



The PROBUS Pilot



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

NOVEMBER 2025

Vol:17 No:3



Tuesday, 4 November

IN THEIR OWN VOICES

Michael Petrou will speak about “In Their Own Voices”, an oral history project at the Canadian War Museum that explores the postwar and post-service experiences of Canadian veterans from the Second World War to the present day. He has interviewed more than 200 veterans and their loved ones from all across Canada, asking them how their service has changed them and those closest to them.



Michael Petrou

their families, communities, and Canada itself.

Michael Petrou is Historian, Veterans' Experience, at the Canadian War Museum. Previously, he worked for many years as a foreign correspondent, covering conflicts and political unrest across the Middle East, Africa, Europe, and Central Asia.

He earned his doctorate in modern history from Saint Antony's College, the University of Oxford, where he was a Chevening Scholar. He was the 2018 Martin Wise Goodman Canadian Nieman Fellow at Harvard University.

Michael's publications include *Renegades: Canadians in the Spanish Civil War* and *Is This Your First War? Travels Through the Post-9/11 Islamic World*.



Most military histories end when the fighting stops, but the impacts of military service continue to ripple through the lives of veterans and their families in profound ways, sometimes for generations. Michael will discuss how those ripples shape



Probud Bridge Club. We play twice a month every 2nd and 4th Thursday at 1.00 pm. Come and join us for a friendly, fun Bridge afternoon on November 13th at the Kanata Baptist Church. Use the North-West entrance (the one with steps) at the back of the Church. If you need additional information or questions, please call Surinder or Bonnie Khanna at 403-613-6584 or email: khannayyc@gmail.com.

The Prez Sez

Spooky Call for Volunteers:



When we gather—whether to hear a riveting talk like Dr Bruce Wallace’s aging-in-place or on one of our famous outings—there’s an unearthly force that keeps Probus Western Ottawa alive: our delightful volunteers.

They’re the beating heart of the club. For more than 20 years, loyal ghouls and goblins have donated their time, energy, and goodwill, carrying the torch with dedication and charm. Now it’s time for fresh faces to step out of the shadows and carry that lantern into the future.

Open Positions and Opportunities

- **Board Members** — We need five brave souls now, and another five will be needed after June 2026. These aren’t just positions to fill; they’re your chance to summon new ideas, safeguard traditions, and help steer our club’s fate.
- **Outings Coordinator** — Our beloved outings program creates magical memories year after year. George can no longer keep the cauldron bubbling, and unless someone steps forward, the program may vanish like a ghost.
- **Secretary** — We need a spellbinding hero to record our meetings and keep our coven organized.

The Probus Club of Western Ottawa is part of the international organization of Probus Clubs designed to serve retired and semi-retired, business and professional and like-minded people. The morning begins at 9:45 am with a time for coffee and socialization followed by a guest speaker. Probus Western Ottawa meets at

Kanata Baptist Church
465 Hazeldean Road

Why Volunteer

This isn’t just volunteering. It’s the experience that has nurtured friendships, learning, and laughter. Your time and talents are the charms that keep Probus Western Ottawa vibrant, inclusive, and full of life (even on the chilliest autumn evenings).

Step out of the crypt, dust off your broom, and don’t be scared to volunteer. Together we’ll keep our club vibrant now, for the future, and for generations after us.

Membership fees are due by the end of November. Please e-transfer to membership@probuswesternottawa.ca, as soon as possible so that you don’t miss the upcoming speakers.

David Lee

president@probuswesternottawa.ca

Welcome New Members

Carol and Michael Bridal

Sheri Daly

James and Marguerite Evans

Join us on 7 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!

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



thinking
of you

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



David Lee and Ray Jones hosted a table at Cathy Curry’s Expo 55+. They were moved by the warmth and curiosity of everyone who stopped by and would be delighted to see them again at our next members’ meeting. Please join us and bring a friend so we can keep the momentum going.

Restarting Outings — Call for a Volunteer

We all miss the outings and the laughter, the conversations and the little adventures that brought our group to life.

If someone could step forward to help restart this favourite program, it would mean the world to members who long for those shared moments. It doesn't need to be a full-time commitment; a part-time volunteer willing to coordinate a few trips and connect with suppliers and drivers would be enough to bring the outings back.

Please consider giving a little time to revive something that brightens so many days.

5 Great tips to boost memory

Puzzle power: Brain activities like crossword puzzles or Sudoku can help keep your mind clear and focused.

Lifelong learning: Stimulating mental activities like attending a lecture can aid in memory retention.

Breathe out: Don't stress. Some of the most common memory zaps include stress and anxiety. Activities like reading or meditation can help your brain stay clear.

Social butterfly: Maintain strong social ties through social groups to help preserve memory.

Get moving: Daily exercise for half

an hour a day such as walking or jogging can help improve memory

November is last chance to renew membership

It's time to renew your membership. Members who do not renew by the end of November will no longer receive our newsletter. Dues have not increased and are still only \$25.

Payment may be made either by cheque or with cash. Cheques should be made out to Probus Western Ottawa at our November meeting.

Another alternative is to pay your dues via e-Transfer to membership@probuswesternottawa.ca

Don't miss our upcoming speakers

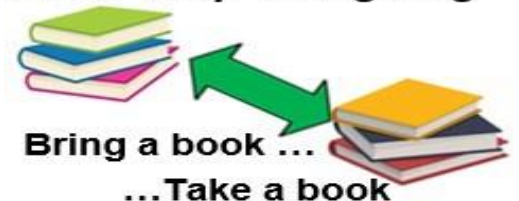
December 9, 2025: Laura Reinsborough: "A river is a report card: Understanding the Ottawa River's ecological health"

January 13, 2026: Michael Runtz: "The bear that ate me, almost; The dangerous life of a naturalist"

February 10, 2026: Luc Lalande: "The potential of place: Reimagining new uses for 'Retired' buildings"

Detailed e-Transfer instructions can be found [HERE](#). Make sure to indicate the names of all persons for whom you are submitting fees.

Let's keep this going



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

Check out our book swap table at every meeting

Special Interest Groups having trouble getting traction

NOTE: In December, members who have not paid their annual fees will be removed from our membership roll and from any SIG group lists they were a part of.

Your management committee is concerned that many SIGs appear to be essentially inactive. Six groups haven't even identified a Prime Contact. If you have gotten together within some members of your group, please consider submitting an article to our monthly newsletter about that experience. This could be as simple as a captioned picture. Such items might inspire other groups to do the same.

In January, groups with no prime contact, and no apparent activity, will no longer receive updates. Existing group email lists will remain but will no longer be listed as a recognized group that new members can join.

I encourage you to read [this document](#) for tips on how to meet others in your group. Many activities may simply be ones that you plan to do anyway with the difference being that you invite others to join you if interested.

If you have any suggestions or concerns about SIGs in general or are willing to volunteer as a Prime Contact, please email me at sig-groups-coordinator@probuswesternottawa.ca.

Regards, Ray Jones

PWO SIG Status		October 14, 2025
SIG Name	# Signups	Prime Contact(s)
Art-Appreciation	4	June Stewart
Billiards	1	Ellen Clare O'Gallagher
Bird-Watching	6	
Book-Club	7	Anne Stenkowski
Breakfast-Club	21	David Lee
Bridge	10	Surinder Khanna
Cycling	3	
Games-Night	6	Nicola Jarvis
Hiking	19	
Knitting	2	Elaine Bradley
Pickleball	4	
Theatre-Nights	24	
Travellers-Club	35	Suma Abraham / Tom Wileman
Walking	23	

Total Signups 165

Red text indicates a change from September

November lunch-out in Stittsville

Wednesday 26 November

The Barley Mow Stittsville

1160 Carp Road at Hazeldean

Meet at Noon



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

After the meeting

Join us for lunch

Join us for lunch after our November meeting. Often our speaker agrees to join us. This month we will be at:

Busters Bar & Grill

Travellers Club set to meet on Friday 7 Nov.

The Travellers Club will get together at the Kanata Baptist Church Room A1 On Friday 7 November at 10:30. Use the North-West entrance (the one with steps) at the back of the Church.

Chuckle Corner

- You know you're old when people call at 9:00 pm and ask, "Did I wake you?"
- What's the best part of old age? That it doesn't last very long.
- Why do retirees smile so much? Because they can't hear a word you're saying.
- Old age is a heck of a lot better than the alternative.
- Aging gracefully is a nice way of saying you're slowly looking worse.
- The older we get, the earlier it gets late.
- Old people are just young people who have been alive for a very, very long time.



At our October meeting, Dr. Bruce Wallace provided an informative and useful outline of how technology can help us to age in place. He outlined how much technology has advanced in industry in our cars, and now also in our homes. The various sensors, such as temperature, movement, light, sound and many more, can also be of use as we grow older and need support. Continual monitoring can provide a baseline and note when there are significant changes. As an example, he noted that hearing loss can lead to withdrawal, isolation and eventually become a prime cause of cognitive decline. Following the presentation, there were a lot of questions and comments. More information can be found at www.sam3.ca.



Free Coffee/Tea Service now offered from 9:45 -10:20 am (to facilitate clean-up)



Lunch-out at the Golf Club. October saw a good turnout of members at the Amberwood Lounge and Eatery in Stittsville.

Membership inquiries may be sent to membership@probuswesternottawa.ca

Our Website
www.probuswesternottawa.ca

Newsletter comments or submissions
newsletter@probuswesternottawa.ca