



The Probe

Est. September 1999

Sponsored by the Rotary Club of Ottawa

August 2014, #81

Nordic Pole Walking



Our presentation on June 25th was a more vigorous undertaking than usual. Although Mother Nature was a bit stingy with fine weather, we still managed to have a very excellent demonstration of Nordic Pole Walking.

We started inside as Irene Richardson and her two assistants, first explained the mechanics of the undertaking and its many health advantages. Then, equipped with poles we moved outside to practice what we had learned.

Nordic Pole Walking has developed into a wonderful all-in-one exercise that not only develops good physical and muscular conditioning but it is also a safe and effective form of exercise for everyone, regardless of age or fitness level. It is proving to be a fun, social, safe, and a very efficient way to exercise. "Once people understand the benefits of NPWalking and how easy it is to NPWalk they are hooked for life!"

Irene Richardson is a Certified Master Nordic Pole Walking Instructor. She offers NPWalking clinics and walks to groups in the Wakefield, Gatineau and Ottawa area. As an Ottawa Regional Cancer Wellness Coach and certified Kino Quebec ViActive Instructor Irene understands the importance of wellness and fitness to help ensure we live a healthy and happy life. If you can walk, you can NPWalk!!

Irene@NPWalking.com or 613-850-8502 N

Advantages and Benefits of NPWalking

- Burns up to 46 more calories than regular walking!
- Increases cardiovascular training up to 22.
- Incorporates 90 of all body muscles.
- Helps to eliminate back, shoulder, and neck pain.
- Up to 30 less impact on hip and knee joints.
- Increases oxygen respiration by 25 or more.
- Supports stress management.
- Develops upright body posture.
- Increases energy level
- Enhances mental well being.
- Promotes relaxation and better sleep.
- Helps manage body weight, reduce body fat and tone muscles.
- Increases bone density to help prevent osteoporosis.
- Helps increase flexibility and co-ordination.
- Reduces high cholesterol and lowers the risk of high blood pressure, cancer of the colon, diabetes, heart disease, stroke and osteoarthritis.



A #troll in the Park(ing lot)

The church bell tolls the knell of luncheon time,
The Nordic Pole Walkers wind slowly o'er the lea,
As homeward do they plod their weary way,
And leave the parking lot to autos and to me.

Nothing should be read into the fact that three of the four stragglers are members of the Management Committee. Please see the note on page 4 about needing new blood.

In-house

Elvis, bees, Alfred Nobel, aircraft design and new tricks made up a mixed bag of in-house talks at our July meeting.

Collingwood Elvis Festival

Judy Foreman started us off with a description of the Collingwood Elvis Festival. Collingwood is on the southern edge of Georgian Bay, about a 2-hour drive from Toronto. The town is a centre for winter sports and the Council wanted to bring in more tourists in the summer. The Elvis Festival was an idea which caught on. Started in 1994, it is now a 4 day Elvis extravaganza with street



and theatre performances, a classic car parade (each with one or two Elvises), Elvis movies and other events.

Judy illustrated her talk with about 100 photographs, many of which were of the different Elvises - Elvises of all ages (and sizes) with the common factors of a spangled suit (\$2,000 to \$5,000 plus \$1,500 to \$2,000 for a cape) and the Elvis hair style.

The 2014 Festival started the day of our meeting. Judy and Derry were on their way soon after the talk.

The Buzz

Morley Craig started with a sombre but topical note - the death of a Montreal-area Mayor who trod on a wasp nest and was stung so severely and so many times that it proved fatal. The stings of the various members of the bee/wasp/hornet family are quite different. Some are a straight jab and the sting stays attached to the insect ready for re-use. Some are barbed and stay in the victim's flesh and some of those even have a sac of poison which keeps pumping after the attacker has left.

Best to give them all a wide berth - unless you are into bee-keeping.

“Alfred Nobel and his Prizes” ...

... was Allen Taylor's theme. He gave a brief résumé of Nobel's life (born in Sweden, 1833, died in Italy, 1896) and inventions (355 patents including dynamite, gelignite and an almost smokeless gunpowder called

'ballistite'). Moving on to the prizes, Allen provided the wording of Nobel's will. “The whole of my remaining estate shall be dealt with in the following way: The capital shall be invested by my executors in safe securities and shall constitute a fund, the



interest on which shall be annually distributed in the form of prizes to those who, during the preceding year, shall have conferred the greatest benefit on mankind. The said interest shall be divided into five equal parts, which shall be apportioned as follows: one part to the person who shall have made the most important discovery or invention within the field of physics; one part to the person who shall have made the most important chemical discovery or improvement; one part to the person who shall have made the most important discovery within the domain of physiology or medicine; one part to the person who shall have produced in the field of literature the most outstanding work of an idealistic tendency; and one part to the person who shall have done the most or the best work for fraternity among nations, for the abolition or reduction of standing armies and for the holding and promotion of peace congresses.”

Aircraft Design

Keith Taylor brought 50 years of experience in aircraft design and a 2-inch thick book of requirements. The book is produced annually by the Federal Aviation Administration (U.S) and is the 'bible' for aircraft designers. There are some 1,400 requirements which is why design from concept to flight can take several years.

Keith alternated between putting us off flying forever (you're sitting inside a bomb, 5 or 6 miles up in the air, travelling at 600 mph) and reassuring us that flight is safe (fuselage is stressed to twice the highest pressure; although the wings are constantly flexing, metal fatigue testing ensures that they will not fall off; a plane can take off with one engine). He quoted the case of the Boeing 737 which was designed for 20 years and some are still flying at 50 - their problem is high fuel consumption.

New Tricks

Lenore Porter was predictably unpredictable. Her first pieces of advice were, “Never wear shorts with 'Budweiser' across the back.” and “Fellas, no spandex swim suits.” and “The best value for a pregnancy test is at Dollarama” and “Get a Brazilian.” (Everyone took note, although the last one was met with some puzzled

looks.)

Lenore spends 2 hours a week with immigrants and finds it a warming experience to use a few words of their language. She handed out sheets with a few phrases in Arabic.

Hello -asalam alaykum

How are you? - Kayef al Hala?

I am fine. - Ana behire, al hamdou lee lah.

Where are you from? - Min anya anta (masculine) or Min anya anti (feminine)

What is your name? - Ma ismuka (m)? or Ma ismuki (f)?

My name is ... - Ismee ...

Goodbye - Ma assalama How much? - Be kam

I like - oo hee boo Coffee - caw wah

Thank you very much - Shookran jazilan

Photographs of shorts with "Budweiser" across the seat and the male model in a spandex swim suit, did not pass the editorial board.

* **Picnic** *
* Our thanks to Marie-Neige and her Staff *
* for arranging our picnic following the talks. *

Happy 15th Birthday to Us

Our first meeting was in September 1999. The speaker was Frank Fesco on "History learned through coin collecting." Eva Hammond and Dan Kelley are the only members who were at that first meeting and are still regular attendees.

In case you had forgotten

The opening verse of Gray's Elegy is:
The curfew tolls the knell of parting day,
The lowing herd winds slowly o'er the lea,
The ploughman homeward plods his weary way,
And leaves the world to darkness and to me.

Membership Fees

Being a fairly relaxed organization, we can accommodate potential new members as guests for August and September and ask them to join in October when we open the books for 2015 memberships.

Spring Fling 2014



Awakened Tuesday, May 27 to another beautiful spring day, and to enjoy a drive through the countryside to the **Orchard View Wedding and Conference Centre** for Ottawa-Rideau Valley's *Spring Fling 2014!* A pair of Canada geese and several goslings were awaiting us! Marie-Neige and I have attended these events every year since 2004 when Cornwall organized the first one, and in fact did it again in 2010! This year we had 29 attending from our club, and in all there were about 300 from Eastern Ontario Probus Clubs. All out-of-towners were greeted as special guests and the tables were arranged so that there were two Rideau Valley members with the guests at each one. There was time for coffee and a chat before lunch so that we could meet some old friends and meet some new ones too.

At the luncheon we were welcomed by their club president, Peter Kolassa, and after singing the National Anthem and saying grace we sat down to enjoy a sumptuous repast (can understand why it's a popular choice for wedding receptions!). After a toast to the Queen we were treated to some remarks on Ottawa developments by Mayor Jim Watson. This was followed by greetings from Maureen Irving, president of Probus Centre Canada, and Harold Miller, director for Ontario District #1. Then, a guitarist tried to teach us the Probus Song (bet you didn't know such a song existed, but you can find it on the Probus Canada webpage.) Next came the draws for prizes, and then finally the entertainment! This year it was Ian Farthing, the artistic director of the St. Lawrence Shakespeare Festival at the outdoor theatre in Prescott. He talked about stage productions and sang, beautifully, by way of illustration. It would seem that this club enjoys attending theater productions, and he was well received! Next year, the Probus Club of Leeds and Grenville will be the host some time in May 2015. Plan on going!

All-in-all, it was a very enjoyable day!

Bob Atchison

Management Committee - 2015

At our November Club meeting we will be looking for some new members for the Management Committee. We hesitate to describe it as “looking for fresh blood” but Probus is an “of the members, by the members, for the members” organization, so everyone should take a role for a while.

The first requirement is for a Vice-president (normally considered President-elect for the following year). If you have any interest in a particular job, but want a closer look, join the Committee and back-up the incumbent. Don't feel that you are pushing somebody out - they are trying hard to pull you in!

The Management Committee meets on the 2nd Wednesday of each month (except August and December) for about an hour.

Interested? Talk to **Robin Rousham** or **Lynne Bond** or anyone you see doing something for the club.

New Tricks (TV)

Lenore finished by quoting the song from the TVO series “New Tricks”

It's alright, it's OK,
Doesn't really matter if you're old and grey
It's alright I say, it's OK
Listen to what I say!

It's alright, doing fine,
Doesn't really matter if the sun don't shine,
It's alright I say, it's OK
We're getting to the end of the day!

Hi tech, low tech, take your pick
'Cause you can't teach an old dog a brand new trick
There's a place that I can find
A drink or two to ease my mind

It's alright, take your time,
Ev'rybody thinks that you're past your prime.
It's alright, it's OK.
Still got plenty to say.

Perhaps we should adopt it as the Probus Song?

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-centered.

September 24th - Jim Bruce “The State of the Great Lakes”

Jim Bruce served on several Boards of the International Joint Commission and for eight years as an Assistant Deputy Minister at Environment Canada. From 1986-89, he was Director of Technical Cooperation and Acting Deputy Secretary-General of the World Meteorological Organization. He assisted in the establishment of the Nobel prize-winning Intergovernmental Panel on Climate Change.

Jim was also, for a long time, a resident of Alta Vista. Interest in his talk is keen as he is exceptionally equipped to up-date us on change in the weather patterns and water quality of the Great Lakes and our local environment.

October 22nd - “The Great War”

Presentations at our October meetings are customarily reserved for subjects related to the Remembrance Day that follows them. At this October meeting, clearly, the subject of greatest interest and importance is “The Great War” that began 100 years ago.

We looked for someone who could give us a view which differs from those presented in the media. At press time we had not been able to confirm the speaker.

As well as the keynote speaker we would like members to share family memories and stories. Please contact Patt Macpherson or Robin Rousham if you have a story to tell.

World Views - Fall 2014

Free Monthly Photo Evenings

*** PLEASE NOTE NEW LOCATION ***

*** St. Paul's Presbyterian Church ***

* 971 Woodroffe Avenue (just north of Queensway) *

Saturday, Sept. 20 - Armenia, Georgia & Azerbaijan
3 scenic, historic & culturally fascinating former Soviet Republics - Presented by Alex Bissett

Saturday, Oct. 18 - Exploring the Mediterranean by Land and Sea - Presented by Carol Hart

Saturday, Nov. 15 - Newfoundland (what more is there to say) - Presented by Mark Dhavernas

For more information call Sholto Cole at 613-721-3367

<http://worldviewsphotography.ca>

Our thanks to **John Kruithof** for this update.