



Women's Probus Club of Cambridge



Love is in the Air – February 2026

Next Meeting

Friday February 20, 2026

Time: 9:30 – 11:30 am

Portuguese Club
870 Townline Rd
Cambridge, ON
N1T 2G3

[Women's Probus Club Of
Cambridge Website](#)
(Ctrl +click)

Please Remember:

Should you be aware of a fellow Probrian who may welcome a gentle connection, whether through a card of support for illness, sympathy, a hospital visit or simply a “thinking of you”, please contact Kay Mattear (519 623-3241)



February Greeters:

Kay Crawford
Barb Armstrong

Due to the weather getting the best of us, there was no meeting in January. We are sorry for the short notice and are grateful for your understanding.

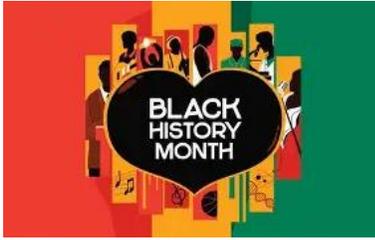


February's Guest Speaker: Debbie Bulten



Debbie is a mother of three, joint business owner, and multi-sport endurance athlete with a four-decade athletic career. Competing at regional, provincial, and national levels in track and field, she later found

her passion in endurance sports, completing marathons, Ironman triathlons, and more than 80 ultramarathons ranging from 50 km to 400 km. She was the first woman to complete a 200-mile trail ultra in Canada and completed the Seven Summits, climbing the highest peak on each continent. In 2023, she summited Mt. Everest and Mt. Lhotse back-to-back within 24 hours, becoming the first Canadian woman to achieve the feat. That same year, she was named Tim Turow Athlete of the Year for mountaineering and will be inducted into the Cambridge Sports Hall of Fame in May 2025. Through endurance sport, Debbie tries to show herself and others that we are capable of more than we think, and the potential of our bodies and minds can be realized when we put ourselves out there.



Days of Acknowledgement

Black History Month

(all of February)

Lunar New Year

February 17

Ash Wednesday

February 18

Ramadan

February 18

Pink Shirt Day

February 25



Committee Updates

Note: You will find contact details on the last page of the Newsletter.

Who Am I: At the start of our meetings, it is always a pleasure to get to know both our new and long-standing members. While you may have been part of Probus for many years, our newer members may not yet know your story, so please don't hesitate to share.

If you are interested in sharing a little about who you are, please reach out to Carol Bonnett.

We are delighted to share that **Kathe Frazee** will be sharing her story in February.

Book Club #1: The book of the month is **Reinvention** by Arlene Dickinson.

Book Club #2: February's book is **Too Old for This** by Samantha Downing. The premise involves a retired serial killer, because old people don't just *solve* murders.

Culture Club: The January Watercolours session with Debbie Ellis was a huge success and the participants were most proud of their accomplishments. On February 25, there will be a trip to the **Canadian Warplane Heritage Museum** in Hamilton. Spring will be in the air on March 25, when a trip to the **Royal Botanical Gardens** is on the agenda. The floral showcase is Bloomland in Oz. If you are interested in attending or joining the Club, please reach to the committee chair, Carol Harvey.



Culture Club with their paintings already for the Louvre.



February Birthdays:

Carole Asher
Anne Blain
Margaret Benian
Margaret Brethet
Verna Ferguson
Kathe Frazee
Anne Groulx
Liz Hodgkinson
Terry Anne Howard
Valerie Neal
Helen Stoesz
Gaenor Williams



Based on feedback from the membership, the Management Committee has been investigating **new name tags**. Further details will be shared at the February meeting.

Hiking Club: Three determined Probrians braved the very chilly winter weather and hiked the Living Levee Trail loop on January 29th, 2026. They look forward to welcoming more hikers with the next hikes planned for February 12 and 26, 2026.



Angela Dietrich, Lee Morrell and Chris Spencer with rosy cheeks and warm smiles.

Euchre Club: Always a good time, and there is an open invitation for more card players!

Technology Booster Club: The winter session began January 6th, and there are now 21 members. If you have not signed your photo release form, please see Kay Crawford.

Theatre Club: The first outing is planned; **Dear Evan Hansen** at the St Jacobs Country Playhouse on **March 18th at 2 pm**. Sylvia Brooks has some extra tickets if you would like to attend. The cost is \$50.00 + services charges. If you are interested, please send an email to sbrooks963@gmail.com by Feb 12. Plans are being made for future shows.



ArtC: The Club has begun its planning. There is a wide host of arts and craft activities being planned. The Club will share the topics/dates, and a sign-up will be available on a first come, first serve basis.

Luncheon Ladies: January 23, 2026

During our record cold days, what better place to bring some sunshine than to lunch Pur and Simple. The sunny atmosphere of the restaurant was reflected in the smiles of the attendees.

NEW MEMBERS WANTED

*If you were thinking of getting more involved, the **Program Committee** is looking for new members and ideas to keep our awesome list of speaker and activities relevant and fresh.*

Please reach out to Liz Jeans for more details.

liz@jeansfamily.ca



Always look at the Sunny-Side.

Hot Coffee and
Warm Laughter



Connie's Comments (President's Update)

Dear Probians,

February may be the shortest month of the year, but between winter's beauty and the promise of brighter days ahead, it offers a perfect moment to pause and appreciate the friendships that carry us through every season.

Our Club continues to thrive because each of you brings your own individual spark. Whether it's enjoying each other's company at our meetings, participating in activity groups, or volunteering in a leadership role, every contribution strengthens our Club.

Our nominating committee is now recruiting for various positions for the 2026-2027 year. If you have any interest in becoming more involved or exploring a specific role, I would love to hear from you.

As we move through February, let's keep that spirit of warmth and connection alive. Reach out to someone you haven't chatted with in a while. Welcome a new member with a smile.

Celebrate the little joys that brighten winter days.

Thank you for being a member of this Club. I look forward to all the good things scheduled in the coming weeks. Hope to see you at our next Members' Meeting on February 20th .

HAPPY VALENTINE'S DAY!

Warm wishes,
Connie (519-277-1738)



Stuffed Bell Peppers with Lean Ground Turkey

Heart Healthy Recipe!

Ingredients

- 4 large firm bell peppers (mixed colors)
- 1 lb lean ground turkey (93/7 blend)
- 1 cup cooked fluffy white rice
- 1/2 cup finely diced sweet yellow onion
- 2 cloves fresh minced garlic
- 1 cup rich marinara sauce
- 1/2 cup shredded sharp cheddar cheese
- 1 tbsp robust extra virgin olive oil
- 1 tsp aromatic dried oregano
- 1/2 tsp coarse kosher salt
- 1/4 tsp freshly cracked black pepper

February's Must-try Recipe



Instructions

1. Preheat oven to 375°F.
2. Slice bell peppers in half lengthwise and remove seeds and membranes.
3. Heat olive oil in a large skillet over medium-high heat until shimmering.
4. Add diced onion and sauté for 3 minutes until translucent.
5. Add minced garlic and cook for 30 seconds until fragrant.
6. Crumble ground turkey into skillet and cook for 5-6 minutes until no pink remains.
7. Stir in cooked rice, marinara sauce, oregano, salt, and black pepper until fully combined.
8. Spoon turkey mixture evenly into pepper halves, packing gently.
9. Arrange stuffed peppers in a 9×13 baking dish.
10. Cover dish tightly with foil and bake for 25 minutes.
11. Remove foil and sprinkle shredded cheese over peppers.
12. Bake uncovered for 10 minutes until cheese is bubbly and golden.
13. Let rest for 5 minutes before serving.

Perfectly tender peppers cradle a savory filling that stays moist thanks to the turkey's natural juices. The melted cheese forms a golden crust that contrasts beautifully with the soft interior. Serve alongside a crisp green salad or with crusty bread to soak up any extra sauce.

Please share your comment on this recipe and forward your Must-Try to Linda.

Samples are always welcomed! v.linda.rodriques88@gmail.com



Committee Connections

Increase your fun by joining!

Learn more by reaching out to the welcoming Convenor

Committee	Where	When	Convenor
BOOK CLUB #1	Galt Country Club 750 Coronation Blvd Cambridge	Second Friday Morning of the Month	Marilyn Parkinson-Crump 519 653-9743 mcrump@rogers.com
BOOK CLUB #2	Rotating Homes	Third Wednesday Afternoon of the Month	Carol Bonnett 519 573-9076 cduffieldbonnett@rogers.com
CULTURE CLUB <i>Expanding our awareness</i>	Varies based on venue	Varies based on venue	Carol Harvey 519 619-9512 harveyce@bell.net
ArtC <i>All things Creative</i>	Various Locations	Second Thursday afternoon of the Month	Sharon Bird 519-212-2368 birdiebirdxxx@gmail.com
EUCHRE	180 Grand Avenue S. Cambridge	First Wednesday each Month	Gaenor Williams 905 802-0494 williamsgaenor@gmail.com
HIKING CLUB	Various Locations in the region	TBD	Angela Dietrich 416-320-7359 angelad@tutamail.com
LUNCHEON LADIES	Variety of venues	Fourth Friday of each Month, 12 noon	Paulette Bissonnette 519 651-1772 pauletteplb2020@gmail.com or sign-up at monthly meetings
THEATRE GROUP	Various locations	Various Times	Sylvia Brooks sbrooks963@gmail.com 416-669-6603
POSH <i>enjoying food, drink and conversation</i>	Rotating homes	First Saturday of the Month, 5 – 9 pm	Heather Cooper 519 404- 4432 hjcooper@hotmail.com
TECHNOLOGY BOOSTER CLUB <i>Learn how to maximize your tech</i>	On-Line – Zoom	First Tuesday of each Month, 1:00 pm	Kay Crawford, 519 616-8704 advisorkay@gmail.com