PROBUS NEWS

Women's Probus Club of
Cambridge Riverside

Editor: Kriss Gandier
Club's designated Email address: CambridgeRiversideProbus170@gmail.com

Vol. 23 Issue 2, October 2026

October Message from the President

Another month is underway and all of us are likely back to our routines and activities. **October is Probus month** and I am offering you a chance to win a prize by telling me what great ideas you have for using our Probus pins that doesn't cause them to be tangled up among the membership tags. Think fun. Think pride. Please read the newsletter poem.

I hope you have had a chance to think about grandparents and grandparenting. If you have a **story about your grandparent or about being a grandparent that you'd like to share** I will be asking at our October meeting. Lets enjoy each others' story treasures.

October 18, 1929 Thanks to the Famous Five : The Privy Council final ruling reversed the Canadian decision and declared that women were indeed "persons' under the law. Exceptions were Indigenous and Asian Women.

The gardens are beautiful and I am enjoying this particular fall. I have joined the Cambridge garden club again and appreciate the value they offer in membership. However, they have had to increase their fees as our world had become increasingly expensive. Your management committee will be discussing this month whether this is something we need to do also. We welcome any feedback you care to give for our consideration in those discussions.

I leave you with these October thoughts for your consideration and look forward to when we meet again.

"October air, complete with dancing leaves and sighing wind." J. A Parker
"October is a fallen leaf, but it is also the wider horizon more clearly seen." H. Borlan
"The end of summer is not the end of the world. Here's to October " A.A Milne

Seasonally yours, Ruth

Join us on Facebook: https://www.facebook.com/ProbusCanadaCambridge
All documents such as membership forms, constitution and Bylaws, our history, can be found at : https://www.alininspirations.com/probus-cambridge-riverside.html

MANAGEMENT TEAM 2026 - 2027

President	**Ruth Legate Exon**
President Elect	**Judith Naylor**
Past President	**Sue Sturdy**
Treasurer	**Suzanne Cline**
Recording Secretary	**Debbie Swift**
Tech. / Communications	**Aline Chan**
Program	**Cheryl Clark**
Membership	**Lyn Pinnington**
Travel	**Laura Davis-Cook**
Facilities	**Claire Tinsley**
Newsletter	**Kriss Gandier**
Special Events	**Jane Cipolla & Jinnie Wilson**
Public Relations/Archives	**Kathy Whitfield**

September's Guest Speakers from Marlin Travel, introduced by Cheryl Clark

MYSTERY WOMAN

Our Mystery Woman for September was

Cheryl Ridsdale

Our greeters for September were

Gloria Coppes & Marion White

IN MEMORIAM - Helen MacDonald,

July 26, 1922 – September 9, 2026

Helen recently celebrated her 104th birthday and was the longest surviving Probian with our club. Some of our Probus members met her to celebrate at her recent birthdays, starting with her 100th. She was a founding member of our club – joined in April 2005 - and enjoyed reading our newsletters.
A donation on behalf of our Probus Club is being made to Cambridge Memorial Hospital.

Some have asked if they can have her daughter; Maureen Hinan's address to send a card of condolence. If you wish to be in contact with her family ask anyone on MC for Maureen's contact information.

Condolences to our Probian member **Dianne Houston** on the passing of her beloved husband Brian, with whom she shared 62 years of marriage.

PROBUS INTEREST GROUPS

COMMITTEE	CONTACT	WHEN
Book Club #1 (Full)	Marg Benian	First Thursday of the month, 9:30am - 11:30am
Book Club #2 (Full)	Cheryl Clark	Last Wednesday of the month
Book Club #3 (Full)	Roxanne Foreman	Third Tuesday of the month
Book Exchange	Eileen Jones & Kathy Whitfield	
Bowling - 10 pin	Marg Barette	First Tuesday of the month, 4pm
Breakfast Club	Sue Hutcheson	First Saturday Morning of the month, 9:30am
Brunch	Anne Cher	Second Saturday or Sunday, 11:15am
Bridge	Stasia MacLeod & Barb Camilleri	Temporary substitute convenors while Pauline Isbester is recovering
Cheer & Visiting	Marg DeBrusk Noreen Mikelsons	519-621-6816 email information to Noreen: nursenoreen@rogers.com
Craft Group	Noreen Mikelsons	Fourth Thursday of the month, 10am - 12 noon Queen's Square Terrace
Cribbage	Suzanne Cline	Third Tuesday of the month at 1:30
Euchre	Suzanne Bolton -Hull	Once a month on a Monday at 1pm
Hiking/Walking	Paulette Bissonnette	Mondays - 9:30 am.
Strollers, Slow Walkers	Maddie Sczepski	Mondays - 10 am.
Jigsaw Puzzle Exchange	Ann Snyder	
Lunch Bunch	Kathy Cron	Third Thursday of the month
Mystery Woman	Doreen Strybosch	
Sharps & Flats	Marg DeBrusk	
Travel	Laura Davis Cook	

Request for Assistance—Facilities

We are looking for a few extra helpers. We set up for the Probus meetings and take down after the meeting. If you would like to get involved please see me at the next meeting.
Thanks, Claire Tinsley, Facility Chair

Probus Meeting

2nd Wednesday of the month

Next Meeting October 14th at 9:30

REMINDERS

When you receive a table number **please put the plastic number into a dish on the table** and sign your name on the list at the table.

Mute your phones during the meeting and please **return your name tags after the meeting.**

The parking spots that are close to the Portuguese Club beside the ramp are only to be used as **handicap parking.**

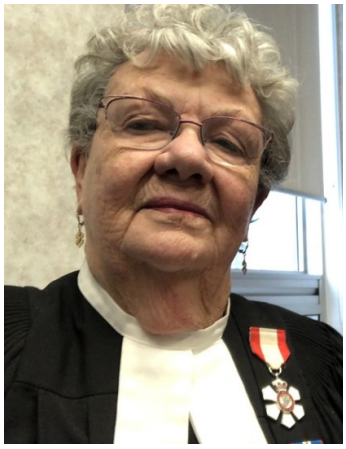
Remove your Probus pin from your name tag and wear it instead.

Probian Profile - Bev Montague

Elizabeth Long introduced us to Bev Montague as our Probian Profile member and presented her with a rose. Congratulations were given on the celebration of Bev's 67th wedding anniversary.

Moira Ainsworth was presented with a rose and thanked for chairing Probian Profile last year.

October's Guest Speaker



JEAN AITCHESON C.M. (RN retired)

Medical recycling - The Stratford Mission Depot

Jean worked as a hospital staff RN in acute care units for 53 years, over 48 of them at Stratford General Hospital. Concurrently, she taught part time Conestoga College Continuing Education courses to RN's and RPNs for 35 years.
Jean was a Health and Safety and Union Activist, a charter Member of the Ontario Nurses Association in 1973, served on the Board of Directors, and on the first Hospital wide Central Team that negotiated a 50% pay increase for Ontario Nurses.

Jean has participated in 37 short term humanitarian mission trips to 10 different countries around the world, most of them medical and acting as team leader. She has coordinated a medical recycling depot in Stratford for 29 years, collecting, and processing donated medical supplies to send around the world, most now going to Ukraine, Cuba, and South Sudan.

Jean is an active Rotary Club Member for 15 years, and holds multiple Paul Harris Fellowships. She is a member of Probus Stratford. Jean lives with her husband of 56 years on their farm, has 2 sons, one of whom farms the Aitcheson Homestead Farm of 141 years, and enjoys 5 grandchildren.

PRESIDENT ELECT REPORT

You May Be Wondering About **Our November Meeting… The meeting is on Remembrance Day**. It is our honour and privilege to have Marion White read "In Flanders Fields" to us to open the meeting. Afterwards, Marion will depart to attend the ceremony at the Cenotaph. You, too, may choose to leave the meeting at that time. But if you stay, our speaker for the November meeting is a young woman who is a retired member of the Canadian Armed Forces, and who will be talking about her service. We will have a moment of silence at the appropriate time. November is a month of significance for many of us.
In preparation for November's meeting, **we will have poppies at each table. You are encouraged to take a poppy and write the name of someone you wish to recognize on it.** There will be one sharpie marker at each table. We also would like to hear the stories of your person. If you wish, you can come to the front and read your story, or, if you'd be more comfortable, I can read your story for you. You can send your story to me at: judithmnaylor@gmail.com

My Beautiful Probus Pin - A poem for my Pin friend Anne C

I joined Probus this year to make new friends
And I have a pin to wear to show my awesome pride
To belong, to participate, to learn is my desire
But what do I do with that beautiful pin, I can not decide
The President asks, " please do not attach your pin
To the nametag you turn in". She says, "It creates a kerfuffle to the shuffle
And the organizers might cry." Instead my friend join the discussion
What to do with my that Pin I carry with such pride ?

I do not want to lose it in THAT drawer,
I do not want it on the floor,
I need to find it each month for sure
What to do with the pin?
The Pres she says, " I have a contest just for you
Suggest the best alternative to the floor
Find it, wear it and make more friends
What does she say to do with the PIN?"

Guess her answer or better yet
Supply a suggestion we can't forget
And she will reward you with a prize
In June that you will not regret.

Four new members were inducted at our September meeting: Glenna Hegagie, Kim Kampian, Michelle Spurgeon, Nancy Hilborn

THINKING OF YOU CARDS

There was 1 Thinking of You card and
2 Sympathy cards mailed since our meeting in September.

If you know of a Probian who is in need of a card for illness, sympathy or thinking of you, please contact Noreen Mikelsons. nursenoreen@rogers.com
Marg Debrusk will be sending out the cards.

Preferred Seating Tables

We have 3 tables set aside for anyone who may have the need to be seated closer to the front of the room. Vision, hearing etc.
Please let Josephine or Wanda know (they hand out the table #'s) and they will be happy to direct you to those tables.

Leftover Muffins

We have been donating leftover muffins from our meetings to the Bridges and it was suggested we also donate them to a women's shelter.

Request for Tech Support

Hello Probians: if you have an interest in technology and would like to offer support for the technology used in Probus monthly meetings, we would like to talk to you. Please indicate your interest to anyone on the management committee.
Many hands make light work!

Online Safety/Facebook Committee

A new committee is being formed to investigate how to protect member privacy by examining Social Media and our online presence.
Ruth Legate Exon, Judith Naylor and Kathy Whitfield will sit on the committee.

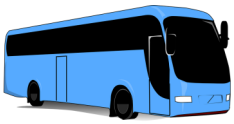
Volunteers are being requested to help with this committee. It was suggested we have a workshop about Online Safety.

Bulletin Board

We have a bulletin board for any Probus member to post and share outside information about upcoming events. The bulletin board was in the front hallway but now will be moved to a more accessible and viewable location near the sign up tables and the washrooms.

Final Submissions for November's newsletter is October 20th 2026.

UPCOMING TRAVEL



Payment by cheque (Women's Probus of Cambridge Riverside) or e-transfer (camrivprob@gmail.com) will be accepted at the October Probus meeting.

Wednesday, **October 21** (10:30 -12:30) - **HERstory -$40 - ONLY 4 SPOTS LEFT!!**
Did you know that a woman doctor from Galt went on to help form Planned Parenthood? Or that a widow who once owned land in Galt had the right to vote before women were legally entitled to do so? These are just two of the fascinating stories you will hear about the inspirational and influential women who helped shape Cambridge's history during a walking tour through downtown Galt. Following the walk, lunch will be organized for those who would like to continue the fun and enjoy some social time together. If you will not be attending the October Probus meeting but would like to join us for lunch, please contact Lynda Berg at lyndaberg53@gmail.com.

Friday, **December 4th - Holiday Home Tour** Join us for a wonderful Christmas tour of Niagara-on-the-Lake, where we will visit six beautiful heritage homes, each beautifully decorated for the holiday season. We will also enjoy lunch at Peller Estates Winery, along with complimentary tastings at a few other local wineries, if time allows. The response to this trip at our September meeting was so enthusiastic that we are now organizing a second group of participants, allowing even more members to join in the fun! If you were placed on the waiting list at the September meeting, please confirm your intention to participate by emailing lauracook@rogers.com, if you have not already done so. The total cost of the trip is expected to be approximately $200. We are hoping to have all the plans finalized by our October meeting. Any other questions or concerns? Contact Laura Davis-Cook at lauracook@rogers.com

Cribbage

The Probus Cribbage group will meet in October on Tuesday, October 20th at Queens' Square Terrace craft room, from 1:30 to 3:30. Beginners and experienced players are all welcome. We hope to see you there.
For more information please contact Suzanne Cline at

sclinearmstrong@gmail.com.

Kathy's Lunch Bunch

Pur & Simple in the Delta area
on Hespeler Rd
12.30pm,Thursday October 15th
It's the day after our Probus meeting.
An email will go out to those on my list, the weekend before it. If you still wish to join us, please email kathycron@ymail.com.
Many thanks Kathy Cron

Saturday BRUNCH

October 17th, 2026 at **12noon**
at the **Borealis Grille and Bar**
on 4336 King St E., Kitchener

Please contact Anne Cher by **email only** if you would like to join us for the Saturday Brunch.
at anne.cherwonogrodzky@gmail.com

Breakfast Club with Sue Hutcheson

The Probus Breakfast Club will meet again
October 3, 2026, 9:30 will be the time,
at **ZAZ Bistro**, 916 King Street East, Cambridge,
Across the street from the Rising Dough Bakery and Giant Tiger.
Please let me know who can attend.
s.hutches@sympatico.ca

Attention all Bridge players! ♠♥♣♦

Our **Christmas Bridge** get together for lunch and cards will take place on **Wednesday December 2nd**

More details to follow. Be sure to mark your calendars!

Thank you.
Barb Camilleri and Stasia MacLeod

Christmas Luncheon

If you are looking for musical entertainment, prizes, great food; mark **Wednesday December 9th** on your calendar ! The luncheon will include a hot turkey and ham dinner with all the fixings along with dessert, tea and coffee for **$50.00**. We will be having a sign up table at the **October and November meetings** where we will be accepting e-transfers, cash or cheques.
We are anticipating a merry time for all!
Jane Cipolla