



# The PROBUS Pilot



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

February 2025

Vol:16 No:6

Join us at 10 am on Tuesday, February 11 to hear James Powell speak on

## Weird, Wacky and Wonderful Ottawa

Ottawa has a reputation for being boring—the home of sober public servants where the sidewalks are rolled up at 6:00pm. Au contraire! James Powell from the Historical Society of Ottawa will provide us with some weird and wacky stories from the nation’s capital. These include the air raid that panicked Ottawa residents; the prognostications of an Ottawa weather prophet who scared millions; the “Ottawa boy” who hobnobbed with the cream of society only to turn bad... really bad; and the time when Ottawa rivalled Fort Knox.

Let's also not forget Miss Civil Service, chosen annually by Ottawa mandarins and the tale of Ottawa's famous chicken cannon and the fastest chicken in the world.

Born in Bermuda, James received a MA (Economics) in 1978 from the University of Alberta and is a retired senior officer of the Bank of Canada. He is the author or co-author of three books dealing with some aspect

of Canadian economic history: *A History of the Canadian Dollar*; *The Bank of Canada of James Elliott Coyne: Challenges, Confrontation and Change*; and (with Jill Moxley), *Faking It! A History of Counterfeiting in Canada*. He also wrote a *History of the G-20 Countries* for the Group of Twenty, as well as two corporate books for the Bank of Canada, one focusing on the architecture and art of the Bank of Canada and another on Canada’s currency collection. James is an Officer of the Historical Society of Ottawa and is the author of an Ottawa history blog called *Today in Ottawa’s History*. To date, he has published roughly 300 stories.



James Powell

### Who we are:

The Probud Club of Western Ottawa is part of the international organization of Probud 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 Probud meets at Kanata Baptist Church, 465 Hazeldean Road (west of the Farm Boy plaza). Visitors are welcome.

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

### Don't Miss Our Upcoming Speakers

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

April: Lola Reid Allin, “Highway to the Sky: Women in Aviation History”

May: Mike Bulthuis, “How can we preserve and expand affordable housing in Ottawa?”





## The Prez Sez

Special Interest Groups (SIGs) seem to be catching on. In December, with 23 sign-up sheets to choose from, we garnered 43 signatures across 13 SIGs. In January this increased to 101 signatures across 16 SIGs. Details of our current status may be seen on page 5

Please note that we've had to make a late change to our February Speaker. Details on page 1

I have repeatedly appealed for volunteers to join our Audiovisual (AV) team. David Lee also made this appeal in January's newsletter. In September, David, our current Vice-President and sole AV operator, will assume the role of President. Managing the

soundboard while running a meeting from the stage is extremely challenging, especially with the increased workload he will be taking on.

Training is not difficult and can be spread over a few meetings. The need for volunteers is essential. You do not need to be an expert to assist. There is extensive reference documentation available, and David will provide mentoring.

Your help is greatly needed and appreciated.

If interested, please speak with me or David at a meeting or email [president@probuswesternottawa.ca](mailto:president@probuswesternottawa.ca)

Hello everyone.

Our club is growing – reaching 180 in January. We have had 100+ members at every meeting since September with January attendance reaching a new high of 118.

### 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:	<b>Vacant</b>
Policy Advisor:	Peter Doyle
Coffee Service	Shanna /Walter Lucas
Member-at-Large & Book Table:	Ruth Brydon
Setup Crew:	David Lee <b>Vacant</b>
Euchre Club:	Barbara Bole David Stafford
Cards and letters:	Betty Jean Bone
Publicity:	<b>Vacant</b>

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

### Book Swap Table



**Bring a book ...  
...Take a book  
Check it out at every meeting**

### 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 and Grill, 420 Hazeldean Road

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

## February 2025 Events

### Tuesday, 18 February

#### Lee Valley Tools (...again)

(Veritas Manufacturing Plant)  
1080 Morrison Drive  
(Less than a block from the Lee Valley store on Morrison Drive)

Meet at 11:00 am

This tour of the Veritas machine shop is a repeat of the very popular one we did to this facility in January. There are 2 buildings to visit, we will start the tour at 1080 Morrison Dr. and conclude the tour at 1000 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. Tour will last approx.: 2 hours.  
There is a maximum of 20 participants but we will maintain a waiting list.



Lunch at **the Brew Table** (308 Moodie Drive) <https://www.thebrewtable.com/> Reservations for 1:15 PM

To register or obtain further information contact [outings@probuswesternottawa.com](mailto:outings@probuswesternottawa.com)

### February 14 – also Valentine’s Day!

#### Probus Euchre Players

12:30 for social time – coffee and snacks

1 p.m. – the games begin!

Hope to see you on the 14th!



Barbara and David Stafford

*If you're a Probus member and would like to learn how to play Euchre,  
Please contact Barbara & David at  
[bbole@sympatico.ca](mailto:bbole@sympatico.ca) for more information.*

Welcome New Members in January

Jim Fish , Kathy Greiner

Mark and Mary-Ann Lewis , Barb McCarthy

Jon and Jan Pick

**\*\*\* NEW \*\*\***

**Probus Members  
20% Discount**

for printing at Staples  
Details may be found [here](#)

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

## Looking Back

### January's Speaker

At our January meeting we were delighted to hear Andra Smith talk to us about mindfulness and how the brain deals with stress. She said that we could counter negative bias by training ourselves to see beauty and to savour/marinate it.



She encouraged us to not let the mind wander but concentrate on what we are doing and appreciate the doing of it. By practising mindfulness, we can increase brain (cortical) thickness, improve sleep, enhance memory and even lower blood pressure. Andra's stimulating presentation was well received with many approaching her afterwards with comments and appreciation.

Thank you.

Andra suggested that if folks would like to contact her for more info, they can email her at [asmith@uottawa.ca](mailto:asmith@uottawa.ca)



### Thursday, January 23

#### Chez Lionel

A good start to the year and a fine lunch was had at Chez Lionel



### Thursday, January 16

#### Lee Valley Tools

Our Outings Organizer, George Steeves took the first group of members on a tour of the Lee Valley facility and it was so popular that another is being held on February 18. (see page 3 for details)



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

At our January meeting, the number of sign-ups for Special Interest Groups dramatically increased from our December introduction. Details may be seen in the spreadsheet to the right.

## Special Interest Group (SIG) News

As a reminder...

- blank forms, not having a pre-selected title, are provided for those wishing to start a group not listed at right
- copies of sign-up sheets for activities with less than 4 signatures are not distributed to signatories unless requested by a designated prime contact.
- all sheets will remain available at future meetings unless the prime contact requests removal

Refer to the January Prez Sez for some ideas on starting and running a Special Interest Group.

Only five activities have prime contacts identified. Please note that the role of the Prime Contact should not necessarily be equated to "group leader". That may be the case, but perhaps "Secretary" might be closer to what I had in mind. Sharing the load among group members can lead to more, and varied, group activities.

Ray Jones

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

Special Interest Groups		January 14, 2025		
SIG Name	# Participants	Participants Notified	Prime Id'd?	Prime Contact
Art Appreciation	3	N	N	
Billiards	1	N	N	
Bird Watching	5	Y	N	
Book Club	5	Y	N	
Bowling	1	N	N	
Breakfast Club	10	Y	Y	David Lee
Bridge	0	N	N	
Cross-Country Skiing	0	N	N	
Curling	0	N	N	
Cycling	4	Y	Y	George Steves / Peter Weir
Downhill Skiing	0	N	N	
Games Night	1	N	N	
Hiking	16	Y	Y	Peter Weir
Knitting	1	N	N	
Pickleball	4	Y	N	
Potlucks	0	N	N	
Snowshoeing	1	N	N	
Theatre Nights	16	Y	Y	Louise LeBlanc
Travelers Club	14	Y	N	
Ukulele Group	0	N	N	
Walking	16	Y	Y	Peter Weir
Wine Making	0	N	N	
Wine Tasting	3	N	N	
<b>Total # Signatures:</b>	<b>101</b>			

## Thursday, March 19 (or 21) date to be confirmed

### Temples Sugar Bush

1700 Ferguson's Falls Rd (Regional Rd 15)  
 (Between Carleton Place and Perth) [www.templestugarbush.ca](http://www.templestugarbush.ca)



We will visit Temple's Sugar Bush and Pancake House. We plan to meet for lunch at 1:30 pm. There is also a nature trail onsite with a brochure and map to guide you. Directions from Kanata: Head west on the 417, exit on 145 - Carleton Place/Toronto, continue west on Hwy 7 for 34 kilometers, turn right onto Ferguson's Falls Rd/Lanark County Rd 15, continue 6 kilometers until you arrive at Temple's on the right.

Sign up at the February 11 or March 11 meetings or email George at [outings@probuswesternottawa.ca](mailto:outings@probuswesternottawa.ca)

## Wednesday February 26 - 12pm

<https://www.eastindiaco.com/>

The East India Co. Restaurant 1993 Robertson Rd. Nepean. Come out and join us for a buffet lunch, which includes a large variety of Indian dishes with Meat, Vegetarian and Vegan Options. A good selection of deserts are also available, and a friendly Staff to assist you in your choices. Sign up at the February meeting or email Suma at [lunches@probuswesternottawa.ca](mailto:lunches@probuswesternottawa.ca)



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