



PROBUS Club of Clarington

*Meetings: 2nd Wednesday of
the month, 10:00 AM
1685 Bloor St., Courtice
(Hope Fellowship Church)*

From our Vice President



Our president John Muzik and his wife Nancy are away on vacation visiting Madeira and Portugal so this month you get a Vice President's message instead. I'm very envious as Portugal is at the top of my travel bucket list!

The magic of the warm days of spring has finally turned our dull landscape into bright shades of green and brought out an abundance of beautiful spring flowers. It's so nice to be able to open up the windows, let in

the fresh air and listen to the happy sounds of the birds returning home for the summer. This is my happy time when I get to watch my gardens come to life. I rejoice at the sight of so many plants sprouting up and I briefly mourn the few that didn't make it through the winter. It's a brief mourning though, because now I get to visit the places I love best, greenhouses and nurseries, looking for replacements and picking up some of my favourite annuals.

Our outdoor interest groups have started back up and are happily soaking up the sunshine and feeling good about getting some exercise at the same time! For me, it's great to be back in the "swing" of things with the golf group and I try not to let that darn little white ball ruin my nice walk in the countryside.

Our speaker for June will be presenting a "hot" topic - nuclear energy and what's happening at Darlington. With many of us living so close to the nuclear plant, this discussion should be of great interest.

We look forward to seeing you at our June meeting.

Marg Allen
Vice President



PROBUS MANAGEMENT TEAM

John Muzik
President

Marg Allen
Vice President

Leslie Soltay
Past President

Sherry Shrives
Secretary

George Rickard
Treasurer

Nadia Bilyk
Membership
Coordinator

Donna Bright
Interest Group Chair

Andrea Shaw
Social Committee Chair

Alice Chase
Communications Chair

Speaker for June – Andy Ireland



Topic: Darlington Nuclear Refurbishment – The Big Picture

One of the largest clean energy projects in Canada, and it's happening right here in Clarington!

Planning to refurbish all 4 of Darlington's 900 MW reactors started before 2010 with completion scheduled for 2026.

Unit 2 is complete, Unit 3 is about to return to commercial operation, Unit 1 is in progress and Unit 4 refurbishment will begin later this year.

Come to the June meeting to hear Darlington Nuclear Station Refurbishment Quality Manager, Andy Ireland's presentation, outlining the planning and successful execution of this complex mega project in an operating nuclear station and its impact on Ontario's Climate Change goals.

Member Profile – Sally Mullen

I have wonderful memories of growing up in Toronto. I remember as a teenager, hitchhiking every day to and from my summer job in the downtown financial district during a long TTC strike – unthinkable now! And working in an outdoor food booth at the CNE, coming home every night after spending 12 hours making candy floss, sticky bits of which would float up into the air, settle all over my hair and harden in the summer heat. It was so much fun!

When my husband and I started our family, we left Toronto for the more affordable suburbs, and have lived very happily in the same house in Whitby for the past 30 years. Our two sons are the light of my life and also my best friends (I am not holding it against them that they haven't made me a grandmother yet, but I'm sure looking forward to that in the future hopefully). Now retired after working many, many years in the ICU of a local hospital as the ICU unit clerk (charge nurse's right hand), I'm very much enjoying the slower, calmer pace. It's wonderful to have time to enjoy my favourite things like crafts, movies and reading both fiction and non-fiction, seeing friends and family, bike riding, skating, puzzles of all sorts and more recently, trying escape rooms, visiting a lovely quiet section of Wasaga Beach in the summer, etc. A friend had joined the Clarington branch of PROBUS and invited me along for the car rally – it was great fun! I was hooked and joined the club. I'm looking forward to getting to know the lovely people at PROBUS, listening to the interesting speakers, and trying new things.



Words to the Wise...

1. Borrow money from pessimists...They don't expect it back.
2. If at first you don't succeed, skydiving is not for you.
3. If you want the rainbow, you have to put up with the rain.



Membership Report

Our current membership stands at 228. A warm welcome to new members: **Susan MacDonald** and **Sue McLaughlin**.

Name badges for **Leola Doyle**, **Judy Schneider** and **Zia Choudhary**.



Last month's Share the Wealth Winner, **Lynn Jenkins**

Photos by Pleun Dorsman

Don't forget to pick up some tickets for Share the Wealth and enjoy free coffee and treats! Tickets are \$1 for 1 ticket, \$2 for 3 tickets, \$5 for 8 tickets. Please remember to register each month for the PROBUS meetings. Thank you!

Nadia Bilyk

News from your Social Committee

Our thanks to Victoria and Kevin Girling for organizing another fun Car Rally on May 31. Thanks also to Susan and Roger Hollyman for manning the washrooms at the start of the tour and to the Social Committee and all those who helped set up tables and chairs.

Twenty-seven PROBUS members enjoyed a lively performance of the Hotel California Eagles Tribute Band at Newcastle Town Hall on May 12. The food was tasty and plentiful; drinks were moderately priced.



Photos by Heather Griffin

Upcoming Schedule of Events

1. Waste Management Tour, June 8, 1:45 pm

We have 27 members who will tour this facility. Take a look at the registration list and carpool if you can. A reminder to wear long sleeves, long pants, and sturdy, closed toe shoes. Participants will be provided with safety equipment on arrival.

2. Tour of Ontario Legislature and High Tea, June 16, 1:45-4:00 pm

Seventeen members and guests will accompany Cathy Spracklin by public transit for a tour of the historic building followed by High Tea. A reminder will be sent out with all the travel directions and screening information the week before.

3. 4th Line Theatre, July 20, 4:00 pm

Fourteen members will be attending the production of *The Tilco Strike*. We will be seated in the covered area. Tickets will be available for pick-up at the June and July general meetings at the Social Committee table.

4. Headwaters Community Farm and Education Centre, Cobourg, Aug. 21, 10am – 1 pm; \$52.50 per person

On offer is a Field-to-Table 4-course lunch experience. A minimum of 6 and maximum of 15 people are required for this event. It is not recommended for people with mobility issues as we forage and dig in fields and hills that are uneven.

The morning program will start with a tour of Headwaters Farm, collecting vegetables, herbs, eggs, and wild edibles as ingredients for a farm-fresh lunch. Back in Headwaters' cozy farmstead commercial kitchen, owners Tony and Linda Armstrong will lead the group in a cooking class combining collected and other locally sourced ingredients to create a 4-course lunch including soup/salad/bread, entrée and dessert.



Mark your Calendars for these Upcoming Events:

1. **July 26**, ROM Guided Tour
2. **September 20**, Tour of Toronto Zoo
3. **October 3**, Car Rally
4. **October** (Date to be determined) Trivia Afternoon at Fionn MacCool's in Bowmanville
5. **November 3**, High Tea at Calderwood House in Orono
6. **November 21**, Tour of Processing Facility of Algoma Orchards
7. **December 8**, Christmas Lunch at Kedron Dells Golf Club

Please Note:

With Special Interest Groups happening on every day of the week, it is difficult for the social committee to arrange social activities that won't conflict with something. Sometimes the venue determines what day we must choose. We do our best to work around Interest Group schedules and apologize in advance for any inconvenience our event scheduling may cause. As always, we welcome your comments and suggestions.

Andrea Shaw

Interest Groups

Breakfast Club



Photo by Rhoda Wraith

Joy does not simply happen to us.

We have to choose joy
and keep choosing it every day.

Henri Nouwen



Hiking Group



Ballyduff Trails, Pontypool; Photo by Alice Chase



Harmony Creek Trail; photo by Mary Ellen Craig

Ladies Who Lunch



The Courtyard in Courtice; photo by Shirley Shirley

Urban Walking



Photos by Rietta Pithie



Newcastle Waterfront Trail; April 24



Darlington Trail; photo by Lynn Hooper



Photo by Rietta Pithie



HAPPINESS CHEMICALS & HOW TO GET THEM

@TheFitnessTutorUK



DOPAMINE

THE REWARD CHEMICAL

- EATING FOOD
- ACHIEVING A GOAL
- GETTING ENOUGH SLEEP
- HAVING A BATH



OXYTOCIN

THE LOVE HORMONE

- SOCIALISING
- PHYSICAL TOUCH
- PETTING ANIMALS
- HELPING OTHERS



ENDORPHIN

THE PAIN KILLER

- EXERCISING
- LAUGHING
- LISTENING TO MUSIC



SEROTONIN

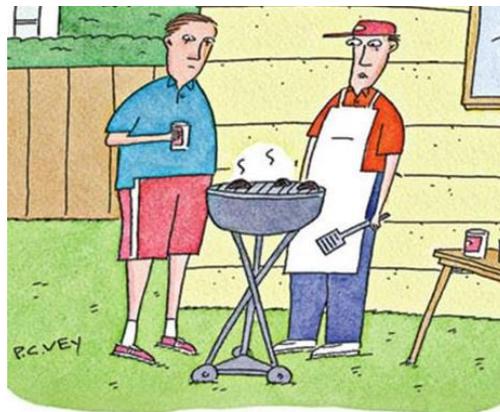
THE MOOD STABILISERS

- SUN EXPOSURE
- MINDFULNESS
- NATURE WALKS

A little bit of laughter...



"Can't we talk about something other than the way I parked the car?"



"And now I just step back and let the grilling process destroy any nutritional value it might have had."



"I'M COLLECTING MANURE FOR MY STRAWBERRIES."

"I ALWAYS PUT CREAM AND SUGAR ON MINE."

On Growing Old...

- ♥ Eventually you will reach a point when you stop lying about your age and start bragging about it.
- ♥ The older we get, the fewer things seem worth waiting in line for.
- ♥ Some people try to turn back their odometers. Not me; I want people to know why I look this way. I've traveled a long way, and some of the roads weren't paved.
- ♥ When you are dissatisfied and would like to go back to youth, think of algebra.
- ♥ I don't know how I got over the hill without getting to the top.
- ♥ One must wait until evening to see how splendid the day has been.
- ♥ If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

Community Activities and Events



This free City of Oshawa event is a favourite among flower and garden lovers alike! Join in for live entertainment, market vendors, a diverse food court to satisfy every foodie, a judged peony flower show, demonstrations, children's activities and 300 varieties of beautiful peonies in the garden. [Oshawa Valley Botanical Gardens](#), 155 Arena St., Oshawa, June 10 - 11, 10 a.m. to 4 p.m.

Next PROBUS Meeting

Wednesday, July 12, 2023 at 10 am

Remember to bring a mug and money for Share the Wealth

Deadline for submissions to August Newsletter is July 27

Send articles, pictures and jokes to chase_al@hotmail.com
