



The Probe

Est. September 1999

Sponsored by the Rotary Club of Ottawa

February 2015, #84

15 and Counting

The first meeting of our Club was in September 1999 and our Charter was issued by Probus Centre Canada on January 25th, 2000. We are Club #101. The latest Club, Probus Club of Toronto, chartered in January 2015, is #236.

Harold Miller, our Ontario District #1 Director, drove in from Lansdowne to present **Lynne Bond** with our club's 15 year certificate.



To mark the occasion, Lynne then presented an "I survived 15 years of Probus" certificate to each of our members who joined in 1999 or 2000, and are still members.

These are:

Dan Kelley, September 1999
Phyllis Kingston, September 1999
Eva Hammond, 1 September 1999
Lucy Petraroja, January 2000
Alan & Norah Joyce, January 2000
Dorothy Hubbard, January 2000
Bob Haughton, January 2000
Dan & Elizabeth Haggerty, February 2000
Alex & Dealtry Meldrum, February 2000
Bruce & Marion Dodd, May 2000
Hazel Fraser, May 2000
Jean & Al Saldanha, May 2000
Joyce & John Wright, June 2000
John & Kawsar Kruithof, September 2000
Peggy Kitching, October 2000
Dorothy Mackintosh, October 2000

Our 15-year certificate is on the web site on the "15 Years" page.

Party Time

In a departure from anything we have had or done at past Christmas parties, we were entertained by *The Madrigals*. This group of ladies, including our own **Eva Hammond**, are members of the Canadian Federation of University Women (Ottawa). Their Christmas program is usually presented at retirement homes, so we were especially favoured. **Patricia Bays** directed the group and, at times, the Probus Club of Alta-Vista Chorus, **Leila Metcalf** providing the piano accompaniment.

Our thanks to the Board of Gloucester Presbyterian for allowing us to use the sanctuary for our carol singing, and to **Pastor Denise Allen-Macartney** for her reading at the start of the concert.

The ladies then joined us in the main hall for a selection of Christmas goodies set out by **Marie-Neige Atchison** and her willing band of helpers.

Management Committee

Those busy folks running around at our meetings are probably on the Management Committee. They are:

Lynne Bond - President
Robin Rousham - Past-president
Allan Porter - Treasurer
Bonnie Barber - Secretary
Marie-Neige Atchison - 'Sunshine' & Special Events
Patt Macpherson - Program
Barbara Wilson - Telephone Tree
Elizabeth Gluckstal - Hospitality
John Wright - Editor & AV
Wib Neale - Membership
Bob Atchison - Membership & AV

Talk to any of them if you have ideas, speaker contacts or suggestions.

Stem Cells - Dr Michael Rudniki

“Beware the hype, but the hope is real”, was the message Dr. Rudniki left with us. His talk was in two parts, “What stem cells are and what they do”, and, “Applications”.

The term ‘embryonic stem cell’ is familiar although the media has characterized it in many ways from ‘hope’ to ‘anathema’. Basically a stem cell will divide indefinitely producing copies of itself. An embryonic stem cell can not only provide copies of itself but also other cells needed to form a human being. The blastocyst (pre-embryo) at about 5 days after fertilization has 100 to 150 stem cells. These divide into brain, blood and skin cells and eventually into the over 200 cell types in the body.

Human embryonic stem cells (hESC) provide an endless source and have been involved in clinical trials, but there are concerns about safety and tissue rejection as well as the ethics of using human embryos.

The alternative is induced pluripotent stem cells (iPSC). These are provided by the patient so rejection is not an issue. The cells are harvested, usually from bone marrow, and allow the effect on a disease to be studied in a petri dish. These are, in effect, personalized stem cells which can be used for regenerative medicine. Dr. Rudniki regards iPSC as the wave of the future! There are current clinical trials to offset macular degeneration. The process, in simple terms, is to harvest, isolate, expand, differentiate in vitro and transplant. The immediate potential is for spinal cord injuries and diabetes.

Stem cell delivered gene therapy is another avenue of exploration. Using iPSC, a gene is inserted which modifies the stem cell. After expansion, as the cell divides, the modified stem cells are transplanted. The target here is blood vessel regeneration for lungs and heart.

Work is also being done on stimulating existing stem cells within the body. The potential is for brain and cardiac repair.

There is an hypothesis that most cancer therapies (chemo, radiation) target the non-tumorigenic cells and not the actual cancer cells. Cancer stem cells are a Canadian discovery now being used in the attempt to identify new drugs and more effective treatments.

Dr Rudniki ended on a very positive note, “Stem cell research will lead to new ways of understanding and treating disease.”

The talk prompted many questions.

Q. Patents?

A. Some work is protected for licensing purposes.

Q. Centres of SC research?

A. US, Japan and Europe as well as Canada.

Q. Funding?

A. Federal funds are available and controlled through a regulatory framework. Experiments must get approval which includes ethics tests. This gets the research away from the ‘killing babies’ myth.

Q. Sources of cells for experimentation?

A. Some from biopsies, some from donated organs. For testing on animals, animal sources are used.

Q. Your area of research?

A. Duchenne’s muscular dystrophy. This is a developmental program of muscle stem cells using satellite cells in muscle growth and regeneration.

Q. Goals?

A. “Our vision is to establish Ottawa internationally as one of the premier sites for regenerative medical research and hold clinical trials within five years.”

Q. Affordability?

A. Accessibility is a concern. Keeping someone healthy and working is worth significantly more than the cost.

The recent reports on the effect of stem cell treatment on Gordie Howe added timely interest to Dr. Rudniki’s talk.

Dr. Michael Rudniki, O.C., Ph. D., F.R.S.C., is a Senior Scientist and Director in the Regenerative Medicine Program at the Ottawa Hospital Research Institute (OHRI).

OHRI was formed on the heels of amalgamation and employs 100 scientists and 200 Clinical Investigators with a \$100 million annual budget.

Dr. Rudniki studied biology at the University of Ottawa, did post-doctoral work at MIT and, after 9 years in research was ‘wooned’ by OHRI.

Dues 2015

Please check the sign-in sheet and make sure it says “Paid 15” against your name. If not, Wib or Bob will be pleased to take your dues.

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.

Spring Fling - 2015

Tuesday, May 12th is the date to mark in your calendar for the 2015 Spring Fling. This year the Fling will be flung by the Probus Club of North Grenville in historic Kemptville.

There will be a selection of main dishes plus dessert and coffee. The St Michaels High School Band will be on hand and the "Main Stage" entertainment will be by "Lost for Words" and Ellen Daly.

Details on our web site on the "Spring Fling" page.

July 22nd - In-house

Patt Macpherson has had a good response so far but is still looking for one or two more speakers for July.

It's your chance to tell us what you know about ... well, the field is wide open.

Winter Bus-iness

Martin Wickham (1942 - 2012)

The freezing sting of winter wind
The glare from crystal snow;
Two tears are forming in my eyes
My feet refuse to go.
The slippery sheet spreads out ahead
My bus is on its way;
Breathe in, step out, but not too fast -
Small steps will win the day.
Broad bands of sunlight cross the path
My confidence is growing;
The blood is pumping faster now
And, yes, my cheeks are glowing.

The gruesome way is now traversed,
A silent group is met;
Like sentries at some palace gate
We stiffly pace the set.
A pair of children skitter by
On feet that seem to skate,
Twin plumes of laughter fill the air:
Who cares if they are late?
Where is that transport of delight?
Ah, here it is at last!
A mobile cloak of cheerful warmth
That shields the winter's blast.

Like many Ottawans (Ottawarians? Ottawegians?), Martin relied on OC Transpo for his daily commute. He was a lover of poetry and occasional poet (he would say 'poetaster'). This was written in 1994, probably on a morning like the ones we have been experiencing lately.

Probus Finances in 2014

The Probus Club of Ottawa - Alta Vista continued in good shape financially. At the end of 2014 the club's financial assets were \$1,658 compared with \$2,094 for 2013 indicating a decrease of about \$500.

Our income comes only from annual memberships and a bit from donations for refreshments. Memberships now cost \$20 for a single and \$30 for a family but for 2016 may have to be raised to \$25 for single and \$40 for family unless our membership increases instead of falling.

	2014	2013
Opening Balance	2,093	3,115
Receipts		
Memberships		
-Current Year	700	810
-Following Year	830	1010
Loonie Bin	471	469
Spring Fling	1,015	840
Other	0	13
Total Receipts	3,016	3,142

Expenditures

Probus Centre Fees	250	283
Pins and Name Badges	150	324
G'ster Presbyterian Church	1,000	1,000
Communications	21	59
Office Supplies + Eqpt.	3	---
Meeting Refreshments	321	279
Bank Charges	57	56
Speaker Gifts	---	190
Sunshine Committee	---	
Membership Committee	---	
Indoor Picnic	455	636
Christmas Entertainment	181	338
Christmas Donation	---	100
Other	11	61
Spring Fling	1,015	840
Total Expenditures	3,455	4,163

Closing Balance **1,634** **2,093**

(Totals may be off by \$1 due to rounding)

Allan Porter

Treasurer

April 22nd, Doreen Reidel - *Henry Lawson and the 'St Roch'*

Doreen Reidel's father, Superintendent Henry Lawson (1899 - 1964), RCMP, as skipper of the RCMP vessel "St. Roch", made historic transits of the North West Passage in the early 1940s. Doreen's talk will focus on the epic voyage in 1944 when her father sailed, in wartime conditions, from Halifax through the North West Passage to Vancouver, in 86 days.

The voyages of Henry Larsen more than seventy years ago reinforced Canada's case for sovereignty in the north. And now seems to be an appropriate time to revisit them as our interest in the North West Passage has rekindled by the discovery (by Parks Canada divers five months ago) of HMS "Erebus" a British vessel that was trapped by winter and lost in 1846 while attempting to find the elusive Passage.

What's on the Web

Our web site has 10 pages. The 'Home' page shows the next two speakers and directions to Gloucester Presbyterian. Next is the Management Committee and a Roll of Honour listing all the past Presidents. After that is a list of speakers going right back to Frank Fesco talking about "History through Coin Collecting" at our first meeting. The "Joining" page gives access to a membership applications (get your friends to use this - we need more members).

Next following is the "Newsletters" page which gives access to every issue of *The Probe*. The first issue was April, 2001. Jim Rader, the President for 2000/01, said, "We need a newsletter", and it came to pass.

Next is a very dull page consisting of the Constitution and the By-laws, followed by time-tables for bus service to Pike and Lorry Greenberg.

Our 15-year certificate shows up on the 8th page with a picture of Parliament Hill (for no good reason) which updates every time you go to the page. Then a Spring Fling page and finally some links to other sites, including Adobe's free reader which you need to look at the newsletters.

The "Home" page is updated most frequently so that the next two speakers are featured.

If you are recruiting, the site is a useful way of letting potential members get to know a little about Probus and our Club.

Now, if somebody understands Facebook and Twitter, we could go there.

March 25th, Judith Brown - *Black Stories*

Telling "history" that you never learned in school. Stories of slavery which according to Dr. Afua Cooper, a Jamaican born Canadian historian, "were locked away in the National closet."

There is more to the slave story than "the Underground Railroad!"

Stories of Blacks that are relatively unknown.

Stories that reveal that Blacks were in Canada at the same time as the French and British.

Stories of Black Loyalists who worked side by side with other cultural groups to build this great country.

Probus Calling

This notice in the January Flyer was 50% successful. In other words, one more caller would round out the roster. If you would like to act as a *locum tenens*, filling in for a month now and then when one of the team takes a vacation, that would be very welcome.

From January: "We need one or two more callers to remind our members of the upcoming meeting. If you would like to join the ranks of our callers, please contact Barbara Wilson at a meeting or at barbarawilson142@yahoo.ca or by phone at 613-837-2377.

Our callers find this a congenial way of getting to know their contacts and keeping in touch."

World Views - Winter 2015 Program Free Monthly Photo Evenings

St Paul's Presbyterian Church

971 Woodroffe Avenue (just north of Queensway)

Programs begin at 7:30 p.m. - All welcome

Saturday, Mar. 21 - "Exploring Bulgaria"; Simon Gardiner & "Meandering through coastal New England"; Dan Jones

Saturday, Apr. 26 - "Iceland"; Jamie Johnson

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

<http://worldviewsphotography.ca>

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

Evidence has been found that William Tell and his family were avid bowlers. Unfortunately, all the Swiss League records were destroyed in a fire, ...and so we'll never know for whom the Tells bowled.