



The PROBUS Pilot



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

JANUARY 2016

Vol:7 No:5

The Prez Sez

I hope everybody is looking forward to another interesting year with Probud.

Thanks to the efforts of your executive committee we can continue to look forward to interesting speakers, enjoyable lunch opportunities, stimulating trips and visits, even the opportunity for a social time together for those interested in playing (and learning to play) euchre.

Now if we can be sure that the mild weather of December continues for at least the next few weeks we should have a good turnout at our upcoming meeting. Maybe the free coffee and tea will help!

Vernon Sulway, President

Free Coffee and Tea

The management Committee has decided to no longer charge for the coffee and tea prior to the meeting

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

The Probud Club of Western Ottawa is part of the international organization of Probud 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 Probud meets at
Kanata United Church, 33 Leacock Dr.

Visitors are welcome.

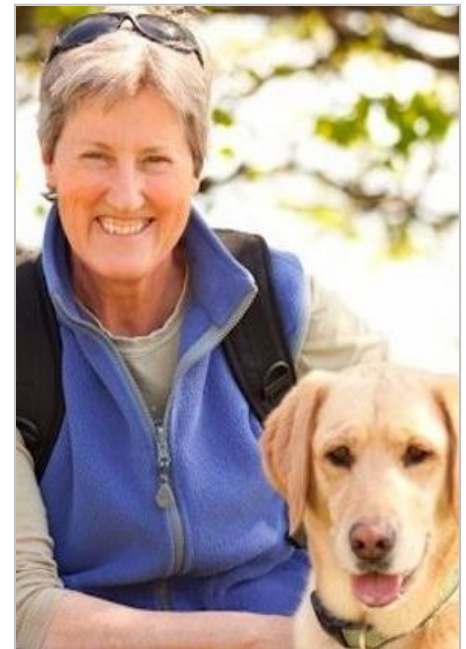
Tuesday 12 January

Service dogs and their role in supporting people with Extreme Anxiety Disorders

Anxiety and stress are evident in many people in today's environments. Jane Madigan has used her knowledge of these aspects to show how dogs can support extreme anxiety disorders in People.

Jane was raised in Britain and is now living in Canada. She has accumulated 20 years of expertise empowering dogs to reach their full potential. Her background includes 12 years of working with competition horses, in the UK and New Zealand, prior to entering the Professional Guide Dog arena, where she gained much valuable experience. She continually researches, adds to her skill set, and customizes her techniques for individual dogs whether in a working role or rescue.

She shares her Ottawa home with Willow and Bud. Willow failed Guide Dog School due to high anxiety. With support and guidance from Jane, she has overcome and manages her anxiety to the extent that she is able to accompany Jane to her presentations.



Jane Madigan with Willow

Bud arrived several years ago, as a misunderstood and abused rescue from Kentucky. He has grown into a loving and fun friend to Willow.

Alongside her training of clients with companion dogs, she has for the last few years been working with rescue organizations in implementing new force free techniques and skills for the dogs in their care, whether in the home of fosters, adopters or within kennel environments, reducing stress and anxiety.

Willow will be joining Jane to help her with the presentation.



Ian Smillie provided a stimulating presentation at our December meeting on his personal experience in exposing the horrors of the blood diamond trade in Africa.

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

Wednesday 17 February

Mint tour and Gallery option planned

We will have a 45 min. guided tour of the Royal Canadian Mint, for a behind-the-scenes look at how coins are made in the state-of-the-art facilities in this historic building, founded in 1908. This is where the master tooling is done to create the dies that strike coin designs for both circulation and commemorative issues. After the tour we can visit the boutique to shop for collector coins or gifts.

Note: - We are also pursuing a second/optional tour in the afternoon at the National Gallery. Let us know at the January meeting if you are interested in adding this option to your day. The cost of admission to the Gallery is \$10.00 for seniors. The Gallery can provide a guided tour for a minimum 15 people. The extra cost for the guide is \$7.00 per person.

Lunch is available in the National Gallery's *Caf  teria des Beaux-Arts*, which is described as "...beautifully appointed room has its own glass rotunda, access to a private patio and an inspiring view of Nepean Point, the Ottawa River and Parliament Hill. The Cafeteria is



Address: 308 Sussex Drive.

Date/Time: Wed. 17 Feb 10:00 am

OC Transpo: Free on Wednesdays. On Route 9.

Parking: No on-site parking, but parking is available at the National Gallery next door at 380 Sussex Drive (\$2.75 hour or \$14.00 max for the day) or across the road at the Cathedral.

Cost: \$4.00 for group tour (senior rate).

designed to serve families and groups in an informal, self-service atmosphere. Choose from three daily specials, salad and dessert bars, made-to-order sandwiches and more." If you do not wish to tour the gallery BUT you do wish to enjoy lunch here, you MUST pick up cafeteria tags at the main entrance but you do not need to pay admission to the gallery to access the cafeteria. Either way, I will need to confirm reservations for the Cafeteria in advance.

In summary - total cost for both tours is \$21.00. A sign-up sheet will be at the January meeting, and you can indicate if you want just the Mint tour or also the lunch the afternoon tour at the Gallery. Parking at the Gallery is \$14.00 for the day; OC Transpo is free on Wednesdays. Lunch cost on your own.

For further information, contact Judy.Makin@opera.ncf.ca



The early arrivals received first dibs at the free Christmas goodies prior to our December meeting.

Join us for an upcoming lunch-out

Thursday 25 January

Graffiti's

101 Kanata Avenue
(in Holiday Inn)
meet there at noon

Featuring modern Italian cuisine – Graffiti's® offers a variety of "Venetian inspired" menu selections, both new and old favorites, including our clay oven fired gourmet pizzas and tantalizing pastas, plus a full range of entrées, including Black Angus beef selections "hot off the grill".

www.graffitis.ca

Sign up at the January meeting

Tuesday 23 February

Big Rig

2750A Iris Street
(off Greenbank/Pinecrest)
meet there at noon

Whether enjoying a Big Rig Brew on our sunny patio, a casual snack in the pub or a dining experience, Big Rig Kitchen and Brewery has you covered.

<http://www.bigrigbrew.com/>

Sign up at the January or February 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, 8 January

Friday, 5 February

Friday, 4 March

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



**Convenor
Pat Stoate**

For want of a card



Betty Jean Bone

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

We are fortunate that Betty Jean Bone has volunteered to take on this task.

If you know of someone who could use a card please call Betty Jean at 613-721-5536.

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. Links are also provided for our photo page.

Your management committee

President	Vernon Sulway	Membership	Barbara Bole Stafford
Vice President	Beth Sweetnam	Treasurer	Maureen Donaghy
Secretary	Martha Maslen	Publicity	Pat Thompson
Past President	Peter Doyle	Social Activities	Judy Makin
Speaker Program	Heather Walt Gord Walt	Social Hospitality	Marie Armstrong Ron Armstrong
Newsletter	Peter van Boeschoten	Webmaster	Peter van Boeschoten

QUOTE OF THE MONTH

**The longer I live the more
beautiful life becomes**

Frank Lloyd Wright

HELLO

NEW MEMBERS

Welcome to the following new members who joined in our Probud Club in December:

Nancy McKenna
Janet Sims
Gail Evans Spencer
Sarah Trant
Alice Vera

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.

Group insurance from Johnson Inc.

Did you know that as a member of Probud 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

12 January – Jane Madigan

"Service dogs and their role in supporting people with Extreme Anxiety Disorders"

10 February – Lynn MacLeay

"Candrive (Research initiative for vehicular safety for the elderly)"

Christmas luncheon photos



More photos at www.probuswesternottawa.ca under the "photos" tab



Chuckle Corner

HOW TO FIRE A SLACKER

Arcelor-Mittal Steel, feeling it was time for a shakeup, hired a new CEO. The new boss was determined to rid the company of all slackers. On a tour of the facilities, the CEO noticed a guy leaning against a wall. The room was full of workers and he wanted to let them know that he meant business. He asked the guy, "How much money do you make a week?"

A little surprised, the young man looked at him and said, "I make \$400 a week. Why?"

The CEO said, "Wait right here." He walked back to his office, came back in two minutes, and handed the guy \$1,600 in cash and said, "Here's four weeks' pay. Now GET OUT and don't come back."

Feeling pretty good about himself the CEO looked around the room and asked, "Does anyone want to tell me what that goof-ball did here?"

From across the room a voice said, "Pizza delivery guy from Domino's."