



The PROBUS Pilot



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

NOVEMBER 2014

Vol:6 No:3

The Prez Sez

As the cool, wet Autumn weather reminds me that Winter will soon be upon us, I look forward to the warm socialising that is an important part of our Probus monthly meetings, lunch outs and other get-togethers. Your executive committee is still looking for a possible solution to the lack of coffee and tea prior to the start of our monthly meetings. If anybody has any suggestions please tell me, or one of the committee members.

Heading into Winter also brings to mind the small risk that the scheduled speaker will not be able to get to our monthly meeting. In case this unlikely event should ever occur, I would be interested to know if any members have had interesting trips, or other life experiences, that they would be prepared to talk about. If a couple of members were able to volunteer for this possibility we could think of a 15 - 20 minute talk, with perhaps 2 people filling in the hour. If anybody has any thoughts on what we might do to cover this rare possibility, please let me know.

I look forward to seeing as many of you as can make it to our Nov 4 meeting for social interaction and another interesting presentation.

Vernon Sulway, President

The Probus Club of Western Ottawa is part of the international organization of Probus Clubs designed to serve retired and semi-retired professional, 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.

Our 4 November speaker

The Furniture Bank and Matthew House

Our November speaker has an extensive background as an educator and is passionate about using her expertise and experience to mentor and help others. Miriam Rawson became the Executive Director of Matthew House: Ottawa Refugee Services & Furniture Bank in 2013 after moving from Australia and marrying her Canadian husband Philip. Miriam has a Master's in Peace Studies from the University of New England, Australia. She has previously held leadership positions within educational, political and not-for-profit arenas. She is slowly but surely getting used to Ontario winters.

Matthew House: Furniture Bank (previously The Furniture Bank of Ottawa) originated in 2008 following an influx of Haitian refugees. Since then it has grown in response to community needs and today operates as a partner with many local social agencies.

In 2012, the Furniture Bank of Ottawa merged with what is now Matthew House: Ottawa Refugee Services to improve its capability to serve a growing clientele.

Matthew House Ottawa: Refugee Services grew out of the Matthew



Miriam Rawson

25:35 Network, which facilitates cooperation and mutual support between churches, organizations and other resource providers to assist the refugee community in the National Capital Region.

The organization is able to provide short-term accommodation for up to 10 refugee claimants along with assistance in settling into life in Ottawa. The goal is to provide a large range of services to refugee claimants who need assistance. It is not just a transient place to live but a real home supported by caring individuals; a place where people can know they are among friends.

Next meeting:
(Advanced by one week)

Tuesday 4 November

10:00 for social gathering, registration, and dues payment followed by our speaker
Miriam Rawson



The October walk through the South March Highlands avoided the rain and proved most interesting for the participants. Some of the walkers included Peter Doyle, Judy Makin, Trudy Valentine, Desna Sulway and Vernon Sulway. If you were not there you missed a great outing organized by Judy.

We still need your input

Lots of ideas for trips and outings

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

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.
- **Royal Winter Fair**, November 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

Why does being older than 65 put me at higher risk for getting the flu?

As you age, your immune system weakens. This weakening makes seniors—adults 65 years and older— more susceptible to the flu. For seniors, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

It is thus important that all seniors get the flu vaccine at the start of the season in the fall.

Where can I get my flu vaccine?

- Your primary care provider or family doctor
- Your local pharmacist.
- Ottawa Public Health community clinics

To find a flu clinic close to you, visit www.ottawa.ca and enter "flu" in the search engine.

After the meeting

Join us for lunch

Join us for lunch after our meetings and often our speaker agrees to join us. This month we will again be at:

The Brew Table

NW corner of Robertson and Moodie

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 on the website lets you go to any of the featured pages.

Parking can be tight

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.



Euchre and Bridge remain popular

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 at 1 p.m. (But see below).

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

Following are the dates for our upcoming meetings:

Friday, 7 November

Friday, 5 December

(Note that the December meeting is the Christmas potluck which starts at 11:30)

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



Joy Forbes gave an entertaining and informative talk on "One-Room Schoolhouses" at our October meeting. This prompted many questions and comments from those who had experienced them.



The October Restaurant Lunch had to be changed on short notice from the Mongolian Village to the Vietnamese Pho House. Waiting to be served are Peter Doyle, Don Davis, Maureen Donaghy, Sandra Ponech, Pat Thompson, Marianne Gibson and Dawn Doyle.

Join us for an upcoming lunch-out

Thursday 20 November Signatures

453 Laurier Ave. East
meet there at noon

The restaurant is associated with the Cordon Bleu Cooking School. Signatures Restaurant offers you exceptional cuisine, a unique setting and luxurious hospitality for your next culinary experience.

Must sign up at the 14 October meeting.



Monday 19 January The Mongolian Village

2150 Robertson Road
(Bells Corners)
meet there at noon

(To make up for our missed October visit)

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.



Our December speaker
Dr. Don Wiles
*"Radioactivity in my
Bones"*

QUOTE OF THE MONTH

Just because you do not take an interest in politics doesn't mean politics won't take an interest in you!

Pericles (430 B.C.)



Christmas luncheon tickets now on sale

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

Advance tickets will be required and they are available for the low cost of \$5.00.

There is a limit of 110 tickets due to space requirements so pick them up at the November meeting, as there may not be any left thereafter.

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



10 year pins were presented at the October meeting by President Vernon Sulway (left) and Past President Peter Doyle (extreme right). Receiving pins were Peter van Boeschoten, Pat Thompson, Molly Irvine, David Stafford, Barbara Bole Stafford, Doris Stephenson and Jim Stephenson.



Treasurer Maureen Donaghy

Dues are Due

Bring your cheque book

It's time to renew your membership. Dues are unchanged from last year and remain at \$20 per member which is among the lowest for any Probus Club.

We very much value your membership but it is your \$\$ which keeps the club operating.

The preferred form for payment is a cheque made out to Probus Western Ottawa. The treasurer will be there before and after the meeting to accept your donation

This is also a good time to update your email address and other particulars.

No coffee for our pre-meeting gatherings

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.

Travel Insurance

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

<http://www.probus.org/instrvl2.pdf>

Chuckle Corner



The Honest Lawyer?

The city miser was on his death bed, as his last request he asked to be alone with his lawyer, doctor, and priest. "I know I am going to die" he said "and I would like to take my money with me, so I am going to give each of you \$150,000 and I want you to each make sure the money gets in the coffin."

It was a few days after the funeral when the priest over flowing with guilt finally confided to the other two that he only put \$100,000 back.

"I'm glad you brought it up" said the doctor, "because I have also been feeling guilty, I only put \$80,000 back."

"You people should be ashamed of yourselves" stormed the lawyer "stealing money like that, am I the only honest person here? Here look at this" he said pulling out his check book, "look I wrote out a check for the full \$150,000!"