



SCUGOG-UXBRIDGE PROBUS CLUB

NEWSLETTER

Issue 27

SEPTEMBER 2026

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:

Darlene Humphrey

Henry Valkenburg

Speaker Co-Chairs:

Maureen Wood

Marie Robinson

House Co-Chairs:

Pete Kooger

Paul Heney

Members-at-Large:

Rob Messervey

Tim Casey

Donna Stevenson

Newsletter Editor:

Marilyn Card

Web Master:

Derrick Bond

PRESIDENT'S MESSAGE

We certainly did have a couple very hot spells this summer. As the summer seems to be winding down and the days are getting a little shorter with cooler nights. We always linked that to the CNE and the change in the weather. I have enjoyed going to the Air Shows for the past few years and looking forward to going to the Canadian International Air Show which is the longest running air show in North America. This will be the last time, I get to see the Canadian Forces Snowbirds flying the Tudor jets. They are retiring the aging CT-144 Tutor jets at the end of this air show season. The Department of National Defence announced that the team will transition to the new propeller-driven CT-157 Siskin II aircraft. The air show runs on the Labour Day Weekend.



JoAnn Knight and Christine MacIsaac, the Social Committee Co-Chairs, have several events set up for the Fall. There was a very successful Bullseye Axe Throwing event and it was so well liked that they are planning on having another one. They did need to cancel an event due to lack of interest which was the Muskoka Steamship Tours. On the other hand, the September 16th Toronto Blue Jays event has been sold out. Coming up soon is the Golfing event to be held at the Sunnybrae Golf club on Wednesday, September 2nd; this is a joint event with the Uxbridge and Port Perry PROBUS Clubs. We are looking forward to holding the second 2nd Annual Oktoberfest BBQ. Last year's event was held on a cold rainy day in October, so they moved it up to September 15th.

We are encouraged by the number of members who sign up for Social Events and Special Interest Groups. Please check your calendars to confirm you are available before signing up for an event. Many Social events are priced based on the number of members attending the event and if someone cancels at the last moment it can change the cost or even cancel the event. In some cases, these cancellations have become a problem. In the future, if you have signed up for an event with a ticket to be purchased or supplies or food needed for the number of members attending, the money must be received by the cut off date so that the appropriate purchases can be made. If a member cannot attend and the tickets have been purchased, a refund will not be given.

Next meeting we will be removing the Breakroom Welcome table in the Breakroom for new members. Instead, we will invite any members to have the opportunity to meet up with one of the members of the Management Committee answer questions about the club. Hoping you can attend the next general meeting on Thursday, September 3rd.

Enjoy the summer weather; before you know it, this beautiful summer weather will be gone.



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 activity or a Social Event, and look into volunteering.

The next General Meeting at Hope Church will be **September 3, 2026**.

September 3 – Steve Burrows Topic: The Evolution Bird Mysteries



After earning degrees from York and Dalhousie Universities, Steve relocated and earned a master's degree from the University of Hong Kong. His dissertation explored the feasibility of reintroducing Silver Pheasants into Hong Kong's forests. As a contributing field editor with Asian Geographic, he travelled to destinations such as Taiwan, Sri Lanka, Vietnam, and Papua New Guinea. He has delighted in bird and wildlife discoveries across eight continents. Steve's freelance articles on travel, writing, and environmental issues have appeared in publications in *Canada, Singapore, Australia, Hong Kong, the US, and the UK*. His obvious writing abilities and love of birds presented a natural segue into writing bird themed novels with a mystery thrown in for good measure. Both his novels and wildlife publications have won awards. His ninth book, *A Murmuration of Starlings*, will be launched at Blue Heron on September 19th.



October 1 – Dr. John Stewart Topic: Whispers from Beyond



Dr. John Stewart is very well known in Port Perry and has a very long and impressive bio including being awarded the Queen's Golden Jubilee Medal. He is a semi-retired family physician who has used analytical hypnotherapy using regression for almost forty years. From learning the science of human disease, delivering babies, repairing broken bodies, and providing emotional support, his focus has evolved to the broadest aspect of human/spiritual existence. In *Whispers from Beyond*, author Dr. John Stewart shares his journey from science to spirit through observations of fourteen real-life patients under hypnotic regression to past traumas in this or in previous lives.



UPCOMING SPEAKERS:



November 5 – Joan Knighton – Topic: British Home Children

December 3 – Holiday Luncheon – Music by the Mike Burns Trio

After the General Meeting, everyone is invited to join us for lunch at Castle John's in the Port Perry Plaza. A show of hands will be asked for before our break so that we can make a reservation.

Social Committee



Tuesday, September 15 - Oktoberfest; 127 Southcrest Dr., Seagrave. Time 1:00 PM, Cost \$15.00. We'll take care of the Oktoberfest favourites—delicious sausages, tangy sauerkraut, creamy coleslaw, potato salad, and plenty of Oktoberfest music to set the mood!

Just bring your favourite beverage and your own lawn chair. Get ready for a fun afternoon of good food, great conversation, lots of laughter, and a few games. It's the perfect opportunity to mingle, make new friends, and enjoy time with your fellow Probus members.

Payment is to be made to the treasurer at treasurer.scugoguxbridgeprobus@gmail.com
We would like to have the payments in ASAP!!

Wednesday, September 16 - Toronto Blue Jays Game, **SOLD OUT!** Rogers Centre, 1 Blue Jays Way Toronto. Cost: \$125.00 Tickets are in Section 119, Row 14. We will take the GO to the game and enjoy a perfect afternoon cheering on the Blue Jays. Seats are between home and first base. Enjoy the snacks and expensive beer!!

Tuesday, September 22 - Tour of the Kingston Pen, plus tour of The S.S. Keewatin Great Lakes Museum - Cost \$200.00. The Uxbridge Probus Club has graciously invited us to join them for an exciting bus tour to beautiful Kingston!

Here's what you can look forward to:

8:30 - We will travel by Motorcoach to Kingston, leaving from the Walmart Parking Lot.

11:00 - Upon arrival we will have a plated lunch at the Holiday Inn Waterfront.

1:45 - We will then go to the Kingston penitentiary, for a guided tour of the "Pen," which will last for 45 minutes and is fully accessible.

3:00 - Arrive at the Great Lakes Museum to have a guided tour of the S.S. Keewatin, the last of her kind steam passenger liner, built in 1907. Enroute home, we will stop at the Big Apple, for an opportunity to purchase delicious baked goods.

7:30 - Expected arrival time home.

Friday, October 2 - Applewood Farm and Winery; 2055 Saintfield Road, Seagrave. Cost: \$13.00. What could be more fall-like than a trip to the pumpkin patch and corn maze? Come and enjoy all the best things about fall!

"Relax on our patio with a refreshing cider or a glass of wine, and take a stroll through our 2+ acre licensed pollinator meadow. Then wander through the pumpkin patch and search for that perfect pumpkin to take home. While you're here, be sure to check out our selection of unique and beautiful squash—perfect for decorating or adding a little fall flair to your home. Feeling adventurous? If you dare, enter our 30-acre corn maze! With approximately 3 km of twists, turns and dead ends, it's great fun for kids and adults alike. See if you can find your way out!"

A few tips: Please dress for the weather and wear proper footwear, as things can get muddy and the fields can be uneven. Come enjoy a little fresh air, fall fun, and maybe get wonderfully lost along the way.

Please note: Bridge work on Saintfield Road has blocked access to Applewood Farm from the west. Please follow detour signs and enter from Simcoe Road (east).

Social Committee

Wednesday October 21 - Car Rally; Uxbridge Arena, 291 Brock St W, Time 10:00 AM Cost \$5.00.

Car Rally Adventure – Fun, Friends & A Few Wrong Turns! Get ready to hop in your cars and join us for a fun-filled Car Rally adventure around town! No need to be a race car driver—this is all about enjoying the scenery, solving a few clues, sharing some laughs, and discovering some of the interesting sights around our local area.

You'll follow a series of clues and directions that will take you on a leisurely drive through the countryside and around our charming small town. Along the way, there may be a few questions, challenges, and surprises to keep everyone entertained. And don't worry if you take a wrong turn or two—it's all part of the fun! Bring along a partner or a couple of friends, put on your thinking caps, and get ready for some friendly competition. **The winning team may even earn bragging rights!**

And where does all this fun lead? To a well-deserved lunch at **The Second Wedge Brewing Co.**, where we can relax, enjoy some good food and drinks, and share stories about our rally adventures—and perhaps discuss who really did get lost! So, polish up the car, gather your team, and come join us for a day of driving, discovering, laughing and lunching! No speedometers required—just a sense of adventure and a good sense of humour!

Wednesday November 4 - Kingston Penitentiary; 560 King St W, Kingston, Time 9:00 AM. Cost \$42.13. Will be looking to carpool. Step Back in Time: A Visit to Kingston Pen! Join us for an interesting and memorable day trip to Kingston Penitentiary, where we'll step inside one of Canada's most historic—and fascinating—institutions. Our guided tour will take us behind the walls of the former penitentiary and give us a glimpse into its history, architecture, and what life was like inside. With plenty of stories and a few surprises along the way, it's sure to be a tour you won't soon forget!

After our tour, we'll head out for a well-deserved lunch at a local Kingston restaurant. It will be the perfect opportunity to relax, enjoy a delicious meal, and share our favourite moments from the day. Come along for a day of history, stories, good food and great company! Payment to be made to the Treasurer by Oct 15, 2026:

treasurer.scugoguxbridgeprobus@gmail.com

Thursday, December 3 - Christmas Lunch; Wooden Stick Golf Club 40 Elgin Park Dr., Uxbridge - Cost \$75.00-\$80.00. Lunch will be served buffet-style, featuring a delicious variety to suit every taste. Enjoy a selection of fresh salads, seasonal vegetables, roast turkey, tender roast beef and pasta in a rich cream sauce. For dessert, indulge in an assortment of fresh fruit, pastries, dessert squares, and tarts — something sweet for everyone to enjoy! During lunch, we'll be drawing names for Survivor Wine — the one time you don't want to hear your name called first! We are lucky enough to have the **Mike Burns Trio** for musical entertainment. Remember to wear your dancing shoes!!!

Events in planning:

- Line Dancing – October (check website)
- Little Canadian Exhibition, Toronto – November
- Survivor Wine - November
- Still looking for a cooking class
- A Night of Murder Mystery - new date spring 2027

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. The email address is:

soc.scugoguxbridgeprobus@gmail.com

The Social Online Activities Sign Up can be accessed directly from the **Social Page** of the Scugog Uxbridge Probus website or by typing the following into your browser address bar: bit.ly/ProbusSocialSignup

EVENT REVIEW

A colourful crowd at Sunflower Farm!



A fun afternoon of axe throwing!



Friendly **Fidget Function**

Hosted by the Art and Craft Group of the Scugog-Uxbridge Probus Club

Join us — and bring your friends — for a fun and worthwhile creative event on

Tuesday, September 22nd, from 10:00 to 3:00

at Greenbank United Church, 19991 Hwy 12.



Participants will attach **fidget** and **tactile objects** to fabric squares, which will later be sewn into small lap-sized **Fidget Blankets**.

The Alzheimer Society of Durham is looking forward to receiving these meaningful and comforting blankets.

If you can use a glue gun or sew on a button, you can make a difference.

To help cover hall rental and all materials, we ask for a contribution of **\$25**.

Please bring your own lunch or snack.



Probus Canada has insured its participants only.

For more information contact Maureen@mr-radon.ca

Interest Groups

Interest Group Chairs

Darlene Humphrey and Henry Valkenburg are your Interest Group Co-Chairs.

Want to join an interest group?

If you want to join an interest group, send an email to interestgr.scugoguxbridgeprobus@gmail.com indicating which group(s) you would like to join. At the General Meetings, there is an Interest Group table in the lobby with signup sheets for each of the groups.

Interest Group Coordinators

Thank you to all Interest Group Coordinators. Keep up the good work!

Remember to:

- Let the Interest Group Chair(s) know if there is any important information you want announced at a monthly meeting.
- Send pictures with context for the monthly Newsletter.
- Create a fun and catchy name for your group.

Contact the Interest Group Chair(s) at

interestgr.scugoguxbridgeprobus@gmail.com

Would you like to be a Coordinator to start a new interest group?

Dinner Club

Gardening

Cooking

Local Theatre

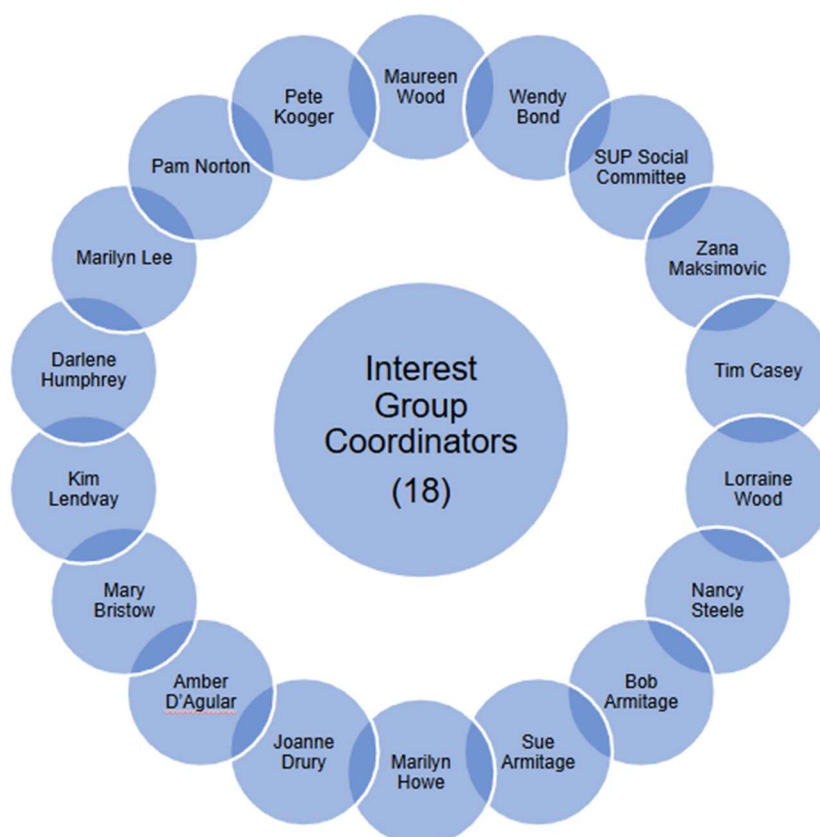
Movie Club

Skiing

2nd Book Club

Kayaking

???



Interest Groups

Special Announcements

The [Interest Group webpage](#) has been updated with a description of each group, how often they meet and where they meet, where applicable. **Check it out!**

NOTE: The content for the Newsletter is meant to provide you with an update on recent and future events. If you don't see a group of interest in the Newsletter, refer to the webpage.

Looking for Coordinators for the following interest groups:

- Cooking
- Walking and Talking
- **NEW! Euchre** (Wednesdays twice a month)

Looking for members to join the following interest groups:

- Bid Euchre
- Wine Club #2
- **NEW! Latin Line Dancing**

interestgr.scugoguxbridgeprobus@gmail.com indicating which group(s) you would like to join. It also mentions that at the General Meetings, there is an Interest Group table in the lobby with sign-up sheets for each of the groups. It states that to sign up for an interest group, you must be a member in good standing. At the bottom, it reminds members to wear their PROBUS NAME badge to group meetings and events."/>

HOME SOCIAL **INTEREST GROUPS** SPEAKERS NEWSLETTER COMMUNITY HUB CONTACT US MORE

CULTURE • GAMES • SPORTS

INTEREST GROUPS

INTEREST GROUP ACTIVITIES

What are interest groups?
Interest groups are formed by individuals from our PROBUS Club membership who have a common interest in a particular activity. An interest group usually meets periodically throughout the year on whatever schedule the group decides. Groups have no formal attendance requirements; most are at no cost and members get to socialize while being involved in the group's activities. This club has culture, games and sports groups. It's a great way to meet members, learn, discover new interests/hobbies, or get some exercise. There is no charge to join an interest group, but some may have associated costs (e.g. venue, supplies, etc.). To learn more about what groups are doing, please refer to the Interest Group section in the monthly Newsletter.

How do I sign up?
For all Interest Groups, unless otherwise specified, you can send an email to interestgr.scugoguxbridgeprobus@gmail.com indicating which group(s) you would like to join. At the General Meetings, there is an Interest Group table in the lobby with sign-up sheets for each of the groups. To sign up for an Interest Group, you must be a member in good standing. Remember to wear your PROBUS NAME badge to group meetings and events.

NEW! Latin Line Dancing – Coordinator Marilyn Card



We have an enthusiastic Latin Line Dancing instructor willing to start a class for our Probus club. It would be held either a weekday evening 7-8 pm or a weekend afternoon for an hour. The number of sessions / months can be determined by the group.

The charge is \$5 per person per class.

If interested, email interestgr.scugoguxbridgeprobus@gmail.com or sign-up at the Interest Group table.

Interest Groups



Tuesday, September 22nd – Friendly Fidgeting

Coordinator Maureen Wood

Drop-in from 10am – 3pm at Greenbank United Church (corner of Hwy 12 and Cragg Rd). **Open to all members.**

Squares will be donated to the Alzheimer Society of Durham Region and the Uxbridge Hospital. Pre-cut squares and tons of items to be attached will be provided. Asking \$25 donation to cover supplies. Squares to be sewn together later.

Email interestgr.scugoguxbridgeprobus@gmail.com or sign up at the Interest Group table.



Check out the display at the General Meeting. Dare you not to touch them!

Please consider donating the speaker's books that you have read and would like to pass on. We are collecting them to make sets to add to the Uxbridge Library Book Club.

A blue donation basket can be found on the desk as you enter from the main parking lot. (Please do not take books from the basket.)



Interest Groups

Culture

Arts & Crafts – Coordinator Maureen Wood



In July, the group made **Dream Catchers** designed to keep bad dreams from getting through.

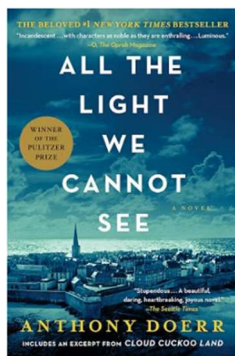
The completed dream catchers look elegant and effective. But apparently, *there were feathers everywhere!*

Upcoming Arts and Crafts schedule:

- **September 22** – Friendly Fidgeting
- **October 27** - Ceramic Painting
- **November 24** - Cookies in a Jar
- **December 15** (NOT on the 22nd) - Christmas Survival Kits



Book Club – Coordinator Wendy Bond



In August, the book club really enjoyed “**All the Light We Cannot See**” by **Anthony Doerr** and felt it was very deserving of the Pulitzer Prize that it was awarded.

This historical fiction story follows a young blind girl who lives in France, and a young, orphaned boy in Germany. Their paths cross in occupied France while both are trying to survive the harrowing times of WW II. The author depicts well the cruelty and greediness of the war, along with the courage and resilience of those who survived it. Author, Anthony Doerr, “takes language beyond mortal limits”. In addition, Netflix created a limited series on “**All the Light We Cannot See**” for those who are interested.

In September the Club will review “**Crow Winter**” by **Karen McBride**.

This Book Club is full. Contact the Interest Group Chair(s) if you would like to co-ordinate a second group: (interestgr.scugoguxbridgeprobus@gmail.com).

Food for Thought: “The more that you read, the more things you will know. The more that you learn, the more places you’ll go” – Dr. Seuss

“Of course, anyone who truly loves books buys more of them than he or she can hope to read in one fleeting lifetime. A good book, resting unopened in its slot on a shelf, full of majestic potentiality, is the most comforting sort of intellectual wallpaper” – David Quammen (writer of science, nature and travel)

Interest Groups

Lunch Club – Coordinator Lunch Club Members



With patio season in full swing, a few of us gathered at the Corrado's in Brooklyn. It was judged good food, and orders were made to take out.

On another note, we now have six of us coordinating lunches, so the group will be getting emails from different people, among them Sue and Bob Armitage, Karin Fahey, and Darlene Humphrey.

I hear that the September lunch might be at the Piano Inn in Port Perry!

Wine Club – Lorraine Wood

The Wine Club gathered recently to wish our member, Deb, a fond farewell as she returns to England.

Hosted by Jan, it was a lovely afternoon filled with friendship, laughter, and, of course, good wine and food. We will certainly miss Deb and wish her all the very best as she begins this next chapter back in England.

The Wine Club returns from our summer hiatus in September.



Games

Euchre – Coordinator Marilyn Howe (New Coordinator Required)

Now that summer is coming to an end, we will resume playing on Wednesday, September 23rd. Anyone interested in coordinating this group? Please email interestgr.scugoguxbridgeprobus@gmail.com.

Bower Power (Euchre) – Joanne Drury

We are looking for regular players and anyone that would like to spare. The next game is on Friday, September 25th at 7pm. This is a joint interest group between the Port Perry Probus and the Scugog-Uxbridge Probus clubs. Please email the coordinator at interestgr.scugoguxbridgeprobus@gmail.com to join.

Interest Groups

Hand and Foot Canasta (Card Game) - Amber L'Daguiar

Please Note: We will meet in September on **Thursday, September 17th**, to avoid conflicting with the Octoberfest event scheduled for September 15th. We will resume playing on the 3rd Tuesday of the month starting in October.

Kitchen Bridge – Coordinator Mary Bristow

An email from the coordinator will go out to the regular players soon. The first bridge game will be in the afternoon on Monday, September 14th.

The group is working on finding an instructor and expanding it to new players.

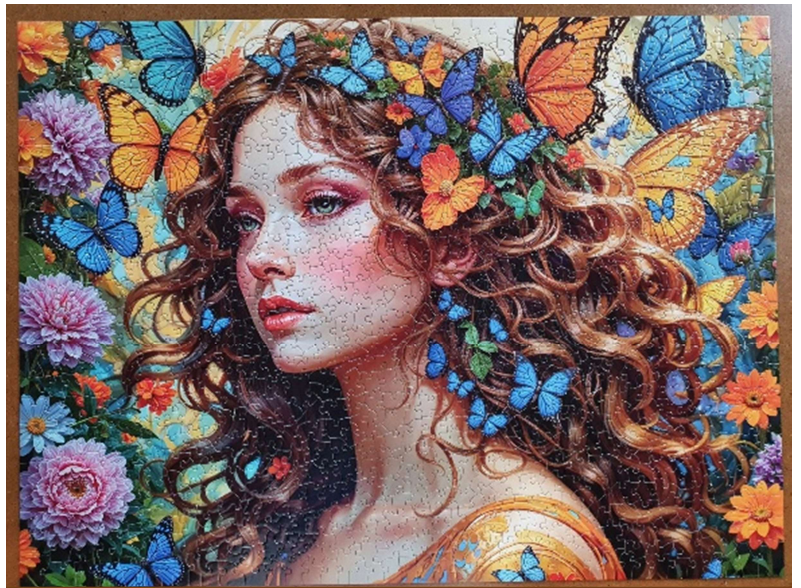
Puzzle Group – Coordinator Maureen Wood

The Puzzle Group meets at 10 a.m.
on the first Tuesday of every month.



The puzzle ladies did another 1,000-piece puzzle at the cottage called the **Enchanted Garden Muse**.

This is their idol, the ultimate puzzle lady. They found it so beautiful!



This puzzle is available in the Puzzle Exchange Room, unless someone has already snapped it up 😊

Health Benefits of Working on a Puzzle

Working on a puzzle reinforces connections between brain cells, improves mental speed, and is an effective way to improve short-term memory. Puzzles increase the production of dopamine, a chemical that regulates mood, improves memory, problem-solving skills, and concentration, and provides a form of mental exercise that can delay cognitive decline.

Interest Groups

Sports

Birdies & Bogeys – Coordinator Kim Lendvay (Port Perry Probus Club)

This group plays 9 holes weekly on Thursday or Friday mornings at 9:00am rotating between Sunnybrae, Foxbridge, Crestwood, Spring Creek & Golfers Dream. We are enjoying the game, the outdoors & the camaraderie of fellow Probus members. Here's a pic from Foxbridge South of Kim, Louise, Geoff & Don.

This is not a league but simply an opportunity to play golf with other Probus members. If you can only join us biweekly or occasionally that's perfectly fine! Please ensure you respond to the weekly email from the coordinator stating whether you'll be joining us that week.

This is a joint Interest Group with the Port Perry Probus and the Scugog-Uxbridge Probus clubs. If you want to be added to the list for the 2026 season, please email Kim at interest.portperryprobus@gmail.com or sign up at the Interest Group table.



Pickleball Players – Coordinators Marilyn Lee & Nancy Steele

The picklers, officially called pickleball players, continue to meet at the Fields of Uxbridge on Tuesdays between 1:00 – 3:00pm. Join us for some fun!

Nature Nomads – Coordinator Darlene Humphrey

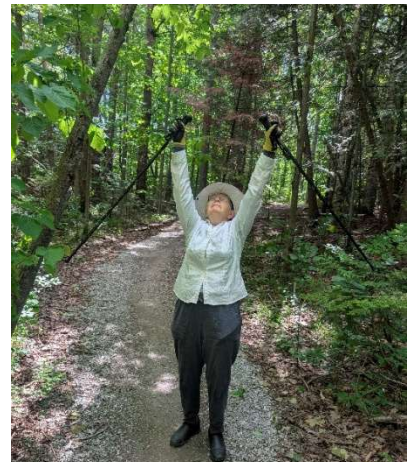
This month we visited Durham Forest and hiked the White Pine Loop. In Walker Woods we did a route in reverse to get a different perspective. Thank goodness Dash was there to lead us back to the parking lot.



Walking & Talking – Coordinator Pam Norton (New Coordinator Required)

In case you missed it last month, this is one of our members forest bathing in Uxbridge Preserve.

This picture says it all!



Member-abilia

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

September Birthdays

Angela L.	Debra J.	Craig M.	Tom A.
Denise H.	Margaret A.	Barb W.	Paul H.
Daphne M.	Laura F.	Karen B.	Jim D.
Laurie K.	Daniel L.	Janet P.	Julia T.

FYI

Please sign in when you arrive
Wear your PROBUS name badge
Member's guests are allowed 2 visits
Remember to "Lug a Mug"
This is YOUR club ~ ENJOY!!!

YOLO

One small positive thought can change your whole day.
Zig Ziglar

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

Puzzle & Book Swap – Coordinator Maureen Wood

Open every month at the **General Meeting** during intermission in the first break out room. Come in and browse.



Looking back on our August General Meeting

