



Merry Christmas!
... and a Happy New Year



Newsletter of the PROBUS Club of Ottawa Alta Vista

The Probe

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Sponsored by the Rotary Club of Ottawa

December 2006, #35

A New Year and ...

... a new Management Committee, elected at our November meeting. They are:

Ed Borza	Claude Hannan
Ada McEwan	Dorothy MacIntosh
Wib Neal	Bayne Pearen
Audrey Reekie	Paul Stumes
Allen Taylor	Gordon Taylor
George Toller	John C Wright

Ed Borza is the Treasurer, Allen Taylor (Secretary) will act as Vice-president until the Committee elects a President and Vice-president.

In addition there are four ex-officio members:

Jean Lupton (Past-president)
Russ Hammond (President Emeritus)
Eva Hammond (Rotary Liaison)
Dan Kelley (Rotary Liaison)

Jim Kingston, Tony Goldsmith, John E Wright, Morley Craig and Jim Rader have agreed to work with the Committee on specific tasks.

Congratulations and thanks to all for taking on the work of management of the Club.

Your opportunity

One of the thoughts behind Probus is that it is a co-operative venture and that every member should, at some time, share in the (easy) work of running the Club.

If you would like to 'dip a toe into the water', why not join one of the committees - Membership, Program, Hospitality or Communications? You will be most welcome. Talk to any of the Management Committee.

Another Great Year!

Congratulations to our Program Committee, **John Kruthof** and **Tony Goldsmith**, led by **George Toller**, on an excellent roster of speakers.

January - **Dr. Mahmoud El-Saeed**, Egyptian Ambassador - The Complexities of Middle East Affairs

February - **Sue Raven** - Physiotherapy for comfort, function and mobility

March - **Graham Sibthorpe** - Building a canoe

April - **Doug Fischer** - Each Morning Bright - selections from 100 years of the Ottawa Citizen

May - **Dr. André Côté** - Happiness in Retirement

June - **Const. Len Vaz** - Ottawa Police Service Seniors' Protection Program

July - **Ross Wilson** - Canadian Antiques Roadshow

August - **Erik Spicer** - The Library of Parliament

September - **Meredith Brown** - Ottawa's Riverkeeper

October - **Bill Cosway** - "The Forgotten War"

November - **Dr. Ruth McPherson** - Research at the Ottawa Heart Institute

December - **Christmas Party**



Since the Club was established in 1999 we have had 72 speakers on 71 occasions (in December, 1999, the topic was *Maritime Christmas Traditions* with two speakers, **Rev. Joe Burke** and **Rev. Allan Mac Lellan**). We have been taken from a gold mine in the Yukon to outer space and from ancient coinage to up-to-the-minute information technology. What's next?

"The Forgotten War"

Continuing our customary pre-Remembrance Day military theme, on October 25 we heard a very inspiring talk on the extreme hardships of our men and Allies fighting in South-East Asia and the Far East during World War II. For 50 years Japan had planned to create its own empire, to offset the western European countries' expanding empires.

Bob Houghton introduced **Bill Cosway**, a friend and colleague from Bell. Bill had interrupted his Bell career on April 9th, 1942, his 18th birthday, to enlist in the RCAF.

After training in Canada as a navigator, Bill's skill was put to the test when he had to find, in succession, Bermuda, the Azores, Rabat, Tripoli, Cairo, Shaibah (Iraq) and, their destination, Karachi.

Flying newly developed B-24 Liberators, Bill endured the constant extreme hardship of flying through monsoons, hurricanes and dangerous dead reckoning conditions. Frequent bombing runs were delayed, amid the carnage of rugged mountain terrain and increasing defensive tactics of the enemy. We were able to 'follow along' on a handout map as he described some of the missions.

With very little news of the Allies' changing positions available, this theatre of the War was never given the same attention as European warfare. Destroying the Japanese lifeline supply routes, bridges and railways through the jungle far below, was a never-ending task.

Bill was the painter of "Earthquake McGoon", named after a character in Al Capp's *Li'l Abner*. McGoon himself is ahead of the lettering but does not show up in the photograph. The 14 white dots are bomblets and represent 14 missions. The maximum number of missions in a 'tour' was set at 30. Bill flew 38.

Jack Harvey, another Bell colleague who helped edit Bill's book, thanked Bill for this rare insight into the conditions of 60 years ago, and for reminding us about *The Forgotten War*.

GT & JCW



The crew of B24 "Earthquake McGoon". Bill is the one with the halo. This is regarded as odd.

President's Report to the Annual General Meeting November 22, 2006

2006 has been another successful year for our Club, with membership remaining steady. During the year we have been pleased to welcome several new members and our total membership now stands at 157.

Throughout the year we have enjoyed excellent speakers on a wide range of topics. The time and effort the Program Committee has put into drawing up the schedule of speakers is much appreciated and it is good to see so many of you coming to our meetings to hear the various presentations.

Also good to see is the growing popularity of the coffee time segment of our meetings. It's a great opportunity to meet and chat with our fellow members while enjoying a cup of coffee or tea prepared by the Hospitality Committee.

In the spring our former Treasurer, **Graham Gibb** stepped down after several years in office. Graham kept the Club's financial books meticulously and his work over the years was very much appreciated. Following Graham's retirement, the Management Committee was very pleased to welcome **Ed Borza** when he agreed to take on the duties of Treasurer.

In July we celebrated summer with our annual indoor picnic, with an additional attraction this year - our members' arts and crafts show. And, to close out our Club's year we shall be holding our Christmas Party on December 13. The Special Events Committee is planning a festive program to welcome the Christmas season.

In conclusion, I would like to express my sincere appreciation to the Management Committee, the Club's officers and the sub-committees for all their work and support throughout the year. Their efforts provide the overall administration of the Club's affairs, programs, membership, special events, hospitality, communications and publications, telephone calling, member contacts, and more. Special thanks to all of them and thank you - our members - for your support and attendance.

Jean Lupton

Guests - October

Dorothy Whyte
Vic McNamara
Eva Cray
Gavin Currie

We hope to see them again - soon.

The Heart of the Matter

In November we were privileged to hear from **Dr. Ruth McPherson** on Genetic Risk Factors for Coronary Heart Disease. Dr. McPherson is a Fellow of the Royal College of Physicians and Surgeons of Canada and a professor in the Department of Medicine at the University of Ottawa. She received a PhD in Nutritional Biochemistry from the University of London (UK) before completing medical studies at the University of Toronto, graduating Magna Cum Laude in 1984.

Lifestyle can decrease risk factors to a degree, but at some point a person's genetic make up will predominate. One table she showed was:

Plasma Lipids	Lifestyle	Genetic
HDL	++	++
LDL	+	+++
High triglycerides	++	+

From this she indicated that of the major risk factors, some are non-modifiable (age, being male, ethnicity); some are modifiable (diet, exercise, cigarettes) and some have a large genetic component but are partially modifiable (cholesterol profile, diabetes, obesity, hypertension). Society as a whole is taking some steps in the right direction. Whereas 'dripping' - the rendered fat from meat - used to be used for frying, now, more vegetable oils are being used. The emphasis on avoidance of trans-fats has percolated through to the fast food industry. Cigarette smoking by adult males has dropped dramatically from a post-war high of about 70% to 20% today. All these positive factors will help but unless (or until) the genetic component can be tackled, they are only part of the solution.

One disturbing statistic is that 15% of women and 20% of men who have heart attacks show no risk factors. This may mean that there are other factors in play. The Ottawa Hospital genomic study, which will genotype 14,000 people, is identifying novel genetic variants associated with early coronary heart disease.

Twins are always of interest in medical and sociological studies. The sobering message for a surviving sibling is that premature cardiac death of an identical twin confers an eightfold increase in risk for males and a fifteenfold increase for females. For fraternal twins, the increase is twofold.

In responding to questions, Dr. McPherson commented that statins (e.g. Lipitor) are the safest drug we have available. Diet can reduce cholesterol by 20%, but if you are already on a good diet, improving it may not

make much difference. Aspirin can reduce risk, but not for people with high blood pressure. Thirty minutes of moderate exercise a day (exercise bike, treadmill, etc.) can be beneficial. One or two drinks a day reduces risk but, on the other hand, alcohol can increase cholesterol.

Ed Borza introduced Dr. McPherson and **Jim Kingston** thanked her on our behalf. Jim asked for a show of hands which indicated 7 members of the audience had been to Dr. McPherson at the Heart Institute.

(Editor's note. We do not usually print a disclaimer, but in this case, if you are thinking of making a lifestyle change based on anything in this article, consult your physician first.)

University of Ottawa Heart Institute

Are you over 70 and have never had a heart attack, angioplasty or bypass and you are not on an anti-anginal medication (e.g. nitroglycerin)?



Were you under 55 when you had a heart attack, angioplasty or bypass and you are not diabetic?

Then the Heart Institute would love your help!

You can help specialists find out why some people have a healthy heart while others have heart disease.

YOU WILL GET a free cholesterol screening, a copy of your lab results, a free breakfast and paid transportation or parking.

ALL YOU HAVE TO DO is answer a questionnaire, give a blood sample and have your height, weight and blood pressure measured. It only takes 15 minutes!

Please contact **Heather Doelle** to sign up or for more information:

613-761-4769

heather@heartstudy.ca

www.heartstudy.ca

Help beat heart disease!

How to find us

We meet on the 4th Wednesday of each month except December (2nd Wednesday) in the Hall of Pleasant Park Baptist Church, 414 Pleasant Park Road in Alta Vista.

Our meetings start at 10 but members start arriving soon after 9:30 for coffee and chat. Try it - you'll like it!

Margaret Smith

We are sad to record the passing of Margaret Smith in her 91st year. Neither Margaret nor Cliff have enjoyed good health recently and we have not seen them at Probus for several months. A memorial service will be held at the Church of St Thomas the Apostle, 2345 Alta Vista Drive, on Wednesday, December 13th at 2pm.

New Members

November saw the biggest influx of new members in five years!

Beverley Bolton
Cecil & Elizabeth de Bretigny
Kenneth & Fran Dye
Robert & Pamela Kearney
Hope Ross-Papezik
Paul & Laureen Silke

In our first month, September 1999, there were 23 members, in January 2001, 12 joined, and in November 2001, 14.

Looking over those old lists, most of the names are still on our rolls. In welcoming these new members we hope that they will still be enjoying Probus 5, 6, 7 or more years from now.

A "Thank you, Jean" lunch

As a way of saying "Thank you" to our soon to be "Past-president", we have invited Jean and John Lupton to lunch at Capone's on February 28th - immediately following our regular meeting.

Please join us! Tickets (about \$30) will be on sale at our January meeting and available by phone (613-731-8521, John or Joyce Wright) until February 22nd.

January 24th - Charlotte Gray

The Passions and Inventions of Alexander Graham Bell is the title of our speaker's new book. At 25, Bell set up a School of Vocal Physiology in Boston, "For the correction of stammering and other defects of utterance and for practical instruction in visible speech." He went on to work with the deaf, marrying Mabel Hubbard who was deaf from the age of 5 (scarlet fever). The physiology of speech led him into experiments on generating sounds mechanically and then electrically. Out of this, almost accidentally, came his invention of the telephone. Ms Gray will give us some insights into his extraordinary genius.

February 28th - Spruce Reardon

Chile Reception (Poetry Corner)

During a visit to Chile in October to take part in the launching of the English-Speaking Union of Chile (2 receptions, 5 lunches, 2 universities, a high school, a visit to the Ministry of Education, 5 museums, a piano recital, a dinner and 4 vineyards), Joyce and I visited the home/museum of **Pablo Neruda (1904-1973)**, Chile's Nobel Prize-winning poet. I find his poetry difficult - perhaps because it is in translation - but here is Number 10 from *Twenty Love Poems and a Song of Despair* (1924).

We have lost even this twilight.
 No one saw us this evening hand in hand
 while the blue night dropped on the world.

I have seen from my window
 the fiesta of sunset in the distant mountain tops.

Sometimes a piece of sun
 burned like a coin in my hand.

I remembered you with my soul clenched
 in that sadness of mine that you know.

Where were you then?

Who else was there?

Saying what?

Why will the whole of love come on me suddenly
 when I am sad and feel you are far away?

The book fell that always closed at twilight
 and my blue sweater rolled like a hurt dog at my feet.

Always, always you recede through the evenings
 toward the twilight erasing statues.

If you saw the French/Italian film *Il Postino* (The Postman, 1994) which tells the story of the relationship between the exiled Neruda and the simple man who delivers his mail, you will have a good picture of Neruda. A look at his entry in the web encyclopedia (http://en.wikipedia.org/wiki/Pablo_Neruda) will tell you that he lived a full life - from diplomat to revolutionary.

John C Wright

