

PROBUS CLUB OF AJAX MONTHLY NEWSLETTER



PROBUS Club of Ajax, Club # 82 Ajax, Ontario

Vol 23 Issue 4 & 5

April 1 & May 15, 2020

President:
J. Starkman

Vice-President
B. Cooney

Past-President:
R. Lawrance

Treasurer:
J. Clark

Secretary:
J. Mathewson

Social:
S. Van Putten

Membership:
T. Rosebush

Speakers:
B. Provis

House:
J. Wilson

Website:
M. McVarish

Newsletter:
B. Squires

Interest Groups:
C. Breen

Members at Large:
N. Hobart
G. Tays

All PROBUS Club of Ajax General Meetings are CANCELLED UNTIL FURTHER NOTICE

President's Message



Managing to stay safe and healthy during this COVID-19 Pandemic is a new experience for all of us. I know first hand, since I've been self isolating for eight long weeks now. I've been following the advice of our Chief Medical Officers of Health, Dr. Tam and Dr. Williams to stay home. My groceries and prescription drugs are delivered. Once a week, I take my car for a drive around Town to keep it operational. Such is my life at this moment, as it is for millions of others.

As a health care professional, I decided early on in my self isolation, that I had to create structure and purpose in my life, if I were going to survive the rigours of this new, albeit temporary, lifestyle. After all, this is a totally foreign way of living. We are social beings and need and enjoy the company of others.

To address my need for structure and purpose, I developed a routine. Every night before going to sleep, I make a list of items I want to achieve the next day. I make an effort to keep the list short and doable so that there is a feeling of accomplishment at the end of the next day.

So, how do I put in the long days? One means is to make use of the technology I have at hand, to maintain contact with family and friends. For example, my neighbour and I attended oil painting classes for two years before COVID-19 surfaced. We now oil paint together by Skype twice a week. Other ways I use Skype are: to walk my treadmill daily while conversing with a friend; to keep in touch with my cousin in Scotland; and to share a daily coffee break with a friend working from home. Skype gives the welcome illusion that the other person is in the room with you. I also talk on the phone more than usual to maintain my connection with family and friends. And last but not least, I play cribbage daily with a friend by telephone. It's a challenge but it works and it's fun.

I started a 1,000 piece jig saw puzzle of Cinderella. What a marathon!!! I enjoy reading and gardening. With a little luck, we'll have warm weather soon. And of course, if I'm really desperate for something to do, there's always spring cleaning and purging unused items from the house - Not!!! One day when I was feeling particularly unmotivated, I took selfies of my dog and myself. That got rid of about 5 minutes.

So, how are you putting in these days that closely resemble the previous ones? I hope you too are self isolating and taking precautions when going out. This virus still threatens us, so take care and stay healthy.

Joyce



Message from the Past President

In an email dated April 15 2020 our president Joyce Starkman reached out to all members sharing her concern that we were missing our friends from being shut in due to this terrible Pandemic that we are suffering through. She asked for volunteers to reach out to members and to offer friendly conversation and assistance.

We are very pleased to report that over 20 members volunteered to make calls. They were able to get in touch with nearly 190 of our members to share friendly conversation about their PROBUS experiences that we have all enjoyed.

Most were getting help from family neighbours and friends to pick up shopping needs. Many were watching TV reports or movies or listening to some of their favourite CDs. The major complaint was boredom and many expressed appreciation for the call that helped to break that up.

Many new friendships began during these conversations and some were looking forward to meeting each other when we get back to PROBUS.

This has been a very satisfying worthwhile experience and I would like it to continue until we are able to get together again.

Reg Lawrance

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Thank you to Reg and the volunteers from our Club who called so many of our PROBUS members, to offer friendship and support during this time of isolation. The team effort and enthusiasm of Reg and our volunteers made this personal outreach to fellow members a success. I ask that Reg and our volunteers continue the phone calls to members as we continue to isolate to fight this virus. It's important to support one another during this challenging time.

Stay safe and keep well.

Joyce Starkman

President

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We would like to welcome Barb Cooney as our Vice President. Barb was President of Ajax PROBUS in 2006, and is well acquainted with the Club and experienced in its management. We are very fortunate to have her join our Management Team.



Greetings

I joined Ajax PROBUS in 2003 after retiring from an executive position in healthcare. I quickly became involved with the club and initially assumed the role of Membership Coordinator followed by President in 2006.

While maintaining my membership I served on several other Board of Directors including the United Way, Ontario Shores Centre for Mental Health Sciences and Durham Lifelong Learning to name a few, where I took on a number of different positions.

Over the years, Ajax PROBUS has given me the opportunity to meet many new people and experience many pleasant activities.

I am happy to help out where I can.

Here is a picture of most of our management team during a Zoom meeting



Below are recipes from two of the above team:



GROUND BEEF STROGANOFF

½ cup chopped onions
1 lb. Ground beef
1 tsp. Salt
¼ tsp pepper
2 tbs. Flour
2 tbs. fat
1 garlic clove
1 can mushrooms (optional)
1 can cream of chicken soup
1 ½ cups sour cream

Sauté onion and fat until transparent. Add beef and brown. Drain excess fat. Stir in flour and salt. Add garlic, pepper, mushrooms and soup. Bring to boil. Reduce heat and simmer uncovered for 10 minutes. Stir in sour cream and heat thoroughly, but do not boil. Serve over noodles or rice.

Friends have been ordering from Hello Fresh or Good Food. They send you all the ingredients for meals and you prepare the meals. One of them is on her own so she cooks the meal for 2 and has the extra at another meal. I know these companies are reasonably expensive, but my friends are enjoying the variety and not having to think of what to have for dinner.

Jane Wilson

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CHOCOLATE CHIP COOKIES



2¼ cups unsifted all-purpose flour
1 teaspoon baking soda
1 cup butter or margarine, softened
¼ cup granulated sugar
¾ cup firmly packed light brown sugar
1 teaspoon vanilla
1 package (4 serving size) instant vanilla pudding mix
2 eggs
1 package (12 ounce) chocolate chips (approx. 2 cups)

Mix flour with baking soda. Combine butter, the sugars, vanilla and pudding mix in a large mixer bowl; beat until smooth and creamy. Beat in eggs.

Gradually add flour mixture; then stir in chocolate chips. Batter will be stiff.

Drop by rounded teaspoonful about 2 inches apart onto ungreased baking sheets. Bake at 375° for 8 to 10 minutes.

Makes about 7 dozen.

For chocolate chocolate chip cookies, substitute chocolate flavour instant pudding mix

Netflix shows to watch: , my recommendation is Alias Grace. It's a Canadian 6 part mini-series, about 45 minutes per episode. Here's the synopsis:

Based on the 1996 Margaret Atwood novel of the same name, "Alias Grace" tells the story of young Grace Marks, a poor Irish immigrant and domestic servant in Upper Canada who is accused and convicted of the 1843 murder of her employer and his housekeeper. Stablehand James McDermott is also convicted of the crime. McDermott is hanged, but Grace is sentenced to life in prison, leading her to become one of the most notorious women of the period in Canada. The story is based on actual 19th-century events.

Julie Mathewson

MEMBERSHIP

A reminder, please keep in mind that it is essential that I be told when you move, change your phone number or email address.

Also, we count on your cooperation to let me know when one of our members is in the hospital or when our members and their families are bereaved.

The Club wants to give our distressed members and their families our support but it can only happen if the Membership Coordinator is aware of serious issues troubling our members.



Tom Rosebush, Membership Coordinator

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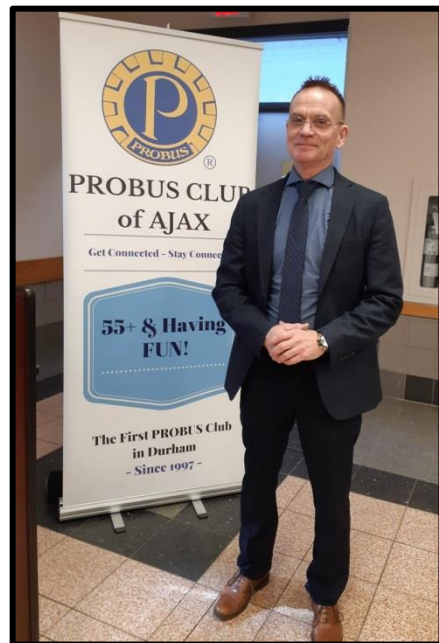
Each month our membership continues to grow. The Ajax PROBUS Management Team would like to thank you for joining our club.

Welcome our new fellow members: **Beverlee & Edward Russell**

March 4, 2020 Meeting



Joyce welcoming our new member Victoria



Our March speaker was Martin Franssen, a Detective with the Fraud Division of the Major Crimes Unit, Durham Regional Police. He spoke about various types of fraud perpetrated on the public and how to prevent becoming a victim of fraud. He also spoke about safeguards when preparing a Power of Attorney.

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All Interest Group meetings have been cancelled for the time being.

AJAX PROBUS INTEREST GROUPS

Interest Groups Coordinator: Carol Breen					
RODEO (Ladies Lunch)	Dawn Thornton		Dining Out	Carol Breen	
Bridge	Harvey Brodhecker		Cribbage	Reg Lawrance	
Golf	Marcia Everitt Durham West		Breakfast Club	Julie Mathewson	
Euchre/Scrabble	Julie Mathewson		Book Club	Bernie Rosebush	
Billiards	Don Vorhees Pickering PROBUS		Movie Club	Nancy Hobart	
Walking Club	Ron Mitchell & Maureen McVarish				

I hope this newsletter finds you all well and safe. I know this is an unusual time. I know we cannot get together now but hopefully we can soon. All the clubs in the interest group are not open right now. I just want to say if anyone has any suggestions or want to be coordinator for any new group you want to start please contact anyone on the membership committee or myself. We can also talk and see if we can start a new program. Please stay safe and then we can get together soon.

Take care

Nancy Hobart

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PROBUS RODEO GROUP

Hi Everyone, Thanks to those who sent in recipes, We will be printing one this month and the rest later. I don't think everyone got the message re: photos. If possible the management committee would like a photo of you to accompany your recipe. You can send it to ajaxprobus@gmail.com.

In case you've forgotten when we finally get to go out again our lunches are on the third Wednesday of the month. I have forgotten (or probably didn't know because I was away in Feb.) where we had planned to meet in March. When, not if, we are released I will send out a reminder and name of location. Certainly looking forward to seeing all of you again.

We may have some new members who are not aware of RODEO CLUB. We are a group of women who meet once a month for lunch. We are very flexible in that you are not expected to come out every month. We publish details of the monthly plans in the PROBUS newsletter and when it is close to the luncheon date I send out a reminder and ask you to let me know if you are attending. I sure am looking forward to getting back to our old routines.

Take care, *Dawn Thornton*

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5 INGREDIENT 10 MINUTE CREAMY DILL SALMON

PREP 3 mins

COOK 7 mins

TOTAL 10 mins

YIELDS 2

INGREDIENTS :

- 2 salmon filets (6 ounces each)
- 1/4 cup [Sir Kensington's Mayo](#) or [30 Second Mayo](#)
- 1 tablespoon minced fresh dill
- 1/4 teaspoon garlic powder
- salt and pepper, to taste

DIRECTIONS :

1. Preheat oven to 450 degrees
2. Place 2 salmon filets on a parchment paper lined baking sheet. (I like the skin on my salmon)
3. In a bowl, mix together mayo, dill, garlic powder, and salt and pepper
4. Sprinkle the salmon filets with a little extra salt then divide the mayo mixture and spread it evenly on top of both filets.
5. Place in oven and bake for 7-8 minutes.
6. Serve immediately.

Recipe submitted by *Bev Smith*

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PROBUS BOOK CLUB

The Book Club **usually** meets on the fourth Wednesday of each month at St. Paul's United Church, 65 King's Crescent, at 1:30 p.m.

During Covid19, of course, we are **not** meeting!!!

However, when normalcy returns we shall continue our very interesting discussions on chosen book titles.

Interested in reading, discussion, fun and fellowship, we welcome you to join our group.

In the meantime, here are a few book suggestions you may wish to enjoy:

"The Only Women in the Room" by Marie Benedict – true story novel on life of Hedy Lamarr;

"Manderley Forever" by Tatiana de Rosnay – biography of Daphne du Maurier

"The Cottage By the Sea" by Ciji Ware – Historical fantasy/romance genre (a light read).

Bernie Rosebush

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Due to my isolation, I finished three books yesterday. And believe me, that's a lot of colouring!

BRIDGE AND COVID-19

How Do I get my bridge fix during this isolation? Well, here are some suggestions.

New to Bridge

If you have never played bridge, there are a set of introductory videos on www.youtube.com. Once logged in to youtube, search in the youtube search line for **Bridge BFF**. This will give you a series of 10 lessons on how to play bridge. A word of warning when I did this it did not bring the tutorials up in the correct sequence. It went from tutorial 1 to tutorial 8. Make sure that you play them in sequence as the tutorial build upon each other.

Playing Bridge On-Line

To get your bridge fix I suggest <http://www.bridgebase.com>. This website lets you play with other live people or robots online. You can also play with your regular partner. You just need to schedule a time with them and both log in. I suggest that you play with it by yourself and see if this method is for you. There are also lessons on this website.

Watch the Experts

There are a set of videos on youtube where bridge professionals play hands and other professionals give a play by play discussion. To see these log in to www.youtube.com. Once logged in to youtube, search in the youtube search line **New Tricks Bridge Club**.

Harvey Brodhecker

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Here is some great information from Maureen:

Digital Downloads from Ajax Library

Libraries Closed? No problem! You can download books (and even stream movies) to your digital device right from your Library's website.

Enter ajaxlibrary.ca in your web browser and select "ebooks" from the blue banner. This page has all you need in order to get started on a variety of devices. Easy as A B C!

- A. Download the APP for your device. (ie Overdrive or Libby App, Hoopla App)
- B. Set up the APP - select your Library and enter your membership information.
- C. Download your selected books and read!

Overdrive/Libby is one of the most popular digital collection, so perhaps start off with that one.

Don't have a library membership? Get an "Instant eCard" for online resources right from this page.

Also check out free movies and TV shows to stream from the Hoopla App on this same page or from Kanopy on the "Movies" tab on the blue banner of the home page.

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Here is some lockdown comedy, I received this on the CBC comedy weekly email - Jolene Remastered <https://youtu.be/eBvnK-K0YvI> (have to skip ad first)

And maybe this catchy tune "I ant been nowhere man". <https://youtu.be/DIQvaBOuvAs>

And for those who may be missing their Stratford trip: <https://www.stratfordfestival.ca/AtHome>

Maureen McVarish

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We sent this flyer from Community Care Durham out to our membership earlier in the month – this is just a reminder.

“Community to Table” Food Box Community Food Box – \$30, containing essential grocery items. In response to the public health crisis, the Community Food Boxes have been developed to support vulnerable members of our community that are unable to safely acquire the essentials needed during this unprecedented time. With the support of local businesses and farms, the food boxes contain the essentials for healthy eating, much of which are locally made or grown. The boxes help to relieve the pressure from immediate family members that are unable to provide the necessary care to their vulnerable loved ones. We will continue to partner with local business to bring you a truly “community” experience. Call to order on Monday and we will deliver for FREE on Friday. 1-888-255-6680. (Credit Card or pre-authorized payments only) Are you interested in volunteering to deliver the Community Food Box or other services? Please Call 1-888-255-6680.

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Some puzzles: (answers on last page)

Sudoku

1.

		6	4			5	2
2		1	5	7		9	
4				9	1		
1	9		8		3	2	
		7				6	
		5	1		7		8 9
			6	5			3
	4			8	9	5	7
5	3				4	9	

2.

7	6		8				3	1
1			4			7	8	
9								
4		9		5	1		2	
	1			2			6	
	8		3	7		1		5
								3
	5	4			7			6
2	7				9		4	8

Halftime

Pair off the groups of letters to form ten 8-letter names of physical activities.

AERO	DRES	KAYA	OSSE		
AQUA	FROG	KING	PINS		
BALL	GGAN	LACR	SAGE		
BIAT	HAND	LEAP	TICS		
BICS	HLON	NINE	TOBO		

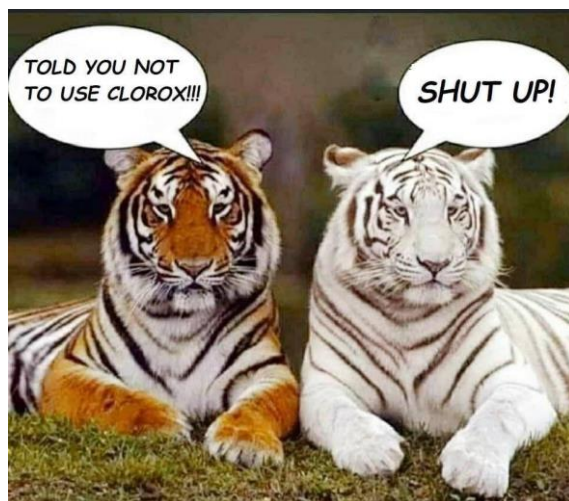
Until further notice the days of the week are now called thisday, thatday, otherday, someday, yesterday, today and nextday!

2020 is a unique Leap Year. It has 29 days in February, 300 days in March and 5 years in April.

**Notice from the Association of
Psychiatrists**

Dear citizens,
During the quarantine it is considered
normal to talk to your plants and pets.
Kindly contact us only if they reply.

Thank you



Puzzle Solutions:

SUDOKU

1.

9	7	6	4	3	8	1	5	2
2	8	1	5	7	6	3	9	4
4	5	3	2	9	1	7	6	8
1	9	4	8	6	3	2	7	5
8	2	7	9	4	5	6	3	1
3	6	5	1	2	7	4	8	9
7	1	9	6	5	2	8	4	3
6	4	2	3	8	9	5	1	7
5	3	8	7	1	4	9	2	6

2.

7	6	5	8	9	2	4	3	1
1	2	3	4	6	5	7	8	9
9	4	8	7	1	3	6	5	2
4	3	9	6	5	1	8	2	7
5	1	7	9	2	8	3	6	4
6	8	2	3	7	4	1	9	5
8	9	1	5	4	6	2	7	3
3	5	4	2	8	7	9	1	6
2	7	6	1	3	9	5	4	8

HALFTIME
Aerobics, Aquatics, Biathlon, Dres-
sage, Handball, Kayaking, Lacrosse,
Leapfrog, Ninepins, Toboggan.

For information on other PROBUS Clubs in Canada go to www.probus.org. Our Ajax PROBUS website: www.ajaxprobus.com
Many thanks for those who sent in items for this issue.

Comments and items are appreciated including photos of Club events. Please send to ajaxprobus@gmail.com