

THE PROBUS CLUB OF UXBRIDGE - January 2024

www.uxbridgeprobus.com

uxbridgeprobus@gmail.com



UXFORMATION

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Bernie Beales

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Gerry Bignell

House Chair
Sally Kotsopoulos

Members At Large
Lynn Moore
April Gilkinson

President's Message:

Happy New Year and welcome to 2024!

I love the fact that I will be leaving a whole year behind me - no matter if it was good, bad or average. I like that kind of closure. I love the feeling of starting over again and having a fresh year ahead of me, filled with new chances, new hopes, and new experiences. I'm looking forward to a fresh start and new beginnings. Are you?

We have so much going on at PROBUS to encourage each one of us to get involved. Are you planning to start something new this year? Why not check out the Interest Groups available further along in this newsletter, take a chance and sign up for something outside of your comfort zone? It goes without saying that you will be amongst friends, and get to meet new some new members.

As I look back on 2023, at PROBUS, I am reminded that we have enjoyed such a variety of speakers, outings, events and changes. 2024 promises to be even better. If you have any suggestions, please get in touch by email or at our next meeting add them to our suggestion box.

Thank you again to all our incredible volunteers who go above and beyond the call of duty to ensure our club runs smoothly and offers our members such a variety of opportunities.

Let's make this year the best yet!
See you at our next meeting.

Kathy Clulow



What is a New Year's resolution?
Something that goes in one year and out the other.

From Your Speakers' Chair

On January 10, 2024, Conrad Boyce will present **The Klondike Gold Rush**.

Conrad Boyce is a journalist and actor who spent many years in the Yukon before coming to Ontario. He worked for several summers in Dawson, the Queen City of the Klondike, becoming steeped in the romantic history of the greatest gold rush the world has ever known, the Klondike Rush from 1896-99. His talk will be spiced with photos both historical and contemporary, as well as excerpts from the poetry of Robert Service, the Bard of the Yukon.



Upcoming Speakers:

February 14, 2024 – On Valentine's Day, Lianne Harris will present:

Famous Lovers

March 13, 2024 – Jeremy Bertrand of the Ontario Ministry of Finance will present:

From A Maze to Amazing to help us understand Ontario's Income Tax and Benefits.

From Your House Chair

Greetings from the House Chair!!

I hope you have had a wonderful holiday season and are excited to get into this New Year and back with old friends. January 10 is our next meeting and here are our volunteers:

Room Set Up - Rod Eastman and Chuck Heroux

Kitchen Support - Jacqueline MacDonald, Paula Donahoe, Cathy Boone and MaryAnn Eastman

50/50 Table – Nancy Clarke and Jan Moody

Greeter - Marilyn Davis



This Month we will be offering more decaf coffee and decaf tea. I will post if there are nuts in any of the products we are offering as snacks, but if you have the slightest concern, please ask to read the packaging or refrain from taking part in the snack. It has occurred to me that if you carry an Epi-Pen because of an allergy it would be wise to let someone know and where you carry it. I would suggest either Kathy Clulow, Gail Heroux or myself.

Looking forward to seeing all of you on the 10th.

Sally



From Your Social Committee



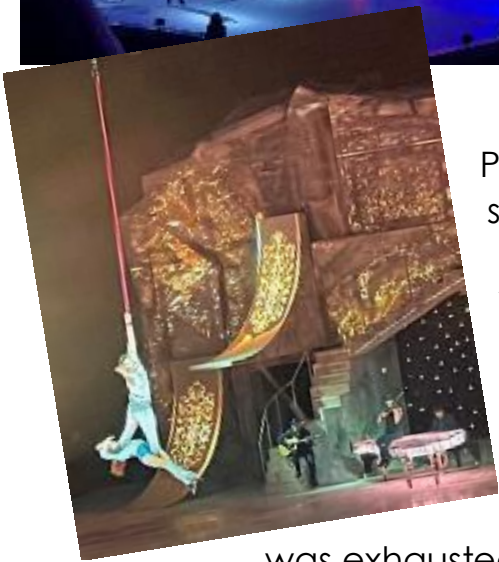
DEC 10, 2023

No words can describe this!!! Like synchro skating on steroids meets Cirque!!! All the usual Cirque acrobatics except that half the performers or more are wearing very sharp skates and the whole show is done on ice!!!



It starts out like a regular Cirque show – clowns, musicians, acrobats, fantastical set, lots of bright lights - except it is all done on ice with almost everyone wearing skates!! Did I mention that?

Then the show starts and you don't know where to look next!! Even moving sets about became a performance.



People are flying around overhead – yes, she has skates on!!!

And then it was all over and we sat there stunned (and cheering)! What a great outing!! I was exhausted just watching!!!

Photos and story by Annie Belanger



GREAT CHRISTMAS LUNCHEON

DEC 13, 2023

ROYAL ASHBURN GOLF CLUB

According to Chuck (who cautioned us not to dally in the food line because of all those behind us) there were 150 of us at the Luncheon. What a great party. Terrific decorations (shout out to Karen Hoyle for all the fancy work with her Cricut machine as well as her wooden snowmen and her cookies!!!)



Upcoming Social Events

TO SIGN UP FOR ALL SOCIAL EVENTS:

First - you must sign up at the Social Events Table during General Meetings,
by e-mail to social.uxbridgeprobus@gmail.com
or by telephone to Social Chair Gail Heroux (905-852-9927).

Next - you must pay either by e-transfer to treasurer.uxbridgeprobus@gmail.com
or by cheque at a meeting or by mail to:
Uxbridge PROBUS c/o Gail Heroux, 72 Munro Cres., Uxbridge ON L9P 1L8.

You must be a vaccinated member of Uxbridge PROBUS to attend Social Events
(or be sponsored by a member and provide proof of COVID19 vaccination).



THURSDAY, JANUARY 18, 10 a.m. - Noon COFFEE & CONVERSATION - Only \$5 pp

ONCE AGAIN DEIRDRE & ROBERT WILL HOST
THIS EVENT IN THEIR HOME
23 Wilson St, Uxbridge

See separate flyer for more details



Toronto Tour - Thurs. Feb. 8

Step On Guide (a.m.)

Lunch at the Hot House Cafe

Visit to Little Canada (p.m.) to see new
displays (including East Coast)

Cost: \$155 (members)

\$165 (guests)

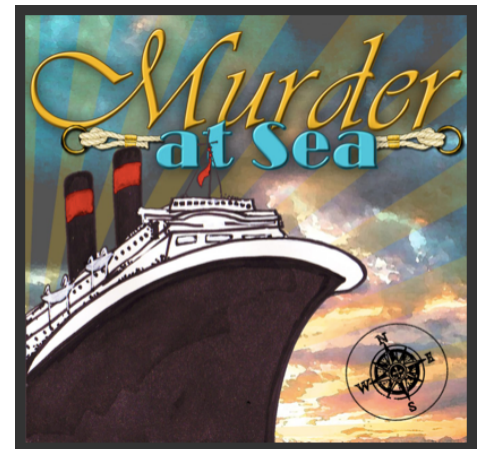
Mysteriously Yours Mystery Dinner Theatre presents

"MURDER AT SEA"

TUESDAY MARCH 26, 2024 11:30 a.m.

Cost: \$120 - Members \$130 - Guests

Lunchtime event with hot roast beef meal catered
by the Ladies Auxiliary of the Uxbridge Legion
(cash bar available)





Wednesday, April 17, 2024
at the UXBRIDGE CURLING CLUB

Watch for such details as:

Titles of movies to be shown will be available in January

Times of showing & prices t.b.a.

We hope to offer 2 venues - upstairs & downstairs

We are planning to have popcorn available!



MARK YOUR CALENDARS!!!!

THE LION KING

Wednesday, November 26, 2024

Mirvish Productions is bringing this show back to the Princess of Wales Theatre. We are planning to attend the Wednesday, November 20 matinee performance with lunch before the show.

Toronto will become the first city in North America to have a second sit-down production of "Disney's The Lion King" and will launch a new generation of Canadian artists.

If you would be interested in coming to see this show with us, please sign up at the social table or by email.

THIS IS NOT A COMMITMENT, merely an expression of interest.

We do not have ticket prices yet or other information but it will give us an idea of the interest level. If there is a sufficient number of people signing up, we may plan a second bus.



Facebook Post of the Month

 **Kathy Clulow**
Admin Top Contributor · December 19, 2023 at 7:36 PM · 🌐
Thank you to our members who updated and installed our display at the Fantasy of Lights.....it looks fantastic! I love the sign. Pro Bus Lines..😊



If you use Facebook, and haven't already, consider joining the Uxbridge PROBUS Club For Members Only Facebook group to stay current on what our club is doing and to post your own memories from special outings. This is also a good source to discover what is happening around town as we promote Fun, Friendship and Fellowship! Maybe the next Facebook Post of the Month will be yours! You can find us by searching for **PROBUS Club of Uxbridge**. (Report by April Gilkinson; Post of the Month by Kathy Clulow)

NOTE: You will need a Facebook Account to join in the fun!



Reducing Your Footprint

DOES A GREEN LIFE STYLE INCLUDE COOKING BY INDUCTION?

What is it? Different than traditional radiant heat cooking, induction uses electromagnetism and transfers energy directly to the pan and food.



Which stovetop type is best?



Gas

Most precise cooking method



Electric

Most affordable



Induction

Most energy efficient

Pros? Direct energy to food means fast cooking. Remove the pan, the reaction stops and the heating process stops. Induction should mean less energy expended than electric or gas stoves. No open flames or hot cooktops means greater safety. No risk of setting fire to anything on the stove. Less risk of burns for children, pets or seniors. Since the cook top doesn't get hot, spills should be easier to clean up.

Cons? Induction stoves tend to be more expensive to buy. Specialised cookware with high iron content is required which is an added cost depending on your current cookware. You cannot cook with induction if you lose power. This is an advantage with gas stoves but the same with traditional stoves. There may be a learning curve in terms of your cooking style due to the speed of heating - lower settings and watch your timing. The pot or pan cannot be off-centre, too small or unstable. The cookware must be dead centre to activate the magnetic field.

Is an induction cooktop for you? Like anything else, you need to understand what you get and what you give up when you opt for an induction cooktop.

(Report by Brett Moore)

This is the third in a series of monthly DID YOU KNOW? articles prepared by the Reducing Our Footprint Interest Group. See the Interest Group report if you would like to become a member!

From Your Interest Groups Chair



Our next General Meeting will be at the Uxbridge Community Centre on January 10, 2024! **I WISH YOU A VERY HAPPY, HEALTHY 2024!**

All Club members are invited to join any Interest Group unless the group has reached it's maximum number of attendees. Sign-up sheets will be available at the Interest Groups table during our General Meeting, or please contact me at interestgroups.uxbridgeprobus@gmail.com if you want to join any of our Interest Groups.

POTENTIAL INTEREST GROUPS could include Art Club, Astrology, Bowling, Board Games, Breakfast Club, Casino Visits, Cooking, Current Events, Discovering Uxbridge & Area, Fitness, Home Reno, Horses & Other Animals, Mah-jong, Meditation, Memoir Writing, Music, Sports (Pole Walking, Running, Biking, Golf, Skiing, Skating, Swimming), Photography, Yoga & more.

BID EUCHRE **Coordinator Required** Bid Euchre has been suggested as an Interest Group.

HISTORY **Coordinator Required.** The subject of History covers a broad range of topics. Initially, group members may want to meet and share their areas of interest to discuss at future meetings.

LATIN DANCING **Coordinator Required** I've been contacted by a Club member that would love to join a Latin Dance Group. Please contact me if dancing Salsa, Tango, Flamenco, or Cha Cha, etc, is fun for you! (I've noticed that lessons are available online.)

SKIING **Coordinator Required** Now it is the season when downhill or cross-country skiing is enjoyed by many. Please contact me if you love to ski!

TO SIGN UP FOR ALL INTEREST GROUPS:

At General Meetings, there will be Interest Group sign-up sheets at the back of the meeting room. If you are interested in joining any of the groups, add your name & contact information to the sign-up sheets! Please print! During the coffee break, I'll be at the back of the room with the sign-up sheets. Hopefully, I'll be able to answer any questions. Coordinators all have their group name tags and may be sitting with me, or elsewhere in the room available to answer any questions. Everyone joining an Interest Group must be a Club member!

As well you can contact me, Betty Bignell, at interestgroups.uxbridgeprobus@gmail.com. There usually isn't a charge to join an Interest Group, but some may have a minimal fee to pay for using the venue. Everyone joining an Interest Group must be a vaccinated member of the Club and have proof of vaccination for COVID-19 recorded by the Social Committee.

**If you have an idea of another potential new group or want to join one of the above suggested groups, please contact me at the General Meetings or send me a message.*

REMEMBER - THERE'S AN INTEREST GROUP FOR THAT! *(Debra Revie Lippay)*

Current Interest Groups

BANNED BOOK CLUB: Coordinator Camille Scarlett One spot left!

The next meeting is scheduled for **Tuesday, January 16**, from 1:30 to 3:30 p.m. The book to be reviewed is *The Catcher in The Rye* by J.D. Salinger. Camille Scarlett will lead the discussion. In December the group studied the graphic novel *Gender Queer* by Maia Kobabe. The discussion was led by Joanne Alexander. This book addresses issues of sexuality, in particular persons identifying as, "eir," or non-binary. This book was very timely for today's many issues over sexuality, and it generated great discussion. The group will meet monthly on the third Tuesday at 1:30. To sign up, follow the directions in the gold box above.

LIT HAPPENS - Coordinator Jen Thornson Two spots left!

The next meeting will be on **Thursday, January 25**, and the group will be discussing *The Book of Lost Names* by Kristen Harmel. The group now has eight members and there are spots for two new members! To sign up, follow the directions in the gold box above.

BOOK CLUB: Coordinators Gerri Martin & Kelly Keilty This group now has a wait list

The group will meet on **January 25** to discuss *A Prayer for Owen Meany*. In December group members each brought a favourite book from their personal libraries and promoted them as a good read after the holidays. Please contact Betty Bignell if you want to be added to the wait list.

CANASTA GAMES & LESSONS: Interim Coordinator Joanne Binns

Canasta Lessons will be held on **Thursday, January 11** from 1:00-2:00 pm with Games following from 2:00-4:00 pm. Canasta will now be played just once a month. To sign up, follow the directions in the gold box above.

EUCHRE: Coordinator Carolyn Hicken

The group will meet again on **February 6, 2024**. The Euchre group meets on the first Tuesday of the month, at 10:00 am. To sign up, follow the directions in the gold box above.

GARDENING: Coordinator Sally Kotsopoulos

The gardening group will be taking a break for the winter. Currently, the date to resume is **March 7, 2024**, from 11:30 am-1:00 pm.

GENEALOGY: Coordinator Bernie Beales

Happy New Year! Is your resolution to finally get started that family tree? Or to send in the DNA test you received for Christmas? The group members can help you with that! The next meeting is **Thursday, January 18** from 1:30-3:30. See you then! To sign up, follow the directions in the gold box above.

HANDICRAFTS: Coordinator Sally Kotsopoulos

The group will meet next on **Friday, January 19**, at 1 pm. Crafters are encouraged to bring their current projects and to share ideas with each other as well as skills and tips. There will be a small initial charge and weekly charge for members of this group. To sign up, follow the directions in the gold box above.

HANDICRAFTS (cont.)



HIKING: Coordinators Carol Fraser & John Willcock

Our Goodwood/Uxbridge area has a wonderful series of trails through a variety of forests and meadows, some quite flat, some with gentle hills. The group explores these forest trails near Uxbridge in the Durham and York Regions for 1 ½ to 2 hours. Join them for lively discussions, interesting views and leisurely treks! January hikes are scheduled for **Thursday, January 4** and **January 18**, at 9:30 am. Hike details are emailed to our group members. The Hiking Group meets on the 1st and 3rd Thursday morning of each month at 9:30. To sign up, follow the directions in the gold box above.



KITCHEN BRIDGE: Coordinator Anne-Marie Sacco

The group will be playing on **Thursday, January 4** at 1:00 p.m. Currently there are eleven group members. It is difficult to have two tables playing as one or two people must sit out. New members are required. To sign up, follow the directions in the gold box above.

LADIES BRIDGE CLUB: Coordinator Caren Narvet

The group will be meeting on **Tuesday, January 9** at 1:00 p.m. The group meets monthly on the second Tuesday of each month at 1:00. To sign up, follow the directions in the gold box above.

LET'S EAT OUT: Coordinators Gail & Chuck Heroux

Meeting monthly for dinner, Let's Eat Out members have enjoyed dining in a great variety of restaurants. Each month, when the name of the restaurant and location is chosen, group members will be notified. The group usually meets monthly on the third Thursday.

LUNCH GROUP: Coordinators Betty Bignell & Joy Freemantle

The next lunch get together will be on **January 29** at 12:00. Each month, members are informed of the name of the next restaurant where they will meet. The Lunch Group meets on the last Monday of the month at 12:00. To sign up, follow the directions in the gold box above.

MOVIES: Coordinator Required

The Movie Club is now inactive. Along with input from group members, a new Coordinator may bring fresh ideas to reactivate the group. Please contact Betty Bignell at interestgroups.uxbridgeprobus@gmail.com if you are willing to be the Coordinator.

MULTI-DAY CLUB TRAVEL OPTIONS: Coordinator Anne-Marie Sacco.

Beginning in **January 2024**, members of this group will have the opportunity of choosing from almost twelve months of vacation opportunities. These include a January visit to Fern Resort in Ontario, an all-inclusive resort on Grand Bahama Island in February, a chance in the Spring to see lovely cherry blossoms in Charleston, a Tattoo in Nova Scotia in June, and in the Fall a train trip to see the Agawa Canyon, a tour of Iceland and the Rhine River and many more! To sign up, follow the directions in the gold box above.

PICKLE BALL: Coordinators Gerry Bignell & Alan James

The Pickleball group has now closed for the season. To play independently, a summary of indoor locations including time, associated fees and/or membership requirements will be sent out to group members.

REDUCING OUR FOOTPRINT: Coordinator Brian Keeling

The next meeting will be on **January 17, 2024** from 10:00 a.m. to 12:00 noon. The purpose of the group is to discuss reducing our impact on the planet. Many topics can be discussed - energy, food & health. Each decision made can make a difference! To sign up, follow the directions in the gold box above. *Look for our monthly tip in each edition of this Newsletter.*

SCRABBLE: Interim Coordinator Kathleen Ravitch

The Scrabble Group will meet next on **January 10** from 12:30-3:30 and will be enjoying their lunch at the same time. The group meets on the second Wednesday of each month at 1:00 pm. To sign up, follow the directions in the gold box above.

SMALL TOWN THEATRE GROUP: Coordinators Steve Fryzuk & Peggy Kennedy

This group now has a wait list

On **January 20** the group will be seeing *Murder on the Nile* at the Uxbridge Music Hall. Prior to the performance the group will be enjoying lunch together. Group members prefer to attend theatre events in the Durham and York Region. Please contact Betty Bignell if you want to be added to the wait list.

WALKING FOR FITNESS: Coordinator Patricia Bell

The group will meet at 1:00 on **January 2** and **January 16** depending on the weather. Choosing from a variety of locations in Uxbridge, the group will be walking slowly on even ground preferably with low hills. The walks will suit those who are unable to walk quickly and may occasionally require a short break. The group will walk for approximately 30 minutes and length of times may vary for future walks. The group plans to walk on the first and third Tuesdays each month at 1:00. To sign up, follow the directions in the gold box above.

WINE CLUB: Coordinators Sherrill Burns & Anne Gauvreau

The group will meet again on **January 10**, at 7:00 p.m. to sip and learn about wines from the Languedoc Region of France. Research will be done on this region and presented by the Wine Group Chairperson at the meeting. As usual, a fun time will be had by all. This group meets monthly on the second Wednesday at 7:00. To sign up, follow the directions in the gold box above.

Share A Smile!

