



# The Probe

Volume 2 Issue 5

Sponsored by the Rotary Club of Ottawa

October 2002

## John Kruithof elected President

After serving a term as Vice-president, John Kruithof was elected to the office of President at the September meeting. Along with John, a new Executive was put in place. Several members from last year's Board will remain on the Board and they will be joined by some new faces, including Sunshine Coordinators Bayne & Jeanne Pearen and Membership's Yolande Tremblay and Aggie Simpson. We have an informal policy of not keeping people in one job for too long so that even among the returning members some positions have changed. Joyce Wright moves from Program to Vice-president and Rochi Anderson moves from Membership to Program. A full list is on page 6. There are still one or two openings, including Special Events where John E Wright has agreed to stay on long enough to organize the Christmas Party. Fortunately Dorothy MacIntosh's Telephone Committee will continue with few changes to the list of callers. One of the first decisions of the new Board is to have a "Meet Your Caller" table at one of the next meetings so that everyone can put faces to the names - and vice-versa.

### Tribute to Jim Kingston

Jim and Phyllis Kingston were the Guests of Honour at a dinner to thank Jim for his work as President over the past year. In his remarks John Kruithof was quick to acknowledge that behind every good man there is a good woman making it appropriate that we honour both Phyllis and Jim.

#### The Missing Letter Opener

There was an awkward moment at the Executive meeting when Jim questioned a statement that we had only three letter openers left to present to speakers. He was quite determined that we had four. What he didn't know was that one was earmarked for presentation to him as a souvenir. John Kruithof also presented Jim with a memory book containing all the reports of speakers over the past year, including several colour photographs which would not reproduce well in *The Probe*.

Jim Coombs, Secretary of Probus Canada, brought greetings from Probus Centre and added his congratulations for a job well done.

In his response, Jim Kingston thanked everyone for their support over the past year and commented on how much he had enjoyed his term. He said that one of the highlights of his year was a visit to the Probus Club of Greater Moncton with Russ Hammond.

John E Wright led the group in a Grace. John C Wright acted as Master of Ceremonies.

### Judge Francis Muldoon Dispute Resolution

On November 27th, Our speaker will be Frank Muldoon. Judge Muldoon, as well as having a distinguished career in jurisprudence, is well known as a negotiator. He has been called in as a third party on many occasions to bring disputants together in compromise, if not consensus.

He will tell us about some of his high profile cases and some which did not make headlines but were interesting for the points they raised.

### Christmas Party

We are going to follow a similar format to last year with a buffet followed by carols with a few entertaining items in between the carols. The alphabet will be juggled so that you will not be asked to bring the same item for the buffet as last year. The details have not yet been worked out except that probably only those whose family name starts with Z will be asked to bring egg sandwiches.

If you have a "Party Piece" to offer - instrumental, magic, recitation, song, dance or ??? - please let John E Wright know.

Mark the date in your calendar - December 11th, **NOT** the 4th Wednesday.

## Inside Afghanistan

Having to reschedule Flora MacDonald's talk from May because she was in Afghanistan, turned out to be a bonus. We were given a view of a country that fitted all the stock descriptions - war-torn, mountainous, bleak, inhospitable - but much more besides. We heard about the Afghanistan that we would not see on CNN - life in the towns and villages. A view of a tough and resilient people making a life for themselves from the land, a younger generation that has known nothing but war and oppression, a land of 10,000 widows.

Ms MacDonald had spent about 6 weeks there, mainly outside Kabul, touring in a land-cruiser with 3 Afghani friends and a sleeping bag - sometimes to places where she was the first western woman they had ever seen. In a patriarchal society a western woman who could appear in their village and who had the ability to organize and call in additional resources was not just exotic, she was a phenomenon! Roads are rare to non-existent, so progress was often slow.

Not everything is working out well. The warlords control the countryside and they are re-tightening their grip. In one instance, after 400 district meetings, 10,000 people met to choose 7 delegates (among the pictures we saw were several of this group gathering, walking many miles from their own villages to attend the meeting). The warlords took over and undermined the process.

Her own photographs, projected through a computer illustrated her talk. Particularly memorable were shots of a class being held inside the remnants of the walls of a building, green and fertile areas adjacent to watercourses and surrounded by desert, women congregating to learn more efficient ways of handling their daily tasks, landmine victims, classes of girls in school for the first time, women making time to study, everything against a backdrop of majestic mountain ranges. Ms MacDonald went there under the auspices of CARE Canada, a charitable foundation with the objective of helping people to help themselves.

One of the questions was on CARE Canada. Their website is [www.carecanada.ca](http://www.carecanada.ca) and gives a full description of all their activities. They are headquartered in Ottawa and donations may be made through:

Box 9000  
Ottawa, ON K1G 4X6

Telephone 1.800.267.5232

With an audience of over 80, this was our biggest turnout of the year - appropriate for an excellent presentation.

## Be Prepared

Sharon Haggerty provided a timely reminder that it is not just Boy Scouts who need to be prepared. At any time of life you must be ready for the next steps.

Sharon, from the Ottawa-Carleton Community Care Access Centre (CCAC), talked about the services of the CCAC with regard to access to care for the elderly and infirm. These range from in-home services to residential/retirement homes to long term care facilities. This struck a chord with many of the audience who have gone through the process with parents and at some time will have to look to their own future.

A big step forward occurred 4 years ago when the agencies responsible for in-home care delivery amalgamated with those responsible for long-term care, making it possible to plan a progression rather than having to start to deal with a new set of people when a lifestyle change became necessary.

What may often be an interim step - a residential/retirement home - is still not integrated. This is because homes are privately owned and, like apartments, are subject to the *Landlord and Tenant Act*. Costs vary widely (\$1000 to \$4000 per month) but a few subsidized beds are available. Sharon referred to *The Senior-Friendly Guide to Ottawa's Retirement Homes, 2002* (see page 3 for ordering details - Bob Haughton commented that this is a very good resource and it would be wise for anyone to look at what is available before the need arises).

Sharon said that long term care is a different and more complex proposition. It should not be considered before community support systems have been exhausted and while living at home is still an option. The client must agree to the move and there are some eligibility criteria to be met (need for 24/7 nursing care, risk to client from family, risk to family members from client, etc.). With a waiting list, there must be a willingness to move quickly when a bed becomes available.

Having given us much food for thought, Sharon added the need to give Power of Attorney even at a comparatively young age in case of incapacity through illness or accident.

One reassuring factor is that Ontario is the best province to live in (BC next) when it comes to considerations of care for the elderly and Ottawa is as good as anywhere in the Province.

Joan Howe introduced Sharon and Ada McEwen thanked her for a well-delivered reminder that things change.

## President's Message

In the previous issue of The Probe, immediate past president Jim Kingston started his message with "This is my last column as your President..." May I start mine with "This is my first column as your President..."

Jim's example of serving the community inspires all of us in promoting our organization's aim of stimulating thought, interest and participation. The recent President's Dinner proves the esteem Jim enjoys. It should not come as a surprise that I'll borrow some of his style in carrying out my duties, imitation being the sincerest form of flattery.

A very important aspect of Probus is its internationality. Yes, we apply Probus principles locally and across Canada, but we are part of an international movement seeking to improve the quality of life. This global fellowship appeals to our members, many of whom travel widely.

Our Executive reflects a variety of backgrounds and disciplines, each member offering his or her best talents to the cause. Look at the quality of our publication, the variety of our programs, the dedication of our membership and telephone committees. Evidence that we pursue what we believe in.

I would like to end my first column with an appeal for everyone to strengthen Probus by participating in its activities, introducing its existence to family and friends, and offering ideas and suggestions to a receptive President and Executive.

*John Kruithof*

## Guest List - August

Yolande Tremblay*	Janet Parry
Alan & Helen Gardiner	George Toller
Lois Hope	Nancy Bushell
Clair Gleddie	M.E. Corkery
F. Wightman	Jean Neale
Jacqueline Davidson	Nancy McLellan
Ruth & Albert Lafortune	Mary Boyd
Mary de Koning	

With 17 guests it is not surprising that the August meeting was the best attended of the year.

\* Yolande Tremblay arrived as a guest and left as a member, and has already volunteered for a job. You will have met her today on our welcome desk.

## Boscombe and Southbourne

I was a guest of the Boscombe and Southbourne Probus Club at their September meeting. They meet at a hotel and sit in the lounge for coffee, biscuits and chat - I was able to speak to several of the members - then move to a meeting room for announcements and the speaker and finally to a dining room for a three course meal. The speaker was Mrs. Elsie Pankhurst, talking about being a Family and Community Care Officer in Brixton, London. Her talk gave a fascinating and disturbing view of inner city life, which would be quite foreign to most of us - as it was for her audience.

The meeting starts with a "roll call" of those not present: "Jack X is on holiday in Northern Ireland; Jim Y is visiting ... ; John Z is not well today but expects to be here next month; we have not been able to contact ...", and so on. This helps to develop a strong feeling of belonging.

I was asked to say a few words about the Alta Vista Club, and talked about our membership and the speakers we have had recently. I gather that they were not persuaded to change from a men's club to a combined club. The Secretary, Fred Hill, said that when he was asked to form a club in 1982 he never dreamed that there would be a day when they would have an overseas visitor. Fred is one of the 11 founding members - 4 of them are still active.

Mrs. Pankhurst gave us three or four of her case histories and talked about the riots and the drug scene. Gilbert, a big (6' 4") Scot from the Gorbals - the meanest area of Glasgow - is the product of an incestuous union. He was always in and out of prison and ready to fight with a broken bottle when he had drink taken. One time he came right up to her, drunk, with the stub of a broken bottle in his hand having already cut someone, and said, "Why didn't you come, I've been calling for you." This story had a happy ending - Gilbert married and settled down. Some of her other stories were not so happy!

Soon after police rescued her from three masked and armed men (sawn-off shotgun, clubs, knives) she was advised to leave the area. She still - 10 years later - misses it.

*John C Wright*

**The Senior Friendly Guide to Ottawa's Retirement Homes** is available from Verity Research, 53 Erin Crescent, Ottawa, K1V 9Z3. The single copy price is \$23.63 including shipping, handling, GST and PST. Cheque, Visa or Mastercard are accepted.

## Probe Us - John Kruithof

No stranger to these pages, we welcome John Kruithof in his new role as President of the Ottawa/Alta Vista Club.

**Probe:** *John, first things first, where were you born and where were you brought up?*

**John:** I was born in Heerjansdam, south of Rotterdam, in 1940 and moved to Cochrane in Northern Ontario when I was 11.

**Probe:** *So when George Blackburn was talking about the Scheldt last October, that was pretty close to home. What does 5 years of occupation leave in your mind?*

**John:**

The fighting at the Scheldt was about 40 miles away. As a very young boy I was sent down to the cellar whenever there was any imminent danger so I have very little recollection of fighting. The war did leave a lasting impression and a passionate detestation of war and its cruelties.

**Probe:** *What happened after the war?*

**John:** The post-war recovery in Europe was a slow process and my family, parents and 4 children - I was the second - were swept up in the wave of emigration. We were members of the Christian Reformed Church which was an added sponsor for us. We were initially headed for Windsor but when we landed in Quebec the Church asked us to go to Cochrane to support a small congregation there. My dad said, "What can be the difference, let's go!"

**Probe:** *You must have found out pretty quickly.*

**John:** It's amazing we didn't freeze to death that first winter in Cochrane, or more correctly Clute, some 20 kms north. Living in a drafty shack, cutting down poplar trees for immediate use as firewood, melting snow for water, frost crystallizing above pillows, trudging in knee-deep snow for miles to get to school, etc. It dawned on us that Windsor after all would have been different. No-one, and by now there were 7 children, complained. I may have left Northern Ontario but my heart is still there.

**Probe:** *Education and first career steps?*

**John:** The structured "School with the Bible" in Heerjansdam was much different to education in Canada. A couple of one-room schools, some high school and correspondence courses passed as formal education. At the first opportunity, when I was 17, I took a job with Ontario Northland Communications. My first work was as a telegram delivery boy and then I

became a teletype operator sending and receiving telegrams. Part of my working week would be in Cochrane and part 70 miles away in Timmins.

**Probe:** *Was this the lead-in to your career in External Affairs?*

**John:** External held a Canada-wide competition for staff to work in their communication centres around the world. I was 'all ears' and, as they say, the rest is history. I spent 35 years with Foreign Affairs processing secure diplomatic communications.

**Probe:** *That must have taken you to some interesting places?*

**John:** I spent 25 of the 35 years at missions in: New York (UN), Cairo (where I met and married Kawsar), Brussels (NATO), Helsinki, Georgetown (Guyana), Jeddah, Paris, Washington and Hong Kong. Kawsar equally enjoyed travelling. Our postings offered great opportunities of seeing many countries. Along the way, two sons were born. One now resides in Ottawa, the other in California.

**Probe:** *What were some of the highlights of being in all those countries?*

**John:** Cairo, apart from the obvious reason, has to be high on the list. I was excited about seeing the desert. Cochrane is not big on deserts and the Egyptian desert was everything I had read about and expected, including the Pyramids and the Sphinx. My first nights in Cairo were interesting. My hotel reservation was not honoured and I stayed on a boat with the waters of the Nile lapping gently against the sides. What an experience for a young man from Northern Ontario!

**Probe:** *Were you in Hong Kong before or after the changeover?*

**John:** Both! My assignment included the last year under British rule and the first year under China. There was surprisingly little difference on the surface. From Hong Kong we were able to visit China and took advantage of it nearly 30 times doing all the tourist things.

**Probe:** *When did you retire and how are you keeping busy?*

**John:** After my retirement in 2000, I became involved as 1st VP of the Association of Former Foreign Service Communicators, as a Director of the Riverside Park Community & Recreation Association, and through the urging of past president Jim Kingston, a member of PROBUS Club of Ottawa Alta Vista.

**Probe:** *Thank you, John, we are all looking forward to working with you over the next 12 months.*

**Club Finances**

The club should not make a profit, but we have to keep our head above water. Below is our current situation. In the next column is the proposed budget for the coming year. All courtesy of our Treasurer, Graham Gibb.

**OPERATING REVENUE, EXPENSES AND EQUITY**

For the Year Ending September 30, 2002

	<u>2001-02</u>	<u>2000-01</u>
<b>REVENUE</b>		
Memberships	1115.00	1565.00
Loonie Bin	462.38	366.07
Surplus on Socials	0.00	200.09
Other	<u>8.34</u>	<u>10.00</u>
	1585.72	2141.16
<b>EXPENSES</b>		
Probus Central Fees	125.00	
Probus Central Insur.	125.00	
Probus Pins		200.00
P P Baptist Church	500.00	700.00
Refresh. at meetings	176.09	103.48
Communications		
(photocopying, etc.)	276.00	680.99
Gifts for Speakers	163.00	
Bank Charges	9.00	7.25
Other Expenses	<u>189.90</u>	<u>41.42</u>
	1564.87	1733.14
	=====	=====
<b>CHANGE IN CLUB MEMBERS' EQUITY</b>	20.85	408.02

**BALANCE SHEET**

As at September 30, 2002

	<u>2001-02</u>	<u>2000-01</u>
<b>ASSETS</b>		
Cash in Hand		65.85
Cash in Bank	1505.21	570.85
Prepaid refreshments	<u>40.00</u>	_____
	1545.21	636.70
	=====	=====
<b>LIABILITIES</b>		
Unrecorded receipts		8.34
Membership fees 02/03	140.00	
Funds held (Social)	756.00	
Club Members' Equity	<u>649.21</u>	<u>636.70</u>
	1545.21	636.70
	=====	=====

**EXPENSE BUDGET FOR 2002 - 2003**

**REVENUE**

Memberships	1750.00	
Loonie Bin	<u>420.00</u>	
		2170.00

**EXPENSES**

Probus Central		
- fees	156.25	
- insurance	156.25	
PPBC - meeting room	600.00	
Refreshments	200.00	
Communications	350.00	
Gifts for Guest Spkrs	200.00	
Bank Charges	12.00	
Miscellaneous Expenses	<u>250.00</u>	
		1924.50
		=====
<b>OPERATING RESERVE</b>		<b>\$245.50</b>

The budget is the best estimate of revenue and expenses available to us at the start of the year. There will be some variations. For example, if the membership rises we will have more revenue and more reserves. The opposite is also true.

**Guest List - September**

In September we welcomed as guests:

- Jacqueline Neatby
- Cathy & Ed Borza
- George Toller.

We hope they enjoyed their Probus experience and that we will see them again soon.

**New Members**

Lois Hope and George & Ruth Toller have joined our club. If you see them at a meeting, please make sure that they are properly welcomed.

**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.**

## Executive 2002- 2003

<b>President</b>	John Kruithof	739-1335
<b>Vice-President</b>	Joyce Wright	731-8521
<b>Pres-Emeritus</b>	Russ Hammond	826-2743
<b>Past President</b>	Jim Kingston	733-3463
<b>Secretary</b>	Ken Kitching	230-5591
<b>Treasurer</b>	Graham Gibb	828-1923

### Program:

Coordinator	Rochi Anderson	745-5517
	Rod Macleod	733-5853

### Communications (Newsletter)

Editor	John C Wright	731-8521
Research	Allen Taylor*	827-3067

\* also Historian/Photographer

### Special Events:

Coordinator	John E Wright*	731-3186
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\* John has agreed to continue pro tem.

<b>Membership</b>	Paul Stumes	731-0941
	Yolande Tremblay	824-3799
	Aggie Simpson	731-4821

<b>Hospitality</b>	Allan Mac Lellan	260-0828
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### Sunshine Coordinators:

Bayne and Jeanne Pearen	236-5653
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### Rotary Liaison: (Rotary Club of Ottawa)

Dan Kelley	247-0868
Eva Hammond	826-2743

<b>Advisory:</b>	John E Wright	731-3186
	Peter Souter	860-6460
	Russ Hammond	826-2743

### Telephoning Committee

Coordinator	Dorothy MacIntosh	731-9590
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### Telephone Committee Members

Nora Berry	232-2923
Joan Monette	749-9587
Shirley McNicol	241-3440
Elizabeth Haggerty	733-8757
Dorothy Hubbard	733-6103
Peggy Kitching	230-5591
Bob Haughton	521-2286
Marge Larson	731-4488
Allen Taylor	827-3067
Peter McKnight	830-8805
Roy Dohoo	731-1886

Don't feel left out! Even if you are not on the list, there is always room for another helper or try your hand at writing up one of the talks.

## The Princess & The Pirate

Robert Knuckle introduced his friend and collaborator, Gord Carruth, to us at our July meeting so, when we heard that a musical by Gord was being produced at Centrepointe, we dispatched our theatre critic immediately.

With 27 songs, the music is almost continuous. The spoken word moves the action along as well as providing explanations and some of the humour - the rest comes from the lyrics and some outrageous overacting by the pirate and the purple fairy. With a trio of Irish fairies, a pirate and a princess on stage there is a need for a little explanation now and again.

The action takes place in the 17th century on board a pirate ship, at the village of Carbonear (Carbonear commissioned the work) and in a tavern in St Johns. One superb piece of scenery is the ship's bridge which when rolled around becomes a village house and then opens up first into the tavern and later opens differently to show the interior of the house. The cast does the scene shifting while the excellent orchestra plays an intermezzo.

The four leads, Jennifer Fontaine as the Princess, Maureen Speer as the Princess at 103, Jim Baldwin as the pirate and Bryan Jesmer as the Princess' fisherman husband were all in good voice and well supported by a cast of over 40, half of whom, including a dozen children, were under 20. Several of the singers would be know to regulars at Orpheus or Savoy Society productions.

All in all an enjoyable evening of light entertainment. We are looking forward to GOYA's (Giving Opportunities to Young Artists) next production, Robert Knuckle's farce *The Love Nest* at Centrepointe next April - more on that in our February edition.

JCW

## Finding Us

Our meetings are held at :

Pleasant Park Baptist Church  
414 Pleasant Park Road  
Ottawa ON K1H 5N1

The church is a long block and a few metres east of Alta Vista. We meet on the 4th Wednesday of every month (except December - this year the 11th) at 10 am. Come a little earlier for coffee, timbits and chat. Allan Mac Lellan, the Pastor, is a Probus member and will be pleased to tell you about the church and its services.