

PROBUS CLUB OF AJAX NEWSLETTER

Club 82 Vol 26 Issue 7 July, 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 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

Summer has officially arrived. Many people are off on vacation or to their cottages, but our club's meetings and activities, with a couple of exceptions, continue through the summer.

The Club is looking for volunteers for the 2023-24 year to organize the Breakfast Club and the Euchre Group. Two or more people could share the responsibility for these positions. Most importantly, we need someone to take on the position of Vice-President.

Most members of the Management Team are willing to continue in their present positions, but if anyone would like to run for a position, we would have an election.

We welcome anyone who would like to assist or shadow a position on the Management Team. It is the volunteers that keep organizations like ours successful.

Thanks to Hetty Shapiro's creativity and funding from the Ajax Partnership Fund, the Club now has a sandwich board to use at Club and Town activities.

Jane Wilson



Barb Squires, Jane Wilson & Jim Meek represented the Probus Club of Ajax at a lunch hosted by MPP Patrice Barnes on June 22.



OUR TEAM



MANAGEMENT

President Jane Wilson <u>ajaxprobuspresident@gmail.com</u>

Vice President Jim Meek jimtmeek@gmail.com

Past President position vacant

Treasurer Rowena Burns <u>probusajaxtreasurer@gmail.com</u>

Secretary Bernie Rosebush <u>ajaxprobussecretary@gmailcom</u>

Member-at-Large Kevin Portener <u>kdportener@rogers.com</u>

Member-at-Large Terri Stewart <u>terri.stewart@sympatico.ca</u>

Communications Barb Squires <u>stunikki@gmail.com</u>

House Margaret Wells <u>ajaxprobushouse@gmail.com</u>

Interest Groups position vacant

Membership Tom Rosebush <u>ajaxprobusmembership@gmail.com</u>

Newsletter Hetty Shapiro <u>ajaxprobuseditor@gmail.com</u>
Social Events Shirlie Van Putten shirlievanputten@rogers.com

Speakers April Gilkinson <u>april-ann@hotmail.com</u>

Technical Support Stewart Beatty <u>ajaxprobuszoom@gmail.com</u>

Website Maureen McVarish maureenmcvarish@yahoo.ca

INTEREST GROUPS

Billiards Don Vorhees (Pickering) <u>holdus1399@gmail.com</u>

Breakfast Julie Mathewson <u>jmathewson@rogers.com</u>

Bridge Harvey Brodhecker <u>hbrodhecker@yahoo.ca</u>

Cribbage & Euchre Julie Mathewson jmathewson@rogers.com

Dining Out Carol Breen <u>cbreen840@bell.net</u>

Garden Jane Armstrong & <u>armstrongjane@rogers.com</u>

Sylvia Clark <u>travelsylvia52@gmail.com</u>

Golf Marcia Everitt (Durham West) <u>marciaeveritt@yahoo.ca</u>

Men's Lunch Kevin Portener <u>kportener@gmail.com</u>

RODEO (Ladies Lunch) Dawn Thornton <u>dthorn000@gmail.com</u>

Walking Ron Mitchell & <u>mitchellmis@rogers.com</u>

Maureen McVarish <u>maureenmcvarish@yahoo.ca</u>

Zoom Chat Room Stewart Beatty <u>ajaxprobuszoom@gmail.com</u>

IULY 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.



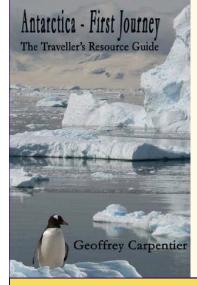
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						— HAPPY—CANADA DAY—1 JULY—
2	3	10 am GOLF —— 1:30 pm CRIBBAGE	10 am GENERAL MEETING	10:00 am WALKING GROUP	7 1:00 pm ZOOM CHAT	8
9	10	10 am GOLF —— NO CRIBBAGE TODAY	12 noon RODEO LUNCH —— 2:00 pm EUCHRE	10:00 am WALKING GROUP	1:00 pm ZOOM CHAT	15
16	17	10 am GOLF 12 noon MEN'S LUNCH 1:30 pm CRIBBAGE	19	10:00 am WALKING GROUP 5:30 pm DINING OUT	1:00 pm ZOOM CHAT	22
23	24	9:00 am BREAKFAST 10 am GOLF 1:30 pm CRIBBAGE	2:00 pm EUCHRE	10:00 am WALKING GROUP	1:00 pm ZOOM CHAT	29
30	31					

GENERAL MEETINGS

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

GENERAL MEETINGS continued

WEDNESDAY, SEPTEMBER 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)

WHAT'S NEW IN ALZHEIMER'S RESEARCH? with Guest Speaker: Sharon Cohen, MD, FRCPC

An explosion of research in Alzheimer's disease has moved the field closer to effective treatments. This presentation will provide updates on evolving information with respect to diagnostic biomarkers and the Alzheimer's drug development pipeline.

Dr. Sharon Cohen is a behavioural neurologist and the medical director of Toronto Memory Program, a community-based medical facility which she established in 1996 for the purpose of enhancing diagnosis and treatment for individuals with Alzheimer's disease and related disorders. Her memory clinic and dementia research site are among the most active in Canada.

Dr. Cohen has over 30 years of experience in clinical research and has been a site PI for over 180 pharmacological trials in dementia, including phase 1 trials. She represents Canada on international advisory boards and steering committees and is a consultant to a wide range of stakeholders including government organizations and patient advocacy groups. She is a frequent lecturer and contributes to media events including those on medical ethics. She is known for her advocacy of individuals with neurodegenerative diseases.

Despite academic and hospital appointments, Dr. Cohen has always chosen to practice in the community, in keeping with her belief that dementia care and clinical research are best offered in the real-world setting.

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



Some of our members were interested in hearing more from Nicole Countway, the Curator of Wildlife Rehabilitation at Soper Creek Wildlife Rescue, who gave a short presentation at our June meeting. She may be contacted direct for information or help in arranging visits to the wildlife centre.

email <u>rehabilitation@sopercreedwildlife.com</u> 905.442.1648 www.sopercreekwildlife.com

DAY TRIPS & TOURS



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.

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

HIGH TEA - WEDNESDAY, AUGUST 16 @ NOON AT THE OLD CURIOSITY TEA SHOP (LIMITED SPACE)

Did you always want to attend a Victorian High Tea and see what it is all about? The Old Curiosity Tea Shop is a traditional tea room where you can come for a quiet, relaxing, enjoyable time and savour the ambiance of Victorian comfort. We start with two tiers of freshly made dainty sandwiches. Next, another two tiers of warm scones, clotted cream, preserves, English cakes, cookies and a pot of loose-leaf tea.

Where: 91 Main Street North in Markham
Cost \$36.00 (includes tax and gratuity) Only 22 spots.
Sign up now! 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@hnatravels.com 905.619.8583

DAY TRIPS & TOURS continued



ANNUAL BARBECUE THURSDAY SEPTEMBER 14

Greenwood Conservation Area on Westney north of Taunton

MORE DETAILS TO FOLLOW

RSVP 905.619.8583 shirlievanputten@rogers.com





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



PICTON WINE TOUR IN OCTOBER

Date and more details will be anounced at the July 5 general meeting.

Shirlie: 905.619.8583 shirlievanputten@rogers.com

DAY TRIPS & TOURS continued





ST. JACOBS FARMERS' MARKET - THURSDAY NOVEMBER 9 Cost: \$125

Kick off your holiday shopping season with a visit to St. Jacobs Farmers' Market. Explore 250+ vendors with fresh produce, international cuisine, artisans & more! The tour also includes Picard's Peanuts, the Village of St. Jacobs, return transportation by coach and dinner at the Jacobs Grill.

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

DAY TRIPS & TOURS continued

A CHRISTMAS CAROL



SHAW 20 FESTIVAL 23





WEDNESDAY, DECEMBER 13

Ebenezer Scrooge is back!

Nestled in the heart of the ultimate Christmas village,
the charming holiday favourite, "A Christmas Carol", returns
to the Shaw Festival's Royal George Theatre.
It's the perfect annual reminder of what Christmas is all about.
Arrive feeling "Bah, humbug!" and leave full of warm,
fuzzy Christmas spirit.

Cost: \$150 includes return transportation by coach and orchestra level ticket.

RSVP Shirlie: 905.619.8583 shirlievanputten@rogers.com



DETAILS OF THIS YEAR'S CHRISTMAS LUNCHEON
WILL BE ANNOUNCED AT THE
AUGUST 2 GENERAL MEETING.

INTEREST GROUPS

BREAKFAST

We meet on the last TUESDAY of every month.

Next breakfast: JULY 25 @ 9:00 AM

SUNSET GRILL 235 Bayly St. West

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 (EXCEPT JULY 11) 1:30 - 4:00 pm EUCHRE: WEDNESDAY, JULY 12 & 26- 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: JULY 20 @ 5.30 PM

Will advise you when I have confirmed our reservation. In the meantime, please mark the date on you calendar.

Carol Breen cbreen840@bell.net



GARDEN

If anyone in our Group or other Probus members are interested in a visit to GUILD INN PARK & ROSETTA MCCLAIN GARDENS please contact Jane or Sylvia or speak to us at the July 5 meeting.

POSSIBLE DATES - JULY 11 OR 18

Jane Armstrong <u>armstrongjane@rogers.com</u> Sylvia Clark <u>travelsylvia52@gmail.com</u>



GOLF

9-HOLE GOLF (walking only)
EVERY TUESDAY - Tee Time starts @ 10:00 am
(Try to arrive 30 minutes before)

HAWTHORNE VALLEY

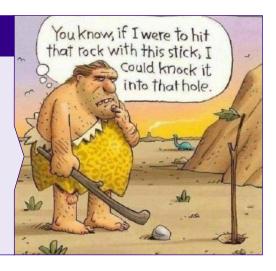
3470 Salem Road, Pickering

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: JULY 18 @ 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: JULY 12 @ Noon

WESTNEY RESTAURANT & BAR 570 Westney Road South, Ajax

Please let me know by Friday July 7 if you would like to join us. Anne Reed mandareed02@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 <u>mitchellmis@rogers.com</u> or Maureen McVarish <u>maureenmcvarish@yahoo.ca</u>



ZOOM CHAT ROOM

EVERY FRIDAY @ 1:00 PM

To join the Zoom Chat contact:

Stewart Beatty <u>ajaxprobuszoom@gmail.com</u> or Barb Squires <u>ajaxprobus@gmail.com</u>

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



MEMBERS' CORNER



Welcome to the new members pictured with Jane Wilson (left). Diane Fleming, Janet & John Hildyard and Sharon Leung. Absent from the photo: Janine Muller.

MEMBERSHIP & PAYMENTS

Membership fees have increased for the 2023/2024 year to **\$45** and are due on **August 1**st. 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 <u>Tom Rosebush</u> or Social Coordinator <u>Shirlie Van Putten</u> 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: probusajaxtreasurer@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 probusajaxtreasurer@gmail.com

POETRY BY CARL

ROCKING CHAIR

The house is abandoned, looking sad and forlorn.
There's no-one left here and nothing's reborn.
The parlour is empty and it seems to be bare
Except in the middle, sits an old rocking chair.

That old rocking chair has some stories to relate So sit back on the staircase as I tell you its fate. This room has felt sorrow and laughter for sure From people who lived here and the life they endured.

Unlike the barn, this was Grandma's great hall And family got welcomed with a hug one and all. Now it seems so empty with no-one left to share In the tales from the past of that old rocking chair.

A long time ago she would sit on her throne
And rock all the young ones who were crying alone.
And not just young babes but little lambs too
Who needed a loving mom and a bottle, perhaps two.

She wore a plain apron to keep her dress clean With her hair in a bun, there was no time to preen. At the end of a long day with her chores now at end She would sit in her chair and find something to mend.

Summer was chaos with kids running in and then out.

She would tell them to be quiet, and they'd sit with a pout.

At Christmas, the grandkids would come from near and from far

And she would hand out tasty treats from a big cookie jar.

Grandma would read children's stories from a book on her lap As we sat by the Christmas tree that smelled of pine sap. That old chair had a crack and when it moved, a small squeak, And flecks of paint on the floor made its white coat look bleak.

That chair was her favourite and she rocked over there
To some inner song, although it needed repair.
Now the days have gone by in the blink of an eye
And the years that have passed seem to fly.

Grandma's long gone but the memories live on And we'll keep them safe 'cause we care. I can still see the past and I hope it will last Of Grandma and that old rocking chair.



MAUREEN'S CAMERA RAMBLES

SANDHILL CRANES AT HILLIARDTON MARSH

Last fall, my two photo buddies and I drove up to Cochrane in our near Ontario northland to participate in an OFO (Ontario Field Ornithologists) outing. On the way up, we decided to stop by Hilliardton Marsh, an 1,800 acre provincially significant wetland wildlife area and education centre.

The centre was closed but we were able to walk around some of the ponds and photograph the water birds. It was exciting to see and shoot several flocks of Sandhill cranes flying overhead. However, none landed in the marsh or surrounding fields.

We set off again on our journey to Cochrane, happy with our "photo catches". We were admiring our photos on the camera screens when our driver pulled over on the side of the country road and said "GIRLS! LOOK TO YOUR LEFT!!!" There, on the farm fields, were hundreds of Sandhill cranes! Sandhill cranes feeding on the remnants of that year's grain crop, cranes flamboyantly interacting with each other and all the time newly-arriving flocks descending on the fields to join the throng. What a sight!



Maureen McVarish



JUNE 7 - 10: LOUISE PENNY & THE THREE PINES TOUR

Probus members and friends from more than six Durham clubs, enjoyed a four-day bus tour through Quebec's Eastern Townships, which inspired almost all Louise Penny's 19 "Inspector Gamache" novels. Since 2005, Penny has managed to release an "Inspector Gamache" book every year, in addition to a 2021 collaborative political thriller with Hillary Clinton.

We stayed at the 4-star Hotel Chateau Bromont, visiting local towns and villages, shops, stores, restaurants and churches – given other names – used by Penny in her novels.

Sharman Yarnell was our very knowledgeable tour guide – a close friend of Penny – and she shared some interesting stories that aren't found on the internet.

Penny has a house in Knowlton, aka Three Pines. She moved to the village in 1999 after her marriage to Dr. Michael Whitehead, whom she met on a blind date. The peaceful surroundings of Knowlton provided the inspiration for her first "Three Pines" book, "Still Life", published in 2005. Knowlton is home to the Brome Lake Book Store and Lac-Brome Museum in "Still Life", and the "Sapin Bistro", from "The Brutal Telling".

Georgeville, where Louise and Michael lived briefly, is home to Mr. Belliveau's General Store. (Trivia – Donald Sutherland has a house in Georgeville). Near Georgeville, is the impressive Abbaye St. Benoit du Lac which is featured prominently in book #8, "The Beautiful Mystery", about the death of a Benedictine monk. "Sara's Boulangerie", a delightful bakery (from "the Cruelest Month") is in the town of Sutton.

This is a great tour, not only for Louise Penny's ardent fans, but casual readers would also find much to enjoy about the background to the writings of Canada's premier author of the past 18 years or so. A reason for celebration, indeed.

Visiting the various small towns, which appear in Louise Penny's books, gave us a wonderful opportunity to gain understanding and insights into daily life in "La Belle Province".

Ken Lehan-Port (PROBUS Club of Ajax member)



Abbaye St. Benoit du Lac - Georgeville



Mr. Belliveau's General Store - Georgeville



Three Pines Bistro - Knowlton

RECIPES OF THE MONTH



POTATO EGG SALAD



5-lbs Yukon Gold potatoes (not new potatoes)

Dressing:

2 cups mayonnaise

½ cup sweet pickle relish

2 tbsps yellow mustard

4 diced hard boiled eggs

3 diced celery stalks

Chives, diced sweet onion or scallions to taste

Salt & pepper to taste

Garnish: fresh or dried dill & paprika

- 1. Cut the potatoes into bite-size chunks and bring to a boil in a large pot of salted water.
- When the water is at a rolling boil, remove the pot from the heat and leave with the lid on for 5 minutes or until the potatoes soften. Unless you like the potatoes mashed, they should still be firm.
- 3. Rinse the potatoes in cold water to cool down so they don't continue to cook.
- 4. Combine all dressing ingredients and mix into the cooled potatoes.
- 5. Refrigerate for a few hours or overnight for flavours to combine.
- 6. To serve, sprinkle with paprika and fresh or dried dill.



"OLIVE GARDEN" SALAD

For the salad: iceberg or romaine lettuce, tomatoes, red onion, pepperoncini peppers, black olives, croutons & parmesan.

For dressing: whisk by hand or in blender:

34 cup olive oil

½ cup mayonnaise

¼ cup white wine vinegar

1 tbsp sugar

2 tsps Italian seasoning

½tsp onion powder + ½tsp garlic powder

½tsp salt + ¼tsp pepper

(adjust seasonings to taste).

Garnish: more grated parmesan if desired.



CREAMY COLESLAW DRESSING

Whisk until blended:

1 cup mayonnaise

¼ cup sour cream

1½ tsps any mustard

3 tbsps sugar

1 tsp celery seeds

1 tsp onion powder

¾ tsp salt

½ tsp pepper

Add to coleslaw mix & refrigerate for a few hours or overnight for cabbage to soften &

flavours to combine.

Garnish: dried or fresh chopped parsley.

SMILES & CHUCKLES









We had social networking back in the day. It was called "go outside and play" - Unknown

Experience is not what happens to you; it is what you do with what happens to you - Aldous Huxley

Worry never robs tomorrow of its sorrow; it only saps today of its strength - A.J. Cronin

Happiness often sneaks in through a door you didn't know you left open - John Barrymore

It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone - Andy Rooney

We are always the same age inside - Richard Gere

Don't cry because it's over. Smile because it happened - Dr. Seuss

We can't always choose the music life plays for us but we can choose how to dance to it - Unknown

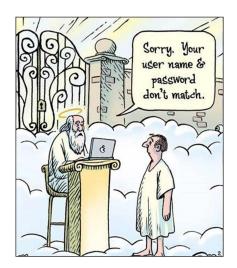
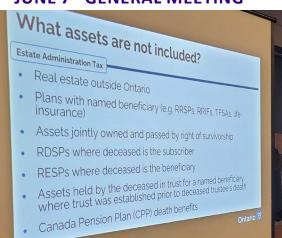






PHOTO GALLERY

JUNE 7 - GENERAL MEETING





The very entertaining guest speaker, Jeremy Bertrand

Sharon Leung & Maureen McVarish



Geraldine Amyot & Heike Vezina



Anne MacInnis, Ann Tyas & Anne Reed



Joan Westwood, Tish Meek, Cecelia Kearns, Jim Meek, Janice & Ken Lepper

PHOTO GALLERY continued



Freda Cureton & Judy Mitchell



Margaret & George Espley & Bernadine Taylor



Harvey Brodhecker & Carl Mabee



Allan Westwood, Clarence Prins & Ron Mitchell





PHOTO GALLERY continued











PHOTO GALLERY continued



June 13 - Town of Ajax 55+ Barbecue at the Audley Recreation Centre - l-r: Stewart Beatty, Barb Squires & Jim Meek



June 13 - Botanical & Whistling Gardens - photos submitted by April Gilkinson



