



# PROBUS NEWS

Women's Probus Club of Cambridge Riverside

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Probus Canada <https://www.probus.org>

Vol. 15 Issue 8 April 2019

## MANAGEMENT TEAM 2018-2019

President	Barb Camilleri
President-Elect	Alison Sanders
Past President	Evelyn Sullivan
Treasurer	Jennifer Ghent-Fuller
Secretary/Communications	Aline Chan
Program Co-Chairs	Jan Woynarski/Lyn Pinnington
Membership Chair	Anne Cher
Travel Chair	Lynda Berg
Newsletter Editor	Germaine Glaves
Special Events Co-Chairs	Moraig Waite/Karen Barber
Public Relations	Linda Sims
Facility	Kriss Gandier

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

*Next  
Meeting is  
April 10<sup>th</sup>  
Sunbridge  
Hotel*

## March's Probian Profile

### Nancy Redmond

I have lived in Cambridge for 8 years and have been a member of Probus Cambridge Riverside for 6. I have greatly enjoyed the friendship of my fellow Probians, together with the exceptional speakers, and fun bus trips. I was born, raised and schooled in Toronto and worked for the Bank of Nova Scotia. I have 5 children, 8 grandchildren and 2 great-grandchildren with another on the way. My husband and I lived in Winnipeg for a time where I worked as an accounting clerk for the Winnipeg Sun. On retirement I moved back to Ontario. My hobbies are reading and doing crosswords. I have had and continue to have a great life, travelling and meeting interesting people along the way.



### MESSAGE FROM SPECIAL EVENTS COMMITTEE

We will once again be having a luncheon at our end of the year meeting on **June 12<sup>th</sup>**. At our May meeting on **May 8<sup>th</sup>**, we will be collecting five dollars per person to offset our costs. An envelop will be present at each table to collect the monies in and **WILL BE COLLECTED AT BREAK**. The luncheon will consist of wraps, sandwiches, salads and squares. There will be vegetarian and gluten-free options.

# APRIL'S GUEST SPEAKER

Jean LaMantia, RD  
Registered Dietitian  
[www.jeanlamantia.com](http://www.jeanlamantia.com)

Jean LaMantia is a registered dietitian, cancer survivor, author of the best selling book [\*The Essential Cancer Treatment Nutrition Guide & Cookbook\*](#) and creator of the [\*Cancer Risk Reduction Guide\*](#). Her latest book the Complete Lymphedema Management & Nutrition Guide comes out this Summer.

She helps her clients achieve their goals with telephone and in-person nutrition counselling. She writes a popular blog called **Cancer Bites** which she hosts on her website <http://www.jeanlamantia.com/>



## J.I.T.A. EXCURSION

Members of our club have been invited to join the Men's Probus Club in.....

### "A Night at the Races"



**Flamboro Downs Race Track**

**967 Hwy #5 West**

**Dundas, ON.**

**THURSDAY, MAY 16, 2019**

**Time: 5 p.m.**

**Price: \$35.00 p/p**

The evening includes a buffet dinner, featuring prime rib of beef, a program for each person, a race named after our club, a visit to the winners circle and a photograph taken with the winning horse and jockey. This excursion is **NOT** restricted to Probus members, so please feel free to invite husbands, family and friends over 19 years of age.

If interested, please register with Moraig Waite, along with your payment, at the **April 10<sup>th</sup> meeting**. Make cheques payable to **Moraig Waite** who will then pay Flamboro Downs by personal visa card prior to the event.

Directions to the race track will be available at registration.

## Greeters

April greeters will be **Joan Montague** and **Judy Stewart**



If you are planning to stay for lunch at the **Sunbridge Hotel** please make reservations no later than 10:30 the morning of the meeting. **Phone 519-658-4601** or in person.



## *Thinking of You Cards*

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

**Marg DeBrusk**



## *Bridge Group*

All members and spares, our lunch and party at the Galt Country Club is **Friday June 14** at 11:30 am

contact **Joan Fairley**



## *Euchre Group*

Our end of the year party & luncheon is **June 6** at Galt Country Club.

Contact **Dianne Kroeger**

## *Mystery Woman*

**Joyce Debison** was March's Mystery Woman. Congratulations **Joyce**



## Attention Kingston-Gananoque Trip Travelers



Final Payment Due: April 10<sup>th</sup> \$595

**BRING YOUR CHEQUE BOOK**

Or Call Kelly Fields 519-894-8687



## *BOOK TABLE*

Visit our table at every Probus meeting. This on-going program is available to all members.



## *COM CATS Computer*

Wednesday April 17  
12:30-2

Queen's Square Retirement Residence

Come find out why and how to do **Electronic Banking**. It is easy, safe and economical.

Contact **June Ayhart** for full details



## *SUGGESTIONS, CONCERNS AND IDEAS*

Do you have questions you want to ask, but do not know who to approach for answers? Do you have suggestions? What do you enjoy the most about our meetings and being a member? At the April meeting, there will be a box for your input, on the name tag table. Your input is invited and welcome!

# Probus Special Interest Groups



## ➡ NEW GROUPS

Travel	Lynda Berg	<i>Third Wednesday at Lynda's home</i>
Book Club #1	Marg Johnstone	<i>Fourth Thursday, Donaldson Room, Centre for the Arts</i>
Book Club #2	Linda Meyette	<i>Fourth Wednesday, 1 pm, rotating members' homes</i>
Book Exchange	Diane Day/Cathy Coyle	<i>Table at every Probus meeting</i>
Bridge #1	Joan Fairley	<i>First Thursday, 1 pm, rotating members' homes</i>
Bridge #2	Joan Fairley	<i>Second Tuesday, 1 pm, rotating members' homes.</i>
Bridge #3	Joan Fairley	<i>Third Friday, 1 pm, rotating members' homes</i>
Bridge #4	Joan Fairley	<i>Third Thursday, 1 pm, rotating members' homes</i>
Bridge #5	Joan Fairley	<i>Fourth Thursday, 1 pm, rotating members' homes</i>
Euchre	Dianne Kroeger	<i>Every Monday, rotating members' homes.</i>
Sharps & Flats	Marg DeBrusk	<i>First Wednesday, 11:30 am, Galtview Restaurant</i>
Walking Club	Merrily Walker	<i>Every Monday 9:30 am, local trail hike followed by coffee. Location TBA</i>
Lunch Bunch	Julia Boyd	<i>Third Thursday, 12:30-2:30 pm, various locations, sign up at meeting</i>
Computer Club	June Ayrhart	<i>Check flyer on bulletin board at Probus meetings</i>
Purls Craft Group	Dot MacMillan	<i>First Thursday, 10:30-12, Fabric Arts Studio, Floor 2A, Centre for the Arts</i>
Greeters	Linda Sims	<i>Volunteers welcome</i>
➡ Bowling	Sally De Leonardis	<i>First Wednesday 3:45, Kingpin Bowling Cambridge Centre</i>
➡ Quilting	Aline Chan	<i>Last Thursday 9:30-11:30, Queen's Square Terrace, Heritage Room</i>
➡ Board Games	Ethel Craig	<i>First Friday starting April 5 1-4, St. James Church, Ellis Rd., Hespeler</i>
➡ Cribbage	Suzanne Cline	<i>Second Tuesday <b>starting April 9</b> 1:30, Queen's Square Terrace, Activity Room</i>
➡ Golf	Donna Mae Fleet	<i>TBD</i>
➡ J.I.T.A.	Moraig Waite	<i>Moraig must be contacted to participate or to suggest an event</i>
➡ Saturday Breakfast Club	Marg Johnstone	<i>First Saturday 10 am, various locations, <b>starting April 6th at Country Girl Restaurant</b></i>



It is not necessary to participate 100% in an activity. Everyone has times they are on holiday, at the cottage or another engagement. Regardless, PLEASE PARTICIPATE! We welcome you.