



PROBUS CLUB OF AJAX NEWSLETTER

Club 82

Vol 27 Issue 2

February, 2024

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MESSAGE FROM THE PRESIDENT

Our general meeting in January got us off to a great start for the year. Daniel Aonso introduced us to the many aspects of Dolly Parton's music career. Members' toes were tapping to the music and the interaction of Daniel's presentation created laughter and many interesting questions. Daniel lifted our spirits on a dreary January day.

February is the start of the dreaded tax season. **Jeremy Bertrand** from the Ontario Ministry of Finance will present information on the credits and benefits which can save us taxes. This will be a fun presentation and the chance to ask questions. Be sure to bring a notebook and pen to write down the information to beat the tax man.

Julie and **Shirlie** have planned many trips and activities for the coming months, remember to check the calendar and newsletter to stay up to date and sign up for the trips and activities that interest you.

It is with regret that I announce that **Hetty** is stepping down as the Newsletter Editor. This leaves us with big shoes to fill. We are looking for an Ajax Probud member to take over this important role to keep our members current on all our activities. Please speak to me, Hetty, April or Jane if you know of anyone interested in taking over the newsletter position.

Jean Wing
ajaxprobuspresident@gmail.com

MANAGEMENT TEAM

President: Jean Wing

Past President: Jane Wilson

Vice President: April Gilkinson

Treasurer: Rowena Burns

Secretary: Bernie Rosebush

Communications: Barb Squires

House: Margaret Wells

Membership: Tom Rosebush

Newsletter: Hetty Shapiro

Socials: Shirlie van Putten

Speakers: April Gilkinson

Interest Groups: Julie Mathewson

Technical: Stewart Beatty

Website: Maureen McVarish

Member-at-Large:
Kevin Portener

Thank you to the members who contributed to this issue.

Please send submissions by the 25th of the month to:

ajaxprobuseditor@gmail.com

PROBUS Ajax website
www.ajaxprobud.com




Ajax
Partnership
Fund

PROBUS Canada website
www.probus.org

FEBRUARY CALENDAR

IF AN EVENT HAS TO BE CANCELLED, YOU WILL BE NOTIFIED BY EMAIL ON THE DAY OF THE EVENT, BEFORE 9:00 AM. MEMBERS WHO DO NOT HAVE EMAIL WILL BE PHONED.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 am WALKING GROUP — 2:30 pm SOCIAL BRIDGE	2 1:00 pm ZOOM CHAT	3
4	5	6 1:30 pm CRIBBAGE	7 10 am GENERAL MEETING	8 10:00 am WALKING GROUP — 2:30 pm BRIDGE LESSON	9 1:00 pm ZOOM CHAT	10 8:30 pm DANCING AT THE EDGE
11	12 Noon LADIES LUNCH — Noon MEN'S LUNCH	13 10 am COFFEE — 1:30 pm CRIBBAGE	14 <i>Happy Valentine's Day</i> 2:00 pm EUCHRE	15 10:00 am WALKING GROUP — 2:30 pm SOCIAL BRIDGE — 5:30 pm DINING OUT	16 1:00 pm ZOOM CHAT	17
18	19 Happy Family Day 	20 10:30 am SALSA — 1:30 pm CRIBBAGE	21	22 10:00 am WALKING GROUP — 2:30 pm BRIDGE LESSON	23 7:00 pm 90s DANCE PARTY — 1:00 pm ZOOM CHAT	24
25	26 1:00 pm BOWLING	27 9:00 am BREAKFAST — 1:30 pm CRIBBAGE	28 2:00 pm EUCHRE	29 10:00 am WALKING GROUP — 2:30 pm SOCIAL BRIDGE		

SEE WHAT'S ON IN THE TOWN OF AJAX

[Town of Ajax 55+ activities](#)

[Ajax Library](#)

[St. Francis Centre](#)

 **Friendly Reminder**[®]
Please wear your name badge at
our meetings and events

GENERAL MEETINGS

A GROUP OF OUR MEMBERS GO TO THE PORTLY PIPER PUB FOR LUNCH AFTER THE MEETINGS. MEMBERS AND GUESTS ARE INVITED TO JOIN US.



LUG-A-MUG TO CUT DOWN ON THE USE OF DISPOSABLE CUPS, WE HAVE RE-INTRODUCED "LUG A MUG". DISPOSABLES WILL BE AVAILABLE BUT IT WOULD BE APPRECIATED IF YOU WOULD BRING YOUR OWN MUG TO THE MEETINGS.

WEDNESDAY, FEBRUARY 7 - 10:00 am
Ajax Community Centre, HMS Ajax Room
(entrance at south side of building)

Meeting fee: \$2
Optional "Share the Wealth" draw:
Tickets \$1 each or 3 for \$2
(exact change appreciated)



ARE YOU READY FOR TAX SEASON?
with Guest Speaker: **Jeremy Bertrand**

Don't miss this one if you want to save money! Our favourite tax advisory expert, Jeremy Bertrand, from the Ontario Ministry of Finance, will explain which credits and benefits can save you taxes in a fun and interesting presentation. You will also have an opportunity to ask him questions.

WEDNESDAY, MARCH 6 - 10:00 am

Ajax Community Centre, HMS Ajax Room
(entrance at south side of building)

Meeting fee: \$2
Optional "Share the Wealth" draw:
Tickets \$1 each or 3 for \$2
(exact change appreciated)



THE 1700'S: DISCOVERIES AND DECADENCE
with Guest Speaker: **Lianne Harris**

Lianne brings history to life using period costumes and props. Both educational and entertaining, she discusses history in a modern context. From famous lover Casanova to prim scientist Isaac Newton, the 1700's was a time of contrasts. This era set the stage for the later eras and continues to influence us in the 21st Century. Take a fanciful ride into this capricious century that pandered to unprecedented frivolity and decadence while yielding some of the greatest thoughts, minds, and inventions, worthy to call it 'The Age of Enlightenment'.

Lianne has been a history, culture and social studies resource specialist with the Toronto District School Board for 20 years and has been the guest instructor and workshop leader for teachers across many boards in Southern Ontario. She is the author of many books.

GENERAL MEETINGS

WEDNESDAY, APRIL 3 - 10:00 am

**Ajax Community Centre, HMS Ajax Room
(entrance at south side of building)**

Meeting fee: \$2

Optional "Share the Wealth" draw:

Tickets \$1 each or 3 for \$2

(exact change appreciated)

THE POWER OF THE PEN

with Guest Speaker: **Elaine Charal**

Elaine is a Toronto-based Certified Graphologist (hand writing analyst), Keynote Speaker, Entertainer and Media Personality.

This presentation combines Elaine Charal's speaking and entertainment talents. Her analysis of your handwriting will give you an accurate picture of your personality traits.

Elaine has been a guest on numerous television and radio shows and has been featured in many articles in the Globe and Mail, The Toronto Star, The Toronto Sun, and The Human Resource Magazine, to name a few.

She has worked with over 150 companies for more than 20 years analyzing handwriting and assisting companies in making their hiring decisions.



Volunteer Opportunities

The following leadership positions are available:

COMMUNICATIONS COORDINATOR

HOUSE COMMITTEE COORDINATOR

MEMBERSHIP COORDINATOR

NEWSLETTER EDITOR

SECRETARY

SPEAKER COORDINATOR

TREASURER

Please contact our President, Jean Wing, for more information.

ajaxprobuspresident@gmail.com

SOCIALS & TOURS

IRISH "KITCHEN PARTY" – FRIDAY, MARCH 15 THE SHOWPLACE DINNER THEATRE, KITCHENER



A high-energy show which will have you singing, laughing, and tapping your feet, as the intimacy and fun of a kitchen party is brought to life!

Featuring two of Canada's top Irish bands:
The Celtic Effect and The Mighty Kin

\$153 per person includes:

- Buffet lunch
- Return transportation by coach
- 407 toll
- Driver's tip

shirlievanputten@rogers.com 905-619-8583



SAN FRANCISCO APRIL 23 – APRIL 29, 2024 7 DAYS/6 NIGHTS



Join Shirly and HNA Travels on a trip to San Francisco.

Included in the Tour price:

- Direct flights Toronto/San Francisco
- 6 nights' accommodation at the Courtyard Union Square, downtown San Francisco
- Round trip airport transfers
- One half day tour of San Francisco
- One half day tour to the Muir Woods National Park and Sausalito
- A full day tour to Monterey, Carmel, and the 17-mile coastal drive to Pebble Beach

Not included in the Tour price:

- Meals and items of a personal nature
- Seat selection on your flights
- Insurance – medical; cancellation or interruption
- Customary gratuities to your driver, guides and your HNA Travels Tour Director

Contact Shirly for the full itinerary.

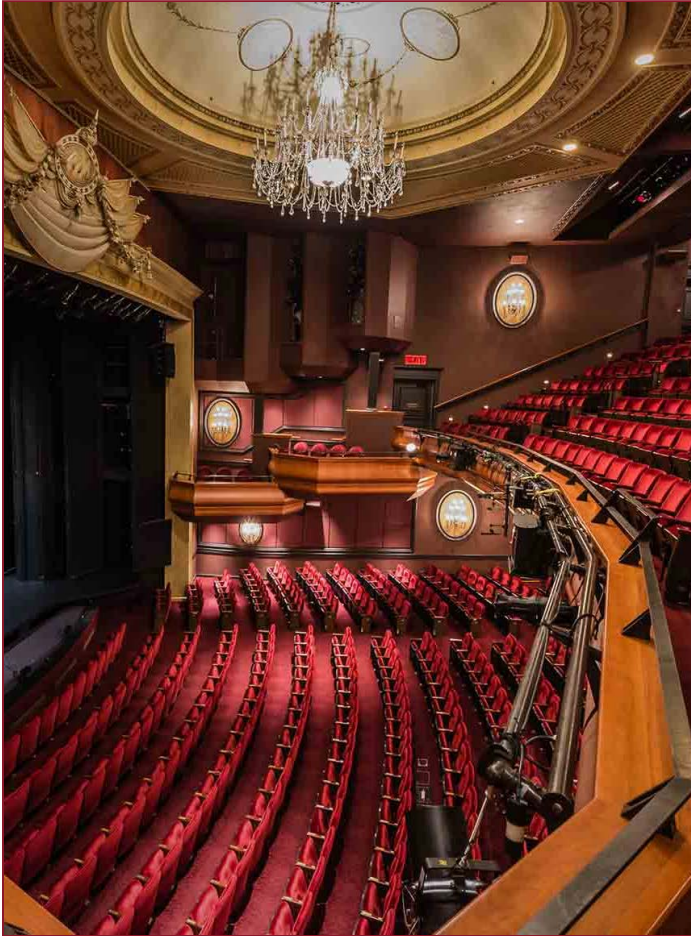
**Tour price (no HST)
\$2,599 pp double occupancy
Single Occupancy: \$ 3,399**

Early booking bonus: Save \$100 if booked by December 29th 2023.

A non-refundable deposit of \$700 is due upon booking. Balance due February 1, 2024

Contact Shirly: 905.619.8583 shirly@hnatravels.com

SOCIALS & TOURS



TUESDAY, MAY 14, 2024
THE STRATFORD FESTIVAL - AVON THEATRE
Presents "La Cage aux Folles"

WE FACE LIFE WITH A LITTLE GUTS AND LOTS OF GLITTER

Georges, the manager of a drag club in St. Tropez, decided to "play it straight" when his son arrives with his fiancée and her ultra-conservative parents. Albin, the club's star performer and Georges' romantic partner, is dubious about the plan. The ensuing clash unravels truth and consequences with heartwarming grace. Gorgeous and funny, this musical has been delighting audiences since its Tony Award-winning première in 1983.

\$162 per person includes:

Return transportation by coach
Orchestra level ticket
407 toll & driver's tip

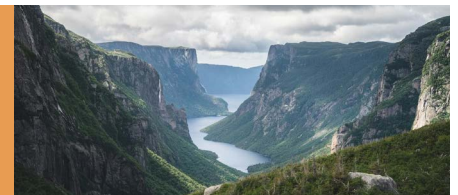
NOTE: Please bring your own lunch.
There is a beautiful place to stop for a picnic.

shirlievanputten@rogers.com 905-619-8583



NEWFOUNDLAND

JULY 23 - AUGUST 2, 2024
11 DAYS/10 NIGHTS



Included in the Tour price:

- Round trip airfare Toronto/Newfoundland
- *10 nights' accommodation
- Airport transfers airport/hotel
- Breakfast daily, 5 lunches & 5 dinners
- City tour of St. John's
- Visit to Twillingate
- Cape Spear National Historic Park
- Excursions to Trinity and Bonavista
- Visit to Bay Bulls with boat cruise
- Various other tours

Not included in the Tour price:

- Meals and items of a personal nature
- Seat selection on your flights
- Insurance – medical; cancellation or interruption
- Customary gratuities to your driver, guides and your HNA Travels Tour Director

Contact Shirlie for the full itinerary.

Tour price inclusive of HST:
\$4,993.47 pp double occupancy
Single Occupancy: \$6,439.87

* 3 nights in Rocky Harbour, 2 nights in St. Anthony's, 1 night in Gander,
2 nights in Clarenville, 2 nights in St. John's.

Contact Shirlie: 905.619.8583 shirlie@hnatravels.com

SOCIALS & TOURS

NCL "NORWEGIAN JEWEL" ALASKA CRUISE

AUGUST 23 – SEPTEMBER 2, 2024 CRUISE + LAND

AUGUST 26 - SEPTEMBER 2, 2024 CRUISE ONLY



Start your amazing adventure in Seward, Alaska. View the awe-inspiring Hubbard Glacier and spy brown bears, whales and eagles in Icy Strait Point. Explore the former gold-rush towns of Juneau, Skagway and Ketchikan. End your experience with a tour of the vibrant city of Vancouver.

Cruise Cost: Balcony - \$4,299; Oceanview - \$3,199;
Inside Cabin - \$2,799.

Single – Balcony - \$6,699;

Oceanview - \$4,599; Inside Cabin - \$3,699

Group shore excursions, will be available for purchase prior to departure.



7-Day / 6 Ports - Cruise cost includes:

- All meals onboard, premium beverage package & WiFi. Specialty restaurants excluded.

Land portion includes:

- Return Airfare from Toronto to Anchorage & Vancouver to Toronto
- All connecting transfers between airports & Anchorage, Seward, and Vancouver
- City Tour of Vancouver

Not included:

- Luggage handling; Seat Selection on flights; meals not stated in itinerary.
- Gratuities for the NCL crew and land portion.
- Customary gratuities to local guides, drivers and your HNA Tour Director

A non-refundable deposit of \$250 is due upon booking. Balance due April 1, 2024

Contact Shirlie: 905.619.8583 shirlie@hnatravels.com

INTEREST GROUPS

NEW

BOWLING FOR FUN

MONDAY, FEBRUARY 26 @ 1:00 PM

STARTING IN MARCH, WE WILL MEET ON THE 3RD MONDAY OF THE MONTH

AJAX BOWLING CENTRE (5-PIN)
172 Harwood Ave. S. (by Almost Perfect)
Ajax (Lower Floor not accessible)
905 683 0680

\$12 for two games plus \$2 for shoe rental

RSVP: Kevin kportener@gmail.com



BREAKFAST CLUB

TUESDAY, FEBRUARY 27 @ 9:00 AM

WE MEET ON THE LAST TUESDAY OF THE MONTH

SCRAMBLES RESTAURANT
527 Westney Road S, Ajax

RSVP: Lynne 912lynne@gmail.com
905-839-8147



BRIDGE

EVERY THURSDAY FROM 2:30 - 4:30 PM

The lessons will continue until the spring on the 2nd and 4th Thursdays of the month. The lessons build on material from previous lessons.

ROTARY ROOM, AJAX LIBRARY
55 Harwood Ave. South

February 1 Social Bridge
February 8 Lesson 8 - Major Opening and Responder has no Major Suit Plus Reverses
February 15 Social Bridge
February 22 Lesson 9 - 2 club opener
February 29 Social Bridge

RSVP: Harvey hbrodhecker@yahoo.ca



INTEREST GROUPS

COFFEE & CONVERSATION

TUESDAY, FEBRUARY 13 - 10:00 AM

EVERY 2ND TUESDAY - FOR NEW MEMBERS

Members who joined our club in the last 12 months are invited to an informal get-together at the home of Jane & Bob Wilson. (address will be provided when registering)

RSVP: April april-ann@hotmail.com or
or Hetty ajaxprobuseditor@gmail.com



CRIBBAGE

EVERY TUESDAY 1:30 - 4:00 PM

PICKERING VILLAGE SENIOR CENTRE

29 Linton Avenue (one block north of Kingston Road & one block west of Church Street)
(next door to the Ajax Creative Arts Club)

We have a novice's table at our card games for those who want to learn how to play the game or who need to refresh their game skills. Feel free to join us even if you've never played before.

RSVP: Wendy wendysmith1@live.com 905-686-1490



DANCING AT THE EDGE

SATURDAY, FEBRUARY 10 - 8:30 PM

"EVERY DAY BRINGS A CHANCE FOR YOU TO DRAW IN A BREATH, KICK OFF YOUR SHOES, AND DANCE!" - Oprah Winfrey

Join us in our reserved seating section for a fun night of socializing and dancing to great cover bands.

THE EDGE LOUNGE

Mackenzie Pub Plaza, 250 Bayly St. W.
featuring the PHILCOS
([Watch them on YouTube](#))

Entrance fee at the door (\$10-\$20)
RSVP: April april-ann@hotmail.com
or Hetty ajaxprobuseditor@gmail.com



INTEREST GROUPS

DINING OUT

THURSDAY, FEBRUARY 15 - 5:30 PM

EVERY 3RD THURSDAY

I will let you know when the restaurant has been confirmed.

Carol cbreen840@bell.net



EUCHRE

WEDNESDAY, FEB 14 & 28: 2:00 - 4:00 PM

PICKERING VILLAGE SENIOR CENTRE

29 Linton Avenue (one block north of Kingston Road & one block west of Church Street)
(next door to the Ajax Creative Arts Club)

We have a novice's table at our card games for those who want to learn how to play the game or who need to refresh their game skills. Feel free to join us even if you've never played before.

RSVP: Jane jw.003@sympatico.ca 905-619-6674



"GOMEIO" LUNCH CLUB

MONDAY, FEBRUARY 12 - NOON

(Grumpy Old Men Eating Out)

WE ARE NOW MEETING EVERY 2ND MONDAY

AT MACKENZIE PUB & RESTAURANT
250 Bayly St. West, Ajax

RSVP: Kevin kportener@gmail.com



INTEREST GROUPS

"RODEO" LUNCH CLUB

MONDAY, FEBRUARY 12 - NOON

(Retired Old Dames Eating Out)

WE ARE NOW MEETING EVERY 2ND MONDAY

Next meeting at:
SOUTH LAKE GRILL
955 Westney Rd S, Ajax.
(Sobey's Plaza)

RSVP by Feb 6th to Barb at stunikki@gmail.com



SALSA FOR BEGINNERS

TUESDAY, FEB 20 - 10:30-11:30 AM

STARTING IN MARCH, LESSONS
WILL BE HELD TWICE A MONTH

*Please bring water and comfortable shoes
and be prepared to break a sweat!*

PARKLAND LIFESTYLE RESIDENCES
3 Rossland Road W, Ajax

SINGLES AND COUPLES WELCOME

For more information or to register, contact:
Maureen mauwa111@rogers.com



NEW

SMALL THEATRE GROUP

FRIDAY, FEBRUARY 23 - 7:00 - 10:00PM

Step back in time to the neon-soaked,
groove-filled era of the 90s! Dust off those flannel
shirts, slap on a slap bracelet, and join us!

FRIDAY NIGHT LIVE 90s DANCE PARTY

ST. FRANCIS CENTRE
78 Church St. S., Ajax

\$5.00 (\$6.66 if booked online)

Reserve direct at St. Francis Centre or contact:
Julie: jmathewson@rogers.com



INTEREST GROUPS

Coming
SOON!

SMALL THEATRE GROUP

SATURDAY, MARCH 2 - 7:00- 10:00 PM

"THE MEN BEHIND THE MUSIC" BECOMING THE BEATLES

Dive into the lore of the Beatles in this shiny,
stellar musical documentary ... LIVE!

ST. FRANCIS CENTRE
78 Church St. S., Ajax

\$38 (10% discount if enough people attend)

RSVP: Julie: jmathewson@rogers.com



WALKING GROUP

EVERY THURSDAY - 10:00 AM

Come join us and discover some of the many
walking trails in Ajax and surrounding areas.

For more information contact:
Ron mitchellmis@rogers.com
or Maureen maureenmcvarish@yahoo.ca



ZOOM CHAT ROOM

EVERY FRIDAY - 1:00 PM

All members are welcome to join us for a
discussion on general topics of interest.

To join the Zoom Chat contact:
Stewart ajaxprobuszoom@gmail.com
or Barb ajaxprobus@gmail.com



MORE THINGS TO DO



ON-LINE ACTIVITIES

With the cold weather setting in and us retreating to our safe spaces, it does not mean we can not still learn and have fun. Here are some suggestions which might be of interest or which might inspire you to keep your spark lit from the comfort of your home.

Susan Wadds is an award-winning published author and is a certified Amherst Writers and Artists (AWA) workshop facilitator. She offers 2-hour workshops for writing and poetry play (\$12/session) through zoom. Check it out at: <https://writeyourwayin.ca/home/writing-online/>

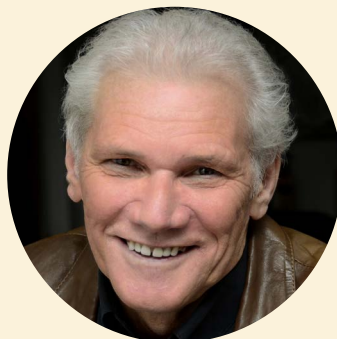
Anne Rose, a certified coach, speaker and author is making available to our members, a planning tool for creating the very best 2024 that you can imagine! It's a workbook chock full of thought provoking exercises and insights that will guide you to mapping out an achievable vision. To get a copy, let me know and I will send it to you. april-ann@hotmail.com

The McMichael Art Gallery is offering a 6 week Oil Painting Class via zoom. Check it out at: <https://mcmichael.com/event/online-oil-painting-studio-with-judy-sherman/> Judy will also be offering an in person weekend Oil Painting Workshop on Saturday, March 16 and Sunday, March 17 from 10am to 4pm. Details for registration: <https://mcmichael.com/event/in-person-oil-painting-weekend-with-judy-sherman/>

The Royal Ontario Museum (ROM at Home) offers a series of experts on various topics, including video clips. <https://www.rom.on.ca/en/rom-at-home/rom-experts-objects>

As a follow-up to **Jeremy Bertrand's** presentation, there are many pre-set on-line webinars available that you can register for. Check it out at: www.ontario.ca/taxtalk. Topics include Benefits & Support for Lower Income Seniors, Introduction to Ontario's Estate Administration Tax and Discover Ontario's Medical Expense & Senior's Care at Home Tax Credit.

MORE THINGS TO DO



COMING IN MARCH

Monday Morning Mini-Speaker Series via ZOOM - 10:00 am - 11:00 am

March 11th - Senior Constable Darryl Rice, Durham Regional Police Services, will go over some of the Frauds and Scams that are being targeted to Seniors and those who are assumed to be vulnerable. He will share some safe guarding tips and answer any questions. Constable Rice has received various acclamations, accommodations and awards for his commitment to the community during his 20+ years career; a wealth of knowledge and not to be missed.

March 18th - The Foster Festival Folks. Learn more about internationally acclaimed playwright, Norm Foster, also, what is the Foster Festival and what is coming up in the 2024 Season. Maybe we should head to St Catharines to see a show? See the Foster Festival website for information about upcoming shows that may be of interest. <https://fosterfestival.com/>

March 25th - Chair Yoga with Jo-Ann. Chair Yoga allows you to find mobility in a way that is soft and gentle but also really supportive and beneficial. Do what you are comfortable with, as you become more aware of how your body feels as you activate the muscles with easy stretches that are great for better posture and energy flow. Good for seniors and beginners. See if this is for you.

PLUS: MANY IN TOWN THINGS TO DO

Movie matinees in Ajax and Whitby

Visit **Vandermeer Nurseries** to enjoy the plants and have a coffee.

Cloud 9 has Karaoke on Tuesday nights from 8 - 12

Ajax Legion has 55+Up Dance Sundays from 2-6pm and Karaoke on Friday nights from 8-12pm.

For more information on any of these activities, contact April Gilkinson april-ann@hotmail.com

MEMBERS' CORNER

POETRY BY CARL

FEBRUARY

It's so quiet I can hear a snowflake fall.
The fir trees look so elegant
Dressed in white that
Covers almost all.

It's cold, and I can see my breath
When I exhale.
My glasses fog a bit
And I lose the sharp detail.

It's dawn and the sun is slowly rising and a
Chickadee can now be heard;
A true Canadian who loves the winter,
This hardy little bird.

A rabbit has passed by, sometime in the night
Leaving tracks upon the snow,
And though not on top, some bigger tracks
Seem to be following, just a bit below.

My snow shoes crunch on the crusty top
As I duck-walk down the trail.
And white birch trees make a distinct contrast
Against the evergreens, as I push down through the dale.

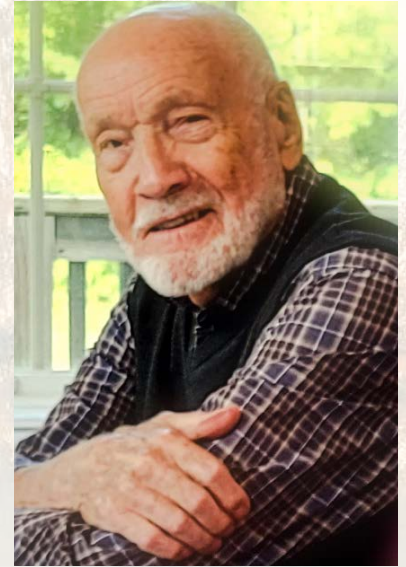
A wisp of smoke can be seen above the trees
And down close to the lake
Possibly from a cottager trying to find some solace
And needing a winter break.

The small lake is deeply frozen and won't thaw
'Til April or perhaps not 'til May.
And on the far shore a grey wolf is watching and
Decides that, today I'm not his prey.

It's time to head back and as I near the forest edge
A group of crows announce my coming.
I had hoped to keep the silence
But got this noise instead.

Deeper in the forest, my trail nears a yard
Filled with White Tailed Deer
And although they watch me closely
They don't have much to fear.

I'm back and the aroma of fresh coffee permeates the air
And after placing my snow shoes up upon their stand
I can't help but smile and stare
At this winter wonder land.



Carl G. Mabee

MEMBERS' CORNER

MAUREEN'S CAMERA RAMBLES



Maureen McVarish

ICE SKATING AT THE TORONTO CITY HALL

A few weeks ago some of my photo group took a trip downtown to the ROM. On our way back to the GO, we headed over to Nathan Phillips Square to get some shots of the beautiful rink and of the skaters. On our way along Albert Street, we could hear an announcement on the sound system to "clear the rink...". Oh, no! The ice needed resurfacing so we arrived just in time to watch the big Zamboni do a number of laps around the rink. What we thought would be a big delay turned into an opportunity to see and photograph the rink without skaters and then to get some neat shots of the illuminated TORONTO sign reflecting in the newly shiny ice surface.

Most of the skaters waited it out on the benches below the signs. Then, when the Zamboni finally exited the rink, one very slick young lady skater glided out and around the rink followed by the rest: from impressive confident skaters to casual pleasure skaters to some very cautious and fearful beginners. The big water fountain at Nathan Phillips Square is turned into an ice rink from late November to mid March; it is open every day from 10am to 9:45pm. Rentals of skates and helmets are available if you want to join in. Or you can just watch and take photos like we did.



Toronto City Hall
January 10, 2024



HONEY-GARLIC ASIAN CHICKEN



6 chicken thighs, bone in or out, with or without skin

Sauce:

½ cup soy sauce
3 tablespoons honey (or to taste)
2 teaspoons five-spice powder
1 teaspoon garlic, crushed
2 teaspoons ginger, grated
1 tablespoon sesame oil
½ teaspoon black pepper or cayenne pepper to taste

1. Mix all the sauce ingredients and rub into the chicken.
2. Marinate for at least two hours or overnight.
3. Arrange chicken in a roasting dish and cook at 325 for 25 minutes.
4. Turn pieces and cook a further 25 minutes or until done.
5. If desired, drizzle with more honey before serving.

OVEN FRIED RICE

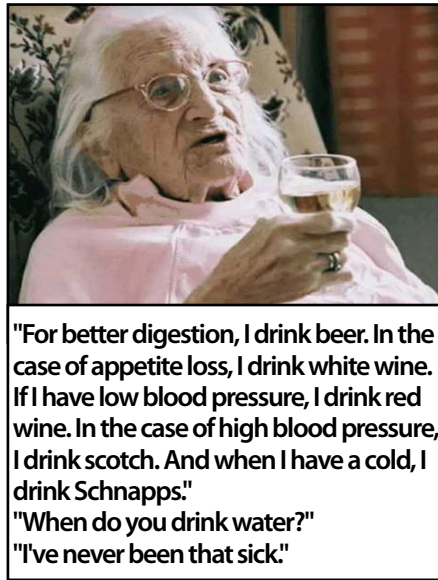


2 cups long grain or basmati rice
1 package onion soup mix
3 cups chicken or vegetable broth
½ cup soya sauce
¼ cup melted butter
6 mushrooms, sliced
3 cups of frozen vegetables such as:
peas, carrots, peppers, onions
½ tsp pepper
2 tbsp sesame oil
1 scrambled egg & green onions, if desired.

1. Preheat oven to 390° F.
2. Combine all ingredients in a casserole or baking pan.
3. Cover tightly with foil and bake. Check after 40 minutes. Liquid should be absorbed. **Important: Do not stir while cooking.**
4. When cooked, fluff the rice and add sesame oil. Mix in cooked scrambled egg and sliced green onions if using.

MEMBERS' CORNER

SMILES & CHUCKLES



We make a living by what we get, but we make a life by what we give. - Winston Churchill

No act of kindness, no matter how small, is ever wasted. - Aesop

40 is the old age of youth; 50 is the youth of old age. - Victor Hugo

Old age comes on suddenly, and not gradually as is thought. - Emily Dickinson

*Getting older is one body part after another saying:
 "Ha, you thought that was bad, watch this!" - unknown*

If a man speaks his mind in a forest, and no woman is around to hear it, is he still wrong? - unknown

*True terror is to wake up one morning and discover that your high school class
 is running the country. - Kurt Vonnegut*

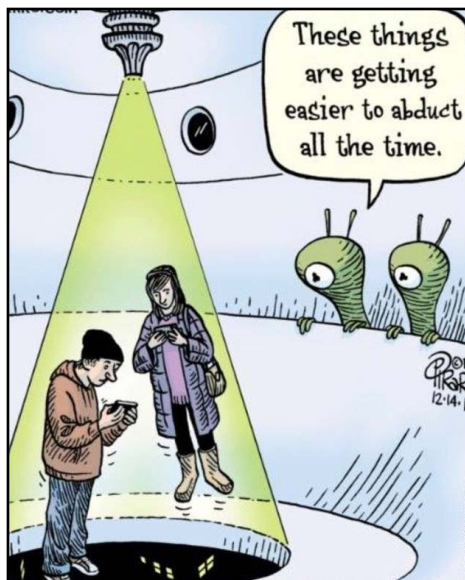


PHOTO GALLERY



New Year's Eve at The Edge: front l-r: Rheal Jerome, Bernadine Taylor, Victoria Plaskett, Kathy Jerome
back l-r: Lynn Tennant, Sharon Leung, Hetty Shapiro, Gillian Minshall & April Gilkinson.



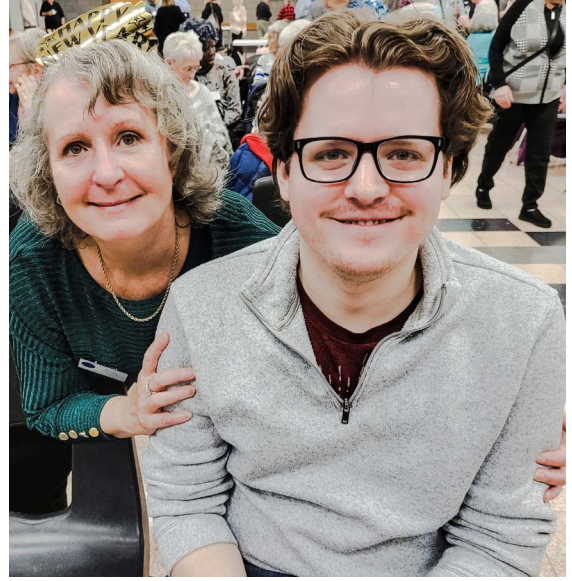
RODEO (Ladies Lunch) at Magwyers Pub, Monday January 8

PHOTO GALLERY

JANUARY 3 - GENERAL MEETING



Ken Lepper, Tish & Jim Meek



April Gilkinson & Daniel Aonso



Greg Casquenette & Tony Lees



Bernadine Taylor & Victoria Plaskett



Rowena Burns, Margaret Wells, Barb Squires & Donna Portener



Murray Biel & Ron Mitchell

PHOTO GALLERY

JANUARY 3 - GENERAL MEETING



PHOTO GALLERY

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