



PROBUS CLUB OF AJAX NEWSLETTER

Club 82

Vol 26 Issue 9

September, 2023

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MESSAGE FROM THE PRESIDENT

It is with mixed emotions that I am writing my last President's Message. I have enjoyed the two years I have been president of the PROBUS Club of Ajax, but it is time for someone else to take over the position and bring new ideas to the club.

I am pleased to announce that **Jean Wing** has agreed to be President, **April Gilkinson** has offered to be Vice President, and **Julie Mathewson** has volunteered to be the Special Interest Coordinator. The complete proposed Slate of Nominees for the **2023/24 Management Team** is as follows:

- | | |
|---|---|
| President: Jean Wing | Vice-President: April Gilkinson |
| Past-President: Jane Wilson | Speaker Coordinator: April Gilkinson |
| Treasurer: Rowena Burns | Secretary: Bernie Rosebush |
| Newsletter: Hetty Shapiro | Membership: Tom Rosebush |
| House: Margaret Wells | Communications: Barb Squires |
| Social: Shirlie Van Putten | Special Interest: Julie Mathewson |
| Technical: Stewart Beatty | Webmaster: Maureen McVarish |
| Members-at-large: Kevin Portener & Terri Stewart | |

The Slate will be brought before the members for approval at our **Annual General Meeting** on **Wednesday, September 6**.

Our club is successful because of the great people who volunteer to lead the special interest groups and are on the management team. I am grateful for their support during my term as president. Due to their hard work, we have seen our membership grow in the past year. Hopefully, we continue to attract new members.

Jane Wilson

ajaxprobuspresident@gmail.com

905-619-6674

MANAGEMENT TEAM

President: **Jane Wilson**

Vice President: **Jim Meek**

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**

Technical: **Stewart Beatty**

Website: **Maureen McVarish**

Members-at-Large:
Kevin Portener
Terri Stewart

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.ajaxprobus.com



Ajax
Partnership
Fund

PROBUS Canada website
www.probus.org

SEPTEMBER CALENDAR

PLEASE WEAR YOUR NAME BADGE AT ALL OUR MEETINGS AND EVENTS.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 1:00 pm ZOOM CHAT	2
3	4 	5 10 am GOLF — 1:30 pm CRIBBAGE	6 10 am ANNUAL GENERAL MEETING	7 10:00 am WALKING GROUP — 2:30 pm SOCIAL BRIDGE	8 1:00 pm ZOOM CHAT	9 10 am - 2 pm 55+ WELLNESS FAIR AT AJAX COMMUNITY CENTRE
10 	11	12 10 am GOLF — 10 am COFFEE & CONVERSATION — 1:30 pm CRIBBAGE	13 Noon LADIES LUNCH — 2:00 pm EUCHRE	14 10:00 am WALKING GROUP — 11:00 am BBQ PICNIC — 2:30 pm SOCIAL BRIDGE	15 1:00 pm ZOOM CHAT	16
17	18	19 10 am GOLF — Noon MEN'S LUNCH — 1:30 pm CRIBBAGE — GARDEN GROUP	20	21 10:00 am WALKING GROUP — 2:30 pm SOCIAL BRIDGE — 5:30 pm DINING OUT	22 8:30 pm DANCING AT THE EDGE — 1:00 pm ZOOM CHAT	23
24	25	26 9:00 am BREAKFAST — 10 am GOLF — 1:30 pm CRIBBAGE	27 2:00 pm EUCHRE	28 10:00 am WALKING GROUP — 2:30 pm BRIDGE LESSON	29 SUNSET CRUISE — 1:00 pm ZOOM CHAT	

SEE WHAT'S ON IN THE TOWN OF AJAX

[Town of Ajax 55+ activities](http://www.ajaxlibrary.ca/whatson)

<http://www.ajaxlibrary.ca/whatson>

GENERAL MEETINGS

JOIN US FOR LUNCH AT THE PORTLY PIPER PUB AFTER THE MEETINGS.

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 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. 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.

FREE CHEEK SWABS WILL BE AVAILABLE AT THE MEETING. THE TEST INDICATES A POSSIBLE GENETIC RISK OF DEVELOPING ALZHEIMER'S DISEASE. [Book with April Gilkinson](#)

WEDNESDAY, OCTOBER 4 - 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)**



FROM BIRDER TO BIRDER MURDER - THE MYSTERY CONTINUES

with Guest Speaker: **Steve Burrows**

Join Steve Burrows for a light-hearted slideshow that moves between the worlds of birding, publishing and research travel to reveal his journey from environmental journalist and birder to author of the best-selling Birder Murder mystery series.

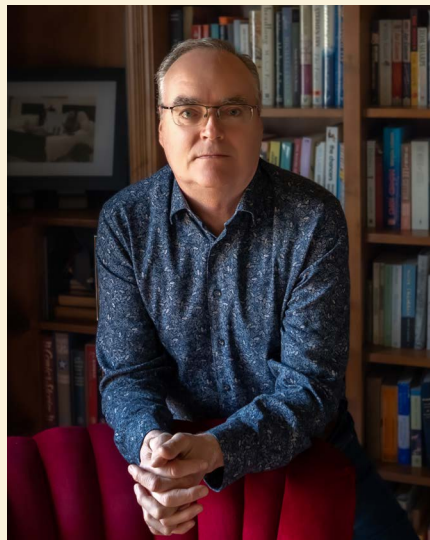
Steve has travelled to destinations such as Taiwan, Sri Lanka, Vietnam, Thailand and Papua New Guinea, covering stories on everything from silk villages to seahorses, and his work has appeared in publications all around the world. After returning to Canada, Steve turned his hand to fiction. His first novel, *A Siege of Bitterns*, won the Crime Writers of Canada award for Best First Novel, and was selected as one of the Globe & Mail's top 100 books of the year. The seventh Birder Murder mystery, *A Foreboding of Petrels*, was published last fall. Steve and Resa now live in Oshawa, Ontario.

GENERAL MEETINGS

WEDNESDAY, NOVEMBER 1 - 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)**



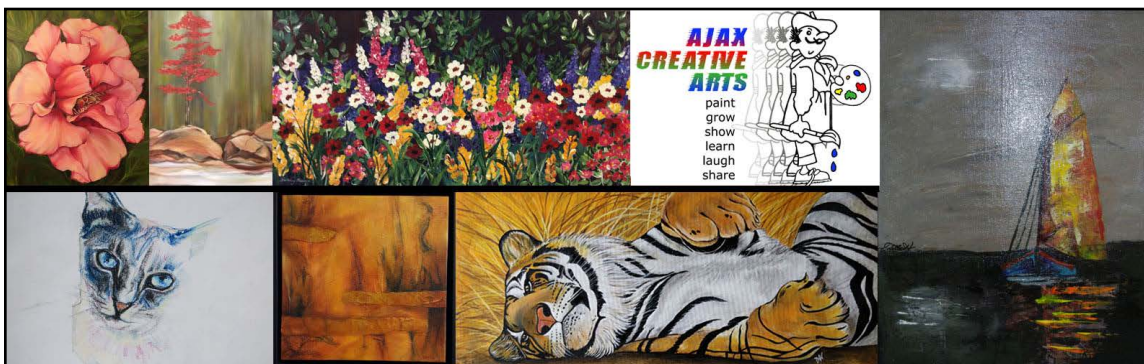
A NEW SEASON: TRACING THE ROOTS OF A NOVEL

with Guest Speaker: **Terry Fallis**

Two-time winner of the Stephen Leacock Medal for Humour, Canadian novelist, Terry Fallis, is the award-winning author of eight national bestsellers. His presentation will trace the roots of his latest novel, *A New Season* – a thoughtful exploration of aging, loss, family, friendship, and love, all with his trademark humour and heart. Full of sincerity and warmth, *A New Season* shows us all that sometimes, making a change in your life can save your life.

Terry has written for many publications including Maclean's, Canadian Geographic, Reader's Digest, Toronto Life, the Globe and Mail, the National Post, and the Toronto Star.

<https://terryfallis.com/>



AJAX CREATIVE ARTS, 22 SHERWOOD ROAD, WEST, AJAX, PRESENTS:

**Free Workshops • 10 non-club members can attend each workshop
Bring your own lunch • coffee, tea and treats will be available**

A workshop will be held on **OCTOBER 14 from 10:00-4:00** – a 'Whimsical Illustration workshop' where the process for delightful imaginative storybook type characters will be produced. (This will be led by a very talented, renowned member of the club) Anyone interested in joining the club can also come to the club on any Wednesday between noon and 5:30 pm.

For more information or to register, email ajaxcreativearts@yahoo.ca

SOCIALS & TOURS

SIGN-UP SHEETS FOR SOCIALS, TOURS & INTEREST GROUPS ARE AVAILABLE AT THE MEETINGS.



ANNUAL BARBECUE (Catered)
GREENWOOD CONSERVATION AREA
(on Westney north of Taunton)

THURSDAY SEPTEMBER 14
11:00 am - 2:00 pm Cost: \$20

NOTE: PLEASE MAKE PAYMENT BY SEPTEMBER 6

RSVP: shirlievanputten@rogers.com 905.619.8583



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





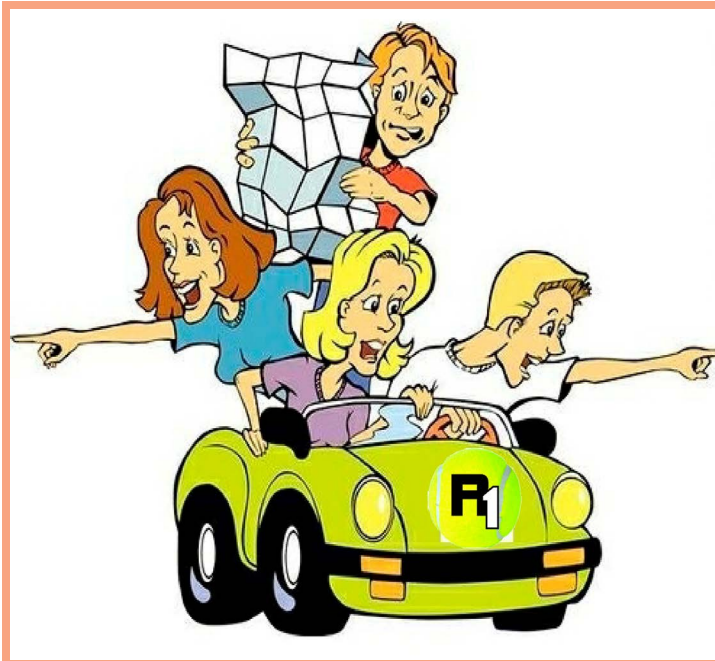
PICTON WINE TOUR - TUESDAY, OCTOBER 3

Welcome to Prince Edward County, a Designated Viticultural Area in Ontario with close to 40 wineries and new ones popping up every year. The limestone-rich soils of Prince Edward County produce wines with an unmistakable sense of place. The natural minerality of the soil is highlighted in the wines along with other flavors developed from the nutrients and minerals that the grapes absorb as they grow. Our winemakers are serious about wine, but the tasting experience in Prince Edward County is refreshingly unpretentious.

Cost \$153 includes:

*Return transportation by Coach (departs by 8:45 am)
Lunch at The Waring House, Tasting at two Wineries,
Visit to the "Lake in the Mountain" and Driver's Tip*

RSVP: Shirlie: 905.619.8583 shirlievanputten@rogers.com



CAR RALLY MONDAY, OCTOBER 16

COST WILL BE BETWEEN \$20 - \$25

INCLUDING A BUFFET LUNCH.

MORE DETAILS WILL FOLLOW.

A SIGN-UP SHEET WILL BE AVAILABLE

AT THE SEPTEMBER 6 MEETING.

OR CONTACT JANE WILSON TO RESERVE.

jw003@sympatico.ca

905.619.6674

SOCIALS & TOURS

RELAX, DETOXYF AND DE-STRESS

UXBRIDGE HOLISTIC SALT THERAPY CAVE & LUNCH

CHOICE OF 2 DATES: 10:00 AM ON TUESDAY, OCTOBER 17 OR TUESDAY, OCTOBER 24

LIMITED AVAILABILITY - BOOK NOW!



SALT CAVE (5 spots: \$34 p.p - 45 mins)

The Salt Caves are an original method of application of salt rock from Klodawa-Poland, Himalaya-Pakistan and the Dead Sea. All together 12 tons of salt is used for inhalation, rehabilitation, prophylactics, and health protection. The air inside our salt caves is saturated with minerals and negative ions.



HAND & FOOT DETOX (4 spots: \$28 p.p- 45 mins)

The Pink Salt Foot Detoxifier is a pleasing, natural work of art and a powerful tool for rebalancing, revitalizing, and gently cleansing the body and mind. The detoxifier lights up to give off radiant warmth and gentle light, negative ion-producing only when lit, improving over-all wellness.

HOLISTIC SALT THERAPY CAVE, 16 BROCK ST. WEST, UXBRIDGE
FOLLOWED BY LUNCH AT THE TRAIL HUB RESTAURANT (at your own expense)
722 CHALK LAKE ROAD, UXBRIDGE

Self-drive/Carpool. Pre-pay to reserve your space. Cash, cheque or e-transfer to
Coordinator: April Gilkinson april-ann@hotmail.com



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 Shirlye: 905.619.8583 shirlyevanputten@rogers.com

SOCIALS & TOURS

A CHRISTMAS CAROL



**SHAW 20
FESTIVAL 23**

NIAGARA-ON-THE-LAKE



WEDNESDAY, DECEMBER 13 2023



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
shirliewanputten@rogers.com



**DETAILS OF THE ANNUAL
CHRISTMAS LUNCHEON
WILL BE ANNOUNCED SOON.**



INTEREST GROUPS

SIGN-UP SHEETS FOR SOCIALS, TOURS & INTEREST GROUPS ARE AVAILABLE AT THE MEETINGS.

BREAKFAST CLUB

TUESDAY, SEPTEMBER 26 @ 9:00 am

WE MEET ON THE LAST TUESDAY OF THE MONTH

Next breakfast at:

SYMPOSIUM CAFE

338 Rossland Road E (at Salem)

RSVP: Lynne Stewart

912lynne@gmail.com 905-738-8147)



BRIDGE

EVERY THURSDAY FROM 2:30 - 4:30 pm

ROTARY ROOM, AJAX LIBRARY

55 Harwood Ave. South

Sept. 7 Social Bridge

Sept 14 Social Bridge

Sept 21 Social Bridge

Sept 28 Bridge Lesson

*(No Trump Openings and Bidding Sequences
when Responder has a Balanced Hand)**

**This is the first in a series of lessons which cover Bridge Bidding.
The lessons will continue until the spring on the 2nd and 4th Thursdays
of the month. The lessons build on material from previous lessons.*

RSVP: Harvey Brodhecker hbrodhecker@yahoo.ca



IS BACK!

COFFEE & CONVERSATION

TUESDAY, SEPTEMBER 12 @ 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 by Sept 8 to April Gilkinson april-ann@hotmail.com
or Hetty Shapiro ajaxprobuseditor@gmail.com



INTEREST GROUPS

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 Smith wendysmith1@live.com 905-686-1490



DANCING AT THE EDGE

FRIDAY, SEPTEMBER 22 @ 8:30 pm

**LIFE MAY NOT ALWAYS BE THE PARTY WE HOPED FOR
BUT WHILE WE'RE HERE, WE SHOULD DANCE!**

Join us once a month for a fun evening dancing to retro hits.

THE EDGE LOUNGE

Mackenzie Pub Plaza, 250 Bayly St. W.
featuring The Marc Joseph Band
([Watch them on YouTube](#))

Entrance fee at the door (\$10-\$20)

RSVP by Sept. 18

April Gilkinson april-ann@hotmail.com
or Hetty Shapiro ajaxprobuseditor@gmail.com



DECEMBER 31 . . . We are ringing in the New Year at The Edge Lounge!
Space is limited so we are already taking names of those members who would like to join us.

THE MARC JOSEPH BAND



DINING OUT

THURSDAY, SEPTEMBER 21 @ 5:30 pm

EVERY 3RD THURSDAY

MILOS GREEK RESTAURANT
*on Kingston Rd at Valley Farm Rd.
Pickering*

RSVP: Carol Breen cbreen840@bell.net



INTEREST GROUPS

EUCHRE

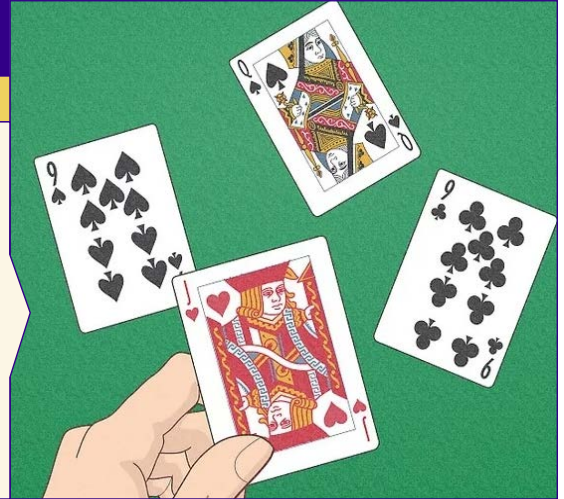
EUCHRE: WEDNESDAY, SEPT 13 & 27 2:00 - 4:00 pm

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 Wilson jw.003@sympatico.ca 905-619-6674



GARDEN GROUP

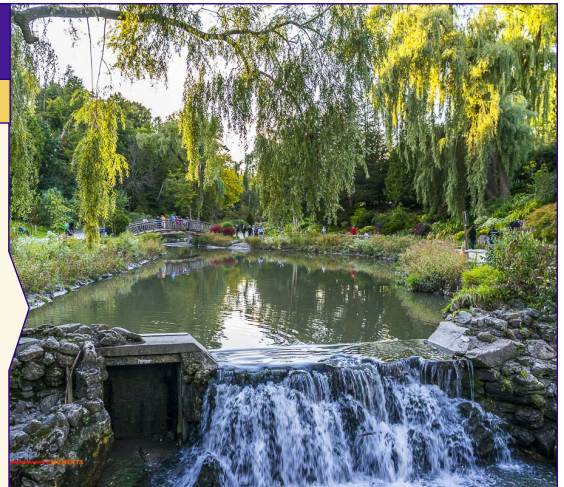
TUESDAY, SEPTEMBER 19

The Garden Group is planning a trip to
EDWARD'S GARDENS

777 Lawrence Avenue East, Toronto

*Please sign up at the September meeting
or email me if you would like to join us.*

RSVP: Sylvia Clark travelsylvia52@gmail.com



GOLF

EVERY TUESDAY - TEE TIME @ 10:00 am

9-HOLE GOLF (walking only)
(Try to arrive 30 minutes before tee time)

HAWTHORNE VALLEY
3470 Salem Road, Pickering

Reservations to Hawthorne Valley up to a week ahead:
905-686.2028

RSVP: Marcia Everitt (Durham West)
marciaeveritt@yahoo.ca



INTEREST GROUPS

"GOMEO" LUNCH CLUB

TUESDAY, SEPTEMBER 19 @ NOON

(Grumpy Old Men Eating Out)

WE MEET EVERY 3RD TUESDAY

AT MACKENZIE PUB & RESTAURANT

250 Bayly St. West, Ajax

RSVP: Kevin Portener kportener@gmail.com



"RODEO" LUNCH CLUB

WEDNESDAY, SEPTEMBER 13 @ NOON

(Retired Old Dames Eating Out)

WE MEET EVERY 2ND WEDNESDAY

On September 13, we are meeting at

BROTHERS RISTORANTE

110 Lupin Drive, Whitby

Please let me know by Friday Sept 8 if you would like to join us. Anne Reed mandareed02@gmail.com



WALKING CLUB

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 Mitchell mitchellmis@rogers.com

or Maureen McVarish maureenmcvarish@yahoo.ca



INTEREST GROUPS

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



ZOOM VIDEO FAILS

Ajax Community Centre | HMS Room | 75 Centennial Road | 10 a.m. - 2 p.m.

Saturday, September 9

FREE

55+ Wellness & Information

Fair

Fitness
Demos

Community
Vendors

Refreshments

and
more!



For busing details and more information, visit ajax.ca/55plus

This content is available in alternative formats upon request by contacting 905-683-4550 or email contactus@ajax.ca.



**PROBUS CLUB OF AJAX WILL HAVE A BOOTH AT THE FAIR.
STOP BY AND SAY "HELLO".**

MEMBERS' CORNER

MEMBERSHIP & PAYMENTS

Membership fees have increased for the 2023/2024 year to **\$45** and were 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 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
ajaxprobusmembership@gmail.com

Rowena Burns, Treasurer
probusajxtreasurer@gmail.com



Lakeridge Dixie Stompers

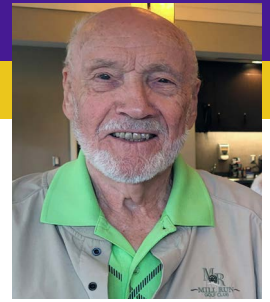
The Lakeridge Dixie Stompers play authentic happy New Orleans music featuring a gumbo of Blues, Marches, Ragtime, Hymns, Country & Western and Gospel on:

SUNDAY, SEPTEMBER 10
CLOUD NINE BAR & GRILL
368 BAYLY ST. WEST, AJAX

NEW TIME: 5:00 pm - 7:30pm

THERE IS NO CHARGE TO SIT AND ENJOY THE MUSIC.

Tony Lees (band member)
Probus Club of Ajax member



Carl G. Mabee



WHAT IS HAPPINESS?

Is it reflected with a toothy grin?
Or perhaps it's a game that you could win,
Or kneeling in the garden loam,
Tending to plants close to home.
Or dancing with the one you love,
Or giving thanks to the one above.
Maybe it's watching your kids at play,
Or coming home after a very long day.
Or sitting down to a gourmet meal.
Maybe it's negotiating a winning deal.
Or laying down on a sandy beach,
Watching the waves just out of reach.
Maybe it's listening to a favourite tune
Or eating ice cream with a big soup spoon,
Or working at a job you really like,
Or sitting on a mountain after a very long hike.
Perhaps happiness is being with a crowd
And laughing at some joke right out loud.
Or listening to a speaker hearing something new
And realising that your knowledge base just grew.
Maybe some of the above makes you feel so high
So sit back, relax, and breathe a happy sigh.



MEMBERS' CORNER

MAUREEN'S CAMERA RAMBLES

CYCLE OF LIFE RIGHT IN MY BACKYARD

In late spring and early summer I don't have to go far to witness the cycle of life amongst my backyard bird friends. A big backyard, trees and bird feeders. (Worms and bugs help too!). I'm not sure where most of them nest, though for sure the robins will often use any flat protected ledge, such as my backyard floodlight. That's when I get to see the whole cycle from eggs to fledgling.

From mid May, right through to July and sometimes later, I watch the chicks following mom or dad with open wings and beaks. Feed me !!! The insect eaters will follow their parents through the grass, waiting to see who will get the next morsel like that gaggle of fluffy grey starlings. The seed eaters will accompany their parents to the feeders or a nearby branch usually fluttering their wings and looking cute. The woodpeckers will show baby where I hang the suet and peanut feeders. There are crows in my neighbourhood but they rarely visit my yard. However, last summer a fledgling crow visited my birdbath. How delightful to get a closeup look at his baby blue eyes and to see his baby pink lips still showing at the corners of his mouth. I swear he was smiling for my camera!



Maureen McVarish



MEMBERS' CORNER

ART BY VICTORIA



Victoria Plaskett

Victoria studied art at Niagara College, Brock and Western University, completing a B.A. in Canadian Art (studio and history) and Canadian Literature. She has sold art, won a photography award and taught art in schools in Ontario and China.

Currently, she is studying art again at the Ontario College of Art and Design University (OCAD U) taking watercolour, acrylic landscape and portrait painting classes toward her "Art and Design Studio Skills Certificate." Victoria is a member of the "Ajax Creative Arts Centre."



V. Plaskett 2023
Blue Door on Twigg Drive



Victoria Plaskett
2023



- Top left:** *Blue Door on Twigg Drive - Watercolour Sketch 8" x 10"*
- Top centre:** *Seagull at Duffin's Creek - Acrylic Tonal Study 12" x 16"*
- Top right:** *Pink Peonies - Watercolour 10" x 14"*
- Bottom left:** *Pink Fan Coral & Clown Triggerfish - Mixed Media: Acrylic, modeling clay, Japanese paper & gel 12" x 16"*
- Bottom right:** *Last Portage to Stoplog Cabin - Acrylic 15" x 20"*



TORTILLA CASSEROLE



1 lb ground beef or chicken
1 each green & red pepper, chopped
1 sweet or red onion, chopped
2 cups Salsa
1 19-fl oz/540 ml can undrained diced tomatoes
2 cups thawed frozen or canned sweet corn
1 can black beans, thoroughly rinsed & drained
12 small flour tortillas
2 cups shredded cheddar cheese
Serve with sour cream/guacamole/rice

1. Sauté onion and peppers in olive or avocado oil in a large pot.
2. Add ground beef and brown.
3. Drain and stir in salsa, tomatoes, corn and beans.
4. Spread half meat mixture into bottom of 13 x 9 baking dish/casserole; top with 6 tortillas; overlapping to fit.
5. Add remaining meat mixture, and top with remaining tortillas and half the cheese.
6. Cover the dish with foil & bake 25-30 minutes until heated through. Add remaining cheese and let sit covered for 5 minutes or until the cheese has melted.

Note: *Can be assembled the day before but will need more time to heat through.*

EASY GUACAMOLE



2 ripe avocados, peeled and pitted
½ red or sweet onion, finely chopped
1 chopped tomato
1 clove minced garlic
Juice of one lime
Salt and pepper to taste
If desired, add cayenne pepper
or hot sauce to taste.

1. Mash avocado in a medium size bowl.
2. Stir in onion, tomato, and garlic.
3. Add lime juice, salt and pepper.
4. Cover in an airtight container and chill for 30 minutes to allow flavours to blend.

Note: *Leftovers can be stored for a couple of days in an airtight container.*

If the top oxidizes (the brown is edible) but if you prefer, just scrape off the brown part.

MEMBERS' CORNER

SMILES & CHUCKLES



Inside every older person, is a younger person wondering what happened.

At my age, "getting lucky" means finding my car in the parking lot.

As a senior, I've learned that laughter truly is the best medicine ... especially when mixed with a daily dose of fibre!

Age is simply the number of years the world has been enjoying you!

Forget about aging gracefully, focus on aging gratefully.

I'm not old, I'm just chronologically gifted.

I want to die peacefully in my sleep, like my grandfather ... not crying and screaming like the passengers on his bus.



PHOTO GALLERY

AUGUST 1 - "LES MIS" PERFORMANCE AT WESTBEN



*Standing: Darlene Fawcett & Anne MacInnis.
Sitting: Marie Nawrocki, April Gilkinson & Hetty Shapiro*



Frank & Ginette Cooper & Heike Vezina



Judy & Ron Mitchell, Freda Cureton & Clarence Prins



Dawne Campbell & Anne MacInnis



Shirlie van Putten, Heike Vezina, Fran Sancroft, Frank Cooper, Olga Green & Vicki Trusdale



Ken & Laurie Lehan-Port

PHOTO GALLERY

AUGUST 2 - GENERAL MEETING



Margaret Wells & Breda Porter



Pat Nasmith & Victoria Plaskett



Linda Lomas (r) with a guest



PHOTO GALLERY

AUGUST 2 - GENERAL MEETING



PHOTO GALLERY

AUGUST 16 - HIGH TEA AT THE OLD CURIOSITY TEA SHOP

