



THE TULIP NEWSLETTER

ONTARIO DISTRICT 1

Founded in 2000 Probuc Club of Ottawa Alta Vista #101
Meetings held at Gloucester Presbyterian Church, 91 Pike Street - August 2023
Next Meeting: Wednesday August 23 at 10am in person
Greeters for August: Eileen McCaffrey and Joan Evans
August Speaker: Gaston Barban



PRESIDENT'S MESSAGE



Bernetta Starkey

Dear Members,

That was a wonderful picnic after our June meeting. I was so pleased to see so many stayed for the picnic and enjoyed just spending time with each other.

How have you all been during the horrendous rainstorms?! On one occasion I was coming up Merivale (I live at Island Park Drive and the Parkway) and encountered such a downpour that I would consider it a whiteout. You simply could not see anything in any direction. Fortunately the rains moved on and as I carried on up Merivale I discovered puddles. So deep that the water was splashing up on the hood of my car and it was up to the doors. I was worried as to when the car would stall. How deep can it be before the car stalls? I came to an underpass and the truck that was driving toward me was pushing so much water, I decided to turn around and call Bill. He told me that the water would have to cover the engine to stall and if I didn't feel comfortable driving, to just wait it out. But how long was that going to take for all that water to dissipate? I steeled myself and drove through the deepening water. It is a strange sensation to be pushing water. My brakes were spongy for two days after that but I did make it through. The radio had been constantly correcting itself as to the size of the hail I was expecting to encounter. First they said nickel sized, then they changed it to ping pong ball sized, then they settled on baseball sized hail. Baseball size?! That would destroy my car. I never encountered hail but apparently at home they had received the hail. The next day Bill and I went for a walk and came upon a Subaru dealership where, of course, all of his cars - new and used - were outside. They all were sporting dings on the hoods, the trunks, the roofs (rooves?) and we didn't even check the doors. It was only then that we started watching the cars passing us. Half of the cars were sporting dings. Expect your car insurance to go up!

This has been a summer for the history books. Forest fires, air quality, tremendous rainfalls, lightening storms, hot July and cold August - I hate to admit it but I'm dreaming of cooler temperatures and warm sweaters. I think it will be safer.

Bernetta Starkey
President - Probuc Club of Ottawa Alta Vista

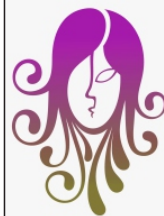
We have a book exchange program. Bring in one book per person and put it on the table. Anyone can pick up as many books as they like. Nobody expects to get their books back. Any books left behind will be donated to the Ottawa Library.



If you joined in 2018 or more recently and have not received your Probuc pin, please speak to Bernetta Starkey to get your pin.

Aug 23 - Sep 22
VIRGO

Virgo are their happiest when in a relationship. Virgo are not shallow people, they are drawn to the aesthetic and pleasing side of life and there's nothing wrong with that. They pay serious attention to detail and have sharp analytical skills and are deep thinkers. Surprisingly, they are the first to pick up on the latest trend.



Management Committee Contact List

President/The Tulip	Bernetta Starkey	343-572-7448	bernettastarkey1@gmail.com
Vice President	Ann Ketcheson	613-244-1940	annketch@rogers.com
Past Pres/Treasurer	Bonnie Barber	343-984-6101	tandbbarber@rogers.com
Secretary	Margot Montgomery	613-232-2463	margotmontgomery@rogers.com
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Hospitality	Paula Woollam	613-733-7196	pwoollam@bell.net
Goodwill/Events	Linda Miller-Nesbitt	613-323-1259	lmillernesbitt@gmail.com
Member at Large/Webmaster	John Wright	613-731-8521	jcwright@bell.net
Rotary Liaison	Eva Hammond	613-733-1459	hammond.eva@gmail.com

PLEASE HELP YOUR CLUB



GOODWILL

Linda Miller-Nesbitt

If you know of anyone who is sick or has passed, please let Linda Miller-Nesbitt know so a card can be sent.

FINANCIAL REPORT for June & July 2023

Bonnie Barber

	Expenses	Revenues	TOTALS
Opening Balance			\$3779.46
Memberships		60.00	
Loonie Bin		50.45	
50/50		48.50	
Bank charges	-8.00		
Hospitality baking	-20.00		
Gift card for J. Wright	-100.00		
Totals	-128.00	\$158.95	\$3810.41
50/50 Float			\$20.00
Membership Float			\$20.00

Anyone remember the good old days before Facebook, Instagram and Twitter? When you had to take a photo of your dinner, then get the film developed, then go around to all your friends' houses to show them the picture of your dinner? No? Me neither. Stop it.



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 73 members in good standing. We had 36 members plus 4 guests attend our June meeting for a total of 40 attendees.

Thank you to everyone who invites a guest to our meetings.



Pat Robson & Marlene Brennan

The 50/50 draw winner for July was **VIOLA BRENNAN** who won **\$21.00!**

\$1 - one ticket \$2 - three tickets

\$5 - ten tickets

Cash sales only.

Good luck, everyone!



HOMEMADE MAC AND CHEESE

The weather is getting cooler and a warm plate of mac & cheese is just the thing to keep you warm. Serve this as a side dish to grilled meats, sloppy joes or fried chicken. Or do like I do, and make a bowl and enjoy while watching your favourite movie.

Preheat the oven to **350°F**. Grease an 8-inch square baking dish.

Bring a large pot of lightly salted water

to a boil. Add **8 oz uncooked elbow macaroni** and simmer, stirring occasionally, until tender yet firm to the bite, about 8 minutes. It will finish cooking in the oven. Drain and transfer to the prepared baking dish.

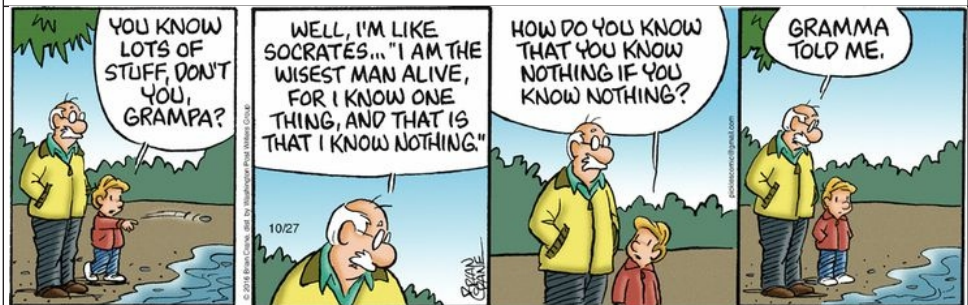
While the macaroni is cooking, melt **1/4 cup butter** in a medium skillet over low heat. Whisk in **3 tbsp all-purpose flour** and stir until the mixture becomes paste-like and light golden brown, 3 to 5 minutes.

Gradually whisk **2 1/2 cups milk** (or more as needed) into the flour mixture and bring to a simmer. Stir in **2 cups of shredded sharp cheddar** and **1/2 cup finely grated parmesan**, season with salt and pepper to taste. Cook and stir over a low heat until cheese is melted and sauce has thickened, 3 to 5 minutes, adding up to 1/2 cup more milk if needed. Pour cheese sauce over macaroni and stir until well combined.

Melt **2 tbsp butter** in a skillet over medium heat. Add **1/2 cup bread crumbs**, cook and stir until well coated and browned. Spread bread crumbs over macaroni and cheese, then sprinkle with paprika.

Bake in over until topping is golden brown and macaroni and cheese is bubbling, about 30 minutes.

VARIATION: Add cooked crumbled bacon to either the mac & cheese or the topping - your choice.



PROGRAM

Colin Galigan

September Speaker

Fred Kallin

An Historical Discussion

Fred Kallin is an historian. At the time of this printing, we were in discussions with Fred as to which of two presentations he would give us. It had not been decided so this will be a bit of a surprise.





Our picnic lunch after our June meeting was a roaring success. We had an attendance of 36 people to our meeting and although we didn't take a count, a rough guess would be about 30 people stayed for the picnic. Everyone brought a picnic lunch. Bernetta did a small card trick which seemed to have been well received and did cause a stir when it worked. For the most part, everyone simply enjoyed each other's company. We had a beautiful day for it, considering all the rain we've been having of late. Everyone was just in the mood for a good get together. These are only a few of



the shots taken by Eileen McCaffrey, our now official photographer. For more photos of the afternoon, please check the GALLERY on our website.



Many of you may not have noticed Hugh Williams, the president of Rotary Club of Ottawa, among our guests at our June meeting. Hugh and I met for a coffee recently to discuss how our clubs can help each other. Just to recap our history and how Probus started, it was a group of Rotary retirees who once retired were no longer Rotarians but still wanted to know what was going on in their field of work. Probus grew from this and the name Probus stands for 'PROfessional' 'BUSINESS' people. We are a spin off from Rotary and in fact, for a long time, if a Probus club disbanded, their bank account was to be given to a Rotary club. A lot of things have changed in Rotary and Probus. You no longer have to be a professional or a business owner to become a Rotarian and any Probus club that is closing can donate their funds to a local charity. Hugh and I would like to work more closely together to see how each club can assist the other. Stay tuned for future developments on this sisterhood.

Walkin' & Talkin'



Make a note in your calendar of these dates.

- Wednesday August 16
- Wednesday September 20
- Wednesday October 18

Our July walk took us to the greenbelt beside the Bell High School. This photo doesn't really show the members we had out walking that day, but I wanted you to see the grandeur in which we walked. These walks have been wonderful for the soul. We really encourage you to walk with us in August.

August 16th we will be walking at Petrie Island along the water. We will be meeting on Tweddle Rd. Parking on the left immediately after crossing the causeway. You will see a big sign welcoming you to the park. We will meet about 9:45am to start our walk at 10am. See you there!

Men welcomed.



SHAKESPEARE IN THE PARK



HAMLET This is what the touring company have to say about *Hamlet*.

Summer is almost here and that means Shakespeare-in-the-Park season is right around the corner! Our absolutely killer team is ready to bring you a *Hamlet* that's bigger and better than ever - touring over 40 parks across Ottawa and beyond. This Torchlight is going to be out hottest one yet. There will be puppets, there will be swordfights and there might even be a scary ghost!? All we're missing now . . . is you!

Date: August 17, starts at 7pm. There are bathrooms on-site and parking is available. Just bring a lawnchair and a snack. This is a no-cost event.

Venue: Weston Park, in the block of Weston, Othello, Pleasant Park and Saunderson.



Eva Hammond started off our membership speakers for our June meeting with a reminiscence of her time in Cameroon when she was delivering polio shots to the citizens. The Rotary club had invested and were committed to eradicating polio from the face of the earth. Rotary had enough vaccine to cover the Philippines in 1979 and over 6 million children were vaccinated. In 1988, the W.H.O. certified that countries like Douala and Cameroon were polio free after three years without an outbreak. Eva explained that they used nail polish to identify who had had a first dose of vaccine as they had to come back again in a few weeks to administer the second and final dose.

Marj Phillips was our second speaker and she explained geocaching to us. There are over 195 countries where geocaching is a popular pastime. Marj personally has found approximately 10,730 locations. This is an activity that is open to everyone - young, old, couples, seniors and those who are living with a physical challenge. The rules are simple, use your smartphone to navigate, keep an eye out for those camouflaged hiding spots, don't go onto private property, sign the book or exchange an item and put everything back as you found it. The most basic rule is the leave no trace of your hunt. There are 16 different types of geocaching. Marj explained a few.



Traditional has a logbook that you sign. Mystery is one where you have to solve clues to carry on. And earth cache where you will be asked to identify a particular land mass or geological process and answer questions about it.



A NEW NATION IS BORN

Mike Charrier rounded out our member speakers with a discussion on how elections were monitored in South West German Africa. Mike spent some time with UNTAG (United Nations Transition Assistance Group). They used a blue light and an inked finger to confirm that someone had already voted. The ink would glow in the blue light and they used a box for the light because you needed a dark environment to see the iridescence.

There was a mistrust among the citizens with putting your finger into a box. The elders of the community would put their finger into the box to show it was not dangerous then the others followed.

The final speaker was Craig Greenwood, the Director of District 1, our district. Craig gave us a small talk about his time with the Ministry of Natural Resources and how much he loved polar bears.



But the highlight of his speech was the presentation of the Probus Citation Award to John Wright for his long-standing and excellent service to our club. John, is not one to waste a smile, was very touched and surprised with this honour. We as a club were very pleased to have been able to arrange this award for John and to have Craig Greenwood make the presentation. John and Joyce enjoyed a dinner at Mr B's, a favourite restaurant of theirs, and John proudly displays his award.



Sharon Howes will be away next month for euchre. Bernetta Starkey will host the gathering. All the participants will receive an email with her address as we get closer to the date - Wednesday July 12th. The consensus was to play once a month on the 2nd Wednesday of each month. Go to SOCIAL GROUPS on our website and you will find the write up for euchre. If you want to play, just add the last four digits of your phone number to the white box and hit SUBMIT.



I LOVE BRIDGE

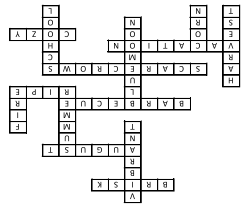


We are playing Bridge online. Please contact Bernetta Starkey (bernettastarkey1@gmail.com or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera and audio so that you can see the people you are playing with. Lots of fun!

FUN &

GAMES

Crossword Solution



"Look. You're 103 years old. You've got to start taking better care of yourself."



"I woke up and found these on my pillow. There are a few steps you missed in the breakfast in bed process."

			6	8		2		7
4	7		5		2	6	1	3
	2		3		7			8
	5	9			6			4
	4			2		1		9
2								5
7	3			6	9	4		2
9	1	4	2	5			3	
8		2	4	7				1

John Wright wrote a letter to the Board thanking us for his award. Following is what he wrote:

Dear Bernetta,

Thank you very much for putting my name forward for a Probus Canada Citation. As you may have noticed it was a complete surprise - and a very pleasant one.

Thanks too to the members of the Management Committee for their card and good wishes. We enjoyed an excellent dinner at Mr. B's - the first time we have been there since they moved to the new location.

Looking back, I have been Secretary for over a dozen committees, clubs and other organizations since college days, following in my father's footsteps. He had a book which was the equivalent of Robert's Rules which I read as a teen-ager. This taught me how committees worked and, specifically, the duties of a secretary. One of them I remember clearly, "The Secretary shall suffer fools gladly". Fortunately that has not been my lot at Probus.

*Thank you again,
Yours sincerely,*

John Wright

Corn, or maize as it was originally known, was first domesticated by native peoples in southern Mexico about 10,000 years ago. Modern corn is



believed to be derived from the Balsas teosinte, a wild grass. If you look at corn and grass seeds growing naturally, you will notice a great deal of similarities.

Data indicates that maize was dispersed into lower Central America by 5600BC and had moved into the inter-Andean valleys of Colombia between 5000-4000 BC.

Many farmers will plant an external box of feed corn around the sweet corn to fend off would be thieves from stealing a few ears on the side of the road.

Among the most popular varieties are Silver Queen, renowned for its large ears, sweet taste and super-white kernels. Jubilee is another popular variety for its high yield and tender yellow kernels. Butter and Sugar, which is defined by its mix of white and yellow kernels. I think most of know this variety as Peaches & Cream.

And as for popcorn, only the variety known as Zae Mays Everta will pop.

AUGUST BIRTHDAYS



- 10 Glenys Pike
- 12 Marlene Brennan
- 20 Penelope Gould
- 26 Lorraine Balderson
- 27 Linda Miller-Nesbitt

FUN &

GAMES

Sudoku Solution

1	6	5	8	2	7	9	8
9	8	7	6	5	4	3	2
2	8	7	6	9	1	5	4
5	9	8	7	1	6	4	3
6	4	1	5	2	8	9	7
7	2	8	9	3	6	5	1
8	5	6	7	4	3	1	2
3	1	9	2	6	5	8	4
4	7	2	1	8	9	6	5

ACROSS

- 2 Mornings are becoming this
- 3 31 days
- 6 This is good anytime of the year
- 8 The apples are . . .
- 10 Keeps the crows away
- 12 Get this in soon!
- 14 Goes with 5 Down



DOWN

- 1 Soon the leaves will be . . .
- 4 It's winding down
- 5 Keeps the cool nights at bay
- 7 Twice in one month
- 9 Farmers and gardeners are doing this
- 11 Getting ready for this 🧒
- 13 A vegetable you eat off the cob

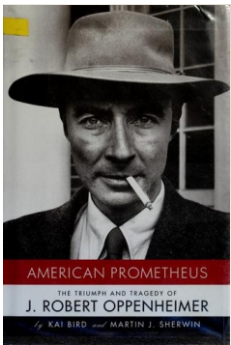


AMERICAN PROMETHEUS

The Truth and Tragedy of J. Robert Oppenheimer

by Kai Bird and Martin Sherwin

"Prometheus stole fire from the gods and gave it to man. Then they tied him to a rock and tortured him for eternity."



J. Robert Oppenheimer, a leading physicist in the Manhattan Project, recognized that scientific inquiry and discovery could no longer be separated from their effect on political decision-making, social responsibility, and human endeavor in general.

He openly addressed issues of common concern and as a scientist accepted the responsibility brought about by nuclear physics and the

atom bomb.

In this Pulitzer prize-winner, magisterial, acclaimed biography twenty-five years in the making, Kai Bird and Martin Sherwin capture Oppenheimer's life and times, from his early career to his central role in the Cold War. This is biography and history at its finest, riveting and deeply informative.

F	P	N	Z	T	F	O	R	A	G	I	N	G	R
C	M	K	B	A	R	B	E	C	U	E	T	X	U
H	R	A	A	B	U	N	D	A	N	T	I	N	N
A	R	A	R	U	K	D	C	O	Z	Y	Y	P	P
R	K	A	C	S	C	A	R	E	C	R	O	W	R
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T	V	I	V	I	D	T	N	L	W	T	J	G	C
B	Y	D	H	R	C	Y	L	G	L	O	G	P	T
R	R	D	S	T	A	W	U	I	F	O	G	S	A
Q	I	I	L	G	B	I	Y	V	N	I	W	U	B
G	S	P	S	R	J	T	N	K	A	G	R	S	L
Z	R	X	E	K	P	J	J	Y	A	K	P	E	E

- | | | | |
|----------|----------------|--------------|---------------|
| ABUNDANT | CRACKLING FIRE | LOG | RUSTLING |
| AUTUMN | FOG | MARSHMALLOWS | SCARECROW |
| BARBECUE | FORAGING | MOONLIT | UNPREDICTABLE |
| BRISK | FRESH | RAINY | VIVID |
| COZY | HARVEST | RIPE | |