



# The PROBUS Pilot



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

MARCH 2015

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## Author George Laidlaw is our 10 March speaker

### ***“The joys of Canadian History” and “Mistakes that changed the world”***

George Laidlaw, an Ottawa author with 91 published books, has been invited to talk to History Societies, Clubs, Genealogy Societies and Retirement and Long term care homes (more than 300) from Cornwall to Owen Sound.

*“History is the foundation of who*

*we are and I have found that seniors like history. Canadian history is remarkable but few seem to know it. Even in schools, students find it 'uncool' to learn about history but find that my books which are mysteries (and historically correct) have found a place in 180 schools over the last six years.”*

George Laidlaw was born in Ottawa, and is married with two children Michael and Meghan. He has been writing ever since he told bed time stories to his children and received the plaintive cry, 'Dad tell us another story.' After working for the Canadian government as a biologist, for over 30 years, his hopes are to pursue his writing career in retirement and craft stories that draws in the reader and leave them with a finely crafted action-filled romance adventure, and an overall appraisal from the reader with a comment 'it was a good read.'

A long-time member and current President of Ottawa Independent Writers association and avid historian, his world-wide assignments, travel, research and intense relationships bring an authentic, hard-pressed



**George Laidlaw**

contemporary air to his remarkable output.

Laidlaw's publications include stories in children's magazines and adult novels. His interests include biology, geology, paleontology and the history of man. Interwoven with the fast-paced skills of a natural storyteller are threads tying action, emotion and intellect in a close-knit loom of international suspense.

## **The Prez Sez**

*As I write this I am looking out at the Mountain Ash tree in the front garden where a flock of Waxwings are busily stripping the remaining berries. That tells me that Spring IS coming (we just don't know when!) However, we do know that the Ontario East Probus clubs will be getting together for a pleasant social time at our Spring Fling, May 12 in Kemptville. Details of this event are in this newsletter and I hope we get our usual good turnout.*

*As Winter slowly goes by we are approaching the time when you can have a hand in keeping our club going. Yes, it's the time to start thinking about volunteers for next year's Executive Committee. If you start now there will be a chance to "job shadow" for 1 or 2 Exec. meetings so you can find out what's involved and whether you want to become more involved. Speak to any member of the Executive if you think you might be interested.*

*Looking forward to seeing you at our March 10th meeting - stay warm and enjoy the blue skies.*

**Vernon Sulway, President**

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.**

**Visitors are welcome.**



The February Luncheon was at Milestone's in the Centrum Mall and it proved to be a popular choice.

## A wide variety of topics with our upcoming speakers

- April:** Roddy Bolivar  
"The issue of water"
- May:** Brian Hartley  
"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"

(all of the above is of course subject to change)

## Upcoming trips and outings

### Wednesday 11 March



#### Temples Sugar Bush

Sign up with Sylvia at the March meeting.

Plan on meeting there at 11:00 for lunch. (More details at the March meeting)

**1700 Ferguson's Falls Rd (Regional Rd 15) Lanark (between Carleton Place and Perth)**

Head west on the 417, exit on 145 – to Highway 7 (toward Carleton Place) 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 Sugar Bush on the right.  
<http://www.temple sugarsugarbush.ca>

### Thursday April 30

#### Great Fire Bus Tour

Guided bus tour of the route of the Great Fire of 1870, with Terry Currie.

Route will include Pakenham, Almonte, Carp and Bells Corners.

Bring your picnic (bag) lunch for a stop at Pinhey's Point overlooking the Ottawa River. Cost \$30. Register and pay at the March meeting.

### 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.

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.

See Sylvia for more details at the March meeting.

## Parking can be tight

Parking in the Church lot can be a challenge as it fills up quickly.

Please do not park in the marked Church Reserved slots or in the "Speaker" slot which is usually the first one on the left.

We do have an arrangement with the school which permits us to park in their lot.

Public Health  
Santé publique

### Mission Healthy Bones!

Calcium and vitamin D are important for strong bones and teeth!

How much do you need?				How do you do this?
	Age (years)	Calcium (mg per day)	Vitamin D (IU per day)	
	51 to 70	1200	600	<ul style="list-style-type: none"> <li>Try to get <b>at least 3 good sources</b> of calcium and vitamin D rich foods each day.</li> <li>Check the list below for good sources of <b>calcium and vitamin D</b>.</li> <li>Complete your diet <b>by taking a daily 400 IU vitamin D supplement</b>.</li> <li>Talk to your health care provider about supplementation <b>if you think your diet may not be rich enough in calcium and/or vitamin D</b>.</li> </ul>
	71 and +	1200	800	
	51 to 70	1000	600	
	71 and +	1200	800	

More info at:  
[http://documents.ottawa.ca/sites/documents.ottawa.ca/files/documents/calcium\\_seniors\\_en.pdf](http://documents.ottawa.ca/sites/documents.ottawa.ca/files/documents/calcium_seniors_en.pdf)

## Our talented social, activity and trip conveners



Judy Makin and Sylvia McGee look after our travel and activities portfolio.



Micky Walker and Sandra Ponech arrange for our monthly and after meeting luncheons.

### After the meeting

## Join us for lunch

Join us for lunch after our meetings and often our speaker agrees to join us. This month we will again be at:

**The Brew Table**

NW corner of Robertson and Moodie



## 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. (But see below).

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, 13 March**

**Friday, 10 April**

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

## Join us for an upcoming lunch-out

**Tuesday 24 March**

**Pinelopi's Greek Kitchen**

4100 Strandherd Drive  
(Barhaven)

meet there at noon

"Don't be surprised if you actually get a hug on your first visit to Pinelopi's Greek Kitchen. It's a small restaurant that skillfully evokes the freshness and flavours of home-style Greek cooking"

Sign up at the March meeting.



**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 March or April meeting.



### Our April speaker Roddy Bolivar

*"The Carp Road  
corridor BIA and water  
challenges"*

### QUOTE OF THE MONTH

**If one cannot catch a  
bird of paradise,  
better take a wet hen.**

Nikita Krushchev

## 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.

# PROBUS SPRING FLING

Tuesday May 12, 2015

**Grenville Municipal Centre in  
historic Kemptville**

Ticket price is \$38.00 per  
person

Lunch selection will include

Grilled boneless **chicken breast**  
in a light tarragon sauce

or

Grilled **salmon filet** with a  
creamy dill sauce  
with

baby red potatoes, green and yellow  
beans and baby carrots in an orange  
ginger sauce

or

Penne **pasta** in a vegetarian rose  
cream sauce

**Salads**

**Desserts**

**Tea and Coffee**

Gluten free meals are available,  
advise when registering

Registration deadline is 3 April  
(effectively you need to register  
at our March meeting)

**Make your check payable to  
Probus Western Ottawa and  
indicate your menu preference.**

We have just received the details of this year's event and they are summarized the panel below- left.

There has been a marginal increase in cost from last year with tickets now costing \$38.

The last chance to register is at the March meeting with your cheque made out to Probus Club of Western Ottawa and pick your choice of menu.

A great way to meet fellow

## 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.



**Norm Christie** gave an entertaining and informative talk on Canadian war graves. He called them "Our Sacred Places". Taking us on a visual tour, he described the difficulties of burials and ultimately their identification. This prompted many questions and comments. There was a lot of interest in the many books and DVDs he has produced. These are available from his publisher web site at: <http://www.cefbooks.ca/>

## Chuckle Corner

### THE OCTOGENARIAN CRUISING BIRTHDAY GIRL?

A lady goes to the bar on a cruise ship and orders a Scotch with two drops of water.

As the bartender gives her the drink she says "I'm on this cruise to celebrate My 80th birthday and it's today."

The bartender says "Well, since it's your birthday, I'll buy you a drink In fact, this one's on me."

As the woman finishes her drink the woman to her right says "I'd like to buy you a drink, too."

The old woman says "Thank you. Bartender, I want a Scotch with two drops of water."

As she finishes that drink the man to her left says "I'd like to buy you one, too."

The old woman says "Thank you. Bartender, I want another Scotch with two drops of water."

As he gives her the drink says "Ma'am, I'm dying of curiosity. Why the Scotch with only two drops of water?"

The old woman replies "Sonny, when you're my age, you've learned how to hold your liquor... Holding your water, however, is a whole other issue."