



# The PROBUS Pilot



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

JANUARY 2015

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## The Prez Sez

*As we stand at the beginning of the New Year let me wish everybody all the best for 2015.*

*2014 was a very successful year for Probus Ottawa West, and I am sure that we will build on that in the months to come. We have a very good start - we have two volunteers to prepare coffee before our meetings, so we can look forward to that at our next meeting in January.*

*We have not been so fortunate with finding a Vice President. This is not an onerous task. The Executive Committee that runs our club does such a good job that there is little left for the President to do. The position of VP gives you a year (well, 9 months now) to realise that before taking over as President, so now would be a good time to let someone on the executive know if you, or someone you know, are interested.*

*I look forward to another good year of fellowship and interesting speakers, and hope to see many of you at our next meeting on January 13th.*

**Vernon Sulway**, President

## The Mississippi Valley Conservation Authority

# Managing our rivers and streams

The Mississippi Valley Conservation Authority (MVCA) is the local watershed management agency for the Mississippi and Carp Rivers in Eastern Ontario.

Matt Craig has been the Manager of Planning and Regulations at the MVCA for the past 4 years. He graduated from Trent University 1991 with a BSc in Environmental Science and has worked for the past 20 years in Resource Management. He started his career with Environment Canada then moved west to work with the British Columbia Ministry of the Environment working in resource planning and environmental assessments. In 2002, he returned east to work with the Rideau Valley Conservation Authority as an environmental planner and came to the MVCA in 2010.

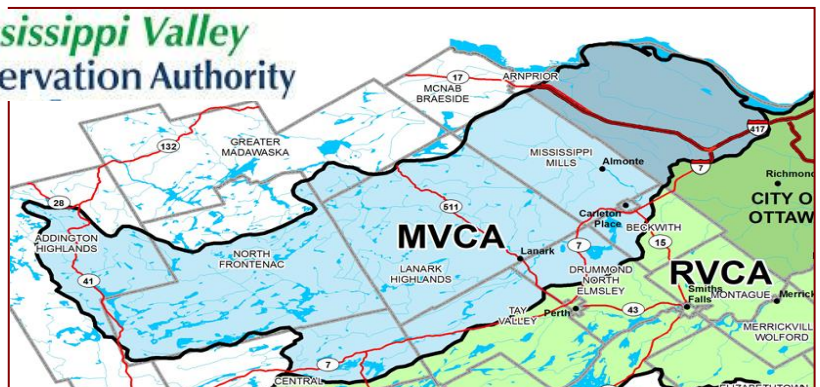
The MVCA is responsible for a very large watershed area from the Addington Highlands to the City of Ottawa. Locally the Carp River is of major importance but also smaller water bodies such as Shirleys Brook and even the Beaver Pond and



**Matt Craig**

Kizzell Drain are part of the inventory.

The MVCA is funded by its 11 municipalities, located all or in part of the watershed, through a tax levy. Each municipality has access via the MVCA to professionals such as water resource engineers, biologists, environmental planners, stewardship and forestry specialists and GIS expertise. These staff work to provide flood forecasting and warning, manage water levels, prevent dangerous development, monitor the health of our lakes and rivers and conserve and restore areas of natural significance.



Next meeting:  
**Tuesday 13 January**  
10:00 for coffee, social gathering, registration, and activity sign-up followed by our speaker  
**Matt Craig**

## Coffee is back for pre-meeting socialization

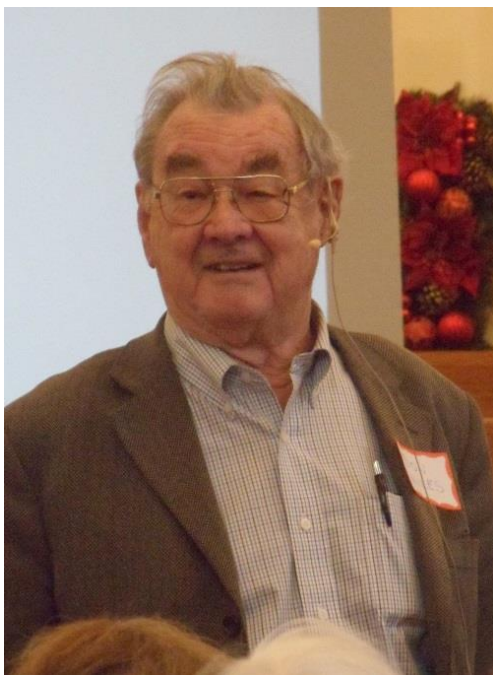
We have coffee!

For our fall meetings we have had to do without at our pre-meeting social/sign-in sessions with the hope that a convenor would step forward to take on the task of getting it ready.

Two members have now volunteered to take on this task. Jean Eng and Margaret Beairsto will have coffee ready for the 13 January meeting. Ruth Howes, our long-time previous coffee convener, will help to get them started.

Getting together to socialize prior to our meetings is an important aspect of Probus. We get a chance to relate the month's events and sign up for the restaurant and tour activities.

Making the coffee early and ensuring the supplies are there is a thankless task and we appreciate Jean and Margaret taking this on.



**Don Wiles** was the professor at our December meeting. We learned all about U32 ions and protons and Radon gas. His light hearted talk was filled with personal anecdotes of his experiences with radioactivity.

## Monthly outings

### Snowshoe walk and Museum on agenda

Tours and trips are starting to take shape. Watch for Judy and Sylvia at January meeting to sign up for the following options. Please contact them if you wish clarification. [probustripping@gmail.com](mailto:probustripping@gmail.com)

#### January:

January 22: **Judy's snowshoe / walk.** Meet at 10 am at the trailhead entrance to the South March Highlands Conservation Area park, on Old Second Line at Klondike. If the snow is deep enough, bring your snowshoes; if not, tall winter boots will work. Optional pub lunch afterwards.

**Sign up at Jan. meeting.**



#### February:

February 25: **War Museum Tour.** Two tours at 10 a.m. and 1:15 p.m., with lunch in between. More details available at January PROBUS meeting.

Museum tour web site: <http://bit.ly/1rxLkc8>  
OC Transpo offers free bus pass for Seniors on Wednesdays.

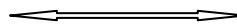
[http://www.octranspo1.com/tickets-and-passes/seniors\\_fare\\_update](http://www.octranspo1.com/tickets-and-passes/seniors_fare_update)

**Sign up at Jan/Feb meeting.**



#### March:

Date TBA -- **Sugarbush outing**



Anyone interested in...Little Theatre outings 2015: sign up to indicate your interest in various Little Theatre outings, such as Rural Root Theatre. We are looking for specific 2015 suggestions from those who can recommend other ideas.

Golf Outings 2015: sign up to indicate your interest in Golf outings. We are looking for specific suggestions for spring/summer 2015 golfing activities.

Other Tripping Ideas:

April 3 - 7, 2015: Travac Tours, The Washington Cherry Blossom Festival  
<http://www.travactours.com/washington-cherry-blossom-gettysburg-tour/>

Check out other Tripping Company ideas:

<http://www.travactours.com/tour-calendar/>

Please contact Cindy Stevens to sign up for Travac Travel newsletters  
[cindys@travactravel.ca](mailto:cindys@travactravel.ca)

<http://www.ottawavalleytours.com/calendar.html>

Check out the month by month offerings at Ottawa Valley Tours

<http://www.ottawavalleytours.com/generalinterest.html>

Ottawa Valley Tours Daytrips.

Happy Trails.

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 coffee and socialization followed by a guest speaker.

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

Visitors are welcome.

# Join us for an upcoming lunch-out

**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 produce delivered daily. **Sign up at Jan. meeting.**



**Thursday 19 February**  
**Milestones**

Kanata Centrum Mall  
 meet there at noon

Familiar food with a twist. You can view the lunch menu on line at

<http://www.milestonesrestaurants.com/lunch.php>

It is located in the Centrum Mall, close to the CIBC Bank

**Sign up at Jan/Feb meeting.**



## 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.

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, 9 January**

**Friday, 6 February**

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



**Convener  
 Pat Stoaite**

## For want of a card



We like to think that our Probus Club is much like a family. As such when someone is ill, hospitalized or in need of a comforting word we would like to send a card.

We are fortunate that Maggie Sheehan has for some time taken on this task.

If you know of someone who could use a card please call Maggie at 613-825-4035.

**Maggie Sheehan**

## May meeting moved up for Spring Fling

The 2014 Spring Fling will be held in Kemptville on Tuesday 12 May. As a result we have rescheduled our May Probus meeting to a week earlier on 5 May.

The Spring Fling brings together members from the 13 Probus Clubs in Eastern Ontario and is very popular activity for our members.

Further details on the Kemptville event will be available next month.

Advance payment is usually required and we anticipate that the cut-off will be end March or early April.

## 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](http://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. Links are also provided for our photo page.

## Your management committee

President	Vernon Sulway	Speaker Program	Beth Sweetnam
Vice President		Social Hospitality	Micky Walker Sandra Ponech
Past President	Peter Doyle	Social Activities	Sylvia McGee Judy Makin
Treasurer	Maureen Donaghy	Publicity	Pat Thompson
Secretary	Sylvia McGee	Newsletter Editor	Peter van Boeschoten
Membership	Barbara Bole Stafford	Webmaster	Peter van Boeschoten

### QUOTE OF THE MONTH

**Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.**

**Dr. Sues**

After the meeting

**We go out for lunch**

Join us for lunch after our meetings to socialize and discuss the meeting topic.

This month we will be at:

**The Brew Table**

NW corner of Robertson and Moodie

**Parking can be hard to find**

Parking in the Church lot can be a challenge as it fills up quickly. Now that we have winter and shortly more snow it will likely get worse.

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

We do have an arrangement with the school which permits us to park in their lot. Make sure that you pick the second entrance to enter or you will end up in the bus drop off lane.

Come early, help with the room set-up, and parking will be easier.

**Group insurance from Johnson Inc.**

Did you know that as a member of Probus you are eligible for Group Travel insurance through the MEDOC program from Johnson Inc.

Find out more by going to our club web page and click on links or go directly to

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

*Our upcoming speakers*

**10 February – Norm Christie**  
*"Finding soldiers who died at Vimy Ridge"*

**10 March – George Laidlaw**  
*"The joys of Canadian history"*

**14 April – Roddy Bolivar**  
*"Water – the effect of population growth and weather extremes"*

**Christmas luncheon photos**



**Chuckle Corner** 

**EXERCISE FOR PEOPLE OVER 50**

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.

Then try 20-lb potato bags and then eventually try to get to where you can lift a 30-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm now at this level.)

After you feel confident at that level, put a potato in each bag.