



# The PROBUS Pilot



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

MARCH 2023

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**Tuesday 14 March**

## *The Art and Science of Cave Diving*

In a sport once tagged as the domain of adrenaline junkies, cave divers have become an important asset to scientists exploring global climate change, archaeology, water issues and unique biology. Jill Heinerth will share stories from expeditions to faraway caves around the world from Egypt to Antarctica and Bermuda to the Bahamas. She'll offer a fast-paced multimedia show about tiny venomous creatures and ancient lofty stalagmites that tell the story of earth before man.

Jill Heinerth is one of the world's premiere underwater explorers, and the first person to dive inside iceberg caves. According to filmmaker James Cameron, "More people have walked on the moon than have been to some of the places Jill Heinerth has gone right here on earth." An acclaimed polar explorer, cave diver, author, speaker, filmmaker and climate advocate, Jill is the first Explorer-in-

Residence of the Royal Canadian Geographical Society. She is the inaugural recipient of the Sir Christopher Ondaatje Medal for Exploration and Canada's Polar Medal. Jill leads expeditions into extreme environments to advance scientific and geographic knowledge. Her projects have been broadcast on the CBC, BBC, PBS, Discovery Channel, and television networks worldwide. Jill was the first woman to receive the William Beebe Award from the Explorer's Club and was inducted into the International Scuba Divers Hall of Fame in 2020.

Her bestselling book ***INTO THE PLANET - My Life as a Cave Diver***, has drawn acclaim from the New



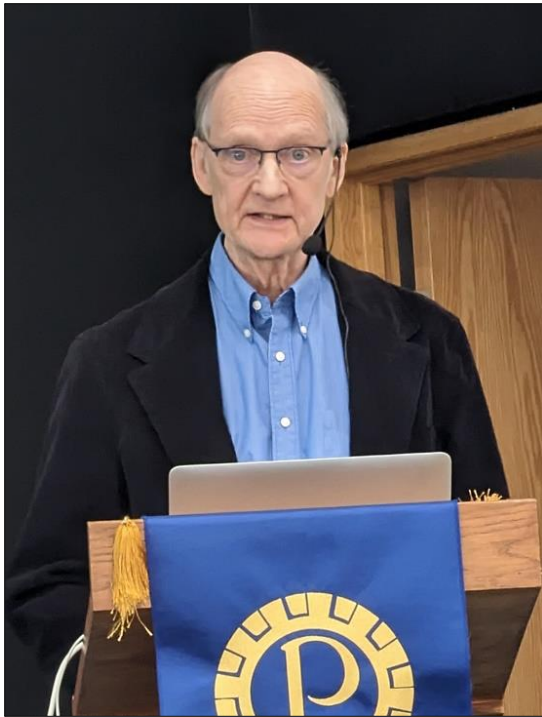
York Times, Wall Street Journal, NPR and Oprah Magazine. Her children's book ***The Aquanaut*** was selected by Dolly Parton's Imagination Library and was gifted to 8000 less-privileged children across North America.

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



**Senate tour.** Almost two dozen club members had an informative tour of the temporary Senate now housed in the old Ottawa Union Station.



**Dr. Ian MacKay** put on his professor hat and gave us an entertaining and informative lesson in both our history and our language roots. He demonstrated that the Norse (Viking) influence was not a minor one. His presentation was much appreciated and prompted lots of questions.



Welcome back to the following members who have re-joined Probus Western Ottawa last month:

**Pierre Allard**  
**Janet Sims**

## The Prez Sez



*Hello everyone.*

*There are now some club brochures available at the Welcome Centre in the foyer. Please take one to pass on to a friend as an encouragement to give our club a try.*

*I have spoken in the past about vacancies on our management board. Even though we won't be electing a new executive until June, it's important to start thinking about next fall. Most of our executive have served in multiple capacities for years and need a break. Sometimes they take on other temporary responsibilities when required, a task that a Member-at-Large could easily do if we had one.*

*Critical is our lack of a **vice-president**. This position is largely a learning period but requires a commitment to take on the presidency in the following year.*

*Peter van Boeschoten will no longer edit the **newsletter**.*

*George Steeves, who with Dawn Doyle provides **coffee** and also assists Linda Miller-Nesbitt (currently away) with **Outings** will be leaving the club after June.*

*Ron and Marie Armstrong will no longer organize **luncheons** after June.*

*Ruth Wakeford is looking for help with **Membership**, especially in the busy fall period.*

*Other members of the executive have yet to state their intentions so there may be other vacancies we need to fill.*

*Job descriptions are available on our website under Management Committee. If you have any interest in any of these positions, please let me, or the person currently in that role, know.*

*Ideally, it would be great to have multiple people sign up for a particular position. That way the task could be shared and it's more fun to work with a partner.*

*Even if you are unable to make a 10 month commitment, volunteering to help an executive member in a part-time capacity would be appreciated.*

*Being on the Management Committee is a great way to meet new people and be part of the workings of our Probus Club. The committee meets monthly on the Tuesdays following our regular meetings.*

*Ray Jones [president@probuswesternottawa.ca](mailto:president@probuswesternottawa.ca)*

## Currency Museum tour in March

**Thursday 23 March**  
**30 Bank Street**  
**Meet at 10:30**

Plan to join us for a tour of the Bank of Canada Museum. The currency museum is a world-class Museum that illuminates the work of the Bank of Canada and imagines a future where all Canadians can understand, appreciate and value their economic heritage. [www.bankofcanadamuseum.ca](http://www.bankofcanadamuseum.ca)



**Afterwards we will go for lunch at:**

**3 Brewers (240 Sparks St.)**

Sign up at the March meeting or email [Outings@probuswesternottawa.ca](mailto:Outings@probuswesternottawa.ca)

**Let's keep this going**



**Bring a book ...**

**...Take a book**

**Check out our new book swap table at every meeting**





**February Euchre** saw a good turnout after having missed January due to the snowstorm. They are always looking for new players.

## Join our March lunch-out

### East India Company

Tuesday 28 March

1993 Robertson Road (Bells Corners)  
meet there at noon

East India Company Restaurants have been in business for over thirty years and have always enjoyed a reputation for the best East Indian Food in Ottawa and Winnipeg, Canada. The company is known not only for the high quality of food and service provided, but also for the atmosphere created through authentic Indian artwork ranging from 100 to 500 years old displayed throughout the restaurants.

[www.eastindiaco.com](http://www.eastindiaco.com)



**The Cheshire Cat Pub** was the venue for our February lunch-out. This restaurant at the corner of Carp Road and Richardson Side Road is getting to be quite busy.



Join us, old or new members, on Friday, March 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](mailto:euchre@probuswesternottawa.ca)

## Upcoming speaker schedule

**April 11:** Shelagh Stevens  
"Women's role in UN Peacekeeping"

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

**June 13:** Sandra Hawkins  
"Climate change effect on the St. Lawrence corridor"

## For want of a card

We 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 would appreciate receiving **card**, please call Betty Jean Bone at 613-721-5536 or email:

[cards@probuswesternottawa.ca](mailto:cards@probuswesternottawa.ca)





**Milestones downtown** was the venue for our lunch after taking part in the tour of the temporary Senate.

## Chuckle Corner

### The PARKING TICKET

Working people frequently ask retired people what they do to make their days interesting.

Well, for example, the other day Mary, my wife, and I went into town and visited a store.

When we came out, there was a cop writing out a parking ticket.

We went up to him and I said, 'Come on, man, how about giving a senior citizen a break?'

He ignored us and continued writing the ticket.

I called him a 'jackass'. He glared at me and started writing another ticket for having worn-out tires.

So Mary called him a 'twit'. He finished that ticket and put it on the windshield with the first.

Then he started writing more tickets. This went on for about 20 minutes.

The more we abused him, the more tickets he wrote.

Just then our bus arrived, and we

got on it and went home.

We try to have a little fun each day now that we're retired.



**After the Speaker Lunch.** Our monthly lunch at Busters Restaurant brought out a large crowd.

Tuesday 21 March

## Zoom dementia workshop

Club members are invited to join other Probus Clubs for this informative presentation via Zoom.

Most people don't realize that 40% of dementia cases are due to modifiable risk factors such as physical inactivity, social isolation, and hearing loss. It's absolutely essential that we improve knowledge about risk factors and what actions are required to prevent or delay dementia.

Join Drs. Andrea Wilkinson and Mark Chignell from the University of Toronto for a 2-hour dementia prevention workshop to learn strategies to decrease your risk of dementia.

**DATE:** Tuesday, March 21, 2023

**TIME:** 10AM – 12PM ET

**LOCATION:** Virtual Zoom Meeting

<https://utoronto.zoom.us/j/86531693608>

Membership inquiries may be sent to  
[membership@probuswesternottawa.ca](mailto:membership@probuswesternottawa.ca)

Our Website  
[www.probuswesternottawa.ca](http://www.probuswesternottawa.ca)

Newsletter comments or submissions  
[newsletter@probuswesternottawa.ca](mailto:newsletter@probuswesternottawa.ca)