



# PROBUS NEWS

Women's Probud Club of  
Cambridge Riverside

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Vol. 16 Issue 9 May 2021

## MANAGEMENT TEAM 2020-2021

|                                  |                              |
|----------------------------------|------------------------------|
| <b>President</b>                 | Yvonne Yersh                 |
| <b>President Elect</b>           | Barb Fiddler                 |
| <b>Past President</b>            | Alison Sanders               |
| <b>Treasurer</b>                 | Suzanne Cline                |
| <b>Secretary</b>                 | Aline Chan                   |
| <b>Program</b>                   | Lyn Pinnington/Jan Woynarski |
| <b>Membership</b>                | Anne Cher                    |
| <b>Travel</b>                    | Lynda Berg                   |
| <b>Facility</b>                  | Patrice Wappler/Linda Stoltz |
| <b>Newsletter</b>                | Germaine Glaves              |
| <b>Special Events</b>            | Moraig Waite                 |
| <b>Public Relations/Archives</b> | Gloria Coppes                |
| <b>Member-at-Large</b>           | Barb Camilleri               |

*Virtual Meeting is 2<sup>nd</sup>  
Wednesday of the month  
at 9:30 am*

*Next Meeting*

*May 12<sup>th</sup>*

*Zoom*

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

## ***A MESSAGE FROM THE PRESIDENT***

As I looked out the window this morning, I thought I had slept through spring, summer & fall. I also thought that I could hear Christmas carols in the background. But thankfully, I was mistaken. The weather will be warming up & we can look forward to getting outside for walks & soaking up the sun to get our vitamin D.

Unfortunately, we are still very limited in our outings as the provincial government has imposed another lockdown. So that gives us more time to fill out our membership form & return it to Anne Cher, our membership chair. She has so far received 136 renewals & is anxiously awaiting the others. Remember, there is no fee this year but you do have to complete the form so Anne can keep track of our members & update the information as required. Thank you to Helen Baker for offering to help with the upkeep of this list.

At the May meeting, we will have a short presentation to celebrate Probud Month. Usually there is a cake & a special speaker, but this year will be different. We are brainstorming ideas. Also, we will be making phone calls at the end of the month to keep in touch with you, our members & to see how you are faring.

We do not foresee meeting in person in the fall. The earliest would be January 2022 or in the spring of that year. All members would like to gather & socialize but there will be restrictions for quite a while. Hopefully, most of you have received one dose of the vaccine & are keeping well. Continue to reach out to your social groups & friends including neighbours who may not have a network of supporters. Keep your positive attitude. This too shall pass but it will still take time.

Keep safe, stay healthy.

*Yvonne Yersh*



## MAY'S GUEST SPEAKER



### DR. NICOLE DIDYK, MD FRCP©

Dr. Didyk has been a geriatrician/internist in Kitchener-Waterloo since 2004. Prior to that, she worked in Calgary and Hamilton, after completing medical training and residency at McMaster University. Nicole is an associate clinical professor at McMaster and has been involved in medical education at the Waterloo Regional Campus. Dr. Didyk's passion for education has led to the launch of The Wrinkle, an online educational resource for older adults, their care partners and health professionals. Catch up with her at [www.TheWrinkle.ca!](http://www.TheWrinkle.ca!)

### 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!**



# PROBIAN REFLECTIONS



Becoming a member of a new group can sometimes be both exciting and perplexing. Here at the Cambridge Riverside Club our Membership Chair, Anne Cher, warmly welcomes and guides each new member through the process. Anne works diligently to take care of the duties and responsibilities pertaining to this role such as



membership renewal, liaison and record maintenance for both current and perspective members, nametags, and special seating requirements as needed. She is assisted by her committee members, Cathy Rose, Jutta Kunze, Judy Bayer and new member Helen Baker. This year the club has had to alter the process somewhat for both renewals and new memberships due to our change to Virtual meetings. The Membership team has been extremely helpful in keeping us organized. Thank you.



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](http://www.cambridgepoppyproject.ca)**

### ZOOM COFFEE SOCIAL

Would you like to have coffee with some of your friends and enjoy chatting with them? Well, **Ethel Craig** has set up a weekly Zoom coffee time. There is no commitment to be there every week and you can feel free to join in as time permits. Coffee Social is at 3:00 p.m. every Thursday. For more information, contact Ethel at ethelcraig@rogers.com or 519-658-9978



### WALKING GROUP



Merrily Walker will not be leading any more Probus hikes until Covid is over.

### WELLNESS & WELL-BEING

There will be no Wellness & Well-Being segment at May's Probus meeting.

### Thinking of You Cards



*If you know of a Probus member in need of a card, please contact*

**Marg DeBrusk**

### THIS MONTH'S BIRTHDAY WISHES!

Noreen Mikelsons

Yvonne Yersh

Donna Campbell

Judy Rafferty

Ruth Cook

Breda Wade

April Bulmer

Paulette Bissonnette

Helen Baker

Aline Chan

Kim Mannion



## PROBUS INTEREST GROUPS\*

### COMMITTEE

Book Club #1

Book Club #2

Bridge

Euchre

Sharps & Flats

Purls Craft Group

Quilting

Cards & Paper Arts

Coffee Social (Thursdays at 3) Ethel Craig 519-658-9978

### CONTACT

Marg Johnstone

Helen Baker

Elizabeth Long

Norma Johnston/Brenda Innanen

Marg DeBrusk

Dot MacMillan

Aline Chan

Aline Chan

**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 June's newsletter is May 20<sup>th</sup> 2021.

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