

**NEXT MEETING:**

WEDNESDAY, AUGUST 7,  
2024 AT 10 A.M. at the  
Manotick United  
Church, 5567 Manotick  
Main St., Manotick

**OUR SPEAKER WILL BE:**

CRAIG GREENWOOD  
SPEAKING ABOUT HIS  
EXPERIENCES AS A  
BIOLOGIST STUDYING  
POLAR BEARS



Coffee/tea and cookies  
will be served at 9:30.

Cost is \$2.00

Lunch after the meeting  
is a pot luck.

OTTAWA-RIDEAU VALLEY

PROBUS CLUB

NEWSLETTER

JULY, 2024



Summertime!

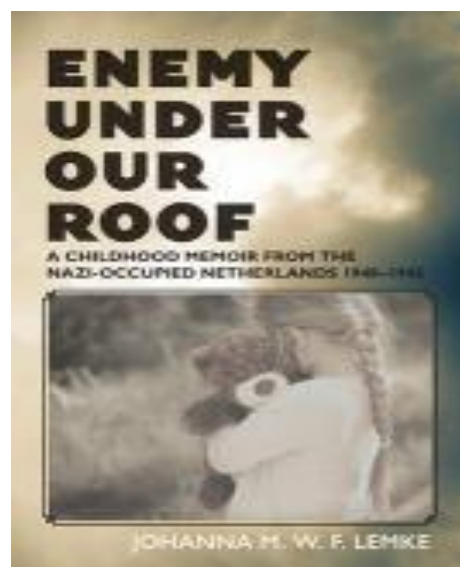
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## SPEAKERS

### Past Speaker

At our July meeting Johanna Lemke spoke to us about her incredible experiences as a young child in the Netherlands as the Nazis occupied her country and even her own home. She spoke movingly of her mother's bravery in confronting the Nazi soldier who insisted on billeting with her family and the solution they implemented to make a bad situation barely tolerable. Her parents were determined to make life as normal as possible for their children. The Canadian connection and happy ending came when the British liberated their village and Canadian soldiers arrived to secure the peace. Once again soldiers billeted with her family but this time, they were Canadian soldiers and became close friends of the family who later encouraged Johanna and her family to start a new life in Canada. To learn more about Johanna's story read her book, **"Enemy Under Our Roof: A childhood memoir from the Nazi Occupied Netherlands, 1940-45."** This book is available from various sources including the Ottawa Public Library.



Johanna was very pleased with the number of comments and questions she received after her presentation. If anyone has a story about Canadian soldiers and their connection to the Netherlands that they would like to share with Johanna, please email her at [jg6155connect@rogers.com](mailto:jg6155connect@rogers.com)

### Next Speaker

Our August speaker will be Craig Greenwood. Craig visited us last year in his capacity as our Probus District Director. This time, he comes as a biologist whose work took him to the Canadian north to study polar bears.



Please watch for your meeting notice in early August for more information about Craig and his presentation. Don't miss this interesting presentation.

**Lunch after the meeting** will be a pot luck luncheon at the home of Joy and Gary Bennett (431 Kilmarnock Way, Nepean) which will give members an opportunity to chat informally with Craig. If you would like to attend please contact me at [joywakebennett@gmail.com](mailto:joywakebennett@gmail.com) and let me know who is coming and what you would like to bring. I will prepare a couple of main dishes. We can accommodate up to 30 people in our home. Everyone is welcome.



## NEWS FROM THE MANAGEMENT TEAM

The Management Team met on Wednesday, July 10, 2024 to discuss matter of interest to the Club including:

An **attendance sheet**, in alphabetical order by last name, will be available at the front door of the Church for members to tick off their attendance. This is for Probus Insurance purposes and will be used for nothing else. Guests will be asked to write their names on a separate sheet. August will be the start month for this initiative and Gary Bennett will be at the desk to facilitate this.

### Committee Reports

#### Treasurer

Klaus Beltzner reported that our finances are in good shape and we will be in the black by the end of this fiscal year. However, we will need to increase membership dues in order to meet our expected expenses. Klaus has prepared a break-even budget for the 2024-25 year and this will be presented to the membership at the Annual General Meeting (AGM) on Sept 4<sup>th</sup>. Our most significant costs are for rent

and speakers. Many of our expenses are on a cost recovery basis, for instance the picnic, the Christmas luncheon and the badges.

The 50/50 raffle is going well and has generated some income for the club and provided a nice benefit for the winners. See more about the 50/50 below.

#### Membership

We currently have 143 paid up members. We have had three new members in the last month. Welcome to all our new members.

#### Speakers

The roster of speakers is full for the next several months. The Bennetts have switched months so that Gary will speak on the Spice Trade in September and Joy will speak about Canadian labour history and unionized labour in February. If anyone has a suggestion for a speaker or a contact, please message Ian MacKay at [imackay@uottawa.ca](mailto:imackay@uottawa.ca)

#### Outreach

Dawn Cooper put forward a draft of the message that she plans to send to various outlets in our community. There is no budget for this endeavor and the Management Team will monitor what transpires. Dawn is also working to create Facebook and Instagram pages for our club. We are grateful for the assistance of Sheila Dubyk of the Isle in the River Theater for her help with setting up the sites.

#### Archives

Gary Bennett continues to work on gather pictures of our events. There will be a large display of our social events at the Christmas luncheon.

#### Communications/Newsletter

Joy welcomes any suggestions or possible articles for the Newsletter.

### Probus District Meeting

The annual Probus District Meeting will be held in Perth on October 23, 2024. An appropriate representation from the Management Team will attend. This is a budgeted event and their costs will be covered.

### Annual General Meeting

The Annual General Meeting will take place immediately following the September 4<sup>th</sup> presentation. Members will be invited to vote on:

- a new slate of officers,
- the budget for the 2024-25 fiscal year, and
- by-law changes.

**Please watch your emails at the beginning of August for pertinent information for the AGM.**

## EVENTS

Picnic In The (Not) Park  
THURSDAY, JULY 11, 2024

Despite the inclement weather, 40 members enjoyed a picnic in the imaginary gazebo of Gary and Joy's home. Guests enjoyed various kinds of sandwiches, delicious deserts and soft drink. Some even enjoyed a glass of wine or a beer with their lunch.





Coming Events

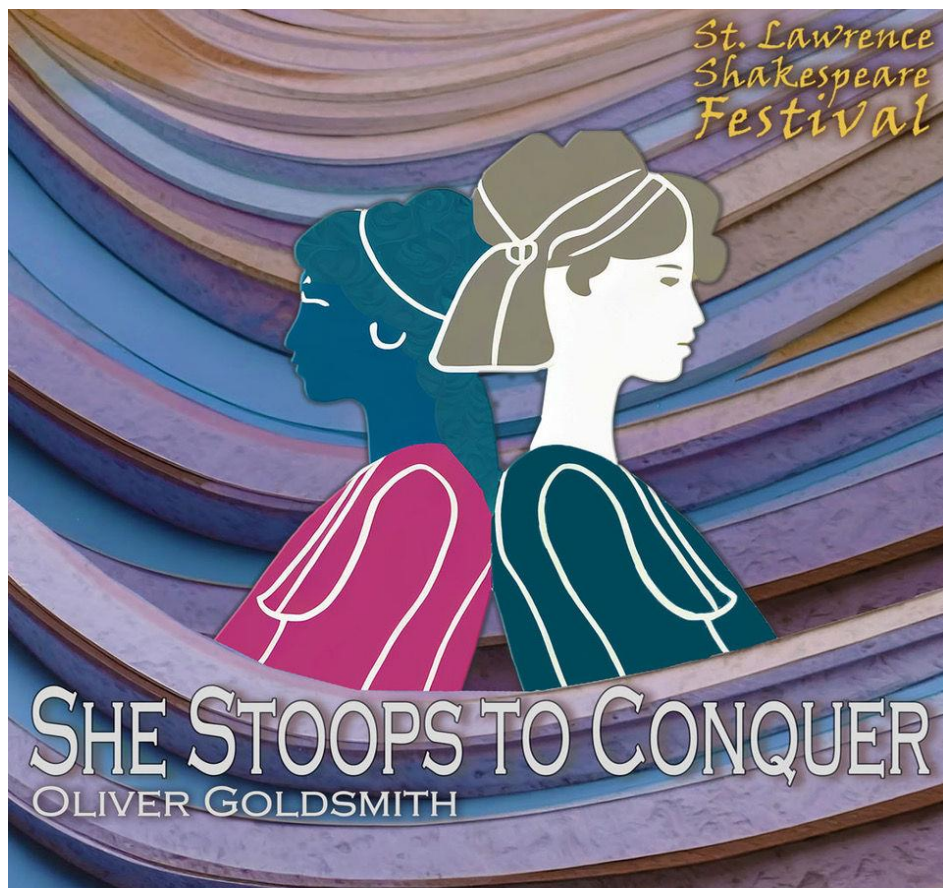
**ST. LAWRENCE THEATRE**  
**SHAKESPEARE FESTIVAL**  
**WEDNESDAY, JULY 23, 2024**

**AT**

**1 P.M.**

**“SHE STOOPS TO CONQUER”**

**By Oliver Goldsmith**



This lovable farce is the quintessential version of 18th Century “laughing comedy,” where society's eccentricities are the butt of the joke. This genuinely funny play is a crowd pleaser about lust, status, love, marriage, and mistaken identity, and is one of the most famous English comedies in the canon.

<https://app.arts-people.com/index.php?ticketing=slsf>

If you wish, arrangements are being made to have a late lunch after the performance.

Ticket price is \$33.00 for the performance and for \$20.00 a voucher can be purchased for lunch at various restaurants. At the restaurant, this voucher gives you a \$25.00 credit towards the purchase of a meal.

**INSTRUCTIONS for Tickets:** Please go to the theatre website (given in the link above).

1. Click on the black button **Buy Tickets** for the play **She Stoops to Conquer**. This will take you to a page with the dates for the play. Scroll down and click on the date **Wednesday, July 24, 1:00 pm Matinee**.
2. The following page allows you to choose the number of tickets. Then, follow the instructions.
3. Afterward, another page will allow you to "Select Ticket Addons."
4. Select the **Renegadz Restaurant** option.
5. Finally, you can go ahead and complete your purchase.

If you are interested in joining us for lunch, please **contact May Collins** at [mcoll001@gmail.com](mailto:mcoll001@gmail.com) by **Monday, July 22nd**, and let her know so that numbers can be confirmed with the restaurant by the beginning of next week.

**NOTE:** The location for this performance will be at **St. Andrews Presbyterian Church**. This is an indoor venue. There are no assigned seats but the first couple of rows are reserved for those with mobility or hearing problems . **The address is: 425 Centre St., Prescott.**

## CARDIOVASCULAR SCREENING OPPORTUNITY

We are pleased to be hosting three free Cardiovascular Mobile Screening Program opportunities provided by the University of Ottawa Heart Institute. **This screening assessment is for individuals 65 plus with no known heart issues.** This screening assessment takes between 30 - 60 minutes and will be held at the Manotick United Church where we hold our monthly meetings.

If you are interested in booking an appointment please contact Richard Pell via email at [richardpell@rogers.com](mailto:richardpell@rogers.com) or by telephone at 613 491-0420. The screening clinics will be held between 8:30 to 3:30 on three separate dates.

Appointments are available each day so please identify your preferred date and indicate if you have a preference for a morning or afternoon appointment.

The available appointments are;

- 3 appointments available on **Tuesday, August 6th,**
- 12 appointments available on **Thursday, September 19th,** and
- 20 appointments available on **Thursday, September 26th.**

Your appointment date and time will be confirmed by Katie MacDonald, the Valvular Heart Disease Clinic Clerk. Katie will be in touch with you via email and or telephone to confirm the specific time for your assessment and ask a few pertinent questions.

Valvular heart diseases are a dysfunction of cardiac structures directing blood flow within the heart, which is basically the functioning and mechanics of the heart. Valvular heart diseases are linked to age and are considered the next cardiovascular epidemic. Patients suffering from these diseases often go undetected, are undertreated and referred late in the course of the disease for a valve replacement or valve repair.

The evaluation takes between 30 and 60 minutes and includes:

- a mini ultrasound of your heart,
- questionnaire, measurements and a rapid finger poke for blood tests to evaluate your cardiovascular risk factors, and
- an onsite review of the results with a nurse who will provide you recommendations.

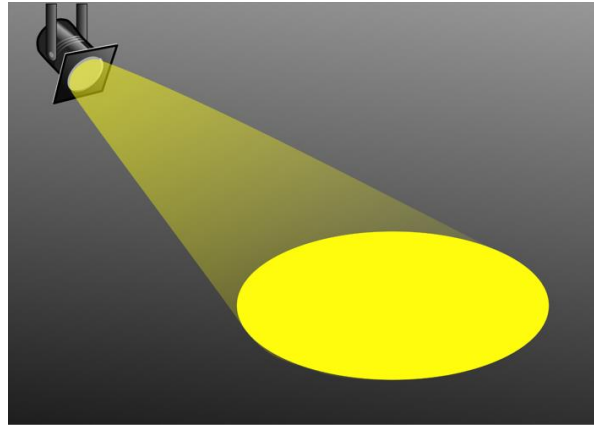
If there is an issue you will be referred to a cardiologist with your permission.

**CHRISTMAS LUNCHEON  
AND  
30<sup>TH</sup> ANNIVERSARY CELEBRATION  
WILL TAKE PLACE AT  
THE CEDARHILL GOLF AND COUNTRY CLUB  
THURSDAY, DECEMBER 12, 2024  
AT NOON**

**WATCH THE NEWSLETTER FOR MORE INFORMATION ABOUT THIS EVENT. IN THE  
MEANTIME, MARK YOUR CALENDAR.**

## NEWS ABOUT US- OUR PROBUS MEMBERS' ACHIEVEMENTS

### Spotlight on Richard Pell



“This year’s Ottawa Dragon Boat Race, 21-23 June, saw one of our members, Richard Pell, participate under the banner name of “The Great Big C”, in boat number 8 with other men who have survived or are battling cancer. Richard’s team had an awesome time overcoming the odds of more experienced teams and came away with three medals (gold, silver and bronze) in the 500 meter races and two cups (1<sup>st</sup> and 2<sup>nd</sup> place) for the 100 and 200 meter races. The average age of the team was 64 with the ages of the men ranging from 50 to 87. It just goes to show that your never too old. Well done Richard and the crew of “**The Great Big C**”!!”



"The Great Big C" in Action



Richard and "The Great Big C" Savouring Victory

## MEMBER CONTRIBUTIONS

FROM OUR REGULAR CORRESPONDENT, MIR ALI

Looking at the big picture, there are approximately 1.42 billion [passenger vehicles](#) in the world in 2018. These vehicles emitted 2.23 billion metric tons (equivalent to 4.92 trillion pounds) of carbon dioxide (CO<sub>2</sub>) into the atmosphere in that year. To put that into perspective, that's equivalent to burning all of the coal in a fully-loaded coal train that stretches 392,000 miles, long enough to wrap almost 15.7 times around the earth at the equator.

The full text of the article can be found at [GREEN VEHICLES-NET-ZERO EMISSIONS](#)

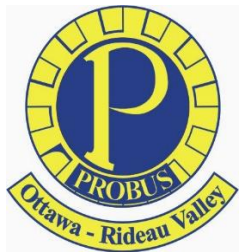
FROM MY CO-EDITOR, GARY BENNETT

**A clever jingle for Probus members and would-be Probus Member.**

**A jolly Probus "jingle"\* (complete version)**

**(expanded from last newsletter -Gary)**

**(\* a short slogan, verse or tune designed  
to be easily remembered )**



**Alone and blue with nothing to do?  
We have the perfect solution for you.  
Come join our Probus Club and see  
Just how fulfilled your life can be!**



Our signature is fellowship  
We seniors feel we're really hip!  
If stimulation's what you need,  
We will provide it, guaranteed!  
We've speakers and social events galore,  
Discussion Groups, walking, and even more.  
So don't let retirement get you down.  
We think our club's the best in town!  
And if a member you'd like to be,  
Email us at probusorv !!

AND DON'T FORGET OUR FIFTY/FIFTY DRAW

Tickets are \$2.00 each or three for \$5.00 and are sold by Judy Beltzner before each meeting. The lucky winner takes home 50% of the total pot. The winner last month was one of our newest members, Mary-Jane Maffini. Congratulations to Mary-Jane. **REMEMBER:PLAY EARLY, PLAY OFTEN, WIN BIG(ISH)**

**ENJOY THE SUMMER!**

