



The Probe

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Graham Sibthorpe, our March speaker, described, using slides, how he built a cedar-canvas canoe as a late, but surprise, wedding present for his son and daughter-in-law.

Graham had noted in his résumé having "a passion for the outdoors - hiking, skiing, snow-shoeing and canoeing," and that "He has owned, repaired and restored a number of canoes..." Through these canoeing activities he had come to know Hugh Stewart, long-time proprietor of Headwaters, a small canoe-building business at his home in LaPeche, on chemin du Pic-a-Bois (Woodpecker Road) which is just west of Wakefield, Quebec, and close to Route 366 West. (The phone number for both Hugh Stewart and Headwaters is 819-459-3731.)

When the Chestnut Canoe Company of Fredericton, New Brunswick - the last of the big commercial canoe-builders - was closing in 1979, after 75 years in business*, it offered to sell several of its moulds to Hugh Stewart's Headwaters plant. *One* of the three

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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.

Be SMART

"Stretch, *Move*, Add it up (do an hour a day), *Reduce* strain, *Trust* your physiotherapist", was Sue Raven's basic message at our February meeting. A show of hands at the start of her talk revealed that physiotherapy is something familiar to at least half of our members, but there were some surprises at the order of the top 7 joints. Most guessed lower back and shoulder as 1 and 2 but then opinions started to diverge. The order is: neck (posture, whiplash), knee (strain, arthritis), elbow (tennis, golf, typing), hip and foot (plantar fasciitis) & ankle.



Sue Raven thinking about one of the questions from members.

A physiotherapist is a health care professional licensed by the College of Physicians. Qualification requires a 4 year university course leading to a BSc. Masters courses are available (6 years) and many now go on to a PhD. A comparatively new addition to the range of treatments is acupuncture - new in its acceptance in the West. Sue regards it as a great profession. Apart from the satisfaction of helping people, there are often opportunities to travel - especially if involved with sports teams. There are many specialties - intensive care, cardiology, re-hab, neurology, orthopedics, women's health, balance, ergonomics and occupational health.

When Sue graduated, 1971, there were many post-polio patients. Today there are very few. Computers are causing problems to hands, neck, shoulders and elbows and there are always several computer affected (afflicted?) people under treatment at her clinic. The Baby Boomers are reaching the age where they will be calling on the service of a physiotherapist more often

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moulds Hugh Stewart acquired from the Chestnut Company was the 16-foot Prospector model, long-favoured by such prominent canoeists as Pierre Elliott Trudeau and the Ottawa film-maker, etc. Bill Mason.



Graham Sibthorp getting down to brass tacks with Jack Harvey

Graham arranged to start his project in the Headwaters shop, with Hugh Stewart helping him, during the Christmas holiday period in 2004, while the shop was not operating. Most of the in-shop work was done at that time, leaving the canoe to be finished in Graham's backyard "workshop" the following spring.

When it came time to deliver the completed canoe to the newly-weds' home in Toronto, first Graham had Hugh Stewart carve their initials on each of two paddle-blades. Then, with the connivance of some neighbours, the couple, who married late in 2004, were enticed out of their new home long enough for their parents and the neighbours to remove furniture from the living-room, replacing it with the surprise wedding present of the canoe and paddles.

Graham's wife, Leslie, told some of us after the meeting just how successful a surprise the wedding gift canoe had been: The couple were expecting that their late, surprise gift would be a dog!

* Irish immigrant Robert Chestnut and his wife settled in Fredericton in 1834, and in 1858 they opened a hardware store, which, from time to time, sold canoes. The company was continued by their sons. On 28 February 1905, Robert Chestnut and Sons was granted a patent for the cedar-canvas canoe-building technique, and the same year the Chestnut Canoe Company began building cedar-canvas canoes.

Allen Taylor

Sweet April showers do spring May flowers

Thomas Tusser c 1524 - 1580

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and they will bring with them the problems of a lifetime where automobiles, TV and sedentary occupations are the norm.

One thing that surprised many in the audience is that, as practitioners, there is no need for a referral from a GP, and patients can 'walk in'. In some cases they may be referred back to the GP. The first stage of a course of treatment is an evaluation assessment. The physiotherapist will listen (subjective input) and then observe (objective input).

Exercise is an important aspect of treatment and there is a range of equipment available - weights, exercise balls (not as easy as they look) and elastic bands - Therabands are the modern replacement for bicycle inner tubes. As in most of life's aspects, electronics have made changes to physiotherapy. Ultrasound is one such tool. There is a difference between ultrasound used to show babies in the womb, and using ultrasound to treat physical problems. The ultrasound wand is rubbed over the affected area and its minute vibrations penetrate to the core of the problem. EMS - Electronic Muscle Stimulator - was demonstrated neatly on Sue's assistant. Nicole had two electrodes attached to the upper part of her forearm and when the current was turned on, the muscle contracted and raised her hand. When it was turned off, the hand dropped. TENS - Transcutaneous Electrical Nerve Stimulator - provides an electrical current through the skin.

One of the questions was on exercising on an airplane. "Wiggle your feet, do straight-leg raises, knees up, rotate shoulders, move the head to either side. If possible, get up and move around, lean back."

Sue was introduced by George Toller and thanked by Audrey Reekie, a physiotherapist.

Spring Luncheon

The Spring Luncheon will be at the Orchard View Reception and Conference Centre, on the outskirts of Manotick. The date clashes with our regular club meeting - May 24th - and anyone going after our meeting would miss the social hour.

If you wish to go and have not yet made a reservation, please contact Ada McEwan, John Wright or John Kruihof by May 5th. The cost is \$29.00

The March Flyer has a map. Turn south off Mitch Owens Drive about half way between Bank Street and River Road, onto Manotick Station Road. The Orchard View Reception and Conference Centre is well signposted.

Answer Question 53 on the 2006 Census, May 16, 2006 with a bold "YES"

May 16 2006 is the date of the next census of Canada. Every household in the country will receive a census form for completion and return. The 2006 Census has one addition that has not been present in previous surveys - Canadians are being asked, for the first time, to give their permission for the release of their personal data ninety-two years after the Census. The release after 92 years has been in effect since 1871 and was re-affirmed by legislation in 2005 with the addition that permission to release personal data must be obtained at the time of the census. If the question is not answered with a 'Yes' or a 'No', a blank response is considered to be negative.

You can reserve your place in the study of Canadian history - family, local, social, political - by marking 'Yes' to Question 53 in the 2006 Census. This is the question which seeks your permission to release personal census data after 92 years. The Census is a valuable, almost indispensable source of factual information on Canadians. Make sure that your descendants will have access to your 2006 data by answering Question 53 in the affirmative. A blank or a 'No' response will make it more difficult for them to trace their family tree when they look back into the dim and distant past which we regard as modern times.

Question 53 reads as follows:

The following question is for all persons who usually live here including those less than 15 years old. If you are answering on behalf of other people, please consult each person.

The Statistics Act guarantees the confidentiality of your census information,. Only if you mark "YES" to this question will your personal information be made public, 92 years after the 2006 census. If you mark "NO" or leave the answer blank, your personal information will never be made publicly available.

Does this person agree to make his/her 2006 census information available for public release in 2098 (92 years after the census)?

Yes No

Gordon Taylor.

April brings the sweet spring showers
Down and down for hours and hours

Flanders and Swan

This Day in History

April 26th is the birthday of Fanny Blankers-Koen (1918) and Emma Lyon (1761). Fanny is immediately recognized as one of the world's greatest athletes, winning 4 gold medals in the 1948 Olympics. Emma has to have her married name to be widely recognized. She married Sir William Hamilton after being his mistress for some time and, as Emma Hamilton, she became Lord Nelson's mistress and bore him a daughter, Horatia.

On the male side of the ledger, two painters share this date. John James Audubon (1780), a naturalist and painter of wild birds, and Ferdinand Delacroix (1798) who eschewed neo-classicism and led the romantic revolt.

A footnote goes to John Wilkes Booth, Lincoln's assassin, who was shot on April 26th, 1865.

May 24, Dr. André Côté

We are not quite sure of the title of Dr. Côté's talk, it is somewhere between *Happiness in Retirement* and *Taking Advantage of Retirement*. What we do know is that he is an expert in making the most of what we used to think of as our 'Golden Years' (until they caught up with us).

Dr. Côté is a past Professor at Ottawa U where he did studies on psychological planning for retirement. He has also been a consultant for the Federal Government on Air Traffic Controllers and has given talks on investing.

June 28th, Ottawa Police Service Seniors' Protection Program

This is a pilot project in the Alta Vista area which makes it of immediate interest to many of our members and, if it is successful, of long term interest to all. The Police have not yet named the speaker but have promised us someone who is knowledgeable in this project and in Community Policing initiatives in general.

Arts & Crafts

It's time to show off our handiwork again. We will hold a 'vernissage' for our painters and a craft show for our handicraft workers. The show will follow our July meeting at which our featured speaker will be an expert on antiques and paintings.

Entry forms (needed to help plan a layout) will be available at the May meeting.

Two Treasure(r)s

Ed Borza has agreed to take on the duties of Treasurer and has joined the Management Committee. He was welcomed by the members of the committee, particularly Graham Gibb.

The President, Jean Lupton, reiterated her, and our, appreciation for Graham's work as reported in the February *Probe*.

Poetry Corner

In case last week's spell of warm weather was, in fact, our Summer ration we commemorate it with a poem of summer in the garden - a lovely notion of relaxation, warmth and beauty! This poem speaks to our peace of mind, and of the first garden of all.

God's Garden

Dorothy Frances Blomfield Gurney (1858-1932)

THE Lord God planted a garden
In the first white days of the world,
And He set there an angel warden
In a garment of light enfurled.

So near to the peace of Heaven,
That the hawk might nest with the wren,
For there in the cool of the even
God walked with the first of men.

And I dream that these garden-closes
With their shade and their sun-flecked sod
And their lilies and bowers of roses,
Were laid by the hand of God.

The kiss of the sun for pardon,
The song of the birds for mirth,--
One is nearer God's heart in a garden
Than anywhere else on earth.

For He broke it for us in a garden
Under the olive-trees
Where the angel of strength was the warden
And the soul of the world found ease.

Dorothy Frances Blomfield was born at Finsbury Circus, London, October 4, 1858. She married Gerald Gurney in 1897. Her husband was originally an Anglican priest, but they both joined the Roman Catholic church in 1919.

Mrs. Gurney was also a composer of hymn lyrics, most memorably "O Perfect Love".

Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date:

William Shakespeare, Sonnet XVIII

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.

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

Gobbledegook

There is a modern sub-species of Gobbledegook. Neil Kinnock, erstwhile leading British politician, and one of the European Union's Commissioners, quickly became expert in the use of "Brussels Spout", a language developed for communication between European bureaucrats, and characterized by waffle disguised as obfuscation.

Here is an example of "Kinnock Spout".

"... In order to enhance the visibility and understanding of EU action, and the complementarity and consistency between the various community policies affecting human resources, evaluation will be improved and rendered more systematic."

The End

We usually try to end *The Probe* on something of a high note, but today we go to the other extreme with a pair of epitaphs. The first is for Charles II:

Here lies our mutton-eating king,
Whose word no man relies on;
Who never said a foolish thing,
Nor ever did a wise one.

The second has a very curious last line:

Sacred to the Memory of
Captain Anthony Wedgewood
Accidentally shot by His Gamekeeper
Whilst out shooting
'Well done thou good and faithful servant'

Both were taken from *Awful Ends*, the British Museum Book of Epitaphs, collected by David M. Wilson.