

THE PROBUS CLUB OF UXBRIDGE - May 2025

Website: www.uxbridgeprobus.ca

E-Mail: CONTACT US



UXFORMATION

MANAGEMENT TEAM

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Chuck Heroux

Vice-President

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JoAnne Binns

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Zina Bolak

Social Committee Chairs

Gail Porter Heroux

Peggy Kennedy

Interest Groups Chair

Jen Thorson

Newsletter Editor

Bernie Beales

Membership Chair

Elaine Stevenson

House Chair

Sally Kotsopoulos

Members At Large

Linda Abate

Cheryl Bain

Site Administrator

Barrie Clulow

President's Message:

What do you love best about spring? For me, it's the arrival of the hummingbirds and the orioles. I put my feeders out last week, and I am happy to say that both of these beautiful birds have found them. I can share photos if you are interested. There is so much beauty as spring arrives, bringing nature back to life, painting our trees green, and waking up the tulips, daffodils, and dandelions.



This is a busy time of year for your Management Team. Our year end is May 31 and you will have already received an email to remind you to pay your annual dues and agree to our new Code of Conduct. The instructions are in the email you received last week. You can e-transfer your fees in advance to this new email address membership.uxbridgeprobus@gmail.com.

Another email is coming your way this week. It will give you good reading material with our revised Constitution, By-laws, and Code of Conduct. Click on: <https://uxbridgeprobus.ca/bylawsconstitution> as these are items we need to vote on and approve at our AGM. On April 24, we celebrated at our Volunteer Appreciation Event. I had challenged Sally, Jen and Cheryl to organize something special to honour our amazing volunteers and what an awesome party they threw! Thank you ladies! As always, thank you to each and every one of our 103 volunteers that work to make our Club so vibrant. See the report and photos further along in this newsletter. If you were unable to attend, you can pick up your certificate at our meeting next week.

At that event we announced the **First Annual Heroux Award for Exemplary Volunteer Contribution**. Who better to receive it than Chuck and Gail Heroux! They have both volunteered since this club began in 2018. We thank them for their astounding contribution to this club.

Enjoy your newsletter, sign up for events and let's continue to participate in as much as you want from all that our club offers!

Kathy Clulow

From Your Speakers' Chair



At our April meeting, guest speaker Dr. Christopher DiCarlo gave us a lot of food for thought. In his "Good Vs Evil" presentation, he posed ethical dilemmas by asking us, "What would **you** do?" At first, the answers seemed straight forward, but then he changed the scenario in different ways and it was amazing how it impacted on our answers! One example: Would you go naked into a store to buy an item for someone else? Would you go for \$100? \$100,000? \$1 Million? To save someone's life? To save your grandchild's life? Ask yourself: What would **YOU** do?

May 14 - Dr. Amy Barron "Digger, Teacher, Soldier, Spy"

Join us for a captivating talk by Dr. Amy Barron, who will explore the surprising role archaeologists have played during wartime—often turning into spies. An expert in Mesopotamian history with decades of archaeological and museum work, Dr. Barron will delve into how archaeologists, especially in the Middle East during World War I, used their deep cultural and geographical knowledge for military intelligence. Learn how figures like T.E. Lawrence became legends, while others quietly returned to their scholarly lives after the war. Don't miss this unique look at the intersection of archaeology and espionage!



June 11 - Joyce Perrin "Ants In My Pants - One Woman's Unexpected Adventures Across Seven Continents"

Joyce seamlessly blends her travel tales with heartfelt stories of human connection, adventurous exploits, and cultural exploration.

July 9 - Tom Locke "The Evolution of Rock and Roll"

Don't miss this interactive presentation about Stories and Songs of the 50's, 60's and 70's!



From Your House Chair

Next Meeting: Wed. May 14 @10:00 a.m. at the Uxbridge Community Centre

Thank you to all the people who have responded to my request for more volunteers. I will be taking your information down so that I can assign you to a team at our May Probud meeting. Please be sure to stop and chat at refreshment time. For all our monthly teams, I am looking for a team leader who will take on the responsibility for their assigned meetings. Please stop and check in with me if you are interested or have other questions.

May – Team 2

Set up – Rod Eastman, Chuck Heroux, Larry Nancikevel

Refreshments – Mary Ann Eastman, Cathy Boone, Diana Ayton

Greeters – Aggie Campbell-Rogers and Irene Hoekstra



**Remember to
"Lug-A-Mug"
(Reasonable
Size!)**



Facebook Post of the Month

The Uxbridge PROBUS Club for Members Only Facebook group now has 144 members! By joining, you will be more “in the know” about the goings on within the Club. Hurray for the Heroux - valued members since the very beginning! You can find us by searching for PROBUS Club of Uxbridge. Post of the month is by April Wilkinson.



From Your Membership Chair

It's that time again - time to renew our Probus membership dues. We are pleased to announce that we managed to keep the fees at **\$40.00**. This has to be the best deal in town for a year of Probus fun and interesting activities.

Probus Canada has recommended that all clubs adopt their Code of Conduct. It is now **mandatory** for membership in our club. Please read the attached file, then follow the 3 steps below.

1. Agree to the Code of Conduct.
2. E-transfer \$40.00 to membership.uxbridgeprobus@gmail.com. Please add this new email address to your payee list and put your name in the message box. You can always pay by cheque at a general meeting.
3. If you do not wish to renew your membership, **please let us know!** If we have not received your renewal by **June 30**, you will no longer be a member, and your spot will be given to someone on the waitlist.



From Your Webmaster

Code of Conduct, By-Laws and Standard Probus Constitution

have all been approved by the Management Team and will be presented at the Annual General Meeting on June 11 for approval by the membership. If you wish to review these documents prior to the AGM, they are accessible on a direct link website page. For security until ratification, the page cannot be accessed by visiting the site - only with this clickable link:

<https://uxbridgeprobus.ca/bylawsconstitution>



Volunteer Appreciation Day - April 24



Like every Probus social function, "The Volunteer Appreciation Event" held at the spacious Udora Community Hall, was orchestrated to absolute perfection.

Emcee'd by President Kathy Clulow, formalities commenced with recognition of the outstanding long term contributions of Chuck and Gail Heroux. The standing ovation for this Dynamic Duo was lengthy and so well deserved. The comment "Hero/Heroux" is so apt! This was followed by a group shot by newspaper photographer, John Cavers (see above), to memorialize the accomplishments of our volunteers.

All efforts, both great and small, were recognized with certificates of appreciation as tasty appetizers and beverages were served and made available by the gentlemen of "9XTin".

The Volunteer Appreciation Committee (Sally, Jen and Cheryl) then flexed their collective genius with a challenging competition between hastily formed teams involving athleticism, creativity, literacy and ingenuity.

What a great way of forging new friendships with the spirit of cooperation and good natured jousting amid cheers and gales of laughter!

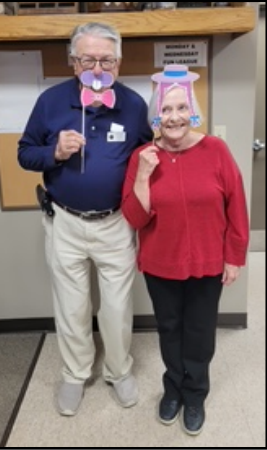
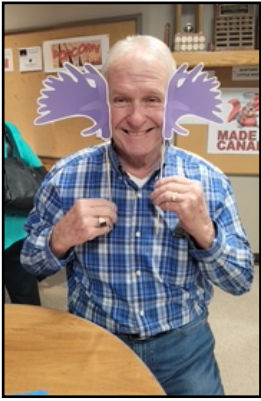
The time flew by and the conclusion is that the opportunity to volunteer pays tremendous dividends in our truly excellent club.

Report by Jim & Marilyn Davis;

Photos by John Cavers, Camille Scarlett and Jen Thorson



From Your Social Committee



National Canadian Film Day - Apr. 16

Once a year, we have an opportunity to focus on Canadian-produced movies, and your Probus Club has presented a selection of these wonderful films at the Curling Club in town. This year we were able to watch *Blackberry*, *Peace by Chocolate*, *Maudie*, *Mr. Dressup*, *Passchendaele*, and *The F Word*. We set up projectors and DVD players on two levels, and offered six movies - two in the morning and four in the afternoon, with popcorn, soft drinks, coffee and pizza for lunch. It was a great day, and we will do it again next year on April 15, so watch for the notice at the meetings or in your newsletter.

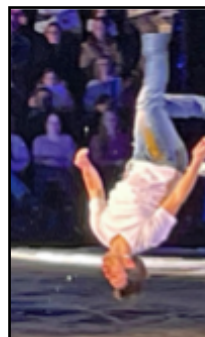
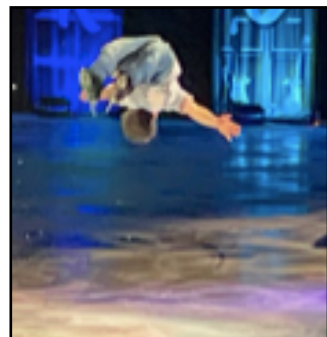
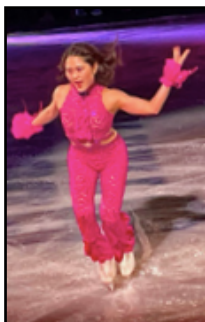
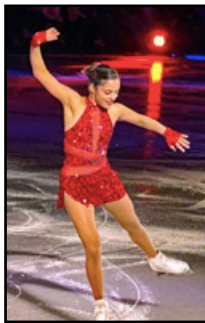
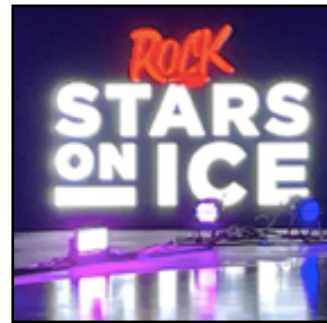
Report by

Chuck Heroux Photos by Peggy & Bob Kennedy

Rock Stars On Ice - Apr. 30

Another great event from the Social Committee! Thirty-seven of us witnessed the beautiful and sometimes seemingly death defying stunts of several of the world's best skaters. I think everyone agreed that it was THE BEST!! Pictures simply cannot tell the story – but I tried!! The one and only Elvis Stojko (who at 55) is still dazzling on the ice. The acrobatics of athletes such as Keegan Messing while wearing knife sharp blades was mesmerizing and even a bit chilling at times! The costumes, the ice pairs and dancing were all just top notch and so were our happy participants!!

Photos and Report by Annie Belanger



TO SIGN UP FOR ALL SOCIAL EVENTS:

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 Co-Chairs Gail Heroux (905)852-9927 or Peggy Kennedy (905)852-0373.

Next - you must pay either

1. **By e-transfer** to 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!

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

Upcoming Social Events

Mother's Day Mad Hatter's Tea Party

Uxbridge & District Curling Club
70 Franklin St., Uxbridge

Uxbridge PROBUS

Friday, May 9 12:30-2:30

Uxbridge Curling Club
\$45 per person



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

TUESDAY MAY 27

OUR NATIVES' LAND

With Ron Brown, Local Historian

- Tour the Mohawk Chapel, the oldest Protestant Church in Ontario
- The only Royal Chapel in North America
- Built by the Crown in 1785
- to the Mohawk who had
- during the American Revolution
- the Olde School Restaurant
- Visit the Woodland Cultural Centre
- Shop at Iroqrafts, the largest and oldest Arts & Crafts store on Six Nations Reserve



CANCELLED DUE TO LOW NUMBERS



TUESDAY JUNE 12

CIRCLING HAWK MEADERY TOUR

13433 Leslie St, Richmond Hill

A drive yourself event. Meet at 11 am with tour to follow.
Wood fired pizza optional after tour at your own expense.



\$25 per person which includes guided tour with the Head Apiarist,
Mead (Honey Wine) & Honey Tasting, and much more!

See accompanying flyer for all the details!

Sign up as usual and indicate if carpooling or ride is required

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Sign up directions in Gold Box above

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Wed. June 25 3:00-5:00

COFFEE & CONVERSATION

Only \$5 per person!

Shobrook Gardens Gathering Place (Main Floor)
1 Elgin Park Drive

A wonderful opportunity to meet other members
and reconnect with good friends.

**Everyone welcome but special invitation is
extended to our newer members!**

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Wednesday, July 23 at 7:00 p.m.

Theatre on the Ridge Presents

BLUEBIRDS

(See flyer for more details)

16210 Island Road, Port Perry

A drive yourself event

Tickets \$35 each (group rate)

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TORONTO HARBOUR CRUISE

WEDNESDAY, AUGUST 20

Aboard the 96' three masted schooner
Our club members will be the only passengers on this
3 hour cruise with lunch included (cash bar)

COST \$210 (members) \$220 (guests)

(See flyer for all the details)

THURSDAY, SEPTEMBER 18 11:00-4:00 (Lunch 1:00 p.m.)

Summer Finale Barbecue

Cullen Central Park, 4015 Cochrane St., Whitby

Mary Evans Catering

Pulled pork or chicken on a bun, selection of salads, desserts & drink

Lots of Activities & Games Available

Cost: \$45 for member & \$50 for guest

See separate flyer for all the details!



Save The Date

Oct 22: Niagara Wine Tour with lunch at The Prince of Wales Hotel, 3 winery tours and browsing time in Niagara-on-the-Lake

Dec 10: Christmas Gala Luncheon at a new venue (Mill Run) with new entertainment (Tom Kovacs)!

In The Works...

Model A Acres

Timbercreek Mini-Golf

Disc Golf

Oshawa Generals Hockey Game

SAD NEWS

The Pillsbury Doughboy, affectionately known as Poppin' Fresh, died yesterday from a yeast infection and complications arising from repeated pokes to the belly. He was 75.

Poppin' was cremated in a lightly greased coffin. Many celebrities were on hand to pay their respects, including Mrs. Butterworth, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch. Many flours adorned the chapel.

Aunt Jemima delivered the eulogy and lovingly described Poppin' as someone who never knew how much he was kneaded.

Born and bread in Minnesota, Poppin' Fresh was quick to rise although his later life was filled with turnovers. He was not considered a very smart cookie and wasted a lot of dough on half-baked schemes.

Despite being a little flaky at times, he remained a crusty old man and considered a roll model for millions.

Doughboy is survived by his wife, Play Dough, three children: John Dough, Jane Dough and Dosey Dough (plus they had one in the oven!). He is also survived by his elderly father, Pop Tart.

The service was held at 3:50 for about 20 minutes.

If this tribute made you smile, please rise to the occasion and pass it on to someone who is having a crummy day and kneads a lift!



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: Coordinators Anne Gauvreau & Sherrill Burns **This group has a wait list**

This group meets on the second Wednesday of the month at 7:00.



BOOK BUDDIES: Coordinators Gerri Martin & Kelly Keilty **This group has a wait list**

The Book Buddies Club meets next on Thursday May 22nd at 1:30 to discuss Looking for Jane by Heather Marshall.

We always enjoy our get togethers, with readers having different perspectives on the chosen monthly selection. This group meets on the fourth Thursday of the month at 1:30.

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

Come join this fun and challenging card game played in groups of four. We will be playing May 8 in the afternoon. We host lessons 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): Coordinator Alan James

April 18 was the kick off for Court Jesters pickleball season. In the words of Fonzie it was, "Cool". But even a sprinkle of showers and sleet could not dampen the spirit and enthusiasm of these paddle warriors. Let's say it was a "GOOD FRIDAY"! Pickleball tries to meet every Tuesday and Friday at 10:00 (weather permitting).



EUCHRE: Coordinator Carolyn Hicken

The next meeting will be Tuesday, May 6. This group meets at 10:00 on the first Tuesday of the month.

GARDENING GURUS: Coordinator Sally Kotsopoulos

The Gardening Gurus were hosted by Anne Linkruus on Thursday May 1 in her garden. Anne is closing her garden down as she has moved. She had asked members to bring spades and containers to save her amazing plants and give them a new home. Refreshments were provided. It's an honour for us to keep Anne's garden legacy going by providing homes for her many beautiful plants. A win – win all around. This group usually meets on the first Thursday of the month.



GENIAL GENEALOGISTS: Coordinator Bernie Beales

Last month, we had a presentation on "Breaking Through Brick Walls" which shared 7 strategies for finding elusive ancestors ending with the quote: "Family historians want to remember what their grandparents wished to forget". In May, we will start with a brief presentation to explain the basics of DNA. Join us on May 15 for our next meeting. The Genealogy group usually meets on the third Thursday of each month from 1:30-3:30.

HANDICRAFTS: New Coordinator Needed

The Handicraft Interest Group will be meeting on May 16 1-3 pm at the Uxbridge Senior Centre. Please bring your projects to work on. Refreshments will be provided. This group meets from 1-3 pm on the third Friday of the month.

KITCHEN BRIDGE: Coordinator Anne-Marie Sacco

Kitchen Bridge is held the first Thursday of each month. This is a fun group for both men and women. Kitchen Bridge meets the first Thursday of each month at 1:00.

LADIES' BRIDGE CLUB: Coordinator: Caren Narvet

Ladies Bridge meets at the homes of several of the members. The number of tables will vary depending on the month. Currently, if anyone would like to meet the ladies in this very sociable group, we would be happy to have a list of potential players who could fill in when needed, with the possibility of joining as a regular player in the future. This group meets on the second Tuesday of the month at 1:00.

LAUGHING MATTERS: Coordinators Amber D'Aguiar & April Gilkinson

The Dynamic Duo are back in action and are eager to launch our new and improved "let's laugh like no one is watching" improv sessions. This month we will meet on Tues May 20 from 1:30 -3:00 so all can enjoy the Victoria Day celebration. This group usually meets on the third Monday of each month from 1:30 - 3:00

LET'S EAT OUT: Coordinators Gail & Chuck Heroux

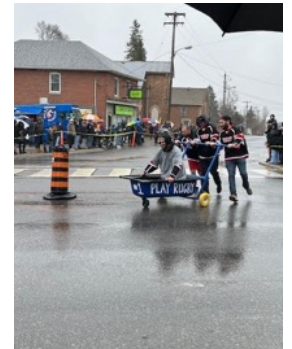
Let's Eat Out for April was a pub night, at the Piper Arms in Brooklyn. Fajitas were the special that night, and those who tried them really enjoyed the experience. Reports of the regular menu were mixed, but overall, I think it was an enjoyable evening. Our May destination, on the 15th, will be announced soon. This group meets on the third Tues. or Thurs. of the month.

LIT HAPPENS: Coordinator Jen Thorson

April's meeting was a great success as we celebrated all ten members of the group being together for the first time, including two new members! A cozy venue and yummy snacks made it extra-delightful. A New York Times bestseller in 2017, Lisa Wingate's *Before We Were Yours* is our read for May. This group meets at 1:00 on the fourth Thursday of the month.

LOCAL EXPLORERS: Coordinator Marianne Patterson

Early this month the explorers went to The Sunderland Maple Syrup Festival. In spite of the mild drizzle, a sweet time was had by all. Then a select few went to the last Uxbridge indoor farmer's market of the season. While not without merit, perhaps waiting for the outdoor spring market would be recommended. Finally, we went to The Salt Cave. Everyone had an enjoyable, relaxing time. It is too soon to get a consensus on the therapeutic benefits..



MONDAY LUNCH BUNCH: Coordinators Betty Bignell & Joy Freemantle

A bunch of us recently enjoyed dining and chatting at the Hylands Family Restaurant in Port Perry. We will get together next on May 26! The group meets on the last Monday of each month.



MULTI-DAY TRAVEL OPTIONS: Coordinator Anne-Marie Sacco

All told, 36 of us are packing for Newfoundland for mid June. Plans are being made for a bus trip to Canada's east coast. Stay tuned in 2026.

REDUCING YOUR FOOTPRINT: Coordinator Brian Keeling

In your endeavor to preserve this unique planet, come join a small group for some fun conversation, to learn and to find out what is being accomplished. This group meets at 10:00 on the third Wednesday of the month.

SMALL TOWN THEATRE: Coordinators Steve Fryzuk & Peggy Kennedy

In May members will be attending a play at the Aurora theatre. A lunch at State and Main has been arranged before the event. In April we attended a play at the Whitby courthouse theatre. A lunch at 12twelve was enjoyed before the performance. Small Town Theatre members attend plays in Durham and York Regions. Lunch is organized before the event.



TAKE A HIKE: Coordinators Carol Fraser & John Willcock

Our Goodwood/Uxbridge area has a wonderful series of trails through a variety of forests and meadows, some quite flat, some with gentle hills. We explore these forest trails near Uxbridge in the Durham and York Regions for 1 ½ to 2 hours. Join us for lively discussions, interesting views and leisurely treks! Next hikes will be on Thursday, May 1 and Thursday, May 15. The Hiking Group meets on the 1st and 3rd Thursday of each month at 9:30.

TOO PAR GONE (GOLF): Coordinator Albert Fintelman

Our season swings into action on May 5! We will be playing every Monday morning throughout the spring/summer.

TWO LEFT FEET (LATIN DANCING): Coordinator Anne-Marie Sacco \$15 per session

Two Right Feet Latin dancers meet the second and fourth Monday of each month. We share this group with Port Perry. We appreciate that a few more men have recently joined. Lessons are usually held the second and fourth Mondays of the month from 3-4, with a fee of \$15.00.

URBAN (POLE) WALKERS: Coordinator Nancy Melcher

Urban (pole) walkers had our first outing, enjoying some warm spring weather. Our walks will often incorporate parts of the smoother parts of the town trails. We walk for about an hour in the morning to avoid summer's heat, and may head to a coffee shop or do a tailgate snack afterwards. This group usually meets Monday mornings at 9:30.

DESPERATELY SEEKING COORDINATORS!

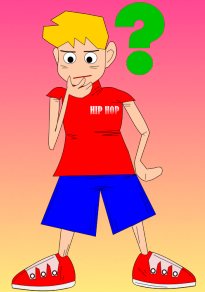
We have had strong interest shown in the following potential groups - **Board Games, Movie Night and ROMEO (Retired Old Men Eating Out)** but need three motivated people to step up as Coordinators to get the ball rolling! Of course assuming that role guarantees YOUR spot at the next Volunteer Appreciation Event!

Share A Smile - Murphy's OTHER Laws

Light travels faster than sound. This is why some people appear bright until you hear them speak.



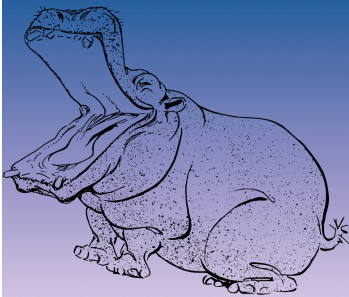
The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.



A fine is a tax for doing wrong. A tax is a fine for doing well.



It is said that if you line up all the cars in the world end-to-end, someone in a pickup truck would be stupid enough to try to pass them.



He who laughs last, thinks slowest.

The things that come to those who wait, may be the things left by those who got there first.



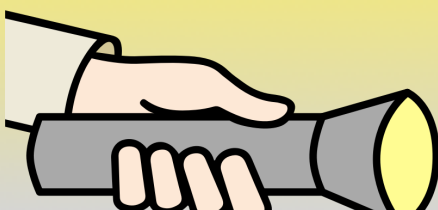
Change is inevitable, except from a vending machine.



Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.



Flashlight: A case for holding dead batteries.



When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty.

