



The PROBUS Pilot



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

November 2024

Vol:16 No:3



Wednesday 16 October Cranberry Farm visit and lunch



On Wednesday October 16th. 22 members learning first hand how farm fresh cranberries were harvested, processed, packaged, & shipped at the Upper Canada Cranberry farm. After the tour 20 members enjoyed lunch at the Creekside Bar & Grill in Manotick.



Three of our Board members joined representatives from five other eastern Ontario Probus clubs in Perth last month to share best practices. District 1 Director Craig Greenwood hosted the meeting, which also featured a Zoom presentation from Probus Canada President Inga Thomson Hilton.

Hello everyone.

Special Interest Groups (SIGs)

The Pres Sez



Do you have a hobby or special interest you'd like to share with others in order to enhance your own enjoyment or as a way to establish a new relationship? Have you ever considered starting a Special Interest Group?

Former Probud Director of Ontario District 7, Bob MacNair, compiled a list of over 75 SIGs active at one time or another in his region's clubs. Some examples: Art, Beginner Guitar, Bird Watching, Board Games, Book Club, Bowling, Canoeing, Card Games, Curling, Cycling/Biking, Gardening, Golf, Hiking, Kayaking, Knitting, Paddleboarding, Pickle Ball, Potlucks, Skiing, Theatre Nights, Travel, Walking, Wine Making/Tasting.

As you can see, SIGs can cover almost any activity. But how do you begin one? As a member of Probud Western Ottawa, you have the opportunity of easily reaching over 150 people,

Two ways to do this are by:

- 1) introducing yourself and your interest(s) at one of our meetings;
- 2) advertising in our club newsletter via email to newsletter@probudwesternottawa.ca.

Ray Jones president@probudwesternottawa.ca

Remembrance Day November 11

Veterans want Canadians to understand the price of freedom. They are passing the torch to the people of Canada, so the memory of their sacrifices will continue, and the values they fought for will live on in all of us. Spectators are welcome to join the National Remembrance Day Ceremony at the National War Memorial on November 11 at 10:30. You may also choose to watch that ceremony on TV or online, or attend more local ceremonies.



"Days are numbered. Use them to throw open the windows of your soul to the sun. If you do not, the sun will soon set, and you with it."
— Marcus Aurelius



Two POP UP events happened in October, and allowed members to get out and walk around Beaver Pond Trail in Kanata and the Mud Lake trail along the Ottawa River, in Britannia. A good group of walkers came out to enjoy the beautiful fall weather, and chat with fellow members. Thanks to George Steeves our Outings organizer for these events, More to come.



22 October Mud Lake Trail



01 October Beaver Pond Walk

Outings@probuswesternottawa.ca

Executive 2024-2025

President:	Ray Jones
Vice President:	David Lee
Past President:	Peter van Boeschoten
Secretary:	Marg Demers
Treasurer:	Bryan Wakeford
Membership:	Ruth Wakeford Annette Lindsay
Speaker Program:	Tom Lukowski,
Lunches:	Suma Abraham
Outings:	George Steeves
Newsletter:	Peter Weir
Website:	Vacant
Policy Advisor:	Peter Doyle
Coffee Service	Shanna /Walter Lucas
Member-at-Large	
& Book Table:	Ruth Brydon
Setup Crew:	David Lee Gord Larose
Euchre Club:	Barbara Bole David Stafford
Cards and letters:	Betty Jean Bone
Publicity:	Vacant
Details of these position responsibilities may be found on our website here .	

Speakers/Presentations for December 2024 to February 2025

December: Charlotte Gray "Passionate Mothers, Powerful Sons; How Mothers Make a Difference"



January: Dr. Andra Smith "Who Knew! Understanding and training your brain is one answer to managing your stress response and aging well"

February: Victoria Woodhouse "Reviving the Route: Pollinator Habitat Restoration on Rights-of-Way"

Check out our Website for more details.

Our Outings Coordinator is working on a Backstage tour of the Canadian Tire Centre followed by lunch at nearby restaurant.

Details and dates to come at the November meeting and will be posted on our website by that time. Registration is required. If you're unable to attend that meeting, you may register via email to

["Outings@probuswesternottawa.ca."](mailto:Outings@probuswesternottawa.ca)

Please indicate if you wish to attend the restaurant as well as the tour.



Our speaker program—upcoming speaker on the 12th of November

RCAF -- 100 years by Dr Richard Mayne

This year marks the centennial of the Royal Canadian Air Force. From its role in mapping the Canadian North, through WWII, Korea, the Cold War, Peacekeeping and more; the RCAF has a story to tell.

Join us in November to hear historian Dr. Richard Mayne expand on the rich history of the RCAF. Through the perspective of individual artifacts as objects of historical treasure, he will tell the larger story of the sacrifices of its members, as well as the hope that the Air Force has provided to our nation.

Dr. Mayne will draw on a book he co-authored with Dr. Mike Bechthold and Brad St. Croix — *100 Objects for 100 Years: A History for the RCAF*. He will also further explore the value of the 11 accredited RCAF museums across Canada. These organizations are essential to telling the narrative of the role the RCAF has played in nation-building and making Canada the country that it is today.



Dr. Richard Mayne, CD, received his BA from the University of Toronto, MA from Wilfrid Laurier University, and a PhD in military history from Queen's University. Having served 18 years as a reserve officer in the Canadian Armed Forces, he now works for the Department of National Defence as the Chief Historian and Director of RCAF History and Heritage.

He has authored, co-authored, or co-edited publications on aspects of Canadian military history and defence issues. He sits on various Boards of Directors for organizations related to defence and aviation issues including as Deputy Chairman of the RCAF Heritage Fund.

**A big thank you to our October speaker
OPP Staff Sergeant Chris Sturgeon**



"If it sounds too good to be true ... it probably is!" That was the message from OPP Staff Sergeant Chris Sturgeon with his presentation last month on fraud prevention. Chris walked us through a number of scams to help raise our awareness of those trying to take advantage of us. Together with some tips from the audience he provided some advice to both recognise the scams and counter them with measures such as family passwords.



STOP, CHALLENGE, PROTECT.

It take 5 minutes to ...

STOP - Take a Moment and Think

CHALLENGE - Reject, Refuse or Ignore

PROTECT - Contact Authorities

Save the Date : Our Annual Christmas Buffet

We have reserved two dates for **our annual Christmas buffet** at Algonquin College's Restaurant Internationale ([website](#)): Thursday, Dec. 12 and Friday, Dec 13 at 11:30. Each day's seating is limited to 25 persons. The cost is \$40 each, tax and gratuity included.

Parking lot 4 is immediately outside the Hospitality (H) Building and is free for restaurant guests. Space is limited. Map [here](#). Tickets will be available at our November and December meetings but **sales end November 30**. If you're unable to get your tickets at these meetings, we'll get them to you at the venue itself. Payment may be made via cash or cheque at the November meeting only but you can e-transfer to membership@probuswesternottawa.ca at any time up to November 30. If using e-transfer be sure to list the name(s) for whom the tickets are being purchased, as well as your preferred date, in the message field.

Ray Jones, President Email: president@probuswesternottawa.ca



Welcome to the folks
who joined the club at
the October meeting:

Heather and Robert Abramenko
Lyse Brooks
Bob Douglas
Mary Jean Gallagher
Irene Gruchala
Michael and Anne Jeffery
Gord Larose
Fiona MacSween
Susan McNulty
Darlene Tan
Judy Wilson



We 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 would appreciate receiving a **card**, please call Betty Jean Bone at 613-721-5536

Or email:
cards@probuswesternottawa.ca

THE TROUBLE WITH
RETIREMENT
...
YOU NEVER GET
A DAY OFF

Walking has many benefits for seniors, including:

Walking can help seniors:

- Strengthen bones and muscles: Walking can help prevent osteoporosis and osteoarthritis.
- Improve cardiovascular health: Walking can help reduce the risk of heart disease and stroke.
- Maintain a healthy weight: Walking can help seniors maintain a healthy weight and lose body fat.
- Improve balance and coordination: Walking can help seniors improve their balance and coordination, which can help prevent falls.
- Reduce chronic pain: Walking can help decrease symptoms of chronic pain, which can be helpful for seniors with joint problems or low back pain.



Walking can help seniors meet people and socialize with friends. Joining a walking group for seniors can add a social element, along with motivation and accountability



Membership fees are due now

Membership fees are due by Nov. 12

Annual fees are \$25 and are due by November 12th. After that date, we purge our membership mailing list of anyone who has not paid. Of course, (re-)registration and payment will (re-)establish membership at any time. **Payment** may be made at meetings either by cheque or with cash. Cheques should be made out to Probus Western Ottawa. Treasurer Bryan Wakeford will be available at our meetings to accept such payments. You can also pay your dues at any time via e-Transfer to membership@probuswesternottawa.ca. Detailed e-Transfer instructions can be found [HERE](#). Make sure to indicate the names of all persons for whom you are submitting fees in the message field. **New registrations**, if required, may be done at meetings or via email to membership@probuswesternottawa.ca. The email should include the name(s), email address(es), mailing address(es) and phone number(s) of the applicant(s).

Our Website www.probuswesternottawa.ca

23rd October Luncheon at the Black Dog Bistro in Manotick

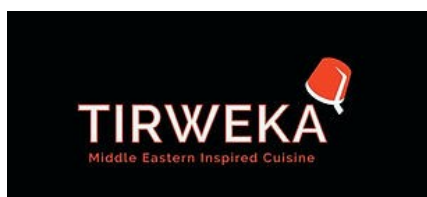
Some members ventured to the picturesque town of Manotick, and enjoyed lunch at the Black Dog Bistro on the main street.

Despite parking being difficult, the food was enjoyed and a great lunch was once again organised by Suma Abraham.

Thank you to all those that attended.



An upcoming luncheon will be held at TIRWEKA , Middle Eastern Cuisine.



Check out their website at <https://www.tirweka.com/> and you can join us there to experience some unique foods.

The date and time will be announced at the November meeting and will be posted on our website by that time. Registration is required.

Please sign up at our November meeting or via email to lunches@probuswesternottawa.ca

Official PROBUS Canada YouTube channel (<https://www.youtube.com/@PROBUS-Canada>).



"A retired husband is often a wife's full-time job." – Ella Harris

"I don't feel old. I don't feel anything until noon. Then it's time for my nap." – Bob Hope

"In retirement, I look for days off from my days off." – Mason Cooley

Join us on 8th Nov. for monthly Euchre

Where: Bells Corner United Church,
3955 Old Richmond Road
at Moodie Drive.

Time: 12:30 for social time, coffee:
Games begin at 1 p.m.

Everyone is welcome, even if you have
never played! Easy to learn and we will
teach you!

You just have to be a Probus member!

For further information, feel free to contact
Barbara or David Stafford at
(bbole@sympatico.ca)



A lot of our friends complain
about their retirement.
We tell 'em to get a life.

LARRY LASER

Book Swap Table

Bring a book ...
...Take a book

Check it out at every meeting



Newsletter comments or submissions newsletter@probuswesternottawa.ca



Who we are:

The Probus Club of Western Ottawa is part of the international organization of Probus Clubs designed to serve retired and semi-retired people. Our club meets on the second Tuesday of each month.

The morning begins at 10:00 am with coffee and a time for socialization followed by a guest speaker. Topics are varied, interesting and stimulating. Special social events occur throughout the year.

Western Ottawa Probus meets at Kanata Baptist Church,
465 Hazeldean Road (west of Farm Boy Plaza).

Visitors are welcome.

Website: www.probuswesternottawa.ca

Probus Club of Western Ottawa