



The Probe

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Incipient Problems with Excipients!

In June, Probus was fortunate to have Dr. Ed Napke as our speaker. His multi-faceted experience included being a Research Fellow at the Banting Institute, University of Toronto, and later, while working with the Food and Drug Directorate, Health Canada, Dr. Napke initiated the Poison Control Program and the Adverse Reaction Drug Monitoring Program for food, vaccine and devices. Later, as the President of Non-smokers (Ottawa) association, he was instrumental in bringing in the first cigarette smoking ban in public places.

Dr. Napke's subject "Adverse Drug Reactions" was graphically explained and depicted with slides. He explained that drug formulations are typically composed of the active drug, additives and excipients. Excipients are added to provide colour, strength, etc. There may be several active ingredients, and as many as 40 excipients in a drug formulation. The latter are often thought to be inert, but problems can occur when the active ingredients and the various excipients interact to set up an adverse reaction in the patient.

It is difficult to monitor the many drugs on the market, particularly since each patient may react differently, depending the different mixes of drugs and foods that each person may ingest. There is a need for patients to be aware of possible side affects.

In a published paper that Dr. Napke gave to me, he noted that the United States has legislation requiring complete labelling of all food, drugs and cosmetics that contain more than one ingredient, no matter how innocuous the constituents are believed to be. In Canada, drug manufacturers are not even required to share this information with physicians or pharmacists, nor are pharmacists required to disclose the contents of formulations that they prepare.

Linda Souter summed up our feelings when she thanked the speaker, describing his talk as being "illuminating and fascinating, and pointing up the real need for action to be taken by lobbying governments to set up an effective legislation".
Peter Souter

Robert Knuckle, Storyteller. Wow!

Robert was the speaker at our July meeting. He started by telling us that he was not a lecturer but a storyteller. Then he proceeded to hold us spellbound.

Prior to writing full-time, Mr. Knuckle was an English and Latin teacher, and a secondary school vice-principal with the Hamilton Board of Education. He also did some acting when in high school and university. Robert coached two sports while teaching but the Hamilton Board didn't want a Vice-Principal coaching. So he turned his talents in another direction.

Fortunately, he met a local entrepreneur in the business of producing shows. With his new-found friend, the two of them wrote *I Am Not a Legend*, the story of football's Vince Lombardi.

A busy fellow, Knuckle also starred in the role of Vince Lombardi. The play was first produced locally, with an audience of 240, supposedly all friends and relatives! But it turned out to be a wonderful play, and went on to the Edinburgh Festival (it played 3 weeks), to Coventry, England, and to Lahr, Germany (2 weeks). It was adapted for TV in 1988 where it played on the ESPN network across the U.S.A. on Super Bowl Sunday 1988. It was also adapted for CBC radio, for which Mr. Knuckle won an ACTRA writing award.

Then our hero was inveigled into writing the story of the master criminal, Bruce Archer and his cohort, Dorothy Mallette.

And the rest is history! Since that time Mr. Knuckle has written stage plays and screen plays, and the list of his published books is fascinating! One of the most interesting aspects is that his books are often true crime stories - as in his 1997 Canadian best seller, *Beyond Reason*

His first attempt was to tell the Bruce Archer story. For

PROBUS' 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.

this he interviewed the master criminal Archer in the Kingston Pen. His story was: His companion in crime, Dorothy Mallette and he were into extortion and masochistic sex. In trouble with authorities, they fled to Toronto. Pursued again, they headed west, taking the rail route. Not succeeding in Vancouver, they came back to Peterborough. Not long after they had to take to the road again and headed for Burden, Manitoba. Here the Mounties finally caught up with them. In the fray, one Mountie was killed, two injured. They tried to flee but the Mounties this time were able to arrest them. In the ensuing trial they both got 25 years.

However, his publishers thought the book they wanted him to write should have a different thrust, the deaths of Mounties. So he wrote the book about the Mounties, and was able to incorporate the Bruce Archer story within. The resulting book (*Beyond Reason*) was a great success.

His latest book, *Blackjack*, published in 2002, tells the story of the Riderless Horse of Arlington National Cemetery, Blackjack, who escorted 1000 military burials at Arlington Cemetery, and served in the funeral processions of Presidents Kennedy, Hoover and Johnson, and General Douglas MacArthur. The endearing story tells of a common and cantankerous cavalry mount that became the most illustrious horse in the history of the U.S. Army.

In all, Robert Knuckle's writing career is most impressive. Probus members found him an extremely entertaining and eloquent speaker, and we welcomed the opportunity to buy one of his books, which he kindly autographed for us.

Phyllis Kingston

X NOTICE X

September 25th is Election Day

Elections for positions on the Executive for 2002/3 will be held at the September meeting.

Anyone wishing to be considered for a position, please contact one of the Nominating Committee (Jim Kingston, John Kruithof, Russ Hammond).

July Guests

At our July meeting we welcomed Dorothy Edleston, Evelyn Thomson and John Platt.

We hope to see them again soon.

From the President's Desk

This is my last column as your President, but I hope to be associated with Probus for many years to come. It has been a wonderful year for me, working with such enthusiastic people, and we had most interesting speakers throughout the year.

Last year we decided to advance the date of our December meeting and have a Christmas party. Previously we had no meeting in December, but two meetings in January. We plan to follow this new script with a Christmas party which proved to be so successful last year.

I have met the most interesting and friendly people in my years with Probus. Besides our own Club meetings, the annual spring luncheons with the Probus Clubs of Eastern Ontario have been very stimulating.

As well as out-of-town visitors to our meetings, I have learned of a number of my friends - in Saint John, N.B., Victoria, B.C., and Waikanae, New Zealand, who have been associated with Probus, and all are former Presidents of their clubs.

It is my understanding that wherever you may decide to holiday, especially in Commonwealth countries, there probably will be a local Probus Club where you will be welcomed by pleasant and friendly people.

So adieu for now, and all the best to our incoming President and Executive Committee.

Jim Kingston

September 25th - Shannon Haggerty

Shannon Haggerty, Case Manager, Community Care Access Centre, will be our speaker on Wednesday, September 25. A highly qualified Registered Nurse, Shannon will talk about the Centre and its important role in the provision of in-home and placement services for residents of the Ottawa-Carleton Region. The concerns and difficulties experienced by seniors in making the transition from independent living to life in a retirement or nursing care facility will also be explored.

Christmas

The 4th Wednesday in December being Christmas Day, which might cause a low turn-out, we will have our December event on the 11th. Detailed planning will start as soon as we have our new Special Events Coordinator in place.

An Award for Eva Hammond

Eva Hammond was the only Canadian and one of only 66 Rotary Club Presidents worldwide to receive the Presidential Citation Award at the meeting of Rotary International in Barcelona. Eva and Russ spent an exhausting but exhilarating five days at the convention then took some time for vacation, driving to Valencia, Toledo and El Escorial as well as spending a night at a monastery - now a resort hotel.

Pickpockets 0 - Rotarians 1

The trip could have been marred by an encounter with pickpockets but the thieves came off second best! It did mean that the famous Barcelona Saturday Flea Market was taken off the "things to do" list in favour of spending time looking at the more than 500 booths in the "House of Fellowship".

At the opening plenary session, Sunday June 23rd, Jerry Lewis was presented with the Award of Honour by RI president, Richard King. Jerry said how proud he was to receive the award and will tell everyone about it during his Labour Day telethon.

At the Monday plenary, past-president Cliff Dochterman set out goals for Rotarians for the centennial in 2005.

Included are:

- Register Centennial projects now;
- Twin with a club in another part of the world for fellowship;
- See travelling displays and Centennial Bell and poster contest from headquarters;
- Be aware of Conflict Resolution Conference and Centennial History book;
- Be part of the goal for 1,500,000 members;
- Encourage individual Rotarians to give 10 hours of volunteer work in the Centennial year and \$100 to the Rotary Foundation.

These are tough challenges. On the membership side that means an increase of a quarter of a million in three years compared with 72,000 achieved in the past year.

Mikhail Gorbachev

The keynote address on Tuesday was given by Mikhail Gorbachev who translated his concept of *perestroika* to the world forum. His message was that Rotary can help in three important challenges facing the world:

- 1 Security and stability
- 2 Poverty and backwardness
- 3 Global threats to the environment

These are just some of the highlights of the convention and trip. We have to think that the main highlight was

the Presidential Citation Award to Eva. Congratulations from the Alta Vista Probus Club, Eva!

Brisbane 2003

The Brisbane 2003 Organizing Committee had a booth at the convention. Russ and Eva already have their registration forms.

New Members

We are pleased to welcome two new members, Ada McEwan and Mary Marshall. Their names first appeared in our Guest Lists so they must have liked what they saw.

We still have room for more new members. If you have any more friends who would enjoy (and/or benefit from) the Probus experience, please bring them along as guests so that they can see what we are all about.

An Indoor Picnic

The June meeting was followed by an Indoor Picnic with sandwiches, salads, snacks, soft drinks, etc. This worked out well and was much easier to handle than taking everything outside into the heat. (At the time we thought it was a hot day but by comparison with August it was pleasantly cool.)

Guests

We had invited members of the Cornwall club to join us for the meeting and picnic. It was a pleasure to chat with Carol and Walter Potts (Walter is the club president), Ellis Barclay, Mark Goldhamer and Mabel and George McGowan.

We also had one guest from much further afield - Colin Turner of Durban, South Africa was with us. From closer to home were Jouhaina McPhail, Mary Marshall, Dorothy Edleston and Anne Bouchier. We welcome them all and hope that they enjoyed the time spent at Probus.

October 23rd - Hal Roberts

Hal (Harold) Roberts, P. Eng., who served in the British Merchant Marine as a Radio Officer throughout WW 2, will be the speaker at the October 23 meeting. He will provide us with a merchant mariner's perspective on the war at sea, his presentation on the Remembrance Day theme nicely complementing those given earlier by George Blackburn on Canadian Army operations in Holland and by Frank Spiller on the "Last Great Sea Battle: the Sinking of the Scharnhorst".



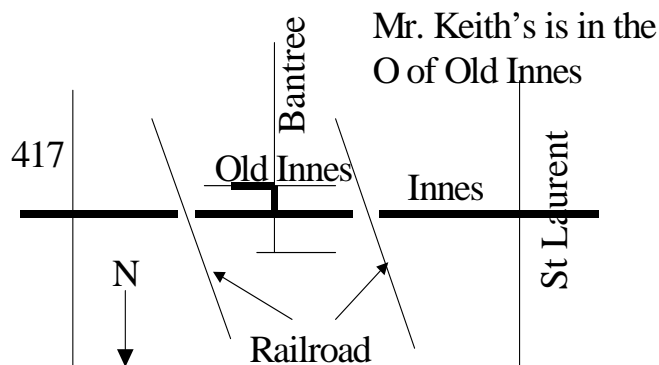
The President's Dinner

A social evening and dinner to show appreciation for the work of our outgoing President.



Guests of Honour: Jim and Phyllis Kingston

Date and Time	Wednesday, 9th October, 6:30 for 7:15.
Location	Mr Keith's Banquet Centre, 1220 Old Innes Road.
Cost	\$27.00 per person (including all taxes and gratuities)
Tickets	May be obtained from John E. Wright at either the August or September meetings, or by mail (1933 Illinois Avenue, Ottawa ON K1H 6W5)
Closing Date	Monday, October 7th will be the last date for buying tickets (we have to provide numbers ahead of time).
Parking	Free (large lot)
Cash bar	Reasonable prices



From St Laurent head West on Innes or from 417 head East on Innes, then under the railroad overpass to the traffic lights at Bantree. Turn South and take the first left. Mr. Keith's is at the far end of the first block of buildings.

Macdonald Club

Mr. Keith's is also the home of the Macdonald Club which has supported local artists for over 20 years. One of their activities is to arrange for works of art to be displayed at the Centre, usually 4 or 5 artists have several paintings each on show. There is a Probus connection! Joyce Wright and Pat McClenahan are both on the Board of the Macdonald Club and Pat is responsible for contacting the artists and arranging for their works to be hung. We hope that you will enjoy the exhibition.

Welcome All

Even if you are not a member you will be welcome to come to one of our regular meetings at Pleasant Park Baptist Church. The church is a long block and a bit east of Alta Vista. We meet on the 4th Wednesday of every month at 10 am. Come a little earlier for coffee, Tim-bits and chat.

The Survey Says ...

When you filled in a membership form you were asked to name your interests. Through the magic of computers we have compiled all these inputs into a list.

Travel tops the list with 17 entries followed by *Reading* with 13 (or 14 if we include *Books*). Next is *Gardening* at 11, then *Music*, *Bridge* and *Golf* all with 8 but if we add in the call for *Opera* then music comes out ahead of the other two. *Sports* on its own only picks up 2 votes but if you include the 8 for *Golf* as well as *Skiing* (4), *Curling* (2), *Sailing* (2) and one each for *Tennis*, *Swimming* and *Cycling* then *Sports* moves right to the top of the heap.

Volunteering, *Woodwork*, *Fitness* and *Current Affairs* were all in the 4 to 5 range, followed by *DIY*, *Photography*, *History* and *Cottaging*. Notable by its absence is *TV* - we are all far too busy to pay any attention to it. With the current upheavals in all political parties we might, if we re-did the survey, get more than one single, solitary mention of *Politics*.

With about 60 items on the list, it is a fairly safe bet that any speaker will please somebody! We seem to be ahead of the game on that measurement.