



The PROBUS Pilot



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

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Tuesday 13 December

All about Hospice Care Ottawa

“Many think a hospice will be a sad place, and while sad things happen here, those who visit know our halls are alive with a kind of magic.”

Join us to hear Martha Beltran give us an insight into hospice palliative care. In our community, Hospice Care Ottawa provides residence care in three facilities including one here in Kanata. They also have Community Hospice care through day programs and in addition offer a Bereavement Care service. It is perhaps not a topic we like to think

about, but it is worthwhile to be prepared and know what services are available for end-of-life care. Do attend this presentation to find out more. Further information is available on their website at

www.hospicecareottawa.ca

Martha Beltran is the Fund Development Coordinator at Hospice Care Ottawa. She says that before joining Hospice Care Ottawa in 2017 she didn't know much about its importance in our community, as growing up in Mexico they didn't have



MARTHA BELTRAN

hospice care there. Martha says that what she has learned about love, compassion, joy and kindness here, will stay with her forever.

The Prez Sez



By the time you read this, November will be a memory and our annual Christmas luncheon at Algonquin College will have just taken place. Stores are displaying their holiday merchandise and outdoor lights are already appearing to dispel the gloom of early darkness.

Looking back at the past year, it was a time of transition for our club, moving from virtual to in-person meetings in a new facility (Kanata Baptist Church) starting in April. Membership fees, not charged in 2020-2021, were reinstated in September.

Our membership count has fluctuated. Some (Zoom) members did not renew by our November 8th deadline, and we have emailed them to offer thanks for their past

participation, to ensure we haven't made a mistake and to encourage them to return. On the other hand, we've had 40 new members join since April. Our current count is 141.

At our last executive meeting, we discussed having greeters at both entrances to the church foyer in order to make visitors and members feel more welcome. Please speak with myself or anyone on the executive if you can help us with this initiative. Even if you can only do it for a month or two, we'd like to hear from you.

As George Steeves is now assisting Linda Miller-Nesbitt in arranging outings in the new year he would like to pass on his coffee-making role to someone else. All supplies and equipment are provided by KBC. If you can help, George will provide an orientation to the kitchen and will work with you on your first solo run. If we have more than one

volunteer, the duty can be shared.

Also, we would appreciate any ideas you have for speakers. Please see Beth Sweetnam at one of our monthly meetings or email her at program@probusswesternottawa.ca if you have suggestions.

I WISH YOU ALL A MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Ray Jones
president@probusswesternottawa.ca



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.

Western Ottawa Probus meets at

Kanata Baptist Church
465 Hazeldean Road

Carp Diefenbunker museum tour followed by lunch at The Swan

Thursday 26 January

Tour of the Diefenbunker

3929 Carp road
Just north of Carp Village
meet at 10:30

Cost: \$15 (payable in advance)

Come out and experience a guided tour of this unique museum.

In 1994, the Diefenbunker was designated a National Historic Site of Canada because it is considered the most important surviving Cold War site in Canada. The bunker is important as an engineering achievement and to the critical path method of planning used in its construction. In addition, the Diefenbunker is symbolic of the Cold War, a strategy of nuclear deterrence and the Canadian people's determination to survive as a nation following a nuclear war.

Today, it operates as a not-for-profit, charitable museum with award-winning tours and programs.

Visit their website at: <https://diefenbunker.ca/>

(Payment can be made in person at the December or January meeting or via e-Transfer to membership@probuswesternottawa.ca. Be sure to indicate "Diefenbunker Tour" in the message field as well as the name(s) of the participants. Detailed e-transfer instructions can be found [HERE](#).



The visit will be followed by lunch at:

The Swan at Carp

108 Falldown Lane
Noon

From TripAdvisor: "Swan has reopened. Renovations are complete breathing new life into the Swan. Excellent food and service at this village pub and eatery. Not the usual pub fare though but with a wide selection of choices all well done. Food and desserts are prepared by two graduates of Cordon Bleu in Ottawa. Needs to be experienced to be appreciated. No loud music; no TVs to distract from the ambience and fellow diners."

Website here: <https://www.theswanatcarp.ca/>

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



After the meeting Join us for lunch

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

The 3 Brewers

Kanata Centrum
(Opposite Landmark Cinema)

les3brasseurs.ca/en/menu/



Welcome to the following new members who joined Probus Western Ottawa in November:

Pauline DuPont

Peter Knowlton

MERRY CHRISTMAS

from your

Probus Management Committee





Downtown Lunch. Following their visit to City Hall our Probus group had lunch at Johnny Farina's on Elgin Street.

Probus partner offers insurance

PROBUS CANADA has worked with Johnson Inc., a national benefits provider, to offer a benefit plan custom-designed for our members.

The plan includes the following voluntary benefit options that can be purchased on a stand-alone basis to meet your insurance needs:

- Extended Health Care (EHC) with "Prestige" Travel Insurance (includes Trip Cancellation)
- Dental Care
- MEDOC® Travel Insurance (includes Trip Cancellation)
- Stand-Alone Trip Cancellation/Interruption
- Guaranteed or Term Life Insurance

If interested to get a quote from this insurer, please visit their website at <https://www.johnson.ca/probus>



Regional Director Craig Greenwood outlined Probus Canada's role and some of the recent changes. In addition to providing insurance, they also host the national website at probuscanada.ca



9 Dec. Euchre features pot-luck

Our December meeting will start at 11:30 and feature a Pot-Luck.

Bring a dish to share. There will be a sit down meal before we play cards.



The Probus euchre group meets monthly at the Bells Corners United Church, 3955 Old Richmond Road (at Moodie). Meetings are usually held on the second Friday of the month.

For further information, feel free to contact Barbara or David Stafford at 613-592-0296 or email

euchre@probuswesternottawa.ca



City Hall visit. These are just some of the participants who toured the City Art Gallery and the Ottawa Sports Hall of Fame.



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.

If you know of someone who could use a card, please call Betty Jean Bone at 613-721-5536 or email:

cards@probuswesternottawa.ca

Upcoming speaker schedule

January 10: Janet Mason
"Living classroom of the Carp River"

February 14: TBA

March 14: Jill Heinerth "The Art and Science of Cave Diving"



November speaker. As part of Remembrance Week, Beechwood's Nick McCarthy spoke to us about the 150-year history of the Governor General's Foot Guard. He also outlined some of the key personalities over the years and the Regiment's direct ties to the National Military Cemetery at Beechwood.

Chuckle Corner

Just read that 4,153,237 people got married last year, not to cause any trouble but shouldn't that be an even number?

Today a man knocked on my door and asked for a small donation towards the local swimming pool.... I gave him a glass of water.

If I had a dollar for every girl that found me unattractive, they would eventually find me attractive.

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

Ours is a country which produces citizens who will cross the ocean to fight for democracy but won't cross the street to vote.

You know that tingly little feeling you get when you like someone? That's your common sense leaving your body.

Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

They said Money talks ...but all mine ever says is good-bye.

If you think nobody cares whether you're alive, try missing a couple of payments.



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 navigate to any page.

Membership inquiries may be sent to membership@probuswesternottawa.ca

Our Website www.probuswesternottawa.ca

Newsletter comments or submissions newsletter@probuswesternottawa.ca