



# The PROBUS Pilot



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

JUNE 2016

Vol:7 No:9

## The Prez Sez

*As I step down as President of Probus Ottawa West I have mixed feelings.*

*I have enjoyed my last two years, and as I look at the management team coming in for 2016-17 I know that things will continue to go well. It is pleasing to see that a growing number of positions are being handled by two people. This sharing makes the job easier. If anybody is interested in helping with publicity I know that Pat Thompson would welcome some support.*

*With Jean and Bill Eng taking over Membership, however, we have a problem! We need someone (or two people) willing to come in early on our meeting days to prepare coffee and tea. If anybody feels that they are able to help in that respect please talk to Jean or Bill to find out what's involved.*

**Vernon Sulway,**  
(almost past) President.

Next meeting:

**Tuesday 14 June**

10:00 for social gathering,  
sign ups,

10:15 meeting start  
followed by our speaker

**Dr. Andrew Frank**

**Luncheon following for those  
with tickets**

## Memory loss: What is normal and what is Alzheimer's

Dr. Andrew Frank is a cognitive and behavioural neurologist, and is the medical director of the Bruyère Memory Program at the Élisabeth Bruyère Hospital in Ottawa, Ontario.

After finishing his Bachelor's degree in Honours Biochemistry at the University of Calgary, Dr. Frank completed his M.D. at the University of British Columbia in Vancouver. He completed his residency in Neurology at the University of Ottawa, and then finished a subspecialty fellowship in Cognitive and Behavioural Neurology at the Mayo Clinic in Rochester, Minnesota.

Dr. Frank's clinical practice is focused on the diagnosis and treatment of neurodegenerative diseases, such as dementia due to Alzheimer's disease. His clinical interest lies in the early detection of cognitive disorders, such as Mild Cognitive Impairment (MCI). Dr. Frank's research interest centers on investigating new pharmacologic treatments for Alzheimer's disease.



**Dr. Andrew Frank**



**Our Euchre and Bridge group** gathers after their end of season potluck luncheon last week. The group meets on the first Friday of each month at 1p.m. at the Bells Corners United Church. They will take the summer off and start again in September.



At our May meeting **Jim Holmes** provided an entertaining talk on the history of Kanata Theatre and its impact on the community over the years.

## Executive elections at our June meeting

At our June meeting we will be electing the Management Board for the next Club year. The following have agreed to let their names stand for election:

- |                                |                                |
|--------------------------------|--------------------------------|
| President:                     | <b>Beth Sweetnam</b>           |
| Vice President:                | <b>Barbara Bole</b>            |
| Secretary:                     | <b>Martha Maslen</b>           |
| Treasurer:                     | <b>Maureen Donaghy</b>         |
| Membership:                    | <b>Jean and Bill Eng</b>       |
| Speaker Program:               | <b>Heather and Gordon Walt</b> |
| Social Hospitality:            | <b>Ron and Marie Armstrong</b> |
| Social Activities (co-chairs): | <b>Judy Makin</b>              |
|                                | <b>Marg Demers</b>             |
| Publicity:                     | <b>Pat Thompson</b>            |
| Newsletter/Web Site:           | <b>Peter van Boeschoten</b>    |
| Past President:                | <b>Vernon Sulway</b>           |

## End-year luncheon will move meeting start to 10:15

After our June meeting we will again have a luncheon and it will be the same catered format that we used last year with enhanced quantity and quality.

This will necessitate a few changes for this meeting so that we can set up for the luncheon. We will advance the business meeting to 10:15 and coffee will not be available for our social gathering at 10:00.

Unfortunately since we had to advise our caterer ahead of time, only those who purchased tickets in advance will be able to attend.



**John and Barbara Todd** were just 2 of the 18 participants at the Won Ton House Restaurant lunch out in May. It was the last lunch out until fall. Many thanks to Ron and Marie Armstrong for all the arrangements.

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.

## Our Probus Club has a web site – bookmark it

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)



**Beechwood Cemetery** was the venue for a highly successful tour in May. For more photos visit our website and the “Photos” page.



**Our guide** explained that this is also Canada’s National Cemetery.

## Parking in the church lot is limited

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 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.

### QUOTE OF THE MONTH

**“To me, old age is always fifteen years older than I am.”**

*Bernard Baruch*

## 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.



## Probus offers group travel insurance

Did you know that as a member of Probus you are eligible for voluntary benefit options available to you, including MEDOC Emergency Out-of-Country Travel Insurance, Trip Cancellation Interruption Insurance, and a Benefit Plan.

Find out more by going to our club web page and click on links or go directly to [www.probus.org/instrvl2.pdf](http://www.probus.org/instrvl2.pdf)



## Wild orchid excursion set for Thursday 23 June

Who Knew?

We have the largest wild orchid colony in Canada just next door in the Lanark Highlands and we are going to visit them on Thursday 23 June.

The good news is that you don't have to slop through the bog to see them? The conservation area has built a one-kilometre wooden boardwalk, wheelchair accessible, in a loop through the colony so that the thousands of visitors who come every year can see them close-up without ruining all the plants.

The Purdon Conservation Area is a unique fen wetland famous for its exceptionally large native colony of thousands of magnificent Showy Lady's Slipper Orchids. The beautiful pink and white blooms are usually at their peak from mid- to late June. The orchid colony exists today thanks to Mr. Joe Purdon, who discovered a small cluster of native orchids on his property in the 1930's and grew the colony to over 16,000 blooms. The colony is now under the care of the Mississippi Valley Conservation Authority, who acquired the site in 1984 pledging to preserve it for the enjoyment and enrichment of future generations.

We will drive ourselves (hopefully car-pooling), and we will plan to arrive at 10:00 a.m. The split map at right is the route via Almonte. It will take approximately one hour to drive from Kanata, so plan to leave at 9 a.m. The map link also at right will let you blow up the map and also provides an alternative longer route via Perth.

There are two parking lots, and we will meet at the northern (lower) Parking Lot, beside the Boardwalk. Admission is by donation. The boardwalk trail is fully accessible, approximately 400 m. long, and there is a washroom onsite. There is also a longer, self-guided hiking trail (1.2 km.) through an upland forest, with a scenic view over Purdon's Lake. This can be reached from the Upper Parking Lot, or from the Boardwalk,

We will make a reservation for lunch at a nearby restaurant (location TBD) for 12:30. Or if you wish, you can bring a picnic lunch and enjoy the picnic tables provided onsite.

If you are interested in joining us, please sign up at the June 14<sup>th</sup> meeting, or contact Judy Makin at [probuswesternottawa@gmail.com](mailto:probuswesternottawa@gmail.com). If you need a drive or are willing to car-pool, please indicate this when you register, and we'll try to match you up. We will go rain or shine, so dress for the weather. And bring your bug repellent. Please call 613-839-6656 for more information or if your plans change.

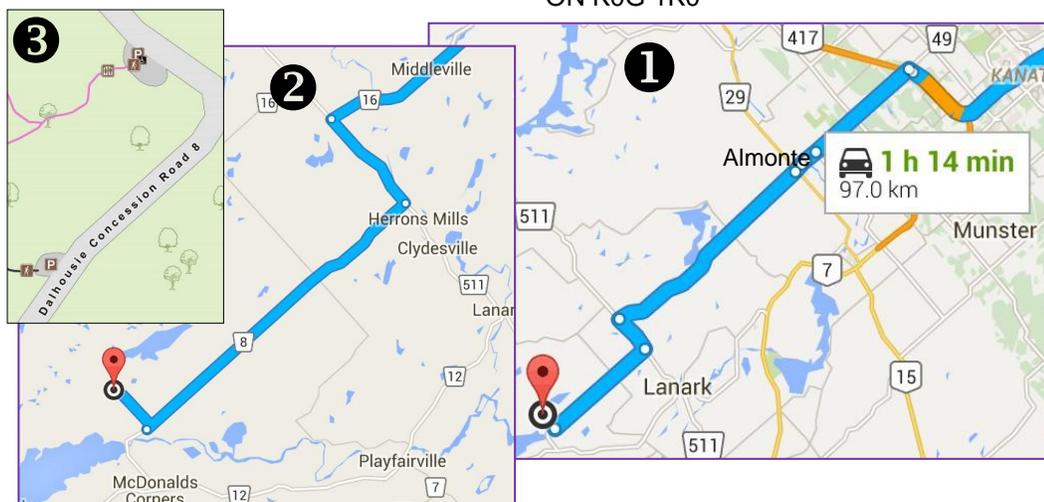
**Website and maps -**  
<http://mvc.on.ca/places-to-see/purdon/>



**Trail Map -** <http://www.mvc.on.ca/wp-content/uploads/2014/04/Purdon-Trail-Map-2014.pdf>

**Trail brochure -**  
<http://www.mvc.on.ca/wp-content/uploads/2013/05/Self-Guiding-interpretive-trail-brochure.pdf>

**Address for GPS -** 1453  
Concession Road 8 Dalhousie,  
McDonalds Corners, Lanark Highlands,  
ON K0G 1K0



This is the route via the 417 and Hwy 49 to Almonte then hwy 16 through Middleville

## Chuckle Corner

### The Bathtub Test

It doesn't hurt to take a hard look at yourself from time to time, and this should help get you started. During a visit to the mental asylum, a visitor asked the Director which tests were used to determine whether or not a patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No." said the Director, "A normal person would pull the plug ... Do you want a bed near the window?"