

# PROBUS Club of Oshawa Newsletter: April, 2021



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President

**Vacant,**  
Vice President

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**Pat Bayus,**  
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**Jacqueline**  
**Frank,**  
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**David Hardy,**  
Web Master

**Cindy Fleming,**  
Newsletter Editor

Our PROBUS Club of Oshawa has been holding VIRTUAL GENERAL MEETINGS since September 2020.



## APRIL GENERAL MEETING

Our next **ZOOM Virtual General Meeting** will be on Tuesday, April 13<sup>th</sup> at 10 AM.



## EASY STEPS TO PARTICIPATING IN OUR GENERAL MEETINGS VIA ZOOM

- Use your browser to go to the website, [www.zoom.us](http://www.zoom.us)
- At the top right corner of the screen that opens up, click on the button, that says **JOIN A MEETING**
- Enter the **Meeting ID code** sent to you by email a day or so before the meeting date.
- Enter the **Passcode** as directed.
- You will be put into a Waiting Room, until you are admitted by the Host.
- Once in the meeting check the toolbar at the bottom of your screen to see that your **Video** is on. If not, click it to on.
- You can also check that your **Audio** is on the same way. You will be asked to **Mute** your audio during the Speaker sections of our General Meeting.

If you need further assistance getting familiar with getting on and using ZOOM, please contact Maria de Jong at [mariska578@gmail.com](mailto:mariska578@gmail.com).



**APRIL SPEAKER – Dr. Duncan Sinclair – Aging Well**

Dr. Sinclair is former Vice-Principal and Dean of Medicine at Queen’s University in Kingston. Although now officially retired, Dr. Sinclair continues to teach a course in the School of Policy Studies on Canadian Health Policy at Queen’s. In addition, he is Professor Emeritus of Physiology at Queen’s and is a well-deserved recipient of The Order of Canada.

Dr. Sinclair’s talk was recently well received by the Kingston Limestone Probus Club. Their January newsletter describes Dr. Sinclair as “a cheerful, positive man who has been practicing what he preaches in his talk on Aging Well”.



**GETTING TO KNOW OUR NEWER MEMBERS**

When life was normal, and we had in person meetings, new PROBUS Club of Oshawa members would be introduced at meetings and we would have an annual New Members Event to get to know each other. Since that is not currently possible, we will be asking new members who have joined since our last New Members Event held in May 2019, to provide a bit of a Biography and Picture for the next few issues of the Newsletter. Please read about the following new members who are kicking off this feature. Please welcome them to our Club!

*Maria de Jong*



My name is **Brenda Cameron**. I am married to Clark and have two sons and four grandchildren. I was born in Cape Breton but have lived in Oshawa most of my adult life.

I am a nurse, retired 12 years from a management position at Lakeridge Health. My two dogs, Bear and Ella are my personal trainers, walking with them daily at Harmony Valley Dog Park has kept me sane this last year, a social outlet and daily exercise in one! I have met many wonderful friends at the park.

I love spending time with my grandchildren. I am an avid Scrapbooker and card maker, and I really enjoy my garden. Last year I joined the Oshawa Garden Club while things were different last year, I was able to meet many members and have big plans to improve my garden this summer.

My Mom who is 86 moved in with us this year. Having her with us this past year and knowing that she is safe has been such a gift. We are all looking forward to a time when we can gather together with the entire family.

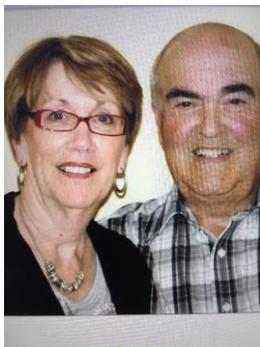
I joined PROBUS just prior to the pandemic. I was introduced to this group by Lee and Brian Glover who are close friends. They invited me to attend a meeting because they really enjoyed PROBUS and felt that it would be a good fit for me. I felt very welcome and I enjoyed the lively energy in the room. I joined that day and then signed up for the pole walking group and several excursions. Then COVID put the brakes on everything! I am looking forward to seeing everyone sometime soon!



My name is **Sharon Smith**. I joined the Oshawa PROBUS in December, 2019 after retiring as Vice President for one of the major insurers in Toronto. I am married with two daughters and four grand-girls. The hardest part of the pandemic for my husband and I was not being able to see our youngest daughter and her family living in the USA. We are, however, thankful for technology allowing us to visit virtually with them on a regular basis. We love to travel so we will be planning more trips when it is safe to do so but our first stop will be Connecticut to visit our daughter and family.

PROBUS has helped me immensely in adjusting to retirement and it has provided a variety of experiences and fellowship. I joined the walking (with poles) group which is one of my favourite things to do for exercise, fresh air and the opportunity to visit with each other across the path. Our walks take us on some picturesque trails among nature and beautiful views by the lake in Oshawa and Whitby areas. After taking golf lessons last spring, I joined a golf league in the summer. I was also fortunate to play a few golf games with some of the PROBUS golfers.

Looking forward to the day when we can all meet up again and participate in the many social activities available as well as listen to some interesting speakers and entertainers.



We are **Donna and Chuck Keller**. We moved to Ontario in September, 2019 from a small town one hour north of Edmonton, AB to be close to our son and his family. We joined the Oshawa PROBUS Club shortly before Covid-19 hit and caused us all to sit tight since.

In the 1960s we each moved to Edmonton AB to continue our post-secondary education - Donna at the Royal Alexandra Hospital and Chuck attended the University of Alberta in the faculty of Education. We married in October of 1964 and began our new life in Westlock, AB where we resided for the next 55 years. Chuck taught at the Westlock High school and I began working at the Immaculata Hospital. After a couple of years, I took a position as manager of a medical clinic where I stayed for the next 40 years. Meanwhile Chuck taught high school, middle school and elementary school, moving into administration until he retired from education in 1997. Chuck then took on the role of recreation director for the Town of Westlock until his permanent retirement in 2006. Our children are Lori-born in 1969, and Trenton-born in 1973. Lori lives in New Zealand and Trenton in Brooklin ON. Thus, our many long flights to visit our daughter since 2000.

We were both very active in our community on a volunteer basis. Chuck played, coached and managed baseball for years. He enjoyed golfing, and was president of the local downhill ski club (Tawatinaw Vally) for several years. We were both members of the local Canadian Ski Patrol Association spending most weekends at the hill while the children were young. Being members of the local patrol allowed our family to ski Banff, Lake Louise, and Jasper at much reduced rates. After retiring from teaching Chuck joined the local Rotary Club of Westlock and we both were involved with the Rotary Dinner Theatres, golf tournaments and other club sponsored events. Over 25 years of dinner theatre the rotary club netted \$1.3 million dollars to support international, national and local projects. Since the year 2000 we have enjoyed many vacations to various parts of the world, including Europe, China, Tibet, the Caribbean, Mexico, and western USA to name a few. Before leaving Westlock I (Donna) was able to start our own chapter of Days for Girls. A group of approximately 15 ladies would gather monthly and sew feminine hygiene products for girls in third world countries. Many of the same women were very active in the local quilt gild.

We are looking forward to getting involved within the Oshawa PROBUS group and participating in its many activities.



To follow the links within this Newsletter, don't forget to "Ctrl + Click".



**Trivia Game:** On Wednesday, March 3<sup>rd</sup>, we had our first trivia game via zoom. The winning team included Moida Wheller, Carol Shewchuk, Julia Howells and Marg Miller. They were impressive and won well-deserved bragging rights as well as \$25 gift certificates!

Our next Trivia Game is on Wednesday, April 7<sup>th</sup> at 2:00 PM. All are welcome to play. To register, send an email to [socialregisteroshawaprobust@gmail.com](mailto:socialregisteroshawaprobust@gmail.com),

no later than April 1st.

# Ontario Tech University Age-Friendly University Events

Follow [this link](#) to learn about contemporary and relevant topics by experts from Ontario Tech's University and beyond. The April Speaker Series will feature Jill Thompson and Carol Ducharme from Indigenous Education and Cultural Services at Ontario Tech University speaking about Shifting the Narrative Towards Reconciliation on Tuesday, April 13<sup>th</sup> at 10 AM.

## SPECIAL INTEREST GROUPS

**Lockdown 2.0**

### "Social Distancing"

**I hope all members have signed up!**

**Location: Your Home**  
**Time: 24/7**  
**Cost: Priceless**

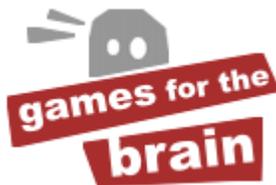


#### **BOOKWORMS - Bernice Burke and Judy Bell**

Bookworms will hold a ZOOM meeting on Tuesday April 27<sup>th</sup> at 10 AM. Marlene Gutsole will lead the discussion on "Where the Crawdads Sing" by Delia Owen.

#### **PROBUS BOOK CLUB - Mary Kelcey**

The PROBUS book club will meet virtually on Thursday, April 22<sup>nd</sup> at 1 PM. Helene Daleman will lead the discussion on "The Woman in the Window" by A. J. Finn.



#### **BRAIN GAMES – Jackie Frank**

The brain games have gone "online". Two to three times a week, members get a puzzle to solve. The solution is sent to them the next day. If you are interested in receiving these puzzles, contact Jackie Frank.



## PROBUS Weekly Golf – Jack Cadan

It appears that we will be able to begin to play golf once again in the near future. When the golf courses open for the season (which I hope is sooner rather than later), I will start our weekly golf activity. The format will be that in conjunction with the Whitby and Oshawa PROBUS clubs in the area, I will arrange a morning of golf at a variety of golf local courses. This is a social golf activity for members of all levels of ability with no score keeping. We will play 9 holes of golf within the local community on either a Tuesday or Wednesday morning starting around 9 – 9:30 AM. Most courses are walkable but there may be some power carts for those who require one. All communication will be done via email. If you would like to participate in this activity, please forward your email to [jackcadan@sympatico.ca](mailto:jackcadan@sympatico.ca) in order to receive any future notifications. Looking forward to an enjoyable season of golf.

One final thought:

Q: Why is the game called “golf”?

A: Because all the other 4-letter words were already taken.



## MOVIE GROUP – Mary Gibson

**\*New\* FRIDAY NIGHT AT THE MOVIES\*New\***

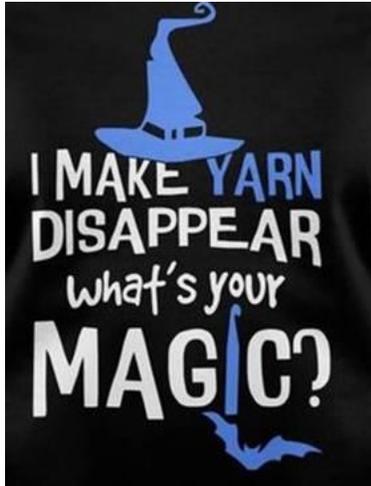
The Friday Night At the movies ZOOM group chat is now at 11 people. Next meeting is Friday, April 2<sup>nd</sup> at 7 PM. The Netflix movies to watch for this week are The Last Blockbuster for the documentary and Hell Or High Water for the movie. Movies are suggested by the members for the next meeting - (every two weeks)

Please contact Mary Gibson, at [marmojl245481@gmail.com](mailto:marmojl245481@gmail.com) for the ZOOM Meeting ID and Password if you wish to attend. The movies are available on Netflix. Please watch them before the meeting.

## URBAN POLE WALKING – Sharon Smith



Every Monday, Wednesday and Friday, 9:30 AM as scheduled, weather permitting. Following provincial guidelines by walking in smaller groups and in pairs. Contact information: [sharonsmith@sympatico.ca](mailto:sharonsmith@sympatico.ca) cell/text (416) 938-7841



## YARN DIVAS - Barb Jones

The Yarn Divas are continuing to meet online using Zoom and our next meeting will be at 10 AM on Wednesday, April 7<sup>th</sup>. We would like to thank Maria de Jong for setting up this meeting to allow us to have more time together to chat, share crafting ideas and catch up with friends.

Our hope is that - if the weather co-operates and we're all vaccinated - we can have our May meeting outdoors in-person.

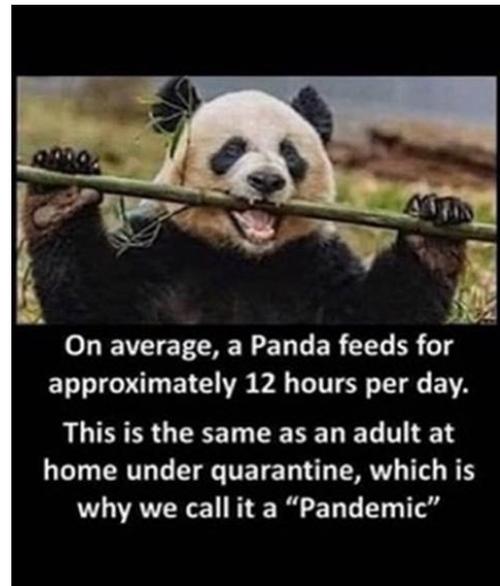
Stay safe and healthy, everyone!

# TidBITS

If any of our members have a favourite recipe, puzzle, photos of previous events, ideas on how interest groups are staying connected or any other information that might be of interest to others in our Club, please submit them to our newsletter editor, Cindy Fleming, ([clf0808@yahoo.ca](mailto:clf0808@yahoo.ca)) for inclusion in the newsletter.

## COVID-19 Vaccines for Ontario

The following is a link to the Provincial Government's Website on [What You Need to Know](#) about the Province's three-phased vaccination distribution implementation plan.



### Member Care

With a Club such as ours, we need your help to let us know if one of our members is experiencing a serious illness or is hospitalized. Our Club would like to let our ill members and their families know that they are in our thoughts as they deal with their illness with respect to the family's wishes for privacy.

In the same way, we need you to let us know if you become aware that a member, their spouse or close family member has passed on. Often the family does not think to contact our Club, or know who to contact under these difficult circumstances. We would like to respect the wishes of family and give our members the opportunity to express their condolences to the bereaved. Please let us know so we can respond appropriately. Email [mariska578@gmail.com](mailto:mariska578@gmail.com) or [oshawaprobustclub@gmail.com](mailto:oshawaprobustclub@gmail.com).

Many thanks to our creative members, Mary Gibson, Brenda Cameron and Elfrida Jeppesen who have made and graciously donated handmade cards that we can send when a member is ill or bereaved.



### Scam Alert

Just a reminder not to open any email that sounds like it might be a scam. Here's a link to the Canadian Anti-Fraud Centre. The Centre collects information on fraud and identity theft and provides information on past and current scams affecting Canadians. If you think you're a victim of fraud, [report it!](#) [RCMP Official Website - How to Protect Yourself](#)

**PROBUS Club of Oshawa Website:**

[www.oshawaprobust.com](http://www.oshawaprobust.com)

**PROBUS CANADA Website:**

[www.probus.org](http://www.probus.org)

Below please find a link to the March edition of the PROBUS CANADA  
Newsletter

[PROBUS CANADA March 2021 Newsletter](#)

## **PROBUS GLOBAL**

There are over 4,000 clubs worldwide with over 350,000 members. Of those there are over 260 clubs operating in Canada. What you may not know that PROBUS also has a **Global Club.**

PROBUS GLOBAL is open to any member of a PROBUS Club and provides an on-line forum to make connections to PROBUS members around the world.

<https://probusglobal.org>



No one is sure how the month ended up with its name, but we do know the Romans named it “Aprillis.” The etymology behind the word “April” comes from the verb “aperire,” which means “to open.” It’s commonly believed that the word refers to the season of trees and flowers begin to “open” or bloom.

There are quite a few notable historical people born in April, such as Leonardo da Vinci, Shakespeare, and Queen Elizabeth II.

On April 15, 1912, the famous Titanic ship hit an iceberg and sunk on her first and only voyage.

One of the most well-known dates of April, is April Fools’ Day on the 1<sup>st</sup> of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer’s story in “Canterbury Tales” called “Nun’s Priest’s Tale.”

On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line “Houston, we’ve had a problem here” was said, and is today usually misquoted.

Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.

And as we all know, “April showers bring May flowers”, so if the rain of April ever gets you down, never forget the silver lining!