



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 - August 2021
 Next Meeting: Wednesday September 22 2021 at 10am on Zoom
 Speaker: Sandra Blais, milk-bag mattresses

PRESIDENT'S MESSAGE



Bonnie Barber

Dear Members,

Welcome everyone to the first edition of our new Probus newsletter produced by our newest Probus member and Communications editor, Bernetta Starkey. There are a variety of topics to discover and until we meet in person again, the newsletter will be emailed on the 4th Wed of the month. Many thanks, Bernetta, for stepping forward for this position.

After 1½ years of Covid-19, it was wonderful to see 26 Probus Club members in-person at our picnic on August 11, 2021 at the Gloucester Presbyterian Church on Pike St. It was a lovely summer day and we enjoyed the shady location, with a light breeze, as we listened to our guest, Bernie Coughlin sing some familiar songs, as we sampled our lunches and then visited with friends. It was a successful first gathering and we thank Lenore Porter for organizing it, Geraldine Dixon for arranging for our entertainment, and everyone present for providing their own refreshments, and following Covid precautions.

Do these look like they're laughing or have I gone crazy?



We look forward to hearing Sandra Blais describe the benefits of milk-bag mattresses at our Aug 25th Zoom meeting, and hopefully discover where milk-bag donations may be dropped off. I have been saving mine for months!

Please join us and visit our website Probus Club of Ottawa Alta Vista.

Keep well,

Bonnie Barber
 President
 Probus Club of Ottawa Alta Vista

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Aug 23 - Sep 22

VIRGO

Virgo is a sign of the zodiac closely related to the element of the earth, subject to the strong influence of Mercury. Therefore, people born between August 23 and September 22 are very grounded, stable, constant, compulsory and people, aware of their



toughness, and at the same time love to point

out their mistakes to others. Virgo has no airs about them. They know who they are.



SHARE THE WEALTH

When we are finally having regular in-person meetings, we will start a 50/50 raffle for each month.

Watch this space for more news to come.



GOODWILL

Marie Neige de C. Atchison

If you are aware of any of our members who have been in hospital or have had a family member in hospital or have passed away, please let Marie Neige de C. Atchison know so a card can be sent.



HASSELBACK CHICKEN & STRAWBERRY SPINACH SALAD

Cook **1/4 cup of fresh spinach** on medium heat in a splash of oil for 3 to 5 minutes until it is slightly wilted.

Stir in **1/4 cup of ricotta cheese** and cook for a further 30 to 60 seconds. Allow to cool. Cut slits in two chicken breasts about 1/2 inch apart but don't cut all the way through - about 75% of the way through is what you should aim for.

Stuff all the spinach and ricotta mixture into slits. Season the chicken with salt and pepper to taste. Grate **1/4 cup cheddar cheese** and sprinkle over the breasts generously. Shake **1 tsp of ground paprika** over the chicken to add flavour and colour. Bake for 20 to 25 minutes in 400°F oven until the cheese has melted and the juices are clear.

Enjoy with a Strawberry Spinach Salad.

In a bowl whisk together equal amounts of **dijon mustard, extra-virgin olive oil, apple cider vinegar** or **fresh lemon juice, honey, garlic clove** and **salt and pepper**.

Adjust to taste. Refrigerate until ready to use. **Soak the thinly sliced red onion** in very cold water for up to 15 minutes then drain and pat dry. Prepare **baby spinach, chopped fresh strawberries, chopped raw pecans** or **walnuts and crumbled feta cheese**. Mix together with dressing. As this is a salad, there are no measurements and adjusted according to personal taste. Enjoy!



FINANCIAL REPORT

Bob Edgerton

Meeting Report for	July
Funds Available Report	
MCM Meeting Date	11-Aug-21
Bank Balance Date	20-Jul-21
Bank Balance	\$3,062.96
O/S Deposit	\$0.00
Mthly Bank Charge	-\$4.00
less O/S Cheque	-\$509.01
Cash available	\$2,549.95
less pending payables	\$0.00
Available funds	\$2,549.95



MEMBERSHIP

Bob Atchison & Jane Wickham

Our membership is currently standing at 50 members.



Bob Edgerton found mask frames online at 4ocean.com. You can also find them on Amazon. Just google face mask frame and a number of options will come up. There are even some available at

Staples. We're wearing them, might as well be comfortable.



PROGRAM

Bob Mady

Sandra Blais will be talking to us about milk bags and how they are converted into mattresses. Crafters crochet or weave them into sleeping and sitting mats, and other useful items. The finished products make their way to shipping containers where they are wrapped around medical equipment and shipped off to developing countries. Keeping all these items out of our landfill sites is an environmentally successful endeavour, especially when these items are being used in such worthwhile ways.

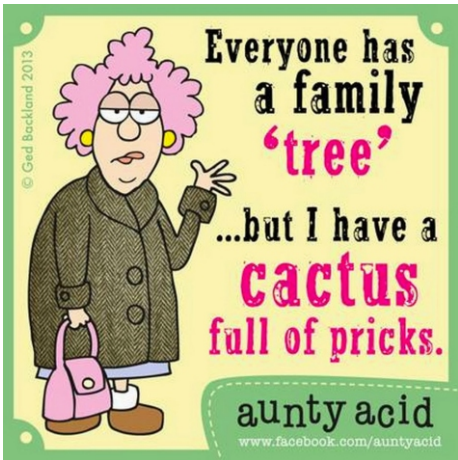
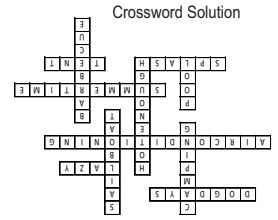
Keep this note handy so you can contact Sandra when needed.



For further information on the program or to seek out volunteer opportunities, please contact: Sandra Blais, (613) 443-1453 or Sandra.cwl.olv.rpp@gmail.com

FUN &

GAMES



"There are no paper towels in the restroom."

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



We are in need of two people to join our

Management Team in the roles of Program Manager and Treasurer. Both Bob Edgerton and Bob Mady are prepared to help the new people in establishing themselves in the role. In the case of Program Manager,

the program of speakers is prepared into 2022. Please step up and help your club.

A man sat alone in a room throwing darts at his wife's picture. Not one dart hit its target. His wife called from the other room, "What are you doing, Dear?" The man answered, "Missing you". God bless the English language.

Our first covid picnic was well attended by 26 members, half of our membership which is very impressive since this is in the middle of the summer and vacation period.

Held at our stomping grounds the Gloucester Presbyterian Church, everyone brought their own picnic lunch and chair. It was so good to see so many of our membership again. We were wonderfully entertained by Bernie Coughlin billed as Bernie from PEI who sang many songs we knew and we joined in. It was a perfect day.



Sudoku Solution

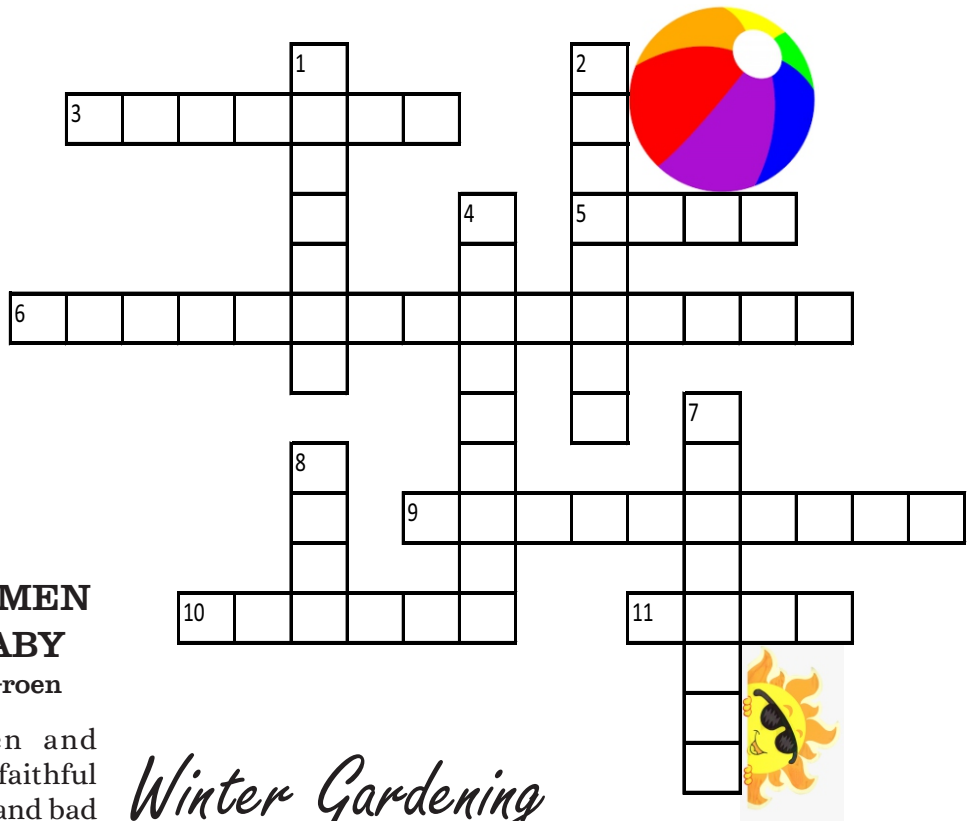
9	5	8	2	8	6	7	1
1	2	9	6	7	5	9	8
6	2	4	1	8	9	2	5
2	6	9	4	2	3	1	8
3	1	2	8	5	2	4	9
4	8	5	9	1	6	3	2
5	4	2	3	6	1	8	7
8	3	1	5	9	7	2	4
7	9	6	8	2	4	5	3

ACROSS

- 3 ... of summer
- 5 how we all get in the summer
- 6 what we all look for in our travels
- 9 a popular 30s song from PORGY & BESS
- 10 what the kids do in the pool
- 11 a temporary outdoor abode

DOWN

- 1 campfires, marshmallows and mosquitoes
- 2 hopefully you know someone who has one
- 4 "... for you?"
- 7 cooking outdoors
- 8 hopefully you know someone who has one of these too



TWO OLD MEN AND A BABY

by Hendrik Groen

Hendrik Groen and Evert Duiker, faithful friends in good and bad times, are well over seventy and their lives have quieted down. They see each other once a week to play chess, have a drink, and grab a bite to eat while reflecting on life.

But one day, their peace is rudely disturbed when Evert shows up on Hendrik's doorstep with a surprise in the form of an unexpected little guest. He had spotted a stroller with a baby in it—unattended for just a minute—and, in a moment of utter madness, decided to take it for a walk. Hilarious, right? Not to Hendrik, who can barely believe his friend's stupidity.

After Evert regains sanity, the two seventy-year-olds resolve to return their charge to its parents—hopefully without being noticed. But the quiet neighborhood is now swarmed by bumbling police officers, and they realize that getting rid of their accidental foster child will be more difficult than expected...

Winter Gardening

At our July meeting, H el ene H ebert spoke to us about winter gardening. She is an engineer who loves to garden. She spent 2 1/2 years in the arctic where she began to develop this style of gardening. Her husband bought her a book called THE MARKET GARDENER by Jean-Martin Fortier and she says it completely changed her life. Now H el ene plants every week and doesn't fight with bugs or animals. H el ene started an indigenous company while in the north and is still the treasurer. She creates wide berths separated by paths and plants a variety of fruits and vegetables next to each other. In the winter, she will install 'hoops'



over the individual rows and covers them with a tarp to create tunnels in which the plants continue to grow. H el ene showed us a video of her family harvesting carrots from the garden in January. Just knock the snow off and you're ready to go. H el ene's garden rotates throughout the seasons but she sticks to root vegetables, herbs and surprisingly - leafy vegetables throughout the winter months. H el ene uses natural bug repellants like marigolds. They keep the bugs away and they are edible. H el ene recommends the leaves in your salads.

