



# The PROBUS Pilot



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

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## From helmets to hardhats



What does a tank driver or bomb disposal expert do when they leave the Canadian Forces? For these ex-service men and women and those in many other trades the transition to the civilian job market can be difficult.

This is where Helmets to Hardhats

### The Prez Sez

*It is gratifying to see the number of members who have renewed their membership in our Probus Club for the coming year, and to welcome many new members. Do not forget that November is the deadline for payment of dues.*

*At each meeting, be sure to check out the upcoming activities/social events and monthly "lunch outs". Taking part is a good way to get to know other members.*

*Another good way to feel connected to our club, is to join our Executive. In the next few months you will be hearing of positions that will be opening up, and we will need new faces on our Management Team. If you have any questions regarding what we do, feel free to speak to any one of our Executive or contact any of us through our Probus club email: [probuswesternottawa@gmail.com](mailto:probuswesternottawa@gmail.com) Your inquiries or comments will be forwarded to the appropriate member.*

*Happy November!*

**Barbara Bole Stafford**  
President

Canada® (H2H) comes in. H2H offers the required apprenticeship training to achieve journey person status in any of the applicable trades within the building and construction industry. Regardless of an individual's military occupation, they may choose to pursue any of the 14 applicable trade fields with full apprenticeship training being provided as required.

To explain the program to us is H2H Executive Director Brigadier-General (Retired) Gregory Matte.

Greg Matte is a former CF-18 fighter pilot and a Fighter Weapons Instructor "Top Gun" graduate with extensive operational mission experience. He has been assigned multiple command positions during his career, including as the Task Force Commander for all Canadian flying operations in the Balkans, as well as the Commander of 4 Wing Cold Lake in Alberta.

One of his final assignments in the military was Chief of Staff for the co-ordination of the air, land and sea security for the 2010 Vancouver Winter Olympics.



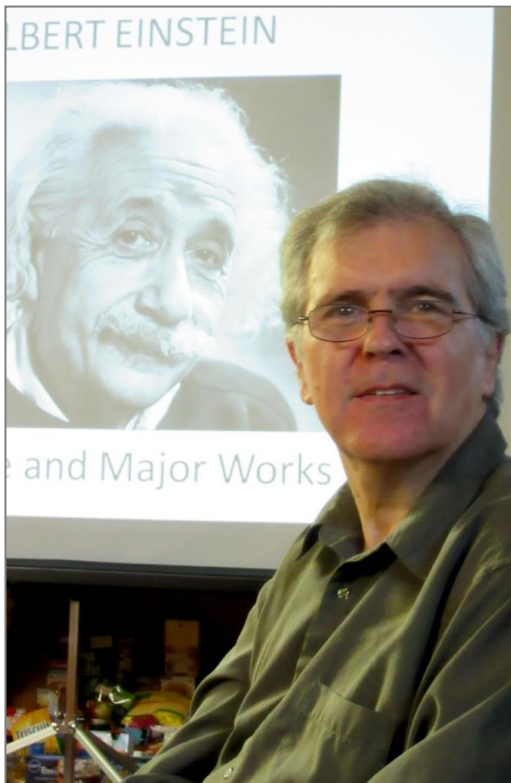
**Greg Matte (BGen Ret'd)**

He was awarded the Governor General's Gold Medal upon graduation from Royal Roads Military College, and later completed a Master's degree through the Military College of Canada. Matte retired from the Canadian Forces in September 2010 after 29 years of service, and following an assignment in the public service and work in the private sector, was selected as the Executive Director of the Helmets to Hardhats Canada program.

In addition to these responsibilities, he is also pursuing part-time PhD studies in Public Policy and Administration at Carleton University.

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.



Probus club member **David Smith** provided a highly informative presentation on Albert Einstein last month. We received an inside look at this remarkable man – his family life, his quirks and his scientific exploits. All of which prompted a large variety of questions both during and after his presentation. We are now still trying to come to grips with relativity, the speed of light and  $E=MC^2$ .

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

As you grow older, your immune system does not work as well. 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](http://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 Tuesday December 5<sup>th</sup> at noon and will adjust the numbers according to the interest.

The cost is \$30 per person (\$60 per couple) which includes a three course holiday meal, coffee, tax and gratuity. Drinks are extra.

The November meeting is your last opportunity to sign up and purchase your tickets.

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

Wednesday 15 Nov.

## Vintage Wings tour and lunch

Join us as we visit the Vintage Wings hanger in Gatineau on Wednesday 15 November at 10 a.m. We will have a 90 minute guided tour of the hangar and the rare and historic aircraft they repair, rebuild, care for and fly.

The cost is only \$10 and more information will be available at the November meeting. [www.vintagewings.ca](http://www.vintagewings.ca)

Following the visit we will return to Ottawa for lunch at the Mill St. Pub at 555 Wellington.

We plan to start lunch at 1 p.m. to allow for a quick look at the newly opened Chaudière Falls.

We were at the Mill St. Pub last January and it was well received.



**The Haunted Walk.** Five Probus members took part in the walk on a cool, windy and scary 30 October. With the guide at left were Ron Armstrong, Doug Demers, and Ruth Wakeford with Bryan Wakeford being pulled aside by some ghouls. The same ghouls transported Marg Demers away so she could not be in the photo.





**Fall nature walk.** A large contingent enjoyed pleasant fall weather to join Judy Makin on a walk on the trail now officially named after Judy and her late husband.

## Science museum tour set for January

The Canada Science and Technology Museum is currently undergoing a renewal of its entire space. When it reopens, all 7,400 m<sup>2</sup> will feature new exhibitions.

To be among the first to experience this new experience join us for a visit on Friday 19 January. We plan to start our visit at 10:30 and then adjourn for lunch at a restaurant in the St. Laurent Blvd. area.

Sign up and pay in November, December or January. Cash or cheque \$12.50 pp. Cheques made out to Probus Western Ottawa. This price is for the group rate only. Individuals will pay \$15.50 so sign up to get the reduced rate.



## Euchre plans for December pot luck

Probus has an active euchre 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, 1 December**

**Friday, 5 January**

(Note that the December meeting is the Christmas potluck. Come with your dishes around 11:30 a.m. in order to be able to have some punch and be ready to eat around noon.)

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

## Join us for the November lunch-out

**Thursday 9 November**

### Red Lobster

1595 Merivale Road,  
meet there at noon

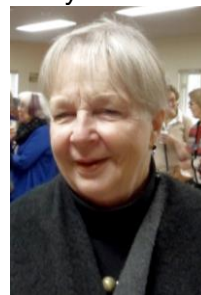
**New England themed seafood**



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.



## 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

**About the only thing you  
can say about old age is,  
it's better than being dead!**

**Stephen Leacock**





**Lunch outs** are always popular. The turnout for our October lunch at the Pocopazzo Restaurant was no exception.

## 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.

## Exciting speakers coming soon

**12 December:**

Charlotte Gray, Author

**"The Promise of Canada"**

**9 January:**

Peter Harmer, Ex. Dir. OVHT

**"A guide to your personal health information"**

## 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.



# Welcome

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

**John Brulé**

**Hazel Brulé**

**Bill Gervin**

**Utta Toermer Vigeant**

And a special welcome to the following members who joined in September but were missed in the last issue:

**Tony Wright**

**Val Wright**

## Chuckle Corner



### Math

Three elderly men are at the doctor for a memory test. The doctor asks the first man, "What is three times three?"

"274," was his reply.

The doctor says to the second man, "It's your turn. What is three times three?"

"Tuesday," replies the second man.

The doctor says to the third man, "Okay, your turn. What's three times three?"

"Nine," says the third man.

"That's great!" says the doctor. "How did you get that?"

"Easy," says the third man. "I subtracted 274 from Tuesday."