



# THE TULIP NEWSLETTER

## ONTARIO DISTRICT 1

Founded in 2000 Probud Club of Ottawa Alta Vista #101  
 Meetings held at Gloucester Presbyterian Church, 91 Pike Street - September 2023  
 Next Meeting: Wednesday September 27 at 10am in person  
 Greeters for September: Maureen Dawson  
**September Speaker: Fred Kallin**



## PRESIDENT'S MESSAGE



Bernetta Starkey

Dear Members,

We had a very good turn out for our August meeting, even though we were deep in summer holiday season. We were missing a number of people in key positions and like good Probud members, we had lots who jumped in to help. Thank you to everyone who helped out even if felt like you were grabbing the bull by the horns and hanging on for dear life. You did wonderfully.

For any of our members who, as grandparents, are involved in the school system with their grandkids, life has become very orderly and schedule once again. Whether we intend to or not, fall is when our lives become scheduled again. We are back to classes, clubs, choirs, theatre and so on. I enjoy summer, not so much the heat, but the freedom to eat dinner later, sit on the balcony and enjoy the sunset, drink wine (*well I guess I can do that all the time*) and not worry. But I do look forward to life becoming regulated again. Bill and I enjoy our choir lessons, our theatre tickets, catching up on TV shows and so on. I personally love to light candles in the winter months. I miss our fireplace and tealights around the room are a satisfying substitute. I light 28 candles each evening. It looks beautiful. Thank goodness for IKEA, their candles are pretty reasonably priced. I'm already back into sweaters and long pants. I love the food of fall. I'm a little tired of salads. Wonderful that we have choices!

Bernetta Starkey  
 President - Probud Club of Ottawa Alta Vista



You may have met Hugh Williams at our July meeting. Hugh is the president of Rotary Ottawa. Hugh and Rotary Ottawa have extended an invitation to Probud members to join their club.

Their mission is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through their fellowship of business, professional, and community leaders. If you are interested in participation in your community and do some good work, please contact Rotary Ottawa at [rotaryottawa.com](http://rotaryottawa.com).

We have a book exchange program. Bring in your books 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 Probud pin, please speak to Bernetta Starkey to get your pin.*

Sep 23 - Oct 23

### LIBRA

Libra are natural charmers and lovers. They will carry their pain inside and never show it. Sometimes they need time to recharge and can take forever to make a decision! They dislike violence and discord. They can smell a fake from a mile away. Music is often a central theme with Libra. They are so sweet until you cross them.



## 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
Membership	Bob Mady	613-883-0286	bmady49@gmail.com
	/ Jane Wickham	343-698-8286	janewickhamis@icloud.com
Tel/Email	Barbara Wilson	613-837-2377	barbarawilson142@yahoo.ca
Program	Colin Galigan	613-730-7649	cgaligan@yahoo.com
Publicity	Vacant		
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

Some may remember Bob Edgerton, a past member of our club and treasurer. Bob passed away on September 7th. Bob was a good friend of the club and many of its members. We send our best to his family in this difficult time. Please go to [kellyfh.ca](http://kellyfh.ca) for funeral arrangements.

A get well card was sent to Marj Phillips who is recovering from surgery. Get well soon, Marj!  
*If you know of anyone who is ill or passed, please let us know.*

## FINANCIAL REPORT for August 2023

Bonnie Barber

	Expenses	Revenues	TOTALS
Opening Balance			\$3810.41
Loonie Bin		25.00	
50/50		26.50	
Bank charges	-4.00		
Frame for J. Wright	-22.57		
Newsletter printing	-43.40		
Hospitality baking	-10.00		
Donation to church	-475.00		
<b>Totals</b>	<b>-\$554.97</b>	<b>\$51.50</b>	<b>\$3306.94</b>
50/50 Float			\$20.00
Membership Float			\$20.00



# HOMEMADE PUMPKIN SOUP

There's a nip in the air and it feels like soup weather. We have just the thing - pumpkin soup. Perfect for the season and a wonderfully warm feeling in your tummy.

Place **6 cups of store-bought chicken stock, 4 cups of cooked pumpkin puree, 1 cup chopped onion, 1 minced clove of garlic, 1 1/2 tsp salt, 1/2 tsp chopped fresh thyme and 5 whole black peppercorns** in a large pot and bring to a boil. Reduce heat to low and simmer uncovered for 30 minutes.

Transfer soup to a blender or food processor in batches and blend until smooth. Return soup to the pot and bring to a boil, reduce heat to low and simmer uncovered for 30 minutes.

Stir in **1/2 cup whipping cream**.

Ladle soup into bowls and garnish with fresh parsley.

Serves 8



# MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 74 members in good standing. We had 37 members plus 3 guests and 1 new member attend our August meeting for a total of 40 attendees.

We welcomed  
**HAZEL FRASER**

Pat Robson & Marlene Brennan

The 50/50 draw winner for July was  
**ANDREA KELLY**  
who won **\$26.50!**

**\$1 - one ticket    \$2 - three tickets**  
**\$5 - ten tickets**  
Cash sales only.  
Good luck, everyone!



When you're happy, you enjoy the music.

When you're sad, you listen to the lyrics.



# PROGRAM

Colin Galigan

September Speaker  
**Dr Sarah Lockyer**  
**Canadian Casualty**  
**Identification**  
**Project**

Born in Moncton, NB, Dr Sarah Lockyer graduated with BSc in Anthropology from the Université de Montréal and then moved to London, UK to continue her studies. She has a MSc in Forensic Archaeological Science from University College London, and a PhD in Bioarchaeology from Bournemouth University. Now living in Ottawa and working as the Casualty Identification Coordinator for the Canadian Armed Forces. As a forensic anthropologist, she works to identify newly discovered skeletal remains of unknown Canadian war dead who were killed in action during the First and Second World Wars and the Korean conflict.



# HAPPY Thanksgiving

Canadian Thanksgiving is an annual event to honour life's blessings and spending quality time with close family and friends. It is celebrated on the second Monday of



October.

Canadian Thanksgiving has some unique origins that separate it from the American holiday, predating the US Thanksgiving by 43 years. Canada's holiday was initially created to express thanks for explorers' safe voyages into the New World.

The first Thanksgiving was reportedly hosted in 1578 by English explorer Martin Frobisher in what is now Newfoundland. At the time, Frobisher and his expedition attempted to travel through the Northwest Passage safely. The celebration marked their safe arrival to the New World. That first celebratory meal consisted of a simple but delicious combination of salted beef and mushy peas.

Samuel de Champlain held huge feasts starting in 1606 between the Mi'kmaq and the French settlers. Though not known at the time, cranberries were rich in vitamin C and credited with helping avoid scurvy. Champlain's feasts were more than an annual affair. To prevent scurvy epidemics at Ile Sainte-Croix in past winters, the Ordre de Bon Temps (Order of Good Cheer) was founded, offering festive meals every few weeks.

Over time, Thanksgiving evolved to express gratitude to God for a bountiful fall harvest. The next historic celebration didn't occur until April 1872, when the holiday was reinstated to celebrate the Prince of Wales's recovery from a significant illness. For a while the Thanksgiving holiday did not have a set date. It moved around the calendar from mid-April to November before the Canadian government finally settled on the second Monday of October. In 1957, the Canadian Parliament made the holiday an official date.

Despite this history of uniquely Canadian thanksgivings, our modern concepts of Thanksgiving were influenced by our American neighbours. Foods that are associated with a 'traditional' Thanksgiving, such as turkey, squash and pumpkin, were introduced to citizens of Halifax in the 1750s by the United Empire Loyalists who continued to spread 'traditional' fare to other parts of the country.



As promised, here is the pattern for preemie tuques. Using 3.5mm or US4 needles. The hospitals prefer pink, blue and white tuques.

*Cast on 48 stitches or any other number that is divisible by 6. Place marker and join yarn, then k1, p1 across all stitches. Repeat ribbing until piece reaches 2.5-3 cm. I knitted 6 rounds*

*Body of the preemie hat:*

*Round 7: knit all stitches around.*

*Repeat Round 7 until hat reaches 9 cm from the edge. I knitted 14 rounds in stockinette stitch.*

*Shaping crown of the preemie hat:*

*Round 1: [ k6, k2tog ] – repeat till the end of round.*

*Round 2: knit all stitches around.*

*Round 3: [ k5, k2tog ] – repeat till the end of round.*

*Round 4: knit all stitches around.*

*Round 5: [k4, k2tog] – repeat till the end of round.*

*Round 6: knit all stitches around.*

*Round 7: [k3, k2tog] – repeat till the end of round.*

*Round 8: [k2, k2tog] – repeat till the end of round.*

*Round 9: [k1, k2tog] – repeat till the end of round.*

*Cut the yarn leaving 10-15 cm tail. Draw the tail through the remaining stitches. Weave in ends.*

## Walkin' & Talkin'



Make a note in your calendar of these dates.

Wednesday October 18

Our August walk took us back to a favourite spot - Petrie Island. We walked along the beach and enjoyed the water's edge.

In September we will meet at P18 on Davidson Road, south of Hunt Club Road between Conroy and Hawthorne. Please join us and wear comfortable walking shoes, a hat, water and happy faces. Please sign up on the website under SOCIAL GROUPS.



September will be a second to last walk of the season. We don't walk during the winter months and I've heard we are expecting a lot of snow this year. **Men welcomed.**



Gaston Barban was our very interesting speaker at our August meeting. Gaston is a retired ambassador and member of the Canadian Ambassadors Alumni Association. Their role is to raise the understanding and appreciation for the role of the Canadian foreign service in the promotion and protection of Canada's interests in the world.

The primary duties of ambassadors are to maintain diplomatic relations and promote foreign policy strategies through international organizations.

The first Canadian ambassador was Sir Joseph Pope of the Department of External Affairs in 1909.

Today the Department of External Affairs is called Global Affairs Canada. As Canada became more independent, its role in the world grew. Today Canada is a respected nation and valued partner in global affairs. Canada's future depends on a strong, effective international voice and presence.

Gaston was ambassador to South Africa, Namibia, Lesotho, Mauritius and Madagascar, home officed in Pretoria. In South Africa, the ambassador's residence and office is called the High Commission of Canada. Gaston's position was as Senior Representative of Canada. He was the 'captain of the ship' and CEO of a microcosm of the Canadian government abroad. His residence was where visiting dignitaries from Canada would stay.

One of the most important parts of his job was networking. Making those connections with local dignitaries was important to understanding Canada's role in that area of the world.

Another very important part of his job was holding events at the High Commission. Promoting Canada at special events and introducing dignitaries and other special guests to South African society.

Gaston's office was very involved in promoting trade. The trade office is located in Johannesburg. That office promotes trade and support for Canadian businesses, they help with export development and market intelligence.

While Canada has closed some embassies in volatile countries, it is Gaston's belief that "Ya gotta be there!". It certainly seems to make sense that if you are there, your face will become familiar and you never know when a casual conversation may be a very important conversation. If you're not there, those opportunities just can't happen.

Canada needs a highly skilled foreign service to manage in an increasingly interconnected and interdependent world. Canada's strength and confidence as a country grows with a respected and visible role in the world. Effective international relations require an ongoing and physical presence in countries and international organizations around the globe.

Gaston was a very interesting speaker.



We will be visiting the Senate in its temporary home at the corner of Wellington and Rideau Streets. We will meet at 11am on September 29th. An easy transit on the LRT getting off at the Rideau Centre across the street. Parking is also available at the Rideau Centre. You must have ID with you. We will follow this outing with lunch at the Clocktower Pub which is a short walk along Wellington Street on the other side of the Rideau Centre.

*Continued on page 5*



Sharon Howes will be hosting our usual euchre games starting up in September. We play on the 2nd Wednesdays 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. All new participants will receive an email with her address as we get closer to the date. See you there!

**I LOVE BRIDGE**

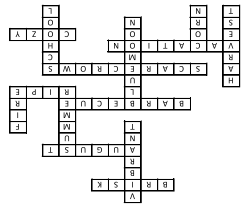


We are playing Bridge online. Please contact Bernetta Starkey ([bernettastarkey1@gmail.com](mailto:bernettastarkey1@gmail.com) or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera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

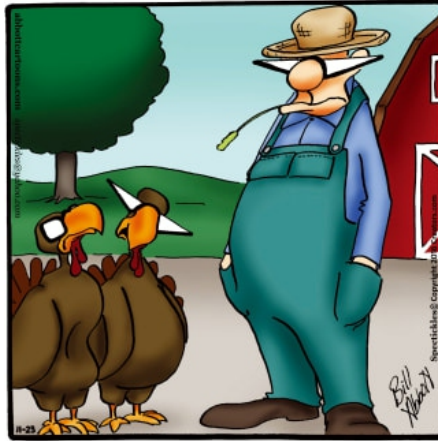
# FUN &

# GAMES

Crossword Solution



"It's baked turkey. The feathers got a little black."



"Are you sucking in it?"

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



## BABY FACE

This fellow is not known for his 'best foot forward'. His ferocious temper has contributed to his media appeal in both the United Kingdom and the United States. A featured article about television's worst bosses, he was cited for his frequent loss of his temper and his harsh critiques, notably when he picks on something other than cooking ability, such as calling someone a "chunky monkey" which brings up his very colourful language. He is gentle with the kids, though. In 2011, he opened his first Canadian restaurant in Montreal in the former Rotisserie Laurier BBQ. He speaks fluent French after being trained in Paris. Who is he?



A visit to the RCMP Stables are planned in October. Only a few details at this point. Mark your calendars for October 26th at 11am. This will be a 45-minute tour followed by lunch at the Royal Oak on the corner of Beechwood and Crichton.

The stables are visible along the Promenade Sir George Etienne Cartier. I don't have an actual address at the time of publication.

More information to come.



Plans are being made for an East Sector Conference. Craig Greenwood is our director and he is organizing a conference. The West Sector is very enthusiastic about this conference and have scheduled their conference for October 24th in Cobourg.

Our conference would include clubs from Belleville, Kingston, Gananoque, Brockville, Cornwall, Perth, Kemptville, Kanata, Rideau Valley and us. So far, we

haven't had such great response so it may not happen.

These conferences are a great opportunity for board members of various clubs to meet each other and exchange ideas and ask questions. Networking, which is so important.

If this conference goes ahead, we will learn what other clubs do at their meetings and bring home new ideas.

I will be attending the West Sector Conference in October.

We had a member ask that we show the coming month's birthdays' instead of the current month. To catch up, we are showing two months. Next month we will show the next month's birthdays.

## SEPTEMBER BIRTHDAYS

- |                 |                  |
|-----------------|------------------|
| 6 Bill McLellan | 27 Valerie Maude |
| 7 Jim Hodges    | Miao Tsai        |
| 26 Pat Robson   |                  |

## OCTOBER BIRTHDAYS



- |                  |
|------------------|
| 1 Joan Evans     |
| 6 Eric Henry     |
| 12 Pauline Adams |
| 24 Bill Martin   |



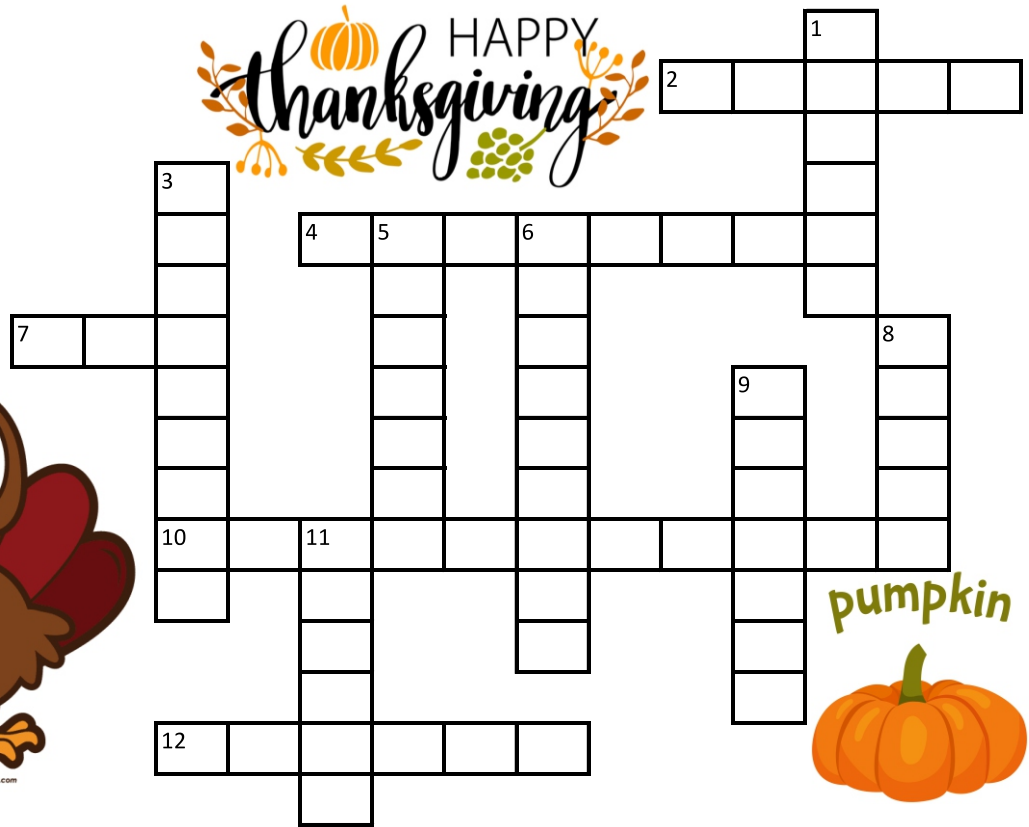
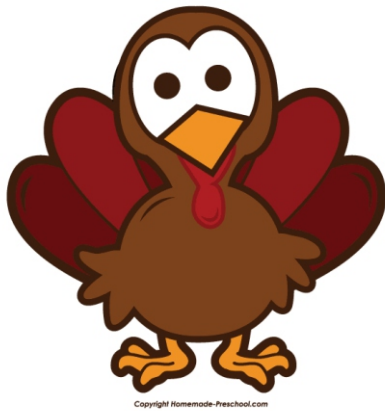
1	6	5	8	7	4	2	9	8
9	7	8	5	2	4	1	6	3
2	8	4	6	9	1	5	3	7
5	9	3	7	1	6	7	8	2
6	1	2	8	3	9	4	5	7
4	2	8	6	3	4	7	5	1
8	5	9	6	7	2	1	3	4
3	1	9	2	6	5	8	7	4
7	4	1	2	8	1	8	6	3

## ACROSS

- 2 Warm the innards
- 4 A fall favourite
- 7 Some prefer this
- 10 To go with
- 12 A gathering

## DOWN

- 1 Gobble-gobble
- 3 Leg
- 5 Pie, soup, . . .
- 6 A second feast
- 8 Baked
- 9 October 9th
- 11 A time of year



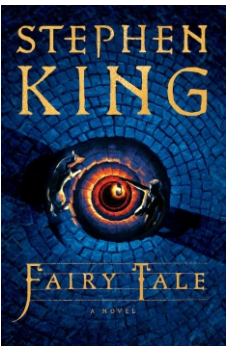
## FAIRY TALE

by Stephen King

“Dark evenings and Stephen King. What could go wrong.”

Charlie Reade looks like a regular high school kid but he carries a heavy load. His mom was killed in a hit-and-run accident and grief drove his dad to drink. Charlie learned how to take care of himself—and his dad. When Charlie is 17, he meets a dog named Radar and her master, Howard Bowditch, a recluse in a house at the top of a hill, with a locked shed in the backyard. Sometimes strange sounds emerge from it. Charlie starts doing jobs for Mr. Bowditch and loses his heart to Radar. Then, when Bowditch dies, he leaves Charlie a cassette tape telling a story no one would believe. What Bowditch knows, and has kept secret all his long life, is that inside the shed is a portal to another world.

King asked himself: What could you write that would make you happy? “I saw a deserted city. I saw the empty streets, haunted buildings, a gargoyle head lying overturned in the street. Those images released the story I wanted to tell.”



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

- |             |           |         |                |
|-------------|-----------|---------|----------------|
| ACORN       | DRUMSTICK | GIBLETS | PUMPKIN        |
| APPLE PIE   | FAMILY    | GRAVY   | SOUP           |
| BAKED BEANS | FEAST     | HAM     | STUFFING       |
| BOUNTY      | FIRE      | HEARTH  | SWEET POTATOES |
| BREAD       | FRIENDS   | HOLIDAY | THANKFUL       |
| CRANBERRIES | GATHERING | POTAGE  | TURKEY         |
|             |           |         | WINE           |