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The AppleCore Newsletter

April 2023



President's Message



A Message from the President, April 2023

In March, we welcomed and inducted 2 new members, Jim Davidson and Les Banksi. We look forward to having each of you join our Activity Groups and enjoy the many benefits of Probus. Thank you to their sponsors for inviting them to join.

At the March meeting, Bob Warren shared his photography and offered useful tips on how to get more out your picture taking. Bob's images had lots of creativity and imagination built into everyday scenes. He also gave tips such as looking for the 'S' curve to pump up the impact and to focus on the eye of your model, whether it's the family pet or grandchildren. He also reminded us that the latest technology is at your fingertips on your cell phone.

Thank you, Bob, for sharing his insights and passion.

Doug Brien, our Membership Chair, is taking a leave from his duties to devote to rehab from a pending back operation. We all wish Doug a speedy recovery over the next few months and a return to great health. Tony Hart and John Mark will cover Doug's membership duties.

Stay tuned for a new announcement on the next theatre outing to see EVITA. John Mark, our Activities Chair, has determined that most matinee theatre productions are in hot demand and sell out fast. So, if you're planning on our next theatrical adventure, don't delay, order your tickets right away.

Top 10 ways to live to 100 (and live well!)

This week my sister and I requested birthday greetings from the Governor General for our mother, a British war bride, who is turning 100 in June. Her longevity has made me wonder what it takes to live so long and it's not simply good genes. I was inspired by an article from Queensland Health, and a TED Talk on Aging, forwarded by David Luckock. I have summarized the messages. As you read

through the tips, think about the role Probus plays in getting you into your 80's, 90's and beyond.

1. Eat well. – That means eating a balanced and varied diet.
2. Get active. – Work those muscles, make it a part of your day.
3. Stay mentally active. – Memory loss and mental decline is not inevitable.
4. Keep an eye on your weight.
5. Stay connected. – Connections help us to not only survive but thrive.
6. Get regular checkups.
7. Quit smoking.
8. Keep hydrated.
9. Follow a sleep routine.
10. Practise self-care. – What do you love to do?

Let's face it. There's no guarantee of hitting 100, but we can always try to improve our odds.

Feel free to forward this newsletter to a friend who may be a prospective future member. Thank goodness Spring is here and we can put away the shovels and think about the garden.



Marcus Miller
President

Upcoming Speaker - April 13

Kitrina Fex, Executive Director, Heart House Hospice, "Benefits of a Hospice"



Heart House Hospice has been serving the Mississauga community for over 36 years. We provide care and support for those that experience a life-limiting illness as well as support to their caregivers and loved ones. Our programs include Hospice Counselling, Bereavement and Spiritual Care, Help Us Understand Grief (HUUG), Health and Wellness and Social Connections (Day Program) with the support of nearly 101 active volunteers that only enhance and extends our reach. While most programs support all ages, HUUG directly supports children and youth for those who have either been living with someone who is dying or has recently passed.

Kitrina Fex is the Executive Director at Heart House Hospice and has been the operational leader since 2021. She brings over 19 years of experience in the healthcare and the legal sectors with a focus on mental health and addictions, homecare and hospice palliative care. Kitrina holds a Master of Social Work from the University of Windsor, a Master of Arts (Social and Developmental Psychology) from McMaster University and is finalizing her Master of Business Administration from the University of Fredericton, specializing in Global Innovative Leadership.

Judy Fountain is the Board Chair of Heart House Hospice. Prior to retirement, Judy was the Chief Financial Officer with the Greater Toronto Airport Authority.

Shelley Maynard is the Director of Development at Heart House Hospice and supports our fundraising efforts and donor relations.

Future Speakers - May 11

Kevin Donovan, Toronto Star Investigative Reporter, "The Bernard and Honey Sherman Case"



Kevin Donovan is the Toronto Star's Chief Investigative Reporter. His focus is on journalism that exposes wrongdoing and effects change. Over more than three decades he has reported on the activities of charities, government, police, business among other institutions. Donovan also reported from the battlefields in the Gulf War and the war in Afghanistan following 9/11. He has won three National Newspaper Awards, two Governor General's Michener Awards, the Canadian Journalism Foundation award and three Canadian Association of Journalists Awards. As the Star's editor of investigations for many years, Donovan led many award-winning projects for the paper. He is the author of several books, including "Secret Life: The Jian Ghomeshi Investigation" and the "Dead Times" (a fiction novel).

Future Speakers - June 8

Tom Herstad, Author, speaker, entrepreneur, "2nd Line West - A True Story"



Tom's topic is the story of the life of "Margie", who lived on the 2nd line west in what is now Mississauga. She was a woman who overcame childhood hardships, became a young widow with four children, and went on to make a huge difference in the lives of many people. This uplifting story is an inspiration for anyone who hears it.

Tom Herstad has always been a forward thinking, always up for any challenge life may throw at him. Born and bred in Toronto, Canada, Tom has been an avid hockey player, coach, passionate outdoor adventurer, cooking over camp fires and enjoying the Thirty Thousand Islands of Georgian Bay. Throughout the last 25 years, Tom has had a profound impact on the people he has dealt with in business and in his personal life.

Future Speakers - July 13

Tom Axworthy, Former Principal Secretary to the Prime Minister, Author, Commentator, "Reflections on Leadership"



Born and raised in North End Winnipeg, educated at the University of Winnipeg, Queens University and Oxford, Thomas S. Axworthy has had a distinguished career in government, academia, and philanthropy. He served as the Principal Secretary to Prime Minister Pierre Trudeau, and he was a key strategist on repatriation of the Constitution and the Charter of Rights and Freedoms.

He is the author of numerous books and articles of which the best known is Towards a Just Society, co-authored with Pierre Trudeau. He is a regular contributor to the opinion pages of the Toronto Star, the Globe and Mail, and the National Post. He frequently appears as a commentator on public and national issues.

Future Speakers - November 9

Ted Barris, Journalist, Author, Broadcaster, War Historian, "Battle of the Atlantic"



Ted's writing has regularly appeared in the national press, as well as magazines as diverse as Air Force, esprit de corps and Zoomer. He has also worked as host and contributor for most CBC Radio network programs, PBS in the U.S. and on TV Ontario. After 18 years teaching, he recently retired as a full-time professor of journalism at Toronto's Centennial College.

In 2011, he was one of 19 civilians presented with the Minister of Veterans' Affairs Commendation. In 2012, the Air Force Association of Canada selected Ted Barris to receive Queen Elizabeth II's Diamond Jubilee Medal.

Ted's 20th book, Battle of the Atlantic: Gauntlet to Victory was published in the fall of 2022 and immediately landed on the Globe and Mail and Toronto Star bestsellers lists.

See Applewood Probus's [website](#) for a more in-depth look at Ted's background, accomplishments, books, and awards (coming soon).

Applewood Probus Upcoming Events

Niagara Parks Power Station - Thursday, June 15 at 11:00



Visit the never before seen views of the Falls by a walk down a century old tunnel. It starts with a guided tour of the original machinery in the power station followed by an optional walk through the tunnel where the water flowed after powering the turbines. At the end, you enjoy a new view near the base of the Horseshoe Falls. In total, this takes about 90 minutes.

The tour is scheduled for Thursday, June 15 at 11AM at the location. We need 20 participants to obtain the group tour rate of \$38.65 each, tax included. Parking is \$10 per hour or for \$30 you can get a day pass to park at any attraction in the Falls. Car pooling can be arranged.

We need a firm commitment by May 15. We will arrange for a group lunch

after. Feel free to invite friends with you. Details regarding lunch and payment will be provided after May 15. Early confirmation is encouraged.

For further insight, go to: www.tunnelatniagaraparks.ca

Contact Bill Halliwell for your commitment at: bill1725@aol.com.

Blue Jays Game - Thursday, August 3 at 3:07



Blue Jays vs. Baltimore Orioles

Come and experience the newly created patios with other members.

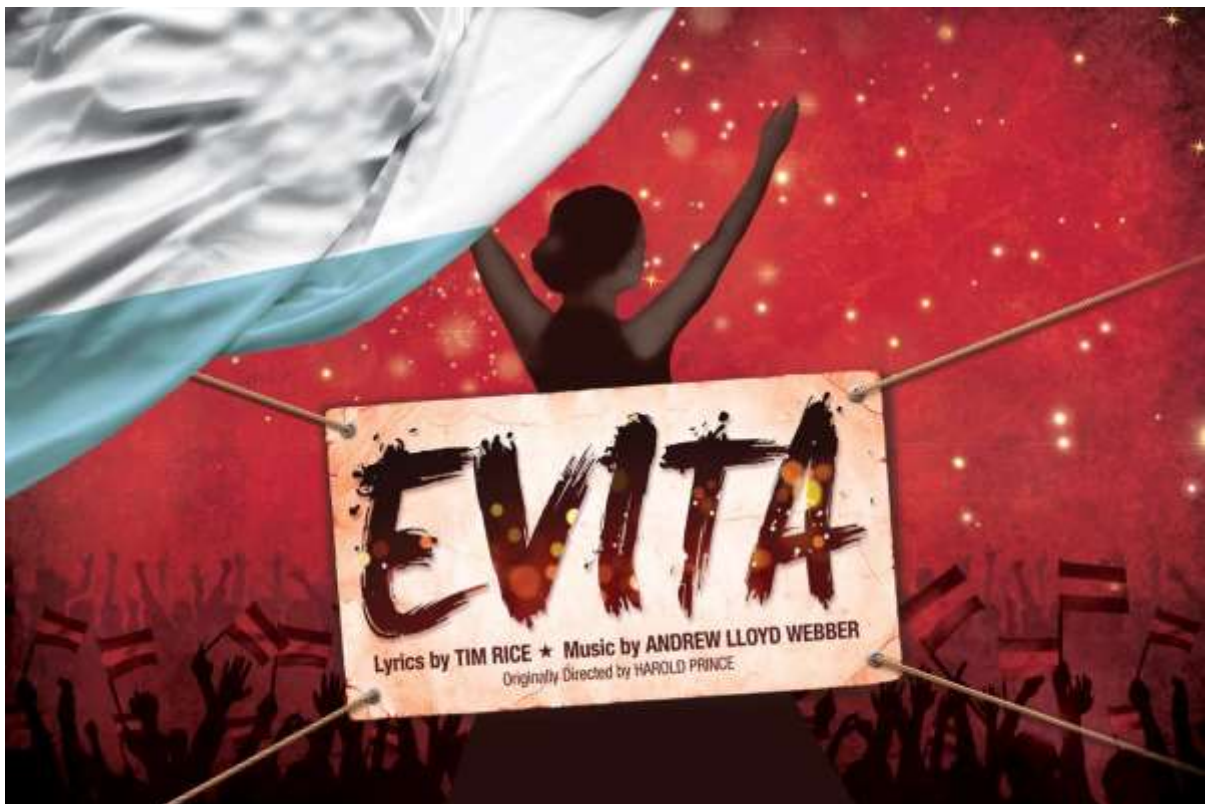
Tickets will be in the 200 level as usual at an estimated price of \$60. **We need a**

final commitment by May 1 in order to make this purchase price. Contact Don Taylor at dwtaylor10@bell.net or 416 521 9711.

Theatre Outing - Evita - Sunday, November 5th, 2023 at 2:00PM

A Drayton Entertainment Production

Hamilton Family Theatre in Cambridge, Ontario



For best seat selection, go online NOW www.draytonentertainment.com and buy your choice of seats before they sell out.

Lunch to be organized prior to showtime at a local restaurant.

Contact Don Wilkinson (donwilkinson756@gmail.com) after ticket purchase and to

sign up for the Pre-Show lunch.

This is a drive yourself event, but we will try to arrange carpooling if required.

Past Speaker - March 9, 2023

Bob Warren, Photographer



Bob was our March speaker. He is an established photographer connected with the Mississauga Camera Club. Part of his presentation was about the care and handling of very expensive cameras. His excellent work included many landscape and sunrise images

which are shown on his website

bobwarrenphotography.ca under "My Photo Galleries". Some of his photos are in colour and some are in black and white.

Bob and other photographers are documenting the Jim Tovey Conservation Area at the Lakeview development in Mississauga. Several of Bob's images were familiar. We enjoyed his presentation.

Activities Update

Enjoyed your last event?

...Why not share a group picture at ApplePro805@gmail.com and it will be placed here.

Walking Group - Bradley Museum / Rattray Marsh - March 2, 2023



An enjoyable sunny day walking through the Rattray Park Estates, the Rattray Marsh, the Bradley Museum, and along the lakeshore at Watersedge park. At the Bradley Museum School children were outside around a campfire learning how maple syrup was made in earlier days. Staff at the museum gave us an interesting talk on the impact that climate change is having on maple syrup harvest.

We had 11 walkers that day.

Dinner Group A - March 7, 2023



We dined at the Astoria Restaurant, where we enjoyed Greek salads and a variety of shishkabobs by an open fireplace. We talked about English accents, Afghan refugee support activities, ChatGPT (an artificial intelligence research and writing app), travel (in Portugal), and Greek salads (should they contain tomatoes?). Our ratings for the meal, on a scale of 10, ranged from 6 to 8 averaging 7.5. Roy Hicks

Walking Group - March 16, 2023



Back in March 19, 2022 we planned a walk along the lakeshore from Marie Curtis park to Colonel Samuel Smith. The weather off the lake was so brutal that we changed course. The weather March 16, 2023 was much better, so we did the repeat walk eastward along the lakeshore to Colonel Samuel Smith Park and

back. There were a number of various interesting waterfowl along the lake and early Red-winged Blackbirds. More than usual numbers of birdwatchers were around and a Hoary Redpoll had been seen. Still winter, the outdoor ice rink had plenty of skaters.

Supper Club J - March 16, 2023

Supper Club J decided last year to meet for lunch instead of dinner to avoid driving in the dark.

Eleven of us met for lunch at Saucy's Restaurant in Streetsville, and all agreed that it was a great lunch in terms of ambience and food. We didn't solve any of the World's problems but everyone appeared to have a good time with lots of chatter.

Saucy's is certainly worth consideration for lunch or dinner.

Pub Lunch - March 17, 2023

We had fun. To celebrate St. Patrick's Day, a number from the group recited Irish stories and limericks. The limericks were enjoyed by all.

The runner-up limerick is as follows:

***There once was an old man of Esser,
Whose knowledge grew lesser and lesser.
It at last grew so small,
He knew nothing at all,
And now he's a college professor.***

The winner, and the best, is an original from the pen of Joe Reid, and it goes like this:

***There once was a lad called Bob Martin,
Who was famous in school for his fartin'.
In chemistry class, he'd pass so much gas,
That so very soon, from that very room,
His classmates, they soon were departin'.***

Joe, you missed your calling!

No offense taken, Joe.

Bob Martin

Dinner Club H - March 22, 2023

Only a diminished number of our group attended the March meeting at Merlot Restaurant on the evening of March 22. The food and service were excellent. We were seated a small table near the rear of the restaurant, where the ambience was pleasant and our conversation was audible. Our appreciation of the dinner was enhanced by our partaking of the restaurant's Wednesday special on half-priced bottles of wine (hic!).

Denis Bailey

Wine tasting Group 2 - March 22, 2023



Wine tasting Group 2 met at Jim Christie's for our regular monthly session. Present were group members Mike Preston, Bob Ewart, John Bray, Victor Fornasier, and Ron Kawchuk, as well as Stu Hutcheson who filled in for one of traveling members. We tasted wines from various regions of Italy and had wide ranging conversation about many local and world events. The consensus for favourite wine of the group was a Primitivo (Zinfandel) from the Puglia region, San Marzano Talo (available from LCBO for \$19.95).

Wine Tasting Group 3 - March 23, 2023

Hosted by Don Steen

Ranking	Location	Name	Vintage	Price	LCBO#
1	Ontario	Trius	2020	\$17.95	587956
3	Chile	Escudo Rojo Reserve	2020	\$19.95	13434
3	California	Geyser Peak	2019	\$21.95	20789
4	Chile	Perez Cruz Reserva	2020	\$16.95	694208
5	Australia	Musician by Majella	2019	\$19.95	142018
6	France	Rothschild	2020	\$15.95	407551

Bryce Atkinson, Neil Paget and Doug Gilpin were unable to attend.

Attending were Marty Wanat, Jack Doney, Paul Walters, Reg Perkin and Don

Steen.

Jim Davidson and Bill Tourgis accepted our invitation to attend as well.

The wines tasted were all of good quality, and the cheeses Don chose excellent.

Senior Common Room - March 31, 2023



The SCR met by Zoom for coffee and discussion.

We discussed the wisdom of the recent indictment of Donald Trump and how to foster public trust in election results and fairness.

We reviewed the dangers from social media and the internet but decided that another session was warranted on this topic.

Paul Moore

Book Club - April 5, 2023

The Next Civil War: Dispatches from the American Future by Stephen Marche



There was general agreement that the book is thought-provoking. At the start of the book, the author makes many sweeping, unsubstantiated statements, which gave the appearance of sloppy writing. The blending of fictional dispatches (as by a journalist) and analysis of real situations in the first half of the book was not appreciated by all, although the description of right wing militias was disturbing. The book appeared to be aimed at a New York audience. The discussion on secession was good, particularly regarding the geographic divisions of the US, and constitutional arguments against secession. The political fault lines in the US were well exposed.

Rating for the book: 7.15

Books referenced during meeting:

How Civil Wars Start by Barbara Walters

On Tyranny by Timothy Snyder

How Democracies Die by Steven Levitsky (I think this is the one referred to)

Wine Tasting Group 1 - April 5, 2023



At the April meeting of Wine Group 1, we tasted 6 Cabernet Sauvignons and ranked them from best to worst. The selections were then compared to the actual pricing.

Everyone had a great time.



Wine	Vintage	Price
Chateau Ste. Michelle	2019	\$22.95
Cigar Box Old Vine	2021	\$14.95
Big Bill	2021	\$13.95
Undurraga Terroir Hunter Cauquenes	2018	\$25.95
Trapiche Medalla	2019	\$19.95
The Magic Box Amazing (Cabernet)	2019	\$19.00

Marcus Miller

Host

Activity Calendar

For a calendar showing all scheduled activities, [click here](#)

New Members



Doug Brien (L)
Jim Davidson - New Member
Member
Bill Rivers - Sponsor
Marcus Miller (R)
(absent)



Doug Brien (L)
Les Banski - New
Marcus Miller (R)
Scott Franklin - Sponsor





Tips for Building Membership

Probus, do your friend a favor and

- Bring them to a monthly meeting.
- Invite them to a Probus Activity. ie golf, beer tasting, book club, walking, etc
- Post a Probus Poster in your condo bulletin board. (see Tony Hart).
- Email them a copy of our AppleCore Newsletter.
- Send the web URL: www.applewoodprobusclub.org

Probus Website Submissions

We encourage you to submit a paragraph or two on what your group is up to. Pictures of your activity or event are also welcomed. Submissions should be sent to applepro805@gmail.com

Any Changes?



Help Us Keep the Membership List Up to Date

This is a gentle reminder that each member is responsible for keeping our membership list up to date. If you have moved, changed your email address or phone number, then send an email to the Membership Co-ordinator, **Doug Brien** at membership@applewoodprobusclub.org. or [click here](#). and Doug will update your record.

Thanks.

Probus Activities

To see the recent activities and pictures from our various activity groups click the activity listed below

[Billiards](#)
[Book Club](#)
[Craft Beer](#)
[Cycling](#)
[Dinner Clubs](#)
[Golf](#)
[Investments](#)
[Men's Bridge](#)
[Men's Supper Club](#)
[Mixed Bridge](#)

[Movies](#)
[Poker](#)
[Pub Lunch](#)
[Senior Common Room](#)
[Theatre](#)
[Trivia](#)
[Walking](#)
[Wine Tasting Groups](#)
[Activity Conveners](#)
[Management Committee](#)

The AppleCore Communications Team



To contact the team by email, [click here](#) or email applepro805@gmail.com (copy/paste).

This email address is shared by all team members. Any email sent to this address will be available to the entire team.

Emails: Tony Hart

Newsletter: John Bishop

Website Gurus: Tony Hart, Gary Bridges, and Gil Clay

Zoom Specialist: Brian Mittler

Coordinator: Tony Hart

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Applewood Probus Club Membership List

Our mailing address is:

Applewood Probus
Port Credit Yacht Club
115 Lakefront Promenade,
Mississauga, Ontario L5E 3G6

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