



The PROBUS Pilot



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

MAY 2026

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Tuesday 12 May

Wildfire smoke and our health: Risks, research, and what we can do

Wildfire smoke is becoming more common in Canada, and even communities far from active fires—like Ottawa—are increasingly being affected. This talk will explore how wildfire smoke impacts our health, with a focus on older adults and people with heart or lung conditions. Short-term health effects from wildfire smoke will be discussed, such as breathing difficulties and heart strain, as well as what we are learning about potential long-term health impacts. The talk will also explain some of the methods used to do research in this area, including how wildfire smoke is measured. Finally, practical steps that individuals and communities can take

to reduce health risks during smoky days will be shared.

This presentation is designed for a general audience, and no scientific background is required.

Dr. Paul Villeneuve is an epidemiologist whose research focus is on how environmental and workplace exposures impact human health.

He completed his PhD in Epidemiology at the University of Toronto. He then undertook postdoctoral work in the Department of Epidemiology and Community Medicine at the University of Ottawa. For over a decade, he was a Research Scientist in the Healthy



Dr. Paul Villeneuve

Environments and Consumer Safety Branch of Health Canada. While there, he undertook studies on environmental and occupational health topics, primarily in the field of air pollution.

Dr. Villeneuve is currently a Professor in the Faculty of Science at Carleton University,

He is a lifelong resident of Ottawa and spent his childhood in Richmond, Ontario.



Long time members. President David Lee, centre, presents long service pins to Jim Humphrey (10 years) and Joyce and Don Ross (20 years).

The Probud Club of Western Ottawa is part of the international organization of Probud Clubs designed to serve retired and semi-retired, community and like-minded people.

The morning begins at 9:45 am with a time for coffee and socialization, followed by a guest speaker.

Probud Western Ottawa meets at

**Kanata Baptist Church
465 Hazeldean Road**

Is our Probud Club on the brink of closure?



I hope it doesn't come to this, but we're in trouble.

For months, your executive has been requesting volunteers to help run our Club next year and some folks have responded, for which we are very thankful. But critical positions still have no volunteers. Here's where we stand.

Returning: Speaker coordinator, Audio/Visual operator, Luncheon coordinator, Euchre coordinators, Policy Advisor, Coffee Crew, Member-at-Large (Book Swap)

Open Positions:

We have currently identified candidates for:

- Membership (2)
- Treasurer
- Webmaster
- Secretary
- Audio/Visual (backup)

We have no candidates identified for:

- **President (critical)**
- Vice-President (helps the president as needed and able)
- **Newsletter (critical)**
- Secretary (volunteer backup)
- Outings (2+)
- Cards & Letters
- Publicity

Role descriptions may be found [here](#).

What now?

Surely with 200 members, we can't

let our Club fold. Without volunteers stepping forward, it will happen. Please respond by our 19 May Board meeting date.

Discuss it with me and/or attend our next Board meeting, Tuesday, May 19 at 9:30 am in classroom A1 (north end of church), to see how we operate.

A final word about the President and Newsletter roles, which are necessary for the club to function.

The President's main tasks are:

- Interfacing with KBC administration
- Chairing the monthly club and

and executive meetings.

Other tasks are simpler and may be delegated to someone else (e.g. the VP - subject to negotiation).

Transition support will be provided.

The newsletter can take any form the editor chooses, but a guide is available that explains how the current newsletter is produced. It is located [here](#).

With your help, we can prevent the Club from closing. Members need to volunteer now.

Ray Jones,

Past President, SIG Coordinator

Friday 22 May

Almonte chocolate tour set for May

HUMMINGBIRD Chocolate Maker

476 Ottawa Street, Almonte

11:30 a.m.

Cost \$10.00 per person

Join us for a tour of this chocolate factory. The maximum number of attendees is 16, due to limited space at the facility.

Following the tour, we will lunch at

Café-Postinos,

73 Mill Street, Almonte.

Sign up at the May meeting, or you can contact Shanna at

705-717-3090 or slucas3887@gmail.com



Following our June meeting

End of year luncheon

After our June 9 meeting, we will have a catered luncheon to end the year. Our caterer will be Leatherworks, offering a variety of wraps, salads, desserts and coffee. The luncheon will be in the Church Hall on the other side of the foyer from the sanctuary.

This event is a great opportunity

to close out our year and socialize with other club members before we break for the summer.

Tickets are only \$25 and available at the May meeting. Pay with cash, cheque or via e-transfer to membership@probustwesternottawa.ca (ETF instructions can be found [here](#).)

Join us on 15 May for monthly Euchre

Bells Corner United Church,
3955 Old Richmond Road
at Moodie Drive.

Time: 12:30 for social time, coffee:

Games begin at 1 p.m.

Everyone is welcome, even if you have never played! Easy to learn and we will teach you! You just have to be a Probud member!

For further information, feel free to contact Barbara or David Stafford at bbole@sympatico.ca



Welcome to new member **Lynn Payton** who joined our club in April.

Don't miss our upcoming speakers

June 9, 2026: Barry Padolsky:
"Ottawa's Byward Market: 1827-
2027 Praeteritum, Praesens et
Futurum (Past, Present, Future)"

**Note that we do not meet
in July or August**

September 8, 2026: Roy
MacGregor: **Reflections and
stories from his career as a
journalist**



The Probud Breakfast Group met in April. This time at Allo mon
Coco. If you want to join our outings, please sign up on the Breakfast
Club sheet at the May meeting

Thank you to Andrea McCrady for outlining the history of the Peace Tower carillon

At our April meeting, Dominion
Carillonneur Andrea McCrady gave
us a fascinating presentation on the
history of the "Voice of the Nation".
She went over the roles that each
of her four predecessors as
Carillonneur played throughout its
99-year history. Andrea, who has
held the position since 2008,
described the keyboard and its
location between the upper and
lower belfries high up in the Peace
Tower. Unfortunately, due to the
Centre Block restoration, the Peace
Tower is now closed, and the
Carillon is silent and will be until at
least 2032, when the restorations
are complete. More information can
be found [here](#).

Members who are interested in
visiting with the carillonneur in the
East Block on Parliament Hill are

asked to contact Dr. McCrady at
Carillon@parl.gc.ca."



Andrea McCrady

After the meeting **Join us for lunch**

Join us for lunch after our May
meeting. Often our speaker agrees
to join us. This month we will be at:

Busters Bar & Grill
420 Hazeldean Road

At the beginning of the meeting, we
ask for a show of hands of those
planning to attend.

Probud has a website

Our club has a web site to keep you
up to date on speakers, activities,
photos, our organization and other
information. It can be found at:

www.probuswesternottawa.ca

OUR APOLOGIES

The Board wishes to apologize
for the audio difficulties
experienced during the last
meeting. This was unfortunate, and
we recognize it affected members'
ability to fully participate.

We encountered a technical
issue that could not be resolved
before the meeting despite our
efforts. Since then, we have met,
identified the root cause, and
implemented a solution. We are
confident this will prevent similar
problems.

Let's keep this going



Bring a book ...

...Take a book



Check out our swap table at every meeting

Special Interest Group update

The following SIGs are discontinued due to no apparent activity for some time:

billiards, bird-watching, cycling, hiking, knitting, pickleball, theatre-nights, walking.

Remaining groups are shown in the most recent table below.

As a PWO member you may join or leave one of these groups by using the signup sheet, available at meetings.

To start a new Special Interest Group, please email Ray Jones at:

sig-groups-coordinator@probuswesternottawa.ca

PWO SIG Status		April 15, 2026
SIG Name	# Signups	Prime Contact(s)
Art-Appreciation	4	June Stewart
Book-Club	5	Helen Zandbergen
Breakfast-Club	26	David Lee
Games-Night	7	Nicola Jarvis
Travellers-Club	30	Suma Abraham / Tom Wileman

Total Signups **72** Red text indicates a change from April 6



Proposed June golf outing Canadian Golf and Country Club

Monday June 22nd

We are arranging a 9-hole game at the Canadian Golf and Country Club, located in Ashton (Hwy 7 and Dwyer Hill Road). We plan to play late morning on Monday, June 22nd, followed by lunch at Everett's Lounge. There will be an announcement at our meeting on May 12th and a sign-up sheet at the SIG table in the lobby. Cost for golf is expected to be \$36.00 for the round plus \$16.00 if you need a cart. (This is an easy walking course) Final arrangements will be made once the level of interest is determined. Coordinator is Walter Lucas 705-717-3090, wluucas3887@gmail.com

Chuckle Corner



A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the

patient?"

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good News."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me sh*t."



Free Coffee to socialize from 9:45 until 10 minutes before we start our meeting at 10:30. Shanna Lucas makes sure all is in order.

Membership inquiries may be sent to membership@probuswesternottawa.ca

Our Website
www.probuswesternottawa.ca

Newsletter comments or submissions
newsletter@probuswesternottawa.ca