

# PROBUS Broadcast

PROBUS Club of Port Perry  
[www.portperryprobus.com](http://www.portperryprobus.com)

NOTE: we are a GREEN Club – please bring a mug



## President's Message

Happy New Year! Let's hope that your year is filled with happy times with family and friends and that you enjoy good health.

A warm welcome to Barb Sinclair who will be stepping in to sub as House Chair in Linda Lake's absence for January and February.

By nature, I am an optimist. But recent articles in the *Toronto Star* by veteran columnists Gordon Pape and David Olive certainly give rise to potential concerns for 2017 resulting largely from the American election and the Brexit decision. They both advise to “batten down the hatches”, exercise caution and avoid debt. I am thankful that I am not young and debt-ridden, and I intend to head to Australia and New Zealand in January to explore the world.

The year looks good for members of our club. As retirees (or semi-retirees), we will have time to join friends for breakfast or dinner, and join various interest groups so we live life with gusto. Our social committee has a number of opportunities for those who are interested including celebration of Chinese New Year on January 25<sup>th</sup>, Niagara Wine Tour on January 30<sup>th</sup>, Snow Train Tour of the Credit Valley on February 25<sup>th</sup>, or a St. Patrick's Day Kitchen Party on March 25<sup>th</sup>. Have fun and I will see you at the March meeting.

## What's Coming

- |          |  |
|----------|--|
| Jan 25th | Chinese New Year –<br>Mandarin Restaurant -<br>Oshawa      |
| Jan 30th | Niagara Wine Tour  |
| Feb 25th | Snow Train Tour –<br>Credit Valley, Forks of<br>the Credit |
| Mar 25th | St. Patrick's Day Kitchen<br>Party - Kitchener             |

**PLEASE VISIT THE PROBUS CLUB  
OF PORT PERRY WEBSITE FOR  
DETAILS**

[www.portperryprobus.com](http://www.portperryprobus.com)

## Photo Contest

We need your photographs of the membership of Port Perry PROBUS having fun while engaging in one of our activities, social events or membership meetings! The winning photos will be displayed prominently on the first page of our website and in our newsletter - and look at the prize you could win!

Grand Prize: Golfing for Two at the Oakridge Golf Course (\$200 approximate value)

Second Prize: Up to \$50 towards a Port Perry PROBUS social activity of your choice

New entry deadline: February 17

Winner Announcement: Membership Meeting - February 21, 2017

Please send your photo(s) entries to [webmaster.portperryprobus@gmail.com](mailto:webmaster.portperryprobus@gmail.com) by February 17, 2017.

A few important details:

- Image format accepted: JPEG only
- Image width: from 1800 to 4000 pixels (files must not exceed 3 MB)
- In the email message, indicate your name, address, phone number and the title of the image
- This contest is open to members of the PROBUS Club of Port Perry only.

PROBUS Club of Port Perry

[www.portperryprobus.com](http://www.portperryprobus.com)

PROBUS Canada

[www.probus.org/canada.htm](http://www.probus.org/canada.htm)



## Notice of January's Speaker

Next Meeting's (January 17, 2017) Speaker  
Lars Henricksson, Honorary Consul for Sweden

**Lars Henricksson, Honorary Consul for Sweden** has more than 30 years experience in trade promotion between Sweden and Canada. He has also been involved in cultural exchanges between the two countries with particular emphasis on integration of immigrants, health care and urban sustainability. Lars will present a video about Stockholm. Subjects such as taxes, parental leave when families have a child, Swedish history and much more will be discussed.



## Notice of February's Speaker

February 21, 2017  
Amy Barron, Curator, Scugog Shores Museum of Ontario

Amy Barron is an independent scholar and Curator at the Scugog Shores Museum in Ontario. She holds her degrees from the University of Toronto (Ph.D.) and the University of Guelph. Her areas of specialization are Late Assyria, particularly Assyrian arms and armor, palaces and propaganda of the Neo-Assyrian kings, and the history of archaeology. She has done fieldwork at Tel Tuneinir in Syria, as well as at Tel Jezreel in Israel and Newark Castle in England.

Amy's topic at our meeting is "Agatha , Archeology and Alzheimers".

## Interest Groups – PROBUS Club of Port Perry

### Hiking Group – Bill Morrison

[billandmaryare@gmail.com](mailto:billandmaryare@gmail.com); 905-439-0484

The last December hike was scheduled for December 12<sup>th</sup> in the Uxbridge Countryside Preserve and the adjacent Timbers Tract of the Durham Forest. The group did a hike in this location on October 14<sup>th</sup>.

Since the hikes are now getting into more winter conditions, it might be beneficial to go over some of the recommendations for winter hiking:

- Layering your clothing is always a good idea, so each individual can add or remove a layer as needed. We typically warm up after walking a ways, but then the wind can have a significant cooling effect too.
- Some of you may prefer to wear higher-topped shoes or boots to keep snow out, provide additional ankle support and for more warmth. Others might like to stick with low-cut shoes, which offer more flexibility for the foot and ankle. If you have gaiters, it may be a very good time to put them into use.
- With the anticipation of snow on the ground, consider wearing shoes or boots that have lots of tread on the soles; most hiking shoes or boots are pretty good in this regard.
- For traction, hikers often use 'icers' (also often called crampons) that go onto the soles of your shoes or boots to provide grip on ice and snow.

Conditions under which we might cancel winter hikes include (a) if the weather were so bad that it would be risky just to travel to the meeting place; (b) very deep snow (and no snowshoes) so that hikers could easily become exhausted; (c) extreme cold and wind that would elevate the risk of frostbite; or (d) ice storms (would just seem hard to turn this into a positive outing!)

**PLEASE NOTE:** Regarding crampons / icers for some of our winter hiking: I found that Sail in Oshawa had more supply of these than I have seen in the past. The quality / features of some of their offerings were quite impressive. From my past experience, it is important to have a sturdy and aggressive design in crampons (they need to be able to bite into ice). Many ORTA hikers use the 'Microspikes' product (available at Mountain Equipment Coop), which has sharp steel cleats underfoot, interconnected by chains. At Sail, I found a couple of other brands with similar design (and somewhat cheaper). Mary got a pair of them (brandname = FreeSteps6), and they worked very well on the ice we encountered this morning.



## Update on Interest Groups

*We now have 28 interest groups formed or in the process of being formed in 24 different activity areas, but we have a wide variety of other interest areas that need coordinators to get things going. It's not difficult to do and it's quite rewarding! So take a look at the interest group survey results, pick an interest area you would like to coordinate, and contact Tim Casey at [interestgroups.portperryprobust@gmail.com](mailto:interestgroups.portperryprobust@gmail.com) (647 521 2565) to get started!*

## Healthy Eating Group – Suzanne Redford

[suzanne.redford@sympatico.ca](mailto:suzanne.redford@sympatico.ca); 416-573-0597

The November, 24<sup>th</sup> meeting took place at the Prince Albert Hall. We had a fun, healthy cooking demonstration by the talented Chef Regan who works out of the Hobby Horse Arms in Uxbridge and offers catering services. Chef Regan captivated the 28 members in attendance by demonstrating how to cook five healthy appetizers. The appetizers were mindful of all different dietary desires (i.e. one was gluten-free, one was vegan, etc). Everyone who attended brought home a new healthy cooking tip.

The plan for the next meeting is as follows:

- Date: January 26<sup>th</sup>, 2017
- Time: 2:00 – 4:00 p.m.
- Location: Prince Albert Hall
- Meeting title: Healthy breakfast ideas to live your best life!
- Description: Join us to learn clean-eating breakfast smoothies, dishes and protein bars. It's like eating dessert for breakfast – the healthy way!
- Cost: \$10.00 per person
- RSVP to Suzanne Redford at [Suzanne.redford@sympatico.ca](mailto:Suzanne.redford@sympatico.ca) by Monday, January 16<sup>th</sup>, 2017



## Breakfast (Mixed) Group – Mary-Anne Unwin

[donkeyduo@outlook.com](mailto:donkeyduo@outlook.com); 905-986-4078

Three Breakfast Clubs are currently operating once a month. Members enjoy pleasant conversation over breakfast at a local restaurant of their choice.

TUESDAY BREAKFAST CLUB meets on the 4th Tuesday of every Month with the next meeting scheduled for January 24th. A couple of spaces are available.

WEDNESDAY BREAKFAST CLUB meets on the 1st Wednesday of the Month with a meeting scheduled February 1st. There are a few spaces available.

THURSDAY BREAKFAST CLUB meets on the 2nd Thursday of the month and will meet again on January 12th, 2017. This group is currently full but names can be taken onto a waiting list.

## Open Art Studio – Margaret Adamson

[madamson905@gmail.com](mailto:madamson905@gmail.com) or 905-773-2878

This group of ten has met three times to be ready to start in the New Year every second and fourth Monday - beginning January 23<sup>rd</sup> (1:00-4:00 p.m.)

Thank you to Phil and Barbara Wooding who hosted our pre-Christmas meeting. Fortunately a large, bright room to work in a variety of media was found at the Prince Albert United Church Community Centre. The combining bond that has brought everyone together enables all to have the opportunity to share their art and skills in a social and yet focused circle. Any skill level is welcome to join - the idea is to make time for the art we may aspire to do or may put off doing while other things get in the way.

## Guess Who's Coming to Dinner – Thelma Wilson

[thelquilt@aol.com](mailto:thelquilt@aol.com); 905-985-8006

The next get-together of this group will be on Saturday, January 28th at Col. Mustard's in Port Perry. An email will be sent to all members currently registered for this activity.

Want to join in the fun but not as yet signed up for the Dinner Group? Just contact Thelma Wilson at [thelquilt@aol.com](mailto:thelquilt@aol.com) or phone 905-985-8006.

## Grey Cells Matter – Mary-Anne Unwin

[donkeyduo@outlook.com](mailto:donkeyduo@outlook.com); 905-986-4078

The first Grey Cells Matter meeting took place on January 9th at 2pm. Sessions will take place on the 2nd Monday of each Month in the afternoon. Members will enjoy solving riddles, working on word, trivia and logic problems of various difficulty levels. The goal is to keep our minds active and slow the aging process while having fun at the same time! New members welcome.

## Jazz – Barbara Wooding

[bwooding22@gmail.com](mailto:bwooding22@gmail.com); 905 985 7369

Welcome back Jazz Group and best wishes for a happy and healthy 2017!

We have a busy January. Our own Port Perry Lynn McDonald will be singing at Morgans on the Danforth on Sunday, January 8th. She will be accompanied by Dave Restivo on piano and Bill McBirnie on flute. Morgans is at 1282 Danforth just west of Greenwood, in Toronto.

In Port Perry at Jester's on Sunday, January 15<sup>th</sup>, it's the Mark Kelso Trio. Brian Dickinson will play piano, Mike Downs on bass and Mark Kelso on drums and vocals. All this takes place at 7:00 p.m. See "Focus" Magazine for reservations.

On Sunday, January 22nd, it's the Chris Gale Trio with Chris on all three saxes {tenor, alto and baritone}, Jeff McLeod on B3 Hammond Organ and Morgan Childs on drums. Likewise see "Focus" for reservations. Hope to see you at an event.



## Travel Group – Judy Spring

[president.portperryprobus@gmail.com](mailto:president.portperryprobus@gmail.com); 905-447-4557

The second meeting of the Travel Interest Group was held on November 8th and the subject was Cruise Tips and Best Experiences that included a presentation by PROBUS members and by Expedia Cruiseship Centres in Port Perry. Group members were encouraged to attend the Scugog Memorial Library immediately following the interest group meeting for a Travelogue on Anne Scott's travels in Southern Peru.

Following this was the December 8th meeting of the group where "good snowbird locations to visit" was discussed. There won't be a meeting until March 9th because the Travel Group coordinator will be travelling! The March meeting topic will be on Central and South America.

## Euchre Group – Ann Berube & Margaret Adamson

[ann.sundowner@gmail.com](mailto:ann.sundowner@gmail.com); 905-985-7102 (Afternoon group)  
[madamson905@gmail.com](mailto:madamson905@gmail.com); 905-773-2878 (Evening group)

To date there are 18 players in the Evening Group, with Carolynne Padley joining us for our next game at Nancy and Kirk Dawkins' home on Tuesday, January 17th at 7:00 p.m. Our November game, hosted by Carole and Dave Matthews, was well attended with a full house of 16 players - lots of fun with 4 tables and yummy pre-Christmas snacks. It is our hope to try to have even tables of four each evening, so we welcome the names of spares who may be able come on short notice.

Please notify Margaret Adamson (905)773-2878 or [madamson905@gmail.com](mailto:madamson905@gmail.com).

The Afternoon Group, which meets every other Friday, would welcome 2 to 3 more players. Please contact Ann Berube for more information.

## Beginners Bridge Group – Judy Anderson

[judykins999@yahoo.ca](mailto:judykins999@yahoo.ca); 905-985-8719

We have had a few people drop out over the fall so our numbers are smaller. With one couple away for three months and another couple away for three weeks coming up soon, we may not have enough players to come out on a regular basis.

The Beginners Bridge group has been very successful so far with players enjoying our weekly games and discussions of the various hands. Everyone is doing so well with the game, and we are more experienced with shuffle and play. Now that we have the basics under our belts, our group has become a supervised play format.

We would like to add some more members to our group at this time, so if anyone is interested in joining us, please feel free to contact me. Just a basic knowledge of the game and an interest in getting together in an informal group is all that is needed.

Contact Judy if you are interested.



## Cards – Hand & Foot Group – Louise Bardswich

[lbardswich@gmail.com](mailto:lbardswich@gmail.com); 905-914-0677

For those interested in this game (which is much like Canasta), please contact the coordinator, Louise Bardswich.

## Music - Ukulele Group – Andy Stevenson

[andystevenson58@gmail.com](mailto:andystevenson58@gmail.com); 905-449-0719

The PROBUS Ukulele ABC's (Absolute Beginner Class) have finished their fall 10-week training program and enjoyed a performance of their skills at the November Probus meeting. Some members are now jamming with the DUKES, the Port Perry based Durham Ukulele Klub, also led by PROBUS member Andy Stevenson. Congratulations to everyone for your great achievements.



## Lawn Bowling – Dennis Bayley

[dennis.bayley@icloud.com](mailto:dennis.bayley@icloud.com); 905-985-1342

The Lawn Bowling Interest Group will be starting up next spring, so as we approach that time, please contact the Coordinator, Dennis Bayley ([dennis.bayley@icloud.com](mailto:dennis.bayley@icloud.com) or 905-985-1342), for more information or watch the newsletter and website.

## Golf Group – Dave Matthews

[dandcm43@yahoo.ca](mailto:dandcm43@yahoo.ca); 905-982-2702

The Golf interest group has suspended operations for the winter. As we approach spring, contact the Coordinator, Dave Matthews ([dandcm43@yahoo.ca](mailto:dandcm43@yahoo.ca) or 905-982-2702), for more information about the group's spring golf schedule.

## Theatre Group

Our theatre survey is done, we have our contact list prepared and we now have a list of all the theatres within 3 hours of Port Perry. So we're ready to go with the Theatre Interest Group. The person who was looking at coordinating the group unfortunately cannot now do so. Consequently all we need to get this going is a coordinator or co-coordinators. It'll be a lot of fun, so contact Tim Casey at [interestgroups.portperryprobus@gmail.com](mailto:interestgroups.portperryprobus@gmail.com) or 647-521-2565 to volunteer.



## Other Interest Group News

**BOARD GAMES** - The Board Games interest group is finally on its way! We have just sent out feelers to see who is still interested in joining this group. If you did not receive an email and are considering joining, please email or text Tina Allen at [cortinaallen3@gmail.com](mailto:cortinaallen3@gmail.com) or 905-914-1073.

**BOOK CLUB** - For current information about the Book Club, please contact Suzanne Redford at [suzanne.redford@sympatico.ca](mailto:suzanne.redford@sympatico.ca) or 416-573-0597.

**LUNCH MEET** - The Lunch Meet interest group meets for lunch immediately following the general PROBUS members' meeting each month. The location of the lunch that day will be announced at the meeting. For any questions please contact Tim Casey at [interestgroups.portperryprobus@gmail.com](mailto:interestgroups.portperryprobus@gmail.com) or 647-521-2565.

**MOVIES** - A Movies Interest Group is now being formed under coordinator Georgia Brock ([georgia.brock@sympatico.ca](mailto:georgia.brock@sympatico.ca) or 905-985-3156). The initial organizing meeting was held on November 7th. A sign-up sheet and information on the group will be at the Interest Groups table at the next PROBUS Club members' meeting on November 15th for those interested in learning about the group or joining it.

**MUSIC JAM** - The Music Jam Interest Group is still looking for a few more individuals who play instruments and would like to jam with some of their fellow PROBUS members. Please contact the coordinator, Bill Walker, at [bwalker@powergate.ca](mailto:bwalker@powergate.ca) or 905-985-9673.

**POKER** - A poker group is also now being formed. Please contact Norm Sanford at [nsanford@explornet.com](mailto:nsanford@explornet.com) or 905-441-1490 for more information.



## PROBUS Members - We Need Your Help!

Port Perry PROBUS Club members – Another reminder please. One thing all the members can help us with is that of responding to emails from PROBUS volunteers. For instance when an interest group is being formed, we typically send out an email to all of those members who previously expressed an interest in that interest area in order to gauge if each such individual remains interested in joining the group and perhaps soliciting the members' opinions as to how the group might operate. In addition, an email is usually sent out to the potential group to schedule the first meeting. And finally, the coordinator often will send out an email to the group before each regular meeting to determine the probable attendance.

If you get any such emails, we ask that you take a minute to reply right away. When coordinators have followed up with people who did not respond to a RSVP email, the most common reason given by far for not responding is that with the high volume of emails they receive daily from family, friends, etc., they simply forgot to respond to the interest group one. So it's best to respond as soon as you read the PROBUS RSVP email because otherwise you may miss out on some great activities.

If you're not interested in the group, just reply with a "not interested" - we don't need to know why and won't take any offense at the shortness of the reply. And if interested, just say "interested". If the email is related to scheduling a meeting, just let us know yes or no as to whether you can attend – again, no explanations either way are necessary. We want to keep this as simple as possible.

When a coordinator doesn't receive a reply to an email, the coordinator doesn't know if it's because the recipient didn't get the email or if there were perhaps difficulties responding. The coordinator is then left with the possibility of potential group members missing key information, meeting rooms perhaps being overcrowded or the need for the coordinator to do a follow-up call to the people who have not responded to the email. And this gets particularly troubling when trying to reserve tables at restaurants and seats at other events.

Our coordinators are all volunteers who already give of themselves to assist the membership of our Club. We need to support them by ensuring that their emails to members do at least get a timely response. And if you're not comfortable with replying by email, please feel free to phone the coordinator.

Thank you for your understanding.

# REMINDERS

- ◆ PLEASE respond to emails from PROBUS Interest Group and Social Event volunteers!
- ◆ The monthly member meeting will be held the 3rd Tuesday of the month, 10 am – Noon at Hope Church, 14480 Old Simcoe Road, Port Perry.
- ◆ Always check the website [www.portperryprobus.com](http://www.portperryprobus.com) for up to date information.
- ◆ Bring your chequebook to meetings in order to sign up for social events – make cheques payable to *PROBUS Club of Port Perry*.
- ◆ Some social events will be booked through sister clubs – contact information will be provided.
- ◆ PROBUS Club of Port Perry to be a GREEN CLUB – bring your own mug to the meeting to enjoy your coffee or tea.
- ◆ Club Constitution, Club By-Laws, application form can be found on website.

THE MEMBERSHIP LIST, IN WHOLE OR IN PART, IS NOT TO BE USED FOR COMMERCIAL OR OTHER PURPOSES, OR PROVIDED TO ANY OTHER PARTY WITHOUT THE PRIOR WRITTEN PERMISSION OF THE MEMBERSHIP CHAIRPERSON OR THE PROBUS CLUB OF PORT PERRY.

## PROBUS Club of Port Perry Management Team

Judith Spring	President
Bob Ashdown	Honourary Past President
Carl Pearce	Vice-President
Barbara Faulkner	Secretary
Gail Johnson Morris	Treasurer
Tim Casey	Interest Groups
Linda Schell	Social Chair
Linda Lake	House
Margaret Miller	Membership
Dennis Bayley	Speakers
Jayne Rees	Webmaster
Becky West	Newsletter Editor