



Women's Probud Club of Cambridge

Top of the Morning – March 2026



Next Meeting

Friday March 20, 2026

Time: 9:30 – 11:30 am

Portuguese Club
870 Townline Rd
Cambridge, ON
N1T 2G3

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

[https://womensprobudclubof
cambridge.ca/](https://womensprobudclubofcambridge.ca/)

Welcome to our newest pinned Probud Members!



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)

March Guest Speaker: Tim McGowan, a senior lawyer with Bennett Grant (formerly Madorin Snyder)



Tim has spent his entire legal career at Bennett Grant LLP. Prior to obtaining his Law Degree, Tim attended at the University of Waterloo where he obtained his Bachelor of Arts in Honours Political Science graduating in 1986. He obtained his Law Degree from the University of Western Ontario, graduating in 1989, and was called to the bar in 1991. Tim has taught Business Law at Conestoga College, and he has lectured extensively to many groups on a variety of legal topics including all aspects of buying, selling, and mortgaging real estate, and Will drafting and estate planning.

Tim will speak to us on Estate Planning with emphasis on Wills and Powers of Attorney.

March Greeters:

Sharon Bird

Days of Acknowledgement

Holi
March 4

International Women's Day
March 8

Neurodiversity Celebration
Week
March 16 – 22

St. Patrick's Day
March 17

Eid Al-Fitr
Sundown March 19 – 20



International Day for the Elimination of Racial Discrimination

March 21

February Guest Speaker: Debbie Bulten



Debbie gave us an inspiring talk of her own personal journey to complete the 7 Summits and her love for physical endurance challenges. She encouraged us to test ourselves as it is amazing what each of us can do and how we can become limited by our thinking.

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.



Thank you to **Kathe Frazee** for February's Who Am I? It was wonderful getting to know more about her and to thank her and her family for outfitting many of our homes. (*Smitty's Fine Furniture*)

We are delighted that **Marcia Renner** will be sharing her story in March.

Book Club #1: The book **Reinvention** by Arlene Dickinson was well received and this month, March, will be a book share. This club **will not be** meeting in April.

The Page Turners (Book Club #2): *Tada* – a new name, the same great conversations about interesting books. February's book selection is **Isola** by Allegra Goodman, and March's book selection is **The Prophet Song** by Paul Lynch. Just to confirm the meeting this month is March 13 at 10:30. April's meeting may need to be rescheduled. Please stay tuned.



Kay Crawford

Audrey Gillespie

Mary Mitchinson

Leona Roe

Diana Schell

Elaine Seeley

Sandra VanPatter



New name tags are currently being printed. Hope to be sharing them very soon!

Culture Club: On February 25, there was a trip to the **Canadian Warplane Heritage Museum** in

Hamilton. Everyone who attended had fun and learned a lot about our proud aviation history. 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. The **McMichael Gallery** is on deck for April 22nd. If you are interested in attending or joining the Club, please reach out to the committee chair, Carol Harvey.



Culture Club ready to take off.

Hiking Club: February 26, was a perfect day for a hike and a little bird watching on the side.



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



New Members Welcome Tea
To welcome new members since May 2025, a special invitation will be coming for **Thursday April 9 at 10:00 am** at Seasons in Cambridge.

Technology Booster Club: **NEW SESSION** starting soon. If interested you can sign up at the March meeting or please reach out directly to Kay Crawford.

Theatre Club: The first outing is planned; **Dear Evan Hansen** at the St Jacobs Country Playhouse on March 21st at 2 pm. On April 18, at 1 pm and the Hamilton Family Theatre in Cambridge, the group will be flying off to seeing **Finding Neverland**. **A few tickets remain**. If you are interested, please reach out to Sylvia Brooks by Sunday March 15 and payment received to Anne Groulx by Monday March 16.

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: The Luncheon Ladies went to the Red Basil on Friday, February 27th. They were so busy enjoying the yummy food, no pictures were taken! March's outing will be at the Mexican restaurant Latinoamerica Unida. Be sure to check out sign-up sheets at the March meeting for the upcoming locations: The Old School House in Brantford, and the Metro Restaurant on Victoria Street in Kitchener.

Connie's Comments (President's Update)

Dear Probians,

Our Club continues to stay active with so many of you participating in our various activity groups. It's wonderful to have such a wide range of opportunities that offer something for everyone. A heartfelt thank you to our activity leads, who generously give their time to organize enjoyable experiences for us all. Stay informed; get involved; and take advantage of what we have to offer. These shared moments are what make our PROBUS community so special as we connect, learn, and enjoy one another's company.

With Spring less than two weeks away, March truly feels like a fresh start after a long winter. Now that we've set the clocks forward, the longer days, brighter skies, warmer weather, melting snow, and first signs of new buds bring a welcome lift to our spirits! As Easter approaches, may the season fill your home with peace, renewal, and moments of joy.

I look forward to seeing all your smiling faces at our next Members' Meeting on March 20th!

**Warm wishes,
Connie (519-277-1738)**



PROBUS GLOBAL

<https://probusglobal.org/>

PROBUS Global is a community where PROBUS Members Can Join to: Make New Friends, Share Your Passions, Travel, Learn and Grow.

What are the benefits of Probus members also joining PROBUS Global?



PROBUS Global membership provides opportunities for Probus members and those considering joining a local Probus club to expand their social circle and interests on a worldwide scale, complementing the local activities of their home club.

The core benefit is the **opportunity for international fellowship** and idea exchange with other retirees around the world. **Key benefits of PROBUS Global membership include:**

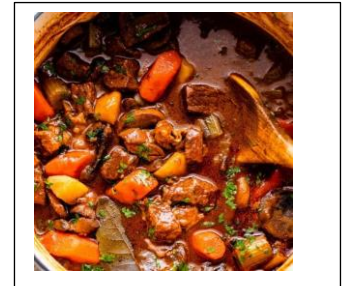
- **Wider Social Network:** Members can connect with a worldwide community of seniors, going beyond local club friendships.
- **Global Communication:** Members can participate in online conversations, email exchanges, and virtual meetings with people in over 22 countries, sharing experiences and ideas.
- **Access to International Information:** PROBUS Global offers a platform for sharing information and best practices among clubs in different countries (like Australia, Canada, New Zealand, etc.), which can help club management and growth.
- **Shared Travel Opportunities and Local Knowledge:** Members interested in international travel can connect with members in other countries for local insights or join group tours with a global network of like-minded individuals.
- **Continued Learning and Stimulation:** The global platform provides new opportunities for mental stimulation and personal growth by engaging with diverse perspectives and interests from around the world.
- **Global Newsletter:** Members receive a quarterly e-newsletter and a monthly email update that keeps them informed about the latest news, activities, and updates from the worldwide Probus community.

In essence, while the local Probus club provides immediate community and local activities, PROBUS Global offers an extra layer of connection, broadening a member's experience to an international level and fostering a sense of a larger, global community of retirees. You can learn more or join through the [PROBUS Global website](https://probusglobal.org/).



- 4 slices [thick cut bacon](#), diced
- 2.5 to 3 pounds boneless beef chuck, cut into 2-inch cubes
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 2 small yellow onions, chopped
- 4 cloves garlic, minced
- 3 carrots, cut into 1-inch pieces
- 3 stalks celery, cut into 1-inch pieces
- 1 pound [yukon gold potatoes](#), peeled and cut into cubes
- 1 pound button mushrooms, halved
- 3 tablespoons all-purpose flour, you can also use cornstarch
- 12 ounces Guinness beer
- ¼ cup [tomato paste](#)
- 4 cups beef broth
- 2 [bay leaves](#)
- chopped fresh parsley, for garnish

March's Must-try Recipe: Guinness Beef Stew



- **Cook the bacon.** Add the bacon to a 7-quart Dutch oven, or any other heavy-based pot, set over medium heat. Cook the bacon to a desired crisp and remove it from the pot; do not pour out the bacon fat.
- **Brown the beef.** Increase the heat to medium-high, and to the bacon grease, add the cubes of beef and season them with salt and pepper; sear the beef on all sides until browned. Remove the browned beef from the pot and set it aside.
- **Cook the aromatics.** Reduce the heat to medium and stir in the onions. If the pot looks dry, add a bit of olive oil. Cook the onions for 2 minutes. Stir in the garlic and cook for 15 seconds.
- **Sauté the vegetables.** Add in the carrots, celery, potatoes, and mushrooms. Cook for 4 minutes. Add cooking oil, if needed. Sprinkle the flour over the vegetables; stir and cook for one more minute.
- **Stir in the liquids.** Add the Guinness beer, tomato paste, and beef broth; stir until everything is well combined. Return the beef and bacon to the pot.
- **Cover and cook.** Add in the bay leaves and bring the mixture to a boil; then reduce the heat to a low simmer. Cover and cook for 1½ hours.
- **Continue to cook.** Remove the lid and continue cooking for 30 more minutes or until the sauce is reduced and thickened, and the beef is tender.
- **Finish and serve.** Remove from heat; taste for salt and pepper, and adjust accordingly before serving.

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

Samples are always welcomed! v.linda.rodrigues88@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
The Page Turners 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