



# 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 - December 2023  
Next Meeting: Wednesday December 13 at 10am in person  
Greeters for December: Barbara Wilson and Maureen Dawson



Bernetta Starkey

## PRESIDENT'S MESSAGE

Dear Members,

This **IS** my farewell. I have thoroughly enjoyed being your president and would do it all over again. It seemed that I was anxious to go since I was saying my farewells for some time now. But no, I really enjoyed the job.

During that time we have grown the club to around 90 members. We started around 60 so that is a wonderful improvement. We have a book exchange which is quite lively. We have greeters at the door when you come in! This is one of my favourite changes. To be met by a friendly face and a little chat while you take off your coat. Expect to see Bill and me joining those ranks in the new year.

I want to recognize the wonderful board I was blessed to work with. John Wright, our sage, webmaster and member-at-large (which sounds like he's on the run); Bonnie Barber, who asked if I would like to be president so many years ago; Margot Montgomery, a new addition to the board as our secretary; Bob Mady and Jane Wickham, our membership people and the first you meet as you come into the room; Barbara Wilson, our lady of the emails; Colin Galigan, who has arranged such amazing speakers and also does our publicity; Linda Miller- Nesbitt, who has arranged our outings and send out the cards; Paula Woollam, Deb Bowden and Sharon Howes who take care of our coffee and tea and make the most delicious treats. Coming soon is Pat Robson who will be trading the 50/50 with Bonnie to become our treasurer in the new year. As you can see, these people have not self-destructed and are still smiling. Please, please take a moment to consider how you could help out your club. We can't do this without you.

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.



Farewell and see you in 2024!

Bernetta Starkey

President - Probus Club of Ottawa Alta Vista

Dec 22 - Jan 20

### CAPRICORN

Gets along with everyone. Capricorns are very accepting and open-minded. Will procrastinate **o v e r** everything, but when it's finished, its perfection.



Trustworthy and know how to keep a secret. Sensitive but good at hiding feelings. When they say they don't mind, they mean it. Mind readers.

## 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 any of our members who are ill or passed, please let us know.*

## FINANCIAL REPORT for Oct & Nov 2023

Bonnie Barber

	Expenses	Revenues	TOTALS
Opening Balance			\$3556.84
Memberships		1310.00	
Loonie Bin		55.05	
50/50		72.00	
Bank charges	-8.00		
Hospitality baking	-10.00		
Fred Kallin Honourarium	-100.00		
Aug & Sep printing Tulip	-21.70		
SVGA cable	-14.68		
Hospitality cream & milk	-42.88		
Badge holder string	-22.13		
Probus Brochure printing	-33.00		
AGM printing	-30.22		
<b>Totals</b>	<b>-\$282.61</b>	<b>\$1437.05</b>	<b>\$4711.28</b>
50/50 Float			\$20.00
Membership Float			\$20.00



## CHEESE FONDUE

Fondues were very popular in the 70s and can be again. They allow for slow eating and lots of time to chat. Perfect for a New Year's dinner with friends.

In a saucepan on low heat add: **1 cup dry white wine, 2 tbsp all-purpose flour (or cornstarch), 1/4 tsp ground nutmeg, 1/2 pound shredded Swiss cheese, 1/2 pound shredded Gruyere cheese, 1/4 tsp salt.**

Cut up **1 French loaf cut into 1 inch cubes.** I have also used bagels cut into bite size pieces.



Another popular fondue is the meat fondue. Ginger-Wasabi Sauce: In a small bowl combine **1/2 cup thinly sliced green onions, 1/4 cup rice vinegar, 1/4 cup water, 2 tbsp honey, 1 tbsp wasabi paste, 2 tsp grated fresh ginger, 1/4 tsp salt.**

Lemon-Pepper Aioli Sauce: Place **1/2 cup well-drained bottled roasted red sweet peppers** into a food processor, blend until smooth. Transfer to a small bowl. Add **1/2 cup light mayonnaise, 1 tsp finely**

**shredded lemon peel, 2 tsp lemon juice, 2 cloves minced garlic, 1/4 tsp ground pepper.**

You can choose the meat you want to serve, suggestions would be: shrimp, skinless, boneless chicken breasts, boneless beef sirloin, pork tenderloin. Cut the meat into bite size pieces.

In the fondue pot, **4 cups reduced-sodium chicken broth, 1/2 cup thinly sliced green onions, 1 clove peeled and halved garlic, 1/2 tsp whole black peppercorns, 1/4 tsp crushed red pepper.**

Cook meat until cooked.



## MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 53 members in good standing out of a total 90 members. We had 2 guests and 7 new members attend our November meeting.

Welcome to:

**Debbie Gomez  
Quiller Graham  
Sheila Percival**

**Rose Croxall  
Marilyn Oprisan  
Ken Blogg  
Gertraude Martin**

We are thrilled you have joined us!

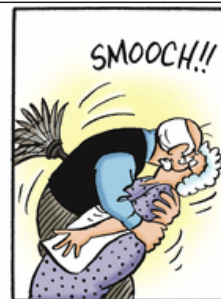


Pat Robson

The 50/50 draw winner for November was **KEN BLOGG** who won **\$31.50!**

**\$1 - one ticket    \$2 - three tickets  
\$5 - ten tickets**

Cash sales only. Good luck, everyone!



## PROGRAM

Colin Galigan

January Speaker  
**Grant Cameron**  
**NAC Orchestra**

Born in Calgary, Alberta in 1943, for Grant Cameron music, mostly classical, was part of daily life at home. He became a charter member of the National Arts Centre Orchestra in 1969. Because of an inherited medical condition, Essential Tremor, I took myself off stage on November 12, 1998, to see if there was anything I could do to keep playing. It became evident that a return to cello performing was not going to be possible. I was accepted into a well-known Ottawa choir. Singing choral works with the orchestra, many of which I had

played as a cellist in the orchestra, was profoundly rewarding. I look forward to meeting your club and explaining my career journey.





## 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 December meeting.

**3 -** For those who do their banking online, you can etransfer your dues to Bonnie Barber, our treasurer, at [tandbbarber@rogers.com](mailto:tandbbarber@rogers.com).

If you have recently joined Probus Ottawa Alta Vista, your dues will cover your 2024 membership.



*Be like Debbie Diddit!*



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.



Do you have a story about a friend you had lost touch with and met them again through Probus? I had a dear friend in the Cobourg area and was able to reconnect with him through Probus. That was a beautiful memory.

If you do have such a story, please send me your stories. I will collect them and get them into Probus Canada. The Zoomers magazine is doing an interview with Probus Canada and maybe your story will be featured in the magazine.

Deadline is December 7th. Send your stories to Bernetta at [bernettastarkey1@gmail.com](mailto:bernettastarkey1@gmail.com).

*Walkin' & Talkin'*



**Men welcomed.**

Our walk in November was the last one of the season. We will look forward to next spring when we start our walks in the woods back up again.

Here we have Margot Montgomery, Barb Wilson and Debra Bowen, a couple of stalwarts. Thanks so much to Barb Wilson and her helpers who have organized these walks for us. We enjoy the chatting and amazing surroundings as we walk.



**Club** 'em, **slaughter** 'em and **ransack** the place! That's what we think of as the Vikings credo - and rightly so said Ian MacKay, a retired professor of linguistics and our November speaker. Those three words were added to English from Norse. On the other side of the coin he asked us if we were **snug** and **cosy** – two more words from the same source.

Vikings raided and colonized wide areas of Europe from the 9th to the 11th century. Targets in England were: Isle of Portland off the south-west coast in 789CE; Lindisfarne (Holy Island) in 793CE and Jarrow (near Newcastle) in 794CE. Not all Norse were Vikings many were farmers and they liked the look of England for growing crops and raising cattle. From 450 to 800 migrants, many were Danes, pushed the Celts to the north and west. By 900CE, England west of a line from Liverpool to London and south of Durham was controlled by the Danes. It did not include a large part of Yorkshire, which was considered inferior land, and explains why Yorkshire folk still have many words not fully shared with the rest of England.

Norse was a Germanic language with a northern version in Norway, Denmark, Sweden, Iceland and the Faroe Islands and a southern version in the Netherlands and what is now Germany.

Ian talked about the way a language changes. There are spontaneous internal changes when a new word appears, becomes common usage and is legitimized by a dictionary. Language contact, when words such as **pyjamas** or **sushi** are assimilated, and when a change in conditions occurs – for example, a conquest.



A real Viking helmet

He concluded by giving some examples of word migration. **Skipper** has two meanings (ship's captain and a person who skips) because it comes from two sources. **Firth, ford** and **fjord** have a common source but have been modified in different places. Similarly, **yard** and **garden, church** and **kirk** and – less obvious - **shatter** and **clatter** (think about throwing a glass onto the floor). Strangely, **woman** and **women** are from different linguistic sources, hence the different pronunciation.



Opera designer's imagination. Vikings will never know what they missed.

Why did Anglo-Saxon women prefer Norse men over Anglo-Saxon men? (Answer on page 5)

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

The Vikings, and they referred to themselves as the Norsemen (North Men), used Runes as their alphabet.

It might be fun to try writing your name with the Runes alphabet.



This would be my name. Almost recognizable!



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](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!

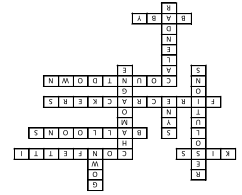
# FUN &

# GAMES

Viking Answer

Crossword Solution

Grooming. They had comb and probably used them to clear the detritus and small animals from their beads so that they looked nicer. Smell and taste may have been factors.



"Maybe I'd better get going soon."



"Before you go inside, give me a chance to explain the mess..."

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



## BABY FACE

This young man has become a heartthrob to many. With his silver locks, he only looks more handsome. He married his current wife when he was 53 and they soon had twins. He once had a car accident but had to refuse painkillers as his family has a history of addiction problems. One of his favourite co-stars is Julia Roberts who has become a close friend.

Who is he?



# HAPPY NEW YEAR 2024!

Our tradition of making New Year's resolutions goes all the way back to the Babylonians, some 4000 years ago. They were also the first to hold recorded celebrations in honour of the new year - though for them the year began not in January but in mid-March when the crops were planted. During a 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions.

The ancient Romans also corresponded with the vernal equinox but years of tampering with the solar calendar eventually saw the holiday established on its more familiar date of January 1st. Romans would celebrate by giving friends and neighbours well wishes and gifts of figs and honey. Romans worked at least part of the day as idleness was seen as a bad omen.

Ancient Egyptian culture was closely tied to the Nile River and it appears their New Year corresponded with its annual flood. According to the Roman writer Censorinus, the Egyptian New Year was predicted when Sirius - the brightest star in the night sky - first became visible after a 70-day absence. The festival was known as Wepet Renpet, which means "opening of the year".

The Chinese celebrate the Lunar New Year, believed to have originated over 3000 years ago. The holiday began as a way to celebrate new beginnings, but later became entangled with a myth. According to one popular tale, there was once a bloodthirsty creature called Nian that preyed on the villagers. In order to frighten him away, the villagers decorated their homes with red, burned bamboo and made loud noises with firecrackers.

## JANUARY BIRTHDAYS



- 11 Sandra Blais
- 11 Judy Foreman
- 11 Mike Charrier
- 18 Wes Adams
- 27 Ed Borza



# FUN &

# GAMES



Sudoku Solution

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

## ACROSS

- 3 With the ones you love
- 4 Only at a party
- 6 Noisy spheres
- 7 There are a few of these
- 8 You start at 10 . . .
- 9 It always starts this way



## DOWN

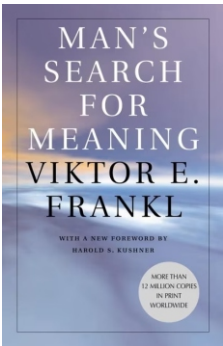
- 1 Wear your finest
- 2 We make them with no intention
- 4 A perfect way to start
- 5 Old Lang \_\_\_\_
- 8 Get a new one



## MAN'S SEARCH FOR MEANING

by Viktor E. Frankl

This seminal book, which has been called 'one of the outstanding contributions to psychological thought' by Carl Rogers and 'one of the greatest books of our time' by Harold Kushner, has been translated into more than fifty languages and sold over 16M copies. Viktor Frankl's riveting account of his time in the Nazi concentration camps, and his insightful exploration of the human will to find meaning in spite of the worst adversity, has offered solace and guidance to generations of readers since it was first published in 1946. At the heart of Frankl's theory of logotherapy (Greek word for meaning) is a conviction that the primary human drive is not pleasure, as Freud maintained, but rather the discovery and pursuit of what the individual finds meaningful. Today, as new generations face new challenges and an even more complex and uncertain world, Frankl's classic work continues to inspire us all to find the significance in the very act of living, in spite of all obstacles.



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

- |                |           |              |              |
|----------------|-----------|--------------|--------------|
| AULD LANG SYNE | CELEBRATE | EVE          | HOURGLASS    |
| BABY           | CHAMPAGNE | EXTRAVAGANZA | MIDNIGHT     |
| BALLOONS       | CHEERS    | FESTIVITIES  | SEE YOU NEXT |
| BUBBLY         | CLOCK     | FIREWORKS    | YEAR         |
| CALENDAR       | COUNTDOWN | GOWN         | TUXEDO       |