



The PROBUS Pilot



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

JANUARY 2018

Happy New Year

Vol:9 No:5

Tuesday 9 January

A guide to your personal health information



Peter Hamer

We are in an era of dramatic change. Computers, tablets and smart phones have changed how we learn and communicate.

The medical world is also part of this change. Records are now more and more frequently maintained electronically and are shared geographically. Hospitals and pharmacies too are going on-line.

What does this mean for us as patients?

We are fortunate to have an expert in this field in Peter Hamer to give us some answers on 9 January.

Peter is the Executive Director of the Ottawa Valley Family Health Team in Almonte, Ontario, a group of 13 family physicians, a pediatrician and OB/gyne and 8 allied health professionals. He is also a Peer



Leader with OntarioMD, working with groups to optimize workflow and enhancing Electronic Medical Record, (EMR) use. Peter has worked with hundreds of groups in transition from paper-based practices to EMR systems.

Peter has been working in healthcare since 2000, recently as a Practice Advisory Consultant with OntarioMD. Previous to that, Peter was a Practice Management Consultant with the Canadian Medical Association, working with primary care and specialty groups across Ontario and in the Maritime Provinces.



Our Christmas Luncheon at Algonquin College proved very popular with almost 80 members attending. More photos of the various table groupings can be found on the Photos tab on our website.

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.

January Science Museum tour and lunch has huge sign-up

The Canada Science and Technology Museum tour is proving to be popular. Our visit will be on Friday 19 January. We plan to start out at 10:30 and then follow it with a restaurant lunch.

There is still room for a few more. Sign up and pay at the January meeting. Cash or cheque \$12.50 for the special group rate.

Following the museum visit we will have lunch in Robbie's Restaurant. It is located just a few blocks north of the museum at 1531 St. Laurent Blvd. Their specialty is Italian food and we will arrange to meet there at 12:30.



The Crazy Kitchen



Robbie's Restaurant



In December **Charlotte Gray** provided a stimulating overview of 150 years of Canadian history by highlighting some of the unique personalities featured in her book *The Promise of Canada*.

Probus numbers continue to grow

Probus was formed in England in 1966 and found its way to Canada in 1987. By 2006, as reported in the Probus Canada newsletter, the Canadian organization boasted 181 chartered clubs (178 still active) with just over 23,000 members.

The most recent numbers from Probus Canada are: 242 clubs and over 34,000 members.

Wednesday 21 February

National Archives tour and lunch

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.

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



Library and Archives Canada at Gibson's on Queen. This restaurant is in the Radisson Hotel which is only a short walk from the Archives.

To get the proper number count you need to sign up in January.



The early arrivals received first dibs at the free Christmas goodies prior to our December meeting.

Sugar bush visit and lunch planned for March

For March we are planning a visit to Temples sugar bush in Lanark.

It is too early to provide a date but we should know by the February meeting.

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

Stay tuned for more details.

Join us for an upcoming lunch-out

Thursday 25 January

Chances R Restaurant

1365 Woodroffe Ave

This is a family institution for many years serving great food in a pleasant setting. It is located in College Square Mall near Algonquin College.

www.chancesr.ca



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 could always use more players

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.



Convener Pat Stoate

Following are the dates for our upcoming meetings:

Friday, 5 January

Friday, 2 February

Friday, 2 March

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

New webmasters will be needed for Probus websites

Websites are wonderful and we all use the internet to be able to get the latest information.

Unfortunately the Probus Canada website has lost its webmaster and will not see any updates until a new webmaster volunteers to take it on.

Similarly, after June our own website will be without a webmaster and it too won't be updated.

This is thus a plea for someone to step forward and take on one of these two positions. You don't need to be a techie. All that is required is a very basic knowledge of html – even that can be learned in short order.

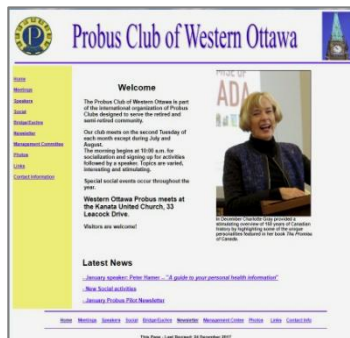
Much of the actual formatting can be done with free public domain software which shows what a page will look like as you edit it.

It would be a shame for us to lose our website now that it has

been running for more than five years.

If you are interested, or know someone who is, please contact Peter van Boeschoten at probuswesternottawa@gmail.com or see Peter at our meetings.

Our Probus Club has a website



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.

The left side menu lets you go to any of the featured pages.

Your management committee

President	Barbara Bole Stafford	Past President	Beth Sweetnam
Vice President	Mark Darroch	Policy Advisor	Peter Doyle
Secretary	Martha Maslen	Publicity	Mary Jones
Treasurer	Maureen Donaghy		
Membership	Bill Eng Jean Eng	Newsletter	Peter van Boeschoten
Social Hospitality	Marie Armstrong Ron Armstrong	Activities/Travel	Marg Demers Alison Green Ruth Wakeford
Speaker Program	Sylvia McGee	Web site	Peter van Boeschoten

QUOTE OF THE MONTH

**Laughter is timeless.
Imagination has no age.
and Dreams are forever.**

Walt Disney

Cornerstone Housing for Women is February speaker topic

Our speaker for 13 February meeting will be Sue Garvey, Executive Director of Cornerstone Housing for Women. Sue has been a social worker in Ottawa since 1988, and has been with Cornerstone since 1996.

Come to our February meeting to hear about Cornerstone, their work providing emergency shelter and supportive housing, and an exciting new initiative in Westboro.



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

- Sandra Hawkins**
- Wanda Lehman**
- Joyce Shaheen**
- Janet Striha**

Other Probus clubs that are close by

We are in Ontario District #1, as defined by Probus Centre-Canada. This covers 13 clubs from this side of Peterborough to the Quebec Border. Our closest clubs are:

- Ottawa Alta Vista, 4th Wednesday, 9:30 am
- Ottawa Rideau Valley (Manotick), 1st Wednesday, 9:30
- Perth, 1st Wednesday 10:00
- North Grenville (Kemptonville), 3rd Wednesday, 9:30
- Cornwall, 4th Thursday, 10 am
- Leeds & Grenville (Brockville), 4th Monday, 10 am
- Brockville (Men), 3rd Monday, 10 am

Most clubs welcome visitors. The first 3 clubs listed have websites which can be found on our links page.

Parking can be hard to find

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.

This area can be seen in the map at right. Make sure that you pick the second entrance to enter or you will end up in the bus drop-off lane.

If you come early you will have less of a problem.



After the meeting

We go out for lunch

Join us for lunch after our meeting to socialize and discuss the presentation..

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 ahead.

Group insurance

As a member of Probus you are eligible for Group Travel insurance through the MEDOC program from Johnson Inc.

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



Chuckle Corner

Forgot the keys

An elderly man had dinner at a very nice restaurant. After he finished his wine, he went to the men's room, then walked out through the bar.

It was a beautiful evening, so he decided to leave his car in the parking lot and walk home.

When he arrived at his front door, he realized he didn't have his keys. He finally figured they must be in his jacket pocket, which was still hanging in the restroom.

He walked back to the restaurant, found his jacket in the men's room, and realized he'd left his hat on the table.

He strolled back to the dining room to retrieve his hat, and when he got to his table, his wife asked, "Is anything wrong? You took such a long time in there."