



THE TULIP NEWSLETTER

ONTARIO DISTRICT 1

Founded in 2000 Probus Club of Ottawa Alta Vista #101
Meetings held at Gloucester Presbyterian Church, 91 Pike Street - November 2023
Next Meeting: Wednesday November 22 at 10am in person
Greeters for November: Barb Wilson and Maureen Dawson

November Speaker: Ian MacKay, Viking Influence on the English Language



Bernetta Starkey

PRESIDENT'S MESSAGE

Dear Members,

Well is my face red! I knew I would be missing the AGM and believed that Ann Ketcheson would be president when I got back. Turns out I'm still president until the end of December! I'm thrilled but a little embarrassed I didn't know that already. Still a newbie. Ann will be away in December so I will once again, and for the final time, take the podium. Although with the Christmas plans, I don't think I will have too much to do at the podium.

This is a time of year to bring us all together regardless of our beliefs. This is a time of year to bring families together, eat way too much and be happy in each other's company. Good friends and good food, that's all we need. A glass of wine wouldn't go amiss either but I'll keep that for another location.

With wars battling around the world, let's enjoy the peace we have and count our blessings for it. Some among us may have loved ones in those areas around the world so a kind word and a touch on the shoulder would be a welcomed gesture.

I wish everyone a Merry Christmas, a Happy Hannukah, a Happy Kwanzaa or Happy Holidays - whichever speaks to your heart.

It *IS* the most wonderful time of the year.

I'll see you soon.

Bernetta Starkey
President - Probus Club of Ottawa Alta Vista

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.



Nov 22 - Dec 21 **SAGITTARIUS**

Sagittarius will tell a dirty joke right in the middle of an argument.



They are slow to commit but love the chase. Ultimate partner in crime, they will be down for you no

matter what. Hard time hearing the truth but a good partner can talk them down. They want to hear they are right. Be gentle.

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	<i>Vacant</i>		
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 ill or passed, please let us know.

A get well card were sent to Jane Wickham, who is getting over covid, Marlene Brennan, who is having some tests done and Bill Martin who is recovering from a fall. We wish them all a speedy recovery.



FIGGY PUDDING

This traditional English dessert will warm the hearts and memories of many

Preheat oven to 350°F.

In a medium saucepan, heat **1 3/4 cups of milk** and **16 oz of dried**

chopped figs over medium-low heat but do NOT bring to a boil. Cook for 10-15 minutes stirring occasionally. The milk will soften the figs.

In a medium bowl mix **1 1/2 cups flour**, **1 cup sugar**, **2 1/2 tsp baking powder**, **1 tsp ground nutmeg**, **1 tsp cinnamon**, **1 tsp salt**.

In a large bowl, beat **3 eggs** for one minute on high. Reduce speed to low and add **1/2 cup melted butter**, **1 1/2 cups bread crumbs**, **1 tbsp graded orange peel** and warm fig mixture.

Slowly incorporate flour mixture. Beat until just blended.

Pour mixture into a greased bundt pan. Level top as much as possible. Cover the mold with a piece of aluminum foil, greased on one side. Greased side down.

Place the mold in a roasting pan and place on oven rack. Fill with hot tap water 2 inches up to side of the mold. Bake for 2 hours or until the pudding is firm and it is pulling away from the side of the pan.

FINANCIAL REPORT for October 2023

Bonnie Barber

No report for this month because Bernetta was away at the time the report came out. She will combine October and November in the December Tulip.



MEMBERSHIP

Bob Mady & Jane Wickham

No update information on the membership as Bernetta was away at the time the report came out. She will update the Membership for the December Tulip.

Pat Robson



The 50/50 draw winner for October was **AGNES SNELSON** who won **\$40.50!**

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



PROGRAM

Colin Galigan

We won't have a speaker for the December meeting as we will be enjoying our Christmas party!



Our Christmas Party will be on December 13th
Our regular meeting on December 27th will be cancelled.
We will see everyone back on January 24th 2024!

OUR DUES ARE DUE

It's that time of year again. Time to pay our dues. The dues have not been changed, a single membership is \$30, a couple is \$50. **Our dues are due by December 31st, 2023.**



- 1** - You can make your payment by cheque payable to Probus Ottawa Alta Vista and mail it to Probus Ottawa Alta Vista, c/o Gloucester Presbyterian Church, 91 Pike Street, Ottawa, ON K1T 3J6.
- 2** - You can make your cheque payable to Probus Ottawa Alta Vista and bring your cheque with you to the November or December meetings.
- 3** - For those who do their banking online, you can e-transfer your dues to Bonnie Barber, our treasurer, at tandbbarber@rogers.com.
If you have recently joined Probus Ottawa Alta Vista, your dues will cover your 2024 membership.



We are so thrilled to see our club is growing and we welcome all the new members.

We need our members to step up and join the management team. You can join and take a small role or a larger role. You can even find someone to join as a team!

We just need people to step up and take on some of the roles we have open. You won't be left on your own, there is always someone who can answer your questions.

Please support our growing club.

I promise you will be happy you did.

There has been a lot of interest in these very tiny tuques. Following is the very simple pattern. I have used 48 stitches, 42 stitches, 36 stitches and 30 stitches.

48 st - 6 rows of k1p1, 12 rows stst, dec starting with 6
42 st - 6 rows of k1p1, 8 rows stst, dec starting with 6
36 st - 6 rows of k1p1, 6 rows stst, dec starting with 5
30 st - 4 rows of k1p1, dec starting with 5

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.



Probus Canada is hosting a photo contest. Take your photo at the highest resolution you can. Go to probuscanada.ca to submit your photo. If your photo is chosen, you will receive a request for a Model Release form. This is asking the people in your photo to allow their photo to be published if chosen.

Probus Canada is looking for action shots of people enjoying activities together. No children please. The top prize of \$100 will be awarded to one winner. Other photos chosen will get bragging rights.

This is a wonderful opportunity to show off your photography skills and show your club doing fun things and enjoying each other's company. The deadline for submissions is November 30th.

Walkin' & Talkin'



Make a note in your calendar of this date.

Wednesday November 25 BONUS DATE!!

In October we met on the Sugarbush Trail in Chelsea, QC. It was a beautiful crisp day, perfect for a walk.

There was talk of a November walk. Bill and I will be away for this one so watch for Barb's email if there is one schedule. This will be a bonus walk as we are taking advantage of the wonderful crisp mornings.

Men welcomed.





Sarah Lockyer was our speaker in October and what an excellent speaker she was! Sarah explained to us the procedures of the Casualty Identification Program that Canada has in place to identify soldiers who have died in conflict around the world. There are approximately 28,000 soldiers buried under an unknown marker around the world. The wars Sarah focuses on are the WW1, WW2 and the Korean War.

Sarah explained the meticulous process she and her team go through to be sure a soldier is identified properly. Sarah's education is in anthropology and she does examine bones in her identification process.

Her anthropological analysis will begin with, are the remains found human? What is the sex and age of the remains? The stature. Is this more than one person? She might find one skeleton but she examines every bone to be sure its not multiple people. What is the ancestry of these remains? If they discover this soldier is a citizen of another country, she will let that country know and then that country takes over the investigation. What kind of trauma did this person endure? Did this soldier suffer from a disease? The soldier may have had an undisclosed ailment such as arthritis or a short leg.

Remains are often discovered during construction projects, road works, archaeological digs and farming activity. Military artefacts are often found with the remains but Sarah is cautious that this soldier may have been collecting such items as buttons, badges and rings. Sarah told us of finding one soldier with multiple insignias.

During WW1, not only were the dog tags made of leather and quickly disintegrated, but the soldiers were only issued one so if a soldier collected it to turn it in, then the soldier who died had nothing to identify him.

If a soldier has been buried in an unmarked grave, meaning his name is not on the marker, they don't disinter the remains. The soldier stays where he is and once they are confident they know who is in the grave, they will add his name to the marker. Sarah also explained that after WW1, the dental records were destroyed thinking no one would ever need them again, and this is a significant way of making an identification.

We all watch cops on TV doing DNA investigations and it seems to be so quick and clear as to who the bad guy is. It turns out DNA sampling requires mitochondrial DNA to identify remains. They can work with Y-chromosome as it is passed from father to son unchanged. But simply because you have been able to confirm the DNA of the individual, you need someone to compare it to. Sarah's team will go back in the ancestry of a few individuals they are feeling somewhat confident about to find a match. That can go back to great-great-grandparents and then down their lines to find a living cousin. And then to convince that cousin that they need to supply the DNA to confirm the match. It is a bigger ask than many would think.

This process can be as fast as six months and as long as ten years. And that is assuming they are confident in their decision. As long as there are any doubts, the soldier goes unnamed.



Sharon Howes hosts our euchre games. We play on the 2nd Wednesdays of each month, this month it will be November 8th at 1pm. Go to SOCIAL GROUPS on our website and you will find the write up for euchre. If you want to play, email Sharon (her email is under Euchre Players) and let her know you want to play. Don't worry if you have never played before. This is a fun game and nobody minds teaching others. All new participants will receive an email with her address as we get closer to the date. See you there!

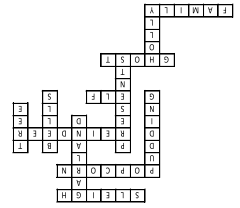


We are playing Bridge online. Please contact Bernetta Starkey (bernettastarkey1@gmail.com) or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera and audio so that you can see the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

FUN &

GAMES

Crossword Solution



"I just heard the TV switch off. Santa's on his way."



"Because we found him betting on them, that's why he can't play in any reindeer games."

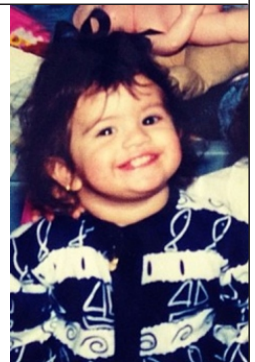
		9	5	1				4
2		1	8	9	3	5		
3			2	4		1		8
	3		1		2	4		
5	8			6	9		1	
1			4		5	6		
			7		8		4	3
4	9	8					5	
	2	3			4	8		1



BABY FACE

This young lady started her career as a 10-year-old on shows like **BARNEY & FRIENDS** and **SPY KIDS 3-D** and then on the Disney Channel. She has been diagnosed with lupus and has withdrawn from public events after receiving a kidney transplant from actress friend Francia Raisa. She includes last month's Baby Face as one of her short-listed friends. She dated Justin Bieber for a while and is currently involved with two older men in a Disney+ series called **ONLY MURDERS IN THE BUILDING**.

Who is she?



SANTA CLAUS Now that we've reached that age where we look more like Santa than believe in him, ever thought about the logistics of Santa? How much would his sleigh weigh? Assuming each child receives a gift weighing 2-pounds, the sleigh would take off weighing 500,000 tons not including Santa himself. How many cookies does Santa eat? This is an easy one - 336,150,386 cookies. Some elf did the math on that one. How much milk does Santa drink? As you probably know, Santa doesn't always finish his glass of milk so that means he drinks a little less than 1,000,000 glasses of milk. How fast does the sleigh go? He does have the advantage of following the sun since midnight in one country is still evening in another. Regardless, Santa has to fly at 1050 km per second which translates to roughly 3,780,000 km per hour or three times the speed of sound. Its doable.

SAINT NICHOLAS St Nick was believed to have been born in the year 270 CE in what is today known as Turkey. He was an early Christian bishop of Greek descent. Very little is known of the historical St Nick. The earliest accounts were written centuries after his death and contain many legendary elaborations. In one of the early attestations, he is said to have rescued three young women from being forced into prostitution by dropping a sack of gold coins through the window for three nights so their father stories tell of him calming a storm at sea, saving execution and chopped down a tree possessed by a demon.

He was later cast into prison and released by Constantine. An early list shows him as an attendee at the First Council of Nicaea in 325 but he is never mentioned in any writings by people at the council. Nicholas is the patron saint of sailors, merchants, archers, repentant thieves, children, brewers, pawnbrokers, unmarried people and students.



DECEMBER BIRTHDAYS



- 6 Ann Ketcheson
- 7 Cathy Borza
- 10 Maureen Dawson
- 20 Bob Mady

FUN &

GAMES

Baby Face
Selena Gomez

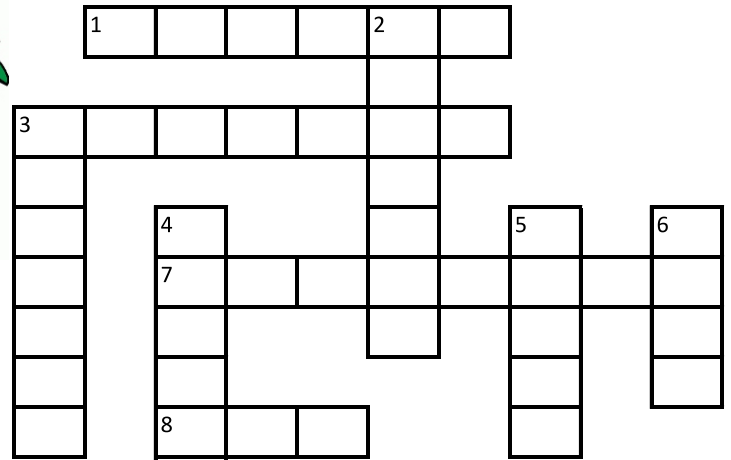


Sudoku Solution

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

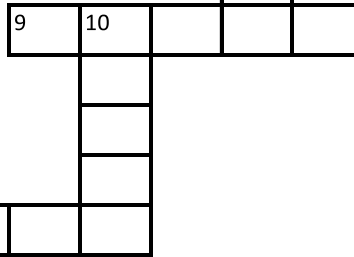
ACROSS

- 1 Santa's sweet ride
- 3 Haven't seen this one in a long time
- 7 Who knew they could fly
- 8 Santa's helper but he's become a snitch
- 9 Christmas phantom
- 11 What it's all about



DOWN

- 2 Some prefer tinsel
- 3 Mrs Cratchit's biggest worry
- 4 Can't forget these!
- 5 What Clarence wanted to hear
- 6 What we decorate
- 10 _____ Jolly Christmas



THE PALE HORSE

by Agatha Christie

"Life is always dangerous - never forget that. In the end, perhaps, not only great natural forces, but the work of our own hands may destroy it. - Agatha Christie"

To understand the strange goings on at THE PALE HORSE Inn, Mark Easterbrook knew he had to begin at the beginning. But where exactly was the beginning? Was it the savage blow to the back of Father Gorman's head? Or was it when the priest's assailant searched him to roughly he tore the clergyman's cassock? Or could it have been the priest's visit, just minutes before, to a woman on her death bed?



Or was there a deeper significance to the violent squabble which Mark Easterbrook had himself witnessed earlier? Wherever the beginning lies, Mark and his sidekick, Ginger Corrigan, may soon have cause to wish they'd never found it.

Soon to be a Prime original limited series starring Rufus Sewell and Kaya Scodelario.

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

- | | | | |
|-----------|-------------|----------|----------|
| ANGELS | CRANBERRIES | NAUGHTY | SLEIGH |
| BELLS | CRATCHIT | NICE | SNOW |
| CANDY | ELVES | POPCORN | SPIRITS |
| CHRISTMAS | GARLAND | REINDEER | STUFFING |
| CLARENCE | HOLLY JOLLY | SANTA | TINSEL |
| CRACKERS | MISTLETOE | SCROOGE | TREE |
| | | | TURKEY |