



# The Probe

Est. September 1999

Sponsored by the Rotary Club of Ottawa

October 2019, #112

## Management Committee 2019

### PRESIDENT

Marie-Neige Atchison

### PAST-PRESIDENT

Hugh Reekie

### TREASURER

Bob Edgerton

### SECRETARY

Bonnie Barber

### PROGRAM

Bob Mady

Ute Davis

### MEMBERSHIP

Bob Atchison

Jane Wickham

### HOSPITALITY

Geraldine Dixon,

Shannon Pichette

### EDITOR & WEB SITE

John Wright

### GOODWILL & SPECIAL EVENTS

Marie-Neige Atchison

### TELEPHONE

Barbara Wilson

### PUBLICITY

Geraldine Dixon

Shannon Pichette

### MEMBER-AT-LARGE

Allan Higdon

Colin Galigan

### ROTARY LIAISON

Eva Hammond

## Notice of Annual General Meeting

The Annual General Meeting of the Probus Club of Ottawa/Alta Vista will be held on **Wednesday, November 27th 2019** in the Church Hall of Gloucester Presbyterian Church at 10 am (before the speaker).

The agenda will include:

- Minutes of the 2018 AGM and matters arising from the minutes.

- Treasurer's Report and Financial Business.

- President's Report and Review.

- Report of the Nominating Committee and Election of Officers and Management Committee Members for 2020

- Such other business as may properly be brought before the meeting.

*Bonnie Barber - Secretary*

## Government of the Members, by the Members, for the Members

The Annual General Meeting will elect the Management Committee for 2020.

The Nominating Committee have candidates for :

President: Bonnie Barber

**Vice-president: Open**

**Secretary: Open**

Treasurer: Bob Edgerton

Membership: Bob Atchison & Jane Wickham

Program: Bob Mady & Ute Davis

**Editor: Open**

Hospitality: Geraldine Dixon, Shannon Pichette

Publicity: Geraldine Dixon, Shannon Pichette

Goodwill and Special Events: Marie-Neige Atchison & Geraldine Dixon

Telephone: Barbara Wilson

Members-at-Large: Colin Galigan, John Wright

**All positions are "Open" and to keep the Club 'healthy' the Management Committee should have a significant turnover every year.**

Marie-Neige Atchison becomes Past-president and Eva Hammond continues as Rotary Liaison.

### Open Positions

**Editor:** John has produced the bi-monthly Probes and Flyers since 2001 and would like a break. Having had this role for most of the club's existence, he is our "corporate memory" and is willing to stay on the Management Committee as Member at Large.

**Vice-president:** The Vice-president has always been the President-in-Waiting. As the presidency is now a two-year term, it may seem that a V-P is not needed for the first year. This is not really the case as there should be someone to take over if circumstances demand - something as simple as the President away on vacation.

**Secretary:** The main tasks of the Secretary are agenda and minutes for the Management Committee.

**The Management Committee** meets 10 times a year for about 1 hour (2nd Wednesday).

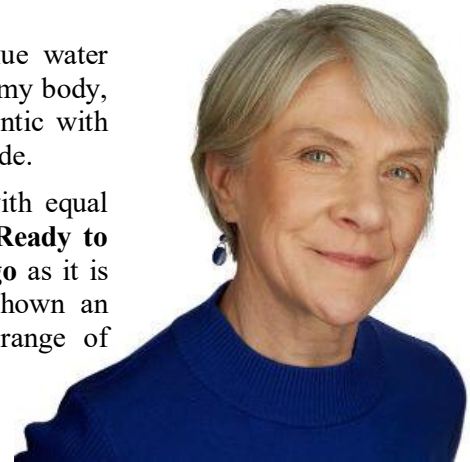
## November 27: Sue Williams - “An Adventure at Sea and The Journey Within”.



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 will take us along for the ride.

We found a brief review of Sue’s book. “Filled with equal measures of blue-water tension and parental worry, **Ready to Come About** is as much about family and letting **go** as it is about a courageous journey. **Sue Williams** has shown an inherent writing talent while conveying a wide range of emotion in a profoundly authentic manner.”

Copies of **Ready to Come About** will be available at the meeting.



### Why Check-in?

We like to know who is coming to meetings and who has been missing out for a few months.

**BUT** that is not the main reason for the check-in sheets. It is a question of insurance. We carry insurance through Probus Canada in case of accidents attributable to the Club. If there is a problem (it has never happened so far) and you wish to claim, the first thing to establish is whether or not you were at the Club. If you check your name, then there is no doubt.

We pay an annual fee to Probus Canada of \$2.50 per member. This breaks down as \$1.00 membership, \$0.25 website support, \$0.65 administration, and \$0.60 for Club liability insurance.

We have to admit that the other reason for the check-in sheets is so that you can see if you have paid your dues. Everyone who has paid for 2019 will have “Paid 19” against their name. Some, who have already paid for 2020, will have “Paid 20” showing. If your name does not have either notation, please pay, we really need the money!

### December 11th - Christmas Party

**The Club** will arrange the catering.

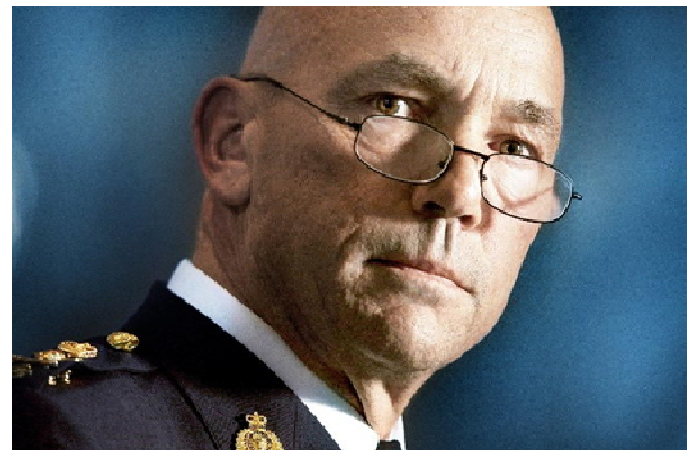
All **YOU** have to do is come along prepared to sing and enjoy.

#### **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.**

### Bob Paulson - RCMP

Robert W. (Bob) Paulson served in the Canadian Armed Forces between 1977 and 1984 where he was a qualified pilot and instructor. He joined the RCMP in 1986, first in British Columbia, where he distinguished himself in major crime and organized crime investigations. In 2005, he transferred to National Headquarters in Ottawa, and, in 2011 he was appointed the 23rd Commissioner of the RCMP.



Bob met head-on the disturbing stories that have dogged the RCMP in recent years and gave a clear view of the many positive steps he took to effect change for the better in the RCMP, to restore some measure of confidence in its policing operations.

His appearance and voice fit the authority he had as Commissioner and during the discussion period afterwards, when anyone was speaking you could have heard a pin drop.

All-in-all, a very worthwhile visit.

**Bob Acheson**

## Pamela Holm 1960 - 2019

Pamela was our speaker in May. She started her talk with:

*Welcome to my world,  
Won't you come on in,  
Miracles, I guess  
Still happen now and then*



She was taken by cancer on September 23rd, just 3 weeks after diagnosis.

### Probe by e-mail

If you would like your copy of *The Probe* or the *Flyer* sent to you by e-mail instead of picking up a paper copy, please let us know. There will be a sign-up sheet on the membership desk at the November meeting.

E-mails will normally be posted within a few hours of the meeting. Back issues of *The Probe* (but not the *Flyer*) are available on the Club web site ([www.probusaltavista.ca/probes.cfm](http://www.probusaltavista.ca/probes.cfm))

### Newsletter Editor

Almost all options are open when it comes to writing the newsletter. It can be any number of pages, any size type, any word-processing program, any layout, any title.

The items which should be covered are the next two speakers (2 in case someone misses a meeting) and the Management Committee, so members know who to talk to about some aspect of the club. Start small and build.

### The Survey Says

Having been bombarded by surveys and their findings for the last several months, it is with some trepidations that we ask you to take part in another. We are about to start a new year, with a new Management Committee with lots of new members, so perhaps it's time to find out what you expect of Probus Alta Vista.

What topics do you want to hear about? Should our meetings be different (some clubs are very formal with minutes of the last meeting and committee reports, some have a 5-minute personal introduction by one or two members)? How about outings and lunches? Maybe an Annual Dinner? Pub night? Groups within the club (books, photography, cards, etc., etc.)?

## Medical Cannabis

**Maggie McDougall** of *Canopy Growth* talked to us about medical cannabis. *Canopy Growth* operates out of the Smith Falls factory previously occupied by Hershey Chocolate.

Maggie started by making it clear that nothing in her talk should be used as a substitute for your doctor's advice on the use of medical cannabis.

Legal product forms are: dried flowers, oils and soft gels.



The flowers of the plants are coated with trichomes which provide the main components, THC (tetrahydrocannabinol) and CBD (cannabidiol). THC will reduce pain, provide nausea relief and improve appetite while CBD is used to reduce inflammation and seizures. Both react with the body's endocannabinoid system.

Distribution is by mail order only, but patients may apply to health Canada for permission to grow their own.

Products are available in various combinations of THC and CBD, indicated by colour-coded packages. Maggie warned that when starting a course of medication there may be short term, unwanted side effects - dizziness, drowsiness, impaired coordination and reaction times, nausea, anxiety or euphoria. *First Aid* is to find a calm, safe place and hydrate but severe conditions warrant a trip to the ER.

(Ed. Note: With edibles coming on the market by Christmas, is a chocolate factory serendipitous?)



### Topics

### Check

History	—	—	—	—	—	—
Geography & Travel	—	—	—	—	—	—
Current Affairs, Foreign & Domestic	—	—	—	—	—	—
Seniors' Issues	—	—	—	—	—	—
Health & Welfare	—	—	—	—	—	—
Environment	—	—	—	—	—	—
Finance	—	—	—	—	—	—
Arts & Culture	—	—	—	—	—	—
Technology	—	—	—	—	—	—
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## 15 Years Ago in *The Probe*

We held a Vernissage! Seventeen of our members showed works which ranged from the quirky to the sublime, from the very large to the very small and from crafts to hobbies. There were paintings, sculptures, woodwork, needlework and collections.

We welcomed **Allen Taylor** as our newly elected President. The speakers were **Dan Philanen** of the New RO (now CTV Ottawa) and **Barry Moss**, an air traffic control expert.

Dan ran a 15 minute tape of raw footage from an emergency preparedness test while explaining his job as a TV news producer. His day starts at 3 am (alarm clock at 1:45) and, with about 60 possible stories from news services, local, national and international, he has to select 12 stories for the 6 am news. The 15 minute tape came in about 11:15 and had to be edited down to 1 minute, while maintaining the narrative, for the noon show. One of the questions was on internet sources - "Stories from the internet may be malicious fiction. Sources must be verified." Nothing much changes, does it? (Tape???)

Occasionally or frequently "everyone" becomes an airline traveller - probably never bothering to listen to advisories from the cockpit on route and at altitude and never once thinking of the mechanics of getting from here to there. Actually, those details are vastly interesting and informative as proved by our speaker. **Barry Moss** shared with us his extensive knowledge of air traffic control and of his participation in the planning of air traffic management for developing countries.

We also had a visit from **John Stone**, the Probus Canada Director for our District (Ontario #1). John updated the Probus picture, nationally and internationally, and ended by formally opening our Vernissage.

## Get Well Soon

It's something that happens to us all sooner or later, so if you know of any member who is unwell or recovering from an operation or could use a little cheer, please tell Marie-Neige so she can let them know that we are thinking about them.

## Poetry Corner

As the change in seasons  
 Unfolds before our eyes  
 Transforming all around us  
 Under pastel skies  
 Many are the reasons  
 Nature now declines



October's the month  
 When the smallest breeze  
 Gives us a shower  
 Of Autumn leaves  
 Bonfires and pumpkins  
 Leaves sailing down -  
 October is red  
 And golden and brown



May your stuffing be tasty, may your turkey be plump  
 May your potatoes and gravy have nary a lump  
 May your yams be delicious and your pies take a prize  
 And may your Thanksgiving Dinner stay off your thighs

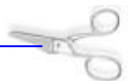
Autumn arrives, I  
 Savour each colour, knowing  
 Winter will come soon



Tree bursting in flames  
 Glowing red, yellow, orange  
 Autumn has arrived



*To every thing there is a season.*



### Outings (in town)

Museums \_ \_ \_ \_  
 Art galleries \_ \_ \_ \_  
 Theatre \_ \_ \_ \_  
 \_\_\_\_\_

### Outings (out of town)

'Factories' \_ \_ \_ \_  
 (cheese, wine, pewter, etc.)  
 Museums \_ \_ \_ \_  
 Theatre \_ \_ \_ \_  
 Fairs (e.g. Maxville) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Meetings

More formal \_ \_ \_ \_  
 Personal stories \_\_\_\_\_  
 \_\_\_\_\_

### Lunches & Dinners

Lunch every \_\_\_ month(s)  
 Annual Dinner \_\_\_\_\_  
 Pub night \_\_\_\_\_

### Groups (cards, photo, etc.)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please leave the survey (or just a note) at the membership desk.