



# PROBUS NEWS

## Women's Probud Club of Cambridge Riverside

Editor: Kriss Gandier

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*Vol. 19 Issue 2 October 2023*

### A MESSAGE FROM THE PRESIDENT



Hello Ladies.

It was nice to be back and with a Boom!! We had 148 members in attendance, which I believe was a first for a September meeting. It was great to hear the buzz in the room. Certainly the sound of everyone enjoying themselves, getting reacquainted, as well as welcoming our new members with a coffee/tea and a muffin. I had the apple muffin and it was delicious! This month we will be inducting some of those new members.

I hope, that we will have another great turnout, as we celebrate Thanksgiving and National Probud Month. Come enjoy our program, our interesting speaker and our friendship.

Wishing you all a Very Happy Thanksgiving.

We have so much to be thankful for and the best things in life are free....  
Family, Friendship, Laughter, Smiles, Sleep, Hugs, Love and Good Memories.  
See you on the 11th of October. Stasia MacLeod



### MANAGEMENT TEAM

#### 2023-2024

|                           |                              |
|---------------------------|------------------------------|
| President                 | Stasia MacLeod               |
| President Elect           | Lynda Berg                   |
| Past President            | Barb Fiddler                 |
| Treasurer                 | Suzanne Cline                |
| Recording Secretary       | Debbie Swift                 |
| Technology Communications | Aline Chan                   |
| Program                   | Jan Woynarski/Donna Campbell |
| Membership                | Anne Cher                    |
| Travel                    | Lynda Berg                   |
| Facility                  | Patrice Wappler/Linda Stoltz |
| Newsletter                | Kriss Gandier                |
| Special Events            | Gloria Coppes                |
| Public Relations/Archives | Ellen Nelson                 |



### Probud Meeting

**2<sup>nd</sup> Wednesday of the  
month  
Next Meeting  
October 11th  
At 9:30 am  
Portuguese Club  
Of Cambridge**

**Greeters will be  
Ursula Horwatt &  
Nan Bourgon**





*October's Speaker*  
**RUTH THOMPSON**

**Increase Your Health Span, Holistically**

We are living longer, but not healthier. Life span has increased dramatically but our health span has not. Current statistics predict that by age 75, most people will suffer from one or more ailments or chronic conditions.

Ruth Thompson knows it doesn't have to be this way.

From her years as a holistic health practitioner, Ruth knows that we have some control over how we age, but only if we are proactive and take a holistic approach to our health care. We can increase our health span.

Health span is defined as *the number of years lived without serious health problems or disabilities.*

In her presentation, Ruth will discuss the latest research on aging that illustrates how a holistic health approach will help increase our health span. By understanding the causes of aging, we can pinpoint the changes needed to age with good health. Ruth will share her seven-point plan for holistic health maintenance, one that balances body, mind and spirit. You will learn: What is the healthiest diet for older adults? Will nutritional supplements help? How important is exercise for the body and mind?

Even those with significant health problems can improve health status with the holistic approach Ruth had developed.

*It's never too late. You're never too old to do something positive for yourself.*

Ruth Thompson is a long-time resident of Cambridge. She has worked for the Region of Waterloo, the Social Planning Council in Cambridge, and, for the past nineteen years, in Holistic Nutrition consulting. She is also the author of two books about holistic health: "You Can Be Well," (non-fiction, self-help) and "A Heart for Healing" (contemporary women's fiction).



# PROBIAN PROFILE

## SUSAN MILLER

Susan joined our club last year.

- She attended Ohio State University and the University of Illinois. She came to Canada in 1971 and became a Canadian Citizen in 1983.
- She has two sons and one great grandson.
- In 1981, she completed her MBA at McMaster University.
- Susan Martin was director of Business Career Services and Cooperative education at the McMaster's DeGroot School of Business.
- She taught leadership and team building and retired from her own company five years ago.
- She is a 21-year volunteer with Hospice of Waterloo Region.
- She is a big believer in volunteering and sits on a variety of board positions.
- She is an avid quilter.



Do you have memorabilia or a picture of a veteran who served in the military? We would love to commemorate those that sacrificed their lives and honour their memory at our meeting in November.

We would love to create a meaningful display for members to view. If you would like to participate by bringing in memorabilia please contact Debbie Swift by email at [debswift24@rogers.com](mailto:debswift24@rogers.com) or by phone at 519-4042176.

Lest We Forget

### Remembrance Day



Ontario

For our meetings, other than December and June, **table numbers will be assigned**. Also, we will be sitting only 6 to a table. This is for your safety and comfort.

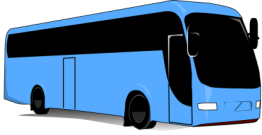
Please respect the set up of the room and please have your phones on silent.

Thank you. From your Management Committee





## Upcoming Travel



**Notice of Change:** In order to accommodate 40 people for the **Starbright Christmas trip**, the date has been changed to **Wednesday December 6th**.

**Little Canada** - Thursday October 26th. A Toronto Bus Trip including transportation and the price of admission. \$125. Also enjoy the shopping at Eaton Centre. There are still seats available.

**SIX The Musical**—Mirvish Theatre, Toronto, Wednesday March 6th. Including transportation, lunch and admission. \$296. Please bring your money to the October meeting. Cheque made payable to Fields Trips or e-transfer [kfields@fieldstrips.ca](mailto:kfields@fieldstrips.ca)

If you are unable to travel with us in December please contact me at [lyndaberg53@gmail.com](mailto:lyndaberg53@gmail.com) or call me at 519-635-0915  
Thank you, Lynda Berg



## REMINDERS

Save your fancy hats or fascinators for an upcoming special event. Remember to take off your lanyards and tuck the string inside and return it to the table where you received it.



## Saturday Brunch Group

Second Saturday of each month. The first outing is on Saturday October 14th, 11am at the Piper Arms Pub in Kitchener



## Hiking/Walking Group

Paulette Bissonnette



Mondays at 9:30am.

\* Women's' Probus Newsletters, Constitution, Bylaws and Policies & Procedures are posted on Aline Chan's website <https://www.alininspirations.com/probus-cambridge-riverside.html>

## PROBUS INTEREST GROUPS

| COMMITTEE              | CONTACT                         | WHEN  |
|------------------------|---------------------------------|---|
| Book Club #1           | Marg Benian                     | First Thursday of the month, 9:30am - 11:30am |
| Book Club #2 (Full)    | Helen Baker                     | Last Wednesday of the month                   |
| Book Exchange          | Kathy Ellis                     |   |
| Bowling                | Sally De Leonardis              | First Wednesday of the month                  |
| Bridge                 | Pauline Isbester                |   |
| Cribbage               | Suzanne Cline                   | Third Tuesday of the month                    |
| Euchre                 | Norma Johnston & Brenda Innanen |   |
| Golf                   | <b>Looking for new convenor</b> |   |
| Hiking/Walking         | Paulette Bissonnette            | Mondays at 9:30am.                            |
| Jigsaw Puzzle Exchange | Ann Snyder                      |   |
| Lunch Bunch            | Kathy Cron                      | Third Thursday of the month                   |
| Purls & Crafts Group   | Noreen Mikelsons                | Third Thursday, 10am - 12 noon                |
| Breakfast Club         | Marg Johnstone                  | First Saturday Morning of the month           |
| Saturday Brunch        | Anne Cher                       | Second Saturday of the month at 11am.         |
| Sharps & Flats         | Marg DeBrusk                    |   |



### Lunch Bunch

This year Lunch Bunch will be held on the THIRD Thursday of the month, that is the week following our Probus Meeting.

The Lunch Bunch is a group of members who enjoy eating out together, at various restaurants, around the greater Waterloo area. We suggest you car pool to most restaurants, as there is usually limited parking. Some restaurants will open especially for us, provided we get the numbers.

An email will go out to the Group on the weekend before the Thursday, requesting you reply to it, if you will be attending that week. Please do not reply if you're not coming.

We're looking forward to seeing you at our first Luncheon in October.

Convenor  
 Kathy Cron Email [kathycron@ymail.com](mailto:kathycron@ymail.com)  
 Dianne Houston



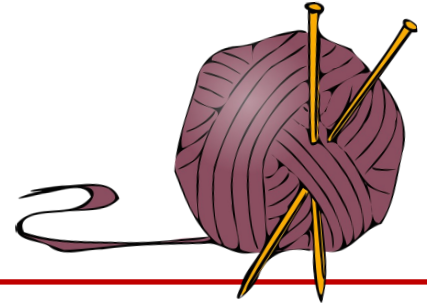
**Only current members of the Probus Club of Cambridge Riverside may participate in Interest Groups under the auspices of the club.**

## PURLS & CRAFTS GROUP

We are meeting on the 3rd Thursday of each month from 10-12 noon.

If you miss a meeting or come late or leave early that's just fine. We are meeting at Monigram Coffee Roasters at 16 Ainslie South in Cambridge (East Galt), N1R3K1. The side door faces the free parking lot between Water St. (across from the E-library) and Ainslie St. The free parking lot can be accessed from Ainslie St. or from Water St. We are meeting upstairs (no elevator) and are encouraged to buy something before going up or when leaving. That's because we are not paying to use the upstairs area. I've booked us monthly until June and then again starting in Sept. of 2024. I'll send reminders the weekend before we meet.

Cheers, Noreen



## Cribbage



The cribbage group meets on the 3rd Tuesday of the month at Queens' Square Terrace, from 1:30 to 3:30. The next date is Tuesday, October 17<sup>th</sup>.

All are welcome, any level of play.

For more information please contact Suzanne Cline-Armstrong at [sclinearmstrong@gmail.com](mailto:sclinearmstrong@gmail.com).

## Probus Bridge

There will be a sign up sheet available at the meeting to sign up for Probus bridge. Please sign if you would like to play bridge once a month.

We take turns hosting in our homes.

Thanks, Pauline Isbester



Hello Ladies,

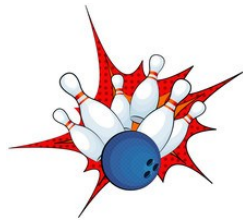
Get your **euchre teams** together for the new season. We are looking forward to starting up again in September. Euchre is such a fun game and the gatherings are always enjoyable and a great way to make new friends and meet new members.

We are always looking for new players either to join a team or go on the spares list to play when needed. If you are interested please contact **Brenda Innanen or Norma Johnston**.



Come and join us for a fun night of bowling at Kingpin, 4pm on the 1st Wednesday of the month. Please contact

Sally De Leonardis.



## MYSTERY WOMAN

Our Mystery Woman for September was Ruth Legate Exon

Congratulations Ruth!



## THINKING OF YOU CARDS

Two Sympathy cards and one Thinking of You cards were sent in September

If you know of a Probian who is in need of a card for illness, sympathy or 'thinking of you', please contact

Marg DeBrusk

519-621-6816



Final Submissions for November's newsletter is October 20<sup>th</sup> 2023.