

PROBUS CLUB OF AJAX NEWSLETTER

Club 82 Vol 27 Issue 4 April, 2024

CONTENTS

APRIL CALENDAR	2
GENERAL MEETINGS	3
SOCIALS & TOURS	4
INTEREST GROUPS	10
CALENDAR PROJECT	16
MEMBERS' CORNER	17
Poetry by Carl	18
Maureen's Camera Rambles	19
Art by Rowena	20
Smiles & Chuckles	21
Recipes of the Month	22
PHOTO GALLERY	23

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
Socials: Shirlie van Putten
Speakers: April Gilkinson
Interest Groups: Julie Mathewson
Technical: Stewart Beatty

Website: Maureen McVarish

Member-at-Large: Kevin Portener



MESSAGE FROM THE PRESIDENT

Happy Easter. Happy Passover. Have a blessed Ramadan.

As I write my message on the first day of spring, it feels like -6c and snowing. I had flowers blooming in my garden and shoots pushing through the soil earlier this week. Last week, I was convinced spring was here, as I walked

along the path at Rotary park, enjoying the warmth of the sun and the ducks swimming in the lake. April is a month of renewal and I know warmer weather and longer days are ahead.

Our General meeting on **April 3rd**, will be busy as we are hoping to see many of our members there with their friends to enjoy our speaker, Elaine Charal, and a light lunch. Please sign in on arrival and wear your name badges. We have waived the fee this month but if you would like to participate in the "share the wealth" the tickets will be available. Thank you to everyone who volunteered to help, many hands make light work.

Probus Canada require Probus Clubs to update their by-laws every three years. Our committee have had several meetings and have updated our By-laws which will be presented to the membership in May 2024.

Check the newsletter and FB page for upcoming events and trips.

Jean Wing ajaxprobuspresident@gmail.com

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



APRIL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	10:30 am SALSA —— 1:30 pm CRIBBAGE	10 am OPEN HOUSE	10:00 am WALKING GROUP 2:30 pm BRIDGE	1:00 pm ZOOM CHAT	6
7	Noon LADIES LUNCH Noon MEN'S LUNCH	10 am COFFEE 1:30 pm CRIBBAGE	2:00 pm EUCHRE	10:00 am WALKING GROUP 2:30 pm BRIDGE	1:00 pm ZOOM CHAT	13
14	1:00 pm BOWLING	1:30 pm CRIBBAGE	10:00 am BOOK CLUB VIA ZOOM	10:00 am WALKING GROUP 2:30 pm BRIDGE 5:30 pm DINING OUT	1:00 pm ZOOM CHAT	8:30 pm DANCING AT THE EDGE
21	22	10:00 am GARDEN —— 1:30 pm CRIBBAGE	2:00 pm EUCHRE	10:00 am WALKING GROUP 2:30 pm BRIDGE	1:00 pm ZOOM CHAT	27
28	29	9:00 am BREAKFAST 10:30 am SALSA 1:30 pm CRIBBAGE				



Town of Ajax 55+ activities
What's On at the Ajax Library



GENERAL MEETINGS

WEDNESDAY, MAY 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)



HEALTHY HEARING: HEAR MORE, LIVE MORE!

with Guest Speaker: Shannon Sheppard

As May is "Better Speech and Hearing Awareness Month" in North America, our speaker is Shannon Sheppard, an independent contractor with both a local and provincial contract in the Hearing Health Care sector. She has a Hons BA in Exceptionality in Human Learning and, as a Communicative Disorders Assistant (graduate studies certificate with speech & language therapy and audiology training). In Shannon's presentation, you will learn about healthy hearing including:

- How we hear
- What causes hearing loss
- Degrees of hearing loss
- Signs of hearing loss
- How your hearing is tested Diagnostic hearing tools
- Hearing loss and other conditions

WEDNESDAY, JUNE 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)



WHAT'S IN A NAME?

A musical talk by: **Deirdrey Francois**

Deirdrey is a professional singer, songwriter, entertainer and performer who has been featured on CBC radio and has performed in international concerts.

Her unique musical talk on What's in a Name is a fun inspiring keynote incorporating music, and is engaging and funny. "An inspiring music-filled flame to ignite the thrill and the fame that is hidden inside a name".

Deidrey's musical versatility is performed with infectious enthusiasm.

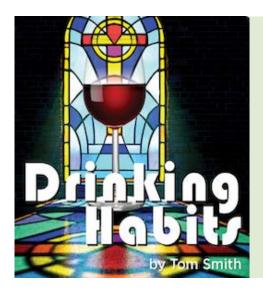
"Deidrey's performance was a complete and total success!! The membership loved her." – Probus Club of Oshawa

DURHAM FIRST AID Inc.

Durham First Aid is offering us the following workshops which need a minimum of 8 participants to run. Dates are to be confirmed but will likely be late April or early May:

First Aid Basics 2-3 hours \$25+ HST per person Emergency First Aid & CPR 8 hours \$105+HST per person

Information about class content can be found on their website www.durhamfirst.aid.com
Contact Julie to reserve: jmathewson@rogers.com



THE WHITBY COURTHOUSE THEATRE PRESENTS: "DRINKING HABITS"

THURSDAY, APRIL 18 - 8:00 PM - \$25 p.p.

Accusations, mistaken identities, and romances run wild in this traditional, laugh-out-loud farce. Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent's doors open, but Paul and Sally, reporters and former fiancée's, are hot on their trail.

Whitby Courthouse Theatre, 416 Centre St. South, Whitby

RSVP: shirlievanputten@rogers.com 905-619-8583

QUIZZES AND COCKTAILS FRIDAY, APRIL 26 - ST. FRANCIS CENTRE 7:00 PM - 9:30 PM - \$5 PER PERSON

Join as an individual or with a team of up to four people, as your knowledge is tested on movies, music, TV, cartoons, superheroes, pop culture, history, science, sports, and more!

NOTE: Each team will need to bring a smart phone, tablet, or laptop to play.

PRIZES, CONCESSIONS, AND CASH BAR

RSVP: Julie jmathewson@rogers.com



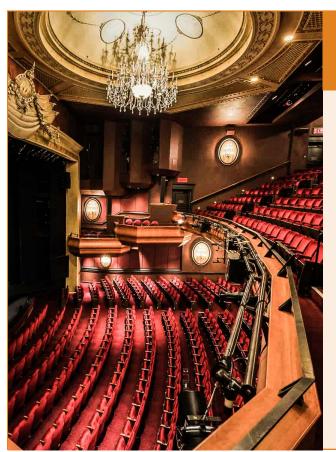


SATURDAY, MAY 11, 2024 - 2:30 PM Forest Brook Community Church, 60 Kearney Drive, Ajax

Music4Life String Orchestra presents **SUNSHINE FOR THE SOUL**a vibrant musical experience of uplifting rhythms and joyful tunes
featuring special guests, the globe-trotting clarinet & accordion comedic duo: **Bridge & Wolak**



Tickets are \$25, \$20 for seniors
Free refreshments follow the performance
RSVP: Julie jmathewson@rogers.com



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



FROM JUDY TO BETTE

The Stars of Old Hollywood starring Rebecca Perry

A look at the lives and times of Judy Garland, Lucille Ball, Bette Davis and Betty Hutton. Weaving together scandalous headlines, bestselling timeless songs, and classic comedy, award-winning Rebecca Perry will take you on a journey through the careers of these screen legends of yesteryear.

SATURDAY, MAY 25 - 7:00 PM AT THE ST. FRANCIS CENTRE

Tickets are \$38 but will be reduced to \$34.20 if we have a group of 10 or more.

RSVP: Julie <u>jmathewson@rogers.com</u>



Award-winning Canadian author, Louise Penny, has captivated the world with her compelling mystery novels set primarily in the Eastern Townships of Quebec. Her wildly popular books from the Three Pines series have consistently topped the New York Times bestseller lists.



JUNE 1 - 4: LOUISE PENNY THREE PINES TOUR

HNA's special four-day excursion will explore the epic sites that created the backdrop to Louise Penny's captivating novels, including: The Victorian village of **Knowlton** – the direct inspiration for Penny's fictional village of Three Pines – with stops at **Brome Lake Books** and the **Brome County Historical Society Museum** where Jane's painting from Still Life is on display; **Abbaye de Saint-Benoît-du-Lac** (the inspiration for Saint-Gilbert-Entre-les-Loups Abbey in A Beautiful Mystery), old **Hadley House**, and of course, **Sarah's Boulangerie**. Join us as we uncover the important settings that make Penny's novels so endearing and the secrets behind them!

Package includes:

- Return coach transportation from Ajax/Pickering area.
- Three night's accommodation at the Domaine Chateau Bromont.
- Admission to all attractions stated in the itinerary.
- Three breakfasts; three lunches, & welcome dinner.
- Two full days of Sharman a Louise Penny Guide specialist.
- Services of an HNA Travels Tour Director.

\$1,467.87 inclusive per person/double occupancy \$1,919.87 inclusive per person/single occupancy

For complete itinerary and more information, contact: shirlievanputten@rogers.com 905-619-8583

SATURDAY, JUNE 8 - 7:00 PM

ST. FRANCIS CENTRE **PRESENTS** SOS: SOUND OF STING

A TRIBUTE TO STING AND THE POLICE

Born from a lifelong love affair with the music of Gordon Sumner (known as "Sting") Mike Ferfolia's SOS draws from the best of the best of Sting's catalogue.

Tickets are \$38 but will be reduced to \$34.20 if we have a group of 10 or more.

RSVP: Julie <u>jmathewson@rogers.com</u>



BOOK BY TERRANCE MCNALL MUSIC & LYRICS BY DAVID YAZBECK DIRECTED & CHOREOGRAPHED BY JULIE TOMAINO

WEDNESDAY, JULY 17 - 2:00 PM CAPITOL THEATRE, PORT HOPE

A raucous, pop-rock-musical that takes it all off! While spying on their wives at a "Girls' Night Out," a group of unemployed steelworkers from Buffalo come up with a bold (and unclothed) way to make some quick cash. In preparing for the show, they find themselves extremely exposed, both physically and emotionally.

As they conquer their fears, self-consciousness, and prejudices, the men come to discover that they're stronger as a group, and the strength that they find in each other gives them the individual courage to let it all go.

\$115 per person includes:

Ticket to see the show. Return transportation & driver's tip RSVP: shirlievanputten@rogers.com 905-619-8583



For the past 24 years, the Westben stage has been the site for a host of spectacular music theatre presentations ranging from Jesus Christ Superstar to Les Mis with generous helpings of Rogers & Hammerstein, Andrew Lloyd Webber & Tim Rice, Lerner & Loewe, Stephen Sondheim, Jerry Bock and many others. To celebrate our 25th season, we present the very best of the best, with some of our very favourite guest artists. Expect to find your dream!

\$144 includes return transportation by coach; picnic lunch; show ticket, and driver's tip.

RSVP: Shirlie 905.619.8583 shirlie@hnatravels.com



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

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.

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.

For full itinerary and more information, contact Shirlie: 905.619.8583 shirlie@hnatravels.com





VOLUNTEERS WANTED TO HELP PLAN THIS YEAR'S CAR RALLY

The Car Rally will take place in the fall.
We need a few volunteers to help
organize this fun event.

Contact Julie if you would like to help <u>jmathewson@rogers.com</u>

NOT ANOTHER BOOK CLUB

WEDNESDAY, APRIL 17 @ 10:00 AM

EVERY 3RD WEDNESDAY OF THE MONTH - VIA ZOOM

Have you ever felt tired of reading the same kind of books over and over, but don't really know what is out there? You go into the library or a bookstore and the shelves are stacked with books. There are authors and titles you have never heard of.

Our members come together to share the latest books they have read, talk about a new or favourite author and generally have fun together. You never know what direction our discussion will take you but I can assure you it will be your ideas.

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



BOWLING FOR FUN

MONDAY, APRIL 15 @ 1:00 PM

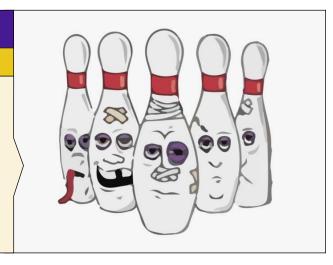
WE MEET ON THE 3RD MONDAY OF THE MONTH

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, APRIL 30 @ 9:00 AM

WE MEET ON THE LAST TUESDAY OF THE MONTH

Next get-together at:

ANGELIQUE'S
31 Barr Road, Ajax

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



BRIDGE

EVERY THURSDAY FROM 2:30 - 4:30 PM

The lessons build on material from previous lessons.

ROTARY ROOM, AJAX LIBRARY

55 Harwood Ave. South

April 4 Social Bridge

April 11 Overcalls and competitive bidding

April 18 Social Bridge
April 25 Course Review

RSVP: Harvey hbrodhecker@yahoo.ca



COFFEE & CONVERSATION

TUESDAY, APRIL 9 - 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 <u>april-ann@hotmail.com</u> or or Hetty <u>ajaxprobuseditor@gmail.com</u>



CRIBBAGE

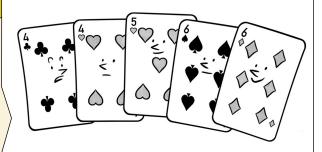
EVERY TUESDAY 1:30 - 4:00 PM

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



Sure, in poker we're two small pair, but in cribbage . . .

DANCING AT THE EDGE

SATURDAY, APRIL 20 - 8:30 PM

"THE JOB OF FEET IS WALKING, BUT THEIR HOBBY IS DANCING"

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 our favourite band, THE PHILCOS
Watch on YouTube

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



DINING OUT

THURSDAY, APRIL 18 - 5:30 PM

EVERY 3RD THURSDAY

I will let you all know where we will be going at a later date.

Carol cbreen840@bell.net



EUCHRE

WEDNESDAY, APRIL 10 & 24: 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



GARDEN GROUP

TUESDAY, APRIL 23 - 10 - 11:30 AM

We will get together at my home
52 Bolland Crescent, Ajax
to meet last year's participants and
discuss plans for this year.

Let me know if you plan to come Sylvia <u>travelsylvia52@gmail.com</u> 905 683 6219



GOLF

EVERY TUESDAY

Golfers, stay tuned for details about our opening day. If any new golfers would like to join us at Hawthorne Valley on Tuesday mornings let me know and I will add you to the list.

Marcia <u>marciaeveritt@yahoo.ca</u>



"GOMEO" LUNCH GROUP

MONDAY, APRIL 8 - NOON

(Grumpy Old Men Eating Out)

WE MEET EVERY 2ND MONDAY

AT MACKENZIE PUB & RESTAURANT

250 Bayly St. West, Ajax

RSVP: Kevin kportener@gmail.com



"RODEO" LUNCH GROUP

MONDAY, APRIL 8 - NOON

(Retired Old Dames Eating Out)

WE MEET EVERY 2ND MONDAY

Next meeting at: THE SOUTHLAKE GRILL 955 Westney Road South, Ajax

RSVP: Anne mandareed02@gmail.com



SALSA FOR BEGINNERS

TUESDAY, APRIL 2 & 30 - 10:30-11:30 AM

NOTE THE CHANGE OF DATE FOR APRIL

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 <a href="mailto:m



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 <u>mitchellmis@rogers.com</u>
or Maureen <u>maureenmcvarish@yahoo.ca</u>



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

Me on Zoom having woken up 2 minutes earlier.





THE PROBUS CLUB OF AJAX IS NOW ON FACEBOOK



You can find us by clicking on the facebook logo below or by searching for Probus Club of Ajax. You will need to have a Facebook account. Contact Sandra McNamara for further information themcnamaras.sm@gmail.com



YOUR EXPERTISE IS NEEDED

Several members of our Management Committee are resigning their positions as of August 31, 2024. These people have volunteered their time for several years and feel it is time for someone else to take over. That is where your experience (and/or enthusiasm) is needed. The Probus Club of Ajax will need members to volunteer for the following positions:

Vice-President, Treasurer, Secretary, Membership Co-ordinator, Speaker Co-ordinator, Communications Co-ordinator, Newsletter Editor and House Committee Co-ordinator. Some of these positions could be shared with another member.

A club like ours is only able to be successful because of volunteers who keep it functioning. If you have any questions or would like to volunteer, please email me at jw.003@sympatico.ca

Jane Wilson

2025 CALENDAR PROJECT



THE CALENDAR GIRLS STORY

The 2004 movie "Calendar Girls", starring Helen Mirren, was based on the true story of a British women's group in Yorkshire, which raised money for a local hospital by posing for a pin-up calendar. Crafting a tasteful nude calendar, the women raised more than £500,000. Since the movie, countless women's groups across the world have made their own calendars. **And now it's our turn, with a twist! We're including the guys!**

PROBUS CLUB OF AJAX CALENDAR GIRLS & GUYS

We are delighted to announce that we will be producing our very own PG-rated **Girls & Guys Calendar** for 2025. We already have several model volunteers but we would like a few more plus some men for our special "**Movember**" page. Our very own talented photographers, **Maureen McVarish** and **Bob Wilson** will create the tasteful photographs.

To join us in this fun project as a model or volunteer to help out with brainstorming and specific tasks, such as: themes for each month; costume ideas/design/making; props, etc., please contact the Co-Chairs:

Marlene Rae <u>marzrae18@gmail.com</u> or Sharon Leung <u>saleung@sympatico.ca</u>

Our first meeting of the Calendar committee (male & female models & helpers) will be held on: WEDNESDAY, APRIL 3

in the HMS Ajax Room, immediately following the Open House.



Welcome to the new members who attended our March 6 General Meeting Pictured with president, Jean Wing (left): Oankar Kundan, June Stevens, Debbie Tompkins & Val Jordan



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

SUNDAY, APRIL 14 CLOUD NINE BAR & GRILL

368 BAYLY ST. WEST, AJAX 4:00 - 6:00 PM

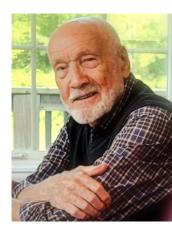
THERE IS NO CHARGE TO SIT AND ENJOY THE MUSIC.

Tony Lees (band member), Probus Club of Ajax member

POETRY BY CARL







Carl G. Mabee

MAPLE TREE

Once, if you wandered through an eastern forest path, You would come upon a glade. Standing tall amidst it all was a regal Maple tree. It was old and somewhat gnarly and perhaps a little staid. But unlike its nursery cousins it was born free. This giant of a Maple has withstood the winds of time. 700 years they say and what a tale to tell. It's seen the native peoples long before its prime. We need to hear its story so sit and rest a spell. It was young when Mogul hoards began to tread Across the eastern sands. Young when Magna Carta was signed and read And the Norse men roamed our lands. The native tribes would meet to trade Beneath this ancient tree. Champlain might have wandered by As he explored this land, a long way from the sea. It has seen the white man come along using the native's trail And in larger numbers as time went past. Many settlers used this path its use will now prevail. This Maple has watched it all, tranquility will not last. Horse and rider push further west and the glade will disappear, As the native trail gets widened so wagons can now get by. The local wild life removes itself, including the white tailed deer. And all around the maple tree is now open to the sky. As we leave our story of the Monarch of the glade Its future yet to tell. Hopefully, it's still standing old and somewhat staid And no one mourns its passing

By the ringing of the bell.

MEMBERS' CORNER MAUREEN'S CAMERA RAMBLES

THE ENDEMIC BIRDS OF CUBA

This Ramble took me all the way to Cuba on a birding tour. There were so many things to photograph in this fascinating country that I have several Cuban Rambles in me, but for this one I have chosen "The Endemic Birds of Cuba". Over 370 bird species have been recorded in Cuba. Many are migratory and use Cuba as a pit stop following insect populations in spring and fall. However, there are 27 species which are endemic to the island. This means they spend their life on the island and are not seen anywhere else.

On my trip, I managed to photograph many of these species plus many others. In my collage of these endemic birds, I include Cuba's national bird, the Trogon bearing Cuba's national colours. The Bee hummingbird holds the record of not only being the smallest hummingbird, but the smallest known bird at a size of 2 %" in length and weighing in at .092 ounces. The charming little Tody is not much larger and is in the kingfisher family. Imagine! The Cuban Pygmy owls are also diminutive, around 6 inches long and just over 3 oz. There are many blackbird type birds in Cuba including the ubiquitous Cuban blackbird and two which are similar to our redwings but with paler red or white wing patches. There is also the Cuban bullfinch, which has such a lovely song but is endangered by the caged bird market as well as habitat loss. An intensive but inspiring and provocative tour.



Maureen McVarish



ART BY ROWENA



Rowena Burns

A Visit to Mount Cook N.Z. 12" x9" Acrylic paint. I painted this during a "field trip" to New Zealand by Zoom during lockdown. We had a 360 degree view of the area, and we were able to choose the view we wanted to paint. Even though there were none visible in my view, I felt I needed to include the famous Mount Cook buttercup, which is the largest in the world.

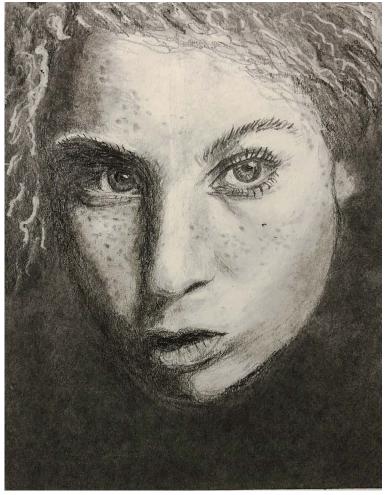




Hoping for Spring
9" x 7" Black and white charcoal



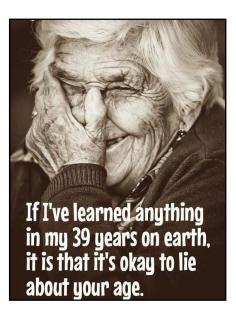
Hidden in the Rainforest 9.5" x 6.5" Coloured pencil

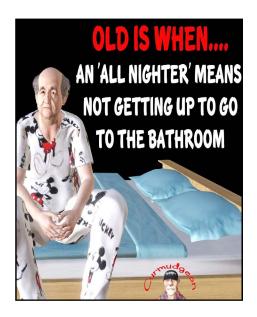


Pensive Thoughts 8" x 9.5" Graphite pencil

SMILES & CHUCKLES







People are always asking me, 'What do you want people to say about you 100 years from now?'

I want them to say, 'Dang, don't she still look good for her age?' – Dolly Parton

I never think about age. I believe your age is totally how you feel. I've seen women of 35 who are old and people of 75 who are young. – Joan Collins

I may be a senior, but so what? I'm still hot. – Betty White

The older you get the better you get, unless you're a banana. - Betty White

Old people are just young people who have been alive for a long time. – Unknown

I thought growing old would take longer. – Unknown







RECIPES OF THE MONTH

SAUCES FOR MEATBALLS



Meatballs in Teriyaki Sauce

These sauces go well with ground lamb, turkey, chicken or beef meatballs. All sauces should be mixed well with a whisk, in the order given in the recipes, and heated on a stove to thicken but not boil. Then, add the sauce to 2-lbs cooked meatballs of your choice and heat through. Sauce ingredients may be adjusted to taste. Leftover sauce may be frozen.

1. TERIYAKI SAUCE

1½ cups broth

½-¾ cup packed brown sugar to taste

½ cup soy sauce

1 tsp sesame oil

1 tsp garlic powder

3 tbsps cornstarch

2. CREAMY SAUCE

2 tbsp butter

2 tbsp flour

2 cups chicken broth

1 tsp paprika

Salt & Pepper to taste

Remove from stove & whisk in

½ cup cream, greek yogurt or sour cream



Chicken balls in Creamy Sauce

3. THAI PEANUT SAUCE

14 ounce coconut milk (1 can)

1 tbsp sesame oil

3 tbsp creamy peanut butter

1 tbsp red or yellow curry powder

1 tbsp brown sugar

1 tsp ground ginger

1/4 tsp red pepper flakes

1/4 tsp salt + 1/4 tsp pepper

4. ASIAN SAUCE

⅔ cup hoisin sauce

1/4 cup rice vinegar

2 tbsps soy sauce

1 tbsp honey

1 tsp sesame oil

1 tsp ground ginger

1 tsp garlic minced

1 tsp hot sauce such as sriracha

5. CRANBERRY BBQ SAUCE

1 bottle barbecue sauce

1 can cranberry-(orange) sauce

1 tsp mustard

1 tsp ground ginger

Salt & pepper to taste



Guest Speaker: Lianne Harris



Gillian Minshall



Murray & Sue Biel



Janice Lepper & Anne Reed



PACAGES Notice NA SI NAME (Accept

Rowena Burns & Jean Wing

Fred Pleasants & Tony Lees



Freda Cureton & Anne MacInnis

















