



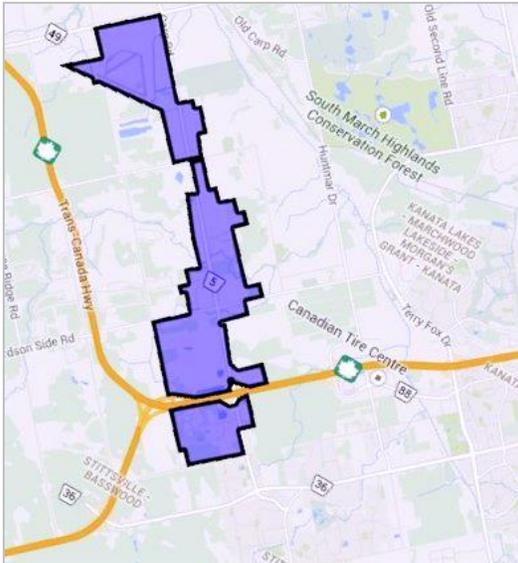
# The PROBUS Pilot



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

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**The Carp Road Corridor**

## ***May meeting moved up for Spring Fling***

The 2015 Spring Fling will be held in Kemptville on Tuesday 12 May. As a result we have rescheduled our May Probus meeting to a week earlier on 5 May.

The Spring Fling brings together members from the 13 Probus Clubs in Eastern Ontario and is very popular activity for our members.

Registration for this activity has now closed. Twenty five members from our club will be attending.

## ***After the meeting***

## **We go out for lunch**

Join us for lunch after our meetings to socialize and discuss the meeting topic.

This month we will be at:

**The Brew Table**

NW corner of Robertson and Moodie

***Tuesday 14 April***

## **The Carp Road Corridor BIA and clean water challenges**

Many of us in West Ottawa are familiar with the Carp Road. It stretches from Hazeldean Road in Stittsville all the way north to Carp and beyond. Along the sides are numerous small businesses on large lots and what appears to be much open space. These businesses have organized themselves into the Carp Road Corridor Business Improvement area or BIA.

Roddy Bolivar is the Executive Director of the BIA works with all business owners and property owners along Carp Road to promote the economic development opportunity of the business area.

Roddy is a trained civil engineer and his background in land development, transportation, drainage and municipal services is very relevant to his work to promote the business area.

Roddy will introduce the business area and then speak about the “Cleantech in the Corridor” initiative which aims to link innovation to economic development in the Corridor.

The Carp Road Corridor is Ottawa’s largest light industry business park. The BIA works with over 220 business and property owner members to improve business opportunities in the area and attract new businesses to the area. The light industry business park provides employment for more than 2500 people.



**Roddy Bolivar**

The Corridor is primed for investment from the cleantech sector. Cleantech is sometimes only thought of as new sources of electricity and compared to greentech; but, cleantech businesses also provide opportunities across a much wider range of business sectors including developing applications for advanced materials, bringing new business practices to resource industries, and finding new ways to store energy.

Cleantech requires capital investments, research, manufacturing, IT systems engineering, sales and management – all having the potential to contribute new business and jobs to the Corridor.

**Next meeting:**

**Tuesday 14 April**

10:00 for coffee, social gathering, registration, and activity sign-up followed by our speaker



The Temple's Sugar Bush outing on 11 March saw a large group of club members taking advantage of the brief break in the cold weather that day. A sit down lunch in the rustic hall capped the activities.

## Bus tour of The Great Fire, with Terry Currie

We are fully booked for our April 30th bus tour of the route of the Great Fire of 1870. We will leave at 10:00 am from the parking lot of Earl of March Secondary School, at The Parkway. (Please park in the last row, nearest the road.)

Terry has chosen a route that will take us to where the fire started near Pakenham, and then we will follow the path past Almonte, Carp, and into Bells Corners. Bring a bag lunch and a drink, and we'll stop for a break at Pinhey's Point on the Ottawa River. We will return to our starting point by 3 pm. Any questions - please contact Judy Makin - 613-592-7247, [Judy.Makin@opera.ncf.ca](mailto:Judy.Makin@opera.ncf.ca)

## *What is good for the body is also good for the brain – and vice-versa.*

Most experts agree that light to moderate physical activity is one of the best protectors against the loss of both body and brain function.

In fact, the ideal recipe for enhanced brain function may be the combination of physical activity, intellectual stimulation, and social interaction, all at the same time. Keep in mind that a heart-healthy diet is also a brain-healthy diet and may help to preserve memory and thinking skills.

Here is an example of an activity that contributes to both body and brain fitness:

- You and a friend go for regular brisk walks together. Along the way, you play funny little games that stretch the mind, like "How many four-legged animals can you name?", or "If you were a tree, what kind of tree would you be?"

By combining physical, intellectual, and social activity with good diet, you

are building a 'cognitive reserve' – kind of like an RRSP for the brain. This may well delay the onset of the normal symptoms of aging



George Laidlaw gave an entertaining talk last month about the many seldom known tales in Canadian History. His books may be ordered from his website at [www.georgelaidlaw.ca](http://www.georgelaidlaw.ca)

### QUOTE OF THE MONTH

**“Don't find fault.  
Find a remedy”**

**Henry Ford**

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 United Church, 33 Leacock Dr., Kanata**

## Join us for an upcoming lunch-out

**Tuesday 28 April**

**1951 West (Kitchen and Grill)**

1951 Robertson Road  
(Bells Corners)

meet there at noon

Comfort food with a Modern Twist...Made from scratch!

Our Mission Statement: To provide the ultimate guest experience through service, food and drink. To impress every guest who comes through our doors and excited to come back again..

**Sign up at the April meeting.**



## Euchre and Bridge remain popular

Probus has an active euchre and bridge group. They meet monthly at the Bells Corners United Church, 3955 Old Richmond Road (at Moodie). Meetings are usually held on the first Friday of the month at 1 p.m.

This is mostly a casual and social occasion and some players play both euchre and bridge and fill in where needed.

Following are the dates for our upcoming meetings:

**Friday, 10 April**

**Friday, 1 May**

For further information call Pat Stoute at 613-820-0174

**Monday 25 May**

**Cabotto's Restaurant**

5816 Hazeldean Road

meet there at noon

A West end landmark for close to forty years, Cabotto's is a family owned and operated establishment. Set in a nineteenth-century sophisticated three storey, stone heritage house with six separate dining areas and two fireplaces.

**Sign up at April/May meeting.**



by David Belke

directed by Ron Gardner

Winner of the 2000 Samuel French Canadian Playwriting Contest.

Mark W. Transom, one of the world's greatest playwrights, is at the end of his rope. In order to fulfill his contract to artistic director and old friend Jo Harber, he has to create a play in one night or lose everything.

Half asleep and half drunk, Transom starts putting theatrical personalities he knows into a simple comedy about putting on a play. As the characters come to life before his eyes the play seems to be progressing well until, unbidden and without warning, Transom's son Lloyd appears as a character and the play takes on a life of its own.

As the playwright struggles to maintain the upper hand, the out of control writing process brings him closer and closer to the heart of his estrangement with his son. Hilarious and heartfelt, *That Darn Plot* is a comedy about playwriting, rehearsals, rewriting and rehabilitating reality as well as a sympathetic look at a creative writer who is unable to connect with the people around him, including his only child.

*That Darn Plot* was originally produced by Shadow Theatre at the 1998 Edmonton Fringe Theatre Festival directed by James DeFelice.

**Wednesday 27 May**

## Theatre/Dinner outing

Rural Root Theatre presentation of "*That Darn Plot*" at the Constance Bay Community Centre at 7:30 pm.

Tickets can be ordered on line at [www.ruralroot.org](http://www.ruralroot.org) in April/May. Details at left.

For those interested in a pre-play dinner get together Sylvia has made arrangements at the Cheshire Cat Pub on Carp Road for dinner at 5:00.

More than e 20 people have already indicated an interest in attending.

See Sylvia for more details at the April meeting.

## Group insurance available from Johnson Inc.

Did you know that as a member of Probus you are eligible for Group Travel insurance through the MEDOC program from Johnson Inc.

Find out more by going to our club web page and click on links or go directly to

<http://www.probus.org/instrvl2.pdf>



Our group of 26 PROBUS members who attended the visit to the War Museum on Feb. 26th. We all agreed that it had been an excellent day.



Our tour guide gave a comprehensive description of events leading up to the Cold War, and of the global response. Some of our fellow PROBUS members had actually served in the military during this period, and their participation provided an added bonus.

## Our Probus Club has a 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](http://www.probuswesternottawa.ca)

Make sure that you bookmark this location so that 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.



Overview and Introduction to the Museum Tour in the morning, with a focus on the design and architecture of the building, and a visit to the tanks and vehicles.

## A wide variety of topics with our upcoming speakers

**May:** Brian Hartley  
"Bridging the Chasm: First Nation peoples and us"

**June:** Nelson MacDougal  
"Managing NAC travels"

**September:** Cheryl Cooper  
"Living on tall ships"

**October:** Marc-Andre Bernier  
"The Franklin discovery"

**November:** Kanina Dawson  
"My Afghan War experience"

## Chuckle Corner

A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on.

Finally he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently." "I'm very sorry," replied the young man, "is there anything I can do for you?" "Yes," she said, "As I'm leaving, can you say 'Good bye, Mother'? It would make me feel so much better." "Sure," answered the young man.

As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" He asked, "I only purchased a few things!" "Your mother said that you would pay for her," said the clerk.