



The Probe

Est. September 1999

Sponsored by the Rotary Club of Ottawa

February 2016, #90



This year for our Christmas Party we engaged a trio that we had heard at this year's Spring Fling in Kemptville – "Lost For Words" – with Pippa Hall on vocals, mountain dulcimer, and fiddle; John Henderson on vocals, guitar, and clawhammer banjo; and Bruce Barton on vocals, guitar, mandolin, octave mandolin, and tenor banjo.

Of course they didn't have all these instruments with them for our party but they did give us a good eclectic sampling plus vocals and even some energetic Appalachian clogging by Pippa, along with some toe-tapping Irish/Celtic, Appalachian, and Québécois tunes ranging from traditional folk and gospel to modern topical songs.

We were encouraged to sing along on a couple of songs – which were actually more like "rounds" – but in spite of being unfamiliar to us, most of the audience seemed to enjoy giving them a try.

Finally, everyone joined in to sing a few Christmas Carols before breaking for our pot-luck lunch, and punch – a very merry time, indeed!

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.

Management Committee

Elections and Changes

Keith Walker, elected President at the AGM in November, has asked to be relieved of his duties. **Ute Davis** agreed to take on the role and was appointed by the Management Committee at its February Meeting. Ute will take up her duties in March.

Ute Davis - President

Lynne Bond - Past-president

Hugh Reekie - Acting Vice-president

Allan Porter - Treasurer

Bonnie Barber - Secretary & Hospitality

Marie-Neige Atchison - 'Goodwill' & Special Events

Colin Galigan - Program

Barbara Wilson - Telephone Tree

John Wright - Editor & Audio/Visual

Wib Neal - Membership

Bob Atchison - Membership & AudioVisual

Dolce Little

Keith Walker

Eva Hammond and **Robin Rousham** continue as our Rotary Liaison.

Bonnie Barber would like some help in the kitchen.

Barbara Wilson can always use another telephone caller. Someone willing to act as a 'Locum' would be helpful.

Suggestions for speakers? Talk to **Colin Galigan**.

Keeping Pace

Pacemakers - a topic near to the heart of at least two members - was our January talk. Peter Callinan was introduced by Keith Walker and, after a joint celebration of Australia Day, gave us "Heart 101" followed by pacemakers old and new.

Peter graduated from the University of Melbourne with a degree in Biophysics. His career has been with Boston Scientific where he has built a reputation as an expert in the application of pacemakers.



Used blood from the body arrives at the right atrium, passes to the right ventricle then through the pulmonary system to the left atrium and the freshly oxygenated blood is pumped back into the body from the left ventricle. There is a natural pacemaker in the heart which serves a healthy heart.

A pacemaker may be needed if the natural heart rate slows or does not increase with exercise. In either case the blood flow is insufficient and the heart needs help. A pacemaker gives an electrical impulse to the heart which controls the pulse rate. A pacemaker consists of a battery, an electronic pulse generator and leads to electrodes in the heart.

Peter then diverted into ventricular fibrillation. This is an extremely fast beat which is self-propagating and needs an electrical jolt to get it back to normal. If no aid is available, it is life-threatening. The jolt by an external defibrillator (as seen on TV) is 360 joules of which about 10% gets to the heart. An internal defibrillator can deliver the needed jolt with 40 joules or as low as 10 joules. A decade ago, an internal defibrillator was the size of a cellphone and was usually inserted into the side of the abdomen with leads going through a vein to the heart. Today they are much smaller. Responding to a question from Eric Henry, Peter said that the need for an internal defibrillator is predictable.

About 3,000 per year are installed in Ontario compared with a handful in the whole of Canada in the '80s.

The first question for Peter was on airport security checks. A wand can stop the device from working but although a quick pass is OK, multiple passes can cause problems. Next was 'recharging'. A device will give a warning beep three months before exhaust. Patients are educated on what may cause problems and issued with

Patt MacPherson 1936-2016

Patt joined Probus in 2008 after retiring as President of Corporation House Ltd., Ottawa. His career, mainly with Canadian Industries Ltd. was in textiles and government relations.

In his university days he was a member of the University Naval Training Division, rising to the rank of Sub. Lt. RCN (R). This period engendered an interest in the battleship fleets of WW I and, in retirement, led him to write a book on the Battle of Jutland. He chose the title *Skagerrak* for the sea area where the battle took place on May 31, 1916.

Patt served on the Management Committee in 2014 and provided several unusual speakers after taking on the role of Program Director. Failing health caused his retirement from the Committee in early 2015.

Patt is survived by his wife of 55 years, Phyllis. A Service of Remembrance will be held at the Central Chapel of Hulse, Playfair & McGarry at 2:30 on Saturday, April 23rd.

an emergency folder.

What does a procedure cost in the US? \$100,000 and up! (OHIP looks really good by comparison.)

New approaches? A tiny device that can be slipped into the heart and monitoring by a cellphone held to the chest, with a web connection.



Pacemakers old and new

Dues 2016

Please check the sign-in sheet and make sure it says "Paid 16" against your name. If not, Wib or Bob will be pleased to take your dues. (\$25 for singles, \$40 for family)

July Triple Header

In-house speakers

Our new Program Director, Colin Galigan, wants to make his mark with a memorable set of in-house speakers in July. Contact Colin if you have a 10-minute talk to give. Subject matter is wide open - your choice.

Vernissage - 2016

In 2004 we held our first "Arts & Crafts" show, so it's time for another look what our members have been doing in their spare time.

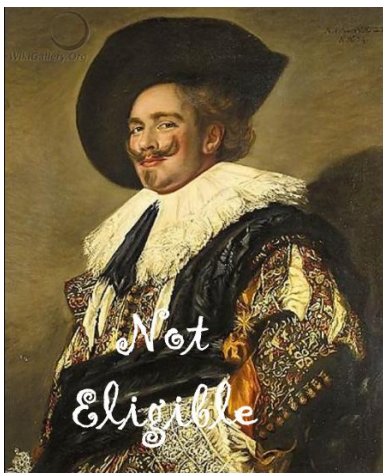
Back then we had paintings, drawings, models, macramé, a coin collection, toys, etc. Please let us see what YOU can do with paintbrush, palette knife, hammer and chisel, carving or turning tools, potter's wheels, needles or

Let **John** or **Joyce Wright** know by the June meeting what you will be exhibiting so that we can arrange tables and wall space. Make sure your work is identified and labelled.

Nothing bigger than 2 m or 100 kg, please.

Indoor Picnic

As usual we will have a catered picnic. If it so happens that your handicraft on display is edible, we will add it to the fare.



Poetry Corner

In the Rio Grand Valley by Juan Olivarez

In the Rio Grande Valley it's winter again,
Cold northerly winds and misty rain.
Grey skies rolling southward fill the sky,
And the sun is hiding, somewhere up high.

What a dreary scene the winter brings,
Bare tree branches and dying things.
We don't like winter too much down here,
But here in the valley spring is always near.
In two or three days it will be eighty again,
The sun will be out, and gone will be the rain.
The wonder of living deep down Texas way,
Is that winter just lasts a couple of days.

(Editor's Note: I wish!)

Probus Finances in 2015

The Probus Club of Ottawa - Alta Vista continued in good shape financially in 2015. At the end of the year total financial assets were \$1912 compared to \$1654 for 2014 and \$2094 for 2013. The number of members declined in 2014 but this has now stabilized at about 100 paid memberships.

Membership fees for 2016 are set modestly higher and some of this increased income has already flowed in during 2015. The fee increase for 2016 was \$20 to \$25 for singles and \$30 to \$40 for family.

This Probus Club can still look forward to continuing with interesting speakers and activities.

	2015	2014
Opening Balance	1,654	2,093
Receipts		
Memberships		
-Current Year	860	700
-Following Year	1,460	830
Refreshments	457	471
Spring Fling	684	1,015
Total Receipts	3,461	3,016
Expenditures		
Probus Centre Fees	248	250
Pins and Name Badges	0	150
Meeting Hall	1,050	1,000
Communications	57	21
Office Supplies + Eqpt.	84	3
Meeting Refreshments	297	321
Bank Charges	48	57
Goodwill Committee	0	0
Membership Committee	0	0
Indoor Picnic	288	455
Christmas Party	375	181
Christmas Donation	50	0
Other	22	11
Spring Fling	684	1,015
Total Expenditures	3,203	3,464
Closing Balance	1,912	1,654

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

Allan Porter - Treasurer

A joule?

A joule is a watt-second, which does not tell you much. If you had Novak Djorkovic, Andy Murray, Milos Raonic and Serena Williams simultaneously serve 4 tennis balls to your chest, that would be about 360 joules. Ouch!

March is *Probus Month*

March was chosen because the first club - Cambridge, Ontario - was certified in March 1987.

We will have a modest celebration to mark the occasion.

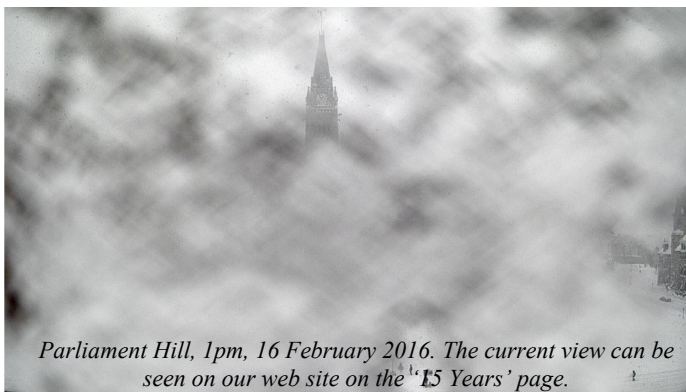
News from PROBUS CANADA

The first item is the name! Probus Centre-Canada has become, simply, Probus Canada.

In the “great minds think alike” category, the St Catherines club calls their newsletter *The Probe*.

There are two new clubs, the Women’s Probus Club of Caledon and the Lighthouse Probus Club in Collingwood. Collingwood is, of course, well known for its annual Elvis Festival.

Probus Canada has developed a Strategic Plan for the development of Probus in Canada. Its Mission Statement is - “To have a PROBUS club in every community where retired and semi-retired people seek to be in the company of each other directed solely towards acquaintance, fellowship, and learning, free from the constraints of politics, religion, fundraising, and competition.”



Parliament Hill, 1pm, 16 February 2016. The current view can be seen on our web site on the ‘15 Years’ page.

www.probusaltavista.ca

As well as the view of Parliament Hill, our web site is a good source of current information. Some of our pages count the number of visits. Apart from the opening page, the most popular at the moment is *What is Probus?*, with a visit about every two days. Visitors to the *Spring Fling* page (one a week) will be disappointed as there is no Spring Fling planned for 2016.

If you are recruiting (Please!) the site is a useful way of letting potential members get to know a little about Probus and our Club. There is a membership application form available from the *Joining* page.

What we need now is someone who understands Facebook and Twitter.

March 23rd - Dr Antoine Hakim

Dr. Hakim is the Emeritus Professor, Neurology at the University of Ottawa and Senior Neurologist at The Ottawa Hospital. Much of his career has been devoted to the study of strokes, their causes and particularly stroke recovery.

Among his many honours is an annual research grant \$100,000 provided by the Heart & Stroke Foundation of Ontario in his name, and the “Antoine Hakim Lecture” – a Keynote Lecture given by an invited speaker at the annual Brain Health Research Day at the University of Ottawa.

Dr. Hakim completed his residency in Neurology at the Montreal Neurological Institute in 1979. After moving to Ottawa in 1992 he has held positions of increasing seniority in the Ottawa Hospital and Ottawa U. As well he was the founding CEO & Scientific Director of the Heart & Stroke Foundation Centre for Stroke Recovery.

April 27th - Margaret Dailey-Plouffe *Canada’s Beloved Gardens*

Margaret is well known in the horticultural community and has led tours to many of Canada’s (and eastern USA’s) most important public and private gardens.

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. 19 – “Medieval & Renaissance Switzerland” - Ed Overstreet.

Saturday, Apr. 23 – “Colourful Morocco” - Barbara Adams.

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

<http://worldviewsphotography.ca>

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

Long Way Round

“Carlisle’s one-way traffic experiment which brought vehicles in the centre of the city to a halt, achieved its object, claimed Mr. L.J.A Stow, the City Surveyor and Engineer.”

Originally reported in a Cumberland newspaper.