



The PROBUS Pilot

Published by the PROBUS Club of Western Ottawa – serving the western half of the National Capital Region
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THE PREZ SEZ:

It can now be said, and sung by those with good voices: "It's beginning to look a lot like Christmas, everywhere you go"-- what with Santas, decorations, coloured lights, and lots and lots of SNOW!!

With profound apologies to Clement Moore, who wrote the famous book, "*'Twas the Night Before Christmas*", here is how it might sound for those who get their "mords wixed":

"'Twas the Christ before Nightness, when
House through the All,
Not a Mouseture was stirring, not even a
Creach,
The Hockings were Stung from the Cimey
with Chare,
In the hopes that St. Thereness would soon
be Nick."

(My grandkids became most annoyed whenever I substituted this version for the real one.)

For those of us who travel occasionally, I found the following somewhat humorous, but maybe so true:

A group of Britons were travelling through Holland on a tour bus. They stopped at a cheese farm, and the young guide explained how goat's milk is made into cheese. She then pointed out old goats in a pasture that could no longer produce. She asked what was

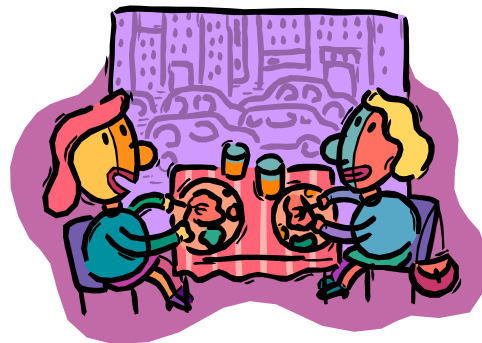
done in England with your old goats. A spry, old gentleman responded: "They send us on Bus Tours."

Please note that this issue of the PROBUS Pilot covers December and January both, and so I suggest you retain it for your continuing reference.

Merry Christmas to All, and to all my best wishes for the New Year.

This month's meeting: Tues., Dec.10

We will continue our Christmas tradition by having a **Pot Luck Luncheon** after this month's December 10 meeting. Please bring a suitable cold dish/dessert (finger food only). There will also be draws for door prizes.



To accommodate the pot luck luncheon please note that **we will start the meeting early at 10:15** instead of 10:30 and forego the coffee until the actual luncheon itself.

GUEST SPEAKER THIS MONTH

Doug Harvey-Smith



His topic: ***“DesignAbility ...
A March of Dimes Program”***

DesignAbility is a program of the Ontario March of Dimes which develops unique devices that are not commercially available. The devices are unique, practical and inexpensive solutions that enhance the daily lives of the physically disabled.

Doug Harvey-Smith, P.Eng., has been a volunteer with the Ottawa Chapter of DesignAbility, a March of Dimes program, since its formation in 1999. His volunteer work includes serving on the executive of clubs at UBC, as a scoutmaster for 5 years and, for 12 years, as a volunteer on the executive of the Ontario Federation of Home and School at the local, regional and provincial levels. Doug has worked as a professional engineer in the chemical industry, federal government and as a consultant in energy management.

“West-end hospice close to becoming a reality”

Hospice Care Ottawa, which is the amalgamation of Friends of Hospice Ottawa and Hospice at May Court in partnership with the Bruyère Foundation, is establishing a Hospice at the former Trinity Presbyterian Church location. Kim Curran and Ruth Cameron will provide an update for us on Dec. 10.

JANUARY’S GUEST SPEAKER:

Tuesday, January 14
The topic: *“Procrastination”*
The speaker: Dr. Tim Pychyl

(See further details on page 5)



WELCOME NEW MEMBERS!!

Five more new members have just joined our club. Please welcome.....
Ruth MacKenzie, Lois Allen, Maggie & Martin Doyle and Marjorie Lauer.

Right after our meeting in January let’s all get together for lunch at The Brew Table for good food and interesting conversation.

The Brew Table is situated on the NW corner of Robertson and Moodie Drive in Bells Corners (formerly D’Arcy McGee’s.)

**A FINAL ANNOUNCEMENT
REGARDING THIS YEAR'S
MEMBERSHIP FEES.....**

The cost of your 2013/14 membership is \$20 per person and is now due!

If you haven't paid your dues and you wish to keep your membership in good standing, please visit the treasurer's table before the meeting on Dec. 10 and make your payment(s) in cash or by cheque.

Those who fail to renew their membership will be considered as having cancelled it. Their names will accordingly be removed from the membership list and will no longer receive the PROBUS newsletter.

If it won't be possible for you to make the meeting this month, please send a cheque for \$20 (per person) to the attention Gerry Sutherland, our treasurer. Thank you.....

Gerry Sutherland
#1701-1195 Richmond Road,
Ottawa, ON K2B 8E4

The PROBUS 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 to bookmark this location so that you don't have to keep typing it in. The left side menu lets you go to any of the featured pages.

FUTURE FUN EVENTS

Lunch Out

Due to the busy month ahead, the December Lunch Out is cancelled in favour of a lunch out on **Thursday, January 16**. It will be held at noon at **Capone's Italian Grill** at the corner of Carling and Edgeworth just east of the Parkway. Please sign up at this month's meeting.

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The **February 20th Lunch Out** will take place at Ottawa's Cordon Bleu restaurant: "**Signatures**" – the restaurant associated with the Cordon Bleu Cooking School. The cost of lunch will be approximately \$26.00 (taxes, tip and drinks are additional).

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The month of **March** will see us visiting **Temple's Sugar Bush** in Lanark. Details will be announced in the New Year.

Are you a Euchre or Bridge player?
Or would you like to be?

PROBUS Club members host a Euchre and Bridge group on the first Friday of each month at 1 p.m. at Bell's Corners United Church.

This month the date will be **Friday, Dec. 6**, which is also our own Christmas Pot Luck Luncheon **starting at 11:30 a.m.**, with games starting at 1:00 p.m. (Jan. 3rd will be our first get together in 2014.)

It's fun and open to all - - - beginners to expert. For more information please contact **Pat Stoate** at 613-820-0174.

Do any of these 3 Travac bus tours interest you? Washington Cherry Blossom Festival? The Philadelphia Flower Show? New York City? If so, read on.....
Washington Cherry Blossom Festival

Dates: March 29 - April 2, 2014

Cost: Double \$699.00 per person

Triple \$679.00 per person

Single \$1099.00 per person

Tax of \$85.00 per person is not included in the above prices.

Includes:

Round trip transportation on a chartered coach

4 nights' accommodation in Washington

Breakfast daily

Services of a Travac Tour Director

Services of a local Guide

Visit to the Smithsonian Institute

Philadelphia Flower Show

Dates: March 6 - March 9, 2014

Cost: Double \$599.00 per person

Triple \$569.00 per person

Single \$899.00 per person

Tax of \$80.00 per person is not included in the above prices.

Includes:

Round trip transportation on a chartered coach

3 nights' accommodation in downtown Philadelphia

Admission to the Philadelphia Flower Show

Admission to Longwood Gardens

Breakfast daily

Services of a Travac Tour Director

New York City

This trip is 4 days, 3 nights and has scheduled dates of April 11 to 14, 2014; April 18 - 24, 2014 and April 25 to 28, 2014

Accommodation is in Downtown Manhattan; however, cost and other details will not be available until early December.

Information regarding itineraries is available upon request.

PLEASE LET US KNOW BY EMAIL IF ANY OF THESE TRIPS INTEREST YOU SO WE CAN DETERMINE WHETHER OR NOT WE SHOULD PURSUE ONE OR MORE ON YOUR BEHALF. THANK YOU.

Sandra: sponech@rogers.com

Micky: mickywalker@rogers.com

Our January speaker will be Doctor Tim Pychl

His topic will be:

“WHY DON'T WE JUST DO IT? HOW RESEARCH IS HELPING TO SOLVE THE PROCRASTINATION PUZZLE”

“I'll feel more like doing it tomorrow,” but then tomorrow comes...and...why is it we procrastinate? Is it personality or the situation? Are we just poor planners? What can we do about this? Dr. Pychl will answer these and other questions at our meeting on January 14.



Tim Pychl is the Director of the Centre for Initiatives in Education and an associate professor in the Department of Psychology at Carleton University. Tim has earned an international reputation for his research on procrastination. In addition to his scholarly writing, he writes the popular “Don’t Delay” blog with Psychology Today and produces the iProcrastinate podcast available through iTunes. His latest book is, "Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change" (2013, Tarcher/Penguin Publishers).

VISITORS WILL ALWAYS RECEIVE A WARM WELCOME

The PROBUS Club of Western Ottawa meets on the second Tuesday of each month, September through June, at the Kanata United Church, 33 Leacock Drive in Kanata.

- 10:00: coffee and social time
- 10:30: VERY brief business meeting
- 10:45: speaker

Exit Highway 417 at Eagleson/March Road. Just north of the exit take Campeau Drive west. At the first light turn right (north) onto Teron Road. At the first light, turn left (west) onto The Parkway. At the first (and only) stop sign, turn right onto Leacock Way. Follow Leacock Way to its end at Leacock Drive. Kanata United Church is in front of you, across the street.

PARKING at the church is limited. If full, please park in the large lot of the school next to the church or on the side of Leacock Drive where parking is permitted.