



The PROBUS Pilot



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

FEBRUARY 2018

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Tuesday 13 February

Cornerstone Housing for Women

Every year, almost 1,000 women become homeless in Ottawa. To help address this need Cornerstone Housing for Women provides emergency shelter and safe, permanent housing for a diversity of women.

Cornerstone focusses women experiencing homelessness, or at risk of homelessness and helps them to build a meaningful life that fits their individual needs. They have 62 emergency shelter beds, full every night, and 68 units of safe, affordable housing in four facilities.

Our February speaker is Sue Garvey who has been the Executive Director of Cornerstone since 1996 – now for over 20 years.

Sue has been a social worker in Ottawa since receiving her Masters of Social Work from Carleton University in 1988. Her work experience includes employment with the Ottawa Boys and Girls Club, and the Pinecrest-Queensway Community Services Centre. She is the founding Coordinator of Daybreak Non-profit Housing and the founding Co-ordinator of Centre 507, a day program for people at risk of homelessness in downtown Ottawa.

Her particular areas of interest are social justice, women's issues, poverty, homelessness, affordable housing and community development.

Cornerstone is a Community Ministry of the Anglican Diocese of Ottawa.



Sue Garvey

Cornerstone is presently in the process of working on a new 42-unit supportive affordable housing development in Ottawa's Westboro neighbourhood, which will be a public-private partnership involving a number of innovative partnerships.

The Prez Sez: we could use a little help

As we read our first Probud Pilot of the new year; participate in new social activities; listen to interesting guest speakers; try out new restaurants each month; are welcomed at our monthly meetings by our Membership team and enjoy coffee and tea prepared for us, it's easy to take these activities for granted.

Without a webmaster/newsletter editor, social committee, lunch out coordinators, program chair, membership chairs, coffee volunteers, we would have no club. At the moment we are fortunate to have a dedicated group of Probud members serving as our Executive.

At the end of our Probud year

(June), some of these volunteers will be leaving their positions after having served for a number of years. Now is the time to seriously consider volunteering for one of these vacancies to ensure that we continue to have a fully functioning Management Team and club.

Currently, we know we will need a volunteer to look after our website and compile our newsletter. These can be two separate positions or two people working together. We regret that Peter Van Boeschoten will be stepping down from these two positions in June after serving on our Executive for many years. For more information about this position,

contact Peter. We are also in need of a vice-president for next year. One or two other vacancies may follow in the next newsletter.

Being on the Management Committee is a great way to meet new people, and be part of the workings of our Probud Club. We meet the Tuesday after our regular meeting. If you think you might be interested in volunteering for our upcoming vacant positions, and would like to attend one of our meetings, please contact me at bbole@sympatico.ca or (613) 592-0296 or speak to any other member of our Executive.

**Barbara Bole Stafford
President**



The Chances R Restaurant proved to be very popular lunch-out.



Welcome to the following new members who joined in January:

Doug Hinchcliffe
Marjorie Jones
Ray Jones
Lorraine Parent
George Steeves

Wed 21 February

Archives tour and lunch proves to be popular

Our tour of the Library and Archives is now almost fully subscribed with 28 participants.

We will visit on Wednesday 21 February – a free OC Transpo day. We plan to meet at 10:30 at 393 Wellington (located beside the Supreme Court).

Details are still being finalized but we plan to follow our visit with lunch at Gibson's on Queen. This restaurant is inside the Radisson Hotel which is only a short walk from the Archives.

This is an OC Transpo ride-free Wednesday but parking is available at the venue and in parking lots in the area.

Library and Archives Canada is the repository of all Canadian documents and more. They include the original British North America Act and the new Charter of Rights and Freedoms among more than 20 million books and 24 million photographs.

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 our speaker.

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

Thursday 22 March

Temple's Sugar Bush outing planned

Plans are underway for another sugar bush visit and lunch. We are looking at heading into the heart of Lanark County and returning to the Temple's Sugar Bush again on Thursday 22 March.

Temples has a unique 200 seat timber frame hall where we last had a wonderful lunch in 2015. It also has a nature trail if the weather cooperates.

One of the options being looked at is chartering a bus to get there and back as an alternative to driving and/or car-pooling. Estimated bus cost is \$20.

Look for more details at the February meeting and in the March Probus Pilot newsletter. <http://www.templeessugarbush.ca> (613) 253-7000

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



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.

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.

Tuesday 13 March

Connecting to Nature Backyards and beyond

Kate MacNeil, is the Education Coordinator, at the Ottawa-Carleton Wildlife Centre where she has worked for 20 years.

The animal hands-on expertise she gained during the Centre's animal care days together with the experience of working with the community on a variety of wildlife issues, has equipped her in developing and delivering a wide range of Education and Outreach Programs to audiences of all ages.

The Centre was founded thirty years ago. Since then, it has evolved from its beginning days as a wildlife rehab program.

Join us for our February lunch-out

Thursday 15 February

Zolas Restaurant

2194 Robertson Rd. (Bells Corners)
 ZOLAS is in its 31th YEAR IN BUSINESS!
 The first Ottawa Italian Restaurant in the west-end
 to have an exhibition style/open kitchen concept.

www.zolas.ca



Euchre meets monthly

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.

This is mostly a casual and social occasion and more players would be welcome.

Following are the dates for our upcoming meetings:

Friday, 2 March

Friday, 6 April

Friday, 4 May

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



**Convener
Pat Stoaite**



Robby's Restaurant was the venue for the post Museum lunch.

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

QUOTE OF THE MONTH

Old age is ready to undertake tasks that youth shirked because they would take too long

-- W. Somerset Maugham



At our January meeting **Peter Hamer** gave us an insight into EMR – Electronic Medical Records. He explained: what they are, who uses them, how they are shared and some of the rules which apply.

February meeting to start early

Coffee and socializing and signing up for activities remain as normal.

The meeting itself will start at 10:25 for this month only.

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.



Some members visiting the Science and Technology Museum needed a printed Guide. It was a great turnout with 42 participants.

After the meeting

Join us for lunch and conversation

Join us for lunch after our meetings and often our speaker agrees to join us. This month we will again be at:

The Brew Table

NW corner of Robertson and Moodie

Chuckle Corner



The Old Man's Money

An old man on his death bed has spent his entire life pinching pennies and clinging to all of his money. Friendless, he is surrounded by his priest, doctor, and lawyer. Just before he dies he tells them, "I know most people say that you can't bring money with you after you die, but I want you to all throw this into my grave just as they are about to bury me." With this being said he hands them all envelopes with \$50,000 in them. After his funeral the three are discussing the money.

The doctor says, "I have to confess something. I've really been wanting a vacation so I only threw \$40,000 in."

The priest follows, "I must also confess. We are renovating the church so I only threw in \$25,000. I feel terrible."

The lawyer lashes out at them, "You guys are terrible! Not only did I throw in the \$50,000 he gave me, but I added my own \$10,000."

The doctor replies, "Why in the world would you give that greedy man your money?"

The lawyer replies, "He was a good man, so I wrote him a check for the full amount."

Probus Club of Western Ottawa

Welcome

The Probus Club of Western Ottawa is part of the international organization of Probus Clubs designed to serve the retired and semi-retired community.

Our club meets on the second Tuesday of each month except during July and August. The meeting begins at 10:00 a.m. for socialization and signing up for activities followed by a speaker. Topics are varied, interesting and stimulating.

Special social events occur throughout the year.

Western Ottawa Probus meets at the Kanata United Church, 33 Leacock Drive.

Visitors are welcome!

Latest News

- January speaker: Peter Hames - "A guide to your personal health information"
- New Social Activities
- January Probus Pilot Newsletter

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This Page - Last Revised: 24 December 2017

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.