



WOMEN'S PROBUS CLUB OF ALLISTON

Box 222
Alliston, L9R 1V5
WomensProbusAlliston.ca

President	Lyn Harris lyn.ren.harris@gmail.com
Vice-President	Lynn Routledge lynnroutledge10@gmail.com
Past President	Karen Rallis krrallis@rogers.com
Secretary	Carol Fraser cafraser@rogers.com
Asst. Secretary	Kathy Westlake westlakekathy46@gmail.com
Treasurer	Diane Munro dmunro@bell.net

(The Committees are listed in its entirety at the end of the newsletter)

October, 2023

October 10, 2023

Perspective of the Day

The changing of leaves in the fall represents nature's cyclical rhythm of life. As the days grow shorter and temperatures drop, deciduous trees shed their vibrant green foliage, unveiling a breathtaking spectrum of reds, oranges, yellows, and browns. This annual spectacle symbolizes the beauty and impermanence of life, reminding us that change is inevitable and that seasons of growth and decay are integral to the natural world. The colors of fall leaves remind us of the fleeting moments of splendor and the importance of appreciating the present. In essence, the leaves changing in fall are a testament to the ever-changing nature of existence and a reminder to embrace the beauty of transitions in our own lives.



HIGHER PERSPECTIVE

NEXT MEETING – October 30, 2023

ALLISTON LEGION (Dufferin Street South)

PARKING- North and South Parking Lots and on the side of the road

PLEASE do not park in Reserved Parking

GREETERS

Margo Wingeat

Barb Ramm

NEW MEMBERS



Lucy Liegghio, Florence Binns, Wendy Ground
Lauren E. Ballantyne, Margaret L. Morrison



Sue Anderson
Marilyn Kilpatrick
Lorrie Quinn

Claire Graham
Karen Lee

Donna Ingram
Kathryn Marshall
Doreen Roberts



Coffee and tea, at the Legion, is served in paper cups. If you would like a china cup, please bring your own.

FOR A RIDE: Please contact Odette Goodall (705-435-5338) or Lois Livingston (705-434-0526) if you need a ride to the meeting

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SPEAKERS

OCTOBER

Patti Metzger a photo organizer with tips and tricks on how to help value all our wonderful memories and heritage to preserve them for future generations to come.

NOVEMBER

David Chapman a self-taught photographer who captures weird, wild and wacky weather through his photography. He especially enjoys capturing lightening storms and tornadoes from start to finish as well as some scenery shots.

SEPTEMBER

Susan Hyatt talking on "Building A Smart Aging Plan"
She is a Chief Executive Officer and Co-Founder of Silver Sherpa; she is on her third retirement, with over 40 years experience.

She will give us some firsthand experiences dealing with the frustrations of navigating our Health Care System and dealing with elderly crisis care situations.



We will be going to Wimpey's for lunch after the meeting. We hope you can join us. Lyn will be asking how many will be able to join us.

EVENTS

OLD SPAGHETTI FACTORY & THE DISTILLERY WINTER VILLAGE – NOVEMBER 30, 2023

The registration for this trip is at capacity (33) with a waiting list.

Members registered for this event will be required to choose their meal option at the general meeting on Oct 30th. Details as to the specific meal options will be provided at the events table.

For further information about this event please contact **Claire Graham at cgraham65@hotmail.com**

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CHRISTMAS LUNCH – DECEMBER 14, 2023

We are all looking forward to our Christmas lunch at the Legion. We ask that you make your payment (\$50) no later than our meeting on October 30th. You can e-transfer any time before that but be sure to note that it is for the Christmas lunch. Thank you, ladies.

For further information about this event please contact **Linda Dunbar at ms.mew1952@gmail.com**



THEATRE ORANGEVILLE TRIP TO SEE DORIS & IVY IN THE HOME – FEBRUARY 22, 2024

The registration for this trip is at capacity (42) with a waiting list.

The cost of this event is \$32.80 Payment by e-transfer to womensprobusalliston@hotmail.com or by cheque is due no later than November 27, 2023.

For further information about this event please contact **Claire Graham at cgraham65@hotmail.com**

LUNCH BUNCH MEMBERS

I hope you are all well

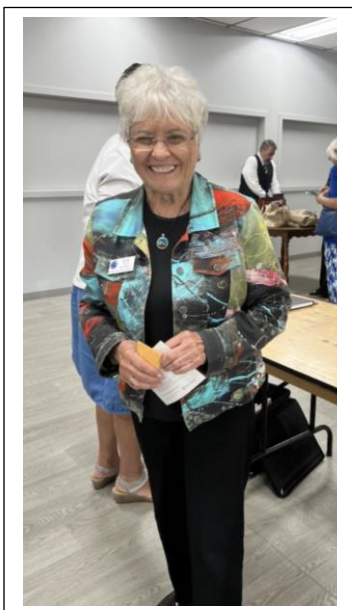
I booked the BATTERY for our lunch this month on our regular day. I really don't think there will be very many of us but I guess it will be what it will be as the saying goes. Not to worry we will still have an enjoyable lunch along with a few giggles!

Our reservation is at 12:00 noon:

**The BATTERY Restaurant
7565 Yonge St, Suite 6,
Newmarket
905-836-0303**

I hope you can make it. Please let me know, I look forward to seeing you and or hearing from you. **Contact:** Donna Marshall [705-896-0487](tel:705-896-0487) or [905-406-0968](tel:905-406-0968);
donnammarshall@rogers.com

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SHARE THE WEALTH

Barb Ramm

Margot Wingeat

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, pictures you have taken, shops, restaurants or places to visit, or future scheduled events of interest, please email us at:

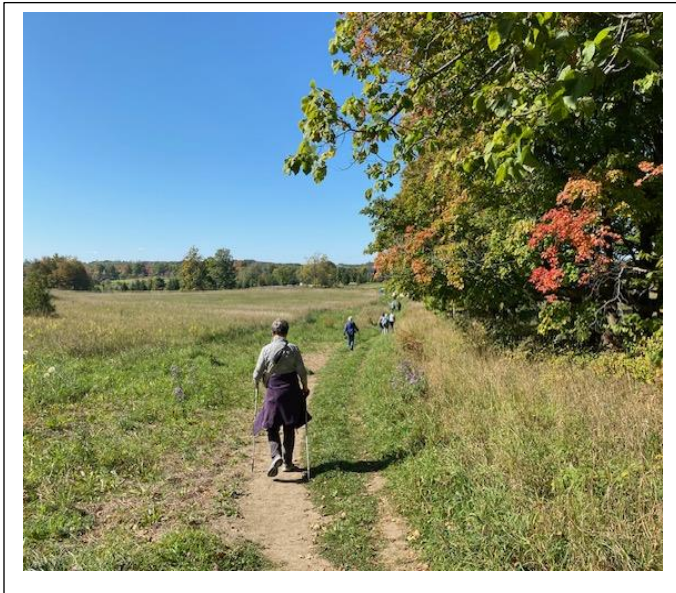
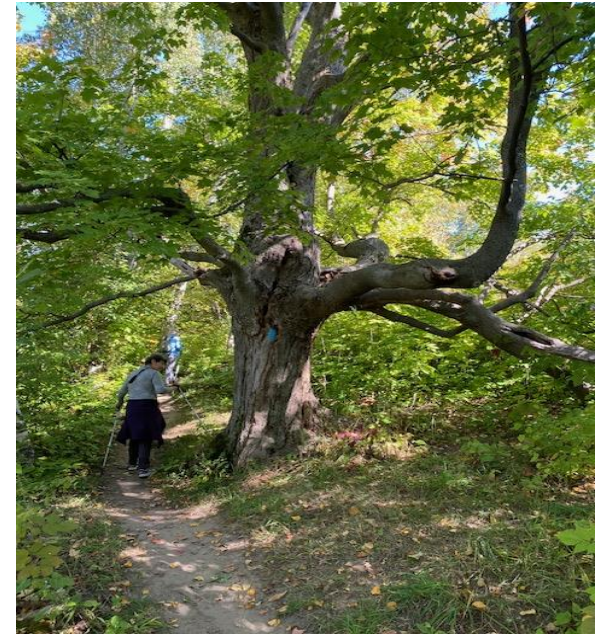
got ideas??
LET'S HEAR THEM

**Everything begins
with a simple idea.**

Is anyone interested in Playing Bridge, please contact
Sharon MacKenzie (rural.roots@hotmail.com)

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**Walking the Split Rock Trail and lunch at Symposium.
A great day to celebrate nature and our PROBUS
month.**



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CRANBERRY ORANGE SCONES

2 cups all-purpose flour

1/3 granulated sugar

1 tbsp baking powder

1/2 tsp salt

1/2 cup unsalted butter, cold and cubed

1/2 cups cranberries

1 tbsp grated orange zest

1/2 cup heavy cream

1 large egg

For glaze:

1 cup powdered sugar

2-3 tbsp fresh orange juice

1/2 tsp vanilla extract

Instructions:

Preheat oven to 300 C (400 F) and line a baking sheet with parchment paper.

In a large bowl, whisk together the flour, sugar, baking powder, and salt.

Using a pastry cutter or your hands, cut in the cold butter until the mixture is crumbly.

Stir in the dried cranberries and orange zest.

In separate bowl, whisk together heavy cream and egg until smooth.

Gradually add the cream mixture to flour mixture, stirring until just combined.

Turn dough out onto a light floured surfaces and knead gently until it comes together.

Pat the dough into a circle about 1 inch thick and cut it into 8 wedges

Place the scones onto baking sheet and bake 15-18 minutes or until lightly golden brown.

While scones are baking prepared glaze. Once the scones are done, let them cool 5 minutes

Before drizzling the glaze over. *Enjoy!*

7 THINGS EVERY CHILD NEEDS TO HEAR:

1. I love you.
2. I'm proud of you.
3. I'm sorry
4. I forgive you
5. I'm listening
6. This is your responsibility
7. You've got what it takes.

(Adults need to hear this too.)

MY TO-DO LIST FOR TODAY

- Count my Blessings
- Practice kindness
- Let go of what I can't control
- Listen to my heart
- Be Productive yet Calm
- Just Breathe

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Hospitality

Odette Goodall - odettegoodall@rogers.com

Lois Livingston - gllivingston@bell.net

Membership

Jennifer Hodges – jenniferhodges1@bell.net

Heather McTeer – heather.mcteer@rogers.com

Loretto Spencer – lorettos@sympatico.ca

Programs

Donna Ingram – idonna47@gmail.com

Needed (2)

Newsletter

Sharon MacKenzie – rural.roots@hotmail.com

Denise Elms – denise.elms@hotmail.com

Sunshine & Clouds

Nancy Horsburgh – nancyjhorsburgh@bell.net

Mary Lynch – lync@zing.net.ca

Events

Debbie Munro – deb54munro@hotmail.com

Linda Dunbar – ms.mews.1952@gmail.com

Claire Graham – cgraham65@hotmail.com

Raffle

Susan Sayewell - ssayewell@rogers.com

Betty Ann Faucette – tom15betty@sympatico.ca

Media

Denise Elms – denise.elms@hotmail.com

PROBUS Canada - 2023 Photo Competition

October is National Probus Month! How better to show off our wonderful Probus organization than with photos demonstrating how our members create friendship, fellowship, and fun!

We invite all Probus members to go through their photo archives or to pick up their camera or phone to capture the best in Probus. Show their happy faces, in interesting settings, doing fun things, and with gorgeous colors! We have only modest prizes to give but, of course, offer bragging rights for having your work used prominently in the PROBUS Canada website, in any club website, or in a variety of marketing material such as flyers and bookmarks.

We don't look for quantity but for quality, so be judicious in what you send us! For the best photos we will need to come back to their photographers and ask them to provide names and email addresses of all identifiable persons. We will then reach out to them to get their consent.

Options to submit your photos

- **Upload**
- **Clicking the Upload button will open a form where you can upload your delightful photos.**

This option requires you to use a Google account, e.g., an email address ending in @gmail.com

Email

- Send your photo(s) as email attachment(s) to **photos@probuscanada.ca**

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- Your email provider likely limits the size of attachments, typically around 20 MB.

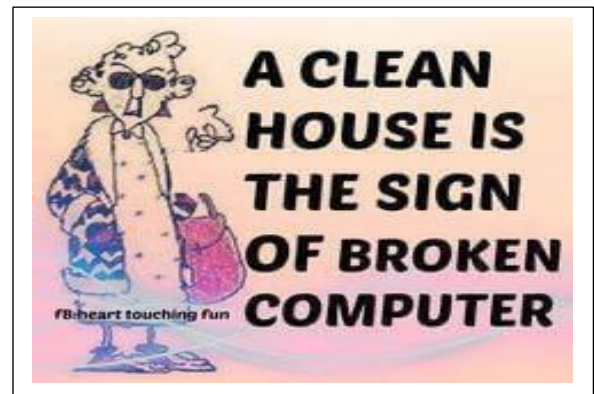
Recommendation

- Submit your photos in their highest resolution
- Do not crop or resize your photos
- Photos can only be accepted in standard image formats, e.g. JPEG, PNG, etc.
- Take note of names and email addresses of all identifiable people in your photo(s). We can only use your photo(s) after we have collected everyone's consent.

Submissions to this Photo Competition can be made until November 30, 2023!

**When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.
But now that I am older,
I've set my body free;
There's the comfort of elastic
Where once my waist would be.
Inventor of those high heeled shoes
My feet have not forgiven;
I have to wear a nine now
But used to wear a seven.
And how about those pantyhose
They're sized by weight, you see,
So how come when I put them on
The crotch is at my knee?
I need to wear these glasses
As the print's been getting smaller;
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to gray
And my skin no longer fits,
On the inside, I'm the same old me,
It's the outside's changed a bit.**

Author Unknown



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