



The PROBUS Pilot



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

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Our 10 November speaker

My Afghan war experience

As an 18 year member of the Canadian Armed Forces, Kanina Dawson has worked and trained on Canadian Forces bases across Canada. She served two tours of duty in war-torn Kandahar, Afghanistan in 2005 and 2006, witnessing first-hand the devastating effects of a seemingly endless conflict on both Afghan civilians and coalition military forces.

Kanina Dawson is an author, speaker, small business owner and mother who remains passionately invested in improving the lives of those who live under the shadow of violence and fear.



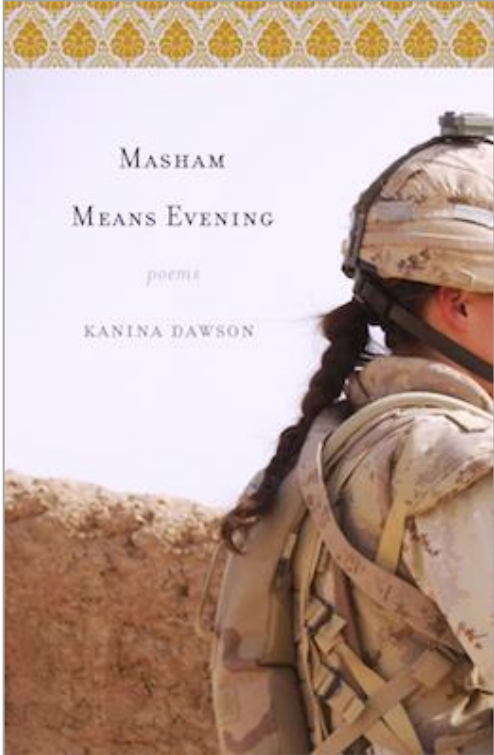
Kanina Dawson

Her recently published book, *Masham Means Evening*, is a recollection of these experiences.

Now that Canada has brought its troops home, this is a poetry collection that takes the reader inside army camps, convoys, schools, markets, and villages, charting a young female soldier's tour through Canada's war in Afghanistan.

In her own words, "This collection of poems is based on the almost ten months of time I spent serving with Canada's military in war-torn Afghanistan. While they encapsulate the military experience, they also provide a raw, more personal account of what it is to be at war, describing those moments of giant disconnect from reality that constantly threaten to sever one's ability to be good.

"These poems talk of loss and of loss not yet realized; of normality, instinctively fought for in between the violent deaths of others; and of the timeless and enduring nature of conflict. These poems serve as snapshots of lives lived in the midst of a seemingly endless conflict where heat bears down like a vice,



where suicide bombers wait in the alleys and where mountains jut from the desert like teeth."

Restaurant lunch-outs may end after Dec.

A highlight of our social program is our monthly dining-out at a variety of local restaurants.

This activity has been arranged for many years by Micky Walker and Sandra Ponech. They are stepping down from this role after the December Christmas Luncheon. We thus need a volunteer (or perhaps two) to take over this activity starting in January.

Please let a member of the Management Committee know if you are interested.

Micky and Sandra will be happy to assist with the handover.

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 coffee and a time for socialization followed by a guest speaker.

**Western Ottawa Probus meets at
Kanata United Church, 33 Leacock Dr.**

Visitors are welcome.



Jonathan Moore provided a stimulating and informative presentation on the discovery of the Franklin Expedition ship *Erebus* at our October meeting. Jonathan's personal details of the discovery and his description of the dives down to the ship held the audience at the edge of their seats.

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 in the right menu or go directly to <http://www.probus.org/instrvl2.pdf>

Why does being older than 65 put me at higher risk for getting the flu?

As you age, your immune system weakens. This weakening makes seniors—adults 65 years and older— more susceptible to the flu. For seniors, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

It is thus important that all seniors get the flu vaccine at the start of the season in the fall.

Where can I get my flu vaccine?

- Your primary care provider or family doctor
- Your local pharmacist.
- Ottawa Public Health community clinics

To find a flu clinic close to you, visit www.ottawa.ca and enter "flu" in the search engine.

Christmas luncheon tickets now on sale



This year, to celebrate the Christmas season, we are going to Algonquin College's *Restaurant International* for lunch.

We already have 48 people confirmed for Thursday December 10th at noon and will adjust the numbers according to the interest.

We have until November 17th (1 week after the November meeting) to finalize the numbers and collect money.

The cost is \$27.25 per person (\$54.50 per couple) which includes a three course holiday meal, coffee, tax and gratuity. Drinks are extra.

Algonquin will accommodate dietary restrictions provided they know of them when the reservation is finalized, so please remember to indicate these on the sign-up sheet

Tickets available at the November meeting ... bring your chequebook!

Wednesday 25 November Rural Roots Theater Play *Bows of Holly Country Club Christmas*

**Constance Bay Comty Centre
Curtain at 7:30 pm**

For our November social program we are going back to Constance Bay for the Christmas comedy production from the Rural Root Theatre.

We will attend the Wednesday 25



November performance and not organizing a pre-play dinner but leaving it up to people to organize things on their own or visit one of the restaurants in that area if they desire.

Full information and the ability to order tickets is available on their web site <http://www.ruralroot.org/>

The site allows you to select your seating and also has a good map with driving directions.

One restaurant in Constance bay is <http://www.thegreystonegrill.com/>

Another is <https://www.facebook.com/The-Lighthouse-Restaurant-and-Grocery-553543878105643/>

Probus sends cards for those in need

We consider our Probus Club members to be like family. As such we like to send a card when someone is ill, in times of sorrow or on the occasion of a significant milestone. We are thus delighted that Betty Jean Bone has volunteered as our new "card sender".

Betty Jean can be contacted at 613-721-5536 or via email at bjbone03@yahoo.ca



The Ottawa Valley Bus Tour in October was well attended. Here they are just after the lunch break in Eganville. Other stops in the all-day tour included Pakenham, Calabogie, Dacre and Foymount – the

highest point in Eastern Ontario – from which they had a great view of the surrounding landscape. Throughout our tourguide/historian Terry Currie kept them apprised with topical tales and descriptions.



Euchre and Bridge could use a few more players

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, 6 November

Friday, 4 December

(Note that the December meeting is the Christmas potluck which starts at 11:30)

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

Join us for the November lunch-out

Monday 16 November

Urban Turban

591 March Road
(near Goodlife Fitness)

Traditional Indian Dishes and lunch buffet

sign up at the Nov. meeting



Our future speaker lineup

December 8: Ian Smillie
"The blood diamond trade in Africa"

January 12: Jane Madigan
"Animal rescue organizations in the Ottawa area"

February 9: Lynn MacLeay
"Candrive (Research initiative for vehicular safety for the elderly)"

As of September 30th, 2015 there were 236 active PROBUS Clubs in Canada with 32,735 members

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)

Often our speaker is able to join us.

At the beginning of the meeting we ask for a show of hands of those planning to attend so that we can reserve.

QUOTE OF THE MONTH

Always go to other people's funerals, otherwise they won't come to yours.

Yogi Berra

Welcome

Welcome to the following new members who joined in our Probus Club in October:

Pierre Allard
Elizabeth Seaton
Peter Broere
Connie Walsh
Anne-Marie Sarazen
Merle Fraser
Jack Fraser
Margaret-Anne Clough



The colours were out for our walk around the Beaverpond in October. Some of those participating included Peter van Boeschoten, Judy Makin, Carmel Egan, Trudy Valentine, Martha Maslen & her dog Maggie.



Treasurer Maureen Donaghy Dues are Due Last chance to renew

November is the last month for current members to renew.

Dues are unchanged from last year and remain at \$20 per member which is among the lowest for any Probus Club.

We very much value your membership but it is your \$\$ which keeps the club operating.

Payment can be made in cash or by cheque made out to Probus Western Ottawa. The treasurer will be there before and after the meeting to accept your donation

This is also a good time to update your email address and other particulars.

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

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.

Chuckle Corner



The Restaurant

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

The other man said, 'What is the name of the restaurant?'

The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'