

# THE PROBUS CLUB OF UXBRIDGE - July 2025

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

E-Mail: [CONTACT US](mailto:CONTACT@UXBRIDGEPROBUS.CA)



## 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

Anne Marie Sacco

Susan Hiller

Amber D'Aguiar

#### Site Administrator

Paul Hayward

### President's Message:

Happy birthday Uxbridge Probus. We are now in our 8th year and like any healthy eight year old, we continue to grow and get stronger. Each year brings its own opportunities and challenges, but our club is vibrant and has many activities and interest groups to help you connect with people and discover new interests and passions. I know for many of us, traveling is a passion and last month, over 30 members of our club boarded a plane and flew to Newfoundland for our first multi-day trip. It was an exciting time and you can read more about it later in this newsletter.

The turn of our new year brought some new faces on our Management Team, including me as your new president. I have to admit, the idea of being president of such a dynamic club is a little scary but I know I am not alone. I have the support of the the Management Team and all of you. I am very bad with names, so you may find me looking at your name badge quite often. Seriously, it is humbling to be part of such an amazing team and I know we will thrive as we have over the past seven years.

Speaking of new faces, the turn of the year also means a few people have not renewed their membership and this has allowed some people on our waiting list to join. Be sure to take note of who they are when we welcome them at our July meeting (to be held at the Sandford Community Centre).

This newsletter is packed with information you need. Please review the upcoming social events and activities and attend those that are of most interest to you. I find the best thing about all of our events is that we have the chance to learn a little more about each other and our interests. Some of the interest groups are on hiatus for the summer so make sure to check out what is going on with them. As the summer begins, let's hope the weather cooperates and allows us to do all the things we love ... traveling, gardening, being outdoors, or being with your friends and family.



*Robin Dhillon*

## From Your Speakers' Chair



At our June meeting we met the spry and spunky 88 yr old Joyce Perrin, a former hospital CEO, who shared her adventures of travelling the world, solo, in her senior years. Over 23 years she explored 187 countries and territories, following her passion for the World Health Organization, while embracing adventure and positivity. Her story was uplifting, inspiring and funny. Her book, "Ants in My Pants" is her way of creating a legacy for her family and encouraged us all to write something about ourselves, even just a paragraph, to share our own legacy.

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

**This meeting will be held at the Sandford Community Centre.**

Storyteller and musicologist Tom Locke is visiting us from Vancouver with his interactive musical presentation. He will take us back in time to the music of the 50s, 60s, 70s, and 80s via entertaining and informative stories about known and forgotten artists and songs. By playing some memorable tunes, the show goes where the audience takes it with a goal of "learning something new about the music you know." In this approach Tom delves into the roots of Rock & Roll, revealing how it shaped our culture and influenced future generations. (He will have his book "Moments in Time" for sale for \$30). You won't want to miss this one!



### Aug 13 - Dr. Sharon Lauricella "Artificial Intelligence"

What is generative AI and why do we need to know about it? In this interactive talk Sharon will introduce us to generative artificial intelligence (AI) and will demonstrate simple, fun ways that we can use it in everyday life. She will discuss both the benefits and challenges of using generative AI.

**This meeting will be held at the Sandford Community Centre.**

## From Your House Chair

**Next Meeting: Wed. July 9 @10:00 a.m. at the Sandford Community Centre**  
**We are a day after Canada Day and this year it seemed especially meaningful!**  
**It is such a pleasure to see everyone's commitment to buying Canadian, flying the flag and the robust singing of O Canada whenever possible. Our meeting this month at Sandford Community Hall will reflect our Canadian love, as well as welcoming summer together. Lemonade is on the menu so please bring a drinking cup from home if you are going for this instead of coffee. We are always trying to reduce our footprint.**

**July – Team 3**

**Set up (Arrive by 9:00) – Morgan Baker, Vicky Baker, Faye Grove & Brian Keeling**

**Kitchen (Arrive just after 9:00) – Dib Lippay, Marion Martin, Susan Dhillon & Mary Freedman**

**Greeter (Arrive by 9:30) – Anne Gauvreau & Diane Ayton**

**Thanks so much for all you do! Cheryl Bain & Sally Kotsopoulos**

**Remember to  
"Lug-A-Mug"**





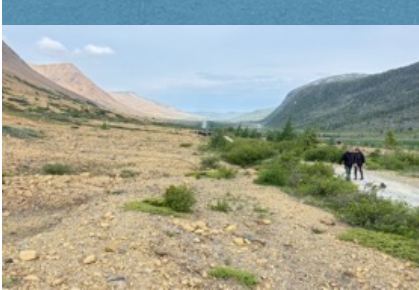
## Probus Newfoundland Trip - June 2025

Greetings from the recently "Screeched-In" fledgling Newfoundland citizens! I've never been on a vacation where I had to set my alarm clock for 6:00 a.m. EVERY morning but it was worth it! Departing Toronto on Friday the 13th was daunting enough, but when the plane in front of us lost its hydraulic fluid on the runway, I had second thoughts about going at all! After a short delay, we were diverted to another runway and safely arrived in Deer Lake, Nfld. The next morning, we headed north up the Viking Trail to St. Anthony's, past stunningly high mountains, water falls, tundra, ocean views and even three moose! In L'Anse aux Meadows we had a guided tour of the incredible Viking Village. In Port aux Choix, the archaeological sites from the 60's and 70's provided evidence of its earliest settlers from Maritime Archaic Indians to Eskimos. On our trip southbound, a stop at the Arches Provincial Park gave an absolutely wild windy ocean view of arches carved by the ocean and wind. We travelled to Gros Morne Tablelands which are a unique geological formation and once a part of the Earth's mantle, providing a rare example of

the process of Continental Drift. After a beautiful boat tour of Bonne Bay, we visited a whale museum, and then on to Gander where we were fortunate to have a guide who worked the day of 9/11 and shared details that were not in the news. We were treated to a Shed Party in Twillingate where we dressed up and danced to live music and later viewed two icebergs that had become stranded in a bay. Visits to Terra Nova Provincial Park and Salmonier Nature Park provided us an environmental education. Amazing how they take great care to keep out invasive species of animals, plants and trees.

Bay Bulls was the site of our whale and puffin tour. This boat ride would have given any roller coaster at Wonderland a run for the money. We saw a mother baleen whale with her calf crest the surface many times and even frolic beside the boat. The island was home to many species of birds including puffins, which I was very surprised to learn are actually very small and only have an orange beak and feet during mating season. The final three days in St. John's were filled by touring the Baccalieu trail, Cupids (where the first English settlement in the Americas was founded), and Hearts Content (where the first transatlantic cable allowed direct communication between the continents). Then off to visit Dildo and have an in-depth tour of St. John's to see the Jelly Bean houses, with stops at Quidi Vidi (pronounced Kiddy Viddy), Signal Hill and Cape Spear. We even got to see a real life-size giant of a Newfoundland dog - so majestic. Some of us may never get back to Newfoundland, but I feel like we were treated to the best of this island and I was so glad to be part of this tour. Our group members were awesome and of course, many thanks to Anne-Marie Sacco and Bob Smith for all their time and energy planning this wonderful trip.

Report by Linda Abate Photos by Robin Dhillon





## From Your Social Committee

# Circling Hawk Honey & Mead Tour - June 12



**Examining pure bee's wax.**



**Spot the tattooed queen.**



**In the mead distillery.**



**Honey & mead for purchase.**

On June 12, more than 40 of us gathered at Circling Hawk Apiary on a beautiful sunny breezy day for a very enjoyable and educational visit.

We all know that honey comes from bees - but the finished product is not that simple!

In three teams, we suited up to get up close and personal with the bees, the honey extractors and the mead makers.

We learned that the queens here don't have crowns but they DO have tattoos! These are colour coded each year so everyone knows how old they are!!

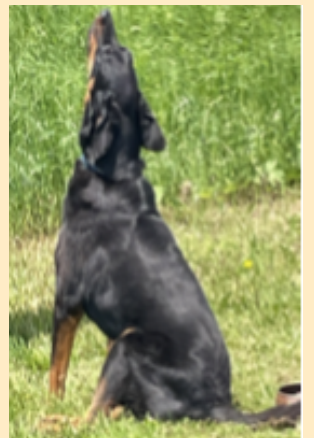
Before visiting the extraction room, we walked the infinity path while meditating and chanting along with the owner's dogs! Yes – we howled and there wasn't even a full moon!

The third component was to discover how mead (honey wine) is made and we were offered a sample at lunch (or bought a flight of four!) A quick trip to the shop and another fabulous excursion came to an end!

*Report by Anne Belanger  
Photos by Anne Belanger, Marcia & Bernie Beales*



**All suited up.**



**Meditation!**



**Hard at work.**



**Our friend, the bee**

## 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](#)

**NEW!**

## Upcoming Social Events



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)**



## 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)

**NOTE:** Although the bus is full, there is room on the Challenger for a few more passengers. If you are willing and able to travel by GO train to the pier, then **the cost for the cruise plus the lunch is \$125**. If several members decide to travel by GO train, then the group could travel together with a social committee member familiar with the route.



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 members & \$50 for guests - See separate flyer for all the details!**

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**WEDNESDAY OCTOBER 22**

## NIAGARA WINE TOUR

A Full Day Excursion with Mary Morton Tours

- Visit Konzelmann Estates on the lake for 3 wine tastings and snack.
- Lunch at Prince of Wales Hotel with time to stroll around the beautiful town of Niagara-on-the-Lake
- 4 wine tastings at Pillitteri Estates Winery
- Visit Chateau des Charmes Winery to enjoy 4 wine tastings



**COST : \$178 (member), \$188 (guest)** See flyer for more details

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**Save The Date**

**Oct. 3: Model A Acres** Drive yourself event to see restored Model A Fords & planes like the Sopwith Camel followed by lunch at Tyrone Mills and apple picking at Archibald Estate winery & orchard

**Oct. 19: Markham Concert Band** music of the 40's & optional dinner at Mandarin

**Nov. 16: Oshawa Generals Hockey Game** at the Oshawa Tribute Communities Centre including pizza

**Dec. 7: Markham Concert Band**

Seasonal celebration and optional dinner at Mandarin

**Dec. 10: Christmas Gala Luncheon** at a new venue (Mill Run) with new entertainment (Tom Kovacs) and **Wine Survivor** winners to be announced.

**Mar. 17: St. Patrick's Day Shenanigans** at the Uxbridge Legion with dinner, music and trivia!

## Coffee and Conversation - June 25

On the afternoon of Wednesday, June 25, a friendly group of Probus members met in the Gathering Place of beautiful Shobrook Gardens for Coffee and Conversation. What a great opportunity to welcome a few of our newest Probus members and also reconnect with some of the more familiar faces over some delicious baked goods and refreshments.

Report by Sharon Osborne

## Facebook Post of the Month



The Uxbridge PROBUS Club for Members Only Facebook group now has 145 members! By joining, you will be able to post some of your favorite pictures and share with others to keep them posted about some of the activities and events during the month. It is a great way to stay current on anything you may have missed. Also a chance to say thank you to Elaine, our outgoing Membership Chair! You can find us by searching for PROBUS Club of Uxbridge.

*Post of the month is by April Gilkinson.*

 Find us on  
**Facebook**

## 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**

The "Age Gets Better with Wine" Group will be meeting on Wed., July 9. The theme will be "Summer Wines". A fun time is always had by this great group of wine lovers. I'm not sure how much we are learning about wine, but we can always be assured of lots of new wines to share, and fabulous company! This group meets on the second Wednesday of the month at 7:00.



### **BOOK BUDDIES: Coordinators Gerri Martin & Kelly Keilty**

Book Buddies will reconvene in September. 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. We will be playing July 10 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 and see you there! This group meets on the second Thursday of each month.

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

We are in full swing for the summer. If the heat is overpowering, we'll postpone to the next scheduled date. This group usually meets Tuesday and Friday mornings at 10:00.

### **EUCHRE: Coordinators Gail Prentice and Lynn Moore**

Euchre will be taking a break for July and August but will resume the first Tuesday morning of September. A great season was had by all and no one was thrown out of the club for table talk ... although some came close ;) This group meets at 10:00 on the first Tuesday of the month.



### **GARDENING GURUS: Coordinator Sally Kotsopoulos**

About nine of us met for a lovely potluck lunch in June. Thanks for coming! It was nice to talk gardens with everyone. Hard to believe we talked about the peonies not being out for the peony festival because of the cold and now we are shrivelling up in the massive heat wave. Our next gardening adventure is a visit to the Gardener's Cottage in Kew Beach Park in the Beaches, lunch out and a visit to the Rosetta McCain gardens on the Scarborough Bluffs on Thursday July 3. This group usually meets on the first Thursday of the month.



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

At our last meeting, we were delighted to meet some descendants of Joseph Gould who drove up from the US to research their illustrious ancestor! Genial Genealogists are going on hiatus for July and August and our next meeting will be Thurs. Sept. 11 to avoid conflicts with the Probus BBQ. But just because we won't be meeting as a team doesn't mean this couldn't be a great opportunity for new members to arrange for an intro session to get started on their own family history journey! This group usually meets on the third Thursday of each month from 1:30-3:30.

### **HANDICRAFTS: Wanda Laing**

Just a reminder that the Handicraft Group goes on hiatus for July and August. Have a wonderful summer everyone! This group meets from 1-3 pm on the third Friday of the month.

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

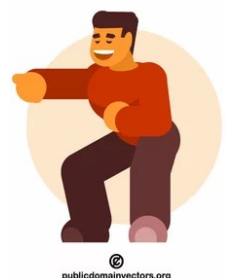
Kitchen Bridge is on a sabbatical. We return on the first Thursday of September. This is a friendly social game played with both men and women. Kitchen Bridge meets the first Thursday of each month at 1:00.

### **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. We are on hiatus for the summer. This group meets on the second Tuesday of the month at 1:00.

### **LAUGHING MATTERS: Coordinators Amber D'Aguiar & April Gilkinson**

Improv is all about thinking on your feet and stepping out of your comfort zone. There is no right or wrong so come see what all the fun is about and join us on July 21. This group meets on the third Monday of each month from 1:30 - 3:00.



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

Sixteen of us had an enjoyable dinner in the sunroom at Col. Mustards in Port Perry this month. July plans will be announced soon. This group meets on the third Tues. or Thurs. of the month.

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

Lit Happens will meet for a "social" this summer, but goes on literary hiatus until September. This group meets at 1:00 on the fourth Thursday of the month.

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

Taking a break for July, the Explorers are hoping to visit the Vive Lavender Farm in August for a tour and afternoon tea.

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

Monday Lunch Bunch members enjoyed dining and chatting at the Twisted Fork Restaurant in June.

Photos by Ron Cordingley. The group will meet next on July 28. This group meets on the last Monday of each month.



### **MULTI-DAY TRAVEL OPTIONS: Coordinator Anne-Marie Sacco**

An itinerary has been set for a June 2026 trip through the Maritimes. Inquire via Coordinator. Please see separate page for a detailed report on our recent trip through Newfoundland!

### **REDUCING MY FOOTPRINT: Coordinator Brian Keeling**

Our group name has been tweaked to better reflect our individual efforts and commitment to Reducing **My** Footprint on our beautiful Earth. Join us for lively conversations. Stay tuned for our monthly tip(s) "What can I do - every little bit helps - to help make this a happier planet" that will appear below!

**Monthly TIP:** The planet needs our help. Microplastics are a global scourge that are infiltrating everything in our environment, including the air we breathe. One small but important step that I can take in reducing my footprint is to not buy plastic bottled water anymore. I can easily use a refillable water bottle instead. Every little bit helps. This group meets at 10:00 on the third Wednesday of the month.



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

The group is on hiatus for the summer. See you in the fall! 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

Please note that the Hiking Group will be in recess in July and August. Hikes will resume September 4 and 18. 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! The group meets on the 1st and 3rd Thursday of each month at 9:30.



## TOO PAR GONE (GOLF): Coordinator Albert Fintelman

We've played every Monday at the following courses: Golfer's Dream GC on June 2nd & 9th, Spring Creek GC on June 16th and on June 23rd some of our group participated in the Joint Probus Clubs Nine and Dine at Sunnybrae GC. On June 30th we're going to be playing at Millrun Highlands GC.

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

Two Right Feet is a paid gig held 2 times a month. You do not need a partner to learn, however, more men would be appreciated. Lessons are usually held the second and fourth Mondays of the month from 3-4, with a fee of \$15.00.

## W.A.L.K.S. (WE ALL LOVE KINETIC STROLLING): Coordinator Nancy Melcher

We will continue to meet Monday mornings at 9:30 for an hour's trek throughout the summer. Exploring neighbourhoods, discovering sections of Town Trails, and enjoying company while some exercise is what we're all about. Our post-walks snacks may be held at our start/finish point if the weather is pleasant, or at a local coffee shop if the heat becomes too much. We take our time but likely will split into faster- and slower-paced groups if numbers allow. This group usually meets Monday mornings at 9:30.

### Hmmm. Never Thought About It That Way!

**No dictionary** has been able to distinguish between "Complete" and "Finished" but at a linguistics conference in England, Sun Sherman, a Native American, was the clear winner. His response: When you marry the right woman, you are 'Complete'. When you marry the wrong woman, you are 'Finished'. And if the right woman catches you with the wrong woman, you are 'Completely Finished'. He received a standing ovation!



**I asked my doctor** how it is determined whether or not an older person should be put in a home. "Well," he said, "We fill up a bathtub and offer a teaspoon, a teacup and a bucket to the person and ask them to empty the tub." "Oh," I said, "A capable person would use the bucket because it is bigger!" "No," he replied, "A capable person would pull the plug. Would you like a bed near the window???"



# Elbows Up! We Are Canadian



The famous Canadian Interjection “eh” is actually listed in the Canadian Oxford Dictionary as a valid word.



More than 77% of the world’s maple syrup is manufactured in Quebec.

Hawaiian pizza was invented by a man from Ontario.



Saint-Louis-du-Ha!-Ha! Quebec is the only town in the world with two exclamation marks!!

At 2000 km, Yonge Street is the longest street in the world, running from Lake Ontario to Manitoba.



Winnie The Pooh was inspired by “Winnipeg”, a Canadian bear cub.

Basketball was created in Canada by James Naismith.



The postal code for Santa Claus is H0H 0H0.

The total population of Canada is less than the population of Metropolitan Tokyo.

The Royal Canadian mint once made a gigantic loonie made of 99.9% gold that was worth \$1 million.

The Narcisse Snake Pits of Manitoba is the world’s largest orgy of garter snakes.



The most common last name in Canada is “Smith”.

In Saskatchewan, a hoodie is called a “bunnyhug”.



The second largest French speaking city in the world (next to Paris) is Montreal.

The world’s smallest jail, measuring only 24.3 square metres, is found in Ontario.



Canadians consume 55% more Kraft Dinner than Americans, making it our top-selling grocery item.

Canada’s official phone number is 1-800-0-CANADA.



The 3rd country in space, after USA and USSR, was Canada, which was considered to have the most advanced space program in 1962.



# Share A Smile - School's Out!

A neutron walks into a bar and asks the bartender, "How much is a beer?"

The bartender says, "For you, no charge!"



Teacher: Betsy, what do you call a person who keeps on talking when people are no longer interested?

Betsy: A teacher!



A photon checks into a hotel and is asked if he needs any help with the luggage.

The photon replies, "No thanks. I'm travelling light!"



Teacher: Joanie, how do you spell "crocodile"?

Joanie: K-R-O-K-O-D-I-A-L.

Teacher: That's wrong!

Joanie: Maybe, but you asked how I spell it!



Why did the obtuse angle jump in the pool?

Because it was over 90 degrees!



Teacher: Clive, your composition on "My Dog" is the same as your brother's! Did you copy it?

Clive: No, sir. It's the same dog.



I once told my class a chemistry joke.

There was no reaction!

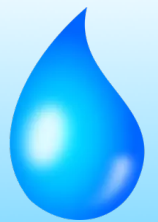


Teacher: Dougie, what is the chemical formula for water?

Dougie: HIJKLMNO

Teacher: Where did you get that?

Dougie: Yesterday you said it was H to O!



Why did the biology teacher break up with the physics teacher?  
They had no chemistry!



The cruel teacher who ordered a student to write a complete essay without the use of periods has been handed a lengthy sentence!

