



The PROBUS Pilot



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

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“The wild child” – getting children involved in nature

Howard Clifford has unshakable faith in the transforming, restorative powers of nature. He believes that nature is not only a healer but that the “University of Wilderness” is the best teacher.

Howard is president of the Mississippi Madawaska Land Trust, (MMLT) a local charity that helps landowners conserve their treasured wilderness properties for the long term. His family owns the largest

property conserved by the Land Trust, home to the popular Blueberry Mountain, which now welcomes over 1,000 visitors each year.

To make the wilderness experience available to young people, the MMLT in partnership with two youth organizations organizes outdoor adventures at the Blue Mountain property. The outings, led by experienced naturalists, will introduce the young people to the fascinating



Howard Clifford

world of nature, providing interesting insights into the native flora, fauna and habitats, touching on the role of logging and different cultural practices with regard to hunting and fishing and nature in general. The overarching goal of the project is to enhance youth connections to and with nature for the long term health of both.

Howard draws from his wide professional experience in child care combined with his passion for the healing powers of Nature. It is a powerful combination. In his presentation, Clifford will share some of his research findings, but rather than present only an academic perspective he will share actual experiences demonstrating the power of nature.

He says that “I have always had a passion for wilderness and am a strong advocate of the healing and restorative values of wilderness. One of the highlights of my life was a bicycle trip during the summers of 1992 to 1994 that took me into some of the most remote areas of Canada with a child care message. I was asked to author two books outlining this journey.” He felt honoured to be awarded Canada’s 125 Anniversary Commemorative Medal

The Prez Sez

I would like to welcome everyone back to Probud for another great year of interesting talks and events. The Probud Year begins September first, and I am your new President.

A heartfelt thank you to Vernon for serving for two years as President; I look forward to having his wise council in his role as Past President for this year. There are others that deserve real recognition. Barbara Bole Stafford has stepped up to fill the role of Vice President after many years looking after membership (as well as secretary for a long time!).

Heather and Gordon Walt joined the executive last fall to look after our crucial speaker program and we have heard some really interesting talks - they will continue that job for this year. Pat Thompson has been looking after Publicity and will continue – thanks Pat!

Ron and Marie Armstrong took over Social Hospitality continuing the good work of Micky Walker and Sandra Ponech who did the job for years and found some really tasty restaurant spots. Last year, after a few times of not having coffee

before our meetings, Bill and Jean Eng took on the job, which was really appreciated by the many members who like to start their day with a coffee. The Engs are now joining the executive and taking over the Membership job this year so we are again in need of someone to look after coffee in the morning.

Marg Demers is now helping Judy Makin with our social events. The past year, many members enjoyed travelling to interesting places that Judy had found. The treasurer and secretary, Maureen Donaghy and Martha Maslen will both continue this year. Their jobs are so necessary for a smooth running club. Finally, I must acknowledge the excellent work of Peter van Boeschoten, who, for many years, has worked as both Newsletter Editor and Webmaster. Peter’s material gives our club a very professional image.

As you can see, we have an energized management committee that is ready to make this year a memorable one for our Probud Club of Western Ottawa.

Beth Sweetnam, President.



New Management Board. (back) Bill Eng, Jean Eng, Martha Maslen, Beth Sweetnam, Judy Makin, Gordon Walt, Marie Armstrong, Ron Armstrong, Peter van Boeschoten, Vernon Sulway (front) Heather Walt, Maureen Donaghy, Pat Thompson, Marg Demers, Barbara Bole-Stafford

Management Board for 2016-17

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

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 changed at our June members' meeting and changed the maximum term of office for the President position to two years on an exceptional basis.

Both documents can be found in

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

QUOTE OF THE MONTH

Every time I think that I'm getting old, and gradually going to the grave, something else happens

-- Lillian Carter

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 be at:

The Brew Table

NW corner of Robertson and Moodie



Treasurer Maureen Donaghy

Dues are Due

Bring your cheque book

It's time to renew your membership. Dues are unchanged from last year and remain at \$20 per member.

Payment may be made either by cheque or with cash. Cheques should be made out to Probus Western Ottawa. Treasurer Maureen Donaghy 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.



End of year luncheon. We had a good turnout for the June luncheon and the catered light lunch received many complements.



Euchre and Bridge starts up again

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 for exceptions).

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, 9 September

Friday, 7 October

Friday, 4 November

Friday, 2 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

Wednesday 21 September

Lunch and walking tour of Manotick

Mark your calendar for Wednesday, September 21 for an interesting afternoon in Manotick

We will meet at 11:30 for lunch at the Miller's Oven, 1137 Mill St. Manotick - good food, reasonable prices {cash only}. map and walking guide will be provided.

After lunch you will have several options. You may join our tour of the village following the pamphlet, "A Walking Tour of Manotick's Historic Core". We are delighted to confirm that Manotick's esteemed and resident historian, Larry Ellis will be joining us on our walk about through the village. He will meet us at the Miller's Oven at 11:30 for lunch, and will take the group through the village after lunch. He knows more about local history and it's secrets than anyone else alive.

A map of the village and an historic guide will be provided at lunch, and you may choose to explore the local architecture on your own, and/or visit the historic Watson's Mill and cross over the dam at the mill to relax in A.Y. Jackson Park. The displays at



Sir John A. MacDonald's first campaign office compels you to stop and read. Don't be surprised if you shiver on the second floor of the Mill. (I have.) And, of course, you will want to visit the many unique shops in the village, such as Gingerbread House; The Toy Shop beside it is a grandmother's delight; Nin's Collection.

We hope you'll come out and enjoy your day. Reserve a spot to join us at our Sept.13 meeting. Or you can email us at

Probuswesternottawa@gmail.com

Manotick is an Ojibway word meaning 'island in the river' and the name was given to the town by its founder Moss Kent Dickinson. He and his partner Joseph Currier, built the mill complex, bought most of the surrounding land and established the village

After lunch cross over to Mill St. Flowers ; have dessert for the soul (especially the lemon pie). The best butter tarts ever can be found at the Gingerbread House. The Toy Shop beside it is a grandmother's delight. Nin's Collection on Main St. has unique jackets and scarves. Just Imagine and Special Occasions on Main St. invite you in for a peek. A one block walk west, along Currier, brings you to The Mews. The shoes bought at Mansfield's are said to be extra comfy and desserts or coffee at The French Café have no calories at all. Last, but not least is the Home Hardware. If you can't find what you are looking for anywhere else in the city, you can find it there.

We hope you'll come out and enjoy your day.



Purdon Conservation Area. These are some of the 19 members who joined Judy Makin in June to enjoy the many wild orchids in bloom.



At our June meeting **Dr. Andrew Frank** spoke to a packed audience on the aspects of memory loss, dementia and Alzheimer's disease. His presentation in pdf format can be found here:

<http://tinyurl.com/jgd3ock>

Upcoming speakers show variety

October 11: Frank Hitchens
"Are We Alone -- How we are using interplanetary spacecraft, orbiting observatories and radio telescopes to search for life off the Earth."

November 8: Richard Brisson
"The Enigma Machine - Overview with special attention to Canada's role"

December 13: Linda Leinan -- President, Kanata-Hazeldean Lions Club
 John Piggott -- President the Rotary Club of Ottawa Kanata
"Organization and programs of local service clubs"

January 10: Barry Kirk -- Executive Director, Cavcoe
"Automated Vehicles are here to stay"

Probus has another profitable year

Our Club had a very successful financial year last year with a net income of just under \$600.

As a result the Management Committee has decided to keep both our membership and name tag fees the same for the coming year.

In addition to our operating funds our Club has just over \$3,000 as a reserve long range account.

Treasurer Maureen Donaghy was pleased with the results which continue to be positive.

She cautioned that a small decrease in membership or unforeseen expenditures could affect our financial situation in the future and we will need to remain prudent.

PROBUS CLUB OF WESTERN OTTAWA Financial summary For Fiscal Year ending August 31 2016

Bank Balance 31 August 2015	\$ 1,028.51
Transfer from Reserve	\$ 1,076.95

<u>Income</u>	
Membership Fees	3,340.00
Name Badges	310.00
Coffee	75.20
Euchre	106.50
Miscellaneous	47.80
Total Income	\$ 3,879.50
TOTAL	\$ 5,984.96

<u>Expenses</u>	
Donations (in lieu Hall Rental)	1,050.00
Web hosting and domain name	209.05
Citizen ads	70.06
Insurance & Probus Canada	709.00
Name Badges	364.65
Speaker honoraria, lunches	653.77
Coffee & snacks	183.77
Bank fees/misc.	31.40
Office supplies	118.36
Total Expenditures	\$ 3,390.66
Total funds to carry over to 2016-17	\$ 2,594.30

Probus web site regularly updated

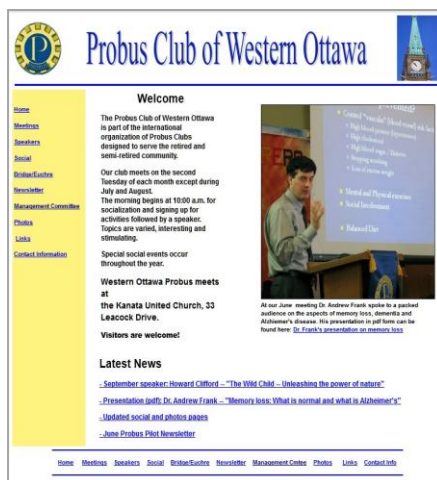
Our club has a web site to keep you up to date on speakers, activities, photos, our organization and other information. It can be found at:

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 lets you go to any of the featured pages. Links are also provided for our photo page.

The social and activity page and others often provide direct links to restaurants and activities.



Chuckle Corner



"Fifty years from now"

Three elderly gentlemen were talking about what their grandchildren would be saying about them fifty years from now.

"I would like my grandchildren to say, that he was successful in business," declared the first man.

"Fifty years from now," said the second, "I want them to say, that he was a loyal family man."

Turning to the third gent, the first gent asked, "So what do you want them to say about you in fifty years?" "Me?" the third man replied. "I want them all to say, "He certainly looks good for his age!"