



The PROBUS Pilot



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

October 2019

Vol: 11 No: 2

Tuesday, October 8, 10am, Kanata United Church

The Decline and Fall of the Daily Newspaper

Tony Atherton - reporter, editor, columnist and senior writer

Tony Atherton is an Ottawa writer who worked on daily newspapers for more than three decades including over 20 years at the Ottawa Citizen. He worked during what he considers the Golden Age of print journalism, before a digital cultural shift swept the legs out from under the industry. He looks at what made newspapers prosper and at their precipitous tumble.



The Prez Sez



We have had a great start to the new season of Probus Western Ottawa. The guest speaker, and our tour guides at the Tweed headquarters in Smith's Falls were erudite and knowledgeable. The lunch afterward at the Fort Hemlock Restaurant was delicious. Many took advantage of the chance to walk along the canal and/or to visit the Canal Museum after lunch.

We enjoyed our lunch out at Cyranos in Bell's Corners and as always, those of us attending The BrewTable after our September meeting had a fun meal. Thank you to Ruth, Brian, and Marie. Thanks also to those members who acted as chauffeurs in Smith's Falls.

It is the fall of the year. The students have purchased their new books, found their new professors in their schools and are back at the libraries doing homework and research. The light rail has either added to or cut travel times for those used to taking buses to the downtown core. Drivers are thinking about where they stored their snow tires last spring. We are officially in the autumn of the year. We are probably through complaining about the hot, humid days of summer but are not yet facing the bitter winds of winter we know are coming.

As we drive around the city or on the tree lined roads of the Ottawa Valley, we take out our cameras to photograph the colourful foliage of the oaks, maples, elms, sumac and locust trees. We will appreciate the glorious colours of the chrysanthemums and plant the tulip bulbs that will brighten the Spring to come. Contracts for heating and snow removal will be renewed and we will await the cold. How blessed we are to live in such a place. I hope you will take the opportunity to watch children gather leaves, listen to the geese preparing to fly south, smell the last of the roses and be grateful for the chance to do these things in safety and security.

I've learned: The law of close encounters guarantees that the probability of meeting someone you know INCREASES dramatically when you are doing something you'd really rather not be seen doing.

Laughter as Medicine: If the modern world is saying 40 is the new 50 and 50 is the new 40, that's fine, but all I know is the older I get the more 9:00 p.m. is the new midnight. Remember to never ask Google for medical advice. I have gone from Mild Headache to Clinically Dead in 3 clicks. Marg.



Your 2019-2020 Management Board

Back Row, L-R: Ron Armstrong (VP), Bill Eng (membership), Desna Sulway (treas.), Peter Doyle (policy), Mary Jones (publicity), Bill Johnston (website), Bryan Wakeford (outings), John Hardie member-at-large, Charlie Boone (program); **Seated, L-R:** Ruth Wakeford (outings), Mark Darroch (past pres.), Marg Demers (pres.), Martha Maslen (secr.), Marie Armstrong (lunches), Ray Jones (newsletter); **Inserts, L-R:** Jean Eng (membership), George Steeves (coffee/member-at-large), Pat Stoate (Euchre), Betty Jean Bone (cards & letters), Peter Durose (setup), Ruth McKenzie (lunches); **Not Shown:** David Stafford (setup)

Membership Fees Due

Annual membership fees are due **NOW**. 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 mailing. **Please make cheques payable to "The Probus Club of Western Ottawa"**.



Welcome to the following new members who joined in September

Heather Johnston
Tom Lukowski
Elizabeth Wallis

At our September Meeting

Maggie McDougall, the **Community Engagement Specialist** for Canopy Growth Corporation (formerly Tweed Marijuana Inc.) gave a well presented and informative overview of medical (versus recreational) cannabis. Topics covered...

- What cannabis (aka marijuana) is
- How to consume it (injection, vaporization, ingestion)
- The difference between the two major cannabinoids -THC and CBD
- Current ingestion formats available – dried flowers, soft gels, oil
- How to get legal medical cannabis – prescription + registration + mail delivery
- Minimizing health risks
- Times for THC & CBD to take effect; lengths of effect; impact on body
- Legal considerations – buying, possessing
- Canopy's "Spectrum Cannabis" colour-coding system that categorizes products by THC/CBD content



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

September Luncheon Event

On September 24th, 9 members attended Cyranos Italian Restaurant in Bell's Corners, enjoying wraps, salads and sandwiches.

Chuckle Corner

Memory Lapse

Two couples frequently got together for dinner. On one occasion the men were in the living room and the ladies were in the kitchen preparing dinner.

One man said to the other, "You know, just last week my wife and I ate at a fantastic Italian restaurant only a couple of blocks from here. The service was good and the food was superb. I highly recommend it."

"Sounds good.", said the other. "What's its name?"

"It's... uh... let me think... it's on the tip of my tongue... oh dear. What's the name of that flower that men often give their wives on Valentine's Day? It's red and I think it has thorns."

"Oh. Are you thinking of a rose?"

"Yes. That's it."

"ROSE, do you remember the name of that Italian restaurant we ate at last week?"



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

Visitors are welcome.

Our Web site is: www.probuswesternottawa.ca

Coming Up



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 October meeting or via lunches@probuswesternottawa.ca

Sign up for the following at the October or November meetings or via email to lunches@probuswesternottawa.ca



Thurs. November 14 - [Stoneface Dollys](#)

4456 Limebank Road, Gloucester @ noon



Mon. Dec. 2 - [Algonquin College Restaurant](#)

1385 Woodroffe Ave. @ 11:30 am

Quote of the Month

"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough."

- Oprah Winfrey



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

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

November 12 – Colonel Claude Desgagné:
The UN mission to Haiti

December 10 – Brian Hull:
Ending Hunger from the Bottom Up

January 14 - Mags Gauden
The Power of DNA

Next Meeting
Friday, October 11
12:30 pm



Our Probus Euchre group meets at **Bells Corners United Church**, 3955 Old Richmond Road (at Moodie). Meetings are usually held on the first Friday of the month but October is a recent exception.

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

For more info, email Pat Stoate at euchre@probuswesternottawa.ca.

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



Picture taken just outside the Tweed Visitor Centre

Last Month - On Friday, September 20th, 41 members and a few visitors travelled to Smiths Falls for a guided tour of the Canopy Growth (aka Tweed) facility. The tour was an excellent adjunct to the talk given by Maggie McDougall at our September meeting. We viewed cannabis plants at different stages of growth as well as the huge, brightly renovated factory space which used to house the assembly line for Hershey chocolates. This space will soon be the area where Canopy Growth produces their edibles - chocolates infused with cannabis.

The Outings team thanks all members who provided car pooling.

Lunch was enjoyed by 37 people at the Fort Hemlock restaurant where many looked out the windows to the Rideau River below and the Rideau Canal Visitor Centre across the water.

Several members took time, either before or after lunch, to visit the Centre or walk over to the locks or the old canal site.

Coming Up

Thursday, October 24 - Baxter Conservation Area (BCA).

We will meet at 10:30 am at the Baxter Conservation Area, 7498 Carter Road near Kars for a walk along some of the BCA's 5 Km of trails. The conservation area is a good example of a river flood plain along the Rideau River.

Parking is available beside the Visitor Centre at a cost of \$7.

Following our walk we will meet in Manotick for lunch; restaurant location TBD.

Sign up at the Outings table at the October meeting or contact Ruth at outings@probuswesternottawa.ca