



# The PROBUS Pilot



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

MAY 2016

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## Editorial

### ***We need to fill vacancies***

*The past year has again been another highly successful one for our Probus club. This is in large part due to the behind the scenes efforts of the members of your Management Committee.*

*At the June meeting you will be electing a new slate of individuals to manage your club next year. We have three upcoming vacancies that we need to fill:*

- **Vice President**
- **Membership Coordinator, and**
- **A second Travel/Activities Coordinator**

*The Vice President backs up the President and assumes that position for one year next year.*

*The Membership Coordinator maintains a record of members, welcomes visitors and sends out club material.*

*The Travel Coordinator organizes travel and activities together with Judy Makin who will be staying on.*

*These are the critical replacements that we need. If we share the load it only takes a few hours each month.*

*If you are interested in helping we ask that you take the initiative and advise a member of the Management Committee of your interest(s).*

*If you can't do it yourself, poke your spouse or a friend in the ribs and get them to volunteer.*

*We also need members to assist with set-up, audio/visual, the web site, making coffee, writing articles, acting as greeters, planning activities, taking pictures and much more.*

*It's time to step forward. We really do need your help.*

## ***Tuesday 10 May***

### **Community theatre has large impact on community**

At our May meeting Jim Holmes will take you behind the scenes as he talks about some of the successes and challenges of Kanata Theatre's 48 year presence in the community. His topic is "Development of Amateur Theatre and Its Impact on the Community"

Jim is a retired lawyer who has lived in Kanata since May 1970. He has been an active member of Kanata Theatre since 1972 and is the immediate Past President.

During one of his earlier presidencies the Ron Maslin Playhouse was conceived, designed and launched. Jim has directed more than 25 productions for Kanata Theatre, including *The Seagull* which the Capital Critics Circle named Best Community Theatre Production of the 2007/8 season and *The Underpants* for which he received a Best Director Award from that Circle.

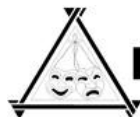
He has acted in many Kanata



**Jim Holmes**

Theatre productions, most recently as Brady in *Inherit the Wind*.

The theatre has been a family affair. Jim's wife, Mary, is also an active member, who has acted in, produced or costumed many shows, and is also a Past President. His daughter, Martha Johnstone, has done costumes for many productions, including the more than 130 costumes for this season's *Mary Poppins*.



**kanata theatre**

Kanata Theatre is an all-volunteer amateur community theatre company operating in Kanata, Ontario, Canada.

It began in 1968 as a play reading group in a sleepy bedroom community. At that time the town consisted of only a handful of houses, one public school, two gas stations, a post office and an A&P grocery store.

There are now about 250 members, who put on five main-stage plays and a children's holiday play each year. In any one year, there may be additional productions for training or experimental purposes.

After years of fundraising, Kanata Theatre was able to open its own facility, the Ron Maslin Playhouse, a modern 350-seat theatre situated in the south-west of Kanata, which itself is on the west of Ottawa.



The Temple's Sugar Bush outing on 7 April saw a large group of club members taking part despite several inches of wet snow having fallen the night before. A sit down lunch in the rustic hall capped the activities.



Probus has an active euchre and bridge group. They meet monthly at the Bells Corners United Church, 3955 Old Richmond Road (at Moodie).

#### **MAY MEETING CHANGED**

The May meeting will now be on Friday 13 May at 1 p.m.

#### **JUNE POTLUCK**

The June Euchre/Bridge Pot Luck Luncheon will be held Friday, June 3.

We can do both hot and cold dishes for the Pot Luck as we can use the stoves and ovens. Come with your dishes around 11:30 a.m. in order to be able to have some punch and be ready to eat around noon. Then we can usually start cards on time at 1 p.m. so nobody is too late getting home.

For further information call Pat Stoute at 613-820-017

## **Year-end luncheon after our June meeting features catered meal**

After our June meeting we will again have a luncheon to wrap up the year. This year we will be using a caterer for a more substantive menu and to

reduce the organizational load on our volunteers.

### *We go out for lunch*

**Tuesday 24 May**

### **Won Ton House Restaurant**

1300 Wellington Street West

Established Chinese restaurant preparing traditional cuisine in an old-fashioned setting.

There is a lot of free parking in the rear and it is close to a lot of shops on Wellington and the Parkdale market for flowers and vegetables.

[www.wontonhouse.com](http://www.wontonhouse.com)

**Sign up at the May meeting**



Since we have limited seating we have had to cap the number of tickets. In order to break even on cost we have had to raise the ticket price to \$11.00. When you consider that it includes the meal, dessert as well as hot and cold beverages it is still a good deal.

This event is a great opportunity to close out our year and socialize with other club members before we break for the summer.

Since tickets are limited you should sign up and pay at the May meeting.

## *Your current 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

## **Get 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>



Thursday 19 May at 10:30

## Beechwood cemetery tour planned

The Beechwood Cemetery tour on Thursday 19 May has proved so popular that it is full and there is only a waiting list available.

We will gather in the Sacred Space (main building) for an interesting talk about the history of Beechwood – Canada's National Cemetery and a National Historic Site, which has been in existence for 140 years. Weather permitting, there will be a short walking tour, and hopefully the beautiful spring flowers in the botanical gardens (35,000 tulips!) will all be blooming.



Beechwood Cemetery, 280 Beechwood Ave

<http://www.beechwoodottawa.ca/> (map also on this web page)

Please arrive by 10:20 a.m. for a 10:30 a.m. start. There is ample parking at the side of the building.

If you wish to be added to the waiting list, please register at the May meeting, or contact Judy Makin via [probuswesternottawa@gmail.ca](mailto:probuswesternottawa@gmail.ca)

## Memory loss and Alzheimer's

### June meeting to start early

The June meeting will start early so that we can also begin the year-end luncheon early. The meeting will thus start at 10:15 and to enable lunch at 11:30. There will also be no pre-meeting coffee.

Our speaker will be Dr. Andrew Frank from the Bruyère Memory Program. He will talk about memory loss in aging and how it is different from Alzheimer's disease.



**Your Coffee Team.** Jean Eng, Andrew Glen and Bill Eng come in early before each meeting to ensure that the coffee and tea is ready by 10a.m. Note that since January it has been free.

## Some seniors' notes and links from the Public Health Agency of Canada

Canadians are enjoying longer life spans and better health than ever before. The proportion of seniors in the Canadian population is expected to double by 2025. Health Canada is proactively conducting research and planning to better understand the needs of Canadian seniors and to ensure that programs and services respond to Canada's demographic aging.

### What Can You Do?

If you are a senior, look for ways to keep yourself healthy, strong and flexible. Staying healthy is an important way for you to keep your independence. There are five determinants that play key roles in healthy aging:

- [Healthy Eating](#)
- [Injury Prevention](#)
- [Oral Health](#)
- [Physical Activity](#)
- [Smoking Cessation](#)

### What Information is Available?

Staying healthy is important, both for seniors and for society. Health Canada and the Public Health Agency of Canada, through its [Division of Aging and Seniors](#), work to ensure knowledge and expertise are shared to help seniors stay healthy. Read the following resources to learn more:

- [Environmental Health Guide for Seniors at Home](#)
- [Food Safety for Older Adults](#)
- [Seniors and Aging - Osteoarthritis](#)
- [Seniors and Aging - Bladder Control Problems \(Incontinence\)](#)
- [Seniors and Aging - Preventing Falls in and around Your Home](#)
- [Seniors and Aging - Vision Care](#)
- [Report on Seniors' Falls in Canada - Public Health Agency of Canada](#)
- [Communicating with Seniors: Advice, Techniques and Tips](#)
- [End-of-life Care for Seniors CD](#)

Looking for health information that speaks directly to you? Try our [Just for You - Seniors](#) section.

## Let us send a card

We like to think that our Probus Club is much like a family. As such we would like to send 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](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 for pictures of our social activities.



**Beaverpond walk.** 10 members of our club enjoyed a sunny spring walk checking out the new spring flowers as well as geese, cormorants and even a blue heron in their walk around the pond.

## After the meeting

### We go out for lunch

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

This month we will be at:

**The Brew Table**

NW corner of Robertson and Moodie



At our April meeting **Gerda Kraft** gave an informative and timely presentation on refugees and the bureaucracy and efforts required to making them feel welcome.

## Chuckle Corner



An elderly lady was concerned about her husband's hearing. It seemed that every time she would call him, he wouldn't respond.

So, the lady went to the doctor to ask his advice.

The doctor said to her, "when you go home, tell your husband to stand at the end of the hallway, and you should stand at the other end. Ask him what he wants for dinner. Continue to move him closer towards you until he responds to your question so you know exactly how far away he is from you when he finally hears you."

She thought this was a great idea.

When she got home, she placed her husband at the end of the hallway and yelled, "Herbert, what do you want for dinner?"

There was no response.

She moved 10 feet closer. Again she yelled, "Herbert, what do you want for dinner?"

No response.

She moved another 15 feet closer to where she was now practically face to face with her husband. She yelled even louder this time, "HERBERT, what do you want for dinner?"

Herbert yelled back at her, "For the THIRD time, I want chicken!"

## QUOTE OF THE MONTH

**"The road to success  
is always under  
construction"**

**Arnold Palmer**