

# THE PROBUS CLUB OF UXBRIDGE - August 2023

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# 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

House Chair  
Sally Kotsopoulos

Members At Large  
Lynn Moore  
Robin Dhillon  
April Wilkinson

## President's Message:

I hope this newsletter finds you all enjoying the summer weather and keeping happy, healthy and safe. I am sure we all feel the same - where has the summer gone? August brings shorter days, cooler temperatures and we begin to look forward to autumn. Yikes!

Did you manage to conquer anything new this year? One of my goals was to try paddle boarding. Perhaps I should be more specific. I should have said my goal was to travel upriver on a paddle board and stay dry. Just for the record.... this grandma makes a big splash when she loses her balance. My 15-year-old granddaughter makes it look so easy. I am determined to get back out and keep going till I get the balance issues conquered!

It is a pleasure to welcome new members again this month! We hope you take the time to read our newsletters and take advantage of any or all of the interesting opportunities available. If you have a passion and wish we had a group for that, speak with Betty Bignell, our Interest Group Chair [interestgroups.uxbridgeprobus@gmail.com](mailto:interestgroups.uxbridgeprobus@gmail.com). Perhaps YOU can offer to start a group and become the coordinator.

Teaser - we have a few exciting announcements coming up very shortly. Stay tuned for breaking news on a couple of different items as your Management Team continues to work diligently on your behalf.

Enjoy the rest of the summer!  
Kathy



by Alex Hallatt

## From your Speakers' Chair

### August Speaker - Dr. Riley Moynes - The Four Phases of Retirement.

Dr. Riley Moynes is a distinguished educator, researcher and author of several best sellers including a financial planning guide called The Money Coach. He was a founding partner of a successful wealth management business. His biography appears in Canadian Who's Who, Who's Who in Canadian Business and the International Who's Who in Education.

After he retired, Riley decided to dig deeper into the psychological challenges that most people face in retirement. By interviewing hundreds of retirees, he has discovered a framework that can help make more sense of this challenging chapter of our lives...one that, for many, will last for 30 years or so...about one-third of our lives! This led to his latest bestselling book, The Four Phases of Retirement.

Based on this research as well as his own personal journey, Riley's presentation explores and explains the Four Phases of Retirement that almost everyone experiences. It promises to be very informative and pertinent to us all. (By Zina Bolak)



For more info: <https://thefourphases.com/>

### In Sept: Melinda Phuong & Allendria Brunjes (Parks Canada) - Rouge National Urban Park

## From Your House Chair

Greetings from your House Chair! This is a new position that oversees the set up and take down at our monthly General Meeting. I am currently looking to create 3 or 4 teams of helpers to get the tables and chairs set up and cleared away. This is not for every month - just 3 or 4 times a year.

### Requirements:

Enough physical strength to lift and move chairs and tables,  
Arrival by 9 am on meeting days and ability to stay until 12:30,  
Available 3-4 meetings a year.

If you think you can help out and want to volunteer for this role, please email me at [sallykprodev@gmail.com](mailto:sallykprodev@gmail.com)

Thanks!

Sally Kotsopoulos



# History Of Uxbridge PROBUS: Chapter 2 - Pre-Covid Years

Our first meeting was June 13, 2018 at Goodwood Hall. The Town Crier for Uxbridge, Bill McKee, "cried" us into existence, and we were off and running. New Interest groups were created, and a very active social committee sprang into action, booking at least one event every month, and working to balance the more expensive bus trips with local activities that everyone could afford.



We continued to meet at Goodwood Hall until an email was received from Mill Run Golf Club in December of 2018. Their new GM, Ryan Tracy, wanted to offer his ballroom for our monthly meetings, and after several meetings an equitable rent was decided upon, that included coffee and snacks, and an option for lunch to be served for a nominal rate. They wanted to improve their visibility in the community by sponsoring us in this way, and it was certainly a great opportunity for us to have a premium meeting space. We started meeting at Mill Run in March of 2019.

Tragedy struck our club in 2019. In the early months, Brenda McGowan, who had proven to be a terrific leader, was diagnosed with pancreatic cancer, and asked for volunteers to take over for her. Kathy Clulow, Larry Nancekivell and I stepped forward joined the management team at that point. Brenda passed away in August.

Membership by July, 2019 had reached 213. Our relationship with Mill Run continued quite successfully until March of 2020, and we all know what happened then.

To be continued!

(By Chuck Heroux)

## Upcoming Social Events



### FOSTER MEMORIAL

Tuesday, August 22, 2023 at 11:00 a.m.

Self Driving Event(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 1:00 p.m.  
The Corner House Pub & Grill (at your own expense)  
COST: \$10 pp (to be donated to the Foster Memorial)



WEDNESDAY SEPTEMBER 20 10:00-7:00 (Lunch 1:00 p.m.)

## Summer Finale Barbecue

Cullen Central Park, 4015 Cochrane St., Whitby

### Erin Monaghan Catering

Choice of burger or sausage (veggie burger on request), potato salad, Caesar salad, drink & dessert

Cost: \$40 for member & \$45 for guest  
(Sign Up if requiring Car Pooling)  
See attached flyer for more details!



TUESDAY OCTOBER 3 - Cost Only \$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

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**

Keep the Date - Markham Concert Band's Seasonal Celebration on December 3!

## From your Social Committee

### 30,000 Islands Cruise

The bus left the Walmart parking lot at 8:45 a.m. for a three-hour drive amid sunshine with periods of heavy rain and drizzle. We arrived at the Log Cabin Inn in Parry Sound at noon where we were served a delicious buffet lunch including a very tasty array of dessert squares and tarts.

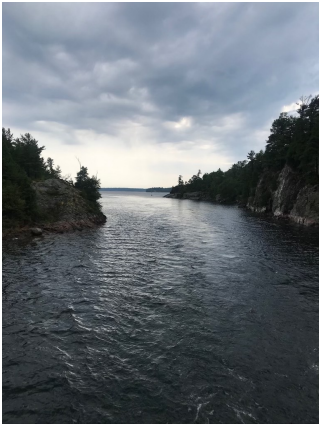
We boarded the Island Queen shortly after lunch for a cruise around the bay, called The Big Sound, with cottages situated all around the shore line. It appeared that the cottages had to be approached by boat or plane and very few were equipped with hydro power.

Some of the highlights we saw included a swing bridge which connects the mainland with Depot Harbour on Parry Island, and an osprey nest occupied every spring and summer by osprey returning north to breed. We cruised past Killbear Provincial Park which is home to beautiful sandy beaches, large granite cliffs and lots of rattlesnakes. Other highlights included the Stockey Centre for the Performing Arts, Bobby Orr Hall of Fame and a large Coast Guard Base which maintains safety on the lakes through ice breaking, search and rescue and maintenance of lighthouses and beacons.

In the summer, moose, black bears, raccoons, foxes, porcupines, beaver and Massasauga rattlers roam the bay's shore

line as well as Canada geese, blue herons and loons. We cruised a channel called Hole in the Wall just wide enough for the Island Queen to fit through and famous for its 80-foot granite cliffs that you can almost reach out and touch. This was a very enjoyable trip which I heartily recommend especially to those who enjoy being outdoors on the water.

(By Barbara Taggart)



### 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](mailto: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](mailto: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).

## Save These Dates!

Fri. Nov. 24 (hopefully) - **One-of-a-Kind Craft Show**  
Look for more details in the next newsletter!

Sun. Dec. 3 - **Markham Concert Band's Seasonal Celebration!**  
(Flato Markham Theatre)

Wed. Dec. 13 - **Uxbridge PROBUS 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](mailto:contact@lavender-blu.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



# From your Interest Groups Chair



Our next General Meeting will be at the Uxbridge Legion on August 9, 2023. All Club members are invited to join an Interest Group. On tables at the back of the room there will be a sign-up sheet for every Potential or Current Interest Group. Please contact me if you have an idea for a new Interest Group! You can join a group via the Sign-Up sheets or contact me, Betty Bignell, at [interestgroups.uxbridgeprobus@gmail.com](mailto:interestgroups.uxbridgeprobus@gmail.com)

## POTENTIAL INTEREST GROUPS

### CANASTA: Coordinator - Amber D'Aguiar

Canasta - another card game to add to our Interest Groups! If you enjoy playing Canasta please contact me, Betty Bignell, and soon you may be playing this fun game.

### HORSE LOVERS: Coordinator - Margaret Langlands

With so many new Club members it might be time to reactivate a group for those that love horses. There are quite a variety of activities this group may enjoy. Quarter horse racing in Pickering or Woodbine, visiting farms that allow visitors or have architectural interest. Also, a demonstration of Liberty horsemanship or perhaps a movie about horses may be enjoyed. Group members will bring their ideas to the group!

### LAWN BOWLING INTEREST GROUP: NEW! Opportunity to try for FREE

If interested in Lawn Bowling please check our Club's website [www.uxbridgeprobus.com](http://www.uxbridgeprobus.com) and have a look at the Bulletin Board. There is an opportunity to try Lawn Bowling for free on Uxbridge on Fridays from August 4-August 25.

**\*The following groups require a Coordinator.**

### \*BREAKFAST CLUB: Coordinator Required

We have a Lunch Club and our Let's Eat Out dinner group. Now it's time for a Breakfast Club! Members may get together to have an early breakfast or maybe meet a little later for brunch. Join and the group will decide!

### \*DISCOVERING UXBRIDGE AND AREA: Coordinator Required

Whether you are new to the area or have lived here for many years, there are several ways to learn more about Uxbridge! There are two walking tours. One is a Historical Walking Tour that features homes and buildings in Uxbridge with significant history because of the people that lived there, or a previous business was located there. Another tour includes Heritage Homes designated with a special plaque near the front door. (One of these homes has a casket window!) A longer tour includes exploring more than 37 sites in the area. Please contact me if you are interested in joining this group.

### \*SECOND WINE CLUB: Coordinator Required

We have several names on the current group wait list. It's been suggested that a Second Wine group be formed, perhaps with a different theme from the other. Contact me if you want to be part of this potential new group.



## 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](mailto: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.

**BANNED BOOK CLUB:** Coordinator Camille Scarlett **This group now has a wait list.** 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. 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. If you are interested in joining this group when it becomes active again, contact me.

**BOOK CLUB:** Coordinators Gerri Martin & Kelly Keilty **This group has a wait list.** The Book Club members are enjoying their own personal reading selections over the summer. Meetings will reconvene in September when the group discusses "Horse" by Geraldine Brooks. 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. Group members will be notified. If you are interested in joining the Casino Visits Group, please contact Betty Bignell.

**EUCHRE:** Coordinator Carolyn Hicken

The Euchre group is taking a break in August and will be meeting again on September 5 at 10:00 a.m. The Euchre group meets on the first Tuesday of the month, at 10:00 am.



### GARDENING: Coordinator Sally Kotsopoulos

After enjoying lunch together on August 3, at 11:30, the group visited a group member's home and chatted about gardening for special events at home. After lunch they visited River Ridge Flower Farm, north of town.

The September Garden Party will be at Sally's home on Thursday, September 7 at 3 pm. Depending on where the group meets, there may be a very small initial charge and weekly charge for members of this group.

### GENEALOGY: Coordinator Bernie Beales

Because of a busy August, the Genealogy Group will meet again on September 21, at 1:30. The Genealogy Resource Room at the library is always open if you have the need to explore! As the old song says, "See you in September!" The Genealogy group meets on the third Thursday of each month from 1:30-3:30.

### HANDICRAFTS: Coordinator Sally Kotsopoulos

The Handicraft group will meet on Friday August 18, at 1 pm. The group will be creating burlap wreaths for late summer/early fall. This is a fun, simple project. Members interested in participating in the wreath making will let Sally know so she can bring enough materials. Participants are always encouraged to bring their own projects to work on. There will be a small initial charge and weekly charge for members of this group.

### HIKING: Coordinators: Carol Fraser & John Willcock

After a summer break the Hiking Group will begin hiking again on September 7 and 21. The 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! The Hiking Group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday morning monthly at 9:30.

### KITCHEN BRIDGE (For Men & Women): Coordinators Margaret & Rene Blanchet

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.

### LADIES BRIDGE CLUB: Coordinator: Caren Narvet

This group will now be meeting monthly on the second Tuesday at 1:00.

### 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 July the group enjoyed fine dining at Stefano's Bistro in Beaverton. The group meets monthly on the third Thursday.



### LUNCH GROUP: Coordinators Betty Bignall & Joy Freemantle.

On July 31, 2023, several group members along with guests enjoyed their experience of having a Victorian style High Tea in a Lavender field! The Lunch Group meets on the last Monday of the month at 12:00. In August Group members will be contacted with the name of the restaurant where they will meet. If interested in joining the Lunch Group, group, contact me, Betty Bignell.



### PICKLE BALL: Coordinators Gerry Bignell & Barry Scarlett

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



### REDUCING OUR FOOTPRINT: Coordinator Brian Keeling

The group met on August 2 to discuss future topics and finalize a meeting place. Further details will follow. 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! If interested in joining this group, please contact Betty Bignell.

### SCRABBLE: Coordinator Judy Fink

The group will be meeting on August 9 at 1:00 after the General Meeting. The group is looking forward to playing together and will try to set up groups with similar goals - "Just for fun" - "Challenge me a little" - "Help I'm new!". 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. 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 Betty Bignell.

**TRAVEL:** Coordinator Anne-Marie Sacco

Coordinator Anne-Marie is looking forward to planning fun and exciting multi day trips. More details will follow as Anne-Marie gathers ideas from current group members. 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. 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. Urban Walking is the third Thursday monthly.

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

**This group now has a wait list.**

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. Please contact Betty Bignell if you want to be added to the wait list. This group meets monthly on the second Wednesday.

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

**If you have an idea for 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.**



## 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: Which kids' television shows did YOU watch back in the early days of television?**

As kids, we were obsessed with Saturday morning cartoons. One of the weirdest shows was Diver Dan - not really a cartoon, but a toy diver filmed through an aquarium who talked to the passing fish like the evil Baron Barracuda and his henchfish Trigger. **Just click on my email address below and send a couple of sentences about YOUR favourite kids' classic tv!**

[newsletter.uxbridgeprobus@gmail.com](mailto:newsletter.uxbridgeprobus@gmail.com)



## Last Month's Memories

How did YOU stay cool in the days before A/C?

**Come In — It's Cool Inside!**



Do YOU remember seeing signs that advertised air conditioned restaurants and movie theatres before most of us had central A/C (or even window units?). This led to the boom of the Summer Blockbuster in movie houses.

Karen Hoyle and her dad shared memories of how they stayed cool - she grew up in Northern Ontario and summers just weren't as hot then! They were lucky to spend time at the lake - swimming, water skiing, tipping the canoe on purpose! She also remembers the ultimate treat - cherry flavoured LOLAS (in the distinctive pyramid package!).

April Gilkin, like a lot of us, would go to the nearest public pool or before that, using the kiddie pool or running through the sprinkler! The water from the hose was always icy!

Marcia Beales remembers licking popsicles on the steps of the big front porch. Architects designed these covered porches to provide homeowners relief from the heat and eventually, they became places to socialize with friends and neighbours. Perhaps the simplest way was to enjoy the shade of a big tree - Marcia remembers the cool breeze she got just from her tree swing!



# Fun With Food!

Shared by Lynn Moore

I've started investing in stocks: beef, vegetable, chicken. One day I hope to be a bouillonaire.



I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.



If you boil a funny bone, it becomes a laughing stock. Now that's humerus.



My friend said she wouldn't eat cow's tongue because it came out of a cow's mouth. I gave her an egg.



Six cows were smoking joints and playing poker. That's right. The steaks were pretty high.



My friend Jack says he can communicate with vegetables. That's right...Jack and the beans talk.



I once dated a guy who broke up with me because I only have 9 toes. Yes, he was lack toes intolerant.



Did you know muffins spelled backwards is what you do when you take them out of the oven.



The Black-Eyed Peas can sing us a song but the chick peas can only hummus one.

