



SCUGOG-UXBRIDGE PROBUS CLUB

NEWSLETTER

Issue 14

AUGUST 2025

MANAGEMENT TEAM

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Derrick Bond

Vice President:

Karin Fahey

Treasurer:

Craig McKee

Secretary:

Cindy Agnew

Membership:

Wendy Bond

Social Committee

Co-Chairs:

JoAnn Knight

Christine MacIsaac

Interest Groups

Co-Chairs:

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Lorraine Ward

Speaker's Chair:

Maureen Wood

House Co-Chairs:

Pete Kooger

Paul Heney

Member-at-Large:

Rob Messervey

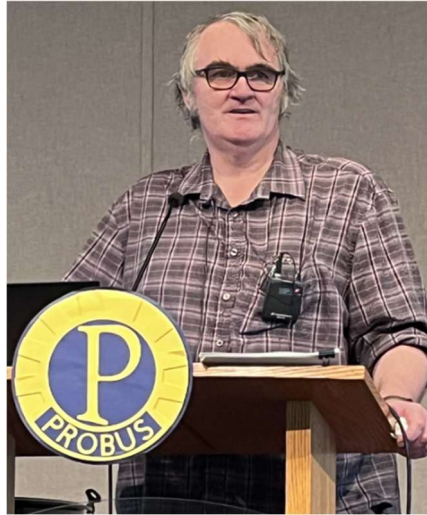
Newsletter Editor:

Marilyn Card

Web Master:

Derrick Bond

We had a very successful General meeting in July. The guest speaker was Peter Edwards and he spoke about the "Project 24K - The Pearson International Airport Gold Heist". I was surprised how complex parts of the crime were for the police to unravel. And in some respects, how low tech the crime was on the day that it happened.



I think that many of us are looking forward to the long weekend in August to get together with family and friends. The Civic Holiday in Canada began as municipalities in Canada started establishing their own holidays, with Toronto being the first to observe it in 1869 as "Simcoe Day". John Graves Simcoe, the first lieutenant-governor of Upper Canada, who established York (now Toronto) as the capital of Ontario. And who was the leading proponent of the Act Against Slavery. In Manitoba the holiday is celebrated as Terry Fox Day, in honour of the Manitoba-born athlete.

The Social Committee has a couple items planned for August with a 1000 Island Boat Tour from Kingston on August 13. They are also organizing a unique first hand opportunity to learn and try meditation guided by a monk at the Buddha Meditation Center on August 7. Some of the Interest Groups are also continuing to run during August, please check the WEB site for details.

I would like to thank the over 160 members that have already paid the \$40.00 2025/2026 Membership Dues. If you wish to renew your membership, please e-transfer to treasurer.scugoguxbridgeprobus@gmail.com or bring a cheque or cash to the next meeting.

After a very warm and dry July, I look forward to cooler days in August. I look forward to seeing you at the August 7th meeting. The guest speaker will be Dr. Ken Shonk with his topic titled "Jest for the Health of It".



Website: www.scugog-uxbridgeprobus.ca **Email:** info@scugog-uxbridgeprobus.ca

General Meetings

General Meetings are held on the first Thursday of every month

10 a.m. to 12 noon at Hope Church, 14480 Old Simcoe Street, Port Perry, Ontario

There is a 30-minute break at half time to meet people, enjoy refreshments, sign up for an interest group or social event, and look into volunteering.

The next General Meeting at Hope Church will be **August 7, 2025**.

August 7 Guest Speaker:

Presentation title: Jest for the Health of It. Dr. Ken Shonk is best known for his book *Laughter from Womb to Tomb* and his other presentation, *Laughter is the Best Medicine*. As a medical doctor for 40+ years, he has many amusing stories and anecdotes to get us through some tough times. Dr. Ken Shonk believes that laughter is a universal uniter and wants to educate everyone on the importance of laughter and leading a joyful life to maintain health and well being. After close to 1000 speaking engagements, he has entertained diverse audiences and brought his wisdom from a 40 year medical practice to share humorous anecdotes and the science of laughter, as he challenges audiences to actively find humour in order to increase their well being.



September 4 Guest Speaker

Presentation title: Thrive and Survive with Humour. Tim Westhead's presentation will increase your morale and leave you feeling energized! Try Tim's powerful and practical suggestions to bring some fun to your life; increase motivation, resiliency and productivity; and reduce stress. **W. T. (Tim) Westhead, OCT (Ret.), BA, MA, Bed.** Tim Westhead is an award-winning Canadian educator, author, actor and popular conference presenter. With a dynamic style and humorous delivery, Tim's entertaining and inspiring sessions have made him a keynote speaker with an international reputation. Tim's educational background includes three university degrees, with a Master of Arts in English. He has taught for the Faculty of Education at Ontario's Queen's University. A nominee for the Prime Minister's Awards for Teaching Excellence, Tim received OPSBA's award and was acknowledged by actor Mike ("Austin Powers") Myers, one of Tim's former students, during Myers' induction into Canada's Walk of Fame. Tim was also honoured with the Faculty of Arts Alumni Achievement Award from Ontario's University of Waterloo.



October 7 Guest Speaker

Presentation title: Cold War 2.0 Artificial Intelligence in the New Battle Between China, Russia and America. "With wars in Ukraine and the Middle East, and rising tensions around Taiwan and in the South China Sea, come and hear author and geopolitical analyst **George S. Takach** explain what ties all these events together. George believes we are in a new cold war, and that technology and innovation will be key to whether the democracies or the autocracies win this struggle. He will also address what it all means for Canada specifically.



REMINDER: AT EVERY GENERAL MEETING there is an optional **"Share the Wealth" Draw**
Tickets are 1 for \$2 ~ 3 for \$5 ~ arms length for \$10 **(exact change is appreciated)**

Social Committee



Thursday August 7 - Buddha Meditation Center- 11175 Kennedy Rd. Markham L6C 1P2 - No Cost 8:00 - 9:00 PM. This is a unique first hand opportunity to learn and try meditation guided by a monk. It is a one hour, free entrance into an activity known to promote many health benefits. If you are concerned you can't sit cross legged on the floor, no worry as they have many comfortable seating options available.

Wednesday August 13 – 1000 Island Boat Tour from Kingston - Cost \$58.00 plus tax of \$7.54 = \$65.54.

A 3-hour **Heart of the Islands Cruise** in the heart of 1000 Islands, close up views of the island which will be fully narrated. You will be able to purchase food & drink. Here is the link to book a ticket here is the link:

<https://www.1000islandscruises.ca/reserve-hoti/>

Please let us know at socscugoguxbridgeprobus@gmail.com once you have booked your tickets.

Saturday August 23 – Whitby Theatre – 416 Centre St. S., Whitby 2:00 PM. Cost \$32.00. **A Chorus Line** is a stunning concept musical capturing the spirit and tension of a Broadway ensemble audition. Exploring the inner lives and bittersweet ambitions of professional Broadway performers, the show features one powerhouse number after another. Memorable musical numbers include "What I Did for Love", "One", "I Can Do That", "At the Ballet", "The Music and the Mirror" and "I Hope I Get It". A brilliantly complex fusion of song, dance, and compellingly authentic drama, **A Chorus Line** was instantly recognized as a classic.

Tuesday September 9– Ajax Downs – 50 Alexander's Crossing, Ajax 1:00 PM. No Cost. Ajax Downs is a great place with live quarter horse racing. Parking and Admission are free, full grandstand seating. They offer "How to Bet 101" for first time visitors. We will book a table for lunch before the big races for those who are interested. If you are interested, please let us know at socscugoguxbridgeprobus@gmail.com.

Friday Sept 12 – York Harmony Chorus – York Harmony Chorus – Foster Memorial 9499 Durham Regional Rd 1, Uxbridge. No cost, however they do ask for a small donation towards the maintenance of the Foster Memorial. The York Harmony Chorus is an award winning 43-member women's chorus, that sings 4-part Capella in the Barbershop style. Anne Gauvreau is part of this chorus, which has placed in international competitions.

Friday September 19– Walking Tour of Uxbridge – All around the town of Uxbridge – No Cost - 37 destinations await you as you pass through residential neighbourhoods and the historic downtown core. You'll see where merchants, doctors, beekeepers, carriage makers, shoemakers, masons, and politicians lived. Take a break to shop and dine, and soak up the architecture that holds the stories of years gone by. Followed by a lunch.

Wednesday September 24 - TITANIC: THE ARTIFACT EXHIBITION – Cost is \$44.90 + 5.83 = 50.73. It is the only official exhibition, an extraordinary expedition to the depths of Titanic history. This unparalleled experience takes you deep into the story of Titanic, with real artifacts recovered from the ocean floor and meticulously re-created rooms that transport you back to the Ship of Dreams. Delve into the history of one of the most unforgettable oceanic tragedies of all time. We need 10 people in order to reserve as a group.

Social Committee

Here are more events we are considering in **2025**:

- Ghost Walk in Pickering in October
- Great Blue Heron Casino
- Octoberfest
- November Reading of a Christmas Carol at the Foster
- Christmas Lunch at Wooden Sticks

The Social Committee has an email address that can be used if you need more information on events. Drop us a line if you have suggestions for activities that you would like us to explore. As always, we are on the lookout for new Social Team members. The email address is: socscugoguxbridgeprobus@gmail.com

Don't forget, you can always use the online sign up: bit.ly/ProbusSocialsignup



Interest Groups

Wine Club – Coordinator Lorraine Ward Our wine at home event is on hiatus until September.

Group Travel – Coordinator Lorraine Ward

We're excited to start planning our **Winter 2026 group trip**, set for **mid-February** and lasting **10 days**. This year, we're considering two spectacular Caribbean destinations:

1. Aruba

Known as “**One Happy Island**,” Aruba boasts **year-round sunshine, white-sand beaches, and vibrant Dutch-Caribbean culture**.

From snorkeling in crystal-clear waters to exploring the island's desert landscape and colorful capital, **Oranjestad**, Aruba offers both relaxation and adventure. It's perfect for those who enjoy reliable weather, great dining, and a lively yet laid-back vibe.



2. St. Lucia

St. Lucia is a lush, mountainous island known for its **stunning natural beauty**, including the iconic **Pitons, volcanic beaches, and rainforests**. Ideal for nature lovers, it offers a more tranquil, boutique-style experience with options for hiking, hot springs, and scenic boat tours along its dramatic coastline.



BUNCO GROUP (Progressive Dice Game) – Coordinators Sue and Bob Armitage

The Bunco group is growing! We are always looking for more players so if you want to be added to the list call Sue or Bob Armitage at 416.271.5139; or sign up at the next meeting.

Hand and Foot Canasta (card game) – Coordinator Amber D'Aguiar

Hand & Foot is a fun and challenging card game played in groups of four. We play on the 3rd Tuesday of the month in the afternoon. We host lessons from 1-2pm for new players and for those who need practice, and then we continue to play from 2-4pm. Our next meet-up will be August 19th.

Travel Information – Coordinator Tim Casey

The travel group meetings will be on hiatus until the September meeting on Sept. 22nd. All Probus Club members are welcome!

Interest Groups

BOOK CLUB – Co-ordinator Maureen Wood



We just finished reading *The Lake House* by Kate Morton, noting that it has nothing to do with another book and movie with the same title. It caused quite a stir among our readers, with conflicting views amicably discussed, aided by a terrific outdoor location, lovely garden view, and, to top it off, homemade cookies and banana bread all provided by our host.

We are presently reading *The Little Old Lady Who Broke All the Rules* by Catharina Ingleman-Sundberg. Her book is about *The League of Pensioners* have been translated into 29 languages and sold in over 40 countries. We will be discussing the book at our next meeting on Aug. 13th. On Sept. 10th, we will be discussing the book *How to Pronounce Knife* by S. Thammavongsa.

The Book Club is now open for new members, and you don't need to have read the book to attend a meeting. For meeting locations, contact: interestgr.scugoguxbridgeprobud@gmail.com

YOGA – Coordinator Donna Williamson

- **Jill Watson's Schedule for August**

Yoga at the Farm will continue, on a drop-in basis, on Tuesday afternoons and Thursday evenings at 7:30PM The cost per class is \$25 and can be e-transferred to jillwatson3@gmail.com or cash upon arrival. Bring your mat, and a friend! All are welcome. 7349 Concession 3, Uxbridge, Ontario

- **Laurie Kennedy - Summer Sessions Run to September 25, 2025**

August and September Schedule for the Probus Group TUESDAYS 10:30am - Gentle Hatha
5 Class Package \$125.00 10 Class Package \$225 - valid July-mid Sept (Summer Session)
New Student Special - 2 classes for \$37 (valid anytime; to see if you like it)

Classes are held at... Energy Tapiz Yoga and Wellness Studio, 58 Brock St. W., Unit 205, Uxbridge, ON L9P 1P3
Payable by cash, cheque or e-transfer (Laurie@energytapizyoga.com).

Lunch Group – Coordinator Zana Maksimovic

Summer patio lunches!

While Zana is away for six weeks in the summer, Kim Lendvay has volunteered to organize the next few lunches.

- August 15, Friday: The Port Restaurant in Pickering - great dining by the water
- Sept 12, Friday: Royal Ashburn -site of our Christmas lunch, it should be good

In the fall, we are going back to every second Friday in the month - at least until the spring - so you can put it in your calendars. More details in the email to lunch group. Sign-up sheet for all is here: <https://tinyurl.com/SUP-Lunch-Signup>



Interest Groups

Hiking & Outdoors Group – Coordinator Pam Norton

We are still looking for volunteer leaders so we can schedule more hikes in advance. They can be any day of the week and can be short urban hikes or longer woodland hikes.

Live Music Group – Coordinator Pam Norton

Group members are encouraged to share live music opportunities via email and the WhatsApp group.

See back page for concert schedule for Palmer Park and Hy-Hope Farm.

Euchre Group – Looking for a co-ordinator for this group.

If you're interested in joining this group, please email interestgr.scugoguxbridgeprobus@gmail.com or sign up at the next meeting.

Genealogy – Coordinator Neil Kilmartin

This group is currently full, but you are welcome to check out a meeting and find out what it is all about!

We meet the first Wednesday of each month from 10am to noon in the Scugog Library's Board Room, September to June. We are currently at our capped number of 16, but if anyone wishes to visit us, you're welcome to attend. Contact Neil Kilmartin via email at neilMkilmartin@gmail.com if you would like more information.

Sequence, Arts & Craft, and Puzzle Groups – Coordinator Maureen Wood



Arts & Crafts update

July 22 3-D Thread Ornament

Aug 26 Foil &/or Hydro Dipping – type of painting

Sept 23 Learn how to crochet/make crochet flowers

Oct 28 Fancy Bows

Nov 25 Material gift bags

Dec 23 Cancelled

For location and cost, contact:

interestgr.scugoguxbridgeprobus@gmail.com



The Puzzle Group meets at 10 am on the first Tuesday of every month ~ Aug. 5th, Sept. 2nd, etc.

Look for upcoming puzzle swaps (bring one, take one) to be held at our general meetings starting in September.

For information, contact:

interestgr.scugoguxbridgeprobus@gmail.com

The Sequence Group is looking for some more dedicated players. For information, contact:

interestgr.scugoguxbridgeprobus@gmail.com

Bring your lawn chairs down to Palmer Park Wednesdays and Thursdays throughout the summer for these FREE shows! The full lineup can be viewed below. 📢

Please note a few dates will be used for Movie Nights in the Park and tentative rain dates. 14

The lineup can also be viewed at <https://ow.ly/zF8650W6Yec>

N.B. If you sign up for a Social Event or an Interest Group and you change your mind or are unable to attend, could you please let the co-ordinator or committee chair know so they can plan accordingly.

Member-abilia

-abilia - noun suffix: items of interest relating to specified persons or things (in our case PROBUS) e.g. Elvis-abilia

Members celebrating birthdays in August

Neil K Sue W Bob H Donna E
Toni D Ken S Karen H Kathy H
Marilyn F Jan F Jan O Carolynn C
Ingrid L Sharon G Karin F Donna S



FYI

Please sign in when you arrive
Wear your PROBUS name badge
Members' guests are allowed 2 visits
Remember to "Lug a Mug"
Bring cash to buy draw tickets
This is YOUR club ~ ENJOY!!!

TO SIGN UP FOR ALL INTEREST GROUPS:

- ✓ At General Meetings, there will be Interest Group sign-up sheets in the lobby or break room.
- ✓ If you are interested in joining any of the groups, add your name to the sign-up sheets! Please print!
- ✓ All joining an Interest Group must be a Club member
- ✓ Please wear your PROBUS name badge to interest group meetings and events.
- ✓ There is usually no charge to join an Interest Group, but some may have a minimal fee to pay for using the venue.
- ✓ Contact interestgr.scugoguxbridgeprobus@gmail.com

We'd love to hear from you.

Members are invited to share photos from our Probus club events, personal success stories, proud moments, exciting trips, etc. in the newsletter. This is a great way to get to know one another and to make our newsletter more interesting. Email your articles in Word format to the newsletter editor, Marilyn Card, at: marilyncard@gmail.com. (In the subject line of your email, please put "SUP Newsletter".)



NEED MORE INFORMATION?

Join our new **FACEBOOK** page!

Inclement weather and wondering if a meeting is still happening? We will post information here:
<https://www.facebook.com/groups/1063170235479624>



OR....

You can also head to our **WEBSITE!**

We will also post notices here (example cancellation message shown below):

www.scugog-uxbridgeprobus.ca



Event Review

We spent a lovely afternoon at **The R.S. McLaughlin Estate - Parkwood National Historic Site** on July 8th, enjoying the beautiful gardens and peaceful water feature. The scones with clotted cream and jam were a real treat, and the savoury finger sandwiches hit the spot. After that, we indulged in some delicious pastries and cakes. One of the best parts of the day was getting to meet new people in such a friendly and welcoming setting.



Lawn Bowling Event - On Tuesday, July 15th, 10 of our members learned how to lawn bowl at the Uxbridge Lawn Bowling Club. Yvonne graciously organized this for us. It was a blistering hot day but that did not deter us! We were divided into small groups led by members of the club. They explained the intricacies of the sport and off we went to try our hand at it. After many giggles and the odd rude word...and we were off! We then had a much needed break for cold drinks and sweets in the air-conditioned clubhouse. After we cooled off, we played a game. Though not all of us would be considered to bowl like experts, we laughed a lot and had bags of fun! It is a great sport and one that is very enjoyable! Anne Gauvreau, Social Team

LAWN BOWLING



Hy-Hope Music

MAY

SAT MAY 24 - TBD
SUN MAY 25 - HARD SODA
SAT MAY 31 - MARTY & THE MOJOS

JUNE

SUN JUNE 1 - VOODOO PAWN SHOP
SAT JUNE 7 - ERIC LAMBIER **
SUN JUNE 8 - MORGAN BLUES
SAT JUNE 14 - PAUL WATSON
SUN JUNE 15 - MORGAN BLUES
SAT JUNE 21 - THE PHIL CO'S **
SUN JUNE 22 - JACK DE KEYZER **
SAT JUNE 28 - ANDRY EARLE **
SUN JUNE 29 - SUZIE VINNICK **

JULY

SAT JULY 5 - STOMP DOWN RIDERS **
SUN JULY 6 - JACK DE KEYZER **
SAT JULY 12 - COUPE DE VILLE **
SUN JULY 13 - MARTY & THE MOJOS **
SAT JULY 19 - CHARLIE DAVIS & FRIENDS
SUN JULY 20 - BRUCE GORRIE & DAVE STATHAM **
SAT JULY 26 - SUZIE VINNICK
SUN JULY 27 - ROLLY PLATTS **

AUGUST

SAT AUG 2 - CHERYL IRELAND
SUN AUG 3 - BRUCE GORRIE JAZZ QUARTET
MON AUG 4 - JEFF BYRD & SUE **
SAT AUG 9 - TBD
SUN AUG 10 - CARLEEN STEPHEN **
SAT AUG 16 - RICHARD HENDERSON
SUN AUG 17 - THE BOMB
SAT AUG 23 - ERIC LAMBIER **
SUN AUG 24 - JACK DE KEYZER
SAT AUG 30 - SUZIE VINNICK
SUN AUG 31 - SECOND SHIFT

SEPTEMBER

MON SEP 1 - TBC
SAT SEP 6 - THE FILL CL-5 **
SUN SEP 7 - JACK DE KEYZER
SAT SEP 13 - VOODOO PAWN SHOP
SUN SEP 14 - DURHAM COUNTY POETS
SAT SEP 29 - MARTY & THE MOJOS
SUN SEP 21 - CHERYL IRELAND
SAT SEP 27 - ERIC LAMBIER
SUN SEP 28 - JIMMY BOWSKILL **

OCTOBER

SAT OCT 4 - CHRISTINE HUNT
SUN OCT 5 - ???
SAT OCT 11 - SPITFIRE KINGS **
SUN OCT 12 - TERRY & THE BLUES PIRATES



FREE Concerts in the Park

06.18 Backstage Pass	07.17 Blue Drag Band
06.19 Ferrport Jazz Ensemble	07.24 Vintage Soul
06.25 Brian Wride Trio	07.30 Frances Grove Hurst
08.26 Remnantz	07.31 Wayne Madder
07.02 The Django Djunkies	08.07 Rain Date
07.03 David Donar	08.13 Richard Henderson
07.09 Irwin Smith	08.14 Black Paint
07.10 Acoustie Blvd	08.20 Rain Date
07.16 Rainstone	08.21 Keith Kirkpatrick
	08.28 Queen & The Crandells



ALL SHOWS:

Wednesdays & Thursdays | 6:30 p.m. to 7:30 p.m.

Bring your own lawn chair!

