



Newsletter of the PROBUS Club of Ottawa Alta Vista

# The Probe

Est. September 1999

Sponsored by the Rotary Club of Ottawa

February 2017, #96

## Management Committee 2017

### PRESIDENT

Hugh Reekie  
h.reekie@ieee.org

### VICE-PRESIDENT

Marie-Neige de C.  
Atchison

### PAST-PRESIDENT

Ute Davis

### A/TREASURER

Robin Rousham

### SECRETARY

Bonnie Barber  
tandbbarber@rogers.com

### PROGRAM

Colin Galigan

### MEMBERSHIP

Bob Atchison  
Wib Neal

### EDITOR & WEB MASTER

John Wright

### GOODWILL & SPECIAL EVENTS

Open

### TELEPHONE

Barbara Wilson

### MEMBER-AT-LARGE

Allan Higdon

### ROTARY LIAISON

Eva Hammond



## *The Madrigals* entertaining us at our Christmas meeting.

Especial thanks to Gloucester Presbyterian for allowing us to use the sanctuary.

Our Christmas party featured a return visit by *The Madrigals*, members of the Canadian Federation of University Women (Ottawa). Their repertoire covers carols old and new from *Good King Wenceslas* to *The Huron Carol*.

The group was led by Elizabeth Dixon with Leila Metcalf providing the piano accompaniment. Elizabeth also led the Alta Vista Probus Choir as we joined in on some of the well known carols.

A carol concert is always an occasion for memories of Christmases past and learning carols by joining in family Christmas Eve celebrations.

## Coming Events

As well as our regular monthly meetings, we can look forward to the **Spring Fling** with the chance to meet Probus members from across Eastern Ontario, and a visit to **Rideau Woodland Ramble**.

**Tuesday, May 9th** is the date to mark for the **Spring Fling**. The host club is Probus Western Ottawa but they have chosen to hold the event in Kemptville, being a more central location. The cost will be \$35 and we will be taking reservations (and food choices) at our March meeting.

On **Wednesday May 31st**, we have arranged a visit to **Rideau Woodland Ramble** near Merrickville (no charge). There will be a talk by Dave Dunn, one of the owners, then time to ramble. The end of May is a good time for planting, so it will be an opportunity to get your garden stock. (Editor's note: We have some of their interesting hosta varieties.) Lunch will be arranged in the area. Directions and maps will be provided at our May 24th meeting.

## January Speakers

Our club was pleased to welcome Sue Kennedy from the Alzheimer Society of Ottawa and Renfrew County to address us on how we can (should?) sustain healthier brains, followed by Caroline Midgley from Seniors on Site (SoS) who provided an outline of what SoS can do to obtain support caregivers for seniors with assisted living in their own homes.

Sue started by listing behavioural indicators of the onset dementia, leading to Alzheimer's in 50 to 70 percent of the time. This is a disease that can affect as much as 25% of seniors between 80 and 85 years old. This shows how important it is that we reduce our risk by taking action for a healthier brain. Sue followed on by providing helpful guidance on what a caregiver can do (and should not do) in helping the dementia sufferer.



*Caroline Midgley - from an interview with Mark Sutcliffe*

Caroline followed, telling us of the carefully scrutinized resources that can be made available to help caregivers cope with their role, including when seeking respite from the never-ending need to provide care and support.

The presentation was made all the more effective and interesting by the 'to and fro' questions and comments from the listening audience.

With so many amongst us having concerns about dementia, whether personally or as a care provider and all that this entails, very useful detailed information is available from each of the two agencies.

Alzheimer Society: [www.alzheimer.ca/ottawa](http://www.alzheimer.ca/ottawa)

Tel: 613.523.4004.

Seniors on Site: [www.sosonsite.com](http://www.sosonsite.com)

Tel: 613.422.7676

## Bob Braham

We had a sidebar to the article on Bob Braham in the December *Probe* which was squeezed out at the last minute.



Bob Braham was the most decorated British Commonwealth fighter pilot of WW II. His medal set (l to r) is: Distinguished Service Order (DSO) (3 times), Distinguished Flying Cross (DFC) (3 times), Air Force Cross, Battle of Britain Medal, France & Germany Medal, WW II Medal, Canadian Forces Decoration (CD), Belgian Order of Leopold and Croix de Guerre.

The medals are on display at the RAF Museum in Hendon and Mike Braham (our November speaker) has a set of miniatures.

Group Captain Braham was born at Holcombe in Somerset on April 6th, 1920. His father, a Methodist minister, was a pilot in the Royal Flying Corps in World War I. *The Manse* in Holcombe, the Braham's family home is now a U.K. Heritage Site in recognition of his Royal Air Force Career.

Bob Braham wrote of his experiences in a book "Scramble" ("Night Fighter" in the US). In the foreword, Air Vice-Marshal Sir Basil Embry wrote, "I have never met anyone to surpass his sheer aggressive fighting spirit and anyone who was more determined to come to grips with the enemy in the air."

Bob Braham died from a brain tumour at the age of 53.

## [www.probusaltavista.ca](http://www.probusaltavista.ca)

Our web site is a good source of current information. We have put a counter on some of our pages to see what is getting attention. Unless there is a problem with the counter, the site is visited about 1,000 times a month.

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 22nd - Louise Profeit-Leblanc "Tse Duna " Master Storyteller

Louise is a Traditional Storyteller from the **Nacho Nyak Dun** First Nation (First Nation of the Big River People) in the Yukon. Many of her stories are about the strength and importance of women within the community and their significant role as first educators of children. Her association with many elders has resulted in her gaining the responsibility and honour of becoming a "Story Keeper".

Louise worked as Coordinator of the Aboriginal Arts Office at the Canada Council for the Arts until her retirement in 2013, a position which allowed her to respond to speaking requests from Aboriginal communities, gatherings and festivals, and to many international venues, including Australia, New Zealand, Wales, Germany, Belize as well as many locations in the US and Canada.

*"These stories are our teachers and inform us of how we can be."*

## April 26th Brock Godfrey The Canadian Anti-fraud Centre

This will be a double-barrelled presentation:

**Mass Marketing Fraud and Cybercrime Awareness:** Mass Marketing Fraud, Identity Theft, Romance and other scams – and how to avoid them. Nearly 80 percent of mass marketing fraud is conducted by organized crime groups.

### Passwords and beyond:

Computer security with an emphasis on passwords - how to create, record, and remember them. Also a look at Anti-Virus software and future advances in security.

## July In-house speakers

**Colin Galigan** already has one speaker lined up for our 'traditional' July '10-minute talks' so there are three or four slots available for YOU!

The field is wide open. Past talks have included personal history (war-time Netherlands), general history (Titanic, Somali Pirates, Aboriginal Schools, Cutting the Panama Canal), travel (Australia, Estonia, Moldova, Antarctic), hobbies (Bee-keeping) and probably the biggest category - miscellaneous.

If you need a little help, we can turn your photographs into a presentation for you.

Contact Colin if you have a story to tell. Everyone has a story (or two) to tell.

## Poetry Corner

Should you ask me, whence these stories?

Whence these legends and traditions,

With the odors of the forest

With the dew and damp of meadows,

With the curling smoke of wigwams,

With the rushing of great rivers,

With their frequent repetitions,

And their wild reverberations

As of thunder in the mountains?

I should answer, I should tell you,

"From the forests and the prairies,

From the great lakes of the Northland,

From the land of the Ojibways,

From the land of the Dacotahs,

From the mountains, moors, and fen-lands

Where the heron, the Shuh-shuh-gah,

Feeds among the reeds and rushes.

I repeat them as I heard them

From the lips of Nawadaha,

The musician, the sweet singer."

Should you ask where Nawadaha

Found these songs so wild and wayward,

Found these legends and traditions,

I should answer, I should tell you,

"In the bird's-nests of the forest,

In the lodges of the beaver,

In the hoof-prints of the bison,

In the eyry of the eagle!"

These are the opening lines from Longfellow's *Song of Hiawatha*. The poem has 22 parts, each with 350 to 400 lines.

We can expect a more authentic view from our March speaker, **Louise Profeit-Leblanc**.

## Coffee

That welcoming cup of coffee is a big part of our pre-speaker social time, but someone has to brew it. We need a brewmaster (brewmistress? brewperson?) to take it on for a few meetings (or forever!). Please talk to Bonnie if you can help out.

The money collected offsets the cost of tea, coffee, cookies and Tim-bits with a little spare. For December we round up to the next \$25 and forward it to a charity.

## **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.**



## A Harsh Winter

The last two months have been hard on some members and their families. We are saddened to record the passing of several current and past members.

**George Toller**  
**June Brown**  
**Daphne Raven**  
**Gwen Terentiuk**

George was our Program co-ordinator for several years, bring us such speakers as Mitchell Sharp, Lloyd Francis and Flora MacDonald.

June was the “behind every good man” presence when Merle ran the membership desk.

Daphne joined in 2006 when her daughter, Sue, gave a talk on physiotherapy.

Gwen and Walter moved from their home to Alta Vista Manor, which was the subject of a “10-minute talk” by Walter in 2013.

Our condolences go to the families.

## Treasurer

**Alan Porter** has asked to be relieved of his duties as Treasurer and **Robin Rousham** has agreed to take on the role until a permanent replacement can be appointed.

We wish Alan a speedy and full return to health.

## March is *Probus* Month

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

We will have a modest celebration to mark the occasion.

## World Views - Winter 2017 Program

Somehow this item appeared in the December *Probe* as “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

Feb. 25 – *Highlights of Scandinavia* by Sholto Cole

Mar. 25 – *Discovering Nature at Mud Lake* by Joel Silverman

Apr. 29 – *Mountains of the World* by Charles Frost

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

<http://worldviewsphotography.ca>

## Our next speaker is ....

Those are the words you hear every month from our dedicated band of telephone callers:

<b>Ada McEwen,</b>	<b>Allen Taylor</b>
<b>Judy Foreman</b>	<b>Gerri Doherty</b>
<b>Lorraine Balderson</b>	<b>Joyce Walker</b>
<b>Cathy Borza</b>	<b>Margery Larsen</b>
<b>Jean Saldanha</b>	

**Barbara Wilson** is the coordinator. She makes sure the callers are primed and fills in if one is away.

## Dues 2017

Please check the sign-in sheet and make sure it says “Paid 17” against your name. If not, Wib or Bob will be pleased to take your dues. (\$25 for singles, \$40 for family)

## Membership Details

While you are at the Membership Desk, please complete one of the Membership Forms. We would like to be sure that our **contact information** is up-to-date, particularly so that we can contact you if there is an urgent matter - such as having to cancel a meeting at short notice.

The section on ‘**Interests**’ is a useful guide for our Program Director when he is looking for speakers.

## Limericking

Entries are flooding in at the rate of almost one a year so you have a good chance of winning. The only rule is that it must be about a Canadian place or person.

A Probean from Alta Vista  
 Tried to Limericize a tongue twister

*The Leith police dismisseth us*

Would likely make a bishop cuss

But *Peter Piper* picked a peck of pickled peppers is  
 hot enough to make your tongue blister

Sort of thing.

## New Clubs

Probus continues to expand. Three new Combined clubs have been chartered recently:

Probus Club of **Shediak Shores**, N.B., #247

Probus Club of **Carrington**, Ontario, #248

Probus Club of **Port Perry**, Ontario, #249

Contact details are on the Probus Canada web site, [www.probus.org](http://www.probus.org) Most clubs welcome visitors, so if you are travelling, look in on one.