

**NEXT MEETING:**

**Wednesday  
March 5, 2025, 10:00 AM**

**Speaker  
Vanessa Taler**

**Topic  
Cognition In Older People**

**Manotick United Church, 5567  
Manotick Main St. Manotick**



**Coffee/tea and cookies will  
be served at 9:15. Cost is  
\$2.00**

**Lunch following the  
meeting will be at**

**Babbos**

**Manotick Mews**



*Valentine Card, c. 1952.  
Private Collection, Joy Bennett*



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## PRESIDENT’S CORNER



Hello Probuss friends. We all know that during the cold winter months, it can be tempting to stay tucked away at home and hibernate. But don't let that keep you from joining us! There's always a hot cup of coffee, tea, and delicious treats waiting for you at our monthly meetings, along with a fantastic presentation and the chance to connect with fellow members.

If you're looking for more to do, we have plenty of activities to challenge you, including Striders & Strollers, event outings, Drinks & Apps, and various interest groups. So, get out, reconnect, and take full advantage of all the Club has to offer!

Just a reminder: our monthly meetings are now starting at 9:15 am, allowing extra time for chatting and meeting new friends.

To make sure we're meeting your needs, I will be hosting a brief 10-15 minute town hall at the March meeting. This will be your chance to ask questions, share your thoughts, or suggest new ideas for the Club.

I look forward to seeing you “out and about” in March! Spring is just around the corner!



## PRESENTATIONS

### Last Presentation

David Pollock, one of our members, spoke to us at the February meeting about his concern with climate change and the efforts he has taken to deal with this change.

**“Can a Grain of Sand Hold Back the Tide?”** – his personal journey spending summers in Georgian Bay led to his moral imperative to live sustainably, concerned about the state of the earth and what can be done about it. David learned much through social justice experiences with the Canadian Council of Churches, CUSO and the Pemberton Institute.

Following an overview of the story and details of climate change, we learned that people generally fall into three self-defining teams:

1. Ostrich,
2. Doom, and
3. Earth

He noted that we are indeed in a crisis now!

David’s hope is that we all will join the Earth team, truly appreciating the beauty of nature and the need for social transformation as motivation to develop our own personal project. Ask yourself three questions:

1. What needs to be done?
2. What am I good at?
3. What brings me joy?

Once you’ve carefully thought out your answers you can create your own personal plan to make peace with our world. Through your actions, by teaching your children, families and friends we CAN be “grains of sand” that can hold back the tide.

In reference to inquiries following his talk on climate change and interest in carbon offsets David wrote the following:

*To offset one’s carbon footprint for flights, cruises or special events, I suggest the easiest site to use is called climate hero, found at: [Calculate - Climate Hero](#). It is a Swedish site, and I wrote to their auditor to confirm their reliability. Once having calculated one’s creation of CO<sub>2</sub>, the*

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*most interesting and reliable site to invest in an offset project that is well-monitored is to use the [Projects – Gold Standard Marketplace](#) site as the most highly respected and a site where you can find very interesting international projects to support which are well verified and monitored. I had also suggested a Probud Climate Action Group and if any are interested they can find me at [davidpollock1@gmail.com](mailto:davidpollock1@gmail.com)*

**Suggestion from Sheila King, member of both Probud and Manotick Horticultural Society:**

Encourage, teach and help friends and family to garden with food plants as well as pretty flowers, e.g. plant hanging herbs in your planters, tomatoes in a bag on the patio or fence.

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**Next Presentation**



Vanessa Taler completed her B.A. in linguistics at the University of Auckland, NZ, and her M.A., also in linguistics, at McGill University. She went on to complete a Ph.D. in Biomedical Sciences at the Université de Montréal and postdoctoral fellowships at Concordia University and Indiana University, Bloomington. She is now Full Professor in the School of Psychology at University of Ottawa and Senior Investigator at the Bruyère Health Research Institute.

Her research interests focus on semantic and cognitive processing in cognitively healthy older adults, as well as people with mild cognitive impairment (MCI) and Alzheimer’s disease (AD). A second major area of research is language and cognitive processing in bilinguals. She is also the Site Principal Investigator for the Ottawa site of the Canadian Longitudinal Study on Aging, and the lead of the Psychological Health Working Group for this Study.

In this talk, she will focus on research in healthy aging, including an overview of the Canadian Longitudinal Study on Aging (CLSA). The CLSA is a research platform that aims to enable decision-making that will lead to better health and quality of life for Canadians. It is following 50,000 people, aged 45-85 at baseline, over 20 years (starting in 2011), and is highly multidisciplinary, collecting data relating to biology, genetics, medicine, psychology, sociology, demography, economics, epidemiology, nutrition, and health services. Vanessa will also discuss research from her own lab that examines the impact of bilingualism on cognitive function in younger and older adults and assesses language/cognitive function in older adults to identify markers of cognitive impairment.



## NEWS FROM THE MANAGEMENT TEAM

The Management Committee met on Wednesday, February 12, 2025, to discuss matters of importance to the Club. Here are some highlights:

- Feedback from the extended coffee social time at the February meeting has been positive.
- Staples 20% Business Discount has now been extended to club members. See the announcement [further below](#) for details.
- Status of interest groups is progressing with several groups beginning to organize and meet. We are still looking for one volunteer coordinator, per group, to act simply as a point of contact. Names are to be provided to the VP, Michel Rodrigue.
- It was decided to discontinue the 50/50 draw due to low participation since it's inception.
- The Treasurer reported that the Club is financially healthy, and the Membership Director reported that we now have 163 members.
- The Outreach Director will be working on updating the Club's promotional brochure.
- It was decided to have the "lunch sign-up" and "name badge pick up" conducted at the sign-in table, at the entrance of the upper hall, to alleviate congestion at the events, drinks and apps, and membership sign up tables.



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## UPCOMING EVENTS

### Rideau Valley Conservation Authority

Have you driven past the RVCA for years and wondered who they are and what they do?

You are invited to a presentation in their Boardroom

at

3889 Rideau Valley Drive, Manotick FRIDAY, FEBRUARY 21, 2025 AT 11 A.M.

Lunch at the Miller's Oven

1137 Mill St., Manotick

If you would like to attend, please contact Eileen Bond by visiting

<https://www.probusorv.ca/events-registration/> and selecting "RVCA Lecture".

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### Visit To A Local Sugar Shack



STANLEY'S SUGAR BUSH –  
SENIOR'S DAY

Thursday April 3 11AM – 1PM  
\$21.00 + HST Per Person

Join us for a delicious breakfast at Stanley's Old Maple Farm at 11 AM with live music  
from 12 - 1PM



Breakfast includes:

- 2 Pancakes
- 2 Breakfast Sausages,
- Egg Frittata,
- Maple Baked Beans,
- Home Fries,
- Stanley's Maple Syrup,
- Maple Chomeur
- Tea/Coffee/Water/Juice

Doors open at 11AM with Breakfast served at 11:30AM. Live music from 12:00PM –  
1:00PM

The Farm Shop will be open for you to purchase any Maple Syrup Products that may be  
of interest to you

If you would like to attend, please contact Judy Rodrigue no later than February 28 by visiting  
<https://www.probusorv.ca/events-registration/> and selecting "Stanley's Sugar Bush".





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## DRINKS AND APPETIZERS



**FRIDAY, FEBRUARY 21, 2025**

**5-7 P.M.**

**HOSTED BY**

**JOY AND GARY BENNETT**

**431 KILMARNOCK WAY, NEPEAN**

**If you would like to attend, please contact Joy Bennett by visiting**  
<https://www.probusorv.ca/drinks-and-appetizers-signup/>

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**FRIDAY, MARCH 14, 2025**

**5-7 P.M.**

**HOSTED AT**

**Manotick United Church**

**5567 Manotick Main St., Manotick**

Celebrate St. Patrick's Day with your PROBUS friends at a special Drinks and Appetizers evening on Friday, March 14, 2025, from 5 to 7 PM at The Manotick United Church. Please bring your own beverage of choice and an appetizer to share. Glasses, napkins and plates will be provided. The theme is "Everything St. Patrick's" so bring your best Irish brogue and your pint of Guinness.

Everyone is most welcome, but we extend a special invitation to our new members.

We hope to see many of you at this special event.

**If you would like to attend, please contact Eileen Bond by visiting**  
<https://www.probusorv.ca/drinks-and-appetizers-signup/>  
**or by signing up at the March 5<sup>th</sup> meeting**



**FRIDAY, MARCH 28, 2025**

**5-7 P.M.**

**HOSTED BY**

**Francoise Pilon and Iain Stark**

**If you would like to attend, please contact Francoise and Iain by visiting**

**<https://www.probusorv.ca/drinks-and-appetizers-signup/>**

**We especially need hosts for the month of April 2025**, but all other months are also available.

If you would like to host drinks and appetizers or would like more information, please contact

Joy Bennett at [drinksandapps@probusorv.ca](mailto:drinksandapps@probusorv.ca) This is a good way to get to know other club members and to have a very enjoyable outing on a Friday evening.



## Member Contributions

### On The Environment – Mir Ali

#### **Article: COP29 SYNOPSIS**

“Our personal consumer choices have ecological, social, and spiritual consequences. It is time to re-examine some of our deeply held notions that underlie our lifestyles”.

[David Suzuki](#)

Against [new data](#) predicting 2024 to be the hottest year on record, increased extreme weather set to [cost billions in](#) damages, and a complex geopolitical context, this year’s summit highlighted the urgent need for climate action.

2024 United Nations Climate Change Conference held from November 11 to 24 2024. The global climate agenda took centre stage in Baku, Azerbaijan, as over 65,000 world leaders, decision-makers, private sector organizations and civil society members gathered for COP29. This is no secret that COP conferences are often where countries agree to more ambitious emissions reduction targets in line with limiting global warming to 1.5°C above pre-industrial levels, a critical threshold to avoid catastrophic climate impacts.

To read the article, please click on: [COP29 SYNOPSIS](#)

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**NEED MORE INFORMATION? WE ARE HERE TO HELP**

If you would like more information about our group or any event you've read about, please visit our website at <https://www.probusorv.ca/contact>.

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**PARKING AT THE MANOTICK UNITED CHURCH** Please, park only in the parking spots on the sides of the parking lot and not in the center area. There are three handicapped parking spots. Please display your permit if you park in one of those spots. Additional parking is available in the Manotick Mews just across the street.

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## SPECIAL PROBUS CANADA ANNOUNCEMENT

In cooperation with Staples, PROBUS Canada has arranged discounted printing services for all PROBUS members. This service is for both PROBUS and personal use. Please note that the agreement does not include use by a PROBUS member for a club other than PROBUS. See the full agreement on the next page.

Please note that in order to take advantage of the offer, you will need a special barcode. Contact any member of the Management Committee for this code.



## PROBUS Canada

PROBUS Canada January 30, 2025

We are pleased to announce that we have obtained a **20% discount for printing at Staples** through their Business Discount Program.

**UPDATE: Staples has given us the green light to offer this printing discount to not only our Club Management Committees and PROBUS Canada for Probus business, but also to any club member for personal use.**

### **PROBUS Canada Business Discount Program (BDP) with Staples**

#### **In Person**

When paying at the till, you can get your discount several ways:

- Show discount card with bar code (a copy is below on page 2 – you can print it or save it to your phone for scanning purposes).
- If you do not have the discount card with you, Staples can search for the number by ○ our name – PROBUS Canada or  
○ our office phone number (306) 400-5181.

#### **Online – Staplesprint.ca**

To order online set up your BDP number in your Staples Profile online. If you do not already have an online profile, it's easy to set one up.

- Instructions for setting up your BDP number below on page 2.

#### **What does the 20% discount apply to?**

- Document Printing
- Marketing Materials, Business Cards, Invitations, Decals, Labels, Signs, Posters, Banners, and more.

#### **What can you NOT use the 20% discount for?**

- Aisle items
- Photo Printing and Photo Gifts

#### **What if you need large volumes (1000+), custom merchandising (mugs, t-shirts, pens, etc.) or custom items (envelopes, folders, magnets, etc.) that are not shown online?**

- Contact John Joseph, Account Manager, Print Services, Staples at 403-589-1644 or [john.joseph@staples.ca](mailto:john.joseph@staples.ca)
- Be sure to let him know that you are ordering for PROBUS Canada.

**Templates for Printing** – PROBUS Canada has developed many templates that you can use for printing. You can find them in the [Club Reference Guide](#) (CRG) under *Marketing*. Be sure to use the current logo, also available in the CRG.

#### **All other inquiries**

Contact Wendy Machmer, General Manager, PROBUS Canada [wendy.machmer@probuscanada.ca](mailto:wendy.machmer@probuscanada.ca)

## COMMUNITY EVENTS (NON-PROBUS)

ITR Presents

**DIAMONDS IN THE SKY**  
**Sunday March 9<sup>th</sup> – 2:00 PM**  
**Cost \$21.50 Per Person**

Diamonds in the Sky is a one-act play written by local playwright Kim Blanche as her entry into a play-writing contest. She won second prize and has since expanded the play from a 15-minute sketch to a full one-act play. The story features three women who get together for a weekend, after having shared a life-changing experience.

**PLEASE CONTACT JUDY RODRIGUE AT: <https://www.probusorv.ca/events-registration/> and selecting “ITR Presents” to register for tickets**



# High Tea & Fashion Show

Thursday, March 6 2025  
2pm - 4pm

**WINDSOR PARK  
RETIREMENT LIVING**  
990 Hunt Club Rd | Ottawa

COA members  
**\$20**  
Non-members  
**\$30**

**PURCHASE YOUR TICKET**  
Spaces are limited, secure your ticket today

<https://bit.ly/HighTeaFashionShow>

**FEATURING**

- Model presentation
- Fashion commentary
- Live pianist
- Door prizes
- And more...

**PRESENTED BY**

The Council on Aging of Ottawa / Le Conseil sur le vieillissement d'Ottawa

ENCORE FASHIONS / VENVI WINDSOR PARK Retirement Living

## HAPPY VALENTINE'S DAY



*Valentine card, c. 1940. Private collection, Joy Bennett*