



The PROBUS Pilot



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

September 2019

Vol: 11 No: 1

Tuesday, September 10, 10am, Kanata United Church

Understanding Medical Cannabis - Maggie McDougall

Maggie is a Smiths Falls local with deep roots in the community. As the **Community Engagement Specialist** for Canopy Growth Corporation, she is excited to combine her passions for Canopy Growth, building community, and cannabis for wellness.

She began her career at Canopy Growth in Customer Care, where she gained valuable brand and product experience. She's passionate about education around making informed decisions, whether for wellness or recreational use.



Canopy Growth's mission is to advance the world's perception of cannabis by focusing on research, product development and innovative production capabilities – all presented through brands people trust.

They are working hard to keep informed and educated on the *Access to Cannabis for Medical Purposes Regulations*, as well as anecdotal information that is available to assist you in understanding the potential benefits and drawbacks of different strains of medical cannabis. However, the opinions they express are not medical advice and should never be used to replace the guidance of your healthcare professional.



The new Prez Sez

Hello everyone and welcome to Probus Western Ottawa. On behalf of the executive, hello to all the returning members and we hope those of you joining us for the first time will quickly feel a part of this great group. The executive is up and running, making plans for speakers, trips, and lunches out.

Shortly after we joined Probus, my husband was asked if he would help with social activities and he declined due to ill health with the words, "No, thank you, but Marg will." Who could have guessed that five years later I would be so honoured to serve as your President.

We are fortunate to have many returning members on the management board this fall and are delighted to welcome those that are new.

A favourite quote of mine is that although nobody can do everything, everybody can do something. My something this year will be to keep this club as exciting and vibrant as it has been in the past.

I've learned: the Law of Gravity states that "any tool, nut, bolt or screw, when dropped, will roll to the least accessible place in the universe."

Laughter as Medicine: I was just wondering....Does anyone else get road rage from pushing a cart through a grocery store on Saturday...or is it just me? Marg

Your 2019-2020 Management Board

President:	Marg Demers
Past-President:	Mark Darroch
Vice President:	Ron Armstrong
Secretary:	Martha Maslen
Treasurer:	Desna Sulway
Members-at-Large	George Steeves & John Hardie
Membership:	Jean and Bill Eng
Speaker Program:	Charles Boole*
Lunches:	Marie Armstrong & Ruth MacKenzie
Outings:	Ruth & Bryan Wakeford
Publicity:	Mary Jones
Newsletter:	Ray Jones
Website:	Bill Johnston
Policy Advisor:	Peter Doyle
Coffee Coordinator	George Steeves
Setup Crew	David Stafford & Peter Durose
Euchre Club	Pat Stoate
Cards and letters	Betty Jean Bone

* To be formally elected at the September meeting

Membership Fees Due

Annual membership fees are due in September. They are \$20 for those receiving the newsletter by email and \$30 for members receiving the newsletter through the postal service. The higher fee is due to the cost of printing and mailing.

**Please make cheques payable to
Probus Western Ottawa.**

Probus Club of Western Ottawa Financial Statement for September 1, 2018 to August 31, 2019

Balance forward		\$2,526.68
Income		
Maturing GIC 28/9/19		\$2,195.11
Membership Fees		\$3,565.00
Badges		\$260.00
Newsletter Mailing Fees		\$70.00
Donation from Euchre		\$146.00
Luncheons		\$3,080.00
Miscellaneous		\$142.75
	Total	\$11,985.54
Expenses		
Probus Fees and 10 yr pins		\$566.00
Purchase of 2 yr GIC		\$2,500.00
Rent for meeting space KUC		\$1,523.50
Donation to BCLUC for Euchre		\$350.00
Web Hosting		\$209.05
Publicity and Brochures		\$345.78
Speakers		\$749.07
Badge Purchases		\$389.27
Newsletter Costs		\$245.39
Coffee Supplies (inc coffee pot 229.84)		\$436.29
Luncheons (Xmas 2059.63, June 1082.95)		\$3,142.58
Bank charges		\$30.00
Office Supplies		\$82.29
Miscellaneous (refunds and flow thro)		\$36.00
	Total	\$10,605.22
Balance forward		\$1,380.32
Other Assets		
2 year GIC for \$2500		
4 months rent for regular and board meetings prepaid for 2019-2020		



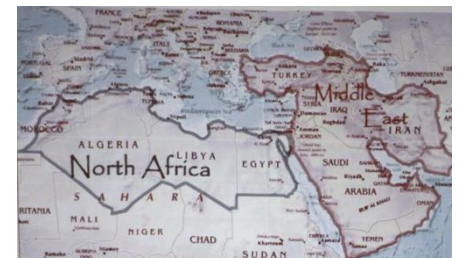
Our Web site is:
www.probuswesternottawa.ca

At our June Meeting



Terry Colfer, Canadian Ambassador, with final postings to Kuwait, Qatar, and the Islamic Republic of Iran, gave us an insightful, and diplomatic, overview of the current political situations in Iraq, Iran, Turkey, Saudi Arabia and North Africa.

Since retirement Terry continues his interests in international affairs both on the lecture circuit and as an international election observer.



Lunches (email: Marie Armstrong & Ruth Mackenzie via lunches@probuswesternottawa.ca)

June Luncheon Event

Our June 11th luncheon was an in-house catered lunch by Leatherworks that immediately followed our meeting. Seventy members and ten guests enjoyed buffet style wraps, salads, sandwiches and dessert.

Chuckle Corner

Job Interview

An executive was interviewing a young person for a position in his company. He wanted to find out something about their personality so he asked, "If you could have a conversation with any person, living or dead, who would that be?"

The candidate quickly responded, "The living one."

Oops

I picked up a hitchhiker last night. He seemed surprised that I'd pick up a stranger and asked, "Thanks, but why would you pick me up? How do you know I'm not a serial killer?" I told him the chances of two serial killers being in one car would be astronomical.

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 at 10:30 am.

Probus Western Ottawa meets the 2nd Tuesday of each month at Kanata United Church, 33 Leacock Dr.

Visitors are welcome.

Coming Up



Noon, Tuesday, September 24, 2019

Address: 2039 Robertson Road
(Bell Mews Plaza)

Phone: 613-721-0510

Cuisine: Modern Italian & Mediterranean

Website: <http://www.cyranos.ca/>

Sign up at the September meeting or via lunches@probuswesternottawa.ca



Noon, Thursday, October 10, 2019

Address: 650 Kanata Avenue
(in Kanata Centrum)

Phone: 613-595-0707

Cuisine: Pub Fare

Website: <https://www.centralbierhaus.com/>

Sign up at the September or October meetings or via lunches@probuswesternottawa.ca



After each meeting

**Join us for lunch
at The Brew Table**

In Bells Corners

NW corner of Robertson and Moodie

Our lineup of future speakers

Here are some of our upcoming speakers (subject to change).

Please pass ideas on to Charles Boole via program@probuswesternottawa.ca

October 8 – Tony Atherton:
The Decline & Fall of the Daily Newspaper

November 12 – Colonel Claude Desgagné:
The UN mission in Haiti - 2017

December 10 – Brian Hull:
The Hunger Project (www.thp.org)



Probus has an active euchre group that meets monthly at Bells Corners United Church, 3955 Old Richmond Road (at Moodie). Meetings are usually held on the **first Friday of the month**.

This is mostly a casual and social occasion, starting at **12:30 pm** for refreshments and conversation followed by cards at 1 pm.

Following are the dates for our upcoming meetings:

Sept. 6 Oct. 4 Nov. 1 Dec. 6*

(* The December session is a pot luck meal starting at 11:30)

For further information email Pat Stoaite at euchre@probuswesternottawa.ca.

Outings (email: Ruth & Bryan Wakeford via outings@probuswesternottawa.ca)

June Outing

On Thursday, June 20, 16 people met at Matheson House for a tour of this Perth museum. Following that, the group took a guided walking tour along Perth's main street to hear about the architecture and some of the interesting people who inhabited the town. The tour ended at Fiddlehead's Restaurant on Herriot Street.



Quote of the Month

"Tell me and I forget. Teach me and I remember. Involve me and I learn."

- Benjamin Franklin

Coming Up

Friday, September 20 – Canopy Growth Tour

This season's first outing takes place on Friday, September 20 when we will be touring the Canopy Growth Facility at 1 Hershey Drive in Smiths Falls. The tour will begin at approximately 10:15 at the Visitor's Centre.

Parking is quite limited at this site, therefore, we propose that those driving to SF meet at the "By the Falls" parking lot near the corner of Beckwith Street S. and Main Street W. by 9:45. The entrance to the lot is off Main Street West and the cost at the lot is 50 cents per hour. From there we can carpool or shuttle people the short distance to Canopy Growth. For those who have handicap signs for their vehicles, there are 4 designated spots at Canopy Growth.

Lunch will be at the Fort Hemlock Restaurant, 32 Beckwith Street S. at 12:45. This eating spot overlooks part of the Rideau River but also is adjacent to the parking lot we are using, so no need to move the cars.

For those interested, the Rideau Canal Visitor's Centre is within a few steps of the restaurant. They are open until 4 pm and admission is free. You can explore the 4 floors of information and artifacts related to the historic Rideau Canal. There is an elevator in the building.

Please visit the Social Activities table at the September 10th meeting to sign up for this outing. Even if you signed up on the "interest sheet" last May, we need to confirm the number of participants and determine who plan to car pool or use their vehicles to shuttle others. **We will have maps with relevant information available at the meeting.** If you are interested but not able to attend the September meeting, contact Ruth at outings@probuswesternottawa.com.