



The Probe

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Sponsored by the Rotary Club of Ottawa

June 2019, #110

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Senior Lifestyles - A Better Way



As President of OASIS Senior Supportive Living Inc. in Kingston, Helen Cooper is in a good position to talk about the needs of seniors and a new cost effective and affordable way of seniors living that delays the move to a seniors' residence yet provides community for seniors as they age.

This living model requires a landlord that is willing to have seniors as majority tenants and provide free common meeting facilities for social and dinner gatherings. Residents are self-reliant but enjoy the mutual support of others in the same situation.

As is usual in new endeavours, there are twists and turns along the way. One example was a building between a road and a park. The initial demand was for rooms overlooking the park but with trees blocking the view, the street-view rooms were considered to be better. Why? - Because there was more activity.

OASIS (Ontario Agencies Supporting Individuals with Special Needs) has 194 member agencies in Ontario and provides a range of services including labour relations information, educational seminars and a voice with government. One of the 194 members is Ottawa Rotary Home for which our sponsoring Rotary Club was a major player.

How Many Mayors? In June we asked how many of the 6 Mayors and ex-Mayors we have had as speakers could you name. Helen Cooper was the latest. Marion Dewar was mentioned in the June issue. The other 4 were Jim Watson, Jackie Holzman, Larry O'Brien and Claudette Cain. Club member, Allan Higdon is a wild card as he has made announcements but not yet given a formal talk.

July In-house Speakers

As usual we had an eclectic mix of speakers to entertain and inform us. **Geoff Wormell** started us off with his hobby - *Map Collecting*. **Michael Davis**, ostensibly talking about *Digital Imaging*, ranged from penicillin to sonar. **John Kruthof** expounded on the *Joy of Facebook*. We thought **Lenore Porter's** talk was *Tales of Men's Shirts* but she quickly moved to other topics *(continued overleaf)*

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.

In-house ...

Maps

Atlases (he has 8), country maps, city maps, hotel handouts, old maps, new maps - all form part of **Geoff Wormell's** collection. He started when he was 10 and has been collecting ever since.

Some of his 'must haves' are old atlases showing countries which no longer exist so their land-mass can be compared with today's status. Some countries stay the same but change names (Siam - Thailand) but in many cases national boundaries have shifted or been created. A modern map of the Balkans gives no indication of the Yugoslavian era which was preceded by many shifts from Roman and Greek times. Maps printed in local language can make life tricky for the traveller, especially when the script is not Roman.



The pride of Geoff's collection is a map from the late 1700's showing the fur traders route between the Hudson Bay Company's York Factory (S-W corner of Hudson's Bay) to Cumberland House in Saskatchewan. He found it at The Map House in London, England and paid about \$90.

Geoff's motto - "You can't have too many maps."

Digital Imaging

Michael Davis tended to stray from his announced subject. He opened by pointing out that England is populated by the English but ruled by the Scots (May, Cameron, Blair, Gordon Brown). In the 1930's, London had 6 daily papers. Four of the editors were Scots. Anywhere on Royal Navy ships a shout of "Hey, Jock!" would cause at least two heads to pop up.

Having established Scottish supremacy, Michael then piled on with (Scot) Alexander Fleming's discovery of penicillin. He returned from a weekend in the country to find that a green mould had contaminated some Petri dishes in his lab and were killing some of the bacteria he'd been growing. From here it was a simple segue via Churchill to SONAR (ASDIC in WW II) and its use on people as a diagnostic tool. Two of the best known tools

are Ultra Sound and MRI's which produce digital images and so to the title of the talk.

DI professionals from around the world meet annually in Chicago - the only city which can accommodate 70,000 conferees. The highlight of the conference is a mimic of the Nobel Prize ceremony to recognize significant advances in various aspects of DI.

Facebook

"My name is **John Kruithof** and I'm a Facebook user." John is not alone. There are 2.4 billion active, monthly users - almost a third of the world's population.

John had a 35 year career with Foreign Affairs - mostly living outside Canada which made contact with family members difficult. In retirement he felt the need to reconnect. Facebook has been the answer.

Some people try to collect as many "Friends" (Facebook contacts) as they can. John decided to limit his to 90, 27 family members, 42 ex-colleagues and 21 friends. He posts an item of interest (such as this Probus meeting) and it is available immediately to his 90 Friends. Communication being a two way street, he then looks to see what his Friends have posted.

Facebook is not just for personal items. John is one of 15,000 following the page "Dutch Culture and Traditions" and one of 5,000 following "Cochrane, Ontario - Past and Present", thus keeping up with where he was born and where he grew up.

"Opening a Facebook account is as easy as clicking on an icon. It's free and it's fun."

Life is for the Living

Our resident fashionista, **Lenore Porter**, started by advising men not to let their shirts hang out (see Probe, August 2014 for further fashion advice).

Lenore then moved into ageing and its challenges. Senior spouses have to look after each other at a stage in life when they do not have the strength and energy of a thirty-something. She then conjured up an image of a dear sweet little old lady in flip-flops trying not to look old but taking a risk that good shoes would avoid. She asked some questions: "Why do supermarket cashiers call senior women 'Dear' and men 'Sir'?" "Why are seniors invisible to the young?"

With wit and imagery, Lenore delivered the message, "Keep active." Prepare food and ignore "Skip the dishes"

Colin Galligan was our MC for the day, He wore a shirt designed to hang out.

15 years ago in *The Probe*

Our June 2004 speaker was **Frances Itani**, author of *Deafening*. Her novel recounts the life of a young deaf woman named Crania O'Neill, her grandmother "Mamo" and her husband Jim who leaves for World War I, as a stretcher bearer, two weeks after their marriage. They are then separated for more than three years. By the time of her talk it had been translated and sold in 16 countries. The inspiration came from Frances' deaf grandmother.

2004 was before we started the 'tradition' of having in-house speakers in July. **Dr. John Sigler** held us enthralled with his insights and historical observations on the **Middle East**. He offered no facile solutions but provided a context for us to better judge the turmoil and to see it, not in black and white, but in shades of grey.

Dr. Sigler believes that the #1 problem is the Arab/Israeli conflict and only when that is solved can the #2 problem - Terrorism - be dealt with. There has been no progress in the past 15 years.

Joyce Wright penned her final "President's Notes" before leaving office and finished with, "I will have fond memories of my year as president. My very best wishes to the new executive and to the continuing success of Probus-Alta Vista."

The edition said farewell to Pastor **Allan Mac Lellan** of Pleasant Park Baptist. Allan was very helpful in the early days of our club and was our 4th speaker, talking about "Maritime Christmas Traditions" at the December meeting. He was returning to Nova Scotia - probably to continue those traditions.

There was also an article on the son of member **Rae Finley**. **Gerald** was, and is, a leading baritone. At that time he specialized in the Mozart roles, Guglielmo, Papageno, Masetto and Don Giovanni. More recently he has expanded his repertoire to include Wagent (Amfortas and Hans Sachs), Verdi (Falstaff, for the Canadian Opera Company), Tchaikovsky, Janacek and Saariaho. He has the Order of Canada and in 2017 was awarded the CBE.



Dues 2019

Please check the sign-in sheet and make sure it says "Paid 19" against your name. If not, **Jane** or **Bob** will be pleased to take your money.

Don't leave it too long - when we start asking for 2020 dues it will be a double hit!

Probus Vital Purpose

Every issue carries the *Vital Purpose*. It occurred to the Editorial Board that perhaps *Probe* had not been a shining example, so we offer some points to ponder in the hope that they will stimulate thought and interest, if not participation.

Why would you eat natural foods when so many people die of natural causes?

How important does a person have to be before they are considered "assassinated" instead of just "murdered"?

Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway.

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

Can a hearse carrying a corpse drive in the carpool lane?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

How did the person who made the first clock, know what time it was?

It turns out that the answer to the carpool lane question is "No!" In one US jurisdiction recently the driver was charged.

Summer

Summer's coming to an end
September's waiting 'round the bend
Once warm weather turns to cool
Just in time for starting school

Our version might end: We will dress ourselves in wool

Coming Events

September 25: Bob Paulson Community Policing & RCMP Experience



Robert (Bob) Paulson retired from the RCMP in 2018 with 32 years of service, including six as Commissioner of the Force. In his early career in B.C. he distinguished himself in major crime and organized crime

investigations. Moving to Ottawa in 2005, he became involved in national security, criminal intelligence, contract and aboriginal policing.

As Commissioner, he led the settlement of a class action lawsuit by female employees and provided an historic apology to those impacted by harassment. Bob was a strong advocate for the mental health and wellbeing of RCMP employees.

Currently he is leading Independent Investigations & Review Services Canada Inc.

October 1, Tuesday Probus District #1 Meeting

We will be the host club for the fall meeting of the 11 Probus Clubs in Ontario District #1. Each club will have a delegation of the President and 2 other members with our representative on the Probus Canada Board, Jamie Doolittle, in the Chair.

The event will be at **KS on the Keys**, 1029 Dazé Road, from 9:30 to 1:30. As well as our official delegation, we would like other club members to attend to welcome the out-of-town visitors and to get a look at the inner workings of the Probus organization. The cost is \$25 (including taxes and gratuities) which covers room rental, coffee, juice and muffins at 9:30 and a light lunch at 12:30.

Ed Borza is our Event Manager.

October 23: Derrill Henderson & Mitzi Ross WWII Battle for Hong Kong

While Hong Kong is in the throes of a battle, we have an opportunity to look back at the WW II "Battle for Hong Kong".

Derrill Henderson is the National Secretary, Hong Kong

Veterans Association (HKVA). His father was a POW after the fall of Hong Kong and was so badly treated that he spent two years in hospital after his return home. Derrill worked with his father on pursuing pensions and benefits for returned Far East POWs and later took on the work himself.



November 27: Sue Williams *Ready to Come About*

Sue says, "In 2007-08, not yet retired, without blue water experience, devoid of an adventure-seeking bone in my body, I wound up on a sailboat bound for the North Atlantic with my husband, David." Sue has published an account of the (epic?) journey and will take us along for the ride.

Also November 27 Elections for the 2020 Management Committee

December 11: Christmas party Details later ...

... but the Club will do the catering.

World Views - Fall 2019 Program Free Monthly Photo Evenings

St Paul's Presbyterian Church

971 Woodroffe (just north of the Queensway)

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

Saturday, Sept 28

Paul Dickie... "Images from my life's Journey"

Saturday, Oct 26

Roy John... "Visiting Versatile Japan"

Saturday, Nov 30

Sholto Cole... "The Choral Society visits the Baltics"

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

www.worldviewsphotography.ca

(Information courtesy of **John Kruithof**)