



TRENT HILLS PROBUS CLUB NEWSLETTER

MARCH 2021

Our Strength is Fellowship; Our Success is Participation

**NO MEETING THIS MONTH
NEXT MEETING APRIL 14TH**

PRESIDENT'S MESSAGE:



A year ago, on March 11, 2020, we had our last meeting together. What have you done this past year? Have you completed all those projects that you did not have time to do before? Do you have bragging rights on any new projects? If so, do share!

I think we still have time to do those things we had planned to do—plus we can start some new hobbies. I got a small Cricut machine for Christmas and I have been trying to figure it out. I have always made greeting cards even though I am not the most creative person and I am using it to give myself some inspiration for my cards.

At our Management Meeting this week we tried to talk about the future and the club but we ultimately decided that it was too soon to make any plans. We will keep on with our Zoom meetings, thanks to our Vice-President, Hazel Farley, as we locate interesting speakers on a variety of topics and also with our fabulous newsletters, thanks to Laura McCulloch. Lesia Karas had stepped down from the Secretary position to take over as Events Coordinator from Val Pridmore several months ago and we have been unsuccessful in filling the position from the membership so Laura McCulloch has volunteered to look after our club email and the sending out of messages. I will continue doing the minutes of the Management Committee meetings. Thanks to Lesia for carrying on with the duties of Secretary until this point.

Enjoy the extra hours of daylight! Spring is on its way. Our next zoom meeting will be in April.

Norah



FEBRUARY MEETING: Organized and hosted by Vice-President Hazel on Zoom, the meeting featured Brighton Historian Dan Buchanan giving us an interesting summary of his book The Wreck of the HMS Speedy. In October of 1804, the “Speedy” sunk with all crew and passengers lost in a sudden storm on Lake Ontario an estimated seven kilometres from shore off what is now Brighton. Mr. Buchanan told us about the events leading up to the voyage and about the investigation into underwater evidence of the wreck found by Ed Burtt and his group in the 90’s. Extra info can be found at www.danbuchananhistoryguy.com. The book is available on Indigo and in Campbellford at Kerr Books where 10% off is offered to Probud Members.



You'll Be "Dublin" Over With Laughter When You Read These!

- What do you call a fake Irish diamond?
A shamrock
- Why don't you iron four-leaf clovers?
Because you don't want to press your luck
- What do you call a bullet-proof Irishman?
Rick O'Shea
- Why are there only a handful of Irish lawyers in Dublin?
Because only a few of them could pass the bar!



Memories of A Year Ago



TRENT HILLS LIBRARY IS A WONDERFUL RESOURCE!

The Trent Hills Library has three branches - Campbellford, Warkworth and Hastings. Library membership is free to residents of Trent Hills. If you do not have a library card, just call the library and they will set you up. Once you have a card you can take books out of any of the three libraries. The Campbellford Library phone number is 705-653-1509. Now that our "Covid Status" is "Orange", you can go into the library again. Alternatively, you can also tell them the type of book you like and they will make up a bag of books for you to pick up.

The library has purchased a subscription to "Press Reader" so you can read newspapers and magazines from around the world in many languages. They have also recently added a program called "Kanopy" which allows you to stream three free movies a month plus access a number of courses. Zoom meetings are set up periodically with authors/speakers/book clubs as well as activities for both adults and children.

Books are available both in print and as e-books. I borrowed an e-reader from the library. They set it up for me with some of the authors I liked and gave me some instructions on how it works. I now have my own e-reader as some of the books by my favourite authors are not available locally in print.

Check out the Trent Hills Library website (www.trenthillslibrary.ca) to see if it interests you. There are still a few long winter days to come.

Submitted by Joan McCulloch

'LOCKDOWN' ACTIVITIES

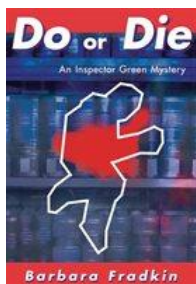
COMPUTER!



Member Leslie Turpin writes, "I know many Probus members have moved here from someplace and if any members are missing their 'home town' radio station" .. they may be interested in this.

"This is incredible!!! The green dots on this Google Earth map represent radio stations all over the world. Click on any one of the dots and you will immediately hear that station with very good reception. For example, halfway up Ireland's east coast, there is a station playing Irish pub music. Any of you who are multi-lingual will certainly enjoy this. <http://radio.garden/live/toulouse/>

GOOD BOOKS!



"Barbara Fradkin is an Ottawa based mystery author. She has written 10 novels about Inspector Mike Green, a policeman who was born and brought up in Ottawa. While the books can stand alone it is best to read the early books first because he and his family age over the series. The compassion and development of characters is always interesting and of course I can never predict the ending. All are good reads for a winter day/night."

Thanks to Joan McCulloch for this suggestion!

COOKING!



SEARED PORK TENDERLOIN MEDALLIONS WITH SHALLOT-MUSHROOM PAN GRAVY

"This is a favourite of ours. If you don't have sherry, leave it out. Obviously, don't worry about brand names and use whatever stock or broth you have on hand. Enjoy!!! " Thanks to Sheila Wood!

Recipe on Page 5

Send YOUR favourite recipe (with picture if possible) to the Editor.

EXERCISE!



Stay Fit and Healthy during COVID ... **FREE** classes for seniors being offered by Community Care.

There are classes for all levels from Balance and Stretching to the Pilates Yoga session on Fridays called PiYo (which is actually a lot of cardio)

See the Virtual Exercise Class schedule on Page 5

Thanks to Hazel Farley for researching this.

COVID-19 UPDATE FOR NORTHUMBERLAND COUNTY ***

(Data provided by the Haliburton, Kawartha, Pine Ridge District Health Unit, February 27, 2021)

Current Active Cases: 22 (0.03% of the population of 85,600) **16.9 cases per 100,000**

Total Cases: 441 (0.52 % of the population)

Cases Resolved: 408 (92.52% of total cases)

Hospitalizations to Date (Total): 15 (3.40% of total cases)

Total Deaths: 11 (2.49% of total cases)

***Editor's Note: Northumberland's statistics fall within the "Yellow" colour code according to the Provincial Government's Guidelines even though our Health Unit is still calling us "Orange". "Yellow" level is 10—24.9 cases per 100,000 of population. They seem to be rather slow at providing encouraging news.

Message from the Editor...

Is everyone staying "sane"? This winter is giving us a whole new meaning of "Cabin Fever", isn't it? From what I hear, people are keeping themselves occupied pretty well doing things they enjoy. It's a year since we had an in-person meeting—hopefully it won't be another year before the next one!

I had some welcome contributions to the Newsletter this month! Please keep the suggestions coming! Remember our Club Motto—"Our Strength is Fellowship, OUR SUCCESS IS PARTICIPATION" !!!

Enjoy some green beer on March 17th and remember that Spring is just around the corner!



Laura McCulloch
Newsletter Editor
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On the Lighter Side....

Old Man Murphy and Old Man Shawn were contemplating life when Murphy asked: "If you had to get one or the other, would you rather get Parkinson's or Alzheimer's?" "Sure, I'd rather get Parkinson's," replied Shawn. "Tis better to spill a couple of ounces of Jamieson's Whisky than to forget where you keep the bottle!"

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Seared Pork Tenderloin Medallions with Shallot-Mushroom Pan Gravy

Prep: 4 minutes • Cook: 10 minutes

<ul style="list-style-type: none"> 1 (1-pound) pork tenderloin, trimmed ½ teaspoon salt ½ teaspoon freshly ground black pepper 3 garlic cloves, minced Cooking spray 1 teaspoon olive oil 	<ul style="list-style-type: none"> 1 (8-ounce) package sliced baby bella mushrooms ⅓ cup chopped shallots (about 4) 2 teaspoons cornstarch 1 cup beef stock (such as Swanson) 1 tablespoon dry sherry
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1. Cut pork diagonally into thin slices. Sprinkle pork with salt and pepper; rub with garlic. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray; add oil. Add pork; cook 1 to 2 minutes on each side or until done. Transfer pork to a platter; keep warm.
2. Recoat skillet with cooking spray. Add mushrooms and shallots; cook, stirring often, 5 minutes.
3. While mushroom mixture cooks, place cornstarch in a small bowl. Gradually add stock and sherry, stirring with a whisk until smooth. Stir stock mixture into mushroom mixture, scraping to loosen browned bits. Bring to a boil; cook, stirring constantly with a whisk, 1 minute or until thickened. Return pork and accumulated juices to pan; cook 1 to 2 minutes or until thoroughly heated. Yield: 4 servings (serving size: 3 ounces pork and about ¾ cup mushroom gravy).

CALORIES 199; FAT 5.2g (sat 1.5g, mono 2.6g, poly 0.8g); PROTEIN 27.4g; CARB 10.1g; FIBER 1.2g; CHOL 74mg; IRON 2.2mg; SODIUM 490mg; CALC 26mg



CommunityCare
NORTHUMBERLAND



VIRTUAL EXERCISE CLASS SCHEDULE

MONDAY	Flex & Balance 10:00 a.m. Floor Yoga 1:00 p.m.
TUESDAY	Chair Yoga 9:00 a.m. Abs, Glutes & Legs 10:00 a.m. Stretch & Strengthen 1:00 p.m.
WEDNESDAY	Dance Class 10:00 a.m. Light Kettlebell Class 2:30 p.m.
THURSDAY	Stretching & Relaxation 9:45 a.m. Chair Yoga 10:30 a.m. Stretch & Strengthen 1:00 p.m.
FRIDAY	PiYo 9:00 a.m.

Email s.gillespie@commcare.ca or call 905-355-2989 to register for any of these FREE programs.