



Women's Probus Club of Cambridge

Annual General Meeting

October 17, 2025, 9:30 am

Portuguese Club, 870 Townline Rd. Cambridge



Our Speaker for October is: ***Kathy Somers***



Kathy runs the Stress Management and High Performance Clinic at the University of Guelph.

She is a registered Kinesiologist who is board certified in biofeedback (Biofeedback Certification International Alliance) and certified in Stress Management Education.

Since 1983 Kathy has taught relaxation and stress management skills to groups and individuals. She currently provides the University of Guelph with programs in Relaxation & Stress Management Skills, Better Sleep, Decreasing Headaches, STOP Worrying!,

Does it take a long time to fall asleep? Mid-night awakenings? Sleep is not refreshing?

Kathy will share the most effective drug-free strategies to promote better, restful sleep. (Yes, it's true that long term use of sleeping pills changes your sleep structure and generates insomnia!)

Topics covered include:

The 3 keys to decreasing insomnia
What robs us of energizing sleep?
How to fall asleep (or back to sleep) more easily

Techniques that settle down the busy brain making it easier to sleep.



Your Club participated in the Cambridge 50+ Active Living Fair.

A BIG THANK YOU to:

Connie Titizian, Linda Jellett, Marion Bale, Cathy Button, Carol Harvey, Gaenor Williams and Carol Bonnett, for manning our table set up to interest new members. Missing in picture: Cathy and Linda



We had a very successful day.

“WHO AM I” looking forward to hearing from Valerie Neal this month. I’m sure we are in for an interesting story.

New Member Loretto O'Brien received her Probus Pin at our September meeting:



September 27th a Culture Club event. The Ladies went to the Kitchener 22nd Annual Pow Wow

L – R

Connie

Leslie

Mary

Gaenor



At our June meeting our Ladies purchased their fantastic dresses from the Hospital Gift Shop and decided to model them for us at our September meeting:

Looking good girls L - R

Terry Anne

Loretta

Catherine

OCTOBER IS PROBUS MONTH

In celebration of **Probus Month**:

IT WOULD BE APPRECIATED IF YOU COULD BRING A CONTRIBUTION TO THE FOOD BANK

**** DON'T FORGET TO WEAR BLUE AND/ OR YELLOW****

INTEREST GROUPS:

EUCHRE: 1st Wednesday each month. Call Gaenor Williams, 905 802-0494 if interested

BOOK CLUB #1: 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).

BOOK CLUB #2: meets on the 3rd Wednesday of each month at rotating homes. Contact: Carol Bonnett 519 573-9076; cduffieldbonnett@rogers.com

Culture Club: contact: Carol Harvey, 519 619512; harveyce@bell.net
Oct. 18th Frederick Art Walk is schedules for Culture Club

POSH: group of Ladies enjoying food, drink and conversation together on the 1st Saturday of the month, 5 – 9 pm at rotating homes: If interested to go on the list please contact Heather Cooper, 519 404-4432; hjcooper@hotmail.com

Luncheon Ladies: Monthly ladies luncheons @ 12 noon, 4th Friday of each month. October 24, Moose Winooski’s, 20 Heldmann Rd @ Sportsworld Kitchener @ 12 noon.

Sign-up sheets will be on the table at our October Meeting: or If interested please contact Paulette Bissonnette 519 651-1772 or pauletteplb2020@gmail.com

NOTE: September 26th 9 Members went to the Grain of Salt Restaurant, had a great meal and forgot to take a picture! SORRY!!!!

Technology Booster Club: meets on Zoom 1st Tuesday of each month starting this session October 7th, 1:00 pm: contact Kay Crawford, 519 616-8704; advisorKay@gmail.com for information.



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

Diana Algie

Cheryl MacInnes

Marion McKersie

Sheila Medland

Dorothy Redwood

Alice Whittaker



Make Note: if you are aware of a fellow Probian who is in need of a card for illness, sympathy or 'thinking of you', please contact:

Kay Mattear

jjameskay1960@icloud.com

519 623-3241

I would like to introduce you to Herbie the Hedgehog, which was the very thoughtful gift presented to me at our June meeting by Connie.



We were together at the Royal Botanical Gardens at the Alice in Bloomland exhibit and I loved the hedgehogs and tried to buy one, they were not selling them that day so Connie hounded them until they sold one to her. Thus I have Herbie.

Thank you all for the lovely parting gifts, words and your support through the two years I held the President's position.

Thank you to Connie for taking on this role.

I hope all continue to enjoy our club and the friendships we have made.



CHRISTMAS IS COMING soon



Tickets will be available for our Christmas Event at our October and November meeting:

\$45.00 dollars for our Christmas Dinner, entertainment and enjoying each other's company. WHAT A DEAL!!!!!!

Our Program Committee has put together a wonderful day for us to enjoy and to start our Christmas Celebrations.

EASY-FANCY PEAR GALETTE

SUBMITTED BY ELIZABETH JELLTT-HUTCHINSON



Ingredients:

½ c Almond Flour or meal
¼ c granulated sugar
2 tbsp. all-purpose flour
1 tsp. ground cardamom
¾ tsp. kosher salt divided
4 tbsp. unsalted butter, melted, slightly cooled, plus 1 tbsp. room temperature.

1 tsp almond extract
2 large eggs
½ c finely chopped candied ginger
1 17.3oz or 14oz package frozen puff pastry, preferably all butter, thawed
2 15oz cans pear halves in light or syrup, drained, thinly sliced
¼ c sliced almonds
2 tbsp. honey
Flaky sea salt
Whipped cream or vanilla ice cream (for serving: optional)

Preparation:

Step 1: place a rack in lower third of oven and preheat to 375. Whisk ½ c almond flour or meal, granulated sugar, 2 tbsp. all-purpose flour, 1 tsp. ground cardamom, and 1 tsp salt in a medium bowl to combine. Add 4 tsps. unsalted butter, melted, slightly cooled, 1 tsp. almond extract, and 1 large egg and whisk to combine. Stir ½ c finely chopped candied ginger into almond cream with a rubber spatula.

Step 2: if using a 17.3oz package of frozen puff pastry, preferably all-butter, thawed, with 2 sheets, stack sheets and roll out on a piece of parchment paper to 1/8" thick.

Step 3: if using a 14 oz package of frozen puff pastry, preferably all-butter, thawed, with 1 sheet, gently roll out on a piece of parchment paper just to smooth out any creases.

Step 4: transfer pastry on parchment to a rimmed baking sheet. Using a paring knife, score about a ½" border around all sides, cutting about halfway through. Prick pastry within border in several spots with a fork (this will keep pastry from rising too much as it bakes).

Step 5: using an offset spatula, spread almond cream evenly over pastry, staying inside border. Fan two 15oz cans pear halves in light or heavy syrup, drained, thinly sliced, over almond cream. Lightly beat remaining 1 large egg in a small bowl just to blend, then brush pastry border with egg. Sprinkle border with ¼ c sliced almonds and gently press to adhere.

Step 6: bake galette until pastry is puffed and golden and almond cream is no longer wet, 30-40 min. Reduce oven temp to 350 and continue to bake until pastry is deep golden brown and bottom is crisp, 20-30 min longer. Let galette cool on baking sheet 5 min then using parchment paper, slide onto a wire rack; let cool completely.

Step 7: before serving, heat, honey, butter, in a pot, 2 min? Brush over galette then sprinkle sea salt.

PRESIDENT'S MESSAGE

It was my great pleasure to take on the role of your new Club President at our last members' meeting on September 19th! I look forward to getting to know each of you much better in the coming months.

A HUGE thank you to Linda Jellett who has been our President for the past year (and also in a previous year during COVID).

As Autumn has begun and the leaves are changing colours, we can all enjoy the beauty that it brings. With Thanksgiving quickly approaching, we must reflect on all the good things we can be thankful for.



I am so thankful for ALL these things! I am thankful for my family and friends, and I am also truly thankful to the newly elected executive team, to all the volunteers who lead the various activity groups, and to those who have taken on other roles and responsibilities that come with running our Club smoothly. Your efforts and commitment are greatly appreciated by all.

HAPPY THANKSGIVING EVERYONE!!!

Looking forward to seeing you at our next Members' Meeting on Friday, October 17th, 2025! If anyone ever needs to reach out to me, please feel free to call me at

519-277-1738 (Connie Titizian).

(October is PROBUS MONTH so everyone is encouraged to wear our PROBUS colours – BLUE and YELLOW .)

BE A FRIEND, BRING A FRIEND