



# The PROBUS Pilot



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

January 2025

Vol:16 No:5



The Executive of Probus Western Ottawa would like to wish you all a safe and prosperous New Year in 2025

# The Prez Sez



Hello everyone.

I hope you all had a great time with family and friends over the holiday season.

## Special Interest Groups (SIGs) Launched

Last month I introduced the topic of Special Interest Groups (SIGs) as a way to establish new relationships. Twenty-three pre-titled signup sheets were provided in the foyer at our December meeting. Here's how members responded.

- Five activities received 4 or more signatures - Book Club (5), Hiking (5), Theatre Nights (9), Walking (6), Travellers (4). Only Theatre Nights identified a primary contact.
- Eight Activities received less than 4 signatures – Art Appreciation (2), Billiards (1), Bird Watching (2), Breakfast Club (3), Cycling (3), Games Night (1), Snow Shoeing (1), Sommelier & Wine Tasting (1). Only Art Appreciation, Breakfast Club and Cycling identified a primary contact.

All these sheets will be available at future meetings unless I get word that no further spaces are available in the group. Some sheets may be removed if no interest is shown after a few months. Other sheets may be added as spring arrives. There are also untitled sheets for anyone wishing to start a group not already titled.

## When a group of people with similar interests has been identified, what then?

The first task is to arrange an initial meeting at which key decisions can be discussed and agreed. Meeting in-person is great but a virtual meeting may fit everyone's schedule better and be simpler to arrange. Keep in mind that some members may not like to drive in winter weather or darkness. A person with experience hosting on an app like Zoom or Google Teams should volunteer. This person is not necessarily the Prime Contact.

Suggestions for initial discussion could include, but are not limited to...

- when & where future meetings will be held
- what are the goals for the group
- any group size limitation

## Some ideas for where to meet in person (if desired)

- Someone's home
- A coffee shop (for smaller groups)
- A library (may require a fee)
- A church (expect a rental fee)

## The Role of the Prime Contact

Notifies PWO Management (via [president@probuswesternottawa.ca](mailto:president@probuswesternottawa.ca)) of

- meeting/outing dates/times
- whether more members are welcome or the group is full
- any incident occurring that could potentially result in a liability claim
- *(Non-Probus members should not be part of a PWO SIG activity without signing a [PROBUS Canada - Liability Waiver](#))*
- assistance being required

Submits any articles to [newsletter@probuswesternottawa.ca](mailto:newsletter@probuswesternottawa.ca) on behalf of the group

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## Please help our AV team

We're now down to one AV operator – David Lee who is also our VP. We ideally need two people to deal with all the set up tasks. It would also be good to have a 3<sup>rd</sup> person on standby should one be unavailable for some reason. See David's article on page 5 for more information.

Happy New Year!

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

## Our speaker program—upcoming speaker on 14 January

### **Who Knew! Understanding and training your brain is one answer to managing your stress response and aging well.**

A healthy brain is a happy brain. Stress is not healthy but life is stressful and that isn't going to change. How we deal with that stress could, however, be life changing. Understanding the brain is of the utmost importance. Using mindfulness can help too. Skeptical? What if mindfulness could help enhance your memory, so that you don't forget where you parked your car at the mall? What if mindfulness could improve your concentration, so you aren't thinking about what's for supper while reading a book, forcing you to read that page again? What if physiologically, you could go to sleep at night without the rat race of thoughts going on in your head?

This talk will provide the neuroscience evidence to demonstrate how mindfulness can do all of this. Mindfulness is mental hygiene. We brush our teeth twice a day, get 7-9 hrs of sleep a night, and are active 150 minutes/week, but what about your mental health? Unlike these national dental, sleep, and physical hygiene guidelines, there are no mental hygiene guidelines. Perhaps that is why we have an epidemic of mental health issues, including depression, anxiety, and addiction. Dr. Smith wants to change that and will present how mindfulness can play a role. She will combine the empirical with the experiential, to demonstrate the power of mindfulness as more than a buzzword or fad. She will also address some of the misperceptions of mindfulness. Finally, she will provide real world tools to help us all take charge of our own brain health to maximize our well-being, and ultimately age without our stress response hijacking our thinking brain.

### **Our Speaker:**



Andra Smith has been a professor in the School of Psychology at the University of Ottawa for 20 years. She received her BSc and MSc from Carleton University and her PhD in Neuroscience from the University of British Columbia. Her main focus for research is using brain imaging (fMRI) to understand executive dysfunction in many vulnerable populations. She has studied cancer patients, cannabis use in youth, Multiple Sclerosis, effects of oral contraceptives on the developing brain, concussion, cardiac arrest, childhood sexual abuse, and several others. The highlight of her research has been studying the neurophysiological impact of mindfulness and providing empirical evidence that it works and how. Andra has received various awards for her teaching and her supervision of graduate students. She recently wrote her first book about a course, Neuroscience of Mindfulness: Neurons to Wellness, she taught to 4<sup>th</sup> year university students.

This book, Who Knew! Neuroscience and Mindfulness take on Stress in the Real World, and WIN!, resulted from her passion to provide everyone with tools to manage the stressors that we face in our everyday lives. Understanding our brain can help. Mindfulness can too.

## December's Speaker

Our thanks to Charlotte Gray for a wonderful talk and taking time to speak to our members

At our December meeting, we were delighted to have Charlotte talk to us about her latest book, *Passionate Mothers, Powerful Sons*. She outlined the amazing story of Sara Delano and Jennie Jerome, the mothers of Franklin Roosevelt and Winston Churchill. While they were both born in America they followed different paths.

Charlotte found both differences and similarities in comparing the two. While Jennie was more of a helicopter parent, Sara was very much involved with young Franklin and clung to him even as he grew older. Charlotte's in-depth research was evident despite having been compromised by the Covid pandemic. This fascinating story about these two amazing women was very much appreciated.



### Executive 2025

President:	Ray Jones
Vice President:	David Lee
Past President:	Peter van Boeschoten
Secretary:	Marg Demers
Treasurer:	Bryan Wakeford
Membership:	Ruth Wakeford Annette Lindsay
Speaker Program:	Tom Lukowski,
Lunches:	Suma Abraham
Outings:	George Steeves
Newsletter:	Peter Weir
Website:	Vacant
Policy Advisor:	Peter Doyle
Coffee Service	Shanna /Walter Lucas
Member-at-Large	
& Book Table:	Ruth Brydon
Setup Crew:	David Lee Vacant
Euchre Club:	Barbara Bole David Stafford
Cards and letters:	Betty Jean Bone
Publicity:	Vacant

Details of these position responsibilities may be found on our website [here](#).

### Speakers/Presentations for January to March 2025

January: Dr. Andra Smith, "Who Knew! Understanding and training your brain is one answer to managing your stress response and aging well"

February: Victoria Woodhouse, "Reviving the Route: Pollinator Habitat Restoration on Rights-of-Way"

March: Tom Zagon, "Ice Conditions Along the Northwest Passage: From Franklin to the Present Day and Beyond"

April: Lola Allin, "Highway to the Sky: Women in Aviation History"

Check out our Website for more details.  
<http://www.probuswesternottawa.ca/>

## Join Our Audiovisual (AV) Team!

We have two exciting vacancies in our AV team. As a team member, you will be responsible for setting up, operating, and troubleshooting audiovisual equipment for our monthly speaker presentations. Your role will be crucial in ensuring a high-quality AV experience for our audience.

We provide one-on-one training to ensure your success and continued participation.

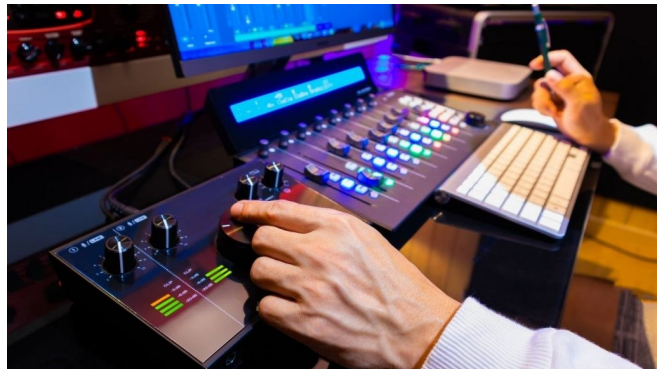
### Key Responsibilities:

- Set up and operate AV equipment, including video projectors and sound systems.
- Perform routine maintenance and troubleshooting to ensure optimal performance.
- Collaborate with clients and team members to understand AV requirements and PowerPoint presentations.

We have also developed comprehensive self-study documentation that covers all aspects of our AV setup, providing many opportunities to acquire new skills.

If you are a motivated individual, please consider joining our AV team.

David Lee  
lee.david2421@gmail.com



## Probus Euchre Players Reminder!

Our card players meet monthly for euchre at the Bells Corners United Church, 3955 Old Richmond Road (at Moodie). We usually meet on the second Friday of the month at 1 p.m.. This is mostly a casual and social occasion.

Following are the dates for our upcoming meetings:

Friday, 10 January , Friday, 14 February

Do join us. We have a lot of fun. Everyone is welcome, even if you have never played! Easy to learn and we will teach you!



Barbara and David Stafford 613-592-0296 ([euchre@probuswesternottawa.ca](mailto:euchre@probuswesternottawa.ca))

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

**Thursday 16 January**

# Lee Valley Tools

(Veritas Manufacturing Plant)  
1080 Morrison Drive  
(Mississippi Mills Business Park  
off Ottawa Street)



**Meet at 11:00 am**

This tour of the Veritas machine shop is a repeat of a very popular set of tours we did at this facility before Covid. The shop is situated right beside the Lee Valley store on the corner of Pinecrest Rd and Morrison Dr. Parking and the entrance door is at the back of the building. Please arrive around 10:50 am. Note: we are required to wear closed-toe shoes. the company will provide safety glasses.

There is a maximum of 20 participants but we will maintain a waiting list.

Lunch following the tour is close by at Big Rig's Kitchen and Brewery at 2750 Iris Rd. .

To register or obtain further information contact:

**[outings@probuswesternottawa.com](mailto:outings@probuswesternottawa.com)**

*I would like to take this opportunity to thank all of the members who attended some of the activities for Outings & Events in 2024.*

*A selection of 4 events included The Royal Canadian Mint, Mississippi Valley Textile Museum, Sun Tech Greenhouses, & Brockville Railway Tunnel ; 119 members registered. Thank you !!*

***George Steeves Outings / Events Coordinator***

***\*\* If you have any suggestions and ideas for outing or events, please contact George at the email above with your ideas.\*\****

## Chuckle Corner

I am starting  
to think  
I will never  
be old enough  
to know better.



### *Book Swap Table*

Bring a book ...  
...Take a book

Check it out at every meeting

Official PROBUS Canada YouTube channel (<https://www.youtube.com/@PROBUS-Canada>)

## Probus Club of Western Ottawa



Who we are:

The Probus Club of Western Ottawa is part of the international organization of Probus Clubs designed to serve retired and semi-retired people. Our club meets on the second Tuesday of each month, except for July and August.

The meeting begins at 10:00 am with coffee and a time for socialization followed by a guest speaker. Topics are varied, interesting and stimulating. Special social events occur throughout the year.

Western Ottawa Probus meets at Kanata Baptist Church,  
465 Hazeldean Road (west of Farm Boy Plaza).

Visitors are welcome.

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

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

## Our Probus Club has a website

Our club has a website to keep you updated on speakers, activities, photos, our organization and other information. It can be found at:

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

Make sure that you bookmark this location, so you don't have to keep typing it in.

The left side menu on the website lets you go to any of the featured pages.

The links page provides links to Probus Canada, other clubs and seniors organizations



## 10 Years with Probus

Our President Ray Jones presented Lorna King Weymann with a pin celebrating her 10 years with Probus. This was presented at Lorna's Apartment on December 3rd.

Congratulation

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 a **card**, please call Betty Jean Bone at 613-721-5536

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



## Membership Committee

*To our almost 175 members: your '24 - '25 Membership Committee extends heartfelt wishes to each and every one of you for a Healthy and Happy New Year ! Sincerely, Annette and Ruth*



**Our Annual Christmas Buffet at the Algonquin College  
Restaurant Internationale on the 12 and 13 December**

Here are some photos of the members that enjoyed the luncheon on the 13th Dec.



Marie Armstrong, Walter Lucas, Doug Demers, Marg Demers, Shanna Lucas, Ron Armstrong, and Andrew Glen

John van Schouwen, Yolande Akl, Isabel Barnes, Tina Ross and Tony Barnes



David Shearing, Barbara Bole Stafford, Elaine Lovecky, and David Stafford



Elaine Bradley, Bryan Wakeford, Mary Jean Gallagher, Fiona MacSween, Paddy Armstrong, and Anne Gravel

Submitted Ruth Wakeford



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**JANUARY 2025 LUNCHEON**

Chez Lionel at the Holiday Inn & Suites Kanata.



Date: 23rd January 2025  
Address: 101 Kanata Avenue.  
Kanata  
Time 12.00pm

Easy to find by entering the Holiday Inn Lobby. The menu has mostly Italian and North American food. The place is clean airy and bright. Table settings can be rearranged to accommodate our group.

Sign up at the January meeting or email  
[lunches@probuswesternottawa.com](mailto:lunches@probuswesternottawa.com)