

THE PROBUS CLUB OF UXBRIDGE - February 2024

www.uxbridgeprobus.com

uxbridgeprobus@gmail.com



UXFORMATION

MANAGEMENT TEAM

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Kathy Clulow

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Chuck Heroux

Vice-President
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Secretary
Linda Abate

Treasurer
Margaret Blanchet

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Zina Bolak

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Gail Porter Heroux

Interest Groups Chair
Betty Bignell

Newsletter Editor
Bernie Beales

Membership Chair
Elaine Stevenson

Webmaster
Gerry Bignell

House Chair
Sally Kotsopoulos

Members At Large
Lynn Moore
April Gilkinson

President's Message:

It's February and the days are getting longer. Today, the sun is shining and that makes my heart sing. February brings us Valentine's Day, and we have a special speaker for our General Meeting - Lianne Harris presenting *Famous Lovers*. I wonder what costume she will be wearing for this presentation.

February is also when your Club begins planning for the future. Our Nominating Committee will have its first meeting soon. We know that our club is full of talented people, and many bring a wealth of skills and leadership experiences. You know who you are! Would YOU be willing to step forward and help us run this vibrant club? Let's chat. Reach out to me president.uxbridgeprobus@gmail.com.

The Canadian Anti Fraud Centre reported 62,365 cases of fraud last year and noted that only 5-10 % are ever reported. Uxbridge is offering a Cyber Safety seminar at the library this Friday. I will be there; will I see you there too? See the details in this newsletter.

Our Reducing Your Footprint group is concerned about the environment as we all should be. Perhaps you will consider 'lugging a mug' to our next meeting, so we can reduce the amount of paper cups in the landfill.

Enjoy what PROBUS has to offer. We look forward to seeing you all get involved our PROBUS Club in whichever ways you wish.

Kathy Clulow



From Your Speakers' Chair

At our January meeting, local author and actor Conrad Boyce, with a dramatic entrance in a buffalo fur coat that is over 100 years old, did a captivating recital of "The Trail of Ninety-Eight", a poem by Robert W Service about the Klondike Gold Rush. Having lived in Dawson city for several years himself, he entertained us with this fascinating bit of Canadian history. A very interesting presentation that was thoroughly enjoyed by the our group.



Upcoming Speakers:

February 14, 2024 – Lianne Harris – Famous Lovers



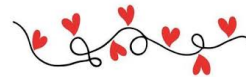
At our Valentine's Day meeting, we will be entertained by Lianne Harris, a Social Studies / History Specialist. Forget Romeo & Juliet or Caesar & Cleopatra--there are other couples who had a love that would light the ages! A love that was scandalous, tragic, forbidden, loyal and off-times entirely unexpected. Drawing on eye-witness accounts, contemporary writings and actual letters, Lianne takes a peek inside the intimate, daring, wrenching, even tempestuous private lives of some of history's 'other' great couples. Lianne is a perennial favourite at Probus meetings. It would be heart-breaking to miss this one!

March 13, 2024 – Jeremy Bertrand (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



It's the Month of Love!



The House Committee is excited that our February meeting falls on valentine's Day this year and we will celebrate accordingly at the refreshments table. Watch for the hearts!!

February Volunteers are as follows:

Greeters: Marilyn Davis and Jan Moody

Set up: Ann Wicks and Larry Nanckivell

Kitchen: Paula Donahoe and Sally K We could use more help here if anyone is available. You will note that we are no longer placing volunteers at 50/50 each month. The 50/50 group indicated they would prefer to stick with their regulars. Hoping my 50/50 volunteers will move to kitchen, greeting or set up. Watch for my email.



Don't forget to Lug your Mug to help us with our Environmental footprint!

Call Sally K at 647-206-8645 or text if you have any questions.

Facebook Post of the Month



April Gilkinson

Admin Top Contributor · January 11 at 7:34 PM · 🌐

Learned to clap vs blow out the candles to make a wish celebrating Bob birthday during canasta get together today. Such fun !!



The Uxbridge PROBUS Club for Members Only Facebook group continues to grow and now has 116 members. If you use Facebook and haven't joined yet, consider doing so as it is a great way to stay connected and see what our Club members are up to. We are all about Fun, Friendship and Fellowship. You can find us by searching for PROBUS Club of Uxbridge.

(Post of the Month by April Gilkinson)

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



Local Events & Activities

Friday February 9, 2024

Be #UnHackable
4 Keys to Online Safety for Older Adults

  **Two session options:**
Session 1: 11:00 AM – 12:30 PM
OR
Session 2: 1:00 PM - 2:30 PM

Uxbridge Public Library
Register by phone or in-person
(905) 852-9747 | 9 Toronto Street South, Uxbridge

Join us for an interactive workshop with cybersecurity expert, and KnowledgeFlow Co-Founder, Claudiu Popa.

Sunday March 17 - Port Perry PROBUS invites us to a Saint Patrick's Day Luncheon! (See separate flyer for details)

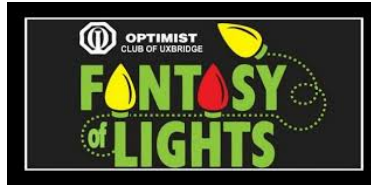


Saturday June 22 - Cobourg is hosting the RCMP Musical Ride



PROBUS AND THE FANTASY OF LIGHTS (Report by Chuck Heroux)

Everyone agrees that this was the best year ever for the Optimists' Fantasy of Lights in Elgin Park, and everyone on our project team also believes that the PRO BUS display was a highlight of the town's effort. This year we modified the bus to make it more modern, and added a reindeer and two elves to the display. Other changes included re-designing the gifts in front of the trees, and replacing breakable ornaments with stick-ons made by Karen Hoyle. The effect was a masterpiece, and I want to thank everyone on the team for their ideas and talents, that were so apparent as we worked through the fall to bring it all to life. Special thanks to the Blanchets for the use of their garage/workshop as a place to do all the work, and to store all the pieces. I am delighted to announce that Steve Fryzuk will be taking over the job of project manager for next year.



From Your Social Committee



Most of our social events are single, but we have been very fortunate to be able to present a few recurring activities. Every few months Deirdre Gibson and Robert Reimers host a morning Coffee and Conversation gathering at their home here in Uxbridge. We especially invite new members to come and meet others, and start their journey of fellowship in the PROBUS movement.

January 18 was our most recent get-together, and it was a huge success. Many social committee members brought snack and treats, and several newer members attended. The conversations were lively and wide-reaching, and it was great fun for everyone.

Watch the newsletter for information on the next in the series.



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).



SUNDAY MARCH 17 at 2:00 pm **(NOTE RESCHEDULED DATE!!!)**
at the FLATO MARKHAM THEATRE

The MARKHAM CONCERT BAND Presents...



Sign up to join us after the concert for dinner at the Mandarin Restaurant in Markham (Boxgrove)

PURCHASE YOUR OWN TICKETS BY TELEPHONE OR ONLINE AND INDICATE PROMO CODE "PROBUS" TO RECEIVE THE SPECIAL DISCOUNT

See separate flyer for more details



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 (70 Franklin Street)

6 Outstanding Canadian films:

see separate flyer for more details about films

10:00 am	The Red Violin	downstairs
	All My Puny Sorrows	upstairs
1:15 pm	Remember	downstairs
	Inside Hana's Suitcase	upstairs
3:30 pm	Being Canadian	downstairs
	A Bear Named Winnie	upstairs

COST: 1 movie \$5 members (\$10 guests)
 2-3 movies \$10 members (\$15 guests)

Fresh Popcorn \$2

Drinks \$1

We plan to have pizza delivered at noon for those who would like to eat before the afternoon showings. (Charge per slice - tbd)

“MCB Rocks Again”
May 5, 2024 – 2 pm

Time to Rock! The popular theme from 2018 is back. Great medleys from Elvis, Elton John, Abba, Queen and more. Dressing like your favourite rocker is optional but encouraged!

SUNDAY MAY 5 at 2:00 pm
FLATO MARKHAM THEATRE
MARKHAM CONCERT BAND

PURCHASE YOUR OWN TICKETS BY TELEPHONE AND INDICATE PROMO CODE “PROBUS” TO RECEIVE THE SPECIAL DISCOUNT

SIGN UP IN THE USUAL MANNER TO JOIN US FOR DINNER AFTER THE CONCERT AT THE MANDARIN RESTAURANT IN MARKHAM (BOXGROVE SITE)

FRIDAY JUNE 7 - SHAW FESTIVAL
(Niagara-On-The Lake)

MY FAIR LADY

PACKAGE INCLUDES:

- Deluxe return coach from Uxbridge Walmart Parking lot
- Time to browse in NOTL
- Lunch at Prince of Wales Hotel
- Orchestra level show ticket
- All HST & gratuities
- Use of 407 both ways

To sign up, follow directions in Gold Box (as usual)



COST \$200 (Guest \$210)

Arranged by Mary Morton
Tours

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THURSDAY JULY 18

1000 ISLANDS CRUISE



COST : \$185 (Members) \$195 (Guests)
Package includes:

- 9:00 am - Pick-up by deluxe motor coach
- 12:30 pm - Lunch aboard the Island Star with entertainment (songs of the Beatles)
- 4:00 pm - Trolley tour of Kingston (1 hr)
- 7:30 pm - Approx. arrival at home

All HST, taxes and gratuities
Water provided on coach

See separate flyer for more details



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MARK YOUR CALENDARS!!!!

Thursday September 26 at Cullen Central Park

SUMMER FINALE BBQ

(Mary Evans Catering)



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.



Reducing Your Footprint

What do you know about Heat Pumps? (Report by Brett Moore)

Are you considering replacing or upgrading your heating system? A heat pump is like a reversible air conditioner that will heat in the winter and cool in the summer. A properly selected heat pump can heat your home in cold winters, even down to -10 degrees C.

Air source heat pumps are the most common and least costly up-front.

A dual fuel heat pump system allows you to switch between electric heat pump and natural gas furnace for extreme cold days. This approach offers homeowners smart technology, energy savings, and reliability while reducing your ecological footprint.

Knowing a home's heat requirements in detail is essential to design of any effective heating system. Beware of anyone giving recommendations based on a guesstimate rather than detailed measurements. This assessment should involve recommendations for improving the heat efficiency of your house such as examining leaks around windows or doors, insulation, age, and performance of your current system.

Typical costs:

Adding a dual-fuel heat pump **to an existing fossil fuel ducted system** (natural gas, propane or oil) typically costs about **\$2,500-\$5,500**.

Installing a completely new dual-fuel system with both electric heat pump and fossil fuel (gas or oil) furnace **with existing usable ductwork** can cost **\$5,000-\$10,000**.

Contact durhamgreenerhomes.ca to get free expert advice. This process will provide information on availability of cash-back rebates and loans for energy saving retrofits. We have been assured by Ian McVey, Manager of Sustainability for Durham, that the Durham Green Homes Program is still in operation.



From Your Interest Groups Chair



Our next General Meeting will be at the Uxbridge Community Centre on February 14, 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, History, Horses & Other Animals, Mah-jong, Meditation, Memoir Writing, Movies, Music,

Sports (Pole Walking, Running, Biking, Golf, Skiing, Skating, Swimming), Photography, Yoga & more.

***If you have an idea of another potential new group or want to join one of the**

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!

SPANISH LESSONS Coordinator Required

A Club member would like us to have a group that gives members the opportunity to learn the Spanish language. Please contact me if you are interest in joining this group or you can teach Spanish! Betty Bignell interestgroups.uxbridgeprobus@gmail.com

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

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

Current Interest Groups

BANNED BOOK CLUB: Coordinator Camille Scarlett One spot left!

The group will meet next on on **Tuesday, February 20, 2024, at 1:30**. *The Catcher in the Rye*, by J.D. Salinger, will be the book discussed. Camille Scarlett who chose the book, will lead the 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!

On **Thursday, February 22 at 1:00** the group will be discussing a non-fiction book, *They Left Us Everything* by Plum Johnson. The group will meet monthly on the third Thursday at 1:00. 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 **Thursday, February 22 at 1:30**. *Lessons in Chemistry* by Bonnie Gamus is the book that will be discussed. They always have lively discussion. The group meet on the third Thursday at 1:30. 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, February 8** 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 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. The group will meet again on **March 7, 2024**, at 11:30 am.

GENEALOGY: Coordinator Bernie Beales This group now has a wait list

Group members have resolved to make 2024 the year to get that family tree up to date! They will meet again on **February 15 at 1:30** to welcome new members and assist each other with stumbling blocks in our trees! The Genealogy group meets on the third Thursday of each month from 1:30-3:30. To sign up, follow the directions in the gold box above.

HANDICRAFTS: Coordinator Sally Kotsopoulos

The next meeting will be on **Friday, February 16 from 1:00-3:00**. Participants are encouraged to bring their own projects. There will be a tutorial by Karen Hoyle on how to make ribbon roses for those who are interested. Details will follow in an email to group members. 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.

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! Hikes are scheduled for **Thursday, February 1 and February 15, at 9:30 am**. Hike details are emailed to group members for Pre-Registration. 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 have played on **Thursday, February 1, at 1:00 pm**. To sign up, follow the directions in the gold box above.

LADIES BRIDGE CLUB: Coordinator Caren Narvet

The group will be meeting on **Tuesday, February 20 at 1:00 p.m.** The group will now meet monthly on the **third** Tuesday of each month at 1:00. To sign up, follow the directions in the gold box above.

LATIN DANCING A New Group, Fee Required Coordinator Anne-Marie Sacco

Latin Dancing will be held on **February 26 from 3:00-4:00**. Each member will be required to pay the instructor \$15. Beginning in March, Latin Dancing will be held on the 2nd and 4th Mondays of each month. A monthly fee of \$30 paid upfront by participants to the instructor will be required. There is a possibility we will have a Joint Club Interest Group as Port Perry Club members have been invited join our Latin Dancing group. 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. In January the group dined at Foxbridge Restaurant, Uxbridge.



LET'S EAT OUT (continued)

When the name of the restaurant and location is chosen, group members will be notified. The group usually meets on the third Thursday of the month. To sign up, follow the directions in the gold box above.



LUNCH GROUP: Coordinators Betty Bignell & Joy Freemantle

The next lunch get together will be on **February 26 at 12:00**. In January the group enjoyed lunch at Swiss Chalet, in Uxbridge. 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.



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

Room is still available for the Iceland/ Rhine River cruise (Sept. 2024) AND to Newfoundland (June 2025). Contact Anne-Marie Sacco annesacco29@gmail.com To join the group and receive all the detailed information about Club travel opportunities, please contact Betty Bignell at Interestgroups.Uxbridgeprobus@gmail.com

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 **February 21, 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 **February 14** 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

The next time the group will get together will be in April. On January 20th, twenty members enjoyed lunch at McGrady's, Uxbridge followed by a matinee performance of *Murder on the Nile* at the Uxbridge Music Hall. Members of the group attend matinee theatre performances 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 on Tuesday, **February 6 and February 20 at 1:00**. Choosing from a variety of locations in Uxbridge, the group will begin walking at 1:00 on the first and third Tuesdays each month. Depending on weather, initially the group will walk for approximately 30 minutes and length of times may vary for future walks. To sign up, follow the directions in the gold box above.

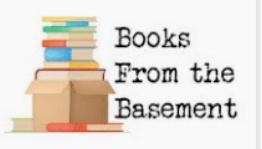


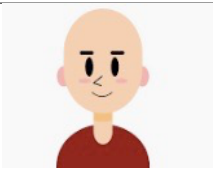


WINE CLUB: Coordinators Sherrill Burns & Anne Gauvreau

The group will get together on **Wednesday, February 14, at 7:00 p.m.** They will be tasting and learning about the different wines of the Bordeaux Rregion in France. The group look sforward to "spreading the love" in the group on this Valentine's Day. This group meets monthly on the second Wednesday at 7:00. To sign up, follow the directions in the gold box above.



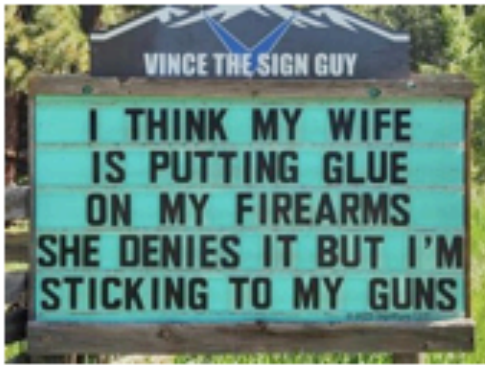
Do It Yourself Humour!

Match the 1st and 2nd Halves to complete these Groaners!

1	I've just finished reading a book about the world's greatest basement.		a	I told them, "Just you wait!"
2	Always trust nudists.		b	I strained my voice.
3	My laptop caught pneumonia.		c	It cost me an arm and a leg.
4	I thought swimming with dolphins was expensive until I went swimming with sharks.		d	I've been accused of trying to make a fast buck.
5	Horses have lower divorce rates.		e	It was a best cellar.
6	My teachers told me I'd never amount to much because I procrastinate so much.		f	They have nothing to hide.
7	Did you know that 90 % of bald people still own a comb?		g	Apparently I left Windows open.
8	I've been experimenting with breeding racing deer.		h	A receding hare line.
9	The other day I yelled into a colander.		i	It's because they are in stable relationships.
10	What do you call a row of rabbits hopping backwards?		j	They already made me a spokesperson.
11	It's my first week working at the bicycle factory.		k	They just can't part with it.

See Next Page For Answers!

Share A Smile!



Answers to Do It Yourself Humour: 1e, 2f, 3g, 4c, 5i, 6a, 7k, 8d, 9b, 10h, 11j