



**NEXT MEETING:**

**Wednesday  
April 2, 2025, 10:00 AM**

**PRESENTATION BY**

**Sarah Bercier  
Executive Director  
Ottawa Council on Aging**

**Topic: The Work of the COA**

**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**

**The Red Dot Café  
5673 Osgoode Main St.  
Osgoode**



**HAPPY ST. PATRICK'S DAY!**

**Welcome To Our New Members Who  
Joined In February**

- Lynda Palmer
- Avid Sangster
- Geoff Smith
- LeeAnn Smith



---

## Contents

PRESIDENT’S CORNER .....	3
PRESENTATIONS .....	4
Last Presentation.....	4
Next Presentation .....	4
NEWS FROM THE MANAGEMENT TEAM .....	5
PAST EVENTS .....	6
Rideau Valley Conservation Authority Lecture .....	6
UPCOMING EVENTS .....	7
BUS TRIP TO QUEBEC CITY AND MONTREAL .....	7
Isle In The River Theatre .....	7
MANAGEMENT TEAM FOR 2025-26 .....	8
TECHNICAL TEAM.....	8
OTTAWA RIDEAU VALLEY (ORV) WEBSITE: .....	8
DRINKS AND APPETIZERS .....	10
INTEREST GROUPS.....	11
MEMBER CONTRIBUTIONS .....	12
On The Environment – Mir Ali .....	12
Article: Nuclear Medicine .....	12
COMMUNITY EVENTS (NON-PROBUS).....	12
SMART AGING WORKSHOP:.....	12



---

## PRESIDENT'S CORNER



Well, we're halfway through our year and I thought you might appreciate an update on how well we are doing. Since the beginning of our Probud year last September, our membership has grown from 147 to 163. This is fantastic news, as we are always thrilled to welcome new members who bring fresh perspectives and enthusiasm to our group.

Thanks to the outstanding efforts of our treasurer, the financial workshop he conducted and the influx of new members, our finances are in excellent shape.

You may have noticed an exciting shift since the establishment of our events committee. We've had a range of engaging activities for our members, such as "Paint with Bonnie," the recent "St. Patrick's Day Drinks and Apps," and the upcoming "Sugar Bush Breakfast". Our speakers committee continues to bring in top-notch speakers, offering a diverse array of topics that both enlighten and entertain. Our communications team consisting of members responsible for our newsletter, events calendar, and website have made tremendous strides, ensuring we stay well-informed and connected throughout the year. We have also seen an excellent increase in our interest groups, which has become a wonderful way for members to bond over shared passions and friendships. With spring just around the corner it is hoped that the seasonal interest groups will start up soon. As we move into the second half of the year, all of the above bodes very well for the future of our Club.

In closing, I hope our activities are meeting your expectations and providing you with opportunities to get to know one another. I also encourage you to explore the many ways you can contribute to the Club and its committees. We're always eager to welcome members with new perspectives and energy to help us continue growing and thriving!



## PRESENTATIONS

### Last Presentation

In March our speaker was Vanessa Taler. She gave an interesting and informative talk based on research that she has been pursuing, with other investigators across Canada about cognitive differences and the process of aging as it differs between individuals and among various groups. She also spoke about her individual research project on how bilingualism can impact the aging process.

---

### Next Presentation

Our April speaker will be Sarah Bercier, the Executive Director of the Ottawa Council on Aging. Sarah Bercier, the Executive Director of Council on Aging Ottawa will speak to our Club on **Wednesday April 2**. Her talk will include general information about the Council on Aging (see [www.CoAottawa.ca](http://www.CoAottawa.ca)) that was formed 50 years ago as a non-profit volunteer organization dedicated to enhancing the lives of seniors in the Ottawa area through education, programs, and civic advocacy.

Lunch following the presentation will be at the Red Dot Café, 5673 Osgoode Main St., Osgoode. Please let Joy Bennett know if you would like to attend the lunch or sign up at the April meeting.



## NEWS FROM THE MANAGEMENT TEAM

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

- The Management Committee took the decision to dispense with the membership sign-in at the meeting. Since we have not had an issue that required an insurance claim in 30 years it seems unnecessary.
- Charles updated us on the status of Probus Canada. While some clubs struggled to stay viable during the pandemic we now have 250 clubs across Canada with a total of 35,271 members. Seven new clubs have been chartered since June 2024, all of them in Ontario. Our new District Director, Bernetta Starkey, will take office on April 25, 2025. She is replacing Craig Greenwood who had been our District Director for the past three years. We thank Craig for his service and wish Bernetta every success.
- The treasurer reports that we are in good financial order.
- The membership secretary reports that we have 164 paid up members.
- Dawn Cooper, our Outreach director, sent an article to Neighbours of Manotick and the Manotick Messenger which highlighted our recent presentations and activities.

## PAST EVENTS

### Rideau Valley Conservation Authority Lecture



Twenty-eight Probud members enjoyed an informative presentation given by Diane Downey of the Rideau Valley Conservation Authority

The presentation was followed by an excellent lunch at the Miller's Oven.



Some members could not resist the lemon pie!



---

## UPCOMING EVENTS

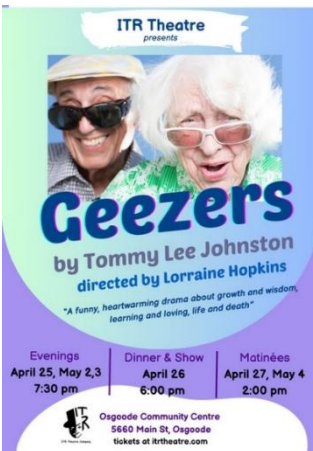
### BUS TRIP TO QUEBEC CITY AND MONTREAL

The Probus Club of Leeds Grenville has organized a bus trip to Quebec City and Montreal for April 28-May 1, 2025. (Please see the memo that was sent out earlier for information.) If you would like to attend or have more information, please contact Jane parish at 613-498-5266.

---

### Isle In The River Theatre

ITR's spring production is called "Geezers" by Tommy Lee Johnston. "Geezers" is a funny, heartwarming drama about growth and wisdom, learning and loving, life and death. The play introduces some wonderful old people who are enjoying their golden years in a retirement



home. Jack, a pathologically shy 27-year-old man, begins a job there helping the seniors with their daily needs. But it's the old folks who end up helping Jack: with a wise group of mentors guiding him along, Jack learns to crawl, then walk and then fly.

Geezers will be performed from April 25th to May 3rd, with evening shows on April 25, May 1st and 2nd, and matinées on April 27th and May 3rd.. The Dinner Theatre show is on April 26th. Leatherworks Catering will provide a plentiful buffet of delicious options, including several gluten-free items.

Tickets are available at [www.itrtheatre.com](http://www.itrtheatre.com) . Please note that seating for "Geezers" will offer different options from past shows. The first weekend will offer table seating, with tables of 6 rather than 8. The second weekend will offer theatre-style seating in rows, with a centre aisle. Please note the seating plan when you purchase tickets.

**WATCH FOR SPECIAL NOTICES ABOUT A RESERVED TABLE FOR PROBUS MEMBERS FOR THE DINNER SHOW ON APRIL 26.**



## MANAGEMENT TEAM FOR 2025-26

The Management Team is looking to the Annual General Meeting which will be held in September when a new slate of offices will be presented for your approval. A sub committee consisting of the Past President, Helena Flack; the President, Charles Fournier; and the Vice President, Michel Rodrigue will be looking for volunteers to fill some vacant slots. In particular, they will be searching for someone to become Vice-President for 2025-2026 and then take on the role of President in 2026-2027. If you are interested in volunteering at the Management level, please contact Helena Flack.

## TECHNICAL TEAM

Our very able technical team needs more members to help spread the workload and ensure that we have adequate technical coverage at each meet. Our techs make sure that each meeting runs smoothly—that the presentation is up and running on the Club computer and that the projection and sound quality in the Church Hall are appropriately adjusted. They ensure that the guest speaker has the support needed for a smooth presentation. If you have a good level of computer ability and some additional technical expertise our TEAM NEEDS YOU! Please contact Paul Anderson or Michel Rodrigue to find out more and see how you might become a member of the Tech Team.

## OTTAWA RIDEAU VALLEY (ORV) WEBSITE:

Over the past several months, Paul Anderson has updated and redesigned our website so that it is more useful and user friendly. You can have a look at the website at <http://www.probusorv.ca>.





One of the innovations on the new website is the PROBUS events calendar. Paul added this to the website during its recent upgrade and it is updated regularly by Michel Rodrigue. It provides an instant picture of what is happening in any month. It tells you when the regular meeting is and who is speaking, the events and outing planned for the month and, perhaps more importantly any changes in venues, times or events. If an event must be cancelled it will be noted on the calendar. Take a look and perhaps bookmark this site so you can get to it quickly: <https://www.probusorv.ca/events-calendar/> for up to date information.



---

## DRINKS AND APPETIZERS



**FRIDAY, MARCH 28, 2025**

**5-7 P.M.**

**HOSTED BY**

**Francoise Pilon and Iain Stark**

**6482 First Line Road, Kars**

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

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

**Remember, bring your beverage of choice and an appetizer to share.**

NOTE: We are in urgent need of persons willing to host drinks and appetizers evenings. The amount of work involved is minimal and your contribution would be greatly appreciated. Please contact Joy Bennett for more information. She can be reached at [joywakebennett@gmail.com](mailto:joywakebennett@gmail.com)



## INTEREST GROUPS

As a result of the Open House that we hosted in October, several interest groups were initiated. Here is an update on how they are moving forward. For more information about any group please contact the group leader.

Group subject	Members	Contact	Email	Status	Meetings
Writers	5	Helena Flack	<a href="mailto:hflack@rogers.com">hflack@rogers.com</a>	O	
Art	3	Brenda Buchanan	<a href="mailto:brenda@bbpa.ca">brenda@bbpa.ca</a>		
Birding	4				
Book Club	11	David Pollock	<a href="mailto:davidpollockj1@gmail.com">davidpollockj1@gmail.com</a>	O	
Bridge	4	Diane McCarthy	<a href="mailto:dmmccarthy@idl.ca">dmmccarthy@idl.ca</a>	O	
Computer	7	Michel Rodrigue	<a href="mailto:michelrodrigue67@gmail.com">michelrodrigue67@gmail.com</a>	O	Mthly - Last Wednesday
Dance	11	Teresa Mildenhall	<a href="mailto:Teresa.mildenhall@icloud.com">Teresa.mildenhall@icloud.com</a>	O	Alt. Thurs
Cooking	3				
Euchre	7	Brian Brooks	<a href="mailto:BrooksBrian12@gmail.com">BrooksBrian12@gmail.com</a>		
Gardening	9				
Golf	6	Ian Wright	<a href="mailto:bwdinti@hotmail.com">bwdinti@hotmail.com</a>	O	
Scrabble	4				
Striders and Strollers	52	Ken DeJean Gill Puxty	<a href="mailto:kdjott@live.com">kdjott@live.com</a> <a href="mailto:drbonnydancer@gmail.com">drbonnydancer@gmail.com</a>	O	Alt. Thurs/Fri
Travel	21				
Non-Probud					
Engineers	7	Bob Mather	<a href="mailto:Robert.mather@rogers.com">Robert.mather@rogers.com</a>	O	Mthly - Last Wednesday

O=operating



## MEMBER CONTRIBUTIONS

On The Environment – Mir Ali

Article: Nuclear Medicine

*We never know the worth of water till the well is dry.*

- Thomas Fuller, Gnomologia, 1732

Nuclear medicine is a specialized branch of medical imaging and treatment that uses small amounts of radioactive materials, called radiopharmaceuticals or radiotracers, to diagnose and treat diseases. It is a highly effective and non-invasive method to gather detailed information about the structure and function of organs and tissues.

To read the article, please click on: [NUCLEAR MEDICINE](#)

---

## COMMUNITY EVENTS (NON-PROBUS)

### SMART AGING WORKSHOP:

This is an in-person workshop presented by the Ottawa Council on Aging which provides a 2-hour, one day a week, interactive session over 8 weeks. Each weekly session will address one specific topic of interest and/or concern to seniors.

Dawn Cooper will be facilitating this Smart Aging workshop at the Manotick Library every Tuesday from April 8 to May 27 from 1 to 3 pm. Cost of registration is \$69 which includes an individual, resourceful workbook. To register, please contact Dawn at 613-820-4988 or by email at [cooperdawn09@gmail.com](mailto:cooperdawn09@gmail.com).

Manotick United Church, under the MACAW program will be funding the basic program which features a weekly focus on different but important facets of aging which our older community members may face or have faced.



**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>.

---

**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.

---