



The PROBUS Pilot



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

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Tuesday 13 December

Service clubs and their role in our community

We often hear about service clubs – Kiwanis, Rotary, Kinsmen, Lions, Elks and so on. But what do we really know about them? What do they do?

Most are secular, non-political organizations that are dedicated to the improvement of people's lives around the world.

By definition a service club or service organization is a voluntary non-profit organization where members meet regularly to perform charitable works either by direct hands-on efforts or by raising money for other organizations. A service club is defined firstly by its service mission and secondly its membership benefits, such as social occasions, networking, and personal growth opportunities that encourage involvement.

Here in Kanata we have two Service Clubs: the Kanata-Hazeldean Lions Club and the Rotary Club of Ottawa-Kanata Sunrise.

We are delighted to have the President of each organization,

respectively Linda Leinan and Dwight Brown, talk to us about service clubs in general and their own club in particular.



Dwight Brown is a Rotary Club Member, volunteer and a businessman. He is an advocate of the 1% -- the dedicated minority of individuals in any community who give back to their neighbourhoods through ongoing involvement.

Dwight's role as President of the Rotary Club of Ottawa Kanata Sunrise gives him a platform to ask Who are you? How do you want to volunteer? What is Rotary? and Why Rotary? Finally he explains how service clubs could be the perfect vehicle to scratch that itch.



Linda Leinan has been a member of the Kanata-Hazeldean Lions Club since 2009, serving as President in the 2015 - '17 period. After retiring from a federal government career encompassing adult education, health products regulation and life sciences industry development, Linda has done life sciences business consulting, as well as support work for Kanata North Councillor Marianne Wilkinson.

Linda is a long-time coach and Board member of MAP Reintegration, a charitable organization which supports released offenders in reintegrating into the community. She is an active member of St John's Anglican Church, where she sings in the choir, and is also a member of Kanata Grandmothers Together, a Stephen Lewis Foundation-affiliated group which raises funds to help African grandmothers who are caring for AIDS orphans.

Linda has a Bachelor's degree in food science from the University of Saskatchewan and a Master's in adult education from St. Michael's College in Winooski, Vermont.



MERRY CHRISTMAS

from your

Probus Management Committee

A great selection of upcoming speakers

January 10: Barry Kirk -- Executive Director, CAVCOE
“Automated Vehicles are here to stay”

February 14: David Smith
Einstein: His life and major works

Group insurance

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/instrv12.pdf>

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 Crazy Horse Trail in the Carp Hills was the setting for these dedicated walkers in October. Dressed in rain gear they were pleased that it ended just as they started. The fall colours were fantastic.

Tuesday 6 December

Probus Christmas Luncheon sold out

For our Christmas luncheon we are returning to the popular Restaurant International at Algonquin College. Tickets are sold out with a large number attending.

The luncheon starts at noon and the restaurant opens a half hour before that.

The map below provides some

directions as shown with the dashed red line. Take Woodroffe Ave. South from Baseline and the first road to the left is Navaho Drive. The restaurant is in Building H. Parking is free in Lot 4 but it is usually full. Thus plan on using Lot 10 across the street which provides pay parking at \$2 per half hour.



Constitution and bylaws available on web site

The Probus Club of Western Ottawa constitution and by-laws are now available in digital format. The constitution was last updated when the name was changed from the

Probus Club of Kanata. The by-laws were most recently changed in 2015 to amend the maximum term of office for the President position to two years on an exceptional basis.

Both documents can be found in pdf form on the Management Committee Page of the Probus website.

www.probuswesternottawa.ca

After the meeting

We go out for lunch

Join us for lunch after our December meeting to socialize and discuss the presentation..

This month we will be at:

The Brew Table

(NW corner of Robertson and Moodie)

Often our speaker is able to join us. At the beginning of the meeting we ask for a show of hands of those planning to attend so that we can reserve.



Euchre and bridge monthly

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, 6 January

Friday, 3 February

Friday, 3 March

Friday, 7 April

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



**Convenor
Pat Stoaite**

Sir John A. Macdonald to be featured at Spring Fling 2017

Sir John A. Macdonald has agreed to come out of his long retirement to help us celebrate Canada's 150th birthday at our Spring Fling.

Sir John will be portrayed by Brian Porter while his wife Renee will portray Lady Macdonald.

Brian and Renee Porter, wearing their 1880's finery, will do a presentation about Sir John A. Macdonald called Quips and Quotes. To get a sense of this important figure in Canadian history you will hear quotes from contemporaries of Sir John A. who saw him in action, along with some of his own quips and jokes. Renee will read some excerpts from Lady Macdonald's diary.

Brian and Renee have portrayed Sir John and Lady Macdonald for



Photo by TIM RUHNKE

the past sixteen years at numerous events in Eastern Ontario and as far west as Toronto and London.

The Spring Fling will be on Tuesday 9 May in Kemptville and feature participation by more than 14 Probus clubs.

Our club is the host and we are still looking for members to give us a hand with the organization.

Falls should be a major concern for seniors

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.

Join us for a lunch-out in 2017

Tuesday 24 January

Mandarin Restaurant

290 West Hunt Club

(just past Lowe's)

meet there at noon

Enjoy our extensive soup and salad bars, grill table, prime rib counter, sushi corner, and a variety of hot foods. An array of desserts, an ice cream sundae bar and frozen yogurt station offer the perfect end to the meal. www.mandarinrestaurant.com/nepean



Wednesday 22 February

Ironstone Grill

The Marshes Golf Club

320 Terry Fox Drive

meet there at noon

The ambiance of this 130-seat stand-alone restaurant is located on the main floor of our clubhouse and encompasses exposed post-and-beam construction, magnificent stonework, rugged fireplace and unique fence-wall combine to create a rich, open, warm and relaxing atmosphere that takes hold the instant you enter.

www.marshesgolfclub.com/images/uploads/documents/2016/menus/Ironstone_Grill_2016.pdf



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



Welcome to the following new members who joined in our Probus Club in November:

Alison Green
Terry Baker

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 *an* Vietnamese Restaurant was the venue for an enjoyable November lunch-out. These are some of the 18 participants watching Andrew try out his chopsticks.

Chuckle Corner

Just read that 4,153,237 people got married last year, not to cause any trouble but shouldn't that be an even number?

Today a man knocked on my door and asked for a small donation towards the local swimming pool.... I gave him a glass of water.

I want to die peacefully in my sleep, like my grandfather ... Not screaming and yelling like the passengers in his car.

If I had a dollar for every girl that found me unattractive, they would eventually find me attractive.

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

Ours is a country which produces citizens who will cross the ocean to fight for democracy but won't cross the street to vote.

You know that tingly little feeling you get when you like someone? That's your common sense leaving your body.

Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

They said Money talks ...but all mine ever says is good-bye.

If you think nobody cares whether you're alive, try missing a couple of payments.



Richard Brisson's talk on the Enigma Machine in November drew one of our largest audiences and prompted many questions.

QUOTE OF THE MONTH

**"LIVE YOUR LIFE
AND FORGET
YOUR AGE"**

Norman Vincent Peale