

Milton Probus Pulse

P.O. Box 40007,
Derry Heights Post Office,
6951 Derry Road , Milton, Ont. L9T 7W4

www.miltonprobus.ca
miltonprobus@gmail.com



Volume 21 #1

**General Meeting
January 7th, 2026
At 10 am**

PRESIDENT'S MESSAGE



As I write my Presidents Message it is Christmas Eve. We are waiting until we leave to sing in our choir for two services tonight at our church. Tomorrow will be Christmas Day which brings along its panic of whether there will be a snow storm and everyone (fourteen people) will cancel, or will the turkey be overcooked because not all of us have a digital meat thermometer but then I remember that's why we have gravy. We will have a table filled with enough food that could probably feed a family for a week.

Which brings me to thinking about how much we all have to be grateful for, grateful for the food on the table, a roof over our heads, family, friendships,the list goes on. I am grateful for the friendships that I have made within The Probus Club of Milton, the fellowship at monthly meetings, and Special Interest groups.

Apparently this years flu is very bad and hospitals are trying to deal with the surging cases especially seniors. So, let's not forget, do not attend monthly meetings, Special Interest groups or Special Events if you are unwell in any way. If you have been away travelling, please stay away from all Probus activities for at least three days.

I will end by wishing you a healthy and safe New Year.
See you on Wednesday January 7, 2026.

Susan Popp



FROM OUR PAST PRESIDENT

Nominations for the Management Committee 2026

If you are interested in serving on the Management Committee for 2026, please contact one of the members of the Nominating Committee:

*Past President, Henry Popp (phone #905-876-3241 or #416-998-0214),
or Zina and Joe Yaworski (phone #905-878-3959).*

For those interested, all Management Committee **job descriptions** are available on The Probus Club of Milton website in the Members Only section.

The following seven (7) positions on the Management Committee will become vacant as of the next AGM in April 2026:

- * **Vice President**
- * **Membership**
- * **Program (i.e. monthly speakers)**
- * **Special Events**
- * **Media** which covers two positions: **Webmaster** - maintenance of the club website & **Communication** - production and publication of The Pulse newsletter and member communication.
- * **Treasurer**

Henry Popp

FROM OUR SECRETARY

Notice of proposed amendment to the Bylaws.

As announced in the December Probus Pulse, the following motion will be voted on at the January 7th general meeting

It is moved that we add a Clause 2 to existing Bylaw #1 - Territory

2. Management Committee will prioritize the acceptance of new membership applications as required to maintain a minimum 75% Milton residents.

Rationale: in order to be eligible to apply for grants from the Town of Milton Community Fund, an organization must have a minimum of 75% of its membership comprised of Milton residents.

FROM OUR MEMBERSHIP DIRECTOR

Anne Eadie

REMINDER:

ALL Membership Renewals are now DUE.

Payment may be made by e-transfer to miltonprobustreasurer@gmail.com (preferred method) or personal cheque made payable to The Probus Club of Milton.

The absolute deadline is February 4th but, due to travel plans, payment would be appreciated before January 20th.

Barbara Shein

FROM OUR PROGRAM DIRECTORS



Don't miss our January, 2026 speaker: Brenna Bartley

Manager, Education & Outreach, Conservation Halton

We are fortunate to have Brenna Bartley as our speaker on January 7th, 2026. She will inform us of the many beautiful places, parks, programs and events that Conservation Halton has to offer the members of our club

Daphne Wand & Heddy Wright

FROM OUR FELLOWSHIP DIRECTOR

[Greeters for the January 7th General Meeting will be Bill & Corrine Turnbull.](#)

If you are aware of a member who is ill, hospitalized or lost a loved one, please advise our Fellowship Director or a member of the Management Committee.

Also, if you are in need of a ride to our Monthly Meetings or one of our events, please contact me to arrange for a pick-up.

Pat Oates

FROM OUR SPECIAL EVENTS DIRECTORS

Christmas Gala Luncheon

On Thursday December 4, 102 members and their guests celebrated the holiday season with our annual Christmas Gala Luncheon at The Albatross restaurant at Granite Ridge Golf Course.

We enjoyed fellowship, stories, games, door prizes and dancing. Music was provided by Charlie Gracies and had us up dancing the afternoon away.



Our Event Directors: Vicky & Lisa

Check the Club's website for photos from our time together.



Dundurn Castle Tour

A group of 27 went on the tour and it was well received with lots of great feedback. We broke into two groups, and enjoyed the sense of living in the early 1800's. The short bread cookies were delicious.

Approximately 20 went to the St Louis Bar & Grill where we enjoyed good food and good company.

FROM OUR SPECIAL EVENTS DIRECTORS

UPCOMING EVENTS

Local Industry - Rockwool Tour

On January 16, pre-registered members will be taking a tour of the Rockwool Plant in Milton.

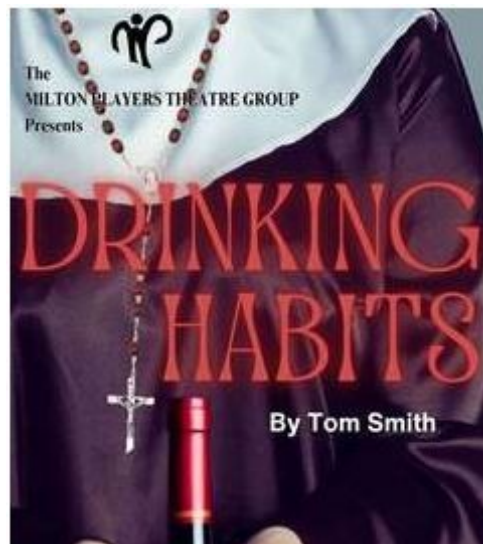
Members will be invited via separate email for lunch at a local restaurant following our tour.

Get out of the house this winter and take in a play!

Milton Players Theatre Group presents

“Drinking Habits” by Tom Smith.

Accusations, mistaken identities, and romance run wild in this laugh-out-loud farce.



Friday February 6, 2026

Cost \$32

at the First Ontario Arts Centre, Milton

Time to register and purchase your ticket for Milton Player's winter production.

We have tickets on hold until January 9.

Submit your \$32 payment by e-transfer to miltonprobustreasurer@gmail.com , or bring your cheque to the January meeting, to reserve your ticket.

Plans for dinner will be forwarded to attending members closer to the date.

Lisa Covey & Vicky McGonigle

Probus Club of Milton; Travel Group 2

Louise Merritt & I (Katherine Pulford) have had an amazing time looking at many different travel options as we planned for the Probus Club of Milton 2026 travel adventure.

When Louise first asked me where I wanted to travel to, I was quick to say Switzerland and a Rhine River cruise.

We put our 'wish list' out to several travel agencies and selected a local travel agent who listened to our wants and found a match for location and dates that we desired.

We invite all of you to review the itinerary (on page 6) and we hope you are able to join us in this Probus Club of Milton 2026 travel adventure.

Here is what we came up with:

AMA Waterways:

12 Day Land-River Cruise Tour

24th August to 05th September 2026.

After an overnight flight on Monday 24th August 2026, we arrive in Zurich, Switzerland on Tuesday 25th August for our AMA Land Tour with a dedicated land tour manager.

We will spend 2 nights in Zurich and 2 nights in Lucerne, Switzerland, concluding our land tour, on Saturday 29th August, 2026 with a morning 'Highlights of Basel' Tour and then transfer to the AMA Stella River Ship for a 7-night river cruise on the Rhine River. We disembark in Amsterdam on Saturday 05th September 2026 and fly home to the Toronto Pearson Int'L Airport.

See the Itinerary for more detailed tour information. Don't hesitate to contact Louise or I for more details. Pricing is based on your cruise cabin choice:

Contact Travel Agent Ruth for specifics:

Ruth Wright, CTC | Cruise and Vacation Counsellor

Expedia Cruises—Milton, 604 Santa Maria Blvd. Unit C3, Milton, ON. L9T 9L7

Tel: 905 864-8999, Fax 905 875-1874, Toll free 1 866 799-7447

Hours: 10am –4pm Mon-Fri.

Email: rwright@expediacruzises.com

TICO Ontario Registration 50016234

Louise and I are settling into our roles as co-chairs for the Probus Club of Milton Travel Group. We are happy with our 2026 travel plan choice and are now looking ahead a year for advance planning to organize travel for 2027.

So Many Places to Explore - - So Little Time.

Katherine Pulford
kd8pulford@hotmail.ca

Louise Merritt
lamerritt54@hotmail.ca

Travel Group continued on page .7



Rhine River Valley, Germany

ENCHANTING RHINE

2 nights Zurich, Switzerland + 2 nights Lucerne & 7-night Basel to Amsterdam, Netherlands river cruise

Cycle through the Rheingau wine region | Delight in charming Heidelberg, where Mark Twain found inspiration
Listen to the whimsical sounds of Siegfried's mechanical instruments | Discover the secrets of Speyer | Enjoy a special visit to Burg Lahnneck Castle | Cruise the canals of Amsterdam | Hike through the Black Forest

ONBOARD CRUISE INCLUSIONS

- » 7-night cruise in elegantly appointed accommodations
- » Fine dining with a variety of choices
- » Unlimited hand-selected wine, beer and soft drinks with lunch and dinner
- » Multiple dining venues
- » Sip & Sail cocktail hour with complimentary wine, beer, spirits and soft drinks
- » Welcome Cocktail, Welcome Dinner, La Chaine des Rôtisseurs Dinner, Captain's Cocktail and Gala Dinner
- » Professionally trained Wellness Host leading a variety of exercise classes
- » Live local entertainment
- » Unlimited complimentary Wi-Fi access

COMPLIMENTARY EXCURSIONS

- » Small group guided shore excursions with a variety of choices and activity levels, including gentle, regular and active walking tours
- » Hiking and biking tours
- » Exclusive special interest tours
- » Visit to Burg Lahnneck Castle – an AmaWaterways exclusive!

LAND PACKAGE INCLUSIONS

- » 2 nights hotel in Zurich at the Hotel Marriott Zurich (or similar)
- » 2 nights hotel in Lake Lucerne at the Hotel Schweizerhof Lucerne (or similar)
- » Daily breakfast
- » City tours, Lake Lucerne cruise and Mount Rigi "Queen of the Mountains" cable car tour
- » Portage service
- » Services of a professionally trained Cruise Manager throughout your cruise and land stay
- » Transfers between hotel and ship are included with the purchase of cruise and land package; airport transfers are included with the purchase of airfare from AmaWaterways

RIVER CRUISE & LAND ITINERARY

DAY	DESTINATION	INCLUDED EXCURSIONS
1	Zurich	Hotel check-in
2	Zurich	"Little Big City" tour Free time
3	Zurich Lake Lucerne	Transfer from Zurich Scenic Lake Lucerne cruise and "Queen of the Mountains" visit Hotel check-in
4	Lake Lucerne	Lake Lucerne city tour
5	Lake Lucerne Basel	Depart hotel Lion Monument; Transfer to Basel Highlights tour
✳ RIVER CRUISE EMBARKATION		
6	Breisach	Colmar walking tour OR Black Forest hike OR Breisach Wine Country bike tour
7	Strasbourg	"The Gem of Alsace" tour OR Strasbourg bike tour
8	Ludwigshafen Rüdesheim	"Romantic Heidelberg" excursion OR Heidelberg Philosopher's Path hike OR "Secrets of Speyer" tour OR Ladenburg bike tour Siegfried's Mechanical Instrument Cabinet OR Rüdesheimer coffee
9	Rüdesheim Rhine Gorge Lahnstein	Gondola ride with wine tasting OR Vineyard hike OR Guided bike tour of the Rheingau Castles along the Rhine scenic cruising Exclusive Burg Lahnneck Castle visit
10	Düsseldorf	Düsseldorf walking tour and Altbier tasting OR Cologne walking tour OR Düsseldorf bike tour
11	Utrecht Amsterdam	Walking tour OR Beer tasting Scenic cruising Canal cruise OR A Taste of Amsterdam*
12	Amsterdam	✳ RIVER CRUISE DISEMBARKATION

✳ Embark ✳ Disembark

*Depending on docking location, "A Taste of Amsterdam" may not operate; therefore, an alternative tour will operate instead.

Katherine Pulford & Louise Merritt

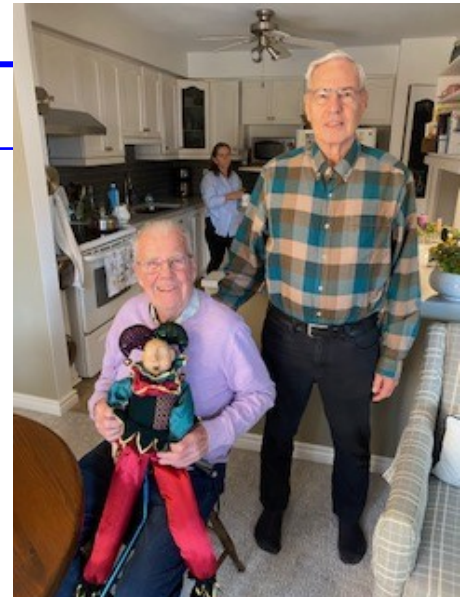
SPECIAL INTEREST GROUPS

Jokers Venue 1 – 1st Friday of the Month @ 1 pm

Jokers Venue 1 on Friday December 5th was held at the home of Lisa Covey. There were 2 tables of 3 players. Everyone won one game, except the two Brian's who won two. The afternoon was topped off with a lively discussion over tea and coffee about the past and future of Milton.

There will be no Joker games held on January 2nd. *We will resume play on Friday February 6th.* Wishing everyone a very Merry Christmas and a Happy New year.

Jean Robinson



Jokers Venue 2 — 1st Friday of the Month @ 1 pm

Peter and Sylvia hosted the December Joker Venue 2 games. There was merriment as we arrived with all the Christmas decorations and Christmas tree to greet us! The snacks and beverages were plentiful. The players were eager to play.

There were 3 players who won 4 out of 4 games, Marjorie, Peter and Zina. After the games, everyone enjoyed an apricot tart and apple crisp. It was a lovely way to spend the afternoon on a cold December day. Wishing everyone a Very Happy New Year!

Zina & Joe Yaworski



Jester Jokers — 2nd Tuesday of the Month @ 1:30 pm

Jesters held their Christmas gathering on December 9th. Again this year we held a 16 player elimination tournament, where winners play winners until we have four winners playing off in a final game. Congratulations to our two overall winners, Pat McIntyre and Patricia Kotack, who won all three matches leading up to the final.

Further congratulations goes out to Patricia Kotack, who was our overall leader for 2025. Patricia participated in all 12 monthly gatherings, had a winning percentage of 75%, and didn't have a losing afternoon throughout the entire year. Outstanding!!!

Brenda Morrow, who is our annual host for our Christmas, really outdid herself this year. Not only was her home exquisitely decorated for the Season, but the supply of Christmas goodies and treats was endless. Coupled with pizza and wine, it was a great afternoon. Brenda, we can't thank you enough for your hospitality.



2025 Overall Winner



Tournament winners

Looking forward to another great year of "Jesters" in 2026

Bill Turnbull

Wee Jokers — 3rd Friday of the Month @ 1:00 pm

Wee Jokers Christmas potluck luncheon was once again a great success. Elizabeth Dixon and Angela Hunt entertained everyone with fun games and prizes. The potluck lunch was delicious and thoroughly enjoyed by all. A special thank you to Susan and Henry Popp for hosting and making the day so welcoming.

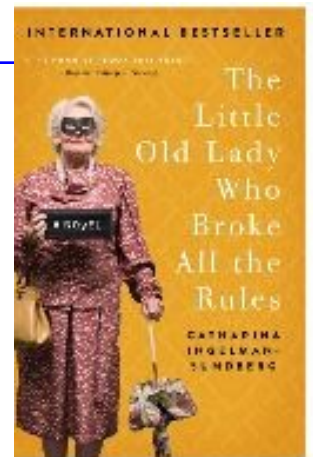
Marlene Murphy



Spinecrackers (book club) – 2nd Thursday of the Month @ 1:30 pm

Many thanks to Pat M., Donna and Brenda for hosting during a busy Christmas season. After much discussion about dog sitting, homelessness in Milton, cruising, train travel and whatever social activities Spinecrackers get involved in, we finally got to the book, **The Little Old Lady Who Broke All the Rules** by Catharina Ingelman-Sundberg.

It is the story of a group of older people in a retirement home (calling themselves The League of Pensioners) who decide that jail would be a better place to live than the place they were in (run by a miserly manager and Nurse Barbara). And thus the story proceeds from one theft going wrong to another to another. Although it is reviewed as a humorous novel, many felt that the humour was lost in the translation.



**From our group to Milton Probus members -
Have a safe, healthy and happy holiday with a great start to 2026.**

Nancy Lynn



Bits and Bites — 3rd Thursday of the Month @ 5 pm

The hall was decked out in Christmas decorations, and everyone was feeling jolly.

The December Christmas Bits and Bites was hosted by James and Wendy Mistruzzi, with a final attendance of 20 members.

We enjoyed a wonderful selection of delicious and beautifully presented appetizers contributed by members. Wendy also treated us to a pear and ginger crisp, a cranberry cake, along with cookies and squares—no one went home hungry!

Thank you to Zina Yaworski and Wendy for leading some Christmas-themed games. The groups were competitive, which added to the fun. It was a very enjoyable evening.

Marlene Murphy & Anne Eadie



Wednesday Euchre — 2nd Wednesday of the Month @ 1:30 pm

The Euchre group met on a snowy day in November. The weather prevented one member from attending and an incorrect house number caused a delay in the start.

Despite the surprisingly bumpy start, Vicky's knowledge of 6 handed Euchre once again saved the day.

Vicky's wonderful sideboard full of many yummy foods, both savoury and sweet, had us all leaving the Euchre game with tummies that jiggled when we laughed...just like Santa:)

Our next event will be on January 14th. New players are welcome...experience not required. Contact Barbara Shein if interested

Barbara Shein

Bid Euchre — 4th Wednesday of the Month @ 1 pm

The Wed bid euchre was cancelled for December.

The next game will be Wed. January 28th at Diane Mitchell's home.

Donna & John

Friday Bid Euchre — 2nd Friday of the Month @ 1:00 pm



The Christmas Friday Bid Euchre afternoon started with the smell of hot apple cider, wine and lots of delicious finger foods.

The top three players were Zina, 249 points, Bonnie with 222 and Bob with 186. It is very rare for a MOON but this afternoon there were TWO! Both Linda and Zina played their own cards, on their own and collected all the cards for a MOON. Thank you, Brenda, for sparing today.



After the games, desserts followed along with more wine or coffee and tea. The Black Forest Trifle is always a group favorite.

We all wish everyone a Very Happy New Year!

Zina & Joe Yaworski

Canasta — 4th Friday of the Month @ 1pm

We will meet again in January at the home of Tom and AnnaMarie.

AnnaMarie Jones

Grape Expectations —4th Tuesday of the Month @ 7 pm

Our final wine tasting gathering for 2025 took place on Tuesday, December 16 at the Mistruzzi's condo party room. 24 of our members celebrated a year of varied tastings, this time with a very unique theme developed by James and Wendy - the wine selections using the varietals and origins thereof spelled out "Probus". Very clever! As usual there was no shortage of food and dessert selections to round out our wine tasting experience.

This year we enjoyed many different wines from many different wine regions. One thing that stood out was that a high price did not always result in high ratings from our enthusiasts. Again, this month, the most expensive wine was rated well below the other lower cost selections.

This year we tasted 58 wines, both white and red with prices ranging from \$8.90 to \$30.95 and ratings from 9.4 to 15.9 - as mentioned before, the cost and rating ranges have no correlation.

I would like to thank all our hosts and hostesses who stepped up to make sure we were well accommodated and entertained and all our members for their continued participation and support.

Our first event of 2026 will take place on Tuesday, January 27. Can't wait! *Joe Bernardino*



10,000 steps! Really?



I think we have all heard our walking target for the day should be 10,000 steps. For an average person that's approximately 7 - 8 km and would take about 100 minutes at a moderate pace. They say it's more beneficial to take several short walks during the day than one long walk. If you have a walking buddy it's even better because you're including a social aspect to the physical activity

According to Google the 10,000 steps a day goal originated from a 1960's Japanese marketing campaign for a pedometer called the "manpo-kei" which translates to "10,000 steps meter". The number was chosen because it was catchy and because the Japanese character for 10,000 resembles a person walking, not due to any specific scientific evidence at the time.

万万

While the origin wasn't scientific, later studies have shown that increasing step count can lead to health benefits. Older adults (60+) 6,000 to 8,000 steps offer significant mortality risk reduction with benefits levelling off in this range. The PROBUS Walking group used to record our steps on each walk and this is exactly where the average number of steps fell.

We walked in town the first two weeks in the month of December. The first week we started off at the Mall and walked the surrounding neighbourhoods. On our second walk, James and Wendy led us through the area surrounding Mill Pond. The weather led to a cancellation of the walk on December 17. On December 22 we were off to Valleyridge Park in north Oakville. Unfortunately, the trail was covered in ice so we walked around the surrounding neighbourhoods.

Twenty-six members attended our Christmas luncheon at Ned Devine's. Ruth Parkinson arranged a \$10.00 Christmas gift exchange. There were chocolates, cookies, gift cards and wines. We were happily surprised to have Marilyn Morita join us. I'm sure everyone had a great time. Special thanks to Ruth for organizing the restaurant and games.

Happy New Year. We hope you will consider joining us in 2026.

Carol Streeter



Thanks to Denise Potter—Some Funnies

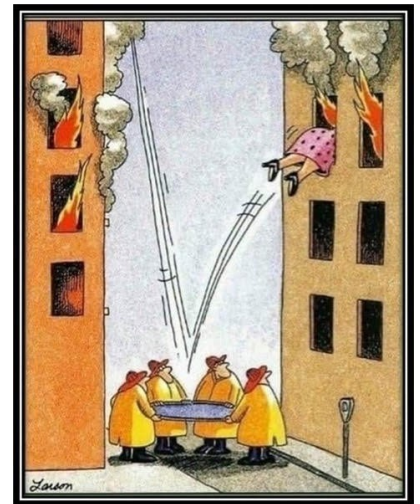
**It turns out that when
you're asked who your
favorite child is, you're
expected to pick
from your own.
I know that now.**

**sometimes I
wonder what
happened to
the people
who asked me
for directions?**



**I saw an audiologist
today, but I think I'll
get a second opinion.
Why on earth would I
need a heron egg?**

**Old age is a thing... last night
I was in bed for 20 minutes
when I heard the pizza guy
cough. Then I remembered I
came to my room to get my
wallet.**



Make sure you delete these 3 if you are travelling to the States!



**The Statue of Liberty last
seen walking back to
France...**





January 2026

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
				1	2	3
					No January Jokers Next games Feb 5th Jean Robinson v1 Joe & Zina Yaworski v2	
4	5	6	7	8	9	10
	9:15 am Walking Group Email notifications Carol Streeter & Walter Eadie		10 am Probus General Meeting Susan Popp	1:30pm Book Club — Spinecrackers Nancy Lynn	1pm Friday Bid Euchre Joe & Zina Yaworski	
11	12	13	14	15	16	17
	9:15am Walking Group Email notifications Carol Streeter & Walter Eadie	1:30pm Jester Jokers Bill Turnbull	1:30pm Wednesday Euchre Barbara Shein	5pm Bits & Bites Marlene Murphy & Anne Eadie	1pm Wee Jokers Marlene Murphy	
18	19	20	21	22	23	24
1:30 pm Management Meeting Monday Jan. 19th 	9:15am Walking Group Email notifications Carol Streeter & Walter Eadie			1pm Bridge Ruth Parkinson	1pm Canasta Anna Marie Jones	
25	26	27	28	29	30	31
	9:15am Walking Group Email notifications Carol Streeter & Walter Eadie	7pm Grape Expectations Jose Bernardino	1pm Wednesday Bid Euchre Donna Elliot & John Stubbington			