



UXFORMATION

MANAGEMENT TEAM

President

Kathy Clulow

Past-President

Chuck Heroux

Vice-President

Vacant

Secretary

Linda Abate

Treasurer

Margaret Blanchet

Speaker Chair

Zina Bolak

Social Committee Chairs

Gail Porter Heroux

Camille Scarlett

Interest Groups Chair

Betty Bignell

Newsletter Editor

Bernie Beales

Membership Chair

Elaine Stevenson

Webmaster

Gerry Bignell

Media Co-ordinator

Vacant

House Chair

Sally Kotsopoulos

Members At Large

Lynn Moore

Robin Dhillon

April Wilkinson

President's Message:

Wasn't that a party? A good time was enjoyed by all attending the 5th Anniversary Party and AGM, including those who organized all the little details. Thank you for celebrating with us, and a huge thank you to every volunteer who played a part in making it such a celebration.

Here are a few notes we received.

"Well...A HUGE CONGRATULATIONS!!! What a FABULOUS JOB you did on today's event!!! Gail and Camille, everything...room and table decs, getting people in place in record time, adding a table for last minute eaters... and the flower idea was extraordinarily clever!!! I was proud to tell people when they asked, about the significance of the gold flower."

"Wonderful lunch, great entertainment, and an awesome celebration! Congratulations on your 5 year PROBUS anniversary!"

"A fun time was had by all. It takes a great team to create a great event. Bravo to you all!!!"

"Just wanted to let you know that today's meeting was awesome!"

"What a wonderful event"

"You came, you saw, you conquered! Well done!"



Amazing thanks are due to our 2022/2023 Management Team and their hours and hours of volunteer dedication, it would not have happened without you.

Welcome to our new team.... Sally Kotsopoulos as House Chair (a new position created this year), Zina Bolak as our new Speaker Chair and Margaret Blanchet as our new Treasurer. Bernie Beales takes over as Newsletter Chair. We have an exciting year ahead of us.

Annual General Meeting

A few of the highlights include congratulations and greetings from Brenda Andrews, newly past president of PROBUS Canada and from Willie Popp, Deputy Mayor, both of whom presented us with certificates (see photos below). We then enjoyed a brief club history by Chuck Heroux, our Past President (his speech will be serialized starting in this month's newsletter).



We managed to squeeze in a little business with our AGM then thanked those who have earned the right to step down from our Management Team, and presented and inducted our new 2023/24 Team

Our guest speaker Mike Daley entertained us with the life of Leonard Cohen and had many of us singing along with his music. We finished with Hallelujah.... A perfect end to a great day!.



Have a wonderful summer! We look forward to seeing you at the Legion July 12 for our next meeting. (Photos by Sharon Shapcott and Marcia Beales)

THE COUNCIL OF THE CORPORATION OF THE
Township of Uxbridge
 IN THE REGIONAL MUNICIPALITY OF DURHAM
acknowledges the
5th Anniversary of
PROBUS

The Council of the Corporation of the Township of Uxbridge extends its congratulations to Uxbridge PROBUS for 5 years of service to our community.

Willie Popp
 Willie Popp, Deputy Mayor

June 12th, 2023

PROBUS CANADA
5-YEAR ANNIVERSARY CERTIFICATE
 presented in June 2023 to
The PROBUS Club of Uxbridge

This is to celebrate the 5th anniversary of Charter 259 issued on June 13, 2018. PROBUS CANADA recognizes the vitality and connectivity of your members within the Uxbridge community as well as the club's contribution to the growth of PROBUS CANADA's over 250 clubs and 34,000 members.

PROBUS CANADA wishes the PROBUS Club of Uxbridge continued success in providing its members with opportunities for learning, fellowship, friendship and fun.

Brenda Andrews
 Brenda Andrews, President, PROBUS CANADA and Director, Ontario District 2

Get Connected. Stay Connected.

From your Speakers' Chair

At our 5th Anniversary meeting at Wooden Sticks, we were treated to an amazing presentation by Mike Daley, Musician & Musicologist. He mesmerized us with the words and music of Canadian singer-songwriter, poet, and novelist Leonard Cohen. He told us the incredible story of Cohen's life, including little-known details with rare photos & video clips. Mike also sang four of Cohen's haunting melodies, including "Suzanne" and of course the internationally renowned hymn "Hallelujah, for which Cohen apparently wrote 80 different verses. Even though there were some audio visual challenges with the venue, Mike was able to roll with it, and by all accounts, his memorable performance was thoroughly enjoyed by all.

Coming up for July - Geoff Carpentier, Journey to Antarctica

As an ecotour and expedition guide specializing in ornithology, Geoff Carpentier has travelled the world from pole to pole, and will be sharing his amazing Journey to Antarctica story with us at our July meeting. Geoff is a Scugog environmentalist and columnist for The Standard, published author and proud recipient of the Queen's Platinum Jubilee Award, and member of the Port Perry Probus club. If you ever dreamed of going to the South Pole, don't miss Geoff's presentation, which promises to be an informative and entertaining show. (From Zina Bolek)



History Of Uxbridge PROBUS - Chapter 1: The Inception

PROBUS, as you all know, began in the 60s in England as an offshoot of Rotary, for retiring members who wanted to continue the social aspect of their groups. It expanded quickly throughout the Commonwealth, and today we are one of over 250 clubs in Canada alone.

Mostly it spreads organically, and our club is no exception. There are several in Durham Region, and a number of Uxbridge people belonged to clubs in Stouffville and Port Perry, where the idea of a club for Uxbridge was born.

Discussions regarding a new club began in December, 2017, and the first joint planning meeting took place on January 24, 2018 in Uxbridge. Judy Spring and Jayne Rees worked with Carolyn Hicken, Richard Furlong, Bob Ashdown and Chris Begg, to start this snowball rolling.

A meeting date of Wednesday, April 4 was announced, at the Goodwood Hall, at 10 am. Ninety people showed up, and 82 actually signed up that day. A management team was struck, and the legal process began. Their first meeting was April 25, at Brenda McGowan's home, and the first Management Team was struck:



President	Brenda McGowan	House Chair	Wanda Long
Honorary Past President	Jayne Rees	Interest Groups	Debra Lippay
Vice President	Gail Heroux	Newsletter	Gail Pimm
Treasurer	Carolyn Hicken	Webmaster	Paul Hayward
Secretary	Linda Abate	Speakers Chair	Chris Begg
Membership	Nancy Varley	Social	Ann Gauvreau & Gail Heroux

The meeting date was set as the second Wednesday of each month, at Goodwood Hall, with the Foundation Meeting planned for Wednesday, June 13, at 10 am.

On May 2nd, Gail made her first social booking for a Muskoka Lunch cruise out of Gravenhurst, for late August. Management Team meetings continued through May, finalizing the myriad details involved in creating a new club, so that everything was ready for the Foundation Meeting.

After the first meeting, we could count 112 members. By the end of October that had grown to 177! (As presented by Chuck Heroux at the AGM)

Next Month: CHAPTER 2 - THE PRE-COVID YEARS

From your Interest Groups Chair



Our next General Meeting will be at the Uxbridge Legion on July 12, 2023. Everyone joining an Interest Group must be a vaccinated Club member who has shown their proof of being vaccinated for COVID-19 to the Social Chairs! Please don't contact me to join a group by telephone or if you meet me around town. (I don't always have a pen & notepad handy!) You can contact me, Betty Bignell, via the Sign-Up sheets, or at my PROBUS e-mail: interestgroups.uxbridgeprobus@gmail.com.

POTENTIAL NEW INTEREST GROUPS:

EASY CHAIR EXERCISES

It will be great to have a Club Member skilled in guiding a group through easy chair exercises. I've learned that it is important for seniors to keep their joints flexible! "Motion is Lotion!" Please contact me if you are interested in joining this potential group or if you can coordinate this type of group.

KAYAKING

Some of our Club members are experienced kayakers enjoying their time on the water. There are many appropriate locations not far from Uxbridge this group can explore! I've been told that the best kayaking now is on the Nonquon River. Port Perry is getting a kayak launch area shortly that will make it easy for access to Lake Scugog. Other close locations are the Pefferlaw River, Beaverton River, Sutton and the Lake Simcoe area. There is very little, if anything, available in Uxbridge. We require a Coordinator to make this an active group. If interested in joining this group, please contact me!

Other Potential Groups - Animals (Horses & Dogs), Astrology, Bowling, Card & Board Games, Cooking, Current Events, Fitness, History, Home Reno, Mah-jong, Music, Sports (Pole Walking, Running, Biking, Golf, Skiing, Skating, Swimming), Photography, Sailing, Yoga and more.

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 (Betty Bignell) a message.

We need Coordinators to make the following groups active: Art Club, Book Lovers, and Meditation.

Teamwork Makes The Dream Work!

Current Interest Groups

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 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. Please remember, 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.

BANNED BOOK CLUB - Coordinator: Camille Scarlett

After taking a summer break, the group will reconvene on Tuesday, September 19, 2023. Chuck Heroux will be leading the discussion of "The Adventures of Huckleberry Finn" by Mark Twain. On June 20, 2023, Nancy Emo led an interesting discussion of "The Handmaids Tale" and its sequel "The Testaments" by Margaret Atwood. Currently the group has a spot for one new Club member. If interested in joining the group, contact me, Betty Bignell. The group will meet monthly on the third Tuesday at 1:30.

BOOK LOVERS – Coordinator Required

"If you are going to get anywhere in life you have to read a lot of books." Roald Dahl. The Book Lovers had been meeting on Wednesdays from 1:30-3:00. The last booked discussed was "The Clockmaker's Daughter" by Kate Morton. If you are interested in joining this group when it becomes active again, contact me.

BOOK CLUB - Coordinators: Gerri Martin and Kelly Keilty

This group has reached its maximum number of members and has a waiting list and new Coordinators. Please contact me if you want to be added to the wait list .



CASINO VISITS - Coordinator: Jim Boyle

Hopefully the group will be going to Casino Rama in August or September. If you are interested in joining the Casino Visits Group, please contact me, Betty Bignell.

EUCHRE - Coordinator: Carolyn Hicken

The Euchre group meets on the first Tuesday of the month, at 10:00 am.

GARDENING - Coordinator: Sally Kotsopoulos

The Gardening Group will meet at 11:30 on July 6 at a group member's home. They will be walking through lovely gardens and gardening tips will be shared with the group. Depending on where the group meets, there may be a very small initial charge and weekly charge for members of this group. For more information or to join the group, please contact me, Betty Bignell.

GENEALOGY - Coordinator – Bernie Beales

There is now a Wait List for Club members to join this group.

The next meeting will be Thursday, July 20, 1:30-3:30. In June the group enjoyed a special Zoom presentation by Tom Rosebush of the Ajax PROBUS Club who described how DNA helped him find his birth family. The session was open to anyone who was interested and had about 10 people attend and another 10 who watched the recorded session later. It was very well received and sparked the interest in a few more to begin their own genealogical journey. The Genealogy group will meet on the third Thursday of each month from 1:30-3:30.

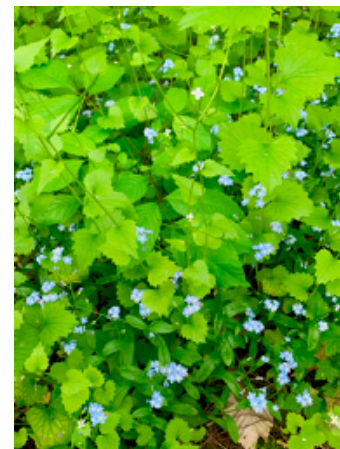
HANDICRAFT - Coordinator: Sally Kotsopoulos

The Handicraft group will meet on Friday, July 21 at 1:00 pm. Participants who worked with the self drying clay are encouraged to bring their finished items to share with the group. If you need to paint or glaze your item, products will be available for your use. Everyone is welcome to bring their own projects to work on. There will be a small initial charge and weekly charge for members of this group. For more information or to join the group, please contact me, Betty Bignell.

HIKING - Coordinators: Carol Fraser, John Willcock

Please note, the Hiking Group will be in recess in July and August and begin again in September.

Our Goodwood/Uxbridge area has a wonderful series of trails through a variety of forests and meadows, some quite flat, some with gentle hills. They explore 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! The Hiking Group meets on the 1st and 3rd Thursday morning monthly at 9:30. If you are interested in joining this Interest Group, send your request to Betty Bignell.



KITCHEN BRIDGE – Coordinators: Margaret & Rene Blanchet (For Both Women and Men!)

The Kitchen Bridge group will be taking a break until September. New members will always be welcome! If you are interested in joining this group, contact Betty Bignell. Kitchen Bridge will meet on the first Thursday of each month.

LADIES BRIDGE CLUB - Coordinator: Caren Narvet

The Bridge group will meet on July 19.
The group meets on the third Wednesday of each month.

ONLINE BRIDGE - Coordinator: Caren Narvet This group will be taking a break until September.

LET'S EAT OUT - Coordinators: Gail & Chuck Heroux

Meeting monthly for dinner, they have enjoyed dining in a great variety of restaurants. In June the group met at the Keg Restaurant. The group meets monthly on the third Thursday. If you would like to join them, next month, please contact me, Betty Bignell.



LUNCH GROUP - Coordinators: Betty Bignell & Joy Freemantle

*There will be a **very special lunch** on July 31, 2023! Lunch will be served on tiered plates, like that of a High Tea. Guests will be seated at tables among the blooming Lavender flowers! Victorian era clothing is an option. A fascinator or a top hat will be fine too. Guests will be leaving with a small bunch of fresh Lavender. The Lunch Group meets on the last Monday of the month at 12:00. Group members are contacted monthly with the name of the restaurant where they will meet. If interested in joining the Lunch Group, group, contact me, Betty Bignell (Photos by Ron Cordingley)



MOVIES - Coordinators: Gail & Chuck Heroux

This group periodically meets to watch movies together. If you would like to be a member of this group, please contact me, Betty Bignell.

PICKLEBALL - Coordinators: Gerry Bignell, Barry Scarlett

Group members play on Tuesdays and Fridays. If interested in joining this group, please contact Betty Bignell.



REDUCING OUR CARBON FOOTPRINT - Coordinator: Brian Keeling

NEW! What can individuals do to reduce our impact on the environment? The purpose of the group is to discuss many topics - energy, food & health. Each decision made can make a difference! If interested in joining this group, please contact me, Betty Bignell.

SCRABBLE - Coordinator: Judy Fink

There will be a Scrabble meeting at 1:00 on July 12. Competitive players are welcome! There are several participants who really enjoy a challenge. For many of them Scrabble is a chance to push their brains a little, socialize and enjoy the afternoon. If interested contact Betty Bignell. The group meets on the second Wednesday of each month at 1:00 pm.

SMALL TOWN THEATRE GROUP - Coordinators: Steve Fryzuk, Peggy Kennedy

A group committee will meet in August to make plans for the Fall and Spring Theatre season. More details about Plays, location and dates will follow.

In June, the group met for lunch at Big Daddy's Family Restaurant for a delicious lunch and friendly service. Afterwards they went to the Richmond Hill Curtain Club to see Jonas and Barry In The Home, a play by Norm Foster. It was a lighthearted and hilarious play about the Golden Years, with a lot of jokes about getting old but living life to the fullest. It was very heartwarming and emotional.

Small Town Theatre members may be interested in attending comedies, musicals, or plays in the Durham and York regions. If you want to join this group, please contact me, Betty Bignell.



TRAVEL - Coordinator: Anne-Marie Sacco

NEW! Coordinator Anne-Marie is looking forward to planning fun and exciting multi day trips. Group members will be receiving a message from Anne-Marie some time after our General meeting on July 12. They will be asked for suggestions of trips they hope the group will take. If you are interested in joining this newly activated group, please contact Betty Bignell.

URBAN WALKING - Coordinator: June O'Donnell

A social group, they walk at a moderate pace for about an hour. Urban Walking is the third Thursday monthly. Group members will be notified monthly of when and where the next walk will be. New members will always be welcome! If you are interested in joining this group, please contact Betty Bignell .

WINE CLUB - Coordinators: Margaret & Rene Blanchet, Sherrill Burns

This group now has a waiting list Please contact Betty Bignell if you want to be added to the wait list. This group meets monthly on the second Wednesday. The Wine Club will meet next on September 13 at 7:00. Group members will be sharing ideas on exploring wines over the Fall and Winter months.

From your Social Committee

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 Co-Chairs Gail Heroux (905-852-9927) or Camille Scarlett (416-859-1593).

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 JULY 20

30,000 ISLANDS CRUISE
SOLD OUT!
with lunch at LOG CABIN INN PARRY SOUND



ISLAND QUEEN

JOIN PORT PERRY PROBUS FOR

Theatre on the Ridge presenting
Innocence Lost –
A Play about Steve Truscott

Sunday, July 23, 2023 – matinee under the tent at Scugog Shores Museum Village, 1
6210 Island Rd., Port Perry - 2 p.m.
Enjoy summer theatre close to home. \$35.00.



To register please email social.portperryprobus@gmail.com and indicate that you are an Uxbridge Probus member. For further information, please contact Lynn Hoey at 905-985-5690.

Upcoming Social Events

THURSDAY AUGUST 17
ST. JACOB'S SCHOOLHOUSE THEATRE
"PERFECT WEDDING"

(Mary Morton Tour)

COST: \$175 (member) \$185 (guest)



Final sign up was June 29. Few bus seats still available depending on availability of show tickets.

See attached flyer for more details and summary of show



FOSTER MEMORIAL

Tuesday, August 22, 2023 at 11:00 a.m. (9499 Durham Regional Road 1)

TOUR AND PRESENTATION BY CONRAD BOYCE

Author of "THE JEWEL ON THE HILL"

The full story of how the Foster Memorial came to be along with detailed photos. This book is on sale at Blue Heron Books and the Uxbridge Historical Centre

Talk and tour to be followed by optional lunch at The Corner House Pub & Grill ..(at your own expense)

COST: \$10 pp (to be donated to the Foster Memorial)

WEDNESDAY SEPTEMBER 6

SPAMALOT

STRATFORD FESTIVAL AVON THEATRE 2 PM

see attached flyer for other details

Sign up as noted at top of newsletter

COST: \$200 (member) \$210 (guest)

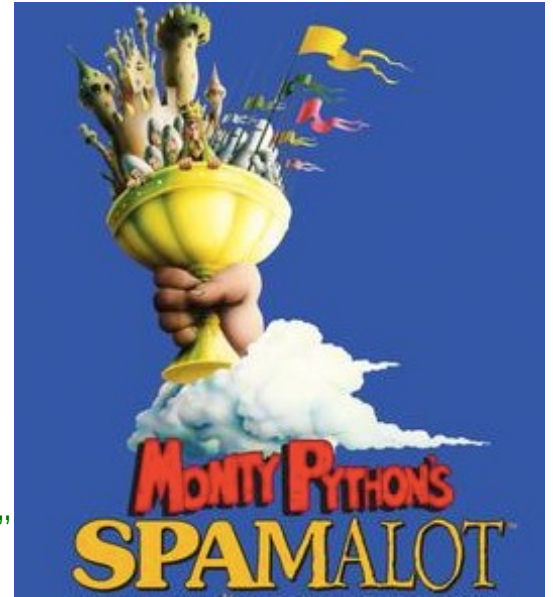
8:30 am Depart Uxbridge Walmart Parking lot

11:30 am Lunch at Parkview United Church with roast beef entree

2:00 pm Showtime at Stratford Avon Theatre for "Spamalot"

7:30pm Approximate return home

Included All taxes & gratuities, deluxe motor coach, lunch, orchestra seating in theatre, use of Hwy 407 one way, bus driver tip, water on bus.



FINAL DAY TO SIGN UP IS THURSDAY JULY 20

WEDNESDAY SEPTEMBER 20

Summer Finale Barbecue

Cullen Central Park, Whitby

Erin Monaghan Catering

Cost: \$40 for member & \$45 for guest

See attached flyer for more details!



TUESDAY OCTOBER 3 **COST \$5**

SALEM ALPACAS

& OPTIONAL LUNCH

Meet the alpacas when their heavier winter fleece coat is growing back. See the playful goats. Shop in the farm store for fleece products for Christmas gifts - hats, mitts, scarves, duvets etc

Tour in the morning followed by lunch or in the afternoon after lunch.

Farm: 363 Salem Rd, Manilla (drive yourself or carpool)

Lunch: Bon Select Bistro, 3 Albert St. S., Sunderland

Sign up as directed at top of social calendar



SUNDAY OCTOBER 22

2:00 pm

MARKHAM CONCERT BAND

SILVER SCREEN SPECTACULAR

Flato Markham Theatre



Purchase your own ticket with code **PROBUS** to get special **PROBUS** discount by telephone to **BOX OFFICE 905-305-7469**

Sign up to join us for dinner after the concert at **MANDARIN - BOXGROVE**

SAVE THESE DATES !

Fri. Nov. 24 (hopefully) - **One-of-a-Kind Craft Show**

Look for more details in the next newsletter!

Wed. Dec. 13 - **Annual Christmas Gala** (Royal Ashburn GC)

Local Events & Activities

Some suggestions for you!

LAVENDER-BLU FARM LAVENDER BLOSSOM DAYS: Jun 17 – Aug. 6 10:00-4:00 for tours

Entry fee \$5.00 - 2375 Bank Rd. Seagrave ON.

For more information and reservation call 905 922-6983 or email contact@lavender-blu.com

MISSISSAUGAS OF SCUGOG FIRST NATION 25TH TRADITIONAL POWWOW: July 15 & 16

SCUGOG ISLAND POWWOW GROUNDS at 22521 Island Rd. Port Perry.

Admission – Elders 55+ \$5.00 Adults \$10.00

Enjoy traditional singing, dancing, Indigenous food and artisan vendors.

Parking available at Blue Heron Casino with free shuttle to and from Powwow Grounds.

For more information visit info at scugogfirstnation.com .

THE SUNFLOWER FARM (Beaverton): Opening July 27

Canada's first and only sunflower shaped trail. Walk the trail that is shaped as a sunflower through thousands of blooming sunflowers. Book tickets online.

STOUFFVILLE RIBFEST: August 11-13 Stouffville Memorial Park

ART IN THE PARK; August 19-20, Elgin Park, Uxbridge

UXBRIDGE STUDIO TOUR: Sept. 16-17

You Must Remember This!

Trying out a new feature for our Newsletter. Each month, I will give you a prompt to remember some aspect of your youth and share your memories with the club.

Question of the Month: How did YOU keep cool in the days before Air Conditioning?

As kids, I remember spending many afternoons running through the sprinkler and taking the plunge on a Slip and Slide! Just click on my email (newsletter.uxbridgeprobus@gmail.com)

and send a one or two line answer to the question of the month.



Last Month's Memories

What was YOUR favourite summertime treat?

Ice cream (preferably chocolate) in a sugar cone! (Nancy Emo)

Fudgsicles were my favs! There was the 5 cent or 10 cent version. I loved both (even though they were a bit different in taste) but usually bought the nickel one! (Marcia Beales)

Greek salad made using fresh tomatoes and cucumbers from the garden. Or bacon and tomato sandwiches, again with fresh garden tomatoes! (Camille Scarlett)

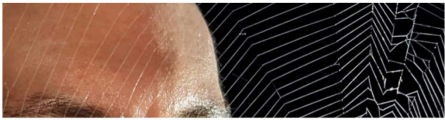
We got a nickel a week to spend on penny candy. Such a difficult decision because my favourite was a small piece of chocolate on a stick for 2 cents. Jujubes were 3 for a penny and so were gumdrops>.



(Betty Bignell)

Something To Smile About!

In honour of Father's Day last month, here are some Dad Jokes to groan over!



Dad Jokes
@Dadsaysjokes

My wife told me to take the spider out instead of killing him.
Went out. Had a few drinks. Nice guy. He's a web designer.



Dad Jokes
@Dadsaysjokes

I ordered a chicken and an egg on Amazon.
I'll let you know.



Dad Jokes
@Dadsaysjokes

Before I die I am going to eat a whole bag of unpopped popcorn.
That should make the cremation a little more interesting.



Dad Jokes
@Dadsaysjokes

I wonder what my parents did to fight boredom before the internet?
I asked my 18 brothers and sisters and they don't know either.



Dad Jokes
@Dadsaysjokes

Boss told me that as a security guard, it's my job to watch the office.
I'm on season 6 but I'm not really sure what it's got to do with security.



Dad Jokes
@Dadsaysjokes

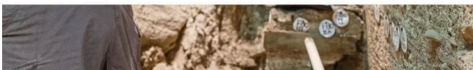
I'm reading a horror book in Braille.
Something terrible's about to happen.
I can feel it.



Dad Jokes
@Dadsaysjokes

My dad quit his job to pursue his dream in archeology.

His career is now in ruins.



Dad Jokes
@Dadsaysjokes

Just spent 6 hours linking all my watches together to make a belt...

It was a waist of time.



Dad Jokes
@Dadsaysjokes

I bought a pair of shoes from a drug dealer yesterday.

I don't know what he laced them with..

But I've been tripping all day.