



The Probe

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Sponsored by the Rotary Club of Ottawa

June 2006 #32

Spring Luncheon

Warm, bright sunshine and a gentle breeze carrying the pleasant music of the Manotick Brass Ensemble across the lawn of the *Orchard View Centre* provided the delightful setting for the 2006 Spring Luncheon of Probus Clubs of Eastern Ontario hosted by the **Rideau Valley Chapter** on May 24, Queen Victoria's Birthday. Over 200 members from at least 12 chapters were present and it was clear that connections were being renewed as people circulated, met and chatted during the reception prior to the being seated for the luncheon.

As people entered the dining area, they were entertained by an accordionist, **E.I.O. George**, who moved among the people and whose playing was reminiscent of what might have been heard in a Parisian café. Following our welcome, visiting clubs were acknowledged, all joined in singing O Canada!, the Selkirk Grace was asked and the luncheon was then served.

And a fine meal it was! Cream of leek and potato soup was followed by your choice of either herb crusted fillet of Atlantic salmon or roast prime rib of Alberta beef au jus with complimenting vegetables. New York Cheesecake and tea or coffee rounded out a thoroughly delicious meal that was made even more interesting by a strolling violinist, **Lloyd Larson**, who some may know and who circulated among the tables.

After our meal, **Spruce Riordon**, introduced **Patricia de St. Croix** who spoke on "The Best is Yet to Be (or to Come)" which she dedicated to grandparents. She then told three stories.

1. Basketball development has moved forward with the adoption of a Fair Play Code that applies to players, coaches and spectators:

- enjoy the sport, have fun and cheer for your team and for good play by your team as well as your opponents.
- Verbal or physical abuse of players or officials will not be tolerated.

If you can't follow these simple rules, you'll be asked to leave whether you're a player or a spectator. With the rules posted, more and more people are observing them.

2. The following was noticed in an airport waiting area. A small play table meant for children was present which had a grid of holes into which could be inserted coloured, flexible rods on which coloured beads could be placed. Two white children started to play on either side of the table inserting rods, bending them, adding beads and finally inserting the free end into a hole. Beads could be moved along the rods from one side of the table to the other.

Soon, two black children approached and stood quietly watching. Without saying anything, one child moved to make space for a newcomer and soon there were four children playing. The first two children left and were soon replaced by two different ones and all continued playing. The rod and bead patterns became more intricate as the children expressed their creativity.

The point? By encouraging one another, regardless of who you are, fine results may be achieved.

3. The speaker was sent to a Canadian Olympic Association meeting in Montreal some years ago as one of only two females present. In Turin this year, the Olympic flag was carried in by eight women, four of them athletes and four prominent non-athletes. What progress!

The final entertainment continued the musical pattern with a concert of show tunes, spirituals and other favorites by the very fine 40 member Ottawa Carleton Male Choir. The choir is to tour Holland and the Czech Republic later this summer and is sure to be a hit!

Peter Ide, President, closed the gathering, but not before announcing that the **Kanata Chapter** has accepted to host the 2007 Spring Luncheon. See you there!

Ed Borza

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.

Dr. Andre Côté

Our guest speaker on May 24, Dr. Andre Côté, is professor emeritus of psychology at the University of Ottawa. For many years he has specialized in the psychology of retirement and that, of course, was the subject of his instructive and entertaining talk.

Since retiring from the university, Dr. Côté has been giving talks on this subject in the federal public service, retirement seminars, retirement residences, and the like. Being very much "at home" at the podium, he was a delight to listen to.

One might have thought that a talk on retirement was coming too late for our group of (mainly) retirees. Dr. Côté at first felt that way himself, but he then went on to say that obviously we were doing the right thing by keeping ourselves active and involved with others. Aided by his flip charts, on one of which he drew a bell curve to represent a person's potential for achievement in life, he stressed the importance of keeping one's mind engaged and challenged. It is of vital importance, he urged, to interact with others as long as one is physically (and mentally) able to do so.

Ruth and Allen Taylor

July 26th - Ross Wilson

Ross will be talking from his extensive knowledge of arms and militaria including decorations, uniforms and accoutrements, particular those of the 18th and 19th century. His specialities include British and Canadian medals, swords, antique and modern firearms, but his knowledge is not just confined to militaria. Ross has provided appraisal services to individuals and institutions, including the Canadiana Fund, Canadian Museum of Civilisation and the Canadian War Museum. He is a Fellow of the Company of Military Historians, a member of the Orders & Medals Research Society and the Naval Historical Collectors & Research Association.

You may have seen him as the Arms and Militaria expert on the 'Canadian Antiques Roadshow'.

Guests - March

We were joined by several guests in March who came to enjoy Graham Sibthorpe's talk on canoes.

Anne Pritchard	Lesley Sibthorpe
B. Roy	Ted Thexton
Joe Parchelo	

We hope they will come back to hear more of our fine speakers.

You can prevent falls...

... by having a safe home and lifestyle!

Our speakers today were talking about safety and security for seniors. Here are some ideas from Health Canada and Veterans Affairs on physical safety in your home. Remember, most falls occur at home — especially in the kitchen, on the stairs and in the bathroom.

Kitchen

- Eliminate throw rugs
- Have everything within reach so that you don't need to climb; if you must climb, use a stable step stool with a safety rail.
- Wipe up any spills immediately to prevent slipping.

Stairs

- Have handrails on both sides of the stairs.
- Make sure stairs are properly lit.
- Don't put things on the stairs.

Bathroom

- Install grab bars and non-slip mats in the tub and shower.
- Use a non-skid bath mat.
- Install a night-light in the hallway and bathroom.
- Wipe up moisture or spills immediately.

Living Room

- Leave generous space to move safely around furniture.
- Make sure electrical cords are out of the way.

Entryway

- Have a small bench in your entryway to help you put on and remove your boots.

The Golden Rule

Our by-laws say that membership dues are due on January 1st each year and that we should remove anyone who has not paid by now from our membership roll. While we have not yet gone so far as to dis-member anybody, if you think there is even a slight possibility that you are one of the 15% who may have forgotten, please check with Paul Stumes.

St Potamiaena's Day

Apart from being St. Potamiaena's Day, June 28th has seen its share of history. In 1838 it was the day of Queen Victoria's coronation. In 1914 on this day Archduke Ferdinand of Austria was assassinated in Sarajevo, precipitating World War I. The Treaty of Versailles, ending the war, was signed on June 28th, 1919. Notable birthdays include Peter Paul Rubens (1577), Jean-Jacques Rousseau (1712) and Luigi Pirandello (1867).

Probe Us - Gabriel Lam

Gabriel Lam is the newly appointed Pastor at Pleasant Park Baptist Church. He introduced himself at one of our Management Committee meetings and we took the opportunity to chat with him.

Probe: Our Club has enjoyed excellent relations with the Church so we are pleased to add our welcome. Can you tell us a little about yourself?

GL: I was born in Hong Kong and moved to Canada with my family in 1976 when I was 15. My parents were looking for a better life.

Probe: Whereabouts did you settle.

GL: Locally! I went to Canterbury High School and then Carleton University where I graduated with a Bachelor's in Economics in 1988.

Probe: When did you become interested in the Ministry?

GL: In 1992 but more seriously in 1997. I took a Master of Divinity Course at Providence College and Seminary, in 2004.

Probe: Providence College?

GL: Yes. It is in the town of Otterburne about 50km south of Winnipeg. It used to be called Winnipeg Bible College and had its premises in the city, but moved and changed its name in the 1970's.

Probe: Is it a Baptist college?

GL: There are several denominations represented. Baptist, Mennonite, Pentecostal and Evangelical Free make up the majority. Not only did I get my degree there but that is where I met my wife who is also from Hong Kong.

Probe: In the 2 years between graduation and your appointment here at Pleasant Park did you have another church?

GL: I was an Associate Pastor in Winnipeg but I decided to move back to Ottawa to be with my mother after dad died.

Probe: Your predecessor, Allan Mac Lellan, told us that he applied for this Church in response to an advertisement in a Baptist newspaper. Did you follow the same path?

GL: Exactly. It was just a fortunate coincidence that a church close to home was looking for a minister. I applied and after a trial period, was accepted. My formal inauguration was on June 11th and now I am looking forward to a fruitful relationship with the congregation and the wider community - of which Probus is a part.

Probe: Just a final question. What are your hobbies or interests?

GL: I would have to say, reading and cycling. If I could I would cycle everywhere.

Probe: Thank you very much. Please come and visit our club at our regular meetings whenever you have time, and carry our best wishes into your Ministry.

GL: Thank you.

President's Notes



June marks the official beginning of summer and is the "unofficial" halfway mark in my year as your President. For me it has been six months of close involvement with the Club and its activities, which I have found a very rewarding experience.

I have served on the Management Committee for quite a while now- first as Co-ordinator of Special Events for two years, combining that last year with the Vice-Presidency. Our Club is fortunate to have an enthusiastic group of members serving as the Management Committee and it is a pleasure to work with them. The Committee meets regularly once a month throughout the year to deal with the business of the Club and to plan our activities, and I enjoy the congenial atmosphere of our meetings.

I appreciate very much the support I have received from the Management Committee and from you - the members of the Club. I thank you all and I look forward to serving you through the remainder of my term.

Jean Lupton

Fulsome???

A Liberal pundit on *Mike Duffy Live* a couple of weeks ago was talking about the upcoming Winnipeg leadership debate and said that she expected a fulsome debate. Roget's Thesaurus associates *fulsome* with *base*, *flattering*, *malodorous*, *obscene*, and *offensive*. Under *flattering*, it is linked with *oily-tongued*, *slimy*, *smarmy*, and *obsequious*. Webster's defines it as*offensive from excess of praise*, *gross*, ... and *disgusting*. The Oxford Dictionary associates a lot of nasty words with fulsome: *rank* ... *odious*, *obscene*, and *loathsome*. Of language, style, behaviour, etc.: *Offensive to good taste*.

Fulsome is one of many words which sloppy modern usage is starting to divorce from its original meaning. However, Probus speakers may not thank us for heaping fulsome praise upon them.

“Each Morning Bright”

Doug Fischer, a senior editor at the *Ottawa Citizen*, used his book *Each Morning Bright* to take us through the history of the *Citizen* and at the same time gave us a look at Ottawa and Canada over the past 160 years.

The *Citizen* started as *The Packet* which was described by its founder as “devoted to Politics, Trade, Agriculture, and the dissemination of Moral Instruction and Useful Information amongst the people”. It was a weekly newspaper, published every Saturday, corner of Rideau and William Streets, Bytown, Canada West. The original owner/publisher/editor was one William Harris whose trials (literally) and tribulations were an integral part of the newspapers formative years.

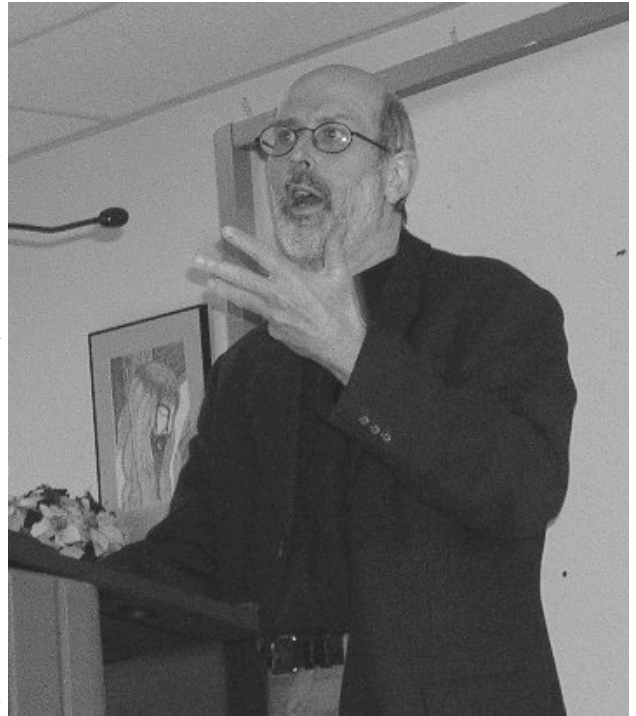
Harris wanted to take on the establishment and was not averse to a leavening of slander in his words. Despite his use of pen names, this caught up with him and he went on trial and was jailed.

Doug took us from those early, hectic days through the development of the city and of the newspaper to its current format. From the sparing use of engravings, via black and white photographs to the full colour illustrations and advertisements which are now commonplace; from typesetting by hand - one letter at a time - via ‘linotype’ and hot metal to today’s computer typesetting; from local news supplemented by national and international news delivered by mail (the telephone was not invented until 1876) to instant electronic access to information worldwide.

One of the consequences of the move to the current location in the west end was the loss at some time during the transfer of much of the archived photo collection. About 100,000 photographs went missing, either by careless handling or a decision by person or persons unknown to throw them out. Such is the power of the press that an appeal resulted in over 5000 messages and offers of copies.

Questions took us into editorial policy and freedom of the press, a description of how items are selected for publication and what prominence they will be given, and how letters are selected.

The View from Ottawa, 1845 - 2005, “Each Morning Bright” - 160 years of Selected Readings was edited by Doug Fischer and Ralph Willsey. Copies are available at the Ottawa Public Library or from the Ottawa Citizen.



July 26th - Indoor Picnic

Continuing what we can now claim to be a ‘Tradition’, we will have our Annual Indoor Picnic on July 26th immediately following our speaker, Ross Wilson.

We will have the picnic catered, so all you have to do is sit back, relax and enjoy the food and the company.

July 26th - Arts and Crafts

It is two years since we held our last arts and crafts exposition. Knowing that our members are busy people we are quite sure that the intervening years will bring forth a whole new range of examples of our handiwork.

Please let Ada McEwan (613-731-9545) or Jean Lupton (613-521-1705) know by July 12th what you will be displaying.

The Probus Club of Ottawa/Alta Vista

... was founded in September 1999. It is sponsored by the Rotary Club of Ottawa. **Eva Hammond** and **Dan Kelley** are our liaison to our sponsors. In the nearly 7 years of operation we have had over 200 members, some of whom have moved on, but most are still active. Our audiences range from 60 to 90 depending (mainly) on weather conditions.

We meet at Pleasant Park Baptist Church, 414 Pleasant Park Road (a long block and a half east of Alta Vista Drive) on the 4th Wednesday of every month. Our meetings start at 10 am but most members arrive between 9:30 and 10 for chat, coffee, cookies and Timbits.

Guests and new members are always welcome.