



The PROBUS Pilot



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

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Tuesday 14 February

How the Vikings changed the English Language

When we think of the Vikings, we think of many things they did, or at least things we might imagine that they did. Pillaging, for example. Seafaring, for another. Wearing helmets with horns (no, Richard Wagner’s costume designer made that one up). But something that never comes to mind is just how deeply the Vikings changed the English language. Not only its vocabulary – though they changed that in vast and surprising ways – but also fundamental aspects of its grammar.

Join us on Valentines Day as Dr. Ian MacKay takes us on a fascinating ride through migrations, raids, settlements, government from a foreign land, and intermarriage (Anglo-Saxon women, it is said, preferred Viking men over Anglo-Saxon men – for very good reasons), all of which leave traces that appear almost every time we open our mouths to talk.

Dr. Ian MacKay was a member of the Linguistics Department of the University of Ottawa for more than 40

years. Ian was born in New Westminster, British Columbia and grew up in Vancouver. He inherited an interest in languages from his mother and an interest in biology and general science from his father. He has lived in Vancouver; Québec City; Kingston, Jamaica; and Cincinnati, Ohio, besides living in Ottawa for more than 4 decades. He has degrees from UBC and the University of Cincinnati.

At the University of Ottawa, Ian taught courses about the acoustics of

speech, the production of speech, general phonetics, the origin of human language, and other topics.

In 2017, Ian visited L’Anse aux Meadows, Newfoundland, the site where a group of Vikings was living in 1021 AD, fulfilling a dream of more decades than he’d like to admit.

Ian lives with his wife, Jo-Anne Doherty, now without a dog for the first time in 20 years.



Dr. Ian MacKay

The Prez Sez



Hello everyone. Our club now has 142 members but only about half have been attending our monthly meetings. Of course, some fluctuation is expected depending on interest in a speaker’s topic. Also, some members like to spend winter in a warmer climate.

We have heard from some that the lack of a mask mandate is the reason they don’t attend, even though they wish to remain connected to our

club and do follow our activities via the newsletter.

The KBC sanctuary can seat 200 so there is lots of room to space oneself from others, but perhaps those who have not attended don’t realize this which is why I mention it.

Probus is still not widely known and we have not had anyone to look after Publicity this year. You all can help by telling your friends about us and giving them the opportunity to share in our activities. There is no charge to

visit one or two of our meetings.

Your Board is also concerned that the critical technical positions of audio/visual and website maintenance have no backup. If you have any ability or interest in these areas and would like to learn, please let us know.

Hope to see you on the 14th – Happy Valentine’s Day! ❤️

Ray Jones
president@probuswesternottawa.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

Join us for our Feb. lunch-Out

Monday 27 February

The Cheshire Cat

Richardson Side Road
(at Carp Road)

meet there at 11:45

"We are a family owned and family run business, we like to engage our local farmers and suppliers as much as possible. We love what we do and hope that is the feeling that we purvey when you come in. This is our 18th year of operating the pub, and we are still striving to improve. We love our **community**, and our passion is to be your local pub." <http://www.cheshirecatpub.com/menu.html>



Wednesday 22 February

Senate tour and lunch planned for February

Tour of the Senate

2 Rideau Street
(Opposite Chateau Laurier)
Meet at 11:00

Come out and experience a guided tour of this unique building and the temporary home of Canada's Upper House.



In February 2019, the Senate moved to the Senate of Canada Building, a former train station built in 1912. The Senate will occupy this temporary location while Parliament's Centre Block — the Senate's permanent home — is rehabilitated.

Curious about the Senate's role in Parliament? Attracted by architecture? Tempted by time travel? Then come and explore the temporary home of the Red Chamber! Gaze up at the historic vaulted ceiling of the grand foyer, or marvel at the modern artworks that transform walls into expansive landscapes. Then sit on a century-old train bench and be transported to the Age of Steam in what was once among Canada's marquee train stations. There's something for everyone at the Senate of Canada Building.

This is a Wednesday, so OC Transpo is free for seniors. There is also City and commercial parking in the vicinity.

The visit will be followed by lunch at:

Milestone's —Sussex

700 Sussex Drive
Noon

Right at the corner of Mackenzie Ave. and Rideau St. with all the usual Milestone's fare.

Website here: www.milestonesrestaurants.com/locations/sussex/

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



You CAN prevent falls!

The facts

Falls are the leading cause of injury among older adults in Canada:

- 20-30% experience at least one fall each year
- 95% of all hip fractures are due to a fall
- 50% of all falls causing hospitalization happen at home

Falls can result in chronic pain, reduced mobility, loss of independence and even death.

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling.

Staying safe and on your feet is a matter of taking some steps to protect yourself. You can prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will help your daily life while keeping you safe. Your independence and well-being are at stake. Take action! [Full Checklist here.](#)

(Ottawa Public Health)

Happy Valentines Day





January Lunch-out. Our monthly lunch-outs continue to remain popular. This photo shows just some of the group that enjoyed lunch at Moxies in January.



Janet Mason was our January speaker and provided an overview of the Carp River Restoration Project. She described how the project utterly transformed a four-kilometer section of the Carp River in Kanata from a straight, shallow, silt-filled channel into a healthy wetland and riverine ecosystem. Janet's presentation included photos of the new walkways and the wildlife now present. More information can be found at <https://friendsofthecarpriver.com/>

Check our website for updates
www.probuswesternottawa.ca

Diefenbunker tour to be rescheduled

Unfortunately our tour of the Diefenbunker and the following lunch in Carp had to be cancelled due to the snowstorm.

It is planned to reschedule this event to April or May.

Watch this space for more information.

Currency Museum tour in March

Wednesday 22 March
30 Bank Street
Meet at 10:30

Plan to join us for a tour of the Bank of Canada Museum. Formerly known as the Currency Museum, exhibits include Canadian and foreign currency as well as hands-on, interactive exhibits that cover everything from how people's expectations affect the health of an economy to how the Bank of Canada's inflation targeting works.

Sign up at the February or March meeting.
www.bankofcanadamuseum.ca



After the meeting Join us for lunch

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

Busters Bar & Grill
 420 Hazeldean Road
 . www.bustersbarandgrill.ca/



**HAPPY
 NEW
 YEAR!**

Welcome finally to a new year of Euchre games!

Weather prevented us from beginning in January.

Join us, old or new members, on Friday, February 10.

No experience required!

12:30 – meet, greet, eat (snacks provided)

1 p.m. – Let the games begin!

For further information, feel free to contact Barbara or David Stafford at 613-592-0296 or email euchre@probuswesternottawa.ca



Welcome to the following new member who joined Probus Western Ottawa in January:

Nadia Marcos



Cave Diving. Make sure to come out in March to hear Jill Heinerth’s presentation on the “Art and Science of Cave Diving”. Jill is an internationally renowned cave explorer. You don’t want to miss this.

Thursday 16 February

Ford Innovation Centre tour (again)

SHORT NOTICE

The Alta Vista Probus Club has invited us to join their outing to the Ford Innovation Centre. For those who missed our tour last spring, this is your chance. The presentation/tour is at 2 p.m.

There is an optional lunch beforehand at 12:30 p.m. at Darcy McGee’s on Terry Fox.

Further information and sign-up can be found here:

<http://www.probusoav.ca/social.cfm>

The deadline for registering is Friday 10 February

Let’s keep this going



Bring a book ...

...Take a book

Check out our new book swap table at every meeting

Upcoming speaker schedule

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

April 11: Shelagh Stevens “Women’s role in UN Peacekeeping

May 9: Helen Peacock “The Dream of World Peace – Could Canada Lead the way”

Chuckle Corner



The Famous Man

One day a famous man went to a nursing home to see all of his friends again and see how they were doing.

When he got there EVERYBODY greeted him [because, of course, everybody knows him].

One man he noticed didn't come up to him or say anything to him, so later he walked up to the man and asked him "Do you know who I am?"

And the old man replied "No, but you can go to the front desk, and they'll tell you."

Your Management Committee is still in need for volunteers

Below is the list of your Management Committee. You will notice 3 vacancies. In addition, for next year new members will be needed. Contact any member of the Executive if you can lend a hand

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 Dawn Doyle
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	Barbara Bole David Stafford

Membership inquiries may be sent to membership@probuswesternottawa.ca

Our Website www.probuswesternottawa.ca

Newsletter comments or submissions newsletter@probuswesternottawa.ca