people on the last Zoom call, it was decided not to use breakout rooms. People wanted to meet the other members on the Zoom call.

If you are interested in participating in Meet 'n' Greet, that is held on the 2nd and 4th Tuesday of the month at 10:00 a.m., please contact Lorna Smith at lsmith1@bell.net and I will send you the Zoom link.



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

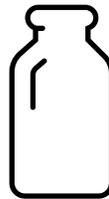
Sharing our Recipes

Since our 3 Dinner Group members haven't been able to meet and enjoy a meal together, I thought I would challenge the members to submit their favourite recipe for the newsletters. So, I'll start this month with a bright fresh summer salad.

Citrus, Kale & Avocado Salad

Dressing

- 1 cup milk
- ½ cup plain Greek yogurt
- 2 tbsp Dijon mustard
- 1 tbsp freshly squeezed lemon juice
- 2 tsp liquid honey
- 1 clove garlic, minced
- ½ tsp each salt and pepper
- ½ cup snipped chives, optional



Salad

- 1 small bunch kale
- 1 seedless orange, peeled and cut into segments
- 1/3 cup almonds, coarsely chopped
- ½ cup crumbled Canadian feta
- 1 ripe but firm avocado, peeled and cut into cubes



1. **Dressing:** In a medium bowl, whisk milk with yogurt, mustard, lemon juice, honey, garlic, salt and pepper. Stir in chives, if using.
2. **Salad:** Trim kale by cutting out and discarding tough ribs of leaves. Stack leaves, then slice crosswise into strips about 1-1/4-inches (3 cm) wide, for about 10 cups. Place kale in serving bowl. Add orange segments, almonds and feta. Gently toss. Drizzle with about 1 cup dressing. Gently toss in avocado. Refrigerate remaining dressing up to 2 days.

Cooking tip: for even more flavour, toast almonds for a couple of minutes in a skillet over medium heat until fragrant.

--Submitted by June Booth

Sharing our Recipes FISH FLORENTINE AND NAKED ORZOTTO

“**The Big Guy**” is always trying to end up with an extra ghost portion so he can clean up a second helping so I am always looking for recipes that can be adapted for 2 portions or 2 hungry seniors.

Today I’m offering you a double whammy recipe for a full meal that is a little different but totally pleasing. I found the “**Fish Florentine**” recipe on the internet at www.skinnytaste.com/fish_florentine. You will see that it is not so skinny, but it is very tasty! Fresh spinach is showing up again in the produce aisles. I buy the big bundle of spinach, (approx. \$1.88) that I soak in cold water, clip the stems, dry on a tea towel, pack the whole bunch between two pieces of paper towel then carefully insert into a large zip-lock bag. It will keep crisp and green in the fridge for 1-2 weeks or you can freeze smaller recipe sized bags. The paper towel envelope absorbs any condensation.

For the fish, I primarily use tilapia that I get in a big bag of individually wrapped frozen fillets. I take 2 wrapped fillets from the freezer and drop them into ice-water for 30 minutes to thaw.

Tilapia is a mild tasting soft white fish, but bass, cod, haddock or halibut would also be good options.

I matched this fish recipe with “**Naked Orzotto**”, a recipe that I adapted from a clipping in the Toronto Star called “**Broccoli Orzotto**”. Orzo is a short-cut pasta that is shaped like extra-long grains of rice. It has a nutty flavour with a creamy texture.

The recipes are on printable “cards” below.

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



Florentine

½ Tbsp olive oil
 ½ Tbsp butter
 1 cup red pepper, chopped
 3 grips of spinach (4 cups)
 2 oz cream cheese (1")
 ¼ cup half n half cream
 3 Tbsp Parmesan, grated
 Salt
 Pepper



1

In a skillet with olive oil and butter, saute bell pepper and garlic for 4 minutes. Reduce heat with spinach then add cream cheese, cream, parmesan, salt and pepper. Cover to rest on low heat.

Naked Orzotto

2 Tbsp olive oil
 1 cup orzo
 2 + 1 cups chicken broth
 2 Tbsp lemon juice or 1 tsp lemon zest
 Dab of butter

2

In a saucepan with oil, add orzo and 2 cups chicken broth. Low boil for 6 minutes then add 3/4 to 1 cup broth and keep boiling for another 6 minutes. Remove from heat. Stir in lemon juice and dab of butter for gloss. Rest for 4-5 minutes in the pot to absorb liquid. Makes 4 cups of Orzotto.

Fish

½ Tbsp olive oil
 ½ Tbsp butter
 2 or 4 tilapia fillets
 Lemon wedge

3

Fry fish 3 minutes per side until fish is flaky and clear.

Serve:
 Plate with Florentine on the plate, fish on top then a dust of Parmesan and a squeeze of a lemon wedge I like to serve this with green beans and Naked Orzotto.

Bonus Broccoli Orzotto

This recipe is also good with pork chop or pork tenderloin.

4

In the saucepan with 2 Tbsp of oil, soften 1 small onion, chopped
 1 garlic clove, chopped
 Add 1 cup orzo and 2 cups chicken broth. Low boil for 6 minutes
 Add 4 cups broccoli florets and 1 more cup of chicken broth. Low boil for 6 minutes. Remove from heat and add 1 tsp lemon zest. (Lemon juice will discolor the broccoli.) Rest 4-5 minutes.

Dust with Parmesan at your plate.

Submitted by PBolger

BOOK CLUBS**WORDS WORTH READING BOOK CLUB**

In May, the book club will be discussing "Wicked Autumn", book number one in a series of Max Tudor mysteries by G.M. Malliet. Max Tudor, a former MI5 agent, is a parochial vicar at the parish of St. Edwold's in the village of Nether Monkslip. When the head of the Women's Institute is found dead in the Village Hall, Max's talents as an investigator are put to the test.

We continue to meet on Zoom but look forward to the day when we can connect face to face in a home or even in a backyard on a warm day.

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

CINEMA CLUB

Greetings Cinema Club members and others. While awaiting a return to the big screen movie experience, how satisfying it is to get out of doors and enjoy Mother Nature's own expansive screen of beautiful vistas, dazzling sunshine and growing evidence of the wonders of spring. Keep well.

Claire Speed mcspeed@rogers.com 905-428-6356

Karen Dryden kdryden2852@gmail.com 416-580-0091



CREATE AND CHAT

*Some members have crocheted baby hats for the hospital. **Donations** are to be put in a clear plastic bag with a label inside, including donor's name, address, email or phone number, **what date the bag was sealed** and what department you want it to go to, i.e. **NICU or ICU** or the Foundation office. –Ed.*

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



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

NATURE LOVERS

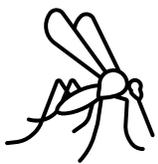


Photos by D. Green

If you are walking outdoors remember to keep aware of places where ticks and mosquitoes are present. **Deer ticks can carry Lyme disease (a bacteria)** and are abundant in areas such as scrub, grass and wooded areas where humidity levels are high. This time of year, the nymph stage is most common. **They are the size of poppy seeds.** Some mosquitoes can carry West Nile Virus. Wear long pants, tuck your pants into your socks, use repellent as per label directions and look for ticks when you get home. Check pets, too.

Check out the following web pages for more information:

www.ontario.ca/page/west-nile-virus



www.ontario.ca/page/lyme-disease

Keep safe and get outdoors - but be careful, wear a mask, wash your hands, watch your distance.

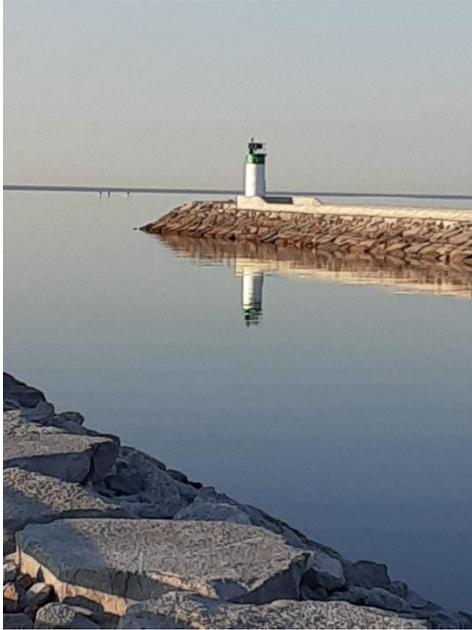
Geoff Cutten



SNAPPED PHOTOGRAPHY CLUB

Our April Snapped meeting was held on Zoom. Members submitted 4 of their best/favourite past vacation photos to share with fellow members. All members had a great time going on a mini vacation around the world. Here is a sample to spark your desire to travel again.

If you are interested in joining the Snapped photography club, please contact Lorna Smith at lsmith1@bell.net.



Photos are from the Snapped Photography Club.



"I'm home, give me a hug", photo by Lorna Smith

JUST CHECKING TO SEE



IF Y'ALL DOING ALRIGHT



Wednesday Walking Group

Join us each Wednesday at 10 am as we walk various paths around the area. We always walk with distancing and in small groups. We can accommodate fast, slow and snail like walkers. Walks are generally 60 minutes although most walks are easily shortened for those who want a shorter walk. We walk rain or shine. If you are interested in joining our group, you need to send me your name and email address. I will put you on a group email list and you will receive an email each weekend with the location for the next Wednesday walk. Looking forward to seeing you on the trail!!

Bernice Pyke

billandbernicepyke@hotmail.com

P.S. I saw on tv today that they are saying that 2 hours per week of exercise will help protect you from COVID-19 – catching it and for lessening it. So, treat the walk as half of your protection for the week.



Some Groaners

1. Dad, are we pyromaniacs? Yes, we arson.
2. What do you call a pig with laryngitis? Disgruntled.
3. Why do bees stay in their hives during winter? Swarm.
4. If you're bad at haggling, you'll end up paying the price.
5. Just so everyone's clear, I'm going to put my glasses on.
6. A commander walks into a bar and orders everyone around.
7. I lost my job as a stage designer. I left without making a scene.
8. How much did the pirate pay to get his ears pierced? A buccaneer.
9. I once worked at a cheap pizza shop to get by. I kneaded the dough.
10. My friends and I have named our band 'Duvet.' It's a cover band.

Call for New Board Members



We wanted to provide an update on the recruitment of new members for our board. Some members have stepped forward to volunteer for these roles, but we still need to fill the “House” role. This role is vital for the success of our physical meetings, and includes management of the welcome desk, 50/50 draw, meeting room logistics and providing refreshments. It is ideal for a couple, for two persons can do it jointly.



The club also continue to seek a new Vice President, an important position that will in its second year evolve into the Club President role, leading the club for a year, and acting as ‘emcee’ at its monthly meetings.

Our club’s ongoing success is only possible through the continued existence of a strong and active board. But board membership is also rewarding, in addition to supporting the club, board members have opportunities to learn, interact with club members, meet with members of other clubs, and most importantly, have fun.

Please let me know if you would like to serve in either of these roles. Full position descriptions are available on [our website](#), and I and other board members would be happy to speak to you to give you more information. As a director you can rely upon the support of other members of the board, as well as those who were directors in the past, including time where you would work with the outgoing director to fully understand your new role.

Jim Hinnecke, Past President, James.hinnecke@rogers.com



NEWS

The Ajax Community Centre has started opening up Hot Spot Pop-Up Vaccine Clinics for residents 18+ in L1S, L1T, L1V, L1X and L1Z postal codes. Call 905-721-4828 or visit <http://covidvaccine.lh.ca/> to book your appointment.

The Spring edition of Ajax LINK Newsletter is now available at <https://view.publitas.com/ajax/55-plus-newsletter-link/page/1> The following can be found at www.ajax.ca/55plus

Registration for May Craft Crate opens Tuesday, May 4 at 9 am and includes a flower bulb, a pot and soil.

Virtual Broadway Trivia Night May 20th 7:00-8:00 pm

Let’s do Lunch – Amazing Monarchs - Lunch & Learn Series – May 25th, 2021.

June is Aging Well Month. Be sure to join us for a variety of free activities throughout the month. Bingo, Dance Party, Performances, Yoga and Presentations. Watch for the flyer at www.ajax.ca/55plus RSVPs required.



PINERIDGE ARTS COUNCIL NEWS

The Sculptures of Durham contest is continuing until May 31st, 2021. To join in the game, photos can be shared on



Facebook <https://www.facebook.com/groups/pineridgearts> and Instagram [#sculpturesofdurham](https://www.instagram.com/sculpturesofdurham). Each month, PRAC will award the photographer of the best liked photo on Instagram \$50.

Contest Details: <https://pineridgearts.org/selfie.html>

The list of Activities will be absent until we can meet in person.--Editor

A Few of 45 Life Lessons written by Regina Brett.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself. (jumping ahead...)
- 19.. It's never too late to be happy. But it's all up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.

Who is Regina Brett?

Regina Brett is a long-time columnist for Ohio newspapers (including the *Akron Beacon Journal* and the *Cleveland Plain Dealer*) who was a Pulitzer Prize finalist in 2009 for “her range of compelling columns that move the heart, challenge authority and often trigger action while giving readers deeper insight into life’s challenges.”

Ms. Brett is also the compiler of the above-quoted list of “life lessons,” which was originally published in the *Plain Dealer* and has since become “the single most popular column ever written by Regina.”

Contrary to the Internet-circulated version of Ms. Brett’s list, however, she is not 90 years old. Regina Brett turned 50 years old in 2006, and on that occasion, she updated her list of “45 life lessons” with an additional “5 to grow on.” In a June 2009 blog entry, 53-year-old Regina Brett wrote about the Internet-created misperception that she is 90.

