

NEXT MEETING:

**Wednesday, November 6,
2024 10 a.m.**

Manotick United Church,
5567 Manotick Main St.,
Manotick

OUR SPEAKER WILL BE:

His Excellency, Whit Fraser.

His topic will be:

**“True North Rising,” the
history of the development
of Canada’s North.**



Coffee/tea and cookies will
be served at 9:30. The cost
is \$2.00

Lunch following the
meeting will be at The Vault
Bistro, 5539 Manotick Main
St.

OTTAWA-RIDEAU VALLEY PROBUS CLUB

NEWSLETTER, OCTOBER 2024

**HAPPY THANKSGIVING
AND
HALLOWEEN!!**



Contents

PRESIDENTS' CORNER 3

PRESENTATIONS 4

 Last Presentation..... 4

 Next Presentation 4

NEWS FROM THE MANAGEMENT TEAM 5

EVENTS 6

 ART WITH BONNIE 6

 THANKS TO RICHARD PELL 7

MEMBER CONTRIBUTIONS 8

 Thanks for Checking our Valves! – Ian MacKay 8

 Green Steel - Mir Ali 9

DRINKS AND APPETIZERS 10

CHRISTMAS LUNCHEON 11

INTEREST GROUPS..... 12

NEED MORE INFORMATION? 13

PRESIDENTS' CORNER

Congratulations Ottawa-Rideau Valley Probus members! You came out in force and made us proud at our October Open House. We had a total attendance of 113 members and guests. There was a great sense of excitement and a buzz in the air as we chatted and laughed with friends and neighbours. You were all true ambassadors of Probus giving a very warm welcome to the 38 guests, eleven of whom signed up as members on the day. My many thanks go out to all volunteers and members, for your support and assistance in making our first main event of the year an overwhelming success! It was a true demonstration of what Fellowship, Friendship and Fun is all about and what Probus offers to our community. Well done!

At our upcoming November meeting, not only will we have a great presentation, we will also be initiating a "Club Sign Up" to create more interest groups. So, for those of you wishing to have more fun and to meet members with similar interests, this is for you. Details of the interest groups and sign up can be found further in this newsletter. So come on out in November, sign up and let's have fun together!

MEMBERSHIP FEES FOR 2024-25 ARE NOW DUE!!! (ALMOST OVERDUE!)

Many thanks to all who have paid by e-transfer or cheque.

If you haven't yet paid, please do so as soon as possible by e-transfer to: membership@probusorv.org OR by cheque made out to Probus ORV and mailed to: Judy Beltzner, Membership, 398 Princeton Ave., Ottawa K2A 0M7

FEES FOR 2024-25 ARE \$40.00 PER PERSON. THANK YOU!

PRESENTATIONS

Last Presentation

In October, Brett Martensen educated us on the “The Good, the Bad, and the Ugly” of Artificial Intelligence (AI). He spoke of many ways that AI can be useful and indeed helpful in our daily lives. He also warned of some the dangers of AI and noted how it can be used to distort photos and create images that look authentic but are fakes.

Next Presentation

At our meeting on November 6 2024, we will be honoured to have as our guest speaker, His Excellency, Whit Fraser.



Whit Fraser has been a reporter since 1967 when he first set foot in Iqaluit (Frobisher Bay) and realized that he had stumbled upon the best unfolding story

in Canada. His work for the CBC took him into every community in Canada's three northern Territories and much of the circumpolar world. He believes that good luck put him in the first row for historic events that shaped today's north and Canada itself. He was present when Inuit made their initial demand for their own Territory and Homeland and when Nunavut became a reality. He feels strongly that it is important that others know more about Canada's North and its impact for the country as a whole. He was the founder of the Canadian Polar Commission, serving as its chair from 1991 to 1997, working with the board of directors to develop a series of recommendations and actions to strengthen polar science policies and improve the health and social conditions of northern populations.

From 2001 to 2006, he was Executive Director of the national Inuit organization, Inuit Tapiriit Kanatami, where he coordinated the Inuit program presented to the Prime Ministers' Meeting on Aboriginal Issues held in Kelowna in 2005.

Mr. Fraser enjoys interacting with people and is an avid outdoorsman, fishing and walking the family dog, Neva.

Mr. Fraser is the Viceregal Consort to Her Excellency, Governor General Mary Simon.

(Hint: When you meet him, he should be addressed as "Your Excellency" and then as "Sir.")

NEWS FROM THE MANAGEMENT TEAM

The Management Team met on Wednesday, October 9, 2024 to discuss matters of interest to the club.

There was considerable discussion about the list of interest groups that will be put forward to the members (see below). It is hoped that small interest groups will facilitate members getting to know one another and making connections more easily.

It was decided that the business meeting portion of the monthly meeting will be restricted to announcements of upcoming speakers and events and other special announcements.

We are pleased to report that we have 14 new members as a result of the October Open House. Welcome to all our new members.

There will be an article about Probus, written by Joy and Gary Bennett, in the next "Neighbours of Manotick" Magazine. **Watch for it in your mail box.**

The quality of the audio in the Church is an on-going problem. The headset does not seem to work for all speakers nor does the handheld microphone. We are looking into the possibility of a lapel mic. Just know that our Technical Team is doing the very best it can to provide quality audio at the meetings.

EVENTS

ART WITH BONNIE

OCTOBER 30, 2024 AT 10 A.M.

Our next outing, being held on October 30th, is a chance to spend time with friends old and new. Bonnie McQuillan is an artist, with a studio in Osgoode, who will lead us through step-by-step in the creation of a lovely fall pumpkin painting. We will be painting with acrylics on a 16"x20" canvas. All materials required will be provided including paint, brushes, easels, palettes, canvas and aprons.

Bonnie conducts classes for children as well as adults and is quite accustomed to working with would be artists of all levels. No previous experience is required. The morning promises to be full of fun, laughter and friendship. Spaces are limited so please contact Judy Rodrigue at judyrodrigue@outlook.com (ph: 613-857-1307) if you are interested or have questions

WHEN: Wednesday October 30th, 10:00AM

WHERE: 5673 Osgoode Main Street (2nd floor level accessible by stairs only)

Class time 1 1/2 - 2 hours

COST: \$35 + HST = \$39.55

Payable by e-transfer to judyrodrigue@outlook.com no later than Oct 25th

LUNCH: After the class we will have lunch at the Red Dot (pay as you go)

CARPPOOLING: Please contact me at judyrodrigue@outlook.com should you require a ride

Happy Painting!

THANKS TO RICHARD PELL

CARDIOVASCULAR MOBILE SCREEN PROGRAM

We would like to offer our sincere thanks to Richard Pell for setting up the University of Ottawa Heart Institute Cardiovascular Mobile Screening Program for our Club and the Manotick United Church community. Richard spent several months coordinating and organizing this screening program with all three organizations to make this the success story that it was. As a result of the time and hard work Richard devoted to this endeavour, there were three screening clinics with a total of 56 participants, of which 32 were from our Club. A special thanks goes out to the Manotick United Church who provided the space to host the clinics free of charge in exchange for including their parishioners in the screening.

Thanks especially to Ellen and Paul Rastas (Probus Members), and Sandra Wong who manages the screening program. If anyone wishes to book an appointment directly with the University of Ottawa Heart Institute they can call 613-696-7000 ext. 19172 and leave a message to get on the waiting list with the general population for an appointment.

Again, kudos to Richard for the support he provided to our Club and community, and on a job very well done!

MEMBER CONTRIBUTIONS

Another article on the same topic (more or less) – read on!

[Thanks for Checking our Valves! – Ian MacKay](#)

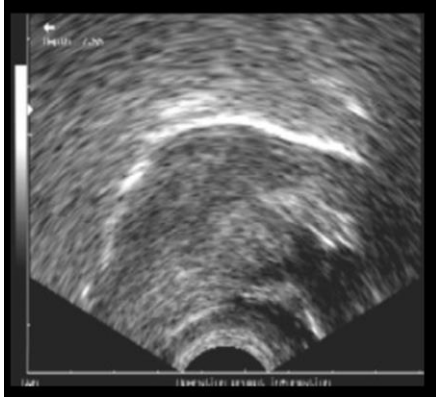
Our fellow Probus member Richard Pell deserves the thanks of all members who attended the screening and for discovering the program and bringing it to Manotick United Church for the convenience of club members and residents of Manotick. Richard did considerable work setting up the screening sessions as well as acting as receptionist at the church. Additionally, the community nature of the program relieved the club of rental costs at the church. A double plus for club members. A round of applause for Richard!

The University of Ottawa Heart Institute sponsors the Centre for Valvular Heart Disease Mobile Screening Program. This is, as its name implies, a screening program specifically aimed at the health of the four valves in our heart. Apparently, much valve-specific disease goes undiscovered until its consequences are grave. The Heart Institute is to be congratulated for this innovative screening program. If you missed the program at Manotick United Church, contacting the Heart Institute will allow you to be put on the list.

Cardiac Ultrasound Devices Have Come a Long Way

The experience of having my heart valves monitored with highly sophisticated modern ultrasound equipment reminded me that back in 1976 a member of my doctoral committee arranged for me to use a cardiac ultrasound unit for my dissertation research, a device that was very crude by today's standards. The subject of my research involved the physical movement of the human body to create the sounds we make as we talk. Specifically, I investigated the changing position of the root of the tongue (which forms the front wall of the throat cavity – keep your finger out!) in the production of different classes of vowel sounds. To my knowledge, ultrasound devices had never previously been used in speech research.

If anyone is interested, the dissertation title was: *“Ultrasonic Investigation of the Anterior Pharyngeal Wall (Tongue Root) Position in Syllables Containing Tense and Lax Vowels”*. Ah, those were the days!



The image above shows an ultrasonic image of the tongue surface – the white line – with modern 2D ultrasound equipment. The tongue tip is at the right of the image and root of the tongue (descending into the throat) is the steep curve downward at the left. The near-horizontal white line between is the blade of the tongue that we can see looking in the mirror.

The 1976 version of the equipment I used was only one-dimensional, so all I had was a point on the surface, of the tongue without any indication of where on the surface – I had to take careful aim.

[Green Steel- Mir Ali](#)

Keeping on our science them an article from our regular contributor, Mir Ali.

GREEN STEEL

Steel is the world's most important industrial material, with over 1.5 billion tonnes produced annually including from oil tankers to thumbtacks, from trucks to tin cans, from transmission towers to toasters.

The good news is that steel is a critical part of global economic growth as it plays an important role for the following five sectors – The Building and Infrastructure, The Transport, Energy, Machineries, and Packaging.

The bad news is that the process of steel manufacturing produces more carbon dioxide (CO₂) than any other heavy industry mainly because the majority of steel production is based on coal-fired furnaces.

Here's the link to the article – [Green Steel](#).

DRINKS AND APPETIZERS



Many thanks to all who have volunteered to host over the next few months. We all look forward to these social events. This month's Drinks and Apps will be hosted by:

DOREEN AND JOHN HILL

FRIDAY, OCTOBER 25, 2024

5-7 P.M.

131 ROYAL LANDING WAY, KEMPTVILLE

**IF YOU WOULD LIKE TO ATTEND, PLEASE CONTACT DOREEN HILL AT
doreen@campbell-hill.com**

(Remember, please bring an appetizer to share, and your beverage of choice)

CHRISTMAS LUNCHEON

30TH ANNIVERSARY AND CHRISTMAS LUNCHEON

THURSDAY, 12 DECEMBER 2024 AT 11:30 a.m.

CEDARHILL GOLF AND COUNTRY CLUB

56 CEDARHILL DR. NEPEAN

BOOK YOUR PLACE NOW FOR THIS SPECIAL EVENT

Our speaker will be *Laurence Wall, a CBC radio personality, who will speak about "20th Century Canada through the magic of radio."*

MENU

Tomato Bisque with croutons

A choice of one of the following main courses:

1. Roasted Vegetable and Goat Cheese Quiche \$33.00

OR

2. Oven roasted pork loin with apple cranberry chutney \$45.00

OR

3. Baked salmon filet with lemon dill cream sauce \$48.00

FOR DESSERT

Carrot cake and coffee or tea

You may secure your place by paying by e-transfer to treasurer@probusorv.org or by cheque mailed to Klaus Beltzer, Treasurer, 398 Princeton Ave., Ottawa K2A 0M7 or by bringing a cheque to the November 6 meeting. Please e-mail Joy Bennett your menu choice at joywakebennett@gmail.com RESERVE NOW. YOU DO NOT WANT TO MISS THIS. There will be no regular meeting in December.

INTEREST GROUPS

As part of our ongoing endeavour to foster Fellowship, Friendship and Fun we are initiating an Interest Group Sign Up at our November Meeting. Currently we have only two interest groups, Striders and Strollers (the walkers) and Drinks and appetizers (the party-goers), but maybe there are more possibilities.

Please sign up for any group that interests you. We need a minimum of four people to get a group started and once started, it will be up to the group to run itself.

Amateur writers	Dinner
Art	Exercise
Birds (birding)	Euchre
Book club	Gardening
Bowling	Golf
Breakfast	Women's discussion group
Bridge	Lunch
Coffee	Movies
Computer/Tablet/Smart Phone	Photography
Cooking	Singles (swinging???)
Curling	Stitch and Knit
Dance	Travel

If you are interested in a group and cannot attend the November meeting, please contact Charles Fournier at sfournier5914@rogers.com

The Management Team wishes you all a very happy Thanksgiving and a scary, fun-filled Halloween.

NEED MORE INFORMATION?

WE ARE HERE TO HELP

President, Charles Fournier	president@probusorv.org
Vice President, Michel Rodrigue	
Past President, Helena Flack	
Secretary and Membership, Judy Beltzner	membership@probsorv.org
Treasurer, Klaus Beltzner	treasurer@probusorv.org
Speakers Chair, Ian MacKay	
Events, Eileen Bond, May Collins and team	thebondhouse@gmail.com
Communications (Newsletter and any other information) Joy Bennett	joywakebennett@gmail.com
Webmaster (and technical team), Paul Anderson	paul@bbpa.ca
Archives (photos of events), Gary Bennett	gary.c.bennett@mcgill.ca