



The PROBUS Pilot



Probus Club of Western Ottawa – serving the western half of the National Capital Region

DECEMBER 2025

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Tuesday, 9 December

A River is a Report Card:

Understanding the Ottawa River's ecological health

Join Riverkeeper and CEO Laura Reinsborough, who will share some of the highlights from the recent Ottawa Riverkeeper Watershed Report Card, and what that tells us about the health of the Ottawa River watershed. The key takeaway from the Report Card is that human development and climate change are reshaping the Ottawa River, highlighted by climate change trends, threats from excess nutrients entering our waterways, contaminants of emerging concern like microplastics and PFAs, and consistent gaps in available data concerning watershed health.

Laura Reinsborough (BES, MES)



holds the title of Riverkeeper & CEO with the Ottawa Riverkeeper charity. Originally from Sackville, New Brunswick, Laura grew up very connected to water: canoeing on the lake in her backyard, swimming in the Atlantic Ocean, and mudsliding in the Bay of Fundy. She is a TEDx speaker, a recipient of the Toronto Vital People Award, the International Women of the Earth Award, the Gaia Environmental Award, and a King Charles III Coronation Medal. Laura also speaks four languages and loves to cross-country ski.

Ottawa Riverkeeper, a registered charity, is a champion and collective voice for the Ottawa River watershed,



Laura Reinsborough

providing leadership and inspiration to protect, promote and improve its ecological health and future. It is a citizen-based action group that brings diverse people together to better understand and advocate for the ecological health of the Ottawa River and its tributaries. The mission of the Ottawa Riverkeeper is to inspire cooperative action focused toward a healthy watershed for all generations and all species.

**Merry Christmas
and a Healthy New Year**

from your

Probus Management Committee

The Probus Club of Western Ottawa is part of the international organization of Probus Clubs designed to serve retired and semi-retired, and like-minded people. The morning begins at 9:45 am with a time for coffee and socialization, followed by a guest speaker. Probus Western Ottawa meets at

Kanata Baptist Church
465 Hazeldean Road

A wide variety of topics with our upcoming speakers

January 13, 2026: Michael Runtz:
"The bear that ate me, almost;
The dangerous life of a naturalist"

February 10, 2026: Luc Lalande:
"The potential of place:
Reimagining new uses for
'Retired' buildings"

March 19, 2026: Professor Ian Lee:
"Should Canadians thank
Donald Trump for exposing our
50 year economic decline?"



Welcome to the following new members who joined our Probus Club in November:

Jim Cale

Brian McClean

The Prez Sez



Where has the time gone? It feels like only yesterday we were welcoming September, and now December is upon us. As the year draws to a close, I am reminded of how truly

fortunate we are to be living in Canada — a place where we can learn, grow, build careers, and nurture families surrounded by love.

This season is not just about celebration, but about gratitude. We give generously to those in need, we stand beside our friends and neighbours, and we volunteer our time to lift others up. Our commitment and acts of kindness are what make our communities strong and our lives meaningful.

As we reflect on the year behind us, let us also look bravely forward. Life will always bring challenges, but we can stand tall, face the unknown, and keep moving forward. The new year is a chance to dream bigger, to take risks, and to embrace bold opportunities — because time is

precious, and every moment matters. If not now, then when?

From my heart to yours, may I wish you a Merry Christmas filled with joy, and a Happy New Year.

Here is something to make you smile a little bit more... *"I never made a mistake in my life. I thought I did once, but I was wrong".* Lucy Van Pelt, 'Peanuts'.

David Lee

president@probuswesternottawa.ca



**Euchre Players!
Reminder!**

Potluck Lunch

Friday, December 12

**NOTE CHANGE OF TIME!
12:15**

Bring a dish to share!

*Suggestions: main dish (can be reheated if needed),
salads, dessert, cheese, fruit,
shrimp, rolls.*

Followed by Euchre games!

Hope to see you there!

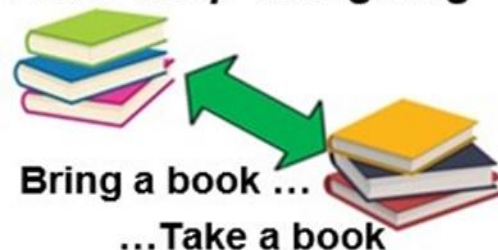
Barbara & David

bbole@sympatico.ca



Our November lunch-out at the Barley Mow in Stittsville brought out 21 members for socialization and a great meal.

Let's keep this going



Bring a book ...

...Take a book

**Check out our book swap
table at every meeting**

Probus numbers continue to grow

Probus was formed in England in 1966 and found its way to Canada in 1987. By 2006, as reported in the Probus Canada newsletter, the Canadian organization boasted 181 chartered clubs (178 still active) with just over 23,000 members.

The most recent numbers from Probus Canada are: 244 clubs and over 36,000 members.

Possible trips identified

Activities coordinator(s) still needed

Outings and visits have always been some of the most popular activities of our Probus club.

We have not had any for several months, and to ensure that this activity resumes, we need some one (or perhaps a team) to step forward and make it happen.

Several possible outings have been suggested, but we really need someone to take over so that we

can start outings again.

Some of these possibilities are:

- The Humane Society
- The Ford Technology Centre
- Parliament
- A Sugar Bush outing and lunch
- A Trail walk
- The War Museum
- Canadian Tire Centre
- The RCMP Stables
- Beechwood Cemetery
- And so many more

If you're interested in helping to coordinate these activities, please let a member of the executive know.



The Travellers Club, one of our Special Interest Groups, had their inaugural meeting in November. They hope to share their plans and programs for the future next month.

Free coffee & tea

Getting together to socialize prior to our meetings has always been a hallmark of our club.

Free Coffee/Tea Service is now offered from 9:45 -10:20 am
(to facilitate clean-up)



Special Interest Groups list to shrink if no activity

Many of our current Special Interest Groups (SIGs) appear to be essentially inactive. Consequently, those with no Prime contact or notice of activity will have their membership lists frozen until such time as this situation is rectified. The change will take place just after our December meeting and will be reported on in the January newsletter.

Just to be clear, a Prime Contact merely agrees to be the go-to person for information about group activities. It does not mean they are obliged to initiate anything, as this is a shared responsibility. They are presumably aware of what's going on, if anything, just by being a member of the SIG mailing list.

Going forward, restarting an existing SIG or identifying a new one, will require identification of a Prime Contact.

If you have any suggestions or concerns about SIGs in general or are willing to volunteer as a Prime Contact, please email me at sig-groups-coordinator@probuswesternottawa.ca
Regards, Ray Jones

PWO SIG Status		November 4, 2025
SIG Name	# Signups	Prime Contact(s)
Art-Appreciation	4	June Stewart
Billiards	1	Ellen Clare O'Gallagher
Bird-Watching	6	
Book-Club	7	Anne Stenkowski
Breakfast-Club	21	David Lee
Bridge	10	Surinder Khanna
Cycling	3	
Games-Night	6	Nicola Jarvis
Hiking	19	
Knitting	2	Elaine Bradley
Pickleball	4	
Theatre-Nights	25	
Travellers-Club	36	Suma Abraham / Tom Wileman
Walking	23	

Total Signups **167**

Red text indicates a change from **October**



At our November meeting, Michael Petrou outlined the results of the "In Their Own Voices" project at the Canadian War Museum. Over 200 veterans were interviewed and asked how their service has changed them and those closest to them. Michael shared several audio clips to illustrate how, in retrospect, many saw their service. Two of those comments: "I learned to smile a lot" and "I guess we did something we should be proud of." This prompted many questions and anecdotes from an appreciative audience.

After the meeting

We go out for lunch

Join us for lunch after our December meeting to socialize and discuss the presentation.

This month we will be at:

Busters Bar & Grill
420 Hazeldean Road

Often our speaker is able to join us. At the beginning of the meeting, we ask for a show of hands of those planning to attend so that we can reserve.

Membership inquiries may be sent to
membership@probuswesternottawa.ca

Chuckle Corner



I just read that 4,153,237 people got married last year. Not to cause any trouble, but shouldn't that be an even number?

Today, a man knocked on my door and asked for a small donation towards the local swimming pool. ... I gave him a glass of water.

A Mediterranean diet is necessary for staying healthy, but not all of us can afford to travel there.

If I had a dollar for every girl who found me unattractive, they would eventually find me attractive.

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

Ours is a country which produces citizens who will cross the ocean to fight for democracy, but won't cross the street to vote.

You know that tingly little feeling you get when you like someone? That's your common sense leaving your body.

Did you know that dolphins are so smart that, within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

They said Money talks ...but all mine ever says is good-bye.

If you think nobody cares whether you're alive, try missing a couple of payments.



The Breakfast Club Special Interest Group had another outing in November, this time at the Allô mon Coco on March Road.

Our Website
www.probuswesternottawa.ca

Newsletter comments or submissions
newsletter@probuswesternottawa.ca