
◆ The Probe ◆

Volume 1 Issue 1

Newsletter of the Ottawa Alta Vista PROBUS Club

Spring 2001

Affairs of the Heart

Susan Menzies, our March speaker, had a topic dear to the heart of many members, the first twenty-five years of the Ottawa Heart Institute. Susan gave us the good news - the average age for a heart attack is rising - and the bad news - one in three Ottawans will have recourse to the Institute at some time.

Questions came from all sides throughout the talk, including some from members who had been through procedures and some from members who want to avoid them. The most telling example was of a by-pass patient of 25 years ago who said he woke up to find Dr. Keon looking down at him and telling him that he had to change his lifestyle. "No smoking or drinking or fatty foods." "Will I live longer?" "No, but it will seem longer."

Susan brought with her some of the tools of the trade - a tube that is fed through the arteries to perform an angioplasty and a Jarvik heart.

Any members who would like to take Susan up on her offer of a tour of the Heart institute should contact Jim Rader who will handle the coordination so that we make up parties of 5 or 6 rather than burdening the Institute.

92 and counting

We are delighted to record that we now have 60 individual and 16 family members for a grand total of 92 (10 and 2 this year). If you introduce a friend very soon he or she could have the distinction of being our 100th member. In addition to joining a select group, the lucky person will be entitled to FREE COFFEE at his/her first meeting. Don't miss this opportunity to make someone especially welcome.

All in all a fascinating talk. Our only regret is that, in a staid journal such as this, we can not repeat Joan Howe's somewhat pithy name for an angioplasty.

Genealogy

In February, Noreen Wolfe took us on a detective journey into Cornwall (England) to find her family roots. In the process she gave many valuable tips for budding or seasoned genealogists. The first step is to visit the family records centre at the Church of the Latter Day Saints on Prince of Wales Drive. The Church has collected and made available extensive family records from Canada, U.S.A. and Europe.

Probus Clubs are....

- ..non-political and non-sectarian.
- ..non-profit making and non-fundraising.
- ..sponsored by a Rotary club, using a HOW TO manual.
- ..not only for retired service club members (only a small % are former service club members).
- ..without restriction on the number from one former vocation.
- ..without compulsion for attendance at meetings.
- ..without restriction on members belonging to other clubs or organizations.
- ..with low members' fees of about \$30.00 Cdn., an initiation fee of about \$20.00 Cdn. for initial costs.
- ..use a distinctive lapel pin, and name badges to assist in friendship.

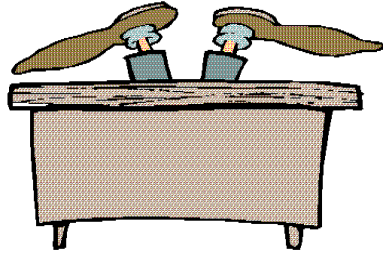
Taken from the PROBUS website. We follow everything pretty closely, except that we have kept the fees down.



Probus has a vital Purpose..

To stimulate thought, interest and participation in activities at a time in life when it is easy to become complacent and self-centred.

From the President's Desk



Being President is fun.

There is a lot of work behind the scenes and I am lucky to have an energetic, competent and hard working committee. We have an excellent program lined up and we will keep you up-to-date with regular bulletins to supplement the program details opposite.

Interesting and stimulating speakers are just part of the way we approach PROBUS' primary purpose. The main ingredient is YOU. With the friendship among members and the response you give to our speakers how could we fail to meet our vital purpose, "to stimulate thought, interest and participation"?



I came across a statement by the Canberra-Belconnen PROBUS Club, which we can echo, "There are no strangers here - only friends you have yet to meet!"

Please tell your friends about PROBUS. We are not above poaching members from any part of the city because friendship and fellowship transcend geographic boundaries - besides there is nothing to say you can't go to two clubs.

Are we having fun yet? YES!

Jim Rader

Visiting?

With 5000 clubs world-wide there is probably one waiting for your visit wherever you are travelling. Russ Hammond was given a warm greeting in Melbourne, Australia, and while John Frail was in British Columbia a local PROBUS Club made him welcome. Closer to home, Dick Patterson dropped in to the Coburg Club.

All the clubs are listed on the web site
(www.probus.org/canada.htm)

and many give email contacts so you can even find out what events they have planned, where and when. If you don't have web access, there are many members who will look up clubs for you. If you visit, don't forget to tell your hosts that we would be delighted to see them at one of our meetings.

George G. Blackburn, M.C., O.C.

Our October 2000 speaker, local resident George Blackburn, was recently invested with the Order of Canada. With the self-deprecation that we might have expected after hearing him talk about three days in the battle of the Scheldt, George claimed that many others were more worthy of the honour.

Anyone who heard him speak would disagree.

If you have not read his books, "Where the Hell are the Guns", "The Guns of Normandy" and "The Guns of Victory" we can say without qualification that they are compelling reading. They will take you on a 5 year journey from Ottawa and Petawawa via Britain to Normandy and Holland and the last shots fired in anger before VE Day. They are stories of ordinary men called upon to perform extraordinary acts in conditions which, even with George's lucid descriptions, can probably not be fully comprehended by anyone who was not there.

Alta Vista PROBUS Club offers its congratulations to George G. Blackburn, M.C., Order of Canada.

Ottawa Transition

But while I cast my wondering eyes around
How grand the sight which doth their vision bound;
A city stands in fair and youthful grace,
Where once old Bytown had its primal place;
And lo! in grandeur towering the skies
In marbled splendor upon yonder hill,
Our Legislative Temples proudly rise,
A columned glory of the artist's skill!
Thanks to our gracious Queen, who's royal hand
Made Ottawa chief city of the land!
Thanks to the men who fought through good and ill
The fight of right, and bravely battled still;
Who stood unshaken, firm in their adhesion,
Till victory crowned Her Majesty's decision!

If this seems to be somewhat topical but a little "old-fashioned" in its wording and sentiments, that's because it was written to celebrate the previous transition - from Bytown to Ottawa. This verse, by William Pittman Lett, is dated 1874. Lett was a contemporary of Nicholas Sparks and went to school with Alonzo Wright. Four of his verses were found in "Looking Back ... Pioneers of Bytown and March" by Naomi Slater Heydon.

Did you know that Nicholas Sparks bought 200 acres around Rideau Centre for £95? This was in 1821 when a pound was worth a pound.

Calendar

Speakers for Monthly Meetings

Wed. May 23, Peter Hume, Local Regional Councillor for the Alta Vista area will speak on changes resulting from amalgamation.

Wed. June 27, Earl Doe will speak on 10 years of sailing around Europe.

Wed. July 25, "The Netherlands and Canada: A Special Relationship". Mr. Rudolf Wagener, Counsellor for Economic and Commercial Affairs, The Royal Netherlands Embassy.

Wed. August 27, John Manley, M.P. for Ottawa South and Minister for Foreign Affairs (if available).

Judge Francis Muldoon will speak as soon as can be arranged.

For September 26, October 24, November 29 and (a change) **December 19**, speakers will be announced as soon as arrangements are made. Please mark the dates.

Special Events

Spring Luncheon, Tuesday May 15th.

The PROBUS Clubs of Ottawa - Kanata and Ottawa - Alta Vista are hosting a luncheon at:

Tudor Hall, 3750 Bowesville Road (near Hunt Club).

11:00 a.m. Social/Cash Bar

12:30 p.m. Luncheon & Entertainment

Tickets \$26.00 per person

Please send cheques (payable to "PROBUS Luncheon 2001") to:

John Kruithof 160 Kamloops Avenue
Ottawa ON K1V 7C9

with a request form OR provide name, address, phone number, number of tickets, amount, and cheque number on plain paper.

There will be entertainment by Ottawa performers and the buffet menu includes:

Roast Chicken, Mushroom Fried Rice, Braised Garlic Spare Ribs, Italian Meat Balls in Sauce, Sliced Ham and Salami, Salads, Pastries, Tea and Coffee.

Don't forget to wear your name tag!

Watch for further information on other events such as a 1000 Island Boat Cruise (September 2001??), museum visits, joint events with other Clubs, etc.

John Kruithof (739-1335, john.kruithof@sympatico.ca) is our special events co-ordinator. He is on the look-out for ideas and volunteers.

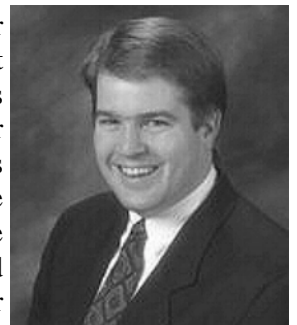
Jim Coombs

About the time Susan Menzies was telling us about the Heart Institute, Jim Coombs, one of the directors of PROBUS Centre - Canada Inc. was checking out their facilities very closely.

We wish Jim, (an Ottawa-Rideau member) a full and speedy recovery from his heart valve operation. When he is good and ready we will ask him to talk to your editorial board about the big picture of PROBUS in Canada.

Peter Hume - May 23

Peter represents Ward 18 on City council. Before that he was a Regional Councillor, a City Councillor and a city staffer working for Councils. Darrell Kent and Michael McSweeney. This background gives him a wider perspective than most of his colleagues and makes him the ideal person to take us beyond the squabbles which have removed some of the gloss from a major event in our municipal life.



Peter and Ann-Marie live locally - in the shadow of the water tower - with their baby daughter, Helen.

Earl Doe - June 27

"Sailing around Europe" - sounds idyllic. Visions of popping into this European port or that. Rubbing shoulders (or fenders) with the rich and famous. But first you have to get your boat across the Atlantic - now that's the rub.

More on Earl and his talk at the May meetings.

Been there, done that

Our club members get around! If you take a trip, let Jim Rader know and share a few moments with your fellow members - special places, special events, the good, the bad (maybe) and the ugly (we hope it didn't come to that). A few words from you might provide the interest for someone to follow your footsteps somewhere they had not considered. Strangely enough, there has not been an upsurge in travel to Kyrgyzstan, despite Ken Kitching's description of his CESO assignments.

This issue of Probe was cobbled together by John Wright. This may cause confusion as there are two of us in the Alta Vista club. If you have enjoyed reading this first edition, it was me. If not, it was very likely the other one.

Executive**October 2000, September 2001**

President	Jim Rader	733-6851
	jrader@sympatico.ca	
Past President	Russ Hammond	826-2743
Vice-President	Judy McGillivray	731-8927
Secretary	Rod MacLeod	733-5853
Treasurer	Jim Kingston	733-3463
Program	John Frail	237-6429
(arrange speakers)	Jim Rader	733-6851
	Open	
	Open	
Special Events	John Kruithof	739-1335
	Rochi Anderson	645-5517
	Open	
	John E. Wright	731-3186
Membership	Paul Stumes	731-0941
Newsletter	John C. Wright	731-8521
Hospitality	Allan Mac Lellan	260-0828
E-Mail Coord	Open	
Telephoning	Peggy McGillivray	231-2473
	Dorothy MacIntosh	731-9590
	Joan Monette	749-9587
	Bob Haughton	521-2286
Rotary Liaison	Dan Kelley	247-0868
	Eva Hammond	826-2743
Advisory	Dick Patterson	837-4997
	Jim Mills	224-6474

'Hospitality' includes planning and setting up meetings. Russ Hammond is also telephone coordinator and handles name tags.

John E. Wright is also historian/photographer.

Other PROBUS Clubs

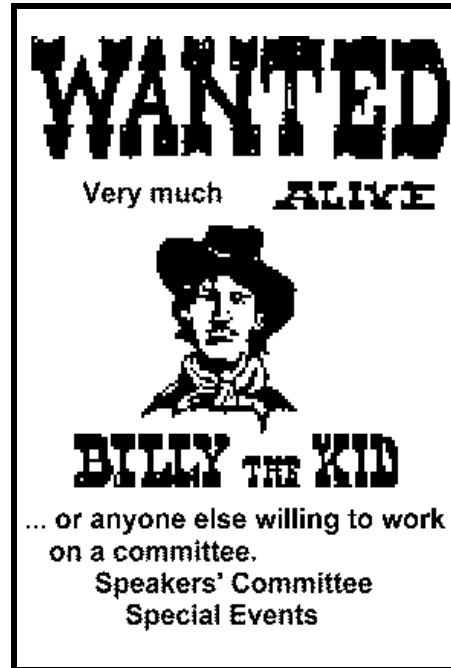
We are one of five PROBUS Clubs in Eastern Ontario and, like Alta Vista, each of the others is pleased to welcome visitors.

Rideau Valley PROBUS 5560 South River Drive
692-3802 Manotick, K4M 1J4

Kanata PROBUS 31 D Varley Drive
Joyce Sheehan, 599-6675 Kanata, K2K 1G4

Cornwall PROBUS 520 Sydney Street
Carol & Walter Potts Cornwall
(613) 933-8091

North Grenville PROBUS P.O.Box 548
Kemptonville, K0G 1J0



Do you have a little extra time to give to PROBUS? Have you any suggestions for speakers to add to our program? How about thoughts (and help) on special events?

We would be very pleased to hear from you. Please contact Jim Rader or John Kruithof.

How to find us

Our meetings are held on the fourth Wednesday of every month at the Pleasant Park Baptist Church, 414 Pleasant Park Road.

Pleasant Park Road runs from Riverside Drive to St. Laurent Boulevard. The church is a few yards (even less metres) east of Fairbanks.

Pastor Allan Mac Lellan is a member of the club and a regular attendee. He will be happy to tell you more about the church and services.

Stop press news!

Just before our publication deadline a copy of the April issue of the Cornwall and Area PROBUS Club newsletter arrived. They have two trips coming up. Tuesday, June 12th, a morning visit to the Hershey Chocolate factory in Smiths Falls, lunch at Maximilian restaurant in Perth followed by a visit to the Rideau Canal Museum. On Sunday, June 24th, brunch at the MacIntosh Inn followed by a performance of "My Darling Judith" at the Upper Canada Playhouse.

Please contact Johneen Rennie (613-933-3252) for more details.