



# The PROBUS Pilot



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

April 2023

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## **Tuesday 11 April – Shelagh Stevens**

### ***Women's Role in UN Peacekeeping***

Shelagh Stevens is a Probus Perth club member who has had significant Canadian Peacekeeping experience.

On Tuesday April 11, Shelagh will give us an overview of her military experience with an emphasis on the role women have played in these longstanding United Nations peacekeeping missions.

Shelagh enrolled in the Regular Officer Training Plan (ROTP), graduated with honours from the University of Guelph, was commissioned as a logistics officer and served in the typical roles at unit, base and at National Defence Headquarters (NDHQ) in Ottawa. At NDHQ, she served on the Joint Staff which was heavily involved in the deployment to, and redeployment from, various peacekeeping missions.

In 1987 Shelagh served her first peacekeeping mission in Egypt (1.5 years) with the Multinational Force and Observers, followed in 1989 by her first UN peacekeeping tour in Namibia (UNTAG - one year), another in Croatia (UNPROFOR -

seconded in 1995 for three years to UN headquarters in New York where she served in what would now be the Department of Field Support. Upon her return to NDHQ, she filled the role of a United Nations arrangements position (i.e. negotiated arrangements between the Canadian military and the UN for deployments of Canadian peacekeepers to UN missions).

Shelagh left the military at the beginning of July 2004 and before the end of the month, started working for the UN as a logistics Section Chief at the UN mission in Côte d'Ivoire (CDI). After almost two years, she left CDI in 2006.

Back home in Canada, Shelagh soon found her extensive military experience put to work as a contracted instructor with the Pearson Peacekeeping Centre. She was recruited to give UN Staff Officer courses on Peacekeeping Logistics in Canada and at various overseas locations including the Kofi Annan International Peacekeeping Training Centre (KAIPTC) in Accra, Ghana and the Kenyan peacekeeping



centre in Nairobi.

On the basis of her extensive experience and expertise, Shelagh was also contracted by the US State Department to give UN instructor, staff officer and logistics courses and exercises from Mongolia to Tunisia and from Malaysia to the Ukraine. Moreover, as she is bilingual, she also worked for the Organisation Internationale de la Francophonie (OIF) offering the courses and training in French in Mali, Sénégal, Burkina Faso, and Chad.

At the time Shelagh left the military, she had more peacekeeping experience than any other woman in the Canadian Armed Forces.

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.

***Probus Western Ottawa meets at  
Kanata Baptist Church, 465 Hazeldean Road, Kanata***

## Last Month



Jill Heinerth is one of the world's premiere underwater explorers, and the first person to dive inside iceberg caves. Her presentation skills were impressive and the content of her talk extraordinary. Her adventures are documented in her best-selling book: Into the Planet – My Life as a Cave Diver.



Welcome our new & returning\* members who joined since the last newsletter...

**Beverly Berry, Phil Sweetnam,  
Alison Green\*, Dave Brown\***

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**Prospective new members:**  
please contact Ruth Wakeford at  
[membership@probuswesternottawa.ca](mailto:membership@probuswesternottawa.ca)

# The Prez Sez



Hello everyone.

Although most Management Committee members are willing to return next year, there are still some positions needing to be filled. So I must appeal to you again.

**Lunches:** After 7 years organizing monthly lunch outs, Ron & Marie Armstrong do not wish to continue but will assist anyone taking over. We're looking for one, or preferably, two or more people to take this on. Please contact them or me if you can help, even if only for one or two lunches.

**Newsletter Editor:** After 10 years of Management Committee service in various positions (President, Newsletter Editor, Web Master), Peter van Boeschoten does not wish to continue in the newsletter editor role. Experience with a word processor is necessary, but the task is primarily one of arranging text boxes and photos to fit into four pages. Most content is supplied by other members of the management committee. Please contact me for more information if interested.

**Coffee Service:** All supplies are provided. We're looking for two people (or more) to serve in this role. Please contact me for a kitchen orientation if you can help.

**Vice-President:** This role is to help out at meetings, look after things if the President is away and (hopefully) become Club President in the following year.

**Member-at-Large:** We would like at least two members to take on this role which is to be on standby to assist, or fill in, for someone else who might be sick or need temporary assistance. Even if you volunteer, you can always refuse a request. Please contact me if interested.

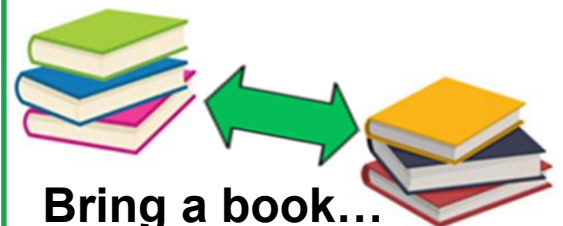
Ray Jones

[president@probuswesternottawa.ca](mailto:president@probuswesternottawa.ca)



Ten members enjoyed a lunch on March 28 at the East India Company restaurant in Bells Corners. Good food and the restaurant was not busy.

*Let's keep this going*



**Bring a book...**

**...Take a book**

**Check out our book swap table  
at every meeting.**



## Join our April lunch-out



**Tuesday 25 April**

### Chez Lam

484 Hazeldean Road, Kanata (beside Dollarama)

613-836-8560

meet there at noon

Experienced chefs specialize in preparing authentic Vietnamese cuisine using fresh, delicious ingredients..

Sign up at our April meeting or email [lunches@probuswesternottawa.ca](mailto:lunches@probuswesternottawa.ca)

## Join our May lunch-out

**Tuesday 23 May**

### Ashton Brew Pub

113 Old Mill Rd., Ashton

613-257-4423

<https://www.ashtonbrewpub.ca>

meet there at noon

Putting a twist on pub favourites and crafting their own line of authentic ale.

Sign up at our April or May meetings or email [lunches@probuswesternottawa.ca](mailto:lunches@probuswesternottawa.ca)



Ashton Brewing Company

## Join our June lunch-IN!

Following our June 13<sup>th</sup> meeting we will have a catered luncheon to wrap up the year. This year we will have **Leatherworks** offering a variety of wraps, salads, desserts and coffee. The luncheon will be in the Church hall the other side of the foyer from the sanctuary.

This event is a great opportunity to close out our year and socialize with other club members before we break for the summer.

Tickets are \$20 and will be available at the April and May meetings. After that, please make payment arrangements by contacting [lunches@probuswesternottawa.ca](mailto:lunches@probuswesternottawa.ca). No reservations will be taken after May 31<sup>st</sup>.



Join us on Friday, April 14 at Bells Corners United Church (south door)  
3955 Old Richmond Road

No experience required!

12:30 – meet, greet, eat (snacks provided)

1 p.m. – Let the games begin!

For further information, feel free to contact Barbara or David Stafford at 613-592-0296 or email

[euchre@probuswesternottawa.ca](mailto:euchre@probuswesternottawa.ca)

## Upcoming speakers

**May 9:** Helen Peacock "The Dream of World Peace – Could Canada Lead the way"

**June 13:** Sandra Hawkins "A Multi-Media Artist's Perspective on Climate Change"

**September 12:** Gary Smith "Ice War Diplomat"

**October 10:** George Moubayed (Financial Educator): **The Credit Counselling Society of Canada**

*After our meeting*

Join us for lunch at  
**Busters Bar and Grill**

420 Hazeldean road  
at noon



**Sign up at the April meeting**  
(via show of hands)

## Dementia Prevention Workshop Recording Link

The March 21<sup>st</sup> Dementia Workshop via Zoom was excellent, with some great comments and questions from those participating. Here is the [link](#) to the recording: Passcode: QpPs!6@Q=u

## Carp Diefenbunker museum tour followed by lunch at The Swan

### Wednesday 19 April

**Tour of the Diefenbunker** 3929 Carp road Just north of Carp Village

Meet at 10:30 - **Cost: \$15 (payable in advance)**

Come out and experience a guided tour of this unique museum which has recently received extensive refurbishment.

Today, it operates as a not-for-profit, charitable museum with award-winning tours and programs.

Payment can be made in person at the April meeting or via e-Transfer to [membership@probuswesternottawa.ca](mailto:membership@probuswesternottawa.ca).

Be sure to indicate "Diefenbunker Tour" in the message field as well as the name(s) of the participants. Detailed e-transfer instructions can be found [HERE](#).



**The visit will be followed by lunch at:**

### The Swan At Carp

108 Falldown Lane at Noon

From TripAdvisor: "Excellent food and service in this village pub and eatery. A wide selection of choices all well done. Food and desserts are prepared by two graduates of Cordon Bleu in Ottawa. Needs to be experienced to be appreciated. No loud music; no TVs to distract from the ambience and fellow diners."

Website here: <https://www.theswanatcarp.ca>



**Planning on attending one or both? Please sign up at our April meeting or via email to [outings@probuswesternottawa.ca](mailto:outings@probuswesternottawa.ca)**

## House Calls



A young doctor had moved out to a small community to replace a doctor who was retiring.

The older doctor suggested that the young one accompany him on his rounds, so the community could become used to a new doctor.

At the first house, a woman complains, "I've been a little sick to my stomach."

The older doctor says, "Well, you've probably been overdoing the fresh fruit. Cut back on the amount you've been eating and see if that does the trick."

As they left, the younger man said, "You didn't even examine that woman? How'd you come to the diagnosis so quickly?"

"I didn't have to. You noticed I dropped my stethoscope on the floor in there? When I bent over to pick it up, I noticed a half dozen banana peels in the trash. That was what probably was making her sick."

The younger doctor said "Pretty clever. If you don't mind, I think I'll try that at the next house."

Arriving at the next house, they spent several minutes talking with a younger woman. She said that she just didn't have the energy she once did and said, "I'm feeling terribly run down lately."

"You've probably been doing too much for the Church," the younger doctor told her. "Perhaps you should cut back a bit and see if that helps."

As they left, the elder doctor said, "I know that woman well. Your diagnosis is almost certainly correct, she's very active in the church, but how did you arrive at it?"

"I did what you did at the last house. I dropped my stethoscope and, when I bent down to retrieve it, I noticed the vicar under the bed".

Membership inquiries may be sent to  
[membership@probuswesternottawa.ca](mailto:membership@probuswesternottawa.ca)

Our Website  
[www.probuswesternottawa.ca](http://www.probuswesternottawa.ca)

Newsletter comments or submissions  
[newsletter@probuswesternottawa.ca](mailto:newsletter@probuswesternottawa.ca)