



PROBUS CLUB OF AJAX NEWSLETTER

Club 82

Vol 26 Issue 6

June, 2023

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Thank you to the members who contributed to this issue.

Please send articles and photos of our events by the 25th of the month to Hetty Shapiro.
ajaxprobuseditor@gmail.com

Ajax PROBUS website:
www.ajaxprobus.com

Canada PROBUS website:
www.probus.org

See what's on in the
Town of Ajax:
<http://www.ajaxlibrary.ca>

MESSAGE FROM THE PRESIDENT



What a beautiful time of year. The weather has been lovely, not too cold or too hot. The leaves are out on the trees and flowers are in bloom.

June is "Aging Well Month" in Ajax, with several free activities being offered by the Town of Ajax and Ajax Public Library.

Moninder from the Town and Elaine from the Library gave a short presentation, and gave out some handouts, at our May meeting. If you missed the meeting, you can find the information at www.ajax.ca/55plus and ajaxlibrary.ca. A lot of the events require registration. Our club will have a table at the **BBQ at Rotary Park on June 8** (no registration required), so please drop by if you attend.

Julie has been organizing our Breakfast Group and our Euchre Group for several years. She is willing to take on another responsibility with our club if someone will take over the Breakfast Group or the Euchre Group. I can say from personal experience, that volunteering with PROBUS Club of Ajax is very rewarding and a great way to meet people. It is the volunteers who are responsible for the success of the club.

At our June meeting, we will be taking a vote on whether to accept the change to the by-laws by adding the position of Communications Coordinator. As I have mentioned before, we need a Vice-president, a Communications Coordinator and a special Interest Group Coordinator for the 2023-2024 year. I am happy to provide a description of the position to anyone who is interested.

I was happy to see that people are bringing puzzles to exchange at our meetings. Please keep up the good work.

I would like to thank the Ajax Partnership Fund for their continued support of the PROBUS Club of Ajax by providing a reduction in our rent, grants for the Open House in April and promotional materials.

Jane Wilson

OUR TEAM



MANAGEMENT

| | | |
|-------------------|--------------------|--|
| President | Jane Wilson | ajaxprobuspresident@gmail.com |
| Vice President | Jim Meek | jimtmeek@gmail.com |
| Past President | position vacant | |
| Treasurer | Rowena Burns | probusajxtreasurer@gmail.com |
| Secretary | Bernie Rosebush | ajaxprobussecretary@gmail.com |
| Member-at-Large | Kevin Portener | kdportener@rogers.com |
| Member-at-Large | Terri Stewart | terri.stewart@sympatico.ca |
| Communications | Barb Squires | stunikki@gmail.com |
| House | Margaret Wells | ajaxprobushouse@gmail.com |
| Interest Groups | position vacant | |
| Membership | Tom Rosebush | ajaxprobusmembership@gmail.com |
| Newsletter | Hetty Shapiro | ajaxprobuseditor@gmail.com |
| Social Events | Shirlie Van Putten | shirlievanputten@rogers.com |
| Speakers | April Gilkinson | april-ann@hotmail.com |
| Technical Support | Stewart Beatty | ajaxprobuszoom@gmail.com |
| Website | Maureen McVarish | maureenmcvarish@yahoo.ca |


INTEREST GROUPS

| | | |
|----------------------|---------------------------------|--|
| Billiards | Don Vorhees (Pickering) | holdus1399@gmail.com |
| Breakfast | Julie Mathewson | jmathewson@rogers.com |
| Bridge | Harvey Brodhecker | hbrodhecker@yahoo.ca |
| Cribbage & Euchre | Julie Mathewson | jmathewson@rogers.com |
| Dining Out | Carol Breen | cbreen840@bell.net |
| Garden | Jane Armstrong & Sylvia Clark | armstrongjane@rogers.com travelsylvia52@gmail.com |
| Golf | Marcia Everitt (Durham West) | marciaeveritt@yahoo.ca |
| Men's Lunch | Kevin Portener | kportener@gmail.com |
| RODEO (Ladies Lunch) | Dawn Thornton | dthorn000@gmail.com |
| Walking | Ron Mitchell & Maureen McVarish | mitchellmis@rogers.com maureenmcvarish@yahoo.ca |
| Zoom Chat Room | Stewart Beatty | ajaxprobuszoom@gmail.com |

JUNE CALENDAR

Please remember to wear your name badge at all meetings and events. It helps identify you as a member and makes it easier for other members to get to know you.



| 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 10 am GOLF — 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 |
| 11 | 12 | 13 10 am GOLF — 1:30 pm CRIBBAGE | 14 12 noon RODEO LUNCH — 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 | 20 10 am GOLF — 12 noon MEN'S LUNCH — 1:30 pm CRIBBAGE | 21 | 22 10:00 am WALKING GROUP — 2:30 pm BRIDGE LESSON | 23 1:00 pm ZOOM CHAT | 24 |
| 25 | 26 | 27 9:00 am BREAKFAST — 10 am GOLF — 1:30 pm CRIBBAGE | 28 2:00 pm EUCHRE | 29 10:00 am WALKING GROUP — 2:30 pm BRIDGE LESSON | 30 1:00 pm ZOOM CHAT | |

GENERAL MEETINGS

WEDNESDAY, JUNE 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*)

**GUEST SPEAKER
JEREMY BERTRAND
BACK BY POPULAR DEMAND!**



Jeremy makes his topics fun and interesting. You've learned how you can benefit from income tax credits: now you have the opportunity to better understand Ontario's Estate Administration Tax. You will learn:

- ◆ whether Estate Administration Tax could be payable on the value of your estate;
- ◆ what assets to include and exclude in the value of the estate;
- ◆ how to calculate and pay the tax owed, and
- ◆ how to file an Estate Information Return.

Jeremy Bertrand is Senior Program Advisory Specialist at the Ministry of Finance: Advisory, Objections, Appeals & Services Branch - Public Education, Program Communication & Outreach Unit.

YOU ARE INVITED TO JOIN US FOR LUNCH AT THE PORTLY PIPER PUB AFTER THE MEETING

Proposed Amendment to PROBUS Club of Ajax By-laws to be voted on at the June 7th General Meeting:

Current By-law 3: MANAGEMENT

The Club shall be managed by a Management Committee consisting of a President, Vice-President, Immediate Past President, Secretary, Treasurer, Social Coordinator, House Coordinator, Membership Coordinator, Speakers Coordinator, Newsletter Editor, Interest Groups Coordinator, Webmaster, Technical Coordinator and 1-2 Member(s)-at-Large. Composition of the Management Committee may change from time to time according to current needs of the Club.

The amendment will add the Communications Coordinator position to the Management Committee, as follows:

Proposed Amendment to By-law 3: MANAGEMENT

The Club shall be managed by a Management Committee consisting of a President, Vice-President, Immediate Past President, Secretary, Treasurer, Social Coordinator, House Coordinator, Membership Coordinator, Speakers Coordinator, Newsletter Editor, Interest Groups Coordinator, Webmaster, Technical Coordinator, **Communications Coordinator** and 1-2 Member(s)-at-Large. Composition of the Management Committee may change from time to time according to current needs of the Club.

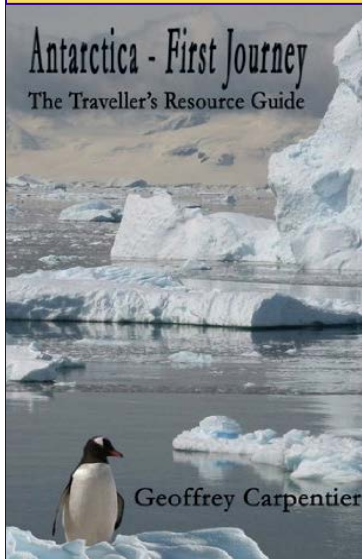
GENERAL MEETINGS *continued*

WEDNESDAY, JULY 5 - 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*)



JOURNEY TO ANTARCTICA

with Guest Speaker: **Geoff Carpentier**

A published author, ecotour guide and environmental consultant, Geoff Carpentier will take us on an amazing journey through the SubAntarctic and Antarctic regions he knows so well.

Geoff's latest book - "Antarctica - First Journey" is a complete traveller's guide to Antarctica. It includes information on planning the trip; packing; where you will go; what you will see; the history and sites to visit; ice and snow morphology; superstitions; mammals; plants, and birds.

Geoff has lived in Durham Region since the early 1990s. He has served as a member of the Durham, Ajax and Scugog Environmental Advisory Committees. He is also a former member of the Lakeridge Citizens for Clean Water and is a current technical advisor to the Lake Scugog Stewards. Geoff Carpentier is a proud recipient of the Queen's Platinum Jubilee Medal for his service to the Durham community and to Canada.

YOU ARE INVITED TO JOIN US FOR LUNCH AT THE PORTLY PIPER PUB AFTER THE MEETING

WEDNESDAY, AUGUST 2 - 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*)



SHOULD YOUR NEXT CAR BE ELECTRIC?

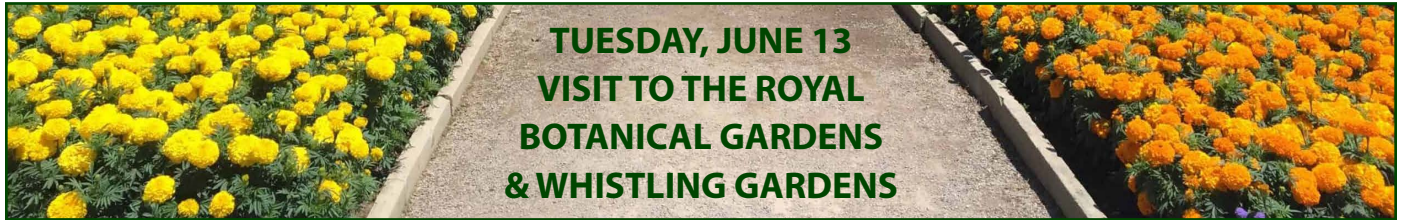
with Guest Speaker: **Tim Burrows**

Tim has owned and driven battery-electric cars for the past 10 years and has logged over 300,000 kms. He now enjoys sharing his EV experience with others and breaks down many myths and misconceptions about EV ownership. Tim also touches on the state of self-driving technology and what autonomous cars could mean for the future.

Join Tim as he explains why we've reached a 'tipping point' where electric cars are replacing those powered by gasoline. Tim is a board member of the Electric Vehicle Society (www.EVSociety.ca) a non-profit organization which works to promote the understanding and adoption of electric mobility in Canada. In his role there, he produces a monthly webinar called "Canada Talks Electric Cars".

YOU ARE INVITED TO JOIN US FOR LUNCH AT THE PORTLY PIPER PUB AFTER THE MEETING

DAY TRIPS & TOURS



TUESDAY, JUNE 13 VISIT TO THE ROYAL BOTANICAL GARDENS & WHISTLING GARDENS

The Royal Botanical Gardens is the largest botanical gardens in Canada. Located at the western tip of Lake Ontario, there are four distinct formal gardens contained within 1100 hectares of nature reserve. Nestled into the slopes of the Niagara Escarpment, the ever-changing seasons, blooms, and natural phenomenon make each visit a new experience. Explore and enjoy the many historical plant collections.

**\$126 per person includes: Return transportation by coach,
Guided tour of both Gardens, Driver's tip & 407 toll
Lunch is not included. Please pack a lunch to enjoy in the beautiful Gardens.**

shirlievanputten@rogers.com 905-619-8583



NEWFOUNDLAND: July 14 – 24, 2023

Cost: \$4,419 + hst (double) / \$5,629 + hst (single) includes:

- ♦ Roundtrip airfare from Toronto to Deer Lake, Nfld
- ♦ 10 nights' accommodations in Newfoundland
- ♦ Breakfast daily; 2 dinners; 4 lunches
- ♦ Sightseeing in Gros Morne National Park
- ♦ Boat Cruise of Bonne Bay
- ♦ Tour of Port au Choix National Historic Site
- ♦ Tour of L'Anse aux Meadows
- ♦ Tour of Sir Wilfred Grenfell Mission
(provided first medical services in Labrador & Nfld)
- ♦ Visit to Twillingate
- ♦ Visit to Trinity & Bonavista
- ♦ City Tour of St. John's
- ♦ Visit to Bay Bulls with boat cruise
- ♦ Tour of Cape Spear National Historic Park
- ♦ Services of an HNA Travels Director



**For detailed Itinerary and more information contact Shirlye:
905-619-8583 or shirlie@hnatravels.com
Tours organized by HNA Travels – 877-672-3030 – Tico #50017223**



TUESDAY, AUGUST 1
WESTBEN BARN THEATRE
presents
"Les Misérables"
in Concert



Experience the music of one of the most moving and beloved musicals in history. An all-star cast assembles at The Barn to bring to life all the favourite musical moments from this international hit.

Set in early 19th-century France, Les Misérables is the story of Jean Valjean, a French peasant, and his desire for redemption, released in 1815 after serving 19 years in jail for stealing a loaf of bread for his sister's starving child.

Cost \$124 includes:

- ◆ Return transportation by coach
- ◆ Picnic lunch
- ◆ Ticket for show
- ◆ Driver's tip

PLEASE NOTE: This is a concert version of the music from the show and not a fully-staged production. To book or for more information: shirlievanputten@rogers.com 905-619-8583



NEW ORLEANS: SEPTEMBER 3 - 8

\$2,699 includes:

- ◆ City orientation tour
- ◆ Tour & lunch at the Houmas Plantation
- ◆ Bayou Swamp Tour

Your five-night stay in New Orleans is at the Drury Inn located in the historic Cumberland Phone Building just one block from the St. Charles trolley.

Contact Shirlie for more information
shirlie@hnatravel.com 905.619.8583

DAY TRIPS & TOURS *continued*



Cost \$168 includes:

- Return transportation by coach
- Driver's tip
- BBQ Chicken & Ribs Dinner
- Music & Dancing

"GEORGIAN SPIRIT" SUNSET CRUISE FRIDAY, SEPTEMBER 29

From Beausoleil Island to Honey Harbour, Georgian Bay offers more than 30,000 islands. Experience the history of the region and the spectacular Fall colours aboard the "Georgian Spirit" while enjoying the sunset; a delicious BBQ dinner; music, and dancing.

RSVP Shirlie: 905.619.8583 shirlievanputten@rogers.com



THE KING MEETS COUNTRY! MUSICAL EXTRAVAGANZA TOUR NOVEMBER 16 - 23, 2023

From Blues to Rock 'n' Roll to Country!

**COST: \$3,7000 per person double occupancy
\$5,200 single) Same price as 2022**

A non-refundable deposit of \$600 is due upon booking.
Balance due September 10, 2023.

Cost includes:

- ♦ Direct round-trip flight Toronto/Nashville.
- ♦ 3 nights in downtown Memphis.
- ♦ 4 nights in downtown Nashville.
- ♦ Breakfast daily.
- ♦ Tours include: Graceland; Country Music Hall of Fame; Grand Ole Opry performance; Memphis Rock 'n' Soul Museum; Memphis Music Hall of Fame, and Loretta Lynn Ranch.
- ♦ Transfers from airport to hotel.
- ♦ Coach transportation during tours.
- ♦ Services of an HNA Travels Tour Director.

Contact Shirlie for more information.
shirlie@hnatravels.com 905.619.8583

INTEREST GROUPS

BREAKFAST

We meet on the last **TUESDAY** of every month.

Next breakfast: **JUNE 27 - 9:00 AM**

SCRAMBLES

527 Westney Road South
(near the Giant Tiger)

RSVP: Julie Mathewson

jmathewson@rogers.com 905-686-0803



**NOTE: MARATHON BRIDGE WILL START AGAIN IN SEPTEMBER.
THE LIBRARY HAS BRIDGE EVERY THURSDAY AFTERNOON.**

CRIBBAGE & EUCHRE

CRIBBAGE: Every TUESDAY 1:30 - 4:00 pm

EUCHRE: WEDNESDAY, JUNE 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 St.
(next door to the Ajax Creative Arts Club)

The Senior Centre requires club membership of **\$15/year**
which includes full access to their other activities and programs.
There is also a **\$1** activity fee each time you play to cover
tea/coffee and cookies.

Contact Julie: jmathewson@rogers.com 905-686-0803



DINING OUT

Every **3rd THURSDAY** of the month.

Next dinner: **JUNE 15 - 5.30 PM**

*Will advise you of the place at a later date when I have
contacted the restaurant and confirmed our reservation.
In the meantime, please mark the date on your calendar.*

Carol Breen cbreen840@bell.net



GARDEN

Garden Group and any others who are interested in gardens:

The Oshawa Peony Festival is on the weekend of
June 10 & 11, 155 Arena St. Oshawa.

Artists in the Garden Tour is in Whitby/Oshawa area on
June 17. \$20 if you purchase your ticket online
or \$25 at the Garden Gate.

This is in support of Hearsh Place Cancer Centre.

<https://www.artistsinthegarden.com/tickets>

905 579 4833

Enjoy! Jane Armstrong and Sylvia Clark



GOLF

9-HOLE GOLF (walking only)

EVERY TUESDAY - Tee Time starts at 10:00 am
(Try to arrive 30 minutes before)

HAWTHORNE VALLEY

3470 Salem Road, Pickering

Reservations to Hawthorne Valley up to a week ahead:

905-686.2028

Let me know if you would like to join us.

Marcia Everitt (Durham West) marciaeveritt@yahoo.ca



MEN'S LUNCH

Every **3rd TUESDAY** of the month

Next lunch: **JUNE 20 - 12 Noon**

MACKENZIE'S PUB & RESTAURANT

250 Bayly St. West, Ajax

RSVP: Kevin Portener kportener@gmail.com



"RODEO" LADIES LUNCH

(Retired Old Dames Eating Out)

Every 2nd WEDNESDAY of the month

Next lunch: JUNE 14 -12 Noon

PAUL WONG'S RESTAURANT
376 Kingston Road, Pickering

Please let me know by Friday June 9 if you would like to join us. See you soon, Dawn.

dthorn000@gmail.com



WALKING GROUP

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

EVERY THURSDAY - 10:00 AM

For more information contact:

Ron Mitchell mitchellmis@rogers.com
or Maureen McVarish maureenmcvarish@yahoo.ca



ZOOM CHAT ROOM

EVERY FRIDAY - 1:00 PM

To join the Zoom Chat contact:

Stewart Beatty ajaxprobuszoom@gmail.com
or Barb Squires ajaxprobus@gmail.com

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

**BEFORE THE
ZOOM CALL**

**ON THE
ZOOM CALL**



MEMBERS' CORNER



Welcome to the new members pictured with Jane Wilson (left). Next to Jane: Heike Vezina, Ann Tyas, Linda Lomas, Gregory Casquenette, Debbie Casquenette and Angela Cameron. Absent from picture: Kelly Burk, Ted Hnatiuk, Kathy Jerome, Cecelia Kearns, Liz Lemesurier, Walter MacEwen, Jennifer Rice, Fran Sancroft, Emmanuel Sopeju, and Tom Stewart.

MEMBERSHIP & PAYMENTS

Membership fees have increased for the 2023/2024 year to **\$45** and are due on **August 1st**. The \$10 increase is necessary in order to cover the higher cost of renting the HMS Ajax Room at the Ajax Community Centre, and increased costs for our guest speakers. The new member one-time administration fee remains at **\$30** which covers the cost of the name badge.

Making an e-transfer to the PROBUS Club of Ajax

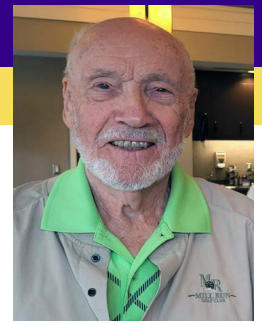
Membership fees and social events may be paid electronically through your bank. If using this method, please let Membership Coordinator [Tom Rosebush](#) or Social Coordinator [Shirley Van Putten](#) aware that you will be making an e-transfer. Then, sign in to your bank online and follow these steps. The wording and sequence may differ slightly:

1. Select Interac e-Transfer.
2. Select "Send Money" or the name used by your bank.
3. Select the account from which you are sending the funds.
4. Enter the amount you are sending.
5. Enter the name of the recipient - PROBUS Club of Ajax.
6. Enter the email address: **probusajxtreasurer@gmail.com**.
7. Enter in the "**Comments**" box: Your name(s) and what the money is for.
8. Double-check that everything is correct, **especially the email address**.
9. Review and finish the transaction.

The PROBUS Club of Ajax is using the safest method of e-transfer which is recommended by TD Bank. When you hit "send", the money will go directly in the Club's account and cannot be intercepted.

Tom Rosebush, Membership Coordinator
ajaxprobusmembership@gmail.com

Rowena Burns, Treasurer
probusajxtreasurer@gmail.com



Carl G. Mabee

AWAKENING

I wake up with a start and slowly wonder why
Even with my eyes still closed the sun's up in the sky.
The blackbirds are cackling and a robin soon joins in
And a crow flew over somewhere, adding to the din.

With a sigh to the morning,
I sit up in my bed.
The frown soon leaves my countenance
And a smile comes there instead.

It's spring, and the season of rebirth.
Early blooming flowers are pushing through the earth.
The trees all have buds now and some have shades of green.
Cardinals show their colours, the males now start to preen.

The daffodils bring promise of warmth still yet to come.
Soon all the little insects will join the morning hum.
As I walk through the open park and cross the little stream
I stop on an arched foot bridge, held up with a wooden beam.

I hear the Red Wing Blackbirds as they make their cheery call
From within the weeping willow that's standing very tall.
I can hear a duck quacking, somewhere out of sight,
Nature's sure exploding, much to my delight.

Little kids are laughing, and running to and fro.
Wow, it sure is spring fever, putting on a happy show.
One can shake away the cobwebs of winter's dreary past
And share the joy that spring brings, as long as it can last.

Enjoy!



AMAZING ROOKERY ON PINCKNEY ISLAND, SOUTH CAROLINA

I made two visits to this bird lovers' dream – in early March of 2020 and later March 2023, both during a free week at a friend's rental accommodation on Hilton Head Island. My non-birder friends indulged me by accompanying me to nearby Pinckney Island National Wildlife Refuge which is considered a birdwatchers' paradise.

From the parking lot, the destination is Ibis Island, about a ¾ mile walk. Along the way, were dozens and dozens of birds including little blue herons, great blue herons, red winged blackbirds, grackles, bluebirds, anhingas and in the pond, an alligator lurking amongst unsuspecting water birds. But the highlight was Ibis Island which was colonized by a large number of Great egrets and Snowy egrets, all in breeding plumage and in various stages of courtship, nest building and brooding atop the trees and bushes which cover the little island within this pond.

On my visit this year, a flock of juvenile American White Ibis, last year's chicks, landed on a Cypress tree overlooking the rookery. It was good to see the actual bird which gave this little island its name. What an exciting spectacle! One day I will have to visit when the chicks are hatched. That can be another Newsletter entry.



Maureen McVarish





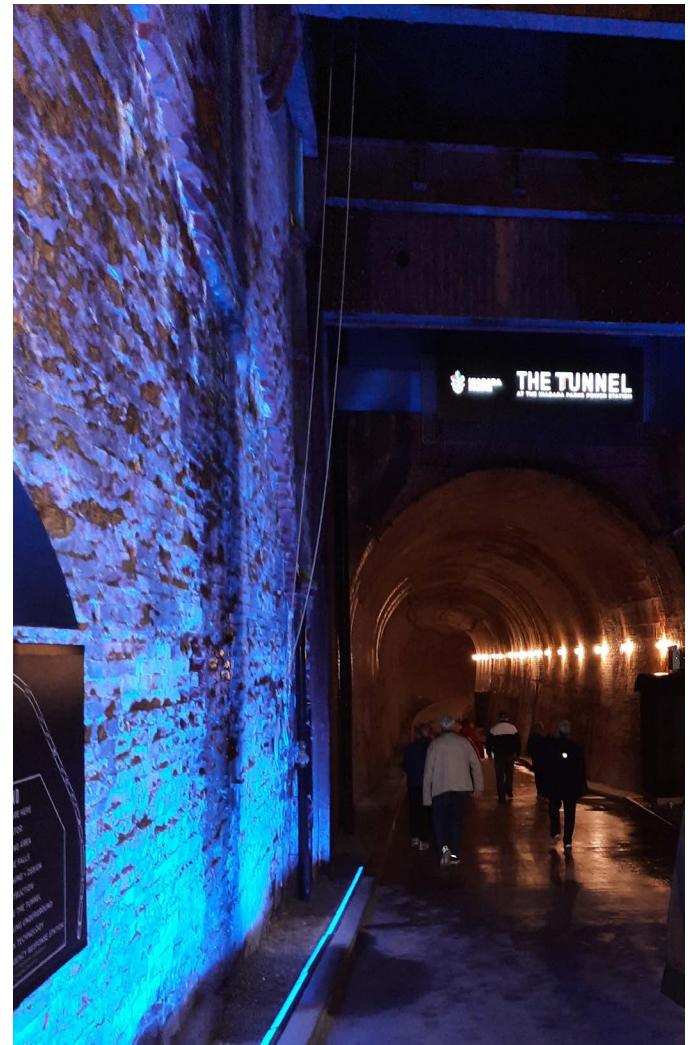
NIAGARA FALLS DAY TRIP - APRIL 27

Seventy-one people joined the day trip to the Niagara Falls Power Station and Tunnels. There were two busses with members from Ajax, Oshawa, Pickering, and Whitby PROBUS Clubs.

Our tour began with a visit to a small vineyard/winery where we sampled their product. We then went into the town where we had lunch before visiting the old generating plant, now converted to a museum. Very interesting, but quite a long walk through the underground tunnel. The walk was worth it when we saw the fast flowing river and both of the falls.

A good beginning to our day trip season. Thanks to Shirlie for her usual top-notch organization.

*Ken Lehan-Port
(PROBUS Club of Ajax member)*





MEXICAN SALAD



Whisk dressing ingredients in large bowl:

- 1/3 cup avocado or olive oil
- 1/4 cup lime juice
- 1 tbsps chopped garlic
- 1 tbsps honey
- 1 tsp crushed or ground chilli
- 1 tsp cumin
- 1/2 tsp salt

Add:

- 1 small jar of your favourite Salsa
- 1 small can of strained diced tomatoes
- 1 can black beans rinsed well and drained
- 1 can drained sweet corn
- 1 small chopped red onion
- 1 chopped red peper (raw or roasted)
- * 1/2 cup fresh chopped cilantro or 1/4 tube of paste

Adjust seasonings to taste. Serve as a side dish or a salsa with nachos & guacamole.

THAI MANGO SALAD



Whisk dressing ingredients in large bowl:

- 3 tbsps lime juice
- 2 tbsps soy sauce
- 2 tbsps avocado or olive oil
- 1 tbsps honey
- 1 tsp chilli powder or flakes (or to taste)
- 2 tbsps grated ginger

Add: * 1/2 cup fresh cilantro or 1/4 tube of paste

Thinly slice and add to dressing:

- 3 or 4 large, firm (just ripe) mangos
- 1/2 large red onion & 1 red pepper (raw or roasted)

Refrigerate for a few hours.

Optional garnish for serving:

Raw or roasted unsalted peanuts.

*A good alternative to fresh cilantro, **PUR** and **Gourmet Garden** make tubes of cilantro paste. They are in the refrigerated produce section, near the salad dressings. The paste will give a thicker, green dressing. Leftover paste freezes well.

BIG MAC COPYCAT SAUCE



Stir together:

- 3/4 cup mayonnaise
- 3 tbsps sweet green relish
- 1 tbsps yellow mustard
- 1 1/2 tsp white vinegar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika

Optional addition for a different flavour variation:

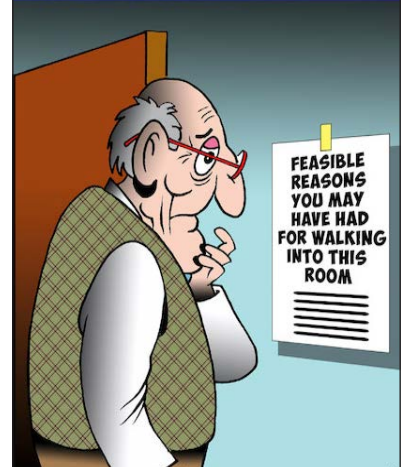
- 3 tbsps ketchup or barbeque sauce

This is also good as a salad dressing; added to potato salad, or as a dipping sauce for sweet potato fries.



One good thing about all my nighttime trips to the bathroom: my Fitbit says I've logged 20 miles so far this year.

On this Seniors Edition the message on the side mirror reads, "objects in mirror wish you would speed up."



Albert Einstein Quotes

Life is like riding a bicycle. To keep your balance, you must keep moving.

Stay away from negative people. They have a problem for every solution.

Do not grow old, no matter how long you live.

Never cease to stand like curious children before the Great Mystery into which we were born.

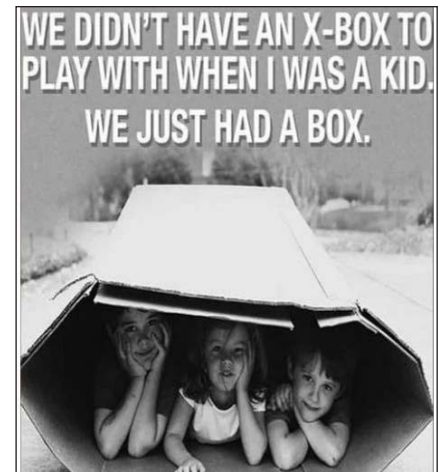
Reality is merely an illusion, albeit a very persistent one.

I'd rather be an optimist and a fool than a pessimist and right.

Imagination is more important than knowledge.

Women marry men hoping they will change. Men marry women hoping they will not.

So each is inevitably disappointed.





Lakeridge Dixie Stompers



The Lakeridge Dixie Stompers will be playing happy New Orleans music on:

SUNDAY, JUNE 11TH
4:00 PM - 6:30 PM
CLOUD NINE BAR & GRILL
368 BAYLY ST. WEST, AJAX
905 903 6360

Featuring Traditional Jazz in a hot New Orleans style for your dancing and listening pleasure.

THERE IS NO CHARGE TO SIT AND ENJOY THE MUSIC

Tony Lees
(PROBUS Club of Ajax member)

PHOTO GALLERY

MAY 3 - GENERAL MEETING



Ken Lehan-Port & Stewart Beatty



Victoria Plaskett, Shirlie Van Putten, Bill & Sandra Armour



Bernie & Tom Rosebush



Pat Ho Yuen & Anne MacInnis



Shirlie Van Putten & Julie Mathewson managing the Social Events table.

PHOTO GALLERY continued

