



PROBUS NEWS

Women's Probus Club of
Cambridge Riverside

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MANAGEMENT TEAM 2020-2021

President	Yvonne Yersh
Past President	Alison Sanders
President-Elect	Barb Fiddler
Treasurer	Suzanne Cline
Secretary/Communications	Aline Chan
Program Co-Chairs	Jan Woynarski/Lyn Pinnington
Membership	Anne Cher
Travel	Lynda Berg
Newsletter Editor	Germaine Glaves
Special Events	Moraig Waite
Public Relations/Archives	Gloria Coppes
Facility Co-Chairs	Patrice Wappler/Linda Stoltz

**Virtual Meeting is 2nd
Wednesday of the month
at 9:30 am**

Next Meeting

April 14th

Zoom

**(meeting ID & passcode
will be emailed the day
before)**

A MESSAGE FROM THE PRESIDENT

Good Day Ladies

As the proverbial saying goes "Spring has sprung, the grass has ris, I wonder where the bird-ies is". We are all eagerly looking forward to the signs of spring. We are noticing longer day-light, warmer weather and bright, sunny days. These are signs that we will be able to get out more & socialize with friends & neighbours. Zoom meetings have been filling the gap, but we do need the personal contact that our meeting place provides.

We do need to continue physical exercise such as walking, hiking, golfing & maybe poling as was presented at our last General Meeting. If you are interested in this new activity, feel free to contact Sandra Sasso at sandrasasso@live.com But do remember to follow the guidelines set out by our Federal, Provincial & Municipal governments & our District Health Office.

We will soon be sending out a Membership renewal form. Please fill it out as soon as possible and return to Anne Cher as she will be updating our membership list. If you do not return the form, she will assume that you are cancelling your membership.

I am hoping better days are ahead; what with the advent of the vaccines, we will be able to open up more places and try to return to our previous lives. Do pre-register for your shots as soon as possible.

In the meantime, stay safe, stay healthy and enjoy the sunshine.



Yvonne Yersh

APRIL'S GUEST SPEAKER

Warren Stauch

Places of Local Interest for Daytrips



Warren Stauch was born and raised in Kitchener and was a high school Geography teacher with the Waterloo Region District School Board for 30 years teaching at Eastwood, Galt Collegiate and Elmira District. He retired in June 1999.

Since Canada's Centennial in 1967, Warren has organized and led hundreds of "shunpiking" bus tours on the back roads of the Waterloo Region and the Grand River watershed. He has also presented interest courses for the Laurier Association for Life-Long Learning (LALL).

Warren is active in a number of local heritage organizations and represents the Waterloo Region on the Board of the Grand River Conservation Authority. He is a member of the Kitchener Conestoga Men's Probus club.

Warren has been married to Martha, a retired French teacher, for 50 years. They have two adult children: Cameron, a graduate of the Stratford Chef School and Kathy, a vice principal at Grand River Collegiate. Martha and Warren have two grandchildren who are living in Prague, Czech Republic with their dad, Cameron and mother, Ayesha Rekhi, who is the Canadian Ambassador to the Czech Republic.

ZOOM MEETING INFORMATION

The day before our meeting, you will be sent the Zoom info to log into the meeting room by email.

You will be given the direct link which you click and you will enter the room directly. You will also be given the Zoom ID and Passcode.

If you click the link and cannot enter directly, you will go to Zoom on your web server and type in: <https://zoom.us/> Use the Zoom ID and Passcode.

How to Look Good on ZOOM

- 1. Turn on the camera on your device BEFORE the meeting.** This allows you to see yourself and make adjustments before others see you.
- 2. Position your device with the light in front of you.** If you have a window behind you, your face will be dark. Close blinds or turn lights off/on to achieve the best amount of light on your face.
- 3. Set your device on a table.** This ensures the rest of us don't get seasick watching you as your phone or iPad is jiggled around.
- 4. Set your device at the right height.** Align the camera on your device at eye level. You may have to put your device on top of books to raise it. If it is too low, we will be looking up your nostrils or at your double chin! If too high, we will see when you next need your hair dyed!
- 5. Tilt the device** so that your well-groomed, smiling face is dead centre in the screen. 😊
- 6. Turn off your camera and sign into ZOOM!**



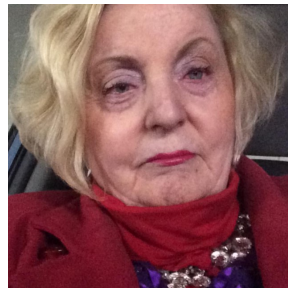
**THE FOLLOWING LADIES WERE INDUCTED AT MARCH'S PROBUS MEETING
WELCOME TO THE WOMEN'S PROBUS CLUB OF CAMBRIDGE RIVERSIDE!**



Julie Kinder

Julie is an Office Manager at a Law Office. She enjoys hiking, travelling, reading, singing and spending time with her grandchildren.

Julie is sponsored by Laura Davis-Cook



Carole Watson

Carole is a master hairstylist and teacher of hairdressing. She has won many competitions on hair styling. She enjoys calligraphy, crafting, reading and quilting.

Carole is sponsored by Aline Chan

ASSISTANT SECRETARY POSITION AVAILABLE

An assistant Secretary is responsible for the following duties:

- Maintain Master Membership Directory using Excel or other data entry system; update information from renewal forms and/or as advised during the membership year.
- Distribute via email, the Master Membership Directory twice a year, to members, approximately in November and February.
- Update and distribute lists used only by Management Committee (e.g. Membership spreadsheet of vocations and interest for use by nominating committee; birthday month list.

WELLNESS & WELL-BEING

Good Balance—The Key to Empowered Health

Marsha Jaworski RMT & Osteopathy



Falls are the number one preventable injury sustained by Canadians every year. Good balance is essential for injury prevention, sport performance, everyday activities & maintaining independence as we age. Learn about the complexity of postural control & easy strategies to improve your balance. marsha@healthcollectivegalt.ca

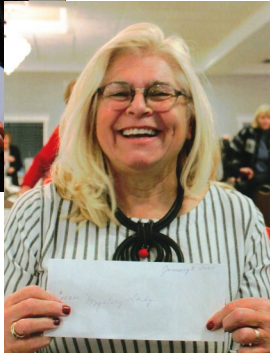
The Cambridge Poppy Project is a community art project of Remembrance that will be created using hand-made poppies to honour our Veterans.

We are collecting knitted and crocheted poppies which will be displayed on the interior and exterior of the Queen's Square Branch of the Idea Exchange building in Galt and also on the outside of the Preston and Hespeler Idea Exchange locations.

We recognize and thank our Veterans for their service. Our goal is to collect 10,000 poppies so that all of our area Veterans and those military personnel who are serving our country are recognized. These poppies will then be used to create the art installation.

For more information go to www.cambridgepoppyproject.ca

PROBIAN REFLECTIONS



Every month one woman from The Probus Club of Cambridge Riverside would leave a meeting richer than when she arrived. The Mystery Woman's Draw has been a fun way to end our morning meeting. There is the anticipation that this might be your lucky day and your ticket might be drawn. All proceeds are shared equally with the club. Mystery Women Joan Casselton, Barb Fiddler, Helen Baker and Sue Sturdy proudly display their good fortune.



Thinking of You Cards

Two Probians received letters of sympathy. If you know of a Probus member in need of a card, please contact



Marg DeBrusk

THIS MONTH'S BIRTHDAY WISHES!

Kriss Gandier	Marilyn Armstrong	Arlene Matthew
April Bulmer	Judy Bayer	Margie Stasiuk
Kathryn Perry	Joyce Fraser	Julia Boyd
Marguerite Power	Audrey Hoskins	
Mary Poweska	Marilyn Wells	
Sue Laurin	Lynda Berg	
Jean Lieu	Brenda Innanen	



PROBUS INTEREST GROUPS*

COMMITTEE

Book Club #1
 Book Club #2
 Bridge
 Euchre
 Sharps & Flats
 Walking Club
 Purls Craft Group
 Quilting
 Cards & Paper Arts
 Coffee Social (Thursdays at 3)

CONTACT

Marg Johnstone
 Helen Baker
 Elizabeth Long
 Norma Johnston/Brenda Innanen
 Marg DeBrusk
 Merrily Walker
 Dot MacMillan
 Aline Chan
 Aline Chan
 Ethel Craig 519-658-9978

Only current members of the Probus Club of Cambridge Riverside may participate in Interest Groups under the auspices of the club.

* These Interest Groups are currently still meeting via e-mail or Zoom. Contact Committee member for more information.

Final Submissions for May's newsletter is April 20th 2021.

* Women's' Probus Newsletters are posted on Aline Chan's website <https://www.alininspirations.com/probus-cambridge-riverside.html>