



# PROBUS CLUB OF AJAX NEWSLETTER

Club 82

Vol 26 Issue 2

February, 2023

## Contents

PRESIDENT'S MESSAGE	1
OUR TEAM	2
FEBRUARY CALENDAR	3
COMING EVENTS	4
INTEREST GROUPS	10
MEMBERS' CORNER:	
Poetry by Carl	13
Maureen's Camera Rambles	14
Recipes of the Month	15
Smiles & Chuckles	16
PHOTO GALLERY	17



### MESSAGE FROM THE PRESIDENT

We are at the end of January already which means winter is half over. Spring will be here before we know it, especially for those who are going somewhere warm in the next two months.

Our club has many activities and trips for those of us not going away. Our Special Interest groups are continuing to meet, Shirly has great trips planned in the coming months and April has booked interesting speakers for our general meetings.

I look forward to seeing everyone at our February 1 meeting. There will be a sign-up sheet at the meeting for anyone interested in going to the **St. Francis Centre** to see "**Captain Fantastic, A Tribute to Elton John**" on **Saturday, March 25**. The cost is \$38.00 (there is a 10% discount for a group of 10 or more).

Volunteers are the people who make our club successful. Your efforts are very much appreciated. Please contact me if you would like to help out in any capacity [ajaxpresident@gmail.com](mailto:ajaxpresident@gmail.com).

*Jane Wilson*

Thank you to the members who contributed to this issue.

Please send comments, articles and photos of our events by the 25<sup>th</sup> of the month to Newsletter Editor, Hetty Shapiro.  
[hettyisnow@gmail.com](mailto:hettyisnow@gmail.com)

Ajax PROBUS website:  
[www.ajaxprobus.com](http://www.ajaxprobus.com)

Canada PROBUS website:  
[www.probus.org](http://www.probus.org)

See what's on in the  
Town of Ajax:

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



JOIN OUR

## Volunteer Board of Directors

We invite local leaders to join our Board of Directors! Community Care Durham is a multi-service registered charitable organization providing a broad range of support services for individuals over the age of 16 and their caregivers across Durham Region.

**Skills/Qualifications:**

- Government Relations
- Financial Performance
- Legal Counsel

**Apply Now**

Interested candidates, please forward your resumes to:  
[rkeys@communitycaredurham.on.ca](mailto:rkeys@communitycaredurham.on.ca)  
or visit  
[communitycaredurham.on.ca](http://communitycaredurham.on.ca)







## MANAGEMENT COMMITTEE

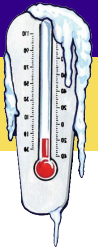
<u>President</u>	Jane Wilson	<a href="mailto:ajaxprobuspresident@gmail.com">ajaxprobuspresident@gmail.com</a>
<u>Vice President</u>	Jim Meek	<a href="mailto:jimtmeek@gmail.com">jimtmeek@gmail.com</a>
<u>Past President</u>	position vacant	
<u>Treasurer</u>	Rowena Burns	<a href="mailto:probusajaxtreasurer@gmail.com">probusajaxtreasurer@gmail.com</a>
<u>Secretary</u>	Bernie Rosebush	<a href="mailto:ajaxprobussecretary@gmail.com">ajaxprobussecretary@gmail.com</a>
<u>Member-at-Large</u>	Kevin Portener	<a href="mailto:kdportener@rogers.com">kdportener@rogers.com</a>
<u>Member-at-Large</u>	Terri Stewart	<a href="mailto:terri.stewart@sympatico.ca">terri.stewart@sympatico.ca</a>
<u>Communications Coordinator</u>	Barb Squires	<a href="mailto:stunikki@gmail.com">stunikki@gmail.com</a>
<u>House Coordinator</u>	Margaret Wells	<a href="mailto:ajaxprobushouse@gmail.com">ajaxprobushouse@gmail.com</a>
<u>Interest Groups Coordinator</u>	position vacant	
<u>Membership Coordinator</u>	Tom Rosebush	<a href="mailto:ajaxprobusmembership@gmail.com">ajaxprobusmembership@gmail.com</a>
<u>Newsletter Editor</u>	Hetty Shapiro	<a href="mailto:hettyisnow@gmail.com">hettyisnow@gmail.com</a>
<u>Social Coordinator</u>	Shirlie Van Putten	<a href="mailto:shirlievanputten@rogers.com">shirlievanputten@rogers.com</a>
<u>Speakers Coordinator</u>	April Gilkinson	<a href="mailto:april-ann@hotmail.com">april-ann@hotmail.com</a>
<u>Technical Coordinator</u>	Stewart Beatty	<a href="mailto:ajaxprobuszoom@gmail.com">ajaxprobuszoom@gmail.com</a>
<u>Website</u>	Maureen McVarish	<a href="mailto:maureenmcvarish@yahoo.ca">maureenmcvarish@yahoo.ca</a>

## INTEREST GROUP COORDINATORS

<u>Billiards</u>	Don Vorhees (Pickering)	<a href="mailto:holdus1399@gmail.com">holdus1399@gmail.com</a>
<u>Book Club</u>	Jane Armstrong	<a href="mailto:armstrongjane@rogers.com">armstrongjane@rogers.com</a>
<u>Breakfast Club</u>	Julie Mathewson	<a href="mailto:jmathewson@rogers.com">jmathewson@rogers.com</a>
<u>Bridge</u>	Harvey Brodhecker	<a href="mailto:hbrodhecker@yahoo.ca">hbrodhecker@yahoo.ca</a>
<u>Cribbage</u>	Reg Lawrance	<a href="mailto:reglawrance@rogers.com">reglawrance@rogers.com</a>
<u>Dining Out</u>	Carol Breen	<a href="mailto:cbreen840@bell.net">cbreen840@bell.net</a>
<u>Euchre</u>	Julie Mathewson	<a href="mailto:jmathewson@rogers.com">jmathewson@rogers.com</a>
<u>Golf</u>	Marcia Everitt (Durham West)	<a href="mailto:marciaeveritt@yahoo.ca">marciaeveritt@yahoo.ca</a>
<u>Movie Club</u>	Not meeting during Covid	
<u>RODEO (Ladies Lunch)</u>	Dawn Thornton	<a href="mailto:dthorn000@gmail.com">dthorn000@gmail.com</a>
<u>Walking Club</u>	Ron Mitchell & Maureen McVarish	<a href="mailto:mitchellmis@rogers.com">mitchellmis@rogers.com</a> <a href="mailto:maureenmcvarish@yahoo.ca">maureenmcvarish@yahoo.ca</a>

# FEBRUARY CALENDAR

If an event has to be cancelled, you will be notified by email on the day of the event, before 9:00 am. Members who do not have email will be phoned.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 am GENERAL MEETING	2 10:00 am WALKING CLUB — 2:30 pm SOCIAL BRIDGE	3 1:00 pm ZOOM CHAT	4
5	6	7	8	9 10:00 am WALKING CLUB — 2:30 pm BRIDGE LESSON	10 1:00 pm ZOOM CHAT	11
12	13	14  2:00 pm EUCHRE	15 10:00 am BOOK CLUB — 12 noon RODEO LUNCH	16 10:00 am WALKING CLUB — 2:30 pm SOCIAL BRIDGE — 5:30 pm DINING OUT	17 1:00 pm ZOOM CHAT	18
19 	<b>FAMILY DAY</b> 20	21	22	23 10:00 am WALKING CLUB — 2:30 pm SOCIAL BRIDGE	24 1:00 pm ZOOM CHAT	25
26	27	28 9:00 am BREAKFAST CLUB — 2:00 pm EUCHRE				

# COMING EVENTS

**GENERAL MEETING**  
with Guest Speaker  
**WEDNESDAY, FEBRUARY 1 - 10:00 am**  
Ajax Community Centre  
HMS Ajax Room

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

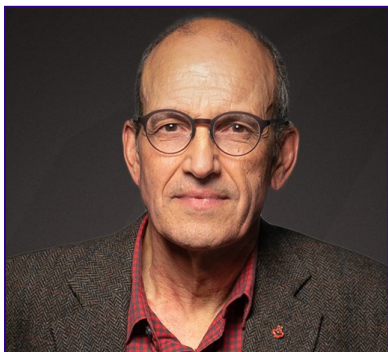


**FROM A MAZE TO AMAZING – UNDERSTANDING ONTARIO'S PERSONAL INCOME TAX, CREDITS & BENEFITS FOR SENIORS**  
with Guest Speaker: Jeremy Bertrand

Jeremy Bertrand is a Tax Advisory Specialist at the Ontario Ministry of Finance. He will explain which credits and benefits can save you taxes.

*The last time I heard Jeremy speak at an event, I learned that I could claim expenses that I was unaware of before. I'm sure we would all like to save some taxes, so do attend. You never know what you may learn – Jane Wilson*

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



**GENERAL MEETING**  
with Guest Speaker  
**TED BARRIS, C.M.**

**WEDNESDAY, MARCH 1**  
Ajax Community Centre  
HMS Ajax Room

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

## **BATTLE OF THE ATLANTIC**

Ted Barris is an award-winning journalist, author, and broadcaster. His writing has regularly appeared in the national press, as well as magazines as diverse as **Air Force**, **esprit de corps** and **Zoomer**. He has also worked as host/contributor for most **CBC Radio** network programs, **PBS** in the U.S. and on **TV Ontario**. And after 18 years teaching, he recently retired as a full-time professor of journalism at Toronto's Centennial College.

Barris is the author of 20 bestselling, non-fiction books, including a series on wartime Canada: **Juno: Canadians at D-Day, June 6, 1944 ... Days of Victory: Canadians Remember 1939-1945 ... Behind the Glory: Canada's Role in the Allied Air War ... Deadlock in Korea: Canadians at War, 1950-1953 ... Victory at Vimy: Canada Comes of Age, April 9-12, 1917 ... Breaking the Silence: Veterans' Untold Stories from the Great War to Afghanistan.**

In December 2022, Ted Barris was appointed a **Member of the Order of Canada**, "for advancing our understanding of Canadian military history as an acclaimed historical author, journalist and broadcaster."

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



## ST. PATRICK'S DAY "KITCHEN PARTY" – FRIDAY, MARCH 17 THE SHOWPLACE DINNER THEATRE, KITCHENER



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

**\$149 per person**  
includes buffet lunch, return transportation  
by coach, 407 toll, driver's tip  
and ticket for show

RSVP: [shirlievanputten@rogers.com](mailto:shirlievanputten@rogers.com)  
905-619-8583

## APRIL DAY TRIPS (Dates & cost to be confirmed)

### TOUR OF THE RICHMOND HILL DAVID DUNLAP OBSERVATORY



### TOUR OF THE NIAGARA POWER PLANT, WINERY AND LUNCH



Contact Shirlie for more information  
[shirlievanputten@rogers.com](mailto:shirlievanputten@rogers.com) 905.619.8583



# PROBUS CLUB OF AJAX

INVITES THE SENIOR COMMUNITY  
TO CELEBRATE OUR 25<sup>th</sup> ANNIVERSARY



**PROUD WINNERS OF THE 2022 AJAX SENIORS SUPPORT AWARD**

The Seniors Support Award is in recognition of “being a staple of the Town, and improving quality of life for seniors within our community.” Our Club provides many opportunities to socialize through various meetings, programs and events as well as day trips and tours. We also offer interest groups including bridge, euchre, restaurant outings, walking clubs and more.

**FELLOWSHIP ♦ FRIENDSHIP ♦ FUN**



**Wednesday, April 5**

## OPEN HOUSE AND PROGRAM

Presentation of 25-year Anniversary Certificate  
**BRENDA ANDREWS**, President of PROBUS Canada

Keynote speaker, **NEIL CRONE**  
Actor, comedian, writer and motivational speaker

**DOORS OPEN 9:30 AM ♦ PROGRAM STARTS 10:00 AM SHARP**  
**FREE ADMISSION ♦ REFRESHMENTS**

AJAX COMMUNITY CENTRE  
HMS AJAX ROOM  
(entrance at south side  
of building)



Thank you to the Ajax Partnership Fund  
for generously sponsoring this event.

For more information  
Contact: April Gilkinson  
april-ann@hotmail.com  
[www.ajaxprobus.com](http://www.ajaxprobus.com)

# COMING EVENTS continued

**GENERAL MEETING**  
with Guest Speaker  
**WEDNESDAY, MAY 3 - 10:00 am**  
Ajax Community Centre  
HMS Ajax Room

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



**"COUNTING SHEEP"**  
with Guest Speaker: Eve Smeltzer

If you have difficulty falling asleep or staying asleep, this intriguing presentation is for you. **"Counting Sheep"** will be the topic of discussion by Eve Smeltzer. Her research shows how sleep differs across the animal kingdom and how choosing a good place to snooze can have an enormous impact on health.

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



## **WEDNESDAY, MAY 17** **"RENT" AT THE STRATFORD THEATRE**

Set in Manhattan in the 1990s and inspired by Puccini's opera *La Bohème*, this rock musical by Jonathan Larson follows a group of young East Village artists, performers and philosophers as they struggle through the hardships of poverty, societal discord and the AIDS epidemic in the search for life, love and art. With a song list that includes the iconic "Seasons of Love," *Rent* tells a story as relevant today as when it took Broadway by storm more than 25 years ago.

**\$181 per person includes:**  
Return transportation by coach ♦ Orchestra level ticket  
Lunch at Queen's Inn ♦ 407 toll & driver's tip

RSVP: [shirlievanputten@rogers.com](mailto:shirlievanputten@rogers.com) 905-619-8583



# COMING EVENTS continued

## JOIN HNA TRAVELS AND TRAVAC TOURS FOR A 14-DAY, 12-NIGHT TOUR TO ROME, FLORENCE AND TUSCANY, ITALY

MAY 17 - 30, 2023

LAND PACKAGE ONLY: \$4,199 PER PERSON  
(EXCLUDES AIRFARE)

A \$700 NON-REFUNDABLE DEPOSIT IS DUE ON BOOKING.

### Included in land package:

- ♦ 4 nights' accommodation in Rome
- ♦ 4 nights' accommodation in Siena
- ♦ 4 nights' accommodation in Florence
- ♦ Breakfast daily, 2 lunches and 2 dinners
- ♦ Tours as stated in the itinerary
- ♦ Services of a Travac Tours Director & HNA
- ♦ Travel Tour Director
- ♦ Gratuities for local guides and drivers

Experience all that the Tuscany region has to offer including: picturesque medieval cities with their signature skylines of bell towers; spectacular rolling landscapes blanketed in grapevines and olive groves.

**Rome** never fails to impress with galleries, museums, the Colosseum, Trevi Fountain & Spanish Steps. We will visit the magnificent Vatican (optional); the Papal Palaces, next to the great basilica of St. Peter's, house; the Sistine Chapel and the Vatican Museum. We trace the rise and fall of classical Rome, meander through the heart of Bernini's Baroque Rome. You will also have the opportunity to uncover the charms of hidden neighbourhoods. (4 nights)

From Rome, we travel to **Siena** and embark on a 2-hour walking tour of this medieval city. Siena might be Italy's prettiest medieval town. Its old alleys and its town square, the Piazza del Campo, possess a unique charm that captivates visitors. We will explore the wineries and olive groves of Tuscany, visiting one of the region's noted wineries with lunch and wine-tasting included (4 nights)

**Florence** holds world-class art collections such as the Uffizi Museum and of course Michelangelo's *David* at the Galleria dell'Accademia. The Italian guide will take you on a walking tour through the city's ancient streets and piazzas. A full day tour will highlight the city of Pisa and the iconic Leaning Tower. Other stops on the tour will include Lucca, a Roman town dating back to 180 BC – the birthplace of Giacomo Puccini and Leonardo da Vinci. (4 nights)

Shirlie, of HNA will accompany you on this tour.

HNA Travels will assist in booking the flights.

Contact Shirlie for the full itinerary & more information.

[shirlievanputten@rogers.com](mailto:shirlievanputten@rogers.com) 905.619.8583

*The Colosseum*



*The Trevi Fountain*



*Siena*



*Florence*



# COMING EVENTS continued



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 7 - 10: LOUISE PENNY & THE THREE PINES TOUR

HNA's special four-day excursion will explore the epic sites that created the backdrop to Louise Penny's captivating novels.

We will visit many sites that are cherished parts of the fabric woven in Louise Penny's 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!

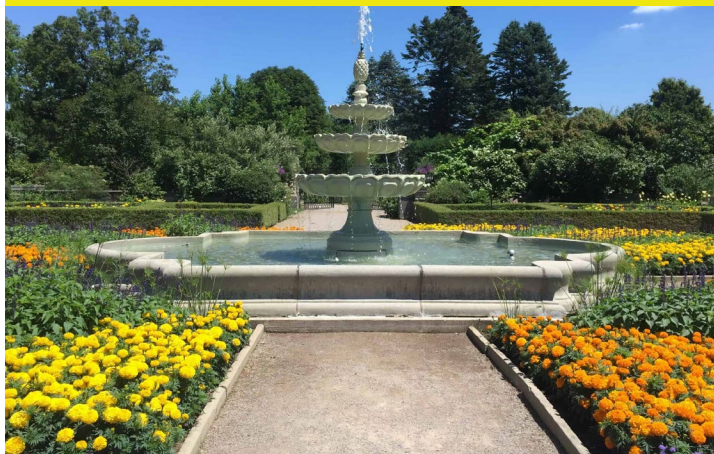
**Package:** \$1,309.67 inclusive per person/double occupancy  
\$1,987/67 inclusive per person/single occupancy

Package includes:

- ♦ Return coach transportation.
- ♦ Three night's accommodation at the Domaine Chateau Bromont.
- ♦ Admission to all attractions stated in the itinerary.
- ♦ Three breakfasts; two lunches; one dinner (Welcome dinner).
- ♦ Two full days of Sharman – a Louise Penny Guide specialist.
- ♦ Services of an HNA Travels Tour Director.

Contact Shirly for the full itinerary and more information.  
[shirlyevanputten@rogers.com](mailto:shirlyevanputten@rogers.com) 905-619-8583

## JUNE 19, 2023 - ROYAL BOTANICAL GARDENS



A National Historic Site, the Royal Botanical Gardens (RBG) is the largest botanical garden in Canada. The RBG spans an area of about 10 kms by 4 kms, dominated by two coastal wetlands and glacial-carved landscapes that extend from the lake up to the Niagara Escarpment plateau.

Contact Shirly for more information.  
[shirlyevanputten@rogers.com](mailto:shirlyevanputten@rogers.com)  
905-619-8583



# INTEREST GROUPS

## BOOK CLUB



Next meeting is on  
**WEDNESDAY, FEBRUARY 15**  
10:00 am

At the home of  
Tom & Bernie Rosebush

1612-44 Falby Court  
Entry code: 425

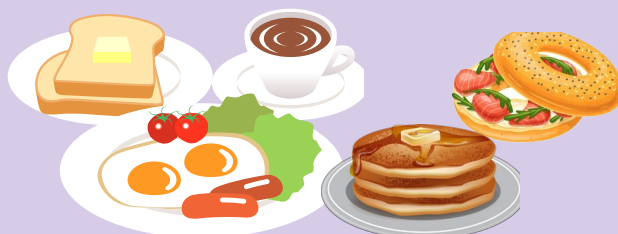
We will be discussing “**Portrait of an Unknown Woman**” by Daniel Silva at our next meeting. Daniel Silva is an excellent writer who has written many novels. I am certain that you would enjoy reading this latest book.

We would love to welcome new members to our group.

RSVP: to Jane Armstrong  
[armstrongjane@rogers.com](mailto:armstrongjane@rogers.com)

## BREAKFAST CLUB

We meet on the last Tuesday  
of the month at various restaurants.



Next breakfast meeting:

**TUESDAY, FEBRUARY 28**  
9:00 am

**STACKED PANCAKE & BREAKFAST**  
280 Harwood Ave. (Harwood Plaza)

RSVP: to Kevin Portener  
[kportener@gmail.com](mailto:kportener@gmail.com)  
905.626.6303

## BRIDGE CLUB

*Please don't think it's necessary to  
hurry on my account!*



**EVERY THURSDAY**

2:30 - 4:30 pm

**ROTARY ROOM**  
Ajax Library  
55 Harwood Ave. South

Please note we are back in the Rotary Room  
at the Main Branch of the library.

Feb 2: Social Bridge  
Feb 9: Bridge Lesson  
Topic 2: Club Bidding Sequences  
Feb 16: Social Bridge  
Feb 23: Social Bridge

RSVP: Harvey Brodhecker  
[hbrodhecker@yahoo.ca](mailto:hbrodhecker@yahoo.ca)

# INTEREST GROUPS continued

## DINING OUT CLUB



**THURSDAY, FEBRUARY 16  
5:30 PM**

Will advise you of the place at a later date after I have contacted the restaurant and confirmed our reservation.  
Please mark the date on your calendars.

RSVP by Feb 14 to Carol Breen  
[cbreen840@bell.net](mailto:cbreen840@bell.net)

## EUCHRE CLUB

We play every 2nd and 4th Tuesday of the month on Trickstercards.



Next meetings:

**TUESDAY, FEBRUARY 14 & 28  
2:00 pm**

RSVP: to Jane Wilson  
by noon the day before.

[jw.003@sympatico.ca](mailto:jw.003@sympatico.ca)  
905-619-6674



We have had several enquiries about getting back to playing euchre in person. Unfortunately, the possible locations we've checked out either require us to do a covid test and wear a mask during play, or require us to open games to the public. One solution is to have people host games in their home, either one or two tables according to how much space they have. Players could take turns hosting and providing tea/coffee. If this suggestion interests you, please let Julie know [jmathewson@rogers.com](mailto:jmathewson@rogers.com) or call 905-686-0803). Travelling games can be organized beginning in March.

# INTEREST GROUPS continued

## RODEO LUNCH CLUB

(Retired Old Dames Eating Out)



**WEDNESDAY, FEBRUARY 15**

**12:00 noon**

**THE BROCK HOUSE  
918 BROCK ST. N. WHITBY**

**Dawn**

RSVP to [dthorn000@gmail.com](mailto:dthorn000@gmail.com)

## WALKING CLUB



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

**EVERY THURSDAY 10:00 AM**

**EVERYONE WELCOME**

For more information contact:

**Ron Mitchell**

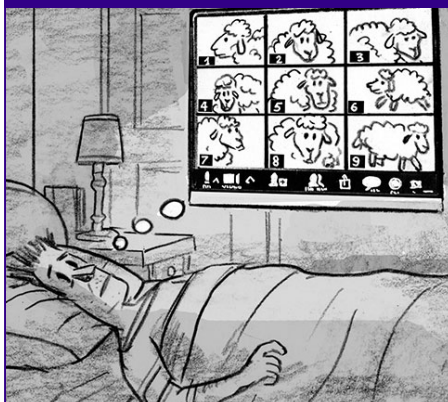
[mitchellmis@rogers.com](mailto:mitchellmis@rogers.com)

or

**Maureen McVarish**

[maureenmcvarish@yahoo.ca](mailto:maureenmcvarish@yahoo.ca)

## ZOOM CHAT ROOM



**EVERY FRIDAY  
1:00 PM**

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

**Note the new day and time**

To join the meeting contact:

**Stewart Beatty**

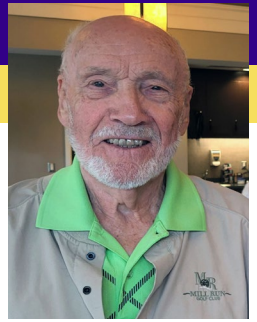
[ajaxprobuszoom@gmail.com](mailto:ajaxprobuszoom@gmail.com)

or

**Barb Squires**

[ajaxprobus@gmail.com](mailto:ajaxprobus@gmail.com)





Carl G. Mabee

### THE DOCKS AT GO-HOME BAY

I can see Muskoka from the docks on Go-Home Bay  
And the Loons are loudly calling from just across the way.  
The sounds from the whipper-will have faded with the light  
And mist rising from the lake will soon disappear from sight.

I can smell the bacon as it wafts out through the door  
And hear the coffee perking from down here by the shore.  
The sun is slowly pushing through the forest of the trees  
Revealing a splash of colour from the autumn of the leaves.

A fall weekend at the cottage is like nowhere else on earth  
Its smell is so intoxicating; God gave this place its birth.  
The silence is so eerie after all the summer fun  
That I'm startled by a fish, having breakfast on the run.

Thanksgiving at the cottage is a tradition every year  
And all our friends and family will come from far and near.  
But alas, it's time to store our play things before winter makes its play  
So let's take one last look, at the docks on Go-Home Bay.





### FROSTY FIELDS OF UXBRIDGE

December 13 – I was going to spend the day cleaning my kitchen after some holiday baking but then – a last minute invitation from a friend to go for a country drive. Not a difficult choice. We went somewhere north of Uxbridge. How unexpectedly beautiful! The right time to see the whole rural universe cloaked in hoarfrost.

We actually did the country drive on the way for my friend to find a rare bird which was way out of its home range and should have been in Northern California. So that is why the two of us eventually found ourselves on that rural road north of Uxbridge. That is a girl who is much more of a serious birder than I am! We actually found it – a Townsend's Solitaire which must have been surviving on frozen berry trees.

I don't know how anyone could ever find this plain looking bird along these country roads but there is a network of birders who report on these sightings. I usually just rely on serendipity but the quest this day did make for an enchanting drive. We did see some other local birds on our trip but the Townsend's was the highlight.



Maureen McVarish







### MOROCCAN LAMB MEATLOAF



1½ - 2lbs ground lamb  
2 large eggs, lightly beaten  
2 tbsps plain yoghurt or tahini  
⅔ cup dry breadcrumbs  
2 tbsps dried parsley  
2 cloves chopped garlic

#### Spice mix

1½ tsps ground cumin  
1½ tsps coriander  
1 tsp paprika  
1 tsp turmeric  
1 tsp salt + dash of pepper  
1 tsp cardamon  
½ tsp ground cinnamon  
¼ tsp cayenne pepper (or more to taste)

1. Preheat the oven to 375°F and brush or spray a \*loaf pan with a little olive or avocado oil.
  2. Combine the spice mix in a bowl.
  3. Add the ground lamb, egg, yoghurt, breadcrumbs, parsley, and garlic.
  4. Combine thoroughly and place in the pan.
  5. Bake uncovered for approximately 50 minutes or until a thermometer inserted in the centre of the meatloaf registers 150°F.
  6. Remove from the oven and allow the meatloaf to rest for 10 minutes before slicing.
- \* If you don't have a loaf pan, shape the mixture into a small rounded loaf and bake on a prepared roasting pan.*

### MOROCCAN VEGETABLE COUSCOUS



1 large diced bell pepper  
2 medium diced carrots  
1 small diced red onion  
1 diced zucchini  
4 tbsp olive oil  
2 tbsp lemon juice  
2 tsp minced garlic  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp ground cinnamon  
1 tsp salt + ¼ tsp pepper

1½ cups dry couscous  
1½ cups chicken broth  
½ tsp turmeric  
½ cup raisins or chopped dried apricots (optional)  
\* 1 (14 oz) can chickpeas  
3 tbsp fresh or dried cilantro  
2 tbsp fresh or dried mint (optional)

1. Preheat oven to 475 degrees.
  2. Place bell pepper, carrots, onions and zucchini on baking sheet.
  3. Drizzle with 1 tbsp olive oil.
  4. Roast in preheated oven about 15 minutes until tender.
  5. In a small mixing bowl whisk together remaining 3 tbsp olive oil, lemon juice, garlic, cumin, coriander, cinnamon, salt and pepper.
  6. Bring chicken broth and turmeric to a boil.
  7. Place couscous and raisins/apricots in a large mixing bowl, pour hot chicken broth over and stir.
  8. Cover bowl with plastic wrap and let stand for 5 minutes until couscous softens.
  9. Add roasted vegetables, chickpeas, cilantro, mint and lemon mixture and toss to coat.
- \* To remove the sugars from chickpeas, soak in cold water for several hours or overnight, rinse and drain well.*

# MEMBERS' CORNER continued

## SMILES & CHUCKLES



"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." – *Albert Einstein*

"Laughter is timeless. Imagination has no age. And dreams are forever." – *Walt Disney*

"We don't grow older, we grow riper." – *Pablo Picasso*

"We are always the same age inside." – *Gertrude Stein*

You know you're old when people call at 9 pm and ask, "Did I wake you?"

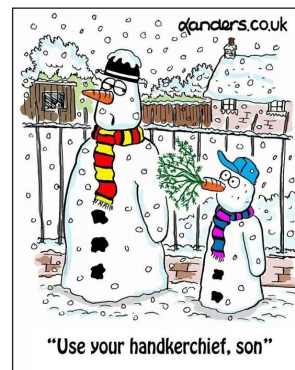
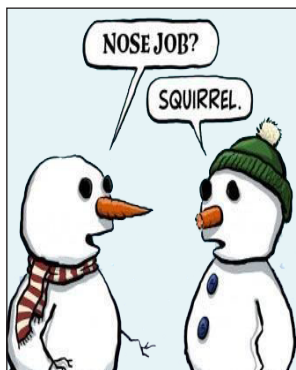
I'm so old I can remember when emojis were called hieroglyphics.

The biggest lie I tell myself is "I don't need to write that down, I'll remember it."

I've reached the age where my train of thought often leaves the station without me.

I hate it when I walk past an old person and realize we went to high school together.

You know you're getting older when you notice your children's hair turning grey.





# PHOTO GALLERY

## JANUARY GENERAL MEETING

Maggie MacKenzie, from the Richmond Hill Heritage Services, presented the fascinating history of the Richmond Hill David Dunlap Observatory (RHDDO) which throughout the 19th century was a family farm.

Since its opening in May, 1935, the RHDDO has become an astronomical research centre housing the largest telescope in Canada – the second largest in the world. Their research discovered the first direct evidence that Cygnus X-1 was a black hole, as well as providing pioneering measurements of the distance to globular clusters and the discovery that Polaris was stabilizing.





# PHOTO GALLERY continued

