

# THE PROBUS CLUB OF UXBRIDGE - March 2026

Website: [www.uxbridgeprobus.ca](http://www.uxbridgeprobus.ca)

E-Mail: [CONTACT US](#)



# UXFORMATION

## MANAGEMENT TEAM

President  
Robin Dhillon

Past-President  
Kathy Clulow

Secretary  
JoAnne Binns

Treasurer  
Don Osborne  
Margaret Blanchet (Vice)

Speaker Chair  
Zina Bolak

Social Committee Chair  
Peggy Kennedy  
Gail Heroux (Vice)

Interest Groups Chair  
Jen Thorson

Newsletter Editor  
Bernie Beales

Membership Chair  
Janet Patterson

House Chair  
Sally Kotsopoulos  
Cheryl Bain (Vice)

Members At Large  
Albert Fintleman  
Susan Hiller  
Amber D'Aguiar

Site Administrator  
Paul Hayward

## President's Message

Even though it sometimes feels like winter moves at a glacial pace, spring officially arrives on March 20th, and not a moment too soon! Many of you have already started seedlings indoors, patiently waiting for warmer days and the chance to say goodbye to the snow.

March is also an important month for our Probus Club. It's the time when we need to finish identifying members who will serve on the 2026–2027 Management Team. As a volunteer-led organization, every role on the Team has a set term. This allows for fresh ideas, new energy, and gives current members the opportunity to take a well-deserved break.

Our club depends on members who are willing to share their time and talents. Each of us has skills and experiences that can help keep our club strong and active. To continue thriving, we need people who are committed, willing to work as part of a team, and ready to step into leadership roles. We want to ensure our club remains vibrant and does not face the challenges that have caused some other clubs to close.

At our General Meeting on March 11, please take a few minutes during the break to speak with Kathy or me. Let us know where your interests and skills might fit. You are also welcome to send me an email, and I will pass your name along to the Nominating Committee. Together, we can ensure our Probus Club continues to grow and flourish for years to come.

## TEAMWORK



**Is a Hands On Exercise**

*Robin Dhillon*

## From Your Speakers' Chair

### Mar. 11 - Nicole Dufort "The Majesty and Mystery of Sea Turtles"



Leatherback sea turtles have roamed the oceans for over 100 million years — yet today they face serious threats. In this fascinating talk, Nicole Dufort explores how groundbreaking discoveries in Atlantic Canada reshaped our understanding of these endangered giants and highlighted Canada's critical role in their survival. From advocating for Ontario's freshwater turtles to working with nesting leatherbacks in Trinidad, Nicole brings decades of conservation experience and inspiring stories of citizen science, collaboration and hope for one of Earth's most ancient mariners.

**Note:** *Previously scheduled speaker Christine Ibbottson had to cancel her March presentation.*

### Apr. 8 - Ted Barris "The Battle of Britain"

Award winning journalist and author, Uxbridge's own Ted Barris will talk about his latest and 22<sup>nd</sup> book. We'll hear about the untold stories of Canadians who helped secure victory in this World War II life and death struggle.



## From Your House Chair

### Next Meeting: Wed. Mar. 11 @10:00 a.m. Uxbridge Community Centre

The top of the Irish Morning to you! Welcome to March and dare we ask for a little green in all this white? The House Committee is looking forward to seeing you all on March 11. I will be asking for some new volunteers particularly for set up.

Team 3 is up for March -

**Set up:** Morgan Baker, Faye Grove, Brian Keeling, Vicky Baker

**Kitchen:** Debra Lippay, Marion Martin, Susan Dhillon, Mary Freedman, Judy Prince

**Greeters:** Anne Gauvreau, Sharon Thorpe



**Sally Kotsopoulos and Cheryl Bain**

## From Your Social Committee



### Some Like It Hot Ed Mirvish Theatre Wed. Feb. 25

Report by Chuck Heroux



A small but enthusiastic busload of theatre lovers left the Walmart parking lot a little after 9:00 a.m. heading for an early lunch at the Hot House Café (on the corner of Church and Front Streets) since the curtain was scheduled to rise at 1:30. The food was great, as usual! Most of us "Like It Hot" (since we'd freeze otherwise) and the play did not disappoint. The music was loud, big-band style and both the singing and dancing were excellent. The story vaguely followed the plot of the famous 50's movie of the same name but there were enough changes to keep things interesting. All the musical compositions were original and the acting was (only slightly) over the top! A very enjoyable afternoon.

With reasonable traffic (in spite of more snow), we were back in Uxbridge by 6:00 p.m.

### TO SIGN UP FOR ALL SOCIAL EVENTS:

*You must be a member in good standing (or guest of a member) of Uxbridge PROBUS to attend.*

**First** - you must sign up to reserve your spot by one of three ways:

- 1. In person** at the Social Events Table during General Meetings,
- 2. By e-mail** by clicking on this link: [Social Group Chair](#)
- 3. By telephone** to Social Chair Peggy Kennedy (905)852-0373 or Vice-Chair Gail Heroux (905)852-9927.

**Next** - you must pay either:

- 1. By e-transfer** to [treasurer.uxbridgeprobus@gmail.com](mailto:treasurer.uxbridgeprobus@gmail.com)
- 2. By cheque payable to "Probus Club of Uxbridge" at a meeting or**
- 3. By cheque through the mail to:**

Uxbridge PROBUS c/o Gail Heroux, 72 Munro Cres., Uxbridge ON L9P 1L8.

**NO CASH PLEASE - Cheques & E-Transfers Only!**

To view complete details of events, click on this link: [SOCIAL EVENT FLYERS](#)



## St. Patrick's Day Shenanigans

At the Uxbridge Legion Hall

**Tues. Mar. 17 - 5:30 PM**

Cost: Members \$55 Guests \$60

Roast Beef Dinner Catered by the Women's  
Auxiliary



Entertainment by Vintage Soul (pictured left), Trivia with Bernie, Cash Bar  
**Sign up directions in Gold Box above. See separate flyer for more details.**

# Upcoming Social Events



**Purple Woods Conservation Area**  
**Maple Syrup Festival**  
**Thurs. Apr. 9 1:15-2:15**  
Cost: \$6.00 which includes entrance into the conservation area & one hour tour. Shopping available for those interested.  
**A Drive Yourself Event**  
Sign up directions in Gold Box above.



**National Canadian Film Day**  
**At the Uxbridge Curling Club**  
**Wed. Apr. 15 - Only \$10 per person**  
Popcorn, pizza & drinks for sale

**Sign up directions in Gold Box above. See separate flyer for more details.**

**Downstairs Films**  
10:00 - The Sweet Hereafter  
1:15 - Away From Her  
3:15 - New Waterford Girl

**Upstairs Films**  
10:00 - Stories We Tell  
1:15 - I Like Movies  
3:15 - The Grey Fox

## Richter's Herbs

Max 20 Participants/Session  
Wed. Apr. 23 - 10:00-11:00 a.m.  
Thurs. May 5 - 10:00-12:00 noon

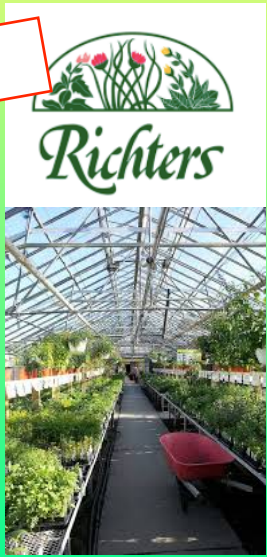
**ONLY APRIL 30 HAS SPOTS REMAINING! ASK ABOUT WAIT LISTS**

**FREE Talk and Tour including:**

- Visit to their historic glass greenhouse
- Use of herbs for medicinal purposes
- 50 year history of this family run business
- Personalized assistance to select plants & seeds
- Free catalogue

**Followed by optional lunch at Annina's in Goodwood (at your own expense)**

Sign up directions in Gold Box above. See separate flyer for more details.





**Markham Concert Band**  
**Unleashed**  
**SUN. MAY 3 - 2:00 PM**  
**Flato Markham Theatre**  
**(Drive Yourself Event)**



Purchase your own concert ticket online or by phone using the PROMO Code "Probus"  
 Sign up to join us for dinner at the Boxgrove Mandarin Restaurant after the concert.

Sign up directions in Gold Box above. See separate flyer for more details.



## Paws & Petals

**Tuesday, June 9**  
**8:00 a.m. - 7:00 p.m.**  
**A Mary Martin Bus Trip**  
**Cost - \$182 (Members)**  
**\$192 (Guests)**



### Includes:

- Deluxe Motor Coach Transportation to and from Uxbridge
- Admission to Royal Botanical Gardens (Self-Guided)
- Chicken Cordon Bleu Lunch
- African Lion Safari Bus Tour

Sign up directions in Gold Box above. See separate flyer for more details.

## Upcoming Events

**May:** Tiptoe Through the Tulips & Painted Ladies in Grimsby (Mary Morton Tour)

**Summer:** Lake Muskoka Cruise from Gravenhurst (Mary Morton Tour)

We welcome suggestions from our members. Speak to someone at the Social Table, send us an e-mail or put your comments in the suggestion box.

### OTHER POSSIBILITIES:

- Lavender Farm (July - Drive Yourself Event)
- Ajax Racetrack and Casino (Drive Yourself)
- Guys & Dolls at the Stratford Festival
- Car Rally in the fall
- Kingston Penitentiary & Tour of Keewatin

## Current Interest Groups

### TO SIGN UP FOR ALL INTEREST GROUPS:

1. Visit us in person at the **Interest Groups Table** during General Meetings  
-or-

2. Email by clicking on this link: [Interest Group Chair](#)

Typically, there is no charge to join an Interest Group (although some groups may have a minimal fee to pay for the use of the venue).

You must be a member in good standing of Uxbridge PROBUS to join an Interest Group.

**If you have an idea for a new group or want to join one of the existing groups, please contact us!**

### AGE GETS BETTER WITH WINE: Coordinator Anne Gauvreau

This month, the wine club will be meeting on March 11 at 7:00 pm to celebrate St. Patrick's Day. The theme for the evening is "GREEN". Green apparel is encouraged by those in attendance. We will be drinking wine from green bottles, or bottles that have a green label, or have green characters or animals on the label. As usual, lots of fun will be had. This group meets on the second Wed. of the month at 7:00.

### BOOK BUDDIES: Coordinator Gerri Martin

Book Buddies will meet on Thursday March 26 at 1:30. Our book club selection this month is Daughter of The Deer by Danielle Daniel. It will be a thought provoking topic to discuss when we are together. This group meets on the fourth Thursday of the month at 1:30.

### CANASTA CREW - GAMES & LESSONS: Coordinator Amber D'Aguiar

Canasta is a fun and challenging card game played in groups of four. **\*\*\*NO MEETING THIS MONTH.\*\*\*** We will be playing next in April. Lessons are held from 1:00-2:00 for new players and for those who need practice, and then we continue to play from 2:00-4:00. All are welcome! This group meets on the second Thursday of each month.

### COURT JESTERS (PICKLEBALL): Coordinators Alan James & Bill McMahon

This group is on hiatus until the spring.

### NEW CREATIVE WRITING & MEMOIRS: Coordinator Kathy Clulow

At the inaugural meeting, three of us gathered around the table to explore creative writing. Kathy introduced the process, went over the guidelines for a safe, encouraging place to write, then read a prompt and invited us to pick up our pens and write. We all enjoyed the experience. Both participants commented after reading their work, that they "had no idea where that came from". Initially, we will meet on the 2nd and 4th Tuesday afternoon at 2:00 pm. We will look at selecting an official name, and rotating locations as we get going. We plan to break for the summer, and to keep this group small with a max of 8 members. Meetings will last about 1-1/2 hours. March meetings will be March 10 and 24th. Please mark your calendars.



## **GARDENING GURUS: Coordinator Sally Kotsopoulos \*NEW COORDINATOR NEEDED\***

Smell those orange blossoms!! The Gardening Gurus got together on Tuesday Feb 24 at Valleyview Garden Centre to bathe in the green tropical plants. After having survived bitter cold and endless snow, we decided to soak up the freshness of green foliage, colourful plants and the wide variety of citrus trees that Valleyview boasts. Many of us came home with little plants to nurse along till we can see our gardens again. We met for lunch at Annina's and talked a little about our gardens and lots about what is going on in our lives. It was a lovely day out together. This group meets on the first Thursday each month.



## **GENIAL GENEALOGISTS: Coordinator Bernie Beales**

For once, Mother Nature cooperated and we were able to squeeze in our Feb. meeting between snowstorms! Many thanks to Robin Dhillon who shared his experiences using the PhotoMyne app to enhance and preserve old photos. Join us for our next meeting on Mar. 19 to explore a free online app called DNA Painter. We do have a couple openings for new members if you are interested. This group usually meets on the third Thursday of each month from 1:30-3:30.

## **GRAPE MINDS THINK ALIKE: Coordinators Melissa Harding & Caren Narvet**

"Wines with Funky Labels" was our theme this month. There were some very interesting labels, which led to lots of hilarity. Of course, we had to sample them see if the wines lived up to the hype. It was a fun filled evening with great discussion, lots of laughs, a variety of new wines to try, and tasty treats. This group meets on the third Wednesday of the month.



## **KNIT OR NOT HANDICRAFTERS: Coordinator Wanda Laing**

February may be short month, but the Handicrafters made sure we got both gatherings in despite the weather. We had a record number of ladies come out on Feb 25. Watercoloring was a huge hit. We will have to plan another watercoloring day! Moving on with an idea for our March gatherings - How many of us have started scrapbooks but just never found the time to get back to them? Or even worse, ran out of ideas. It happens...it happens to me a lot!!! In the interest of getting re-inspired, let's rejuvenate those old books or start a new one - or just do a page for framing. Bring your pictures, an album (or whatever paper you are using) along with glue or double sided tape -or just come with your pictures. As usual, I have a lot of scrapbooking supplies free for the using. We will start scrapbooking on March 4th and finish at our second class on March 18th. Sign up will be necessary for this class as I only have 6 chairs at the table. As always there is plenty of cozy living room space for those doing their own projects. See you in March! This group usually meets at 1:00 on every first and third Wednesday of the month.

### **KITCHEN BRIDGE: Coordinator Anne-Marie Sacco**

Both men and women are welcome. The group meets on the first Thursday of each month.

### **LADIES' BRIDGE CLUB: Coordinators: Margaret Langlands & Caren Narvet**

We travel home to home, playing anywhere from 1-3 tables each month. This group meets on the second Tues. of the month at 1:00.

### **LET'S EAT OUT: Coordinators Gail & Chuck Heroux**

Breaking with tradition this month, we moved our normal Thursday gathering to Saturday, to experience the weekly Prime Rib Special at Wooden Sticks. It was a local event, which helped, since it's still winter, but a good crowd turned out and we were able to fill the Players' Lounge. All the feedback we got was positive - the food was first-rate, and well served, and the company as usual was terrific. We will be skipping March, since it is the week of the St. Patrick's dinner at the Legion, which seems like too much of a good thing. April is still a mystery! This group meets on the third Tues. or Thurs. of the month.

### **LIGHTS, SNACKS, ACTION!: Coordinators Amber D'Aguiar & Mary Freedman**

We will meet again in April! Stay tuned!

### **LIT HAPPENS: Coordinator Jen Thorson**

The Push took us down many paths in our animated discussion of personal family history, nature vs. nurture, psychopathology, etc. A fascinating and interactive meeting, for sure! Next month we celebrate another Canadian author, Mary Lawson, and her novel Crow Lake. This group meets at 1:00 on the fourth Thursday of the month.



### **LOCAL EXPLORERS: Coordinator Susan Hillar**

Tea poured gently, stories bloom,  
Laughter dancing through the room.  
Scones and friendship, warm and bright-  
An afternoon at the Old Curiosity Shop, just right.



### **MAHJONG: Coordinators Mary Freedman & Amber D'Aguiar**

Coming this May! New and experienced players

welcome. Sign up with Jen Thorson at the monthly meeting or as explained in the gold box at the start of this section.

## MONDAY LUNCH BUNCH: Coordinators Betty Bignell & Joy Freemantle

On Feb 23, we enjoyed lunch at Joy's Fish and Chips in Uxbridge on Feb. 23. We will meet next on March 30! This group meets on the last Monday of each month.



## REDUCING MY FOOTPRINT: Coordinator Brian Keeling

Join us for always lively and informed conversation. Our Monthly Tip is our gentle (or sometimes not-so-gentle) reminder that change is always possible. This group meets at 10:00 on the third Wed. of the month.

**Monthly TIP: Digital Clean Up Day** Click on this link <https://www.digitalcleanupday.org/>



Digital Clean Up Day (March 21) reminds us to ask ourselves important questions:

Do I really need this file? Do I really need this subscription? Can I delete some photos, emails, files or videos? Can I be more intentional with my digital behaviour? Be bold and courageous! The hidden cost of our digital lives is huge, and is growing exponentially with our increased use of cloud storage, AI, streaming services, etc. Massive data and cloud storage and back-up centres create real physical energy use & emissions. Here are some of the things **YOU** can do to declutter and restructure your online presence:



- By cleaning up your cell phone and computer hard drive, you may speed up your phone and increase battery life.
  - Don't back up all photos - only those you really need
  - Delete unnecessary photos/videos
- Clean up e-mail files
  - Delete or archive old e-mails
  - Unsubscribe from unused e-mail advertising
- Create better new habits
  - Delete all those unused/forgotten old apps and games
  - When replying to long email(s), keep only most current and remove the rest
  - Stop sending "reply all" with 'ok' or 'ty'
  - Decrease gaming/streaming/social media time



## ROMEO (Retired Old Men Eating Out): Coordinator John Willcock

This group usually meets on the fourth Thursday of the month at noon to solve the problems of the world over lunch. Our next meeting will be Mar. 26.

## SMALL TOWN THEATRE: Coordinators Steve Fryzuk & Peggy Kennedy

Our next theatre performance is scheduled for April 11. We will be attending the Oshawa Theatre to see a matinee performance of The Full Monty. Small town theatre members attend matinee performances on the weekend at theatres in the Durham and York region. We organize a lunch before the event.





## MUSICAL MEMORIES

Some of our most lasting musical memories are from advertising jingles. Which products did these promote?

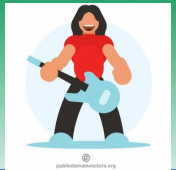
1. My bologna has a first name...
2. I don't wanna grow up...
3. Gimme a break, gimme a break...
4. The best part of waking up...
5. Sometimes you feel like a nut...
6. I'd like to teach the world to sing...
7. Reach out and touch someone...
8. If you dare wear short shorts...
9. They're magically delicious...
10. Meow, meow, meow, meow...
11. Plop, plop, fizz, fizz, oh what a relief it is...
12. Double your pleasure, double your fun...

**Did you actually sing them out loud???**

**Answers on the next page**

## OLDIES BUT GOODIES!

Updating the classics for our current generation!



1. **Herman's Hermits** - Mrs. Brown You Have a Lovely Walker
2. **Bee Gees** - How Can You Mend A Broken Hip?
3. **Bobby Darrin** - Splish, Splash, I Was Having a Flash
4. **The Beatles** - I Get By With A Little Help From Depends
5. **The Commodores** - Once, Twice, Three Times To The Bathroom
6. **Marvin Gaye** - Heard It From The Grapenuts
7. **Leo Sayer** - You Make Me Feel Like Napping
8. **Willie Nelson** - On The Commode Again
9. **Johnny Nash** - I Can't See Clearly Now
10. **Procol Harem** - A Whiter Shade of Hair
11. **Helen Reddy** - I Am Woman, Hear Me Snore

## MUSICAL MONDEGREENS - Commonly Misheard Lyrics

What people think they hear

The actual words of the song

1. The girl with colitis goes by
2. I can see clearly now, Lorraine has gone
3. I left my brains down in Africa
4. Blinded by the light, wrapped up like a douche in the middle of the night
5. Lucy in disguise with diamonds
6. Take a load off Fanny
7. Saving his life from this warm sausage tea
8. Then I saw her face, now I'm gonna leave her
9. Sweet dreams are made of cheese
10. Like a virgin touched for the 31st time
11. Lemon on a pear
12. On the dock of the bay, watching the Thai roll away
13. There's a bathroom on the right
14. Dirty deeds and the thunder chief
15. Dancin' queen, feel the beat from my tangerine.
16. Hold me closer, Tony Danza

1. Girl with kaleidoscope eyes (Beatles)
2. The rain is gone (Johnny Nash)
3. I bless the rains down in Africa (Toto)
4. Revved up like a deuce (Manfred Mann)
5. Lucy in the sky with diamonds (Beatles)
6. Take a load off Annie (The Band)
7. Spare him his life from this monstrosity (Queen)
8. Now I'm a believer (Monkees)
9. Sweet dreams are made of these (Eurythmics)
10. Touched for the very first time (Madonna)
11. Livin' on a prayer (Bon Jovi)
12. Watching the tide roll away (Otis Redding)
13. There's a bad moon on the rise (CCR)
14. Dirty deeds done dirt cheap (AC/DC)
15. Feel the beat from my tambourine (ABBA)
16. Hold me closer, tiny dancer (Elton John)



# Share A Smile - And The Beat Goes On

## Continuing our Salute to Music



The basses snuck out for a drink (or six) since they don't come in until the end. So they attached a note to the conductor's stand saying they'd be back in time for the big finish. Imagine the conductor's amazement when they came wobbling in seconds before they had to play. The conductor knew it was the bottom of the 9th, the basses were loaded and the score was tied.



I just got hit with a violin, a flute  
and a clarinet today.  
I think it was an orchestrated  
attack!



My friend said to meet him at  
the vinyl shop in 45.  
I got there in 33 which was  
record time!

Every morning I take my  
cow for a long walk  
through the local vineyard.  
Yes, I herd it through the grapevine.



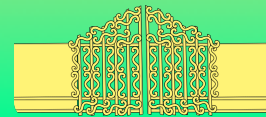
Yesterday I saw an ad that  
said, "Radio for sale - \$1.00.  
Volume stuck on full" and I  
thought, "I can't turn that down!"



Stallone: I'm making a movie  
about composers. I'm playing  
Beethoven.  
Van Damme: I'll be Mozart.  
Schwarzenegger: Stop it guys!  
I'm **not** saying it!



The fact that there's a Highway to Hell  
but only a Stairway to Heaven says a  
lot about anticipated traffic numbers!



A man walks into a bar with his dog and says to the bartender, "Ask my dog anything about music. I'll bet you a beer you won't be able to stump him." The bartender played along. "Who is the greatest Baroque composer of contrapuntal music?" The dog answered, "Bach!". The bartender then asks, "Who's the greatest composer of German Lieder before 1900?" The dog reacts with, "Wolf!" The bartender is getting annoyed but agrees to one final question, "Who was the best German composer between the World Wars?" The dog let out a yelp, "Orff!" The bartender by now has lost his patience. "Out with both of you!" he grumbled, "No beer for you." With that, the man and his dog exit the bar. Once outside, the dog looks up at the man and asks, "Was it Hindemith?"



### Answers to Musical Memories:

1 Oscar Meyer 2 Toys R Us 3 Kit Kat 4 Folgers 5 Almond Joy & Mounds 6 Coca Cola  
7 Bell Telephone 8 Nair 9 Lucky Charms 10 Meow Mix 11 Alka Seltzer 12 Doublemint Gum