



The PROBUS Pilot

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THE PREZ SEZ:

Welcome to our new members – you are joining over 30,000 members from across Canada.

We have a great speaker program and there are now five social activities planned this fall. Current information is available on the web site and in this and every edition of the Probus Pilot.

Our major task this year is to host Spring Fling 2013. If you would like to be on the coordinating committee please see the article for the Oct 16 meeting on page 2.

As always check out our web site at www.probuswesternottawa.ca

Respectfully,
Peter van Boeschoten

This month's meeting: Tues., October 9

WELCOME NEW MEMBERS!!

Nine new members have joined our club. Please welcome.....
Sylvia Sumner, Keith McLean, John Robertson, Gayle Brittle, Bill and Diane Delroy, John Kelly and Paul Dick.

This now brings our club total to 173 members!



GUEST SPEAKER THIS MONTH:

Karen Bell, RHN

Stittsville Integrative Medicine Centre
Her topic: ***“Nutrition and Seniors”***

While Karen has always had a passion for nutrition, it wasn't until starting her own family that she sought to pursue studies in this field. Acknowledging the role of diet and lifestyle in overall health, and wanting to make healthy habits part of her family's everyday life, Karen looked to the Canadian School of Natural Nutrition. She graduated with an Honours Certificate of Merit, and earned the designation of Registered Holistic Nutritionist (RHN).

Karen is a member of the Canadian Association of Natural Nutritional Practitioners (CANNP), from which she was granted the Natural Nutritional Coach and Practitioner (NNCP) designation.

Karen is happy to be a part of the team at the Stittsville Integrative Medicine Centre, and to offer her customized approach to achieving and maintaining optimum health.

FUTURE SPEAKERS IN 2012

Tuesday, November 13
"The Sir Winston Churchill Society"
Ronald Cohen, Director and co-founder

Tuesday, December 11
"Empowered youth become tomorrow's role models"
Dr. Janet Biggar

UPCOMING FUN ACTIVITIES:

Tuesday, October 23:
A guided tour of Watson's Mill in Manotick including a demonstration -- all for only \$2/person.
(Lunch to follow could be arranged if enough are interested.)

Thursday, October 25:
Join the 'Lunch Out' Group at the Rare Restaurant and Bar in the Kanata Centrum Plaza.

Thursday, November 15:
Join the 'Lunch Out' Group at the Paco Pazo Restaurant in Stittsville.

Sunday, December 2:
Come and enjoy the Orpheus Theatre Production of "Footloose".
\$37 orchestra seats or \$31 balcony seating.
Payment must be received in advance so that we can purchase tickets.....so please bring along your cheque book to this month's

meeting if you are interested in attending this event.

Thursday, December 13:
A tour of Algonquin College followed by lunch at the Algonquin Restaurant.
(Sign-up sheets will be available at this month's meeting.)

Upcoming Organizational Meeting for Spring Fling 2013

Setting up and hosting a luncheon and entertainment for over 250 Probians from Eastern Ontario will require a lot of effort and coordination by our club members. As such, an organizational meeting has now been arranged.....

Why: Meet to identify themes, plans and committee chairs;

Who: Any club member who is interested in helping;

When: Tues. Oct. 16 from 10am to 12 noon

Where: Sobeys (Hazeldean and Terry Fox Dr.) on the second floor

LET'S ALL GET BEHIND SPRING FLING 2013 AND MAKE IT WORK FOLKS! IT'S OUR CLUB'S OPPORTUNITY TO SHINE AND TO HAVE FUN TOO. IT CAN ONLY SUCCEED IF WE ALL TAKE IT ON AS A JOINT RESPONSIBILITY.

Magic will be a feature attraction at Spring Fling 2013

Block your calendars now for Tuesday, May 7. That's the day our club will be hosting Probus Spring Fling 2013.

The venue will be the Tudor Hall, located near the Hunt Club Golf Course, and we anticipate a minimum of 250 attendees from the 12 Probus Clubs across eastern Ontario. We have a combined theme of "tulips" and "magic" and can confirm that "illusionist", Chris Pilsworth, will be our feature

attraction. He has come highly recommended which will assure us of having an entertaining and enjoyable event. Check out our website for more details.

Once again we're off to **Scores Rotisserie and Ribs** at the Kanata Centrum after this month's meeting. Why not come along and join us at **Scores** after the meeting for great food and stimulating conversation.

Do you like to play Euchre or Bridge?
...or would you like to learn to play?

Probus Club members host a Euchre and Bridge group on the first Friday of each month at 1 p.m. at Bell's Corners United Church.

This month, however, because of the Thanksgiving weekend, the group will meet on Friday, Oct. 12 instead. After that the dates will be Fridays Nov. 2, and Dec. 7.

It's fun and open to all - - - beginners to expert. For more information please contact Pat Stoate at 613-820-0174.

Do you know something that you feel would be of interest to our membership?

For instance, if you know someone we should congratulate or with whom we should sympathize, please contact Maggie Sheehan (613-825-4035), who will take appropriate action on behalf of the Club.

Got a good idea for a guest speaker?

Please contact Zdenek Kvarda (613-592-2921) or another member of the Program Committee.

Know of a great social outing?

Please talk to Isabel Balon (613-831-0057) or another member of the Social Committee.

The Chuckle Corner



A preacher was completing a temperance sermon; with great expression he said, "If I had all the beer in the world, I'd take it and throw it into the river."

With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and throw it into the river."

And then finally, he said, "And if I had all the whiskey in the world, I'd take it and throw it into the river."

He then sat down.

The song leader then stood very cautiously and announced with a smile, "For our closing song, let us sing Hymn # 365: "Shall We Gather at the River."

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Congratulations go out to our new president, Peter van Boeschoten, on being awarded this year's Frank Valentine Award for outstanding service on behalf of seniors. Peter was honoured for his past service as president of the Seniors Council, his work on a city senior's advisory committee, and his volunteer work with the centre. Well done Peter!
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The PROBUS Club of Western Ottawa meets on the second Tuesday of each month, September through June, at the Kanata United Church, 33 Leacock Drive in Kanata.

- 10:00: coffee and social time
- 10:30: VERY brief business meeting
- 10:45: speaker
- Following each meeting members and guests are invited to gather for lunch (at their own expense) at Scores Rotisserie and Ribs in the Kanata Centrum complex.

VISITORS WILL ALWAYS RECEIVE A WARM WELCOME.

Margaret Kvarda would appreciate hearing from volunteers who would be willing to be a greeter on a given month of their choice. It's fun and it's a great way to meet people. If interested, please call Margaret at 613-592-2921 or speak to her directly at the next meeting.

In a similar vein, let's all watch for visitors (red name tag) who seem to be on their own by introducing yourself and making them feel at home.

How do I find you to get this warm welcome?

Exit Highway 417 at Eagleson/March Road. Just north of the exit take Campeau Drive west. At the first light turn right (north) onto Teron Road. At the first light, turn left (west) onto The Parkway. At the first (and only) stop sign, turn right onto Leacock Way. Follow Leacock Way to its end at Leacock Drive. Kanata United Church is in front of you, across the street.

PARKING at the church is limited. If full, please park in the large lot of the school next to the church or on the side of Leacock Drive where parking is permitted.

In fact, unless you have difficulty walking, please consider parking away from the front of the building in order to allow those who may be physically restricted easier access and exit. Thank you for your consideration.