

# FORUM



Volume 8 — Issue 3 — August 2020

## President's Message:

### Zoom, Zoom



Our long, cold winter and chilly spring weather are now distant memories thanks to the summer heat that has just not let up. We can celebrate that there have been many beautiful evenings perfect for walks and sitting outdoors even while social distancing.

Halton Region has entered Stage 3 and now our PROBUS club can start to think about gradually returning to some of our activities. We need guidance on how to do this safely, and Martin Capper, our Ontario District 4 Director, is assisting presidents who have questions. At the end of July, he convened a Zoom meeting for presidents to compare notes on how our clubs are coping.

It was too early for this Forum edition to contain information on which club events might be resuming but expect that you may hear some news at our General meeting taking place on Wednesday, August 19th. This will be our second Zoom meeting and will feature a speaker, Chris Vollum, on Social Media Lessons for your Grandchildren and You. There will be some fun at the beginning of the meeting as Ruth Gagnon, our activities chair, is organizing a creative mask contest. And the meeting will conclude with breakout sessions that will have you randomly matched in small groups for conversations.

Please read the tips in this Forum on how you can help our Zoom meeting run efficiently. The information is specific for the type of device you use (iOS, Android, cellphone or laptop). While the meeting is on, it is difficult to answer technical questions. But ahead of time you can check with me, David Boss or Jenny O'Brien, who has previously offered individual and group help. We are becoming familiar with the use of Zoom and want to make it work well for our club.

Stay cool, my friends,

— Liz Read

### Contents:

News and Views.....	2
Special: Travel Tales .....	8
Meeting Info .....	10
Clubs.....	11
Recent Events	
Food and Drink .....	12
Books, Hobbies, Games .....	13
Management Page .....	16



Over 40,000 seniors who gather in friendship and learning in the 256 PROBUS clubs across Canada want to express our heartfelt appreciation to the front line and essential workers keeping us safe during the current pandemic.

Our thanks to all members of the medical community who are placing themselves at risk, those who provide the services to keep our homes functioning, and those who maintain the food supply chain without which we could not survive. Our thanks also to the combined efforts of every level of government and the companies who have collaborated to ease the financial burdens faced by so many at this time.

*You make us incredibly proud and grateful to be Canadians*

**PROBUS CANADA** Get connected - Stay connected  
for further information [www.probus.org](http://www.probus.org)

# NEWS AND VIEWS

## Editor's Note:

The Escarpment PROBUS website has been modified to suit the current situation. I have temporarily hidden the Activities and Calendar pages, and have added a Zoom information page.

Thanks to the Cambridge PROBUS Club we have lots of information available on using Zoom for meetings and club events -- videos, tutorials, cheat sheets, and more. Just open the webpage [www.escarpmentprobus.com/zoom](http://www.escarpmentprobus.com/zoom) and select the links to open files.

For your convenience I have added the Cheat Sheets for using Zoom with a smartphone, tablet and laptop below.

— David Boss

## ZOOM Cheat Sheet – Smartphone

Click to turn sound off if desired. Use Smartphone volume control to increase/decrease volume

Click on **Leave** to leave the meeting

The current speaker OR shared presentation will appear here

Click here if the menu bar below is missing

Click on **Mute** your microphone

Click on **Unmute** your microphone

Click on **Participants**, your name to **Rename** your first & last name

Click on **More** to access **Chat** and to **Raise Hand**

Click on small image to swap with the large panel image

# ZOOM Cheat Sheet – Tablet

The image shows a screenshot of the Zoom mobile app interface on a tablet. The top status bar shows the time as 12:11 PM on Wednesday, May 20. The Zoom app header includes a 'Leave' button, the Zoom logo, and a navigation bar with icons for Mute, Stop Video, Share Content, Participants, and More. A central area is labeled 'Active Speaker OR Gallery View of all participants OR a shared presentation will appear here'. On the left, there are two buttons: 'Switch Camera' and 'Switch to Gallery View'. On the bottom right, there is a camera thumbnail icon. Several callout boxes provide instructions for these features.

Click on **Leave** to leave the meeting

Click to **Mute** your microphone

Click to **Unmute** your microphone

Click on **More** to access **Chat** and to **Raise Hand**

Click on **Participants**, your name to **Rename** your first & last name

Recommended – once the meeting starts, click on **Switch to Active Speaker** to focus on the speaker.  
To return to view of all participants at once, click on **Switch to Gallery View**.

Click to view a camera thumbnail image here. Once a camera thumbnail is displayed, click on + or – to display more or fewer thumbnail images

# ZOOM Cheat Sheet – Laptop/Desktop

Exit Full Screen

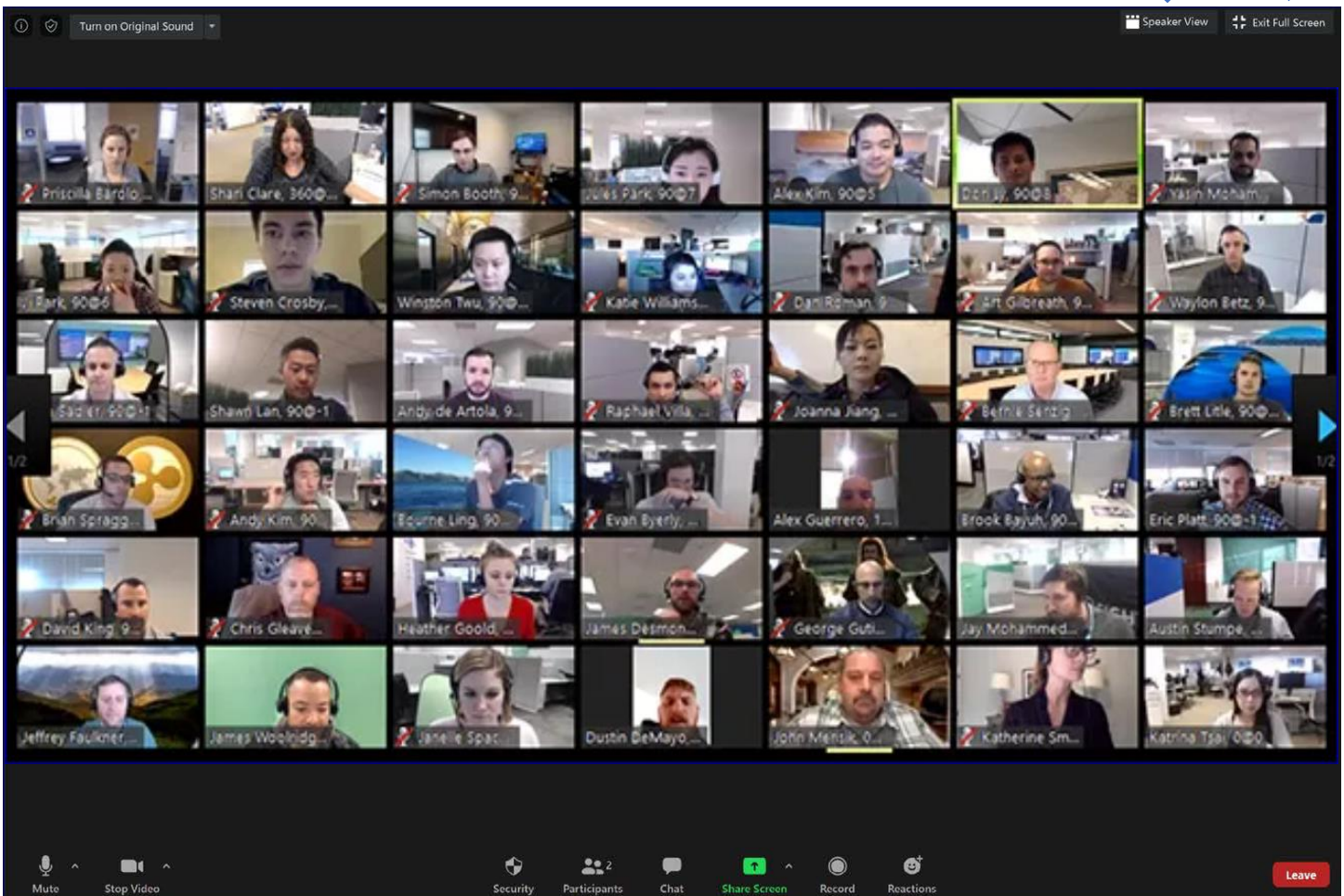
Recommended – this message should always be displayed

Enter Full Screen

If you see this button, click on it for **Full Screen**

Recommended – once the meeting starts, click on **Speaker View** to change from this Gallery View to one that will focus on the speaker.

To return to this view of all participants, click on **Gallery View**.



Click to **Mute** your microphone



Click to **Unmute** your microphone, OR

Hold the **SPACE BAR** down to temporarily **Unmute**, release to **Mute**

Click on **Chat** to submit a question or make a comment

Click on **Reactions** to put your hand up

Click on **Participants**, your name, **More** to **Rename** your first & last name

Click on **Leave** to leave the meeting



---

# Photography – Follow up to the Rule of Thirds

by Joy Castello

It's hard to believe we are at the beginning of August. I hope all of you are keeping well and enjoying your summer. Even though we can't travel as much as we'd like to at the moment, there are still many opportunities to take photos. Backyard gardens, parks and waterfronts are at their peak of beauty at this time of year.

Many thanks to Ellen Crawford and David Boss for submitting their photos to illustrate the rule of thirds.



## Additional Photography Composition Ideas

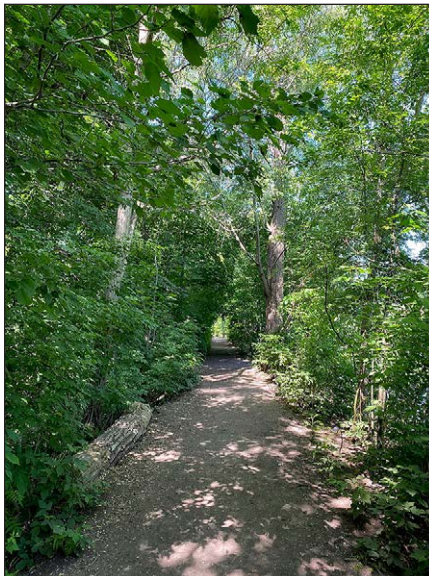
“Rules are mostly made to be broken.”

~ Douglass MacArthur

This month features some examples of photos that don't follow the rule of thirds. There are many ways to approach capturing images of your favourite subjects. Your focal point and your unique perspective will help you decide how best to frame your image.

Many thanks to Liz Read for providing two photos that illustrate vanishing point and images with more than one focal point.

1. Vanishing Points ~ examples are woodland paths, trails, roadways and waterways. The parallel lines narrow and disappear into the horizon. These photographs convey a sense of depth and draw the eyes into the image.
2. Two Focal Points ~ To create interest, try incorporating two subjects. More than one focal point gives the image energy and the viewer will spend time exploring both areas of interest.



3. Symmetry – Symmetry grounds the image in the centre. Two halves of the photograph have equal weight even if they aren't exact mirror images of each other. Arches, columns, fountains, patterns, reflections, fireworks, macro flowers, architecture and vanishing points all provide opportunities to create a symmetrical image.



## Summary

The rule of thirds is a well-known composition guideline and an established technique for taking dynamic photographs. But the rule doesn't apply in every situation. How will you know? The advantage of digital photography means you can take several shots and move around your subject if possible. Which images do you like best? Did you try an unusual perspective? Is the background pleasing or distracting? Does the rule of thirds work or is another technique more effective? Keep your favourite shots and delete the rest. Try to envision the image you want beforehand to avoid a lot of cropping later.

Photography is an art and but it is also an enjoyable hobby and meant to be fun. The more pictures to take, the better your images will be. You will also discover what subjects appeal to you the most. Are you a portrait photographer or do you prefer landscapes? Do you like macro photos or cityscapes and architecture? Experiment and see what captures your imagination.

Enjoy the rest of your summer!

---

## The Golden Years

*By Gillian Reynolds*

Old age has had a bad rap long enough. It deserves a better image, improved P.R. It is my intention to give ageing some good press and dispel some myths about it.

What is old, anyway? Old is ten years from what you are now. As we age, we push the parameters of our preconceived idea of what is old. Have you noticed how fast the weekends roll round? It's all relative to how long we've lived.

Children cannot wait to grow older. They say "I'm almost ten" or they speak in fractions. A few years ago, when I asked my nephew's son's age, he replied proudly "I'm six and three-quarters". "Well, I'm 67", I said. "67!" he exclaimed, "You might as well be dead!"

Think of all the negative sayings about getting old: "over the hill", "one foot in the grave", "past your best-before date". Nevertheless, it is better than the alternative.

If you are obsessing about being over the hill, get over it, because when you reach the top, life rolls along a little easier and you can pick up some speed - but, be careful you're not going too fast when you hit seventy. You're as old as you feel. Age is just a number. Don't count the years, celebrate them!



Certain things improve with age, like compost, cheese and wine. On his fiftieth birthday, my husband received a card that said: "You are ageing like fine wine; with each passing year, you grow more mellow, more full-bodied - soon your cork will dry up and fall off!"

When I was a teenager, I had a dilemma. Should I settle down and have children in my early twenties? I reasoned that when the birds flew the coop, I'd be in my forties and still young enough to enjoy life. Alternatively, I could live life to the fullest until I was thirty and then have kids. I figured that when they left, I'd be fifty and too old to do anything but sit in my rocking chair. Circumstances dictated my fate to be the latter. I have no regrets. Now I am in my seventies and the only rocking I do is on the dance floor.

Age has brought me some pleasant surprises as well as dispelling many myths. I'm more relaxed about my appearance. No longer a slave for fashion, comfort is my main consideration when buying clothes and shoes. I wear my hair short. Simplicity and low maintenance are important.

When I was younger, I tried to conform to an ideal image, thanks mainly to media influence. Now, I'm more comfortable in my own skin - sags, wrinkles and all.. Less worried about what people think of me. It's what I think of me that's important. So, I'm bolder and say what I think (which isn't always a good idea).

Now that my youthful looks are fast fading, I have to rely on other things to compensate, like what's left of my mind, and a sense of humour, which have to be constantly nurtured. A positive attitude plus a large dose of curiosity are vital to have a full and enriching life and grow old gracefully.

It can be hard to accept the inevitable changes in our bodies and minds that happen with age. You lose some, you win some. The secret is to let go and learn to adapt. Maybe you can't play tennis any more, but why not try golf? When you can no longer read books, listen to them. Don't fight it - just be flexible and make the most of life.

Yes, there are many advantages to getting old: with age comes wisdom, with wisdom comes respect, with respect comes honour, and with the senior deal comes a coffee and doughnut for two bucks at McDonald's.

Once you are no longer working and/or raising kids, you have more money (hopefully), freedom and time; time to do some of the things you've always wanted to do - travel, go back to school, write a book, organize your stuff or just relax. The choices are endless. Vacations are different because you have an abundance of time but not necessarily a stack of money. You may start thinking about long-term, affordable vacations like repositioning cruises, or maybe staying with relatives. With the sands of time running out, I can't afford to waste it watching a crappy movie or reading a crappy book or being with crabby people.

We have so much to help us push back the hands of time today, like endless books and magazines with advice on ageing. Research has brought about great advances in technology and medicine that enable us to live longer and to look and act much younger than the previous generation. There have been enormous strides in the prevention, eradication or at least alleviation of illnesses that used to accelerate ageing and death, thanks to modern drugs, surgical procedures and medical care, as well as a wealth of information on natural products and healthier lifestyles. There is Viagra to extend sex life and cosmetic surgery to roll away the physical evidence of aging, along with the fat and wrinkles. Then there's aids: hearing aids, visual aids and walking aids.

I believe that old age is just a state of mind. First thing in the morning, I look in the mirror and think "Who's that old woman staring back at me?" Later on, when I'm interacting with people, I forget that early, scary image. I forget to act my age. I try to not to act at all. Just be myself: open and honest, like a child. Life is a journey and I believe that we can return to our childhood - a time of innocence, sincerity and simplicity. Let's just hope that we're not exactly the same as we started out: unable to walk, talk or feed ourselves, drooling - and wearing a diaper!

When someone tells you that old age is for the birds, rejoice. With maturity and the right attitude, you can be as free as a bird - free to be who you really are.

So, here's to the golden years - the richest and most precious time of your life!

# SPECIAL: TRAVEL TALES

*Editor's Note:* Due to an email mishap part of this next article appeared in last month's issue. So this month we present Christy's entire (and very interesting) submission to our travel tales!

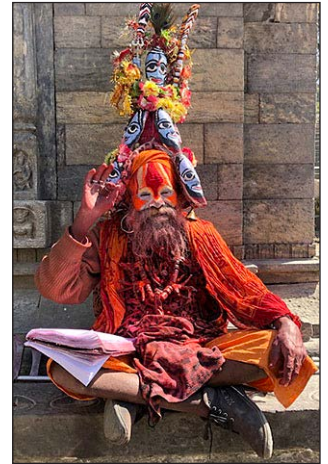
## Pashupatinath Temple of Life & Death

By Christy Babcock

Visiting the crematorium at the Pashupatinath Temple of Life & Death on the banks of the Bagmati River in Kathmandu, Nepal, was one of the most interesting experiences I've ever had. The temple and the grounds are sacred so tourists watch from the other side of the river.

After paying our admission fee we walked past stalls selling a variety of objects, including powders in an array of colours.

More than 500 shrines have been built since the 15th century or before and are all over the place without any particular layout that I could see. We encountered many religious men (sadhus) who have given up normal life to live in isolation, pray, study sacred literature and help others. They let their hair grow into dreadlocks and their beards are long and messy. They paint their faces with the coloured powder that we had seen for sale and/or sandalwood paste made from the ashes of the pyres. Our guide told us that most of these men are not real but are here for the tourists tips and that when he goes to see a sadhus he has to travel a long time into a wilderness area where the sadhus lives in isolation.



We walked past cows, goats, monkeys and crowds of people, and through smoke, not realizing at first that it was smoke from the cremation pyres, and then moved quickly to an area where we could observe and breathe. The Hindus believe that a person's body should be cremated within 8 hours of death and that there are two ways to heaven — fire and water — so they use both. For those who live too far away they may elect to come to Kathmandu and stay at the Hospice beside the crematorium (the white building in the photo below) so their ashes can be put in the preferred Bagmati River or, if they live too far away, another river closer to home may be used.



From what we could see and were told, the family brings the body on a stretcher and waits for their turn after it has been blessed. At this point the body has been wrapped in white cloth and an orange sheet has been placed over along with trailing orange flowers. Then the stretcher is picked up and taken to an area close to the river where it is unwrapped a bit, the feet are washed, and some water is put in the body's mouth. The body is re-covered and moved



to the prepared pyre. Incense is burned over the body. The number of orange flowers used is determined by how much money is available to be spent. The eldest son, who is wearing white, normally lights the fire. He and his wife then wear white for a year.





There were about 19 pyres at the area we were viewing and each body takes around 3 hours to be consumed. Afterwards the ashes are put into the river. I certainly wouldn't want to live down stream. The river was a horrible dirty mess as the water was low.

We saw the flowers used at the Crematorium being sold at a market. Interesting reading by the seller.



## Turkish Delights

*By Michael Hooker*

Before I joined my tour of Turkey in 2014, I spent an additional four days in Istanbul to have a better opportunity to explore this fascinating city. One could spend a year here, in wonder at all the exotic blends of east and west this city of Constantine presents.

I took the opportunity to see two performances that are not on most tourist itineraries – GENUINE Whirling Dervishes, and the Turkish Army Ottoman Janissary Band.

A Dervish is an Islamic Sufi monk. Sufism was founded in the thirteenth century by a Muslim mystic named Rumi, who believed that a Sufi, spinning in a circle, became part of the universal harmony of the world. Most Sufis are Sunni; some are Shiite. To Sufis, music, dance and poetry are integral to their beliefs and practices. Many restaurants and theatres in Istanbul have demonstrations of Whirling Dervishes that are not the “real thing”. However, the Galata Dervish Monastery and museum in central Istanbul allows a small number of visitors once or twice a week to see their religious Sema ceremony (equivalent to a Catholic Mass). It took over an hour in total; firstly, short religious chants, then some wind music, followed by the monks and the whirling. It's meditative and slow-paced; the monks have tall hats and white clothes with skirts that fly out as they revolve slowly, their arms held high. There were several younger monks, not yet adults, dancing. The effect for me, as a non-Muslim, was very peaceful and fascinating. If you are interested, YouTube has many clips available by searching for “Sema” or “Whirling Dervishes”.



The Turkish Army Janissary Band performs several times a week in the auditorium of the Army Military Museum, near Taksim Square in central Istanbul. Under the Ottoman Empire, Janissaries were originally Christian boys removed from their families when young, and brought up in a military environment as Muslims; they made up the backbone of the Ottoman army. They were well educated, paid a salary, and those with ambition could ascend to high positions in the Ottoman civil service. The Turkish Army had a well-deserved reputation as fierce and competent fighters. The Janissary Band was the world's first military band, and before battles would play in front of their attacking soldiers to inspire them and dispirit the enemy! The band's weapons are wind, brass, percussion, and the loud voices of the soldiers. The music isn't subtle, but either inspiring or intimidating, depending on which side you're on. The band members were dressed in authentic uniforms for the time, and marched in playing their instruments. It was not a long performance, 30 minutes or a bit more, but it was a stirring sight for both the eyes and ears, with the chorus of the men (all of them sounded like basses) adding to the total effect.



# MEETING: AUGUST

Based on the good results we had with our July General Meeting using the Zoom platform, we will be holding our next Zoom General Meeting on August 19th at 9:30 am. This meeting will include a guest speaker (see below). You will receive a link to the registration form in an email in early August.

## Digital Intelligence



Social Media has created a global shift in communication, engagement and access to information. Educating and inspiring more than 700,000 participants of all ages to think differently about the online content they post, Chris Vollum illustrates the power, reach and influence that Social Media plays in their lives, and in the world today.

Through the lens of adding value to others first, expressing gratitude and cultivating empathy, Chris demonstrates that social media can be used as a force for good, and a viable tool for all.

## IT'S AN ACTIVITY!!!!

*By Ruth Gagnon, Activities Chair*

Well no, it's not an activity, but who is ready to "mask up" for our Escarpment PROBUS meeting on Wednesday, August 19th? Whether you buy one or make one, let's see who has the fanciest .... or is it funniest!?!?! Maybe the scariest!! Get your game on and get those creative juices going!

There will be a prize for the best two decided by "yours truly" and of course, I will deliver it to you (Milton residents) or we can arrange pick up.

**Let's have a bit of fun!!**



# MEETING: SEPTEMBER

## Habitat for Humanity



Habitat for Humanity Halton-Mississauga's Director of Communications, Julie Svensson Watt, brings to the organization over 30 years of varied experience, including 10 years as an assistant bank manager; 8 years volunteering for the Girl Guides of Canada, serving at both the local and provincial levels; and 20 years in broadcast media as associate director, where the many and varied projects saw her working with the likes of William Shatner and Rick Mercer, and covering such sporting events as Rogers Cup Tennis and two Olympic games.

In 2015, Habitat for Humanity lured her away from the media business. Her experience in the business finance, volunteer management, and broadcast media worlds have served her well in her commitment to Habitat's mission and social impact.

# ACTIVITIES: ON HOLD

## SOCIAL CLUBS

Club	Date/Time	Convenor	Telephone	Email
Board Games - <i>Bee Gees</i>	2nd Wed. - 1 pm	Stephen Comstock	905-876-4909	scomstoc@sympatico.ca
Board Games - <i>Jokers</i>	2nd Thurs. - 1:30 pm	Auriel Halliday	905-336-2430	aurielh@gmail.com
Board Games - <i>Jokers</i>	4th Wed. - 1 pm	Auriel Halliday	905-336-2430	aurielh@gmail.com
Book Club - <i>First Edition</i>	2nd Mon. - 1 pm	Paul Crawford	289-878-4968	paulellencrawford@gmail.com
Book Club - <i>Happy Bookers</i>	4th Thurs. - 12:30 pm	Judy Wallace	905-878-3374	lollipops@sympatico.ca
Book Club - <i>Ravenous Readers Recycling</i>	3rd Wed. - Probus meeting	Ellen Crawford	289-878-4968	paulellencrawford@gmail.com
Book Club - <i>Sequel</i>	2nd Wed. - 10 am	Catherine Parr	289-971-9214	4catparr@gmail.com
Book Club - <i>Trilogy</i>	2nd Wed. - 10 am	Linda Green	289-851-8655	klgreen@sympatico.ca
Cards - <i>Bid Euchre</i>	3rd Thurs. - 1:15 pm	Lorrette Shermet	905-878-1293	lorrette@sympatico.ca
Cards - <i>Bridge</i>	1st Tues. - 1 pm	Jeanne Reid	289-878-9920	jreid345@cogeco.ca
Cards - <i>Canasta</i>	4th Mon. - 7 pm	Lorrette Shermet	905-878-1293	lorrette@sympatico.ca
Cards - Cribbage - <i>Card Sharps</i>	2nd Mon. - 7 pm	Martin Capper	905-693-0354	martin@martincapper.com
Cards - Cribbage - <i>Card Sharps</i>	Tues. after the 2nd Mon. - 1:30 pm	Martin Capper	905-693-0354	martin@martincapper.com
Cards - <i>Euchre</i>	3rd Tues. - 1 pm	Lorrette Shermet	905-878-1293	lorrette@sympatico.ca
Classical Music - <i>Mozart and Friends</i>	4th Tues. - 1:30 pm	Michael Hooker	905-878-8953	mhooker10@bell.net
Club <i>Français</i>	2nd Wed. - 10 am / 11 am	Anne-Françoise Gibbard	905-854-3781	anne@gibbard.net
Crafts - Knitting - <i>Chicks with Sticks</i>	3rd Thurs. - 10:30 am	Christine Willekes	905-820-0269	chriswillekes@gmail.com
Crafts - Quilting - <i>Piece Makers</i>	1st Tues. - 1 pm	Diane Comstock	905-876-4909	meijenscc@sympatico.ca
Dining - <i>Appy Hour</i>	Last Sat. - 6:30 pm	Mary Cousins	416-628-6275	mlecousins@outlook.com
Dining - <i>Lunch Bunch</i>	3rd Wed. - noon	Bonnie Lennox	416-899-7727	bblennox@live.ca
Dining - <i>Nosh 'N' Natter</i>	1st Fri. - 5:30 pm	Gillian Reynolds	905-878-1636	gilliana@cogeco.ca
Dining - <i>Nosh 'N' Natter</i>	2nd Fri. - 5:30 pm	Gillian Reynolds	905-878-1636	gilliana@cogeco.ca
Dining - <i>Nosh@Nite</i>	4th Fri. - 5:30 pm	Paul & Ellen Crawford	289-878-4968	paulellencrawford@gmail.com
Dining - <i>Saturday Night Lives</i>	1st Sat. - 6 pm	Anna Strachan	905-878-0812	annastrachan1945@gmail.com
Dining - <i>Skip the Dishes</i>	3rd Thurs. - 6 pm	Lorrette Shermet	905-878-1293	lorrette@sympatico.ca
Dining - <i>Supper/Dinner Club</i>	<i>Scheduled by convenor</i>	Auriel Halliday	905-336-2430	aurielh@gmail.com
Friendship Club	4th Wed. - 10 am	Judy Krauss	289-878-8194	judykrauss@gmail.com
Movie Club - <i>Oscar Nights</i>	2nd Tues. - 7 pm	Theresa Spano	416-618-2955	1tspano@gmail.com
Probus Info Exchange - <i>PIE</i>	Online only - no meetings	Cliff Read	905-864-1565	cliff.read@cogeco.ca
Sports - Bowling - <i>10 Pin</i>	2nd Tues. - 4 pm	Michelle Tschirhart	416-668-9083	mltschirhart55@gmail.com
Sports - Bowling - <i>10 Pin</i>	Last Wed. - 4 pm	Michelle Tschirhart	416-668-9083	mltschirhart55@gmail.com
Sports - Golf - <i>Pin Seekers</i>	TBA	TBA		
Tastings - Beer - <i>Suds and Buds</i>	4th Thurs. - 7 pm	Pete Shermet	905-878-1293	peteshermet@gmail.com
Tastings - Whisky - <i>D'Stillers</i>	1st Wed. - 7 pm	Chris Strachan	905-878-0812	strachan.chris1944@yahoo.ca
Tastings - Wine - <i>Grapenuts</i>	1st Mon. - 7 pm	Jim Tschirhart	647-648-8231	jim.tschirhart@gmail.com
Tastings - Wine - <i>Grapenuts</i>	1st Thurs. - 7 pm	Jim Tschirhart	647-648-8231	jim.tschirhart@gmail.com
Tastings - Wine - <i>Grapenuts</i>	2nd Wed. - 7 pm	Jim Tschirhart	647-648-8231	jim.tschirhart@gmail.com
Travel - <i>Annual Trip</i>	<i>Scheduled by convenor</i>	Joanne Millichamp	289-878-2969	jmillichamp@hotmail.com
Travel - <i>Wanderlust</i>	2nd Thurs. - 7 pm (bi-monthly)	Gloria Pennycook	905-659-7789	gpennycook@icloud.com
Walkers - <i>Trail Walkers</i>	Every Tues. - 1:30 pm	Ronald Flannagan	905-332-6310	rflannagan@cogeco.ca
<b>New information</b>	<b>Temporary change</b>			

A reminder for when we meet again in our social clubs: People who aren't strictly following COVID restrictions for wearing masks and staying 2 metres apart from others not in their bubble should be upfront in their interactions with club members, and realize that this will affect willingness of people to meet with them. And those who feel they could be caught in compromising situations must make decisions that are best for them as to whether they feel comfortable attending events. Let's stay safe together!



# RECENT EVENTS

## Clubs: Food and Drink

### D'Stillers meet again

by Chris Strachan, Convenor

Hallelujah! The D'Stillers, after many Zoom meetings, finally decided to get together for the July 1st meeting in Martin Capper's backyard. Once coronavirus restrictions had lifted somewhat and we were able to accommodate ten people together in an outdoor space, Martin suggested that he host the July meeting in his backyard where social distancing rules would apply. Martin hosted the men and Anna hosted the DDs in our backyard as we didn't want to surpass the 10 person limit. It was so nice to be able to get together after all these months. The weather cooperated and everyone stayed well into the evening even though we started earlier than usual, just in case the mosquitoes were out.

Martin supplied five whiskies, pre-poured, for our tasting pleasure. By doing so it limited the need to touch anything so we all stayed in our own bubble. The whiskies were rated as follows:

The winning whisky of the evening was 'Glenlivet 21 yr old', a single malt whisky with a score of 81.00% at a cost of \$300.15 and an Alcohol by Volume (ABV) of 43%. Available at the LCBO. Glenlivet is the biggest selling Scottish malt whisky in the USA and the second biggest in the world, only bested by Glenfiddich.

Second was 'Jameson Bold', an Irish whiskey with a score of 77% at a cost of \$56.66 per litre and an ABV of 40%. Not available at the LCBO. Jameson's closed its Dublin distillery as the old buildings had decayed over time and were in danger of collapsing. The old ruins were finally restored in 1998 and are currently a Museum and Restaurant. Jameson's whiskey is now made in Middleton in the south of Ireland.

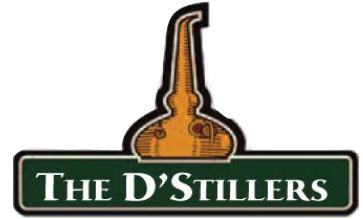
Third was 'Mortlach 14 yr old', a single malt whisky with a score of 76% at a cost of \$82 and an ABV of 43%. Not available at the LCBO. Mortlach distillery stands upon the crossroads of history. In 1010 Scotland's King Malcolm the Second defeated the Danes on the very spot on which the distillery was built.

Fourth of the evening was 'Dalwhinnie 15 yr Old' single malt with a score of 74% at a cost of \$110 and an ABV of 43%. Available at the LCBO. At 1000 feet above sea level, Dalwhinnie is the highest distillery in Scotland. It is located in the town of the same name.

Last but not least was 'Glenlivet 15 yr old' with a score of 73% at a cost of \$89.95 with an ABV of 40%. Glenlivet Distillery is located in a remote valley and is frequently the first place in Scotland to be cut off by snow in the winter.

Thanks to Martin for taking the plunge and hosting this face-to-face event and thanks to Anna for entertaining the DDs. I'd like to once again thank the DDs who, as always, got everyone home safe and sound.

Weather permitting, the Wednesday, August 5th meeting will be held in the Capper's backyard hosted by Russ Cousins. The DDs will meet in the Strachan's backyard, hosted by Mary Cousins.



# Clubs: Books, Hobbies, Games

## Mozart Emerges from Quarantine!!

by Michael Hooker, Convenor

A small group of Mozart lovers used Zoom this month to resurrect our joint love of music from it's enforced shutdown. We had attempted in May to play music to each other over Zoom, but our link then was too primitive to make it worthwhile. So as convener, I sought out a way to directly link music already on my computer into Zoom, and after several abortive tries, found the right combination of movements and gestures.



I put together a very varied 45-minute program, and we connected to see if it was worthwhile. Success!! Music quality was great, and we all enjoyed my selections. The piece that surprised everybody was by an Armenian composer, Alan Hovhaness, "God Created Great Whales", which included actual recordings of sperm whale songs.

We agreed that we want to continue these Zoom sessions as long as we are prevented from meeting and enjoying music in person; in fact, we will have two a month, mostly on Wednesdays, at 2:00 pm. Music part around 45 minutes. It will NOT be restricted to classical music; it can include anything the host would like to play. I will host the next session, but other Mozartians will on occasion host other ones.

Our next session will probably be on Thursday 13th August at 2:00 pm, and the theme will be "Hawaiian music (not the standard tinkley Hawaiian stuff). If any of you Non-Mozartians are interested in these music sessions, email me at [mhooker10@bell.net](mailto:mhooker10@bell.net) and I'll put you on a separate distribution list for invitations to our future Zoom meetings, which will include info about what will be played so you would know what you would be getting into.

Stay well!

## New Player Wins

by Diane Comstock, Correspondent

The July dice games welcomed Georgette to the Zoom Yahtzee game. Barb and Georgette both rolled a Yahtzee (5 of a kind) and received 50 points for their efforts. They battled to the bitter end with Georgette edging out Barb by 4 points. Not bad for a woman who had never played before and claimed not to be a gambler (LOL).

The group pictured played 2 games of Farkle. In the first game, it looked like Diane and Barb were the only players as Pat and Lorhel each took 6 turns before they managed to score the required 500 points to open. Although Barb was ahead most of the game, Diane scored a whopping 4250 points in one turn, followed by scores of 2000, 1000, and finally 2650 to win the game. Pat and Lorhel opened quickly in the second game while Diane and Barb took 6 and 8 turns respectively to score the required 500 points. By this time, Pat had the lead, fell behind Lorhel for 3 turns, but quickly regained control and finished the game with a 4100 point turn to end the game with a final score of 13400.

If you would like to join the August dice games, let me know. We play on the 2<sup>nd</sup> Wednesday and the 3<sup>rd</sup> Tuesday afternoons.



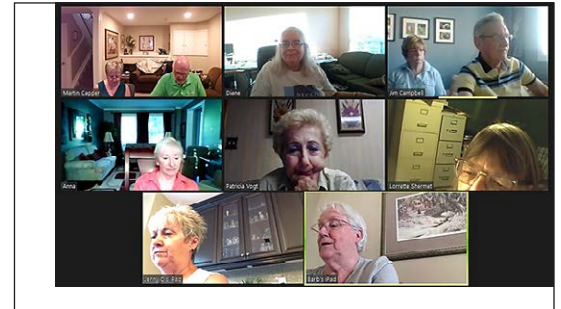


## Virtual Cribbage

by Martin Capper, Convenor

The 2nd Monday in July found 11 members of the cribbage club engaged, through Zoom and Facebook, in battle. No one achieved a perfect night but Norma managed a score of 26, some only won one game and others only lost one! The only comment I am prepared to make on my own performance could well come from one of my own High School reports “Could do better”!

A few of our regulars were missing - I guess the lure of cottages is greater than the lure of cribbage! Hoping to see you all and more back in August on Monday August 10<sup>th</sup> at 7:00 pm. If any member of Escarpment Probud Club would like a brief tutorial on how we play virtual cribbage please feel free to email the writer - the more the merrier!



## A Beautiful Day in the Country

by Diane Comstock, Convenor

On July 7<sup>th</sup>, the Piece Makers trekked out to Campbellville to enjoy the afternoon in Judy Osman's beautiful country oasis. Louise did a wonderful job piecing her t-shirt quilt and asked for tips on quilting it. We suggested stitch in the ditch, echoing, outline, or x's. Judy brought her beautiful black and white pillow and her baby quilt. Wendy showed us her collection of fabric swatches that she ordered so she could see the true colours before ordering fabric. Diane brought her background fabrics for her temperature quilts that she plans to make next and asked for our expert opinions on whether or not matching would be required for some of the directional fabrics. We also discussed the idea of doing another group project, such as placemats, table runners, or wall hangings, possibly with a Christmas theme. Diane will research ideas for the August meeting.



Quilting Terms of the Month:

**Echo Quilting** – A free motion type of quilting, done by stitching a line a uniform distance away from the first line (echoing). The stitches echo the appliqué or pattern shape.

**Outline Quilting** – A type of quilting where you outline (stitch) a block or appliqué piece usually ¼” from the patch seams.

**Directional Fabrics** – A print or design that only looks right one way. It could be that all the characters are facing one way, or it could have a scene that runs along the length or width of the fabric. When working with a fabric like this you need to be careful which way you cut and sew it.

Wendy offered her backyard as the venue for our meeting on August 4<sup>th</sup>, dependent on the weather. Anyone interested in quilting, consider joining the group.





# Probiants enjoy a good laugh - here are just seven

By Alan Jordan - Occasional Correspondent

There are many different kinds of laughter. There's the kind that leaves us clutching our bellies and gasping for air and there's the kind that barely escapes our lips in restrained titters. Here are a few of those giggles and where they came from.



## Chortle

The chortle is defined as "a gleeful chuckle,". This term was coined by the beloved and whimsical wordsmith Lewis Carroll in his 1871 novel, *Through the Looking-Glass*, as a blend, or portmanteau, of the words chuckle and snort.

## Guffaw

A guffaw is a loud, unrestrained burst of laughter; as a verb, it means "to laugh in a loud and boisterous manner." The word is of Scottish origin and is thought to be imitative of the sound of such laughter.

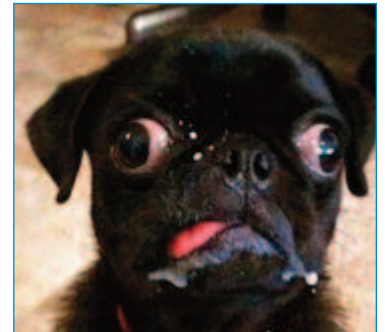
## Titter

Far from a belly laugh or a hearty guffaw, a titter is a nervous or self-conscious laugh. To

titter is "to laugh in a restrained, self-conscious, or affected way as from nervousness or in ill-suppressed amusement." The origin of this word is unclear, but etymologists point to the Swedish term *tittra* meaning "to giggle."

## Giggle

Before English speakers were tittering, they were giggling. A giggle is "a silly spasmodic laugh, especially with short, repeated gasps and titters, as from juvenile or ill-concealed amusement or nervous embarrassment."



## Yuk

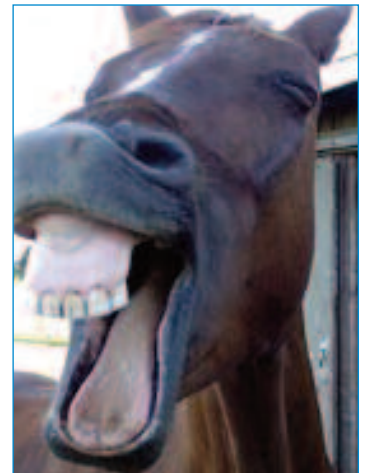
The origins of the word yuk, as in "The audience really yukked it up at the movie," are a bit of a mystery. The similar-sounding yock, theater slang for "a laugh," appeared in the US in the late 1930s.

## Snicker

The word snicker, meaning "to laugh in a half-suppressed, indecorous or disrespectful manner," has been around since the late 1600s. Like many words on this list, this one is thought to be imitative of the sound of laughter.

## Heehaw

If the words we use to describe laughter are any indication, it would seem that a good episode of laughter reduces us to our animal natures, leaving us howling, snorting, and roaring. The term heehaw entered English in the early 1800s as a term for the loud braying sound a donkey makes and shortly thereafter picked up the sense of "a loud laugh reminiscent of a neighing horse."



# MANAGEMENT TEAM



*President*  
**Liz Read**  
905-864-1565  
elizaread@gmail.com



*Vice-President*  
**Wayne Herder**  
905-864-1424  
wayne.herder@sympatico.ca



*Past President*  
**Paul Crawford**  
289-878-4968  
pauellen Crawford@gmail.com



*Treasurer*  
**Ted Chliszczyk**  
(416) 705-5947  
tchlisz@gmail.com



*Secretary*  
**Jenny O'Brien**  
289-851-8477  
jenny0103@rogers.com



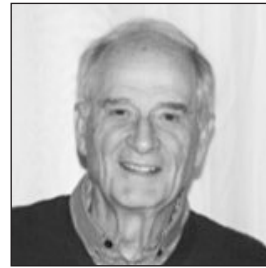
*Activities Chair*  
**Ruth Gagnon**  
905-462-4740  
gagnonruth@gmail.com



*Membership Chair*  
**Penny McIlwaine**  
905-876-1963  
pennymcilw@gmail.com



*Social Chair*  
**Pat Vogt**  
905-877-2495  
pvogt@cogeco.ca



*Program Chair*  
**Ron Millichamp**  
289-878-2969  
ronmillichamp@hotmail.com



*Forum/Web Editor*  
**David Boss**  
905-858-3975  
david@bosscommunications.com

At PROBUS we want to keep in touch, we are all friends. If you know of anyone who is ill, moving away, lost a loved one, etc., or someone with a new grandchild, great grandchild or special anniversary, please let Lorrette Shermet know and she will gladly send a greeting card (contact [lorrette@sympatico.ca](mailto:lorrette@sympatico.ca) or 905-878-1293).

## FORUM - THE ESCARPMENT PROBUS CLUB NEWSMAGAZINE

This newsletter is published monthly in PDF format. If you know someone who you feel might be interested in joining the Escarpment PROBUS Club, please forward this publication with our compliments.

### FORUM Deadline

The editor notifies the management team and all convenors of the deadline for articles and pictures for publication for each issue. Stories and articles may be emailed to the editor or submitted to any member of the management team. Escarpment PROBUS Club reserves the right to refuse, edit, or change any copy or image submitted.