



The PROBUS Pilot



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

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Tuesday 13 September

Inuit culture, history, health care and more

With the National Day for Truth and Reconciliation occurring at the end of September we are pleased to have the Inuit as our topic to start our new season. Malaya Zehr will provide a presentation on the Inuit experience, the Larga Baffin role in bringing patients from the North to Ottawa hospitals and most of all to answer your questions.

Malaya is a proud Inuk woman, born and raised in Iqaluit, Nunavut now living in Aylmer, Quebec with her husband Tim. Malaya is the President of Larga Baffin Ltd. In Ottawa, Ontario. Larga Baffin is a medical boarding home for Inuit who travel from Nunavut for medical purposes. Larga provides a

homelike atmosphere for Inuit, providing meals, accommodations, transportation to and from the airport and appointments.

Malaya is fully bilingual in Inuktitut and English. Malaya has over 20 years experience working with Inuit organizations and has served on several boards with first-hand experience with Board membership, corporate governance, human resources, and administration.

Malaya is an accomplished professional who is a highly skilled bridge between private sectors and government. She is driven to better the lives of all Nunavumiut through employment, training development and mentorship. Malaya is also the



Malaya Zehr

owner of an Inuit consulting company, Malti Consulting Ltd.

Malaya has three grown children and three step-children and is also a proud grandma.

The new Prez Sez



Hello everyone. Welcome to another great year of interesting talks and events. I am Ray Jones your new President. As you may have seen in the September newsletter, many of last year's executive team are back for another year, some in new roles, such as myself (previously newsletter editor).

Four members have left the management board this year. We all owe them our thanks for their dedicated service over many years - Charlie Boole (Speaker Program), Desna Sulway (Treasurer), Mary Jones (Publicity) and Martha Maslen

(Secretary). Rejoining the board this year are Ruth Wakeford (Membership), Bryan Wakeford (Treasurer), Marg Demers (Secretary) and Beth Sweetnam (Speaker Program).

We are left with 3 management vacancies – Vice-president, Publicity and Member-at-large. The Vice-President assists the president as needed. Although considered as training for the President's job next year, it doesn't necessarily have to turn out that way. Publicity involves completing a pre-existing template with speaker information and submitting to two community papers in time for their publishing schedule.

The Member-at-large has no pre-defined role, but is a resource to periodically help others on the board as required.

If you are interested in joining a team of experienced individuals who are willing to offer help as needed, please volunteer. We need you! You may contact me or any member of the board. You are also welcome to join a monthly meeting (the third Tuesday of each month), without obligation, to meet us and see how the club operates.

See you on the 13th!

Ray Jones
president@probuswesternottawa.ca



Name tags will become available once again

After a two-year gap with no in-person meetings it is time to start wearing Probus club name tags again.

Name tags will be available to order for the subsidized price of only \$10. Sign up for your name tag at the September meeting.



After the meeting

Join us for lunch

Join us for lunch after our meetings. Often our speaker agrees to join us. This month we will be at:

Moose McGuire's

South end Hazeldean Mall parking lot
<http://www.facebook.com/MooseMcGuire'sKanata/>



Jan and John Milnes at our June meeting fascinated us with the stories of the 100,000 British home children who came to Canada from 1869 to 1939. Fellow Probians from Cornwall, they also read from their book *Stepping Stones*.

New Executive for 2022-23

Led by Ray Jones we have a new executive to start what will hopefully be our first full in-person year in over two years. Officially called the Management Board, your executive provides a mix of new and returning members with a lot of experience with the club.

You will note our vacancies. We are also looking for additional help with Speakers and Outings. This is your chance to get involved.

Next issue we hope to have a photo of our Executive so that you can see who they are.

President	Ray Jones	Policy Advisor	Peter Doyle
Vice President	Looking for volunteer	Webmasters	Bill Johnston Peter van Boeschoten
Past President	Peter van Boeschoten	Newsletter Editor	Peter van Boeschoten
Treasurer	Bryan Wakeford	Publicity	Looking for volunteer
Secretary	Marg Demers	Member at large	George Steeves + Looking for volunteer
Membership	Ruth Wakeford	Coffee	George Steeves
Speaker Program	Beth Sweetnam	Cards and Letters	Betty Jean Bone
Lunches	Marie Armstrong Ron Armstrong	Video, Audio Room set up	David Stafford Peter Durose
Outings	Linda Miller-Nesbitt George Steeves	Euchre	Barbar Bole David Stafford

Our Probus club 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.



Join us for monthly Euchre

Join us every second Friday, beginning Friday, September 9.

Where: Bells Corner United Church, 3955 Old Richmond Road at Moodie Drive.

Time: 12:30 for social time, coffee... Games begin at 1 p.m.

Everyone is welcome, even if you have never played! Easy to learn and we will teach you! You just have to be a Probus member!

For further information, feel free to contact Barbara or David Stafford at (bbole@sympatico.ca)



Thursday 29 September

Join us for a Sculpture Park tour

Come and join us for a walk to view numerous sculptures set in a natural setting. The Humanics Sanctuary and Sculpture Park is a hidden jewel just outside Cumberland. This is your chance to discover sculptures carefully placed throughout a nine-acre wooded ravine.

Enjoy walking trails and quaint bridges over a meandering creek. Learn how these sculptures, gathered from around the world, focus on promoting principles of non-violence, human development, justice and peace. There is an entrance fee of \$5.00.

Check out their website for photos and more information.

www.humanicsinstitute.org

3468 Old Montreal road -- Just east of Cumberland
10:30 a.m.

* * *

The visit will be followed by lunch at:

OCCO Restaurant

4240 Innes Road in Orleans

12:30pm

OCCO is owned by a Newfoundlander, and offers unique burgers, tacos, salads, etc. Ingredients are locally sourced and made on site, including bread and even ketchup.

Menu and details at www.occokitchen.com



Planning on attending one or both? Please sign up at our September meeting or via email to outings@probuswesternottawa.ca

Fall speaker lineup shows variety

October 11:

Paul Allen

“When Tobacco Was King”

November 8:

Nick McCarthy

“Osgoode and Rogers – The First Casualties”

December 13:

Martha Beltran

“Hospice Care”

January 10:

Geneviève LeDuc

“Risk management”

Free Pancake Breakfast

Seniors Centre Open House

The Kanata Seniors' Centre will be opening its doors to all area seniors the morning of Wednesday 7 September. The Open House which gets underway at 8:30 a.m. will provide an opportunity for seniors to better appreciate all the activities which are available at the centre.

The Open House will include a free pancake breakfast from 8:30 until 10:00. At the same time and continuing until 11am will be displays and demonstrations by the various clubs, organizations and activities available at the Seniors' Centre.

The Centre is located at 2500 Campeau Drive.

How to find us



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. We meet on the second Tuesday of each month. 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 Baptist Church,
465 Hazeldean Road, Kanata
(West of the Farm Boy Plaza)

PROBUS CLUB OF WESTERN OTTAWA Financial Summary For Fiscal Year 2021-22

Opening balance		\$ 1,179.87
Revenue		
Membership	\$ 3,425.00	
Donations	\$ 75.00	
June Luncheon	\$ 1,000.00	
Total revenue	\$ 4,500.00	
Expenses		
Speaker fees & lunches	\$ 501.17	
Probus Canada	\$ 360.00	
Miscellaneous	\$ 98.98	
Coffee	\$ 155.54	
KBC Church	\$ 325.00	
KUC Church	\$ 200.00	
BCU Church	\$ 100.00	
Flowers	\$ 113.00	
Website hosting	\$ 360.76	
June luncheon	\$ 1,052.60	
Bank charges	\$ 30.00	
Total Expenses	\$ 3,297.05	
Fiscal Year Surplus	\$ 1,202.95	\$ 1,202.95
Bank Balance 26 July		\$ 2,382.82



Rideau Hall Visit. As our final tour last year, a number of members visited Government House. We were given a guided tour which described the rooms and the extensive history of this national treasure.

Cheques, Cash or e-Transfer

Membership fees are due

While we anticipate higher expenses as we resume full in-person meetings, your executive has decided to keep dues at a nominal \$25 per member.

So now it's time to renew your membership. Payment may be made either by cheque or with cash. Cheques should be made out to Probus Western Ottawa. Treasurer Bryan Wakeford will be there before

and after the meeting to accept your payment. This is also a good time to update your email address and other particulars.

Another alternative to pay your dues is via e-Transfer to membership@probuswesternottawa.ca. Detailed e-Transfer instructions can be found [HERE](#). Make sure to indicate the names of all persons you are submitting fees for.



June Luncheon. We had a good turnout for our catered luncheon in our meeting hall after our final meeting last year.

Chuckle Corner 

EXERCISE FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.

Then try 20-lb potato bags and then eventually try to get to where you can lift a 30-lb potato bag in each hand and hold your arms straight for more than a full minute. *(I'm now at this level.)*

After you feel confident at that level, put a potato in each bag.

Membership inquiries may be sent to membership@probuswesternottawa.ca

Our Website www.probuswesternottawa.ca

Newsletter comments or submissions newsletter@probuswesternottawa.ca