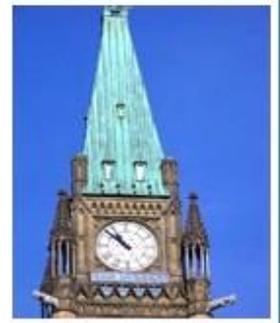




The PROBUS Pilot



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

FEBRUARY/MARCH 2016

Vol:7 No:6

No March Newsletter

As such this is a double issue which includes information for both our February and March meetings

Tuesday 9 February

Our heritage and the next generation

Heritage is all around us, from the Pinhey estate, to the March House to the historic barn off Hazeldean Road that is going to be moved.

There is history and the physical reminders everywhere. As seniors we probably take more notice of it but

what about our younger generation?

That is the subject of our February talk by Michele Leboldus. She will talk about: Your Past, Their Future: an overview of your history and heritage and how to pass it on to the next generation



Michele Leboldus

Michele is President of the Pinhey's Point Foundation, a local heritage group which partners with the city of Ottawa at Pinhey's Point Historic Site in Dunrobin. Her talk will focus on ideas and techniques you can use to engage the younger generation to discover their heritage.

For over two decades she has been actively involved preserving the history of the former Township of March as President of the March Historical Society and the Pinhey's Point Foundation, and a member of the Council of Heritage Organizations of Ottawa (CHOO). She has worked tirelessly with the City of Ottawa heritage staff, CHOO, and other heritage bodies to feature and highlight some of our treasures on the lower Ottawa River.

Michele is a retired French Immersion teacher with a special interest in history. Over a long, varied career in education, she taught all grades from kindergarten to grade 8 and acquired a great education from her students.

Tuesday 8 March

“Sooner or later” – retirement living options

As we get older our housing needs, circumstances, and preferences may change. Do we stay put, downsize, go to a retirement home or perhaps something else. What are the options?

In Ontario, there are three main types of residential care for seniors: Retirement Homes, Long Term Care Homes and Supportive Housing.

There may be many variables and unanswered questions. What is the cost? Is there a range? What about meals and other costs? Do I need special care of some kind? What is the role of the Community Care Access Centre (CCAC)? How can I compare the alternatives?

We are thus delighted to have Robert Hannaberry to talk to us in March about many of these issues and the various options available.

He will offer an educational and very realistic look at your retirement living options as an industry. Supporting statics to offer where the industry is currently and the commitment to meet the needs of the growing senior population in the region.

Robert has almost a decade of



Robert Hannaberry

experience in the Senior Living Industry with Regional, National and International organizations. An award winning International Sales Leader working with retirement community management teams throughout Manitoba, Saskatchewan, Ontario, Quebec and the Canadian East Coast.

Over the last three years as The Regional Director with Visavie, Robert has developed a network for Retirement Community Partners and a diverse selection of Referrals Source Partners to support the needs of seniors and their families throughout the Champlain Region.



Willow stole the show. Jane Madigan gave a stimulating and informative talk at our January meeting on how service dogs can be a help to those dealing with anxiety disorders. Her dog Willow was a key part of her presentation.

Free Coffee and Tea

The Management Committee has decided to no longer charge for the coffee and tea prior to the meeting.

We are particularly appreciative of the efforts of Jean and Bill Eng for coming in early for every meeting to set it all up,

Getting together to socialize prior to our meetings is an important aspect of Probus. Members get a chance to relate the month's events and sign up for the restaurant lunch-outs and tour activities.

Wed 17 February

Mint, gallery tour almost full

More than 30 members have signed up for the tour of the Mint on 17 February with most also planning to have lunch at the National Art Gallery and participating in a Gallery tour.

The Mint tour will provide a behind-the-scenes look at how coins are made in the state-of-the-art facilities in this historic building, founded in 1908.

Coordinator Judy Makin said that she could still take a few more if they sign up at the February meeting.

Address: 308 Sussex Drive.

Date/Time: Wed. 17 Feb 10:00 am

OC Transpo: Free on Wednesdays. On Route 9.

Parking: No on-site parking, but parking is available at the National Gallery next door at 380 Sussex Drive (\$2.75 hour or \$14.00 max for the day) or across the road at the Cathedral.

Cost: \$4.00 for Mint tour
Total for both tours is \$21.00

Thursday 7 April

Temple's sugar Bush outing planned

Plans are underway for another sugar bush visit and lunch. Tentatively we looking at returning to the Temple's Sugar Bush again this time on Thursday 7 April.

Look for more details at the March meeting and in the April Probus Pilot newsletter
Temple's Sugar Bush: Open Mar 1 to Apr 26
<http://www.temple-sugarbush.ca> (613) 253-7000

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



Health Canada advises

Falls are a major risk for seniors

Anyone can fall, but the risk of falling becomes greater with age. There are a number of simple steps you can take in and around your home to help prevent falls and the injuries caused by falling.

Every year, one in three Canadian seniors will fall at least once. Hip fractures are the most common type of fall injury among seniors, and about 20 percent of injury-related deaths among seniors can be traced back to a fall.

Staying safe on your feet is a matter of taking some steps to protect

yourself.

Factors that can increase your risk of falling include the following:

- poor balance
- decreased muscle and bone strength
- reduced vision or hearing
- unsafe conditions in and around your home

Nearly half of all injuries among seniors happen at home.

The bathroom and stairs are particularly dangerous areas. However, you can prevent falls by making adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices you may need to help keep you safe.

Further details at:
www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/fp-pc-eng.php

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 23 February

Big Rig

2750A Iris Street
(off Greenbank/Pinecrest)

meet there at noon

Whether enjoying a Big Rig Brew on our sunny patio, a casual snack in the pub or a dining experience, Big Rig Kitchen and Brewery has you covered. <http://www.bigrigbrew.com/>

Sign up at the February meeting



Monday 14 March

The Glen Scottish Restaurant and Pub

1010 Stittsville Main Street
meet there at noon

When we first opened The Glen in 1988 we could not have predicted the incredible experience that we would share with the Ottawa community in the coming decades. Over the years, The Glen has served as a place for meeting friends, celebrating with family, and most of all, bringing a taste of Scotland to our new home in Canada. www.theglen.ca

Sign up at the February or March meeting



Parking in the church lot is limited

Parking in the Church lot can be a challenge as it fills up quickly. Now that we have winter and shortly more snow it will likely get worse.

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

We do have an arrangement with the school which permits us to park in their lot. Make sure that you pick the second entrance to enter or you will end up in the bus drop off lane.

Come early, help with the room set-up, and parking will be easier.

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



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, 5 February

Friday, 4 March

Friday, 1 April

Friday, 7 May

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

Constitution and bylaws now available

The Probus Club of Western Ottawa constitution and by-laws are now available in digital format. The constitution was last updated when the name was changed from the Probus Club of Kanata. The by-laws were most recently updated last June.

As we will be seeking new Board members in the next few months, members may wish to review them.

Both documents can be found

In pdf form on the Management Committee Page of the Probus website

www.probuswesternottawa.ca

QUOTE OF THE MONTH

As you get older, the question comes down to about two or three. How long? And what do I do with the time I have left?

David Bowie

Your Probus management committee

President	Vernon Sulway	Membership	Barbara Bole Stafford
Vice President	Beth Sweetnam	Treasurer	Maureen Donaghy
Secretary	Martha Maslen	Publicity	Pat Thompson
Past President	Peter Doyle	Social Activities	Judy Makin
Speaker Program	Heather Walt Gord Walt	Social Hospitality	Marie Armstrong Ron Armstrong
Newsletter	Peter van Boeschoten	Webmaster	Peter van Boeschoten

Let us send a card

We like to think that our Probus Club is much like a family. As such we would like to send a card when someone is ill, hospitalized, in need of a comforting word or on the occasion of a significant milestone.

We are fortunate that Betty Jean Bone has volunteered to take on this task.

If you know of someone who could use a card please call Betty Jean at 613-721-5536.



January lunch-out. More than a dozen members enjoyed a delicious lunch and good company at the Graffiti's in the Holiday Inn.

Chuckle Corner

From The PROBE ... Newsletter of the St. Catharines PROBUS Club.

A few years after I was born, my Dad met a stranger who was new to our small town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on. As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me good from evil, and Dad taught me to obey. But the stranger... he was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies.

If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first NHL hockey game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind. Sometimes, Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to leave.)

Dad ruled our household with certain moral convictions but the stranger never felt obligated to honor them. Profanity, for example, was not allowed in our home—not from us, our friends or any visitors. Our long-time visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush. My Dad didn't permit the liberal use of alcohol but the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly, and pipes distinguished.

He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing. I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked... and NEVER asked to leave.

More than fifty years have passed since the stranger moved, in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk, and watch him draw his pictures.

His name?... We just call him 'TV'. He has a wife now... we call her "Computer". Their first child is 'Cell Phone'. Second child 'iPod'. And just born this year, a Grandchild—I Pad'.



Probus 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.



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

- Carmel Eagan**
- Paul Carbonneau**
- Michael Hiel**