



PROBUS CLUB OF PORT PERRY MANAGEMENT TEAM

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Tim Casey

Vice-President
Brian Davidson

Past President
Judy Spring

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Linda Parry

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Janet Casey

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Arlene Walker

Webmaster
Jayne Rees

Member at Large
Marg Miller



PROBUS Club of Port Perry BROADCAST

MAY, 2021

Club Website: portperryprobus.com

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IMPORTANT NOTICE TO CLUB MEMBERS

**OUR NEXT ONLINE GENERAL
MEMBERSHIP MEETING
WILL BE HELD ON ZOOM**

MAY 18th

FROM 10:00-11:45 a.m.

**REGISTRATION IS NOT NECESSARY
IN ORDER TO ATTEND.**

**SEE INFORMATION FURTHER
IN THE NEWSLETTER.**

PRESIDENT'S MESSAGE

Hi Fellow PROBUS Club Members,

I hope everyone has been enjoying the renewal that spring brings. Maybe this most recent part of spring has been a bit cooler than normal. But it's not cool enough to stop all of us from getting out walking, gardening or just enjoying a glass of wine on the deck. Since we can't go shopping due to the lockdown, perhaps instead do more takeouts from local restaurants. They can definitely use the business after experiencing a roller coaster of opening and closing their operations this past year. Things will start to open up permanently in the near future, and we want all these restaurants and services to be around when that happens.

Here's hoping that everyone's getting their vaccinations and that the second one will be here a lot sooner than what's probably on your calendar. As the majority of people in the province get their vaccination, even the first one, there's a good chance that life for all of us will at least start to return to some semblance of normal. And that could potentially mean small group activities (like interest groups) and/or outdoor activities might be able to resume for the club. But to do that all attendees at our club's activities will have to be fully vaccinated in order to protect our members and guests. If you need an additional incentive to get your vaccinations on a timely basis, that's one more.

I was hoping to do a lot of work on the house and fences this summer. But as you may have noticed, the cost of building supplies has skyrocketed if you can even get them, and the quality of available wood is often questionable due to the short supply. So now I have a convenient excuse to sit back and enjoy the summer without too much work on my list. Unfortunately, however, the garden and lawn are beckoning because I think they feel they've been starved for attention the last few years. Well, I guess there goes those lazy summer plans I had.

The June membership meeting will be our Annual General Meeting (AGM) which will be done online. The AGM last November was a delayed one for the AGM postponed from last June. At this year's AGM we'll do a review of our past year's operations and hold an election for about half of the management committee positions.

Things are definitely looking up for resuming our in-person club activities in the coming months. So keep up your spirits and get outdoors as much as possible this summer. The light at the end of the tunnel is fast approaching, and it's the summer sun welcoming us all.

*Tim Casey, President,
PROBUS Club of Port Perry*
president.portperryprobus@gmail.com
905-985-3991

PROBUS Club of Port Perry BROADCAST

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MEMBERSHIP

TAKE THIS OPPORTUNITY TO SAVE ON THIS YEAR'S RENEWAL FEES
with our

ONE-TIME SPECIAL DISCOUNT!



MEMBERSHIP RENEWAL

The month of June is renewal month for your PROBUS membership. This year your committee has decided to make a one time offer of a renewal discount for our loyal members who stuck with us through this past year and reduce your membership by \$10.00. Therefore, the cost for the year of 2021 - 2022 will only be \$20.00 for those members who paid their fees last year. Your fees are payable before June 30th, and if you want to hold your spot, it is important you pay your membership by that date because as of July 1st we will accept new applications from those people on our waiting list, and I currently have 6 people on that list. Our membership cap will be reduced to 350 for this next year.

Please mail your cheque in the amount of **\$20.00 per person** made out to **PROBUS Club of Port Perry** and send to:

**Linda Parry, Membership Chair,
2481 Ashbridge Rd.,
Port Perry, ON L9L 1B4**

or you can make a bank e-Transfer. You need to send the e-Transfer to the following email address:

memberfees.portperyprobust@gmail.com

Interac e-Transfers often require a question and answer to be

exchanged by the sender and the recipient of a payment, but that is not required with e-Transfers to PROBUS, since we have an *Autodeposit* service, which puts the payments directly into our account at the credit union. In the process of making the e-Transfer, your online banking service should indicate that the recipient has *Autodeposit* service, and will ask you to check a box to acknowledge that service. You **have** to check that box. If there is a question and answer format, the funds will not go into the account, and we have no ability to direct them in..

If you have any questions, please phone Linda at **905-985-8602**.

Thank you for your continued support and involvement in the PROBUS Club of Port Perry.

We would also like to ask all existing members to advise our membership chairperson of any changes to your home address, email address or telephone numbers. Please send an email with the changes to Linda Parry at portperyprobust@gmail.com so that we can avoid anyone missing out on our club activities or social events.

**Linda Parry,
Membership Chair,
PROBUS Club of Port Perry**

SOME QUICK REMINDERS

LOOKING FOR CONTRIBUTIONS TO THE NEWSLETTER & WEBSITE

We need your input for the newsletter, website and Facebook pages. So if you come across interesting websites, recently re-opened shops, restaurants or places to visit, or future scheduled events of interest, please email us at portperyprobust@gmail.com

PROBUS CHALLENGE - ASSISTING FELLOW MEMBERS

You are challenged to consider fellow PROBUS members who live alone or may be having trouble throughout this lengthy period of social distancing. This may be coping with day-to-day living or isolation. They may not wish to reach out for help. Give two members a friendly call to brighten their day. If you don't have their contact information, email Judy Spring at judith.spring@outlook.com

and the information will be provided. And if you're feeling isolated or need some assistance, please reach out to us.

CLUB FACEBOOK GROUP

If you haven't done so already, please consider joining our club's new Facebook group. We have around 116 members now in the group and are looking for more to join. There's no obligation to input anything if you don't want to, but you'll find a lot of good information, inspiration and laughs on the site from those who do. The

only rules are that posts must not be political, religious, or offensive. No fundraising except as approved by the management committee.

For any issues or to get assistance with joining the Facebook group, feel free to email judith.spring@outlook.com



PROBUS Club of Port Perry BROADCAST

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CLUB NOTICES

NEXT GENERAL MEMBERSHIP MEETING IS ON MAY 18th

Our next online general membership meeting will take place on Tuesday, May 18th, from 10:00 - 11:45 a.m.

As with the last membership meeting, we'll be using the **zoom** virtual meeting platform.

You'll receive your invitation at the email address you have on file with the club. We'll send it out about 10 days before the meeting with the connection information and again just before the meeting as a reminder. Remember that the meeting is always the 3rd Tuesday in the month.

If you're not familiar with **zoom**, you can look at the document in your email from us of August 27th or check out the **zoom** tutorial on the Club website. Please also feel to contact any of the individuals listed below for assistance signing up for **zoom**, simply connecting to it or using it.

BREAKOUT ROOM OPTION

We will have a Breakout Room within the **zoom** membership meeting that will start 20 minutes before the meeting starts and another one immediately after the meeting. There will also be a Breakout Room after the meeting where you can meet the main speaker. The Breakout Room has far fewer people in it than the main room on **zoom**.

When you're in the Main Room for the meeting with everybody else, have a look on your screen for an icon labelled "Breakout Rooms". Click on it, and you will find a list of the rooms available. Click on the room, and you will find yourself "moved" to that room. If you're the first one in the room, you'll have to wait for others to join you. You may want to pre-arrange with a friend to meet in the room.

You can leave the room at any time by just clicking the icon "Leave", and then you will be returned to the Main Room. When it's time to begin the meeting, Breakout Rooms will close and you will be returned to the Main room automatically.

zoom

We really want you to be familiar with **zoom** since it's being used for not only the membership meetings (while we cannot meet in person), but it will also be used for numerous interest group meetings and fun online group social activities over the next 4-5 months. Plus it's a great platform to visit with families and friends. So please take the opportunity to learn **zoom** through any of the opportunities noted above or simply contact our **zoom** mentors listed below who are waiting for your call or email.

zoom MENTORS:

Brian Davidson

(vicepresident.portperryprobus@gmail.com or 905-985-4670)

Tim Casey

(president.portperryprobus@gmail.com or 905-985-3991)

Judy Spring

(judith.spring@outlook.com or 905-447-4557)

Barb Sinclair

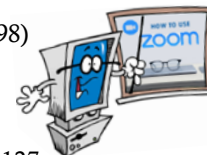
(barbarasinclair18@gmail.com or 905-985-7998)

Janet Casey

(janet.casey88@gmail.com or 905-985-3991)

Sue Merriman

(susan.j.merriman@gmail.com) or 416-892-2127



NOTICE: VACCINATION REQUIREMENT FOR FUTURE IN-PERSON CLUB MEETINGS

With the current COVID-19 situation, we obviously are not yet near to starting in-person club meetings and events. But as we start to turn our attention to that eventuality, the Management Committee wants to give the membership early notice of a key safety precaution we will be taking.

Given the age profile of our members, it's critical that we do whatever we reasonably can to protect their health and that of guests during Club activities. COVID-19 vaccinations significantly reduce the risk of infection as well as the negative health impacts if a person is infected. And such vaccinations possibly contribute

to reducing the chance of virus transmission to others.

Consequently the Club's Management Committee has determined that the Club will require full vaccination against the COVID-19 virus as a requirement for attendance at in-person Club meetings and events for the foreseeable future. In-person meetings and events include membership meetings, social activities and interest groups. Those members not fully vaccinated are welcome to still attend remotely any activities for which that option is available (for example, in-person membership meetings will simultaneously be broadcast on **zoom** when we return to in-person meetings).

As we get closer to the time of in-person meetings and events, we'll provide more information as to how we will be administering this vaccination requirement policy.



Protect your community and the ones you love. Let's get better, together.

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HOW WE DO WHAT WE DO

These COVID times have really put an entirely new spin on how our many volunteers carry out the club activities. It's been anything but "business as usual". It has generated the need to be more creative in what and how we deliver what we can when most of it has to be done in ways that the PROBUS concept never anticipated. So periodically we'll provide in this newsletter section a bit of a description of how our volunteers do what they do and the valuable members who do just that. Today we'll talk about the club newsletter.

— Tim Casey



Near the middle of each month you receive the club newsletter by email. But have you ever wondered who puts that newsletter all together and what it takes to do that. The newsletter has been designed to be a useful mix of club updates, feature articles, advice and information. And we've substantially increased the content features since last year when we entered the COVID era. As a reminder, here are the newsletter sections you'll usually discover each month:

Social Committee Events List	Interest Groups Updates
Membership Update	Hiking
Meet Our Members	Family History Research
Self Care Strategy	COVID Update
Member Meeting Information	Scheduled Events
Websites of Interest	Art Life
Digital Tips & The Website	Upcoming Speakers
President's Comments	Recipes

But each newsletter issue is not something that is slapped together at the last minute by someone. Usually about 17 to 23 club members contribute to the newsletter content each month, some with a few sentences and some producing an entire page. And when the club is in full operation, we'll have up to 30 contributors (including all the Interest Group coordinators).

It actually takes about 10 days to get the newsletter from start to the final edition you eventually see. Most of the content is written from scratch and much of that involves research.

For instance the Websites of Interest and Scheduled Events sections start with around 25-35 opportunities each month and then, after reviewing in full each website, are winnowed down to the roughly 8-10 best that you see in the newsletter. Members who write the feature articles bring us the benefit of their long experience to the written contributions, whether from their past employment or their personal interests. They combine that with their research for each article and generally produce around 500 words for each one.

Some of our team serve as editors of the written content. When that's all done, it goes to Arlene Walker, our newsletter guru, who does the layout of the 15-18 pages, the graphics and colour, and adds additional content. Think how challenging that all is for Arlene. She gets a bunch of contributions from a variety of sources in different fonts, formats, layouts and styles, some with links that don't always initially work and some with photos that have to be edited to fit, enhanced and colour corrected. She injects a little humour throughout the newsletter by adding some cartoons and funnies. Yes, it's a bit of work, but Arlene assures us that she looks forward to doing it every month.

After the layout is done, it is sent out to the contributors to be proofread and revised as needed. Then, following a couple reviews of the next-to-final draft by the newsletter team, the final copy is distributed to the membership.

So during these COVID times, here are the club members who regularly contribute to your newsletter and hopefully your enjoyment:

Margaret Adamson	Jim Adamson
Judy Anderson	Janet Casey
Tim Casey	Brian Davidson
Heather Hill Gibson	Neil Kilmartin
Brenda Manns	Kathy McLeod
Evelyn McKenzie	Bill Morrison
Mary Morrison	Linda Parry
Jayne Rees	Barb Rootham
Linda Schell	Melodie Scott
Barb Sinclair	Ann Skinner
Judy Spring	Joyce Svedberg
Denise Throp	
Jim Wakeford	
Arlene Walker	

Member biography monthly authors
Art Life biography monthly authors



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THIS MONTH'S SPEAKER

Main Speaker – May 18

JUDY SUKE

"Smile"



Judy Suke

"In this extremely humorous presentation, hear Judy Suke, award-winning motivational humorist, retired professor, coach, author, mother, and business owner, ... as she shares her ideas for handling the stress of our restrictive lives. Your laughter during the presentation will immediately heal the body, soothe the soul, lift the spirits and give you energy.

About Judy:

Judy Suke has a reputation for being inspiring, entertaining and memorable. She served in executive positions on various volunteer boards and throughout the years has earned many awards of achievement and certificates of appreciation, including The Apprenticeship Board's "Employer of the Year"; Mississauga "Woman of the Year" for volunteer efforts; Ontario Certificate for "Excellence in Human Resources" the "Pinnacle Business Woman of Distinction" for excellence in education and training, Distinguished Toastmaster Award, District 60 Toastmaster of the Year, and she won both the District 60 Humorous Speech Contest and the Stand-up Comedy Contest in Niagara Falls. She is the Past-President of the Hamilton Chapter of the Canadian Association of Professional Speakers.

She is a recently retired professor from Sheridan College, and now helps people to bring their books to print."

Bringing humour
and hope to the world.



PROBUS Club of Port Perry ZOOM Meetings

UPCOMING SPEAKERS

JUNE 15

ADAM SHOALTS

"Beyond the Trees:

***A Journey Alone Across Canada's Arctic*"**

JULY 20

NICK FRENCH

(from South Africa)

"Heroes and Villains of the Titanic"

April ZOOM Meeting LUCKY PRIZE WINNERS

At our April membership meeting we gave away four memberships. The prize draw winners were:

Darina Quinn

Bill Little

John Leahy

Carole Matthews

Congratulations to our four winners!

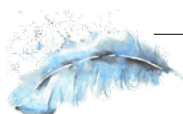


Did you miss our April ZOOM Meeting?

We had two great presentations at our April membership meeting. Dr. Shilpa Dogra did a short presentation on age-friendly university and community initiatives. Geoff Carpentier discussed attracting and feeding birds, animals, and pollinators to your yard in a natural way.

To watch the April meeting, click on this video link:

https://youtu.be/RpbX8z_tAuE



Poet's Corner

We hope you enjoy this new addition to the newsletter, Poet's Corner. We encourage all poetry writers to submit a sample of your work so we can share your talent with the rest of PROBUS. This month's poem was written by Patricia Bayley, who has been a member of Port Perry PROBUS since its inception.

Treasure Special Moments

Treasure special moments as the jewels in a crown.

The golden core of life enhanced by colour all around.

The glow of hope that gets you through, an element so pure;

the arbing of confidence, survival will be sure

and holds the hub of truth essential to endure.

Remember times of happiness, the beauty to be seen
of nature's precious bounty the yellows, gold and green.

The tenderness of loved ones giving comfort in the night
strengthened by your memories, a respite from the fight.

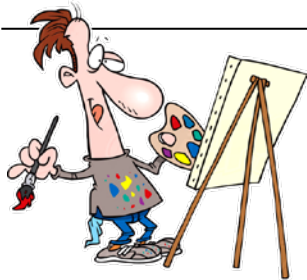
Strive valiantly, onward toward Eternal Light.

L. Patricia Bayley

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ART LIFE



Whether dealing with the stresses of COVID isolation or simply looking for something relaxing and interesting to do, creating arts or crafts is a wonderful escape. More than just a hobby, they can enhance your imagination, exercise the mind, improve dexterity, and enrich the soul. We have no shortage of artists in the club and presently have three interest groups dedicated to arts or crafts activities. Margaret Adamson, the coordinator of the Art-PROBUS Open Studio interest group, will periodically be providing some contributions in this section of the newsletter along with some of her fellow interest group members. And you'll have the opportunity to see just how talented this group of artists is as photos of some of their works are published here.

PAINT WHAT YOU LOVE

Here is interest group member Phil Wooding's commentary on how he got into painting and some suggestions for new artists:

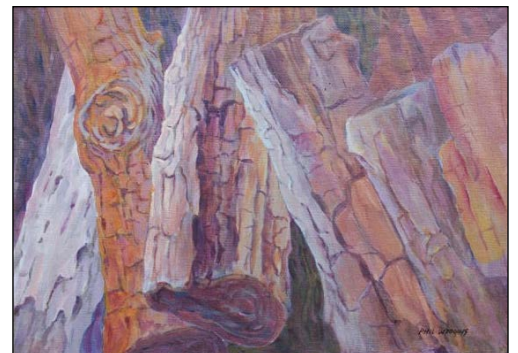


Old Forest - BC. 14 x 10



Abstract. 12 x 16

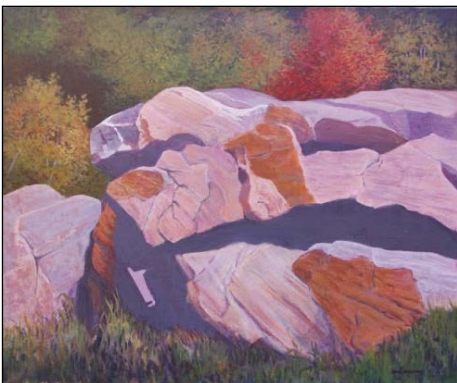
I always loved to draw as a kid, but I only started taking lessons at 47 years old. First Drawing #1 at Humber College, was with Eric Dymond. I then joined the Franklin Carmichael Art Group where I painted in oils, later with watercolours. Each summer I took various art classes at the Haliburton School of Arts up to 2019. I also joined East Central Ontario Art group, mostly "plein air" painters. When we moved to Port Perry, I took "Life Drawing" at The Station Gallery and joined Port Perry Artists, Ajax Creative Arts, and of course PROBUS's Open Studio artists. I still maintain membership in several of these art Clubs.



Abandoned Firewood. 16 x 12

My thoughts regarding mediums

One should start with drawing, learning how to really "see" things, like shapes, values. Then, based on personal experience, I'd suggest acrylics are the most forgiving, as you can make corrections easily. With the previous experience you've gained, one could move to oils or watercolours. Each medium has its particular ability to produce excellent results.



Highway 35 - Rocks. 24 x 20



Seasons Change. 16 x 12

Paint what you "Love" and look at the works of the many excellent artists, past and present, along with the paintings done by your peers.

You never stop learning.

Phil Wooding

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WEBSITES OF INTEREST

COOKING WITH THE BEST

Here's a website of renowned French chef Daniel Boulud who has gourmet restaurants around the world. And what's nice is that he provides the recipes for about 30 of his famous dishes on the website. For instance, you know you can't go wrong when his Coq Au Vin recipe for six starts with 7 lbs. of chicken and 2 bottles of red wine. So take a look and send us a photo of whatever dish you create from the website.

<https://www.danielboulud.com/about/recipes>



WHERE WE CAME FROM AND WHY WE DON'T WANT TO RETURN

If you've ever wondered what the earth looked like 4 billion years ago, this drone video footage from the volcano currently erupting in Iceland will give a good representation. Following thousands of mini-earthquakes, the volcano opened up and rapidly generated multiple cones all spewing lava. The site has now become a major tourist attraction with people able to walk within a few yards of the moving molten stone. But the resulting barren lava covered land shows how soil actually was generated from our rocky planet and that eventually turned into all the green landscapes we see around us today. Keep in mind the planet Venus supposedly went through a massive global warming billions of years ago and now looks like the drone footage above. Let's take care of this earth.

<https://www.youtube.com/watch?v=b9Hq6bTBF2A>

AND THE BEAUTY WE'VE MANAGED TO CREATE



Now that you've seen in the above video what earth used to look like, you can now see how we've transformed that landscape into a thing of beauty. Here's a couple of websites showing the spring tulip fields blooming in Holland and accompanied by beautiful music.

<https://www.youtube.com/watch?v=IKdVr8Dp1oA>

<https://www.youtube.com/watch?v=cFj8EL7iHFI>

ANNE OF GREEN GABLES

Did you know that the fictional Anne of Green Gables started teaching at the age of 16, but evidently that wasn't uncommon in the late 1800s. The Pickering Museum has a series of 3 podcasts about author Lucy Maud Montgomery and her character, Anne Shirley – the Anne of Green Gables. The topics are: Teaching and Education, Love and Marriage, and Adoption and Family. Each podcast (i.e. audio, no video) is around 20 minutes.

<https://open.spotify.com/show/46svzoUQUrCSzpqAO4OU9>

DOES YOUR GARDEN LOOK LIKE THIS ONE?

Back to Holland – The Keukenhof is one of the largest gardens in the world with 30 full time gardeners and more than 7 million blooms of a variety of flowers. This website gives a sense of what they have there.

<https://www.youtube.com/watch?v=pLg3YuPBps8>



GET YOUR HANDS DIRTY

OK, maybe you don't have the time to create a Keukenhof Garden, but on this next website the Durham Master Gardeners have a number of Tip Sheets and articles which cover a variety of gardening issues for Durham Region. With just a few seeds, maybe pulling the odd weed here or there and 29 more gardeners, your garden blooms might compare with The Keukenhof.

<https://www.durhammastergardeners.ca/tips.html>

HISTORY ALIVE

For history buffs this website is a gold mine of historical treasures. Written almost like newspaper articles, it covers an amazing range of fascinating subjects from daily life of individuals to the broad strokes of history.

<https://www.historyextra.com/>

HistoryExtra

WHAT HAPPENED YESTERDAY

This is a wonderful website with write-ups on various historic happenings and sites in Port Perry going from a few decades ago all the way back to the early 1800s. It also has a Port Perry directory from 1869, but there don't seem to be too many phone numbers or email addresses in it. And if you find yourself in there, you're historic in your own right.

<https://www.scugogheritage.com/misc/directory.htm>

ENJOY A VIDEO TOUR OF FOUNTAINS ABBEY, NORTH YORKSHIRE

As described by the website: "The British National Trust has created a video tour of magnificent Fountains Abbey. Mark Newman, Archeology Consultant, focuses his talk on the ruins of the Abbey, built by Cistercian monks in the 12th century, and discusses the secrets this place still holds." "In this video tour, you'll discover the story of Fountains Abbey, North Yorkshire, where archaeology has shed light on medieval life. Learn more about these archaeological finds and understand how modern technology allows this journey of discovery to continue."



<https://tinyurl.com/d3w276xy>

You can also see these websites and many more on the Learning & Entertainment page on the Club website.

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SCHEDULED EVENTS

NORTH DURHAM NATURE

The North Durham Nature website provides a lot of useful information and access to speakers on a variety of nature subjects that impact Durham Region and beyond.

For instance, on May 25th they are presenting "Bats, the Canadian Bat Box Project, and White-nose Syndrome with Karen Vanderwolf". They describe this webinar as: "Bats are amazing! But these animals, so critical to our environment and economy, are declining in Canada and abroad."

Join bat expert, Karen Vanderwolf from Trent University who will teach us about the wonders of bats, and how their survival is threatened by a deadly fungal disease, White-nose Syndrome. Karen will also explain how the Canadian Bat Box Program is working to conserve bats so our night skies will remain full of these fascinating flying mammals."

<https://northdurhamnature.com/>



FOR CLASSICAL MUSIC LOVERS

As described on the website: "Ontario Philharmonic is presenting a special virtual concert series. View pianist, BEATRIZ BOIZAN, on Sat., May 15th at 8:00 p.m. Spectacular music by Mozart and Tchaikovsky are on the menu as Durham's premiere solo pianist performs Mozart's gorgeous Piano Concerto No. 21."

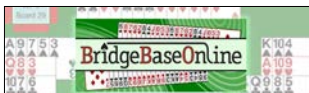
<https://tinyurl.com/4m563ydn>

TAKE TIME FOR YOURSELF

Here's a website for "Free Online Mindfulness Classes for Older Adults" that can enhance your peace and wellness during these COVID times. As the Toronto site describes itself: "Practice tuning in to your body, breath, thoughts, and emotions to encourage health and wellbeing in all parts of your life. Mindful walking and movement, guided meditation, and mindful sharing over [zoom](#) in English with Kassandra Prus, iayt 2021" These Tuesday classes are held weekly.

<https://www.toronto.com/events/10341599-995682-free-online-mindfulness-classes-for-older-adults/>

SOCIAL ACTIVITIES



BRIDGE BASE ONLINE

If you have a bridge foursome, and you would like to learn to play bridge on line while chatting with one another on a conference call, please contact Judy Spring at:

Judith.spring@outlook.com



Hold the Dates! (and cross your fingers)

BARBECUE!

at Wooden Sticks Golf Course
THURSDAY, SEPTEMBER 16

HOLIDAY LUNCHEON!
at Wooden Sticks Golf Course

THURSDAY, DECEMBER 16



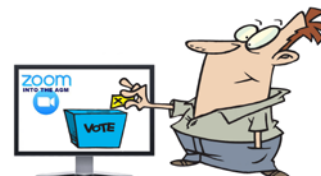
HOW ABOUT A FABULOUS DAY IN PARIS WITH A PARISIAN?

We have another online [zoom](#) Airbnb social activity for you to consider for May 27th from 4:00 - 5:00 p.m. This time we're headed for Paris, the famous City of Lights. Cost is \$24 per person and we need payment in full by May 20th. For more information check out the May 6th email from PROBUS or contact Janet Casey at 905-985-3991.

À bientôt!



TUESDAY, JUNE 15TH
AGM
Annual General Meeting



PROBUS Club of Port Perry BROADCAST

MAY, 2021



DIGITAL COMMUNICATION TIPS

We will be providing a monthly series of tips on using your tablet and computer.

Here is the second article, on emails

EMAIL ETIQUETTE, EXTENSIONS AND PHISHING

Emails are a great way to communicate with friends and family and businesses and other organizations.

When sending an email, you can choose to use the "To" field, the "Cc" field or the "Bcc" field to put in an email address. As long as you have a legitimate email address in any one of those fields, (and a working internet connection) the email should go where you want it to.

Use the To field when sending an email to specific email addresses, the Cc field when you are copying in someone on the email and the Bcc field when you don't want anyone to see who is getting the email.

The Bcc field protects the privacy of the email address of the person you are sending the email to. This is especially important when you are sending an email to a whole lot of people that don't know each other, and may not want to expose their email address to strangers. When someone replies to your email, they will only be able to reply to you, and the email addresses in the To field and / or the Cc field, but not to anyone that was in the Bcc field.

When forwarding an email, take some time to remove that portion of the content of the email that isn't necessary, such as the info about the person that sent the email to you in the first place, by clicking on the content you wish to remove and then clicking "delete" on your keyboard.

Also remember to Edit the Subject field of the email you are forwarding. You have probably received lots of emails with the subject line "**Fwd: Fwd: Fwd:**" and then the subject. That is because no one that sent the previous emails bothered to, or knew how to change the subject line.

For the most popular email provider, Gmail, to change the subject field of an email you're forwarding, go to the arrow just to the left of your email address in the From field. Choose Edit Subject from the drop down menu and remove the Fwd: from the subject line and change the subject line of the email before you send it. It only takes a few seconds and improves the appearance of the email.

Email and website addresses must have a valid **extension**, such as .com or .org or .biz after the email address or domain name. For

example, our website, with the domain name portperryprobus, uses the most popular extension .com, but the main PROBUS website in Canada is probus.org.

The .com etc. extensions are used worldwide, but certain countries have their own to indicate that the website "owner" is located in that country. In Canada, the extension .ca is available only to Canadian residents and organizations. Many Canadian corporations, such as CIBC or BMO will have purchased both a .com as well as a .ca address and will automatically send you to their main website regardless of which extension you use. For example, if you type in cibc.ca you will be automatically re-directed to the cibc.com website. And just like email addresses, it doesn't matter if you use capital letters or lowercase letters in a website address. It all looks the same to the internet!

When you go to a website, generally the website knows where your computer or device is located. If the organization has a specific Canadian website, you may get automatically re-directed to the .ca website or you may be asked if you wish to go to the Canadian website. This allows an on-line retailer to price their items in Canadian dollars and use the shipping methods available in Canada. As with anything, there are exceptions!

Speaking of the .ca extension, it is controlled by a not-for-profit entity called the Canadian Internet Registration Authority (CIRA). You can't purchase a website address with the .ca extension without going through their screening process. They provide lots of other services as well including some great tips on protecting yourself from fraud while on the internet. Here is a link to a very informative article on [How to Spot and Avoid Phishing Emails](https://www.cira.ca/blog/cybersecurity/what-is-phishing?utm_source=newsletter&utm_medium=organic-email&utm_campaign=FY21&utm_content=the-dot-8).

https://www.cira.ca/blog/cybersecurity/what-is-phishing?utm_source=newsletter&utm_medium=organic-email&utm_campaign=FY21&utm_content=the-dot-8

Next month, we will talk a bit about the various browsers and search engines available, and define the "Cloud". Maybe even a bit about "cookies" – but not the tasty kind.

Jayne Rees

Types of phishing

Phishing is when a criminal tries to extract information, login credentials or money from you by impersonating real people or companies through text messages, phone calls, email or social media.



Phishing

Mass message that appears to be legitimate



Spear Phishing

Contains details that specifically target you



Whaling

Targets an executive to gain access to more profitable or sensitive info



Vishing

Phone calls that appear to be from legitimate companies (using VoIP systems)



Smishing

Sent via SMS/text

*Chart from
How to Spot and
Avoid Phishing Emails.*

PROBUS Club of Port Perry BROADCAST

MAY, 2021

MEET OUR CLUB MEMBERS

We have 353 members in the club, and most of us aren't necessarily familiar with all of those individuals. And each member in the club has led a fascinating life. So in this newsletter and future issues we will bring you the biographies of some of your fellow members so you get the chance to know them better and what they've been up to all these years.

If you would like to be featured in the Meet Our Club Members column, contact Ann at skinntj@gmail.com.

This month's profile is:

Lucy E. M. Black



Lucy grew up in what was then the small community of Willowdale, Ontario, a place full of ravines, creeks and willow trees, that has now been subsumed by the North York portion of Toronto. She attended Earl Haig Secondary School and after working for a few years, went on to study English Literature at York University. Upon graduation, Lucy entered the Management Training Programme at Sears Canada and

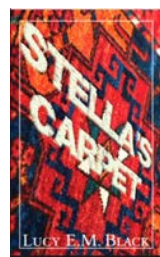
spent several years in junior management with the company. While working at Sears, she completed her Certificate in Personnel & Industrial Relations at the University of Toronto. Having decided to focus solely on Corporate Training, she returned to university to earn a Bachelor of Education at the University of Toronto and a Master of Arts at York University. She then joined Henry Birks & Sons as the Corporate Training Manager for Ontario.

Lucy later joined the Durham District School Board and began to teach Business Studies and English at Port Perry High School. She fell in love with the classroom, small town life, and the community. After two years of commuting from Richmond Hill, she and her husband bought their first house in North Nestleton Station so she could be closer to school. One of her favourite stories from that time: their house was purchased on a Saturday morning and the couple told NO ONE but their lawyer and real estate agent. The following Monday, at the end of the school day, a large group of girls congregated around Lucy's desk and said, "We heard you bought a house in the area, and our mothers want to know where you'll be attending church." It was certainly a different time!



she and her husband were working and raising their family, she continued to write as a creative outlet. This was only possible on weekends and holidays because life was always busy and very full. Over the years, her teaching career evolved and Lucy was made Vice-Principal at G.L. Roberts CVI and then Henry Street High School. From there, she was appointed Principal at Uxbridge SS and Principal again at Brock HS. She loved working in schools and serving her school communities.

Lucy and her husband and son moved from their small house to a farm near Blackstock, spending sixteen years renovating the property and creating beautiful gardens. Eight years ago, as empty nesters, they downsized and moved to Port Perry.



Lucy retired in 2017 and began to concentrate on her writing full time. That same year she had the good fortune to have two books published. *The Marzipan Fruit Basket* is a collection of short stories and *Eleanor Courtown* is a work of historical fiction. This coming October, *Stella's Carpet*, her third book, will be released.

PROBUS Club of Port Perry BROADCAST

MAY, 2021

YOUR CLUB VOLUNTEERS

Our volunteer bakers on the House Committee are certainly missing the monthly opportunity to bake for our PROBUS friends, and we know how much you look forward to the goodies!

This month we are offering a simple recipe which you can make yourselves and enjoy during the virtual meet-

ing on May 18th, for brunch. Yes! You can eat and drink during the presentation!

Consider making up extra and you could share with a friend or neighbour.

We hope you will try this delicious recipe to enjoy at the meeting, or any time at all.

*Live well.
Eat well.
Be well.*

Here's this month's recipe submitted by Barb Sinclair:

This is a one-dish meal that just looks like spring! So many bright colours, and fresh flavours to match.

The recipe makes several servings, and keeps very well in the fridge.

Enjoy on its own, or add diced chicken or turkey for an extra boost of protein.



CHICKPEA PECAN SALAD

SALAD INGREDIENTS:

- 1 Can Chickpeas, drained
- 1 Can Mandarin oranges, drained
- 1 Red pepper, diced
- 1 1/2 Cup Cherry tomatoes, halved
- 2 Green onions, thinly sliced
- 1 Cup Flat-leaf parsley, roughly chopped
- 1 Cup Feta cheese, diced
- 1/2 Cup Sliced pecans
- 1 Jalapeño pepper, seeded and minced

DRESSING:

- 2 Tbsp Extra virgin olive oil
- 2 Tbsp Apple cider vinegar
- 1 Lemon, zested
- 1/4 Tsp Sea salt
- 1/4 Tsp Black pepper

DIRECTIONS:

In a large bowl, toss together salad ingredients.

In a small bowl, whisk together dressing ingredients.

Pour dressing over salad and toss to coat.

"Healthy eating keeps
the heart beating strong.."



I may not have
lost all my marbles
yet, But there's a
small hole in the
Bag somewhere.



If my body was a car,
I'd trade it in
for a newer model,
because every time
I cough or sneeze,
my radiator leaks
and my
exhaust backfires.

PROBUS Club of Port Perry BROADCAST

MAY, 2021

PROBUS INTEREST GROUPS

New Interest Group Opportunities

If you would like to coordinate a new remote group or shared experience, please let us know at interest.portperryprobus@gmail.com.

Remote Group Get Togethers:

Our club has a corporate [zoom](#) account should you wish to set up a virtual meeting, and it has no time restraints! Just contact Tim Casey at president.portperryprobus@gmail.com or 905-985-3991 to use it. We are here to help should you want to try a meeting virtually!

CURRENT INTEREST GROUP UPDATES

NOTE - in the case of all Interest Groups, if you have questions or wish to join, please contact the Coordinator.

GROUPS REQUIRING A COORDINATOR

These times are challenging for sure. That said, with not much going on, keeping our interest groups going can provide an outlet for sharing like interests. Please consider volunteering for one of these groups:



- 1. Bridge** - Beginner/Intermediate
- 2. Gardening** - Bloomers
- 3. Golf** - With the weather changing for the better and golf being one of the only things we are allowed to do in the lockdown, it would be great if someone would take this group on for the season. We would be happy to put any interested parties in touch with someone to help you get it going.
- 4. Jazz** - Coordinator required once Jazz nights resume at Jester's Court.
- 5. Model Boats** - A great hobby where like minded people can share tips and advice.
- 6. Create and Chat** - If you are interested in anything crafty, and having wonderful conversations while doing them, consider heading up this group.

ACTING FOR FUN

Evelyn McKenzie
evsurfing@gmail.com • 905-985-2587

The Acting For Fun Interest Group is continuing to practice our lines for a show we are looking forward to performing for the PROBUS group hopefully when we re-open.

ART - PROBUS OPEN STUDIO

Margaret Adamson
madamson905@gmail.com • 905-773-2878

Although the number of members in this group has declined, a small core group attended our second [zoom](#) meeting on April 26th. There continues to be a strong commitment to keeping art a mutual interest that we can share. Most people are still man-

aging to paint during the pandemic, so it was a great way to see their recent works.

Our next virtual meeting is scheduled for Monday, May 31 at 1:30 p.m. At this time, we are looking at several ideas to bring art to the forefront of our time in the meetings and to keep us as individuals motivated to paint during the ongoing lockdowns. An agenda will be determined before we meet again.

BOOK CLUB - THE BOOK WORMS

Brenda Manns
mannsx2@sympatico.ca and
Agnes Shaw
theshaw@sympatico.ca • 905-982-1558

Due to the new lockdown and weather permitting the Book-worms are hoping to meet outdoors at the end of May to discuss *The Giver of Stars* by JoJo Moyes.

This was an excellent book about the Packhorse Librarians in Kentucky in the 1930s.

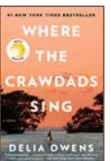
BOOK CLUB - THE PAGE TURNERS

Kathy McLeod
kbmcleod24@gmail.com

Last month our book club discussed "Where The Crawdads Sing" by Delia Owens. For many of us it was a chance to revisit one of our favourite books. The novel is set in 1969 in the marshes of North Carolina. Abandoned by her family and shunned by the people in town, Kya is known as the Marsh Girl. The strength of the human spirit, a mystery and forgiveness, are some of the themes in "Where The Crawdads Sing". We all loved this book, even the second time around!

If you have read "Where the Crawdads Sing", you might be interested in reading about the author, Delia Owens. Owens' life story is as interesting as her fictional work. Thanks to Elly for sharing this article in The New Yorker.

<https://www.newyorker.com/magazine/2010/04/05/the-hunted>



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PROBUS Club of Port Perry BROADCAST

MAY, 2021

PROBUS Interest Groups continued

CRIBBAGE

Barb Rootham

brb.rootham@gmail.com • 905-985-9066

"The Fifteen For Two Crew" meets bi-weekly on Thursday afternoons at alternating members' homes. Cribbage can be played with 2, 3, or 4 players, so there is never a challenge of not enough players to enjoy the afternoon games. We currently have nine members.

Most of the group has an App where they play against a computer opponent. Barb reports that the computer has NO interesting stories to tell! Contact Barb for more information.

CURRENT EVENTS

Linda Schell

lindaschellconsulting@gmail.com • 905-242-8877

Our last meeting was Thursday, March 18, at 1:30 p.m. The topic was: "Act Local" and help our Environment. We addressed the frustrations that I am sure we all have as to what to do and how to do it, and what happens after that! This was the first of a number of informative discussions over the year from the homeowner/consumer point of view, along with resources available and even some speakers. We may be tired of hearing about the 3 "R"s but we need to "re-fuel" our motivation as it becomes more important to our families and the planet as a whole! So easiest route: help each other and "Act Local"!



Participant information will be sent the week before our meeting.

If you are not on our invite email list please feel free to send me your email so I can forward the link. New members very welcome.

EUCHRE – AFTERNOON

Jayne Rees

rees.jayne@gmail.com • 905-852-4997

We have twelve members of the Euchre group playing on-line on Friday afternoons. The program we are using is called Trickster Cards, and it has a video chat feature that allows us to "see" and speak to each other while we are playing. It is free, so if anyone would like to join us for some on-line games, just let me know!

FOODIES!

Melodie Scott

bmgscott101@gmail.com • 905-767-1505

Our April 17th meeting via **zoom** was a resounding success. We all ordered take out and it turned out that we up we all ordered from somewhere different. Some meals were picked up and plated at home but there was also meals that were bought frozen from the restaurant where you cooked it yourself. Who even knew this option was available!!! The food choices ranged from Mexican, pizza, Greek, American, Italian and more. We were all very happy with our choices and spent a lot of time discussing our meals. We all said it was one of the best times we have had in a long time! Our next get together is going to be a



zoom cook-a-long. Everyone who wants to, can submit a recipe and we will randomly pick one and then cook and eat together (again all with **zoom**). We will keep everyone posted as to how this goes.



GENEALOGY

Neil Kilmartin

neilmkilmartin@gmail.com • 289-388-8039



Hello to one and all in the genealogy group! My name is Neil Kilmartin. My wife Carol and I joined PROBUS, just before COVID came into our lives. Along with my love for gardening, family history has been a passion of mine for over two decades.

You may have seen my two postings in the most recent newsletters. Heather Hill-Gibson is stepping aside, and I will be taking on the responsibility as coordinator for the genealogy group. I know we will all have varying degrees of experience in this pastime, some, perhaps with little at all. For those who are not that comfortable with computer and internet skills, I am happy to take on genealogical research for fellow members. I will also do what I can to provide guidance towards doing your own explorations if you're up to it.

It will take me a while to understand the individual and overall needs of the group, and I welcome hearing from each of you regarding your own expectations for the group as well as anything you might want personally.

You are welcome to contact me by any way you're comfortable with, though email is my preferred method of communication. I will provide contact information here.

Hopefully, we'll get this challenging time of our lives behind us soon enough, and I look forward to us getting together as a group.

Genealogy: Researching Your Family Tree
with the University of Strathclyde (Glasgow, Scotland)

[https://www.strath.ac.uk/studywithus/
strathclydeonlinelearning/freeonlinecourses](https://www.strath.ac.uk/studywithus/strathclydeonlinelearning/freeonlinecourses)

MOVIE GROUP

Denise Throp

deniset1954@gmail.com

kanopy

New movie suggestions every month on Kanopy. On May 26th at 2:00 p.m., the Scugog library film club will discuss Brooklyn.

On June 3rd, join the virtual tea and books on the Scugog library facebook page.

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PROBUS Club of Port Perry BROADCAST

MAY, 2021

PROBUS Interest Groups continued

SINGLETONS

Denise Throp
deniset1954@gmail.com and
Cathy Jeffrey: cjef@bell.net

There are virtual events available through the Scugog library.

TOWN HALL THEATRE

Judy L. Anderson
ukeladyjudy@gmail.com • 905-985-4257

The Town Hall 1873 Theatre information has not changed. SCS is still hopeful that The Little Mermaid will be performed in November. No other groups or entertainers have been booked.



WINE TASTING I

Jim Adamson
jim.adamson07@aol.com • 905-773-2878

Back in March of 2020 BC (that's Before Covid), a number of members of our PROBUS club had just arrived in Portugal when the Canadian government urged all travelers to return home because a global pandemic had just been declared. Some stuck it out through albeit restricted activities. One item that returned with them was an appreciation of Portuguese wines.

Our latest virtual wine tasting featured two worthy Portuguese wines. The Aveleda white, from the Vinho Verde region, is a light, crisp white. The red, an Altano Douro from the Douro Valley region, is a blended red with a deep red color. Both wines are very economical, but with ample ability to enhance the shared experience.

*The following interest groups have suspended operations during the COVID-19 crisis.
However, please stay tuned because some of these groups might find
other methods to re-start in the coming months.*



BOARD GAMES

Bill Morrison
billandmaryare@gmail.com • 905-985-2624

BOWLING FOR FUN

Ann Skinner
skinntj@gmail.com
Pat McDougall
patmcdougall@yahoo.com

BREAKFAST CLUBS

Mary-Anne Unwin
interest.portperryprobus@gmail.com

BRIDGE – BEGINNERS/INTERMEDIATE COORDINATOR NEEDED!

Contact: Melodie Scott
interestgroups.portperryprobus@gmail.com

CREATE & CHAT

COORDINATOR NEEDED!
Lou Ellen Clement-Hobbs
chichi@persona.ca • 705-432-3229

DARTS FOR FUN

John Leahy
jleahy6@gmail.com • 905-982-2695
Ken Crossley
magentis@checkmail.ca • 705-786-1707

DINNER – GUESS WHO'S COMING TO DINNER (GWCTD)

Carole Matthews
dandcm43@yahoo.ca • 905-982-2702

DINNER – THE MUNCHKINS

Marg Miller
margandrodsmiller@gmail.com
226-229-9073

Marilyn Hanna
jf.hanna@powergate.ca
905-985-6322

BID EUCHRE – AFTERNOON

Jayne Rees
rees.jayne@gmail.com • 905-852-4997

EUCHRE - THE TABLE TALKERS – AFTERNOON

Barb Rootham
brb.rootham@gmail.com • 905-985-9066
Susan Merriman
susan.j.merriman@gmail.com • 416-892-2127

EUCHRE – EVENING

Margaret Adamson
madamson905@gmail.com
905-773-2878

GARDENING – BLOOMERS!

COORDINATOR NEEDED!
Contact: Melodie Scott
interestgroups.portperryprobus@gmail.com

GOLF

COORDINATOR NEEDED!
Contact: Melodie Scott
interest.portperryprobus@gmail.com

HIKING

Bill Morrison
billandmaryare@gmail.com • 905-985-2624

JAZZ COORDINATOR NEEDED!

Contact: Melodie Scott
interestgroups.portperryprobus@gmail.com

LAWN BOWLING

Dennis Bayley
dennis.bayley@icloud.com • 289-989-0178

LUNCH MEETUP

Melodie Scott
interest.portperryprobus@gmail.com

THE LUNCH BUNCH

Susan Barber
susan_barber_4@live.com • 905-854-5771

MODEL BOATS COORDINATOR NEEDED!

Contact: Melodie Scott
interestgroups.portperryprobus@gmail.com

PHOTOGRAPHY GROUP

Jim Wakeford
rwakeford@yahoo.ca • 905-985-2030

TRAVEL

Judy Spring
judith.spring@outlook.com
905-447-4557

STILL WAITING...

