



# The PROBUS Pilot



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

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## Solving the Procrastination Puzzle

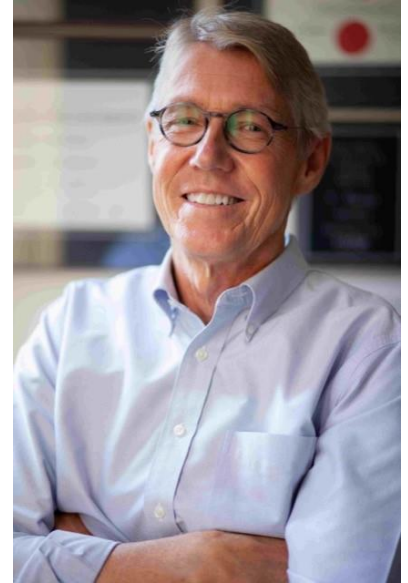
What gets in the way of following through on our intentions, getting tasks done and achieving our goals? In this presentation, Dr. Pychyl draws on decades of research to explain common misconceptions about procrastination and how we can be so predictably irrational with needless delay in our lives.

With a focus on understanding the psychology of procrastination, Dr. Pychyl presents evidence-based, actionable strategies for change to enable more successful goal pursuit.

Tim Pychyl is a retired psychology professor whose research focused on

*pro-cras-ti-nate* \prə-ˈkras-tə-,nāt\ vb  
[L *procrastinare*, fr. *pro-* forward + *crastinus* of tomorrow, fr. *cras* tomorrow] : to put off usu. habitually the doing of something that should be done  
syn dawdle, delay, loiter — *pro-cras-ti-na-tion* \-,kras-tə-ˈnā-shən\ n

understanding why we can become our own worst enemy through procrastination. In addition to years of research publications and scholarly books on the topic, Tim has shared research insights widely through invited talks, podcasts, blogs and online resources. Learn more at [www.procratination.ca](http://www.procratination.ca).



Dr. Tim Pychyl



Temples Sugar Bush was our venue for lunch as we celebrated the start of Spring. There were 30 participants, and many braved a cool wind to explore the nature trail winding through the tapped maple trees.

## After the meeting Join us for lunch

Join us for lunch after our April meeting. Often our speaker agrees to join us. This month we will be at:  
**Busters Bar & Grill**  
420 Hazeldean Road  
[www.bustersbarandgrill.ca/](http://www.bustersbarandgrill.ca/)

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

# The Prez Sez



Hello everyone.

## Encouraging Connections

At each monthly meeting we provide some time for three members to share who they are in a 2 minute (or less) presentation of their history and interests. The idea that as people learn more about you, they are likely to discover common interests or experiences, thereby encouraging a connection. Content is at the discretion of the volunteer and could cover such topics as career, family, hobbies, interests and life experiences. Please consider taking advantage of this opportunity.

## 2024-2025 Management Committee Status

Most members of the Management Committee have now indicated their willingness to continue in the same role next year but there are still open positions. What is known so far is listed at right. Many positions would benefit from having co-leaders, so if you are interested in exploring any possibility, please contact me or the current position leader.

## PLEASE HELP YOUR CLUB

Many current committee members have served for years. But new people come with fresh ideas which allow us to make our club more interesting and dynamic.

### Vice-President Required

I would appreciate having a co-leader to help me next year and hopefully take on the President's role in the following year.

### Audio/Video Operator Required.

David Stafford will continue in this role next year, but a second operator is needed to assist. No prior special skills are required but training is necessary. If seeking more information, please speak with them at a meeting or email them at [av-crew@probuswesternottawa.ca](mailto:av-crew@probuswesternottawa.ca).

### Newsletter Editor Required

We need someone to take on this position for June and next year. A basic familiarity with a word processing application is required. By volunteering early, you can work with the current editor and ease into the role. A "tips and tricks" document is available as well as support from past editors.

### Webmaster Required

This role is a fairly technical one but is an opportunity to learn about web site design. Training is necessary and will be provided.

Ray Jones

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

## Next Year's Executive Committee Status

President:	Ray Jones
Vice President:	<b>Vacant</b>
Past President:	Peter van Boeschoten
Secretary:	Marg Demers
Treasurer:	Bryan Wakeford & Ruth Wakeford & Annette Lindsay
Membership:	Tom Lukowski, Peter Rohe, Lyn/Jim Arsenault, Jim Bondar
Speaker Program:	Suma Abraham George Steeves
Lunches:	<b>Vacant</b>
Outings:	<b>Vacant</b>
Newsletter:	<b>Vacant</b>
Website:	<b>Vacant</b>
Policy Advisor:	Peter Doyle
Coffee Coordinators:	Shanna /Walter Lucas
Member-at-Large:	David Lee Ruth Brydon David Stafford
Setup Crew:	<b>Vacant</b>
Euchre Club:	Barbara Bole David Stafford
Cards and letters:	Betty Jean Bone
Publicity:	<b>Vacant</b>
Details of these position responsibilities may be found on our web site <a href="#">here</a> .	



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.

If you know of someone who could use a card, please call Betty Jean Bone at 613-721-5536 or email:

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

Welcome  
to our  
**New Members**

Elizabeth Cowan

Tom Dafoe

Doris Dallaire

Ruth Grant

Margaret Howard

Robin Jackson

Joyce Leblanc

Frank O'Connor

Judith Tinsley



Milestones was the venue for our March lunch-out



**Sun Tech Greenhouses** hosted a group of 30 Probud members in March. They found it very informative and appreciated the tour. Due to its popularity a repeat visit will occur in May (see below).



Join us, old or new members, on Friday, April 12.

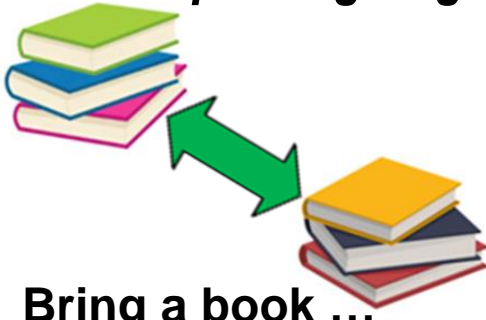
No experience required!

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@probustwesternottawa.ca](mailto:euchre@probustwesternottawa.ca)

**Let's keep this going**



**Bring a book ...**

**...Take a book**

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

## Brockville Railway Tunnel visit

**Wednesday 24 April  
Meet at 11 a.m.**

The Brockville Railway Tunnel was Canada's first railway tunnel constructed between 1854 and 1860 as part of the Brockville and Ottawa (B&O) Railway.

The B&O tied the St. Lawrence River to the Ottawa River to take part in the lucrative timber trade. The B&O was chartered in 1853. The restoration of the historic tunnel was completed during 2016 - 2017 for Canada's 150th birthday. Following the tour, we will enjoy lunch at one of the restaurants in Brockville.

Meet at the South Portal off Water Street. Large City parking lot nearby.

Sign up at the April meeting or email

[outings@probustwesternottawa.ca](mailto:outings@probustwesternottawa.ca)



## Sun Tech Greenhouses (again)

**Thursday 16 May  
5541 Doyle Road, Manotick  
Meet at 11:30 a.m.**

Sun Tech Greenhouses is a hydroponic greenhouse providing high quality local produce free of GMOs and spray pesticides. This is a family-owned greenhouse supplying the Ottawa region with 3 types of tomatoes

and seedless cucumbers. [SunTechGreenhouses](http://SunTechGreenhouses.com) . Sign up at the April or May meeting or email [outings@probustwesternottawa.ca](mailto:outings@probustwesternottawa.ca)



Lunch following at

**The Swan on the Rideau  
2730 River Road, Manotick**

## Upcoming speaker schedule

**May 14: Dr. Ian Mackay "What happened to Emelia Earhart?"**

**June 11: Dr. Tet Yeap "Climate Conscious Farming"**

**Check out our web sites**

[www.probuswesternottawa.ca](http://www.probuswesternottawa.ca) [www.probuscanada.ca](http://www.probuscanada.ca)



**Peggy Blair** in story telling mode, walked us through her experience of getting her books published. After some 150 rejections by publishers she finally found success. The intrigue was almost as page turning as her mystery novels. You can find Peggy's books at [reboundpress.com](http://reboundpress.com).

## Tuesday 11 June Year-end luncheon In the Church Hall

After our June 11<sup>th</sup> meeting, we will have a catered luncheon to end the year. Our caterer will be Leatherworks, offering a variety of wraps, salads, desserts and coffee. The luncheon will be in the Church Hall on 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 summer.

Tickets are \$20 and will be available at the April and May meetings. Pay with cash, cheque or via e-transfer to [membership@probuswesternottawa.ca](mailto:membership@probuswesternottawa.ca) (ETF instructions can be found [here](#).)

**Reservations close on June 1st.**

## Thursday 23 May

### Lunch at "Café Postino" then tour the Mississippi Valley Textile Museum

Come join us for a luncheon @ 11:45am at Café Postino, 73 Mill St., Almonte [www.cafe-postino.com](http://www.cafe-postino.com)

This will be followed by a tour of The Mississippi Valley Textile Museum, (\$5.00) located in the annex of the former Rosamond Woolen Company, 3 Rosamond St. East, Almonte. Constructed in 1867 this National Historic Site of Canada now features a blend of the old and new. <https://mvtm.ca>



**The luncheon is limited to 20 attendees so please ensure you indicate if you are attending both the luncheon and the tour.**

## Chuckle Corner

I tried having my mother's phone disconnected, but the customer-service rep told me that since the account was in my dad's name, he'd have to be the one to put in the request. The fact that he'd been dead for 20 years didn't sway her.

Then a solution hit me: "If I stop paying the bill, you can turn off the service, right?"

"Well, yes," she said reluctantly. "But that would ruin his credit rating."



**Audio/video team of Peter Derosé and David Stafford make it happen**

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)