



**Women's Probud Club of Cambridge
Meeting**

February 21, 2025, 9:30 am

Portuguese Club, 870 Townline Rd. Cambridge

HAPPY



VALENTINE'S

DAY

Greeters for
February
Gaenor William
Sylvia Brooks



SPEAKER FOR OUR FEBRUARY 21st MEETING

Lillie Proksch – Women's Crisis Services

Lillie Proksch is the Prevention and Community Engagement Specialist at Women's Crisis Services of Waterloo Region and Producer of the She Is Your Neighbour podcast. Lillie started at Women's Crisis Services in 2020 and can often be seen on their social media channels, educating the community about upcoming events, initiatives, and the She Is Your Neighbour project. She has been working behind the scenes of She Is Your Neighbour since season one of the podcast and she also likes to get creative in front of the camera when she's creating content for Instagram and Tik Tok. Lillie always knew she would end up working in the non-profit sector and she is so grateful that she gets to mix her passions of advocacy and non-traditional media.



Pictures of our Ladies Luncheon at Symposium, January 24th.



Picture of the Culture Club outing at the Kitchener Museum celebrating the renowned Giraffologist Anne Innis Dagg. January, 23, 2025





INTEREST GROUPS:

Euchre: 1st Wednesday each month. Call Gaenor Williams, 905 802-0494: williamsgaenor@gmail.com , if interested.

Travel: Contact Mary Jane Marshall, mjmarshall780@gmail.com , 519 623-4949
There will be an upcoming event October 4, 2025. More info will follow.

Culture Group: Call Carol Harvey, 519 619-9512; harveyce@bell.net. The following event on February 22, Guelph Chamber Choir, Scoundrels and Scallywags, lunch, Buon Gusto at 12:30, across from the Event.

BOOK Club: Book Club – meets on the second Friday of each month at the Galt Country Club at 10:30 for book discussions and sharing of recent “reads”. Phone Marilyn (519 653 9743) if you would like to join us.

NOTE: coming soon Book Club 2, information at our February 21st meeting.

Luncheon Ladies: Our next lunch will be at the Thirteen Food/Bar, February 28th, 12:00 noon, 13 Main St, Galt. If interested please contact Paulette Bissonette 519 651-1772 or pauletteplb2020@gmail.com

Tech Booster Club: Call Kay Crawford, 519 616-8704; advisorkay@gmail.com, if interested: We are presently meeting via zoom each month on the first Tuesday 1:00pm to 3:00pm.

Posh: meet first Saturday each month, 5:30 – 9:00 pm, rotating homes, if interested call Heather Cooper, 519 4044432, hjcooper@hotmail.com

INTEREST GROUP SIGN-UP SHEETS ARE ON THE ENTRY TABLES





Information on our Welcoming New Member Tea will be finalized in the coming weeks.

Will keep your informed on the Place, Date and Time.

Who Am I for February

Welcome

Carol Bonnett

Enjoy her Story

HAPPY BIRTHDAY to the following members who will be celebrating their day during the month of February:

Carole Asher

Anne Blain

Verna Ferguson

Liz Hodgkinson

Haydee Hutchinson

Gaenor Williams

Margaret Benian

Margaret Brethet

Anne Groulx

Terry Anne Howard

Valerie Neal



♥Recipe of the Month ♥

Red Velvet Layer Cake ♥♥♥



Ingredients:

FOR CAKE

12 tbsp. unsalted butter, softened, plus more for the pans
3 c cake flour
3 tbsp. unsweetened cocoa powder
1 tsp. baking soda
½ tsp salt
1 ¾ c granulated sugar
1/3 c vegetable oil
3 large eggs, room temperature
1 tbsp red food colouring (before it is banned in Canada)
2 tsp apple cider vinegar
1 tsp vanilla
1 c buttermilk

Ingredients: FOR FROSTING:

4 8oz packages of cream cheese, softened
2 sticks unsalted butter, softened
2 pounds (about 8 c) confectioners' sugar
1 tbsp fresh lemon juice
½ tsp vanilla
1/8 tsp salt

Directions:

1. Make the cake: Preheat oven to 350 degrees F. Butter two 9 in round pans, line with parchment paper, butter the parchment. Whisk the flour, cocoa powder, baking soda and salt in a bowl.
2. Beat sugar, 12 tbsp butter and vegetable oil about 4 min., beat in eggs one at a time. Beat in the food colouring, vinegar and vanilla. Add in flour alternating with buttermilk until just combined.
3. Divide batter between pans, bake 35 to 40 mins, until toothpick comes out clean from center. Let cool 10 min on racks, then turn out cakes on racks to completely cool. Using a long serrated knife, cut cakes horizontally to make 2 even layers.
4. Make the frosting. Beat the cream cheese and butter until fluffy. Add confectioners' sugar, lemon juice, vanilla and salt, beat until smooth.
5. Put 1 cake on a platter, spread 1 ¼ cups of frosting on top. Repeat to make 4 layers, ending with cake. Cover top and sides with thin layer of frosting (this is the crumb coat) it doesn't have to be perfect. Chill 15 mins then cover with the remaining frosting.
6. Serve and ENJOY ♥



Interesting facts about Valentine's Day

There are actually two St. Valentines, Nobody knows for sure if the holiday originally celebrated St. Valentine of Rome or St. Valentine of Terni, both of whom were martyred.

In the 1300s, it officially became a holiday associated with love. In the Middle Ages, it was believed that February 14 was the start of birds' mating season. Chaucer cemented the connection between Valentine's Day, birds and romance with his 1375 poem "Parliament of Fowles," writing, "For this was on Seynt Valentynes day, / Whan every foul cometh ther to chese his make." The rest, as they say, is history!

Watch out around Valentine's Day, or else you may be struck by Cupid's arrow. According to Time, the ubiquitous cherub can be traced back to 700 B.C. In Ancient Greece, Eros, the Greek god of love, was depicted as a handsome young man and had the power to make people fall madly in love. Over time, he was adopted by the Romans and became known as Cupid, his image changing to the little boy with the bow and arrow. Because of his love-inspiring powers, he became linked to Valentine's Day by the turn of the 19th century.

The first Valentine was sent in the 15th century.

The first heart-shaped box of chocolates was introduced in 1861. It was created by Richard Cadbury, son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates for V-Day in 1861, and today, more than 36 million heart-shaped boxes of chocolates are sold each year.

It's celebrated differently around the world. Many Latin American countries know the holiday as el día de los enamorados (day of lovers) or día del amor y la Amistad (day of love and friendship). Though couples exchange flowers and chocolate on this day, the holiday's focus is also directed at showing gratitude to friends. In Japan, it's customary for just the women to give confections to the men in their lives, with the quality of the chocolate indicating their true feelings, according to Fortune. On March 14, exactly a month later, the men repay the favour by celebrating the increasingly popular "White Day."

"XOXO" is a popular signature this time of year. The origins of the signature, however, stem from the Middle Ages. The Washington Post reported that during those times the "X" symbolized the Christian cross, and letters ended with the sign of the cross and a kiss to symbolize an oath. As the gesture became more popular in literature, letters and paperwork, it came to mean something had been "sealed with a kiss."

Lovebirds are actual birds. It's also the common name for Agapornis birds. This bird is a type of parrot that is native to the continent of Africa and can be found throughout the eastern and southern regions. The animals typically travel in pairs, which is why many couples are referred to as lovebirds.

Submitted by Marion Bale



PRESIDENTS MESSAGE

As I am preparing this newsletter while our Ground Hogs are in disagreement over the length of our winter, one says early spring another 6 weeks more of winter???? Who knows, put your seatbelt on and give it a good ride.

As you know we need volunteers to help our club operate. For this coming year we are looking to fill positions which I have listed below:

First Vice President: (to give support to Connie Titizian, as she will be taking over from me for the 2025-2026 Probus year)

Secretary for our Club.

If interested please let me know and a job description will be available to you.

Thank you Ladies

HAPPY VALENTINE'S DAY



Linda

519 242-004

BE A FRIEND BRING A FRIEND