



The PROBUS Pilot



Probus Club of Western Ottawa – serving the western half of the National Capital Region

December 2014

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Editorial

We need more members

Our membership has declined from over 150 last year to 120 as of the last meeting. This includes 10 members who have recently joined.

The reason that this is of some concern is that the club needs funds to operate and these funds come from membership fees.

For the current year we are showing an approximate \$500 shortfall which we may have to cover using our Reserve funds.

If we can increase our membership back to where we were last year we would be able to balance our budget and we would not need to look at a membership fee increase next year.

If you are on our list but have not yet paid your fees we need you to do that at our December meeting. If you have friends or associates who you think might be interested in Probus invite to come out and see what we do.

Our membership fee is only \$20 per year. This is a bargain considering our quality speakers, our social program and travel/event opportunities. Even if you attended only 2 speaker sessions it would already be money well spent.

In short we need current members to pay their dues, we need former members to come back and we need new members to join.

**Next meeting:
Tuesday 9 December**

10:00 for social gathering,
registration, and dues payment
followed by our speaker
Dr. Don Wiles

Dr. Don Wiles – 9 December

I've got radioactivity in my bones

Don Wiles has been a Radiochemist for a very long time and during that time has encountered a number of situations that will not ever reach the public literature. He says that they are too absurd.

During the course of all this, he got a load of radium in his bones – not enough to kill him, apparently, but enough to give rise to interesting experiences. The radium is apparently still there in his bones, but not enough to make him luminous.

Don graduated from Mount Allison University (B.Sc 1946, B.Ed 1947) in chemistry and obtained an M.Sc. from McMaster in 1950 and a Ph.D from M.I.T. in 1953.

He has had a long and varied career, holding almost every possible academic position, as well as various consultant positions, at universities and research institutes around the globe (including Norway, Germany, Romania, Brookhaven, British Columbia, Japan, Indonesia and Australia).

From 1969 onwards, his home base for these forays was Carleton



Dr. Don Wiles

University, initially as Professor and, at his retirement in 1990, as Chairman of the Department of Chemistry.



Aside from his academic and research experience Don has indeed lived an interesting life. He has been a flying instructor, raised cattle, sheep, ducks and more. Over 8 decades Don has traveled to more than 40 countries.

Don also founded the Almonte Lectures, a series of lectures on various topics one evening a month in Almonte.

The Probus Club of Western Ottawa is part of the international organization of Probus Clubs designed to serve retired and semi-retired professional and business and like-minded people. The morning begins at 10:00 am with a time for socialization followed by a guest speaker.

**Western Ottawa Probus meets at
Kanata United Church, 33 Leacock Dr.**

Visitors are welcome.



Miriam Rawson spoke to us in November on Matthew House and the Furniture Bank.

The Furniture Bank needs donations

Last month Miriam Rawson told us about the good work being done at Matthew House and in particular its Furniture Bank division.

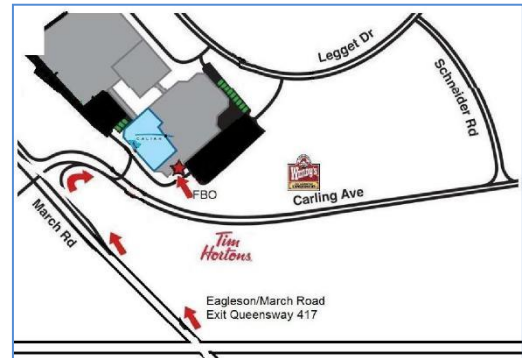
The Furniture Bank currently helps more than 50 individuals and families furnish their own homes each month. Many of these individuals are transitioning from homelessness, from shelters or are not in a financial position to purchase furniture.

The Furniture Bank is in need of just not furniture but also bedding, small appliances and pots and pans.

The Furniture Bank is located at

340 Legget Drive, Door 54. South west corner of the Mitel building – just north of the Wendy's. (see map)

Please call 613-240-6680 to get more information about making a donation.



[We still need your input](#)

Sugar bush visit likely in March

Judy Makin and Sylvia McGee have been sounding out the membership about what they want for outings.

Their first foray into the New Year will be a sugar bush visit in March. Details should be available in January.

As always they are looking for your feedback on some of their proposals.

They hope to produce an annual plan of offerings for 2015 and will provide a brief review of the upcoming 3 months in each newsletter and at each Club meeting once things are more finalized.

Here are some of the suggestions and ideas:

- **Walks with Judy...**
- **Washington Cherry Blossom Festival**; March April 2015. Book now with Travac Cindy
- **Almonte Puppets Up,**
- **Celtfest**
- **Summer 2015 day trips**
- **Shaw Festival** at Niagara on the Lake two nights next summer 2015
- **Colours & Haunts** October 2015.
- 2015, **Show Jumping,** (Ottawa Valley Tours)

- **Martha Webber walk 2015**
- **96 bus in Kanata...** get on and see where it goes. (step on, step off trip?). Spring 2015
- **Constance Bay Rural Roots play** once a year --.fall 2015. Include a dinner beforehand?
- **Almonte speakers program.** Please provide them with your comments/ideas either at a meeting or by email at probustripping@gmail.com

Parking can be tight As winter approaches

Parking in the Church lot can be a challenge as it fills up quickly.

Please do not park in the marked Church Reserved slots or in the "Speaker" slot which is usually the first one on the left.

We do have an arrangement with the school which permits us to park in their lot.

The earlier you come the more likely you will find a space especially in the winter.

Falls should be a major concern for seniors

Did you know?

According to the Burden of Injury (2010), one in four people over the age of 65 will fall at least once each year, a rate that increases to one in two people over the age of 80.

Approximately 70 Ottawa residents die each year due to falls, and in 2005, falls were the leading cause of injury, hospitalization, and death among Ottawa older adults.

It is estimated that there are 20,000 annual visits to Ottawa emergency rooms related to falls, most of which involve older adults (Burden of Injury, 2010)

Even when they do not require ER visits or hospitalizations, falls can have a lasting impact on older adults' independence and quality of life, leading to a decline in health and function. This may in turn lead to future falls with more serious outcomes, and additional health care costs.



Pot luck for Euchre and Bridge 5 Dec.

Probus has an active euchre and bridge group. They meet monthly at the Bells Corners United Church, 3955 Old Richmond Road (at Moodie). Meetings are usually held on the first Friday of the month.

The December activity will be a Christmas Pot Luck with a start time of 11:30.

This is mostly a casual and social monthly activity and some players play both euchre and bridge and fill in where needed.

Following are the dates for our upcoming meetings:

- Friday, 5 December
- Friday, 9 January
- Friday, 6 February

For further information call Pat Stoate at 613-820-0174

QUOTE OF THE MONTH

I don't make jokes. I just watch the government and report the facts.

Will Rogers



The Euchre/Bridge group normally has a few snacks to tide them over while they play. In December it will be a full Christmas pot-luck affair.

Join us for an upcoming lunch-out

Monday 19 January

The Mongolian Village

2150 Robertson Road
(Bells Corners)

meet there at noon

The Mongolian Village Grill offers you endless variety, personal choice and precise control, as you, the customer, create your own stir fry. Our Food Bar consists of dozens of items including fresh Meats, Seafood, Noodles, and fresh local produce delivered daily.



Thursday 26 February

Milestones

Tuesday 24 March

Pinelopi's Greek Kitchen



An attentive audience listens to Miriam Rawson as she answers questions about Matthew House and the Furniture bank.

Probus offers group travel insurance through MEDOC

Did you know that as a member of Probus you are eligible for voluntary benefit options available to you, including MEDOC Emergency Out-of-Country Travel Insurance, Trip Cancellation Interruption Insurance, and a Benefit Plan.

Find out more by going to our club web page and click on links or go directly to www.probus.org/instrvl2.pdf

Christmas Luncheon



after 9 Dec. meeting

After our December meeting we will again have a luncheon and it will be the same catered format that we used last June.

Only a few tickets are left since we have a cap on the numbers we can serve. Tickets are \$5.00.

Many thanks to Micky and Sandra for making the arrangements.

This a great opportunity for us all to get together before Christmas



The Signatures Restaurant as part of the Cordon Blue Cooking School was the venue for our November lunch-out. Our club members filled two tables of ten and had a most enjoyable afternoon.

Your Probus Management Committee

President: Vernon Sulway

Vice President: (vacant)

Secretary: Sylvia McGee

Treasurer: Maureen Donaghy

Membership: Barbara Bole

Speaker Program: Beth Sweetman

Social Hospitality (co-chairs): Micky Walker and Sandra Ponech

Social Activities (co-chairs): Sylvia McGee and Judy Makin

Publicity: Pat Thompson

Newsletter/Web Site: Peter van Boeschoten

A great selection of upcoming speakers

January 13

Matt Craig

"The Mississippi Valley Conservation Authority"

February 10

Norm Christie

"Finding soldiers who died at Vimy"

March 10

George Laidlaw

"The joys of Canadian history"

Probus has a web site

Our club has a web site to keep you up to date on speakers, activities, photos, our organization and other information. It can be found at:

www.probuswesternottawa.ca

Make sure that you bookmark this location so that you don't have to keep typing it in.

The left side menu lets you go to any of the featured pages.

No coffee for our social get-togethers

As we age we need to stay fit physically, mentally and socially.

PROBUS provides the opportunity with our speakers on the intellectual side but it also encourages the opportunity to socialize with our fellow members. We do this by getting together at 10:00 before the meeting proper to compare notes, register for social activities and trips and get caught up on activities.

In the past we have had coffee available but without a convenor this is no longer possible. We are still hoping that someone or a couple will come forward to start it up again.

So, if you want coffee you will need to bring your own.

Chuckle Corner



THREE older ladies were discussing the travails of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, "Well, I'm glad I don't have that problem; knock on wood!" as she rapped her knuckles on the table, then told them "That must be the door, I'll get it!"