



# The Probe

Volume 1 Issue 4

Sponsored by the Rotary Club of Ottawa

October 2001



## Introducing the President

Jim Kingston is a Maritimer, born and brought up in Saint John, N.B. His studies at UNB were interrupted by military service in the Canadian Infantry in WW II but he returned to school and graduated in 1948. This was a clever way to remember wedding anniversaries because Jim and

Phyllis were married the very next day. His schooling continued with a Master's in Forestry at Yale which led to a career in Resource Economics. After 5 years with the BC Government and 5 years with the Food and Agriculture Organization (FAO) of the UN in Geneva, he joined the federal government in Trade and Commerce. Jim moved with the "Trade" part to External Affairs as a Resource Economist, retiring in 1988.

His introduction to PROBUS was through Eva and Russ Hammond. Phyl and Eva are members of the University Women's Club and from there the connection was made through Russ. This was not Jim's first contact with PROBUS - at a High School reunion in Saint John in '91 it turned out that the organizer was the outgoing president of a Saint John's club and, also, a close friend in Victoria was a club president.

Jim served as Treasurer last year. His hobbies are golf (when he can get back into the swing) and photography. Jim and Phyl have one daughter who lives in Ottawa. His goals for PROBUS are to expand the reach of the Club by contacts with other clubs in Canada and abroad, to make sure that the program is varied, interesting and stimulating; and to "get the word out" on PROBUS so that more people become involved.

"Congratulations, Jim, on your election and we wish you well in your year of office."

## Gold Rush!

The poems of Robert Service, film of the line of men - looking like ants - struggling up the Chillicoot Trail and Charlie Chaplin's movie, are the closest most of us have been to a gold rush. Paul Stumes took us much closer with his story of the discovery of gold at Bonanza Creek in 1896 and the rise and fall and eventual restoration of Dawson City.

In its heyday, Dawson had a population of nearly 10,000 - a tenth of the number who set out to try their luck and risk their lives for the lure of gold. The army of hopeful embarked on the often deadly journey from almost every country in the world. They faced a wilderness with no roads, not even marked trails, the rapids of the Yukon were treacherous and the climate was inhospitable. Only about 40,000 made it to the goldfields. For 20 years the miners scratched at the surface but once the surface workings were exhausted, the day of the individual miner was done and the corporations took over. Their earth-moving machinery quickly uncovered far more gold than the miners had found in all their years of prospecting.

Dawson City went into decline. From a boomtown, offering everything that gold could buy, it shrank within a few years to about 800 souls. There was nothing to keep more than a handful of people in such an isolated place. The unoccupied buildings fell into decay - until the seventies. At that point Parks Canada asked Paul to investigate the feasibility of restoring some of the old buildings as a tourist attraction. The original photographs, depicting life in the area from the early days through the boom years to the decline, which were the heart of Paul's fascinating slide show, were found during his time in the city.

The restored Dawson City will be a monument to the pioneering folk who built a magnificent city in the wilderness against all odds. It is also a reminder that finding the pot of gold at the end of the rainbow does not guarantee being able to stand the test of time.

## 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.**

# Stress Depression

Donna Horner didn't actually mention editing Probe, but it would fit well in the list of causes of stress her audience suggested. The interaction with our members was one of the features of her illustrated talk on stress and depression.



*Donna Horner answering a question from Julia Mills after the presentation*

In fact it was as much a self-help workshop as a talk.

The statistics themselves are somewhat depressing - depression, increasing 36% in 5 years, is the fastest growing reason for a visit to the doctor. 10 to 20% of Canadians experience depression - more than any other problem except high blood pressure.

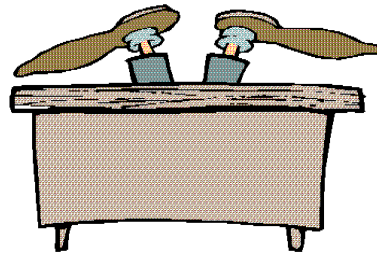
Donna, from the Royal Ottawa Hospital, had slides covering sources of stress, the stress response, drawing on energy sources, chronic stress and disease, who is at risk, and coping. Everyone is at risk but some are predisposed through family history and personality. Those who are divorced or separated or have no close relationships are particularly prone. Transient depression is very common after any upset. Clinical depression (more than 14 days) is more serious.

Self-help is part of the coping process - learn about mood disorders, blow off steam, work on solutions and set small and realistic goals so that there can be a sense of achievement.

The subject was obviously one that concerned the audience and there were many questions. It is not stretching things too far to say that one of the reasons for the existence of Probus is to provide the fellowship that will help stave off depression.

Our thanks to Donna for exposing us to this once taboo subject.

## Past President's Comments



It has been a pleasure being President of such a great group of such pleasant people. I would like to thank everyone for their help and co-operation, especially the hard working competent executive. It is a great

feeling to turn activities over to such dedicated executives as Jim Kingston and his team.

We have accomplished all my goals as president; namely, 12 good speakers and meetings a year, 3 or 4 special events a year and club growth (it was nice to welcome our 100th member). Thanks everyone for your time and help.

Personally I have managed somehow to go from retirement to college and university teaching 5 days and 2 evenings a week with 300 exams to mark. What an interesting way to un-retire!

*Jim Rader*

## Guests

We were delighted to welcome four guests at our September meeting:

Leslie Smirle  
Julia Mills  
E. Harrison  
Tony Fanok

We hope to see them again - soon

## The Informal PROBUS Network

The Informal PROBUS Network (IPN) was conceived and formed in July 1996 by Wilf Beer of The Woy Woy PROBUS Club Inc. of Australia. The initial idea was to form a series of Chat Groups, whose members had the opportunity of meeting together on the Internet, and discussing any matter among themselves - excluding political or religious topics. A new kind of Probian Fellowship on the Net!

Each Group is limited to 40 members plus coordinators, with a limit of 20 from the host country and the balance coming from elsewhere in the world. There are five main groups plus special interest groups including computers and genealogy.

If you want to join one of the groups or find out more about the IPN, go to the PROBUS website ([www.probus.org](http://www.probus.org)) and click on " International Chat - the

## Luncheon at Château Montebello

On October 3rd, several members of PROBUS Ottawa / Alta Vista travelled some 75 kilometers along the scenic Québec side of the Ottawa River to enjoy a luncheon and guided tour at the fabled Château Montebello. Fog obscured the scenery during the morning drive to Montebello, but cleared up once we got there so that the colour of the foliage could be well appreciated.

Le Château Montebello, initially an exclusive Club for the rich and famous, lies nearly half-way to Montréal. It was built in 1930 along the style of grand lodges of the Swiss



Alps. Ten thousand red cedar logs from British Columbia were hauled by CP Rail to build the four-winged structure. Master builders from Scandinavia supervised three thousand local labourers toiling at Depression time wages to complete the building in record time. An immense three-storey hexagonal fireplace dominates its grand inner atrium, welcoming guests to what is now a resort in the Fairmont chain of superlative hotels. In 1981 it hosted the G7 International Economic Summit. To those of us who had never seen Montebello before, the first sight of the building and reception areas was truly impressive.

Our group took three tables in the dining room and savoured a buffet that met the Château's claim of providing a gastronomical experience to seduce gourmets. It was difficult to leave without overindulging. We did get the required exercise afterwards by way of a conducted tour by a staff member detailing the history, construction and facilities of the premises, including the exterior and marina. The historic Manoir Papineau is close by.

The outing gave us an entertaining day in beautiful surroundings with a memorable lunch to crown it.

*John Wright (E) & John Kruthof*

## Making a Difference

Our November speaker is Linda Souter who has just completed a three-year term as President of the International Federation of University Women. In that period she led IFWU delegations to a UNESCO World Conference on Higher Education and sessions of the UN Commission on the Status of Women as well as UN General Assembly Sessions for Beijing +5 (she attended the Beijing conference in 1995) and the Social Summit +5. Linda travelled widely during her Presidency with meetings as far afield as South Africa and Samoa. Her topic will be "Making a Difference in a Global Community".

## Welcome new members ...

Since our June issue we have welcomed six new members:

Rochi Anderson  
A. Fradinger  
Rosalie Gelstone  
Shirley McNicol  
Kurt & Helen Ekler (our 99th and 100th members)

Please help them to feel at home in the Club.

## Twinning

John Wright (C) contacted PROBUS Clubs in the Bournemouth area while in the UK on vacation. Since then he has been in correspondence with Fred Hill, Secretary of the PROBUS Club of Boscombe & Southbourne (Boscombe and Southbourne are to Bournemouth as Alta Vista and Nepean are to Ottawa). The B&S Club is men only so the twinning thought was not pursued, however Fred came back with the information that UK clubs are mostly, if not totally, unisex and suggested that they contact the local ladies' club with a view to a split twinning.

Twinning can take many forms. We have suggested that we start small - exchanging club information and providing a window on each other's national organization.

Stay tuned!

## Opera Anyone?

"An unalterable and unquestioned law of the musical world required that the German text of French operas sung by Swedish artists should be translated into Italian for the clearer understanding of English-speaking audiences."

Edith Wharton  
*The Age of Innocence*

## From the PROBUS Centre Canada Newsletter - August 31, 2001

Since this time last year we have continued to average one new Club per month and the latest Charter (#121) was issued to the PROBUS Club of Niagara North, Ont. and will come into effect on Sept. 5th. There are several other Clubs in the formative stages and this office continues to work with both sponsoring Rotary Clubs and PROBUS Clubs to assist in the start-up of Clubs in areas where the need is shown.

As stated on previous occasions, we at PROBUS Canada are here to serve you as best we can and we appreciate your ongoing support. If you have a question or a need for support please don't hesitate to contact us. If you are aware of a community or an area that could benefit from having a PROBUS Club like yours please let us know and we will have a follow-up carried out.

### PROBUS Center USA

Snowbirds looking to continue the PROBUS experience in the USA and other visitors south of the border can get information from the newly appointed Managing Director, of PC USA, Kathleen Col. Tel: (206) 230-0616, fax: (206) 232-9162, e-mail [kathleencol@hotmail.com](mailto:kathleencol@hotmail.com) The office is just starting-up so give Kathleen a few days grace to find out what you need. Area code 206 is Seattle, so if you telephone, think about the time difference.

### "From around the Clubs"

The Cornwall & Area Club sent in a news item - the Spring luncheon. An editorial comment said, "Another great example of PROBUS fellowship at work!"

The Halifax Club has adopted the motto, "Be a friend ... Bring a friend." - a good thought for all of us.

## E(xecutive)-Mail Directory

John Kruithof	<a href="mailto:john.kruithof@sympatico.ca">john.kruithof@sympatico.ca</a>
Eva & Russ Hammond	<a href="mailto:eandrhammond@aol.com">eandrhammond@aol.com</a>
Jim Rader	<a href="mailto:jrader@sympatico.ca">jrader@sympatico.ca</a>
John C. & Joyce Wright	<a href="mailto:jcwright@sympatico.ca">jcwright@sympatico.ca</a>
Rod Macleod	<a href="mailto:rmacleod@cyberus.ca">rmacleod@cyberus.ca</a>
John E. Wright	<a href="mailto:jonedwright@sympatico.ca">jonedwright@sympatico.ca</a>
Rochi Anderson	<a href="mailto:genosha@msn.com">genosha@msn.com</a>
Graham Gibb	<a href="mailto:gcgibb@magma.ca">gcgibb@magma.ca</a>

## Special Event

You may have other things in mind for Boxing Day so the December meeting will be moved forward a week. Wednesday, 19th December will be a "Social Event". There will be no speaker so that members can get together for a longer time than is normally available. This will provide an opportunity to mix and get better acquainted with other members and will also be a time to celebrate the Holiday Season.

We will say more about this at the October and November meetings, but at the moment we are proposing that each of us bring dishes for a "pot-luck" lunch with emphasis on seasonal pies and cookies, Zodiac signs on the tables so you mix with people born under the same star, carols from the Citizen song sheets and some recounting of memories of Christmases past.

John Wright (E), Rochi Anderson and Jim Rader of the Special Events Committee will welcome suggestions and assistance.

## Our Charter

We are Club #101 chartered by the PROBUS Center - Canada.. Our certificate says that we are sponsored by the Rotary Club of Ottawa and includes a statement of the PROBUS concept.

Our charter was issued "this 25th day of January, 2000." It is signed by R. J. Whynott, President, PROBUS Centre - Canada, Inc.

## Wanted

Looking for an adult size tricycle for a reasonable price, also a serger sewing machine in good condition. Please call Rochi Anderson at 745-5517.

## Signs of the Times

On the delivery room door - Push, push, push

At the Vets - Back in 5 minutes. Sit! Stay!

## How to find us

Our meetings are held on the fourth Wednesday of every month (3rd Wednesday in December 2001) in the Church Hall of the Pleasant Park Baptist Church, 414 Pleasant Park Road. This is the second block east of Alta Vista .

"The Probe" is published for the information and enjoyment of the members of the Ottawa Alta Vista PROBUS Club.  
Copyright 2001 OAVPC. Other PROBUS Clubs are welcome to reprint any items.