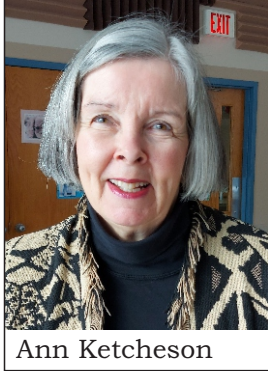




THE TULIP NEWSLETTER

ONTARIO DISTRICT 1

Founded in 2000 Probus Club of Ottawa Alta Vista #101
Meetings held at Gloucester Presbyterian Church, 91 Pike Street - February 2024
Next Meeting: Wednesday February 28 2024 at 10am in person
Greeters for February: Bernetta Starkey and Bill McLellan
February Speaker: Brett Martensen, Artificial Intelligence



Ann Ketcheson

PRESIDENT'S MESSAGE

Happy February, Members!

February already! The season when we think of St. Valentine's Day and love. And so I am asking you to ponder not just the people you love but also the activities you love. What brings you joy?

As an only child growing up on a farm I learned early on how to amuse myself, necessity being the mother of invention as they say. And now I have a philosophy that means I try not to evaluate how I spend my time but rather just do things I enjoy.....those things that cause you to look at the clock and realize that the last hour – or two! – has

just flown by.

I'm a puzzle person, so our dining room table usually has a jigsaw on the go. As well, I'm a word person so two or three crosswords a day is the norm. I've widened my horizons to sudokus too. But I leave the hard ones for Brett.

And I love to read. There's no effort on my part to be particularly literary so I often end up with murder mysteries and historical novels. The crime novels appeal to my puzzle-solving self and I've learned a lot of historical facts thanks to fiction.

Most days I play the piano too. I never play as well as I'd like and no longer as well as I once did, but I try not to let that keep me from enjoying it. An empty condo makes a great concert venue and my audience of plants has yet to complain!

Whether your love is for solitary activities, social events, volunteering to help a favourite cause, or engaging in athletic endeavours makes no difference. The point is that in this season of hearts and flowers you should decide to love yourself by giving yourself the gift of taking all the time you need to do whatever it is that inspires you or amuses you or energizes you – in other words, whatever you love to do.

Hopefully getting together with Probus friends at meetings, during special events, or as part of one of the activity groups is something you truly enjoy. If there is any way Probus can add to your list of "Things I love to do" please speak to me or to one of the others on the Management Committee and we'll do our best to incorporate your ideas.

Ann Ketcheson

President - Probus Club of Ottawa Alta Vista

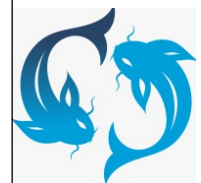
We have a book exchange program. Bring in your books and put it on the table. Anyone can pick up as many books as they like. Nobody expects to get their books back. Any books left behind will be donated to the Ottawa Library.



Feb 19 - Mar 20

PISCES

Jupiter will open doors for long-term financial planning. Venus indicates you will have a joyful relationship.



The South Node around the midpoint of the month will make your health uncomfortable. Mercury will make you very focused and mentally sharp.

Management Committee Contact List

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Member at Large/Webmaster	John Wright	613-731-8521	jcwright@bell.net
Rotary Liaison	Eva Hammond	613-733-1459	hammond.eva@gmail.com



GOODWILL

Linda Miller-Nesbitt

A condolences card was sent to Barb Wilson on the passing of her son, Graham.

If you know of any of our members who are ill or passed, please let us know.

FINANCIAL REPORT for January 2024

Pat Robson

	Expenses	Revenues	TOTALS
Opening Balance			\$4540.88
Memberships		290.00	
Loonie Bin		28.00	
50/50		23.00	
Bank charges	-4.00		
Gloucester Pres. Church	-475.00		
Poinsettias/Newsletter	-161.42		
Brochure Printing	-55.37		
Hospitality Supplies	-68.92		
Hospitality Baking	-10.00		

Totals	-\$774.71	\$341.00	\$4107.17
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50/50 Float	\$20.00
Membership Float	\$20.00



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 78 members in good standing.

We welcomed into our club:

Janet & Buzz Burr
Joan Bowell
Sat Palta



If you haven't paid your dues yet and would like to etransfer them, please send your dues to our new treasurer, Pat Robson at patrobson444@gmail.com



The 50/50 draw winner for January was

QUILLER GRAHAM
who won **\$23.00!**

Bonnie Barber

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

Cash sales only. Good luck, everyone!



GUINNESS CHOCOLATE PUDDINGS

Perfect for a dinner party if you're celebrating on St Patrick's Day – or at any time of year

Butter four 9 x 5 cm ramekins and set aside. In a heat proof bowl, put **150g unsalted butter**, **200g dark chocolate** and a **generous pinch of salt**. Set in a small pan of just-simmering water and stir until melted, then remove from the heat and leave to cool a little.

Put **90g brown sugar** and **3 large eggs** in a large mixing bowl and beat with an electric mixer until pale, almost doubled in volume and thick enough to leave a trail when the beaters are lifted. Gently fold in the melted chocolate and **90ml Guinness**. Spoon the mixture into the ramekins, then chill for 1-hour. Heat oven to **400°F** and put a baking tray on the top shelf to heat up.

Place the ramekins on the hot baking tray and bake for 18-minutes. Remove from the oven and leave to stand for a minute, then serve with a dollop of whipping cream.



*May your blessings outnumber
the shamrocks that grow,*

*May your heart be light and happy,
May your smile be big and wide,*

*And may trouble avoid you
wherever you go*

*And may your pockets always have
a coin or two inside!*



PROGRAM

Colin Galigan
Ken Blogg

March Speaker

Ottawa Riverkeeper

A swimmable, drinkable, fishable Ottawa River watershed For everyone.

Ottawa Riverkeeper, a charitable organization, is a champion and collective voice for the Ottawa River watershed, providing leadership and inspiration to protect, promote and improve its ecological health and future.

The particular presenter is unknown at this time, but the top will be the Ottawa Riverkeeper.



Ken Blogg

Profile on Ken Blogg

Ken was born in Norwich, England. His family moved to London where his father worked as a quantity surveyor. They lived with his grandparents and an aunt and uncle in a three bedroom apartment. The post war housing shortage was huge in London. Ken's parents applied for housing for "Married Couple with One Child". After waiting four years, they received notice that a unit was available. Excited, they arrived at the office to sign the rental agreement. As soon as the administrator saw that Ken's mother was pregnant, he tore up the agreement and added their name to the wait list for "Married Couple with Two Children". On the train back home, they decided to move to Canada. They arrived in Toronto in 1957.

After graduating high school, Ken went off to University to become - he had no idea. He was the first person in his extended family to do so. No pressure there. After a successful first year he returned to year two, but soon decided that he really didn't know what he wanted to do so he left.

Over the next few years Ken tried a variety of jobs including sales, radio announcing and hotel management. He continued to attend university part time out of respect for his family. As he approached graduation, he discovered that the owner of the company for whom he worked was not an honest person. Ken walked away. Now unemployed, but with a degree, a friend suggested that he try teaching. "Why," asked Ken, "would I want to do that?" Two reasons," replied his friend, "you get eight weeks paid holiday a year and there are eight women teachers for each male and with those odds, even you could get a date!" Ken gave it a try.

After his first 10 minutes in front of his first 'practice teaching' class, Ken knew that this is what he was meant to do. Over the next 34 years there were only a handful of days when Ken could not wait to get to work. And his friend was correct; Ken did get a date, with Fran, and she became his wife.

As well as a fulfilling career, teaching provided wonderful opportunities to see the world. In 1979 the Canadian Embassy in Moscow was looking for teachers to teach at the Anglo-American School which was run jointly by the American, British and Canadian embassies to teach the children of embassy employees. Ken and Fran answered the call. It was an exciting time to be "behind the iron curtain." It gave an entirely new view on the spy movies of the day.

Returning home, Ken and Fran started their family and they have two children - a son and a daughter. Both agreed that they wanted to have a parent at home until the children started school. As a team, they decided to share the responsibility by job sharing. It was a concept that was becoming popular where two people shared one job so a parent could be home for at least half the time. Up to that point it was usually two women who shared the job. Ken and Fran became one of the first male/female professional couples to do so. It made the media and Ken was interviewed by Peter Gzowski. (It was Fran's turn to work that morning)!

After fifteen years of teaching, Ken decided to become a Principal and returned to school to obtain his Master's Degree. (It's much easier when you know what you want).

Throughout his career Ken took advantage of opportunities that came his way. In Ottawa he headed the Focus on Future program that was designed to give each student an equal opportunity to succeed, regardless of their families economic circumstances. He was on the first Board of Directors of the Education Foundation of Ottawa. In Toronto he was a part of the team that built a multi-purpose community facility. It included school classrooms, a community gymnasium, community meeting rooms, a public library, a swimming pool and a daycare centre.

Ken has always enjoyed the outdoors. He was an active camper, hiker, and skier and for 40 years he had an annual canoe trip through Algonquin Park with his father.

Ken and Fran loved to travel. As well as North America, they have explored Europe, walked on the Great Wall of China, strolled the Parthenon, rode camels across Egyptian desert, climbed the Cheops Pyramid, sat in a hot spring at the base of Mount Fiji and walked around "Mount Doom", Mount Ruapehu in New Zealand.

Health challenges have had Ken and Fran slow down. Hiking has become walking and exploring the world is now done through books. Meeting new people and hearing their stories is still a huge source of pleasure for Ken. That's what attracted him to PROBUS.



We have just renewed our membership in Probus and if you have moved or changed your phone number, please let us know. We need to keep our membership information up to date.

Thanks!



We will be enjoying a guided tour of the **Royal Canadian Mint** on **Wednesday March 20th at 1pm**. The address is **320 Sussex Drive**. This tour will last for 45-minutes. Currently we will be a part of a public tour, but if we can get enough people signing up, we can reduce the rate and have a private tour. The cost is \$10 per person but could be reduced with an increase of people signing up. We will follow this with a lunch at **The King Eddy, 47 Clarence Street**, a 9-minute walk from the Mint. Please mark your calendars and sign up on the sign-up sheet on our website.

Royal Canadian Mint

Wednesday March 20
10:15am - \$10
320 Sussex Drive
Underground parking
available at National Gallery
of Canada
380 Sussex Drive



We would like to start a new interest group - A Spot of Lunch. This will be for anyone who would like to meet for lunch every other month.

Let's try after our March meeting on March 27th.

A Spot of Lunch

We'll make our first lunch date at **The Chopped Leaf at 140 Trainyards Drive on Wednesday March 27th at noon**. We'll make it the fourth Wednesday of each month, alternating months.

We can start with The Chopped Leaf and try other restaurants each time.

Look for a sign-up sheet on our website.

A Spot of Lunch

Wednesday March 27
12noon
The Chopped Leaf

140 Trainyards Drive
Sign-up sheet at
probusoav.ca



We will try our hand at bowling. We will meet at **Orleans Bowling at 885 Taylor Creek Drive** in Orleans on **Thursday April 11th at 1pm**.

The cost is \$58 for 6 people to bowl for an hour. This includes shoe rental and taxes. It works out to around \$9.67 per person. We will need at least six people to sign up to make this work.

If this looks popular, we might look at this becoming a regular event. Put together your team and sign up soon as I will have to book the lanes in advance and prepay them.

Sign up sheet is on the website.

Orleans Bowling

Thursday April 11 - 1pm
\$9.67 per person
shoe rental and taxes incl
We need multiples of six
people to sign up

885 Taylor Creek Drive

If you have any ideas for events or a place you would like to see, please let us know. We are always looking for new ideas.



The Leprechaun is a cobbler by trade, but he has a secret stash of gold that he must reveal if you can capture him. But by his nature the Leprechaun is cunning and mischievous and will try anything not to hand over his gold. In one tale, a young farmer captures a Leprechaun and forces him to hand over his gold. The Leprechaun shows him the tree it is hidden under and the farmer ties a red scarf around the tree making the Leprechaun swear to not remove the scarf. The farmer comes back with a shovel to discover all the trees have red scarves tied around them.

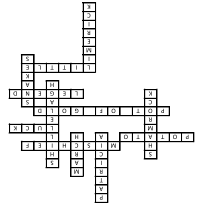


Sharon Howes hosts our euchre games. We play on the 2nd Wednesdays of each month, this month it will be February 14th at 1pm. Go to SOCIAL GROUPS on our website and you will find the write up for euchre. If you want to play, email Sharon (her email is under Euchre Players) and let her know you want to 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!

FUN &

GAMES

Crossword Solution



"Everyone in the building got together. Here's 200 bucks for your violin."



"My wife -- is she still staring at me?"

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



BABY FACE

This young lady hails from Australia although she was born in Hawaii. She has had two very famous husbands and has been married to the second one for 18 years. She has English, Irish and Scottish ancestry. She attended the Phillip Street Theatre, alongside fellow actress Naomi Watts. She showed an early aptitude for acting and when it was suggested she follow those instincts, she promptly dropped out of school. She became the face for Chanel No. 5 perfume. She shared the screen with Husband #1 in EYES WIDE SHUT.



Who is she?



Grant Cameron was our first speaker of 2024. Grant took us through his life as a cellist and choir member. He grew up in a family where music was always present. His mother was a music teacher and both he and his brother found their careers in music. When he was 6-years-old, his mother took him to a junior orchestra rehearsal. He was enthralled. He told his mother he wanted to play the cello. After completing his grade one piano exam, he received his first cello. His first conductor at Mount Royal College in Calgary was John Sebastian Bach, a 15th generation descendant. Grant's career in music took him across Canada and the world in tours.

Grant was a charter member of the National Arts Centre Orchestra. He talked about the challenges faced by the committee organizing this new orchestra. Planning included finding musicians and a conductor, choosing the repertoire of music to be played, building a management team and so on. It was fascinating to learn about the detailed logistics related to the orchestra performing around the world. It is a very intricate job.

Having embraced his life as a cellist, the official diagnosis of Essential Tremor in 1991 was devastating. In spite of that diagnosis, he was able to continue playing until 1998. It was a condition that had been noticed as early as his young teen years. At his wife's suggestion, he transitioned to the vocal side of music, singing with choirs such as the Ottawa Choral Society and the Ewashko Singers. This kept him heavily involved in the Ottawa Classical music scene. We enjoyed hearing an excerpt of Grant playing the cello and of his singing Sea Fever, both from recordings on a CD.

Grant Cameron performed as a cellist and as a choral member on the opera stage of the NAC for 50 consecutive years. He counts himself as incredibly blessed, even though he was constantly asked, "What is your real job?"

MARCH BIRTHDAYS



- 10 Bernetta Starkey
- 13 Marj Philips
- 19 Sheila Percival
- 19 Agnes Snelson
- 22 Barb Wilson
- 26 Shirley Martin
- 30 Hazel Fraser

FUN &

GAMES

Baby Face
Nicole Kidman



Sudoku Solution

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

ACROSS

- 5 What those Leprechauns can get up to
- 6 Makes a great soup
- 7 . . . of the Irish
- 8 What is at the end of the rainbow
- 10 Unauthenticated history
- 11 . . . people

DOWN

- 1 Female form
- 2 St Patrick's month
- 3 Walking stick
- 4 Clover
- 9 There are none in Ireland
- 11 Poem: 5 lines, 1st, 2nd and 5th line rhyme, 3rd and 4th line rhyme



FOOL ME ONCE

by Harlan Coben
Now on Netflix

Former special ops pilot Maya, home from the war, sees an unthinkable image captured by her nanny cam while she is at work: her two-year-old daughter playing with Maya's husband, Joe—who was brutally murdered two weeks earlier. The provocative question at the heart of the mystery: Can you believe everything you see with your own eyes, even when you desperately want to? To find the answer, Maya must finally come to terms with deep secrets and deceit in her own past before she can face the unbelievable truth about her husband—and herself.



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

- | | | | |
|---------|------------|------------|-------------|
| BAGPIPE | DANCE | HARP | POT OF GOLD |
| CELTIC | DONNYBROOK | JIG | RAINBOW |
| CLOVER | GAELIC | LEPRECHAUN | SHILLELAGH |
| COINS | GREEN | LIMERICK | ST PATRICK |