



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 - October 2021
 Next Meeting: Wednesday November 24 2021 at 10am on Zoom
 Speaker: Garry Toffoli, The Royal Guards

PRESIDENT'S MESSAGE



Bonnie Barber

Dear Members,


What a wonderful fall we are experiencing!! We hope everyone had an enjoyable Thanksgiving celebration with family and friends this month—a noticeable improvement in the Covid situation compared to last year at this time.

The nominating committee, under the guidance of Lenore Porter, has proposed a slate of officers for voting at the November 24th AGM. We very much appreciate Linda Miller-Nesbet letting her name stand for Member at Large. As there have been no volunteers for the positions of Treasurer and Program to date, two members of the Management Committee, ie: Jane Wickham and Colin Galigan, have kindly offered to assume the added responsibilities of these two positions. Nominations from the floor for any position will be accepted at the AGM. As you will have noticed, our membership numbers have declined and Eva Hammond, our Rotary Liaison, has requested referrals to Probus by members of the Rotary Club of Ottawa and Ottawa South. We look forward to welcoming newly retired and retiring members of the community to our stimulating monthly meetings.

We are in the process of creating a membership contact list to be shared with only current Probus Club of Ottawa Alta Vista members. This will enable us to stay in touch with one another more easily.

As we are not able to meet in person yet, the Management Committee have decided to forego membership dues for 2022 until we can once again gather and at that time we will prorate the membership fees due.

Bonnie Barber
 President
 Probus Club of Ottawa Alta Vista



TAKE NOTE:
Our October meeting is moved to
THURSDAY OCTOBER 28th at 10am
on Zoom

Management Committee Contact List

President	Bonnie Barber	613-736-9741	tandbbarber@rogers.com
Vice President	Lenore Porter	613-248-0271	allan.porter@sympatico.ca
Past President	Marie-Neige de C. Atchison	613-824-6144	m2n2@rogers.com
Secretary	John Wright	613-731-8521	jcwright@bell.net
Treasurer	Bob Edgerton	613-830-1840	robert.edgerton@sympatico.ca
Membership	Bob Atchison	613-824-6144	ratchison@rogers.com
	/ Jane Wickham	613-737-9464	janewickhamis@icloud.com
Tel/Email	Barbara Wilson	613-837-2377	barbarawilson142@yahoo.ca
Program	Bob Mady	613-822-2529	bmady49@gmail.com
Communications	Bernetta Starkey	343-572-7448	bernettabill@gmail.com
	Geraldine Dixon	613-791-8066	gdixon@chartwell.com
Publicity/Hospitality	/ Shannon Arsenault	613-737-7900	shannon.arsenault@dignitymemorial.com
	Marie-Neige de C. Atchison	613-824-6144	m2n2@rogers.com
Goodwill	Colin Galigan	613-731-3064	egaligan@yahoo.com
Member at Large	Eva Hammond	613-826-2743	hammond.eva@gmail.com
Rotary Liaison			

Oct 23 - Nov 21

SCORPIO

is a watermark, subject to the influence of Mars, and – according to contemporary researchers – Pluto. The person born in this sign is characterized by strength and courage and at the same time has a mysterious, intricate interior and loves magic and mysticism. The cosmic landscape finds you reviewing your place in the world at large. The moon prowl s through spotlight seeking Leo, forming a tense square with lover Venus. This pairing may increase irritable moods. Thankfully Venus' connection with Pluto encourages healing conversations that can help clear the air of any dormant tensions.





SLOW COOKER BEEF STEW

Everyone's favourite comforting beef stew made easily in the crockpot. The meat is SO TENDER and the stew is rich, chunky and hearty!

Heat **2 tablespoons of olive oil** in a large skillet over medium heat.

Season **2 lbs stewing meat cut into 1-inch cubes** with salt and pepper to taste. Add beef to skillet and cook until evenly browned, about 2-3 minutes.

Place beef, **1 lb quartered baby red potatoes, 4 diagonally cut carrots, 1 diced onion and 3 cloves of minced garlic into a 6-qt slow cooker. Stir in 3 cups of beef broth, 2 tablespoons of tomato paste, 1 tablespoon of Worcestershire sauce, 1 teaspoon of dried thyme, 1 teaspoon of rosemary, 1 teaspoon of paprika 1 teaspoon of caraway seeds (optional) and 2 bay leaves** until well combined, season with salt and pepper to taste.

Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.

In a small bowl, whisk together **1/4 cup flour and 1/2 cup stew broth.** Stir in flour mixture into slow cooker. Cover and cook on high heat for an additional 30-minutes or until thickened.

Serve immediately. Garnish with **2 tablespoons of chopped fresh parsley**, if desired.

Yield: 8 servings.



GOODWILL

Marie Neige de C. Atchison

Gerry Green joined Probus Alta Vista in 2019, so many of our members may not have met or remembered Gerry. He was in his 70s with an unlisted illness. His son, James, reached out to us to let us know of Gerry's passing in the summer. Marie-Neige will send a card to his family extending our condolences.

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.



FINANCIAL REPORT

We have \$2541.95 in available funds in the bank.

Bob Edgerton



MEMBERSHIP

Bob Atchison & Jane Wickham

Our membership is currently standing at 48 members.

Proposed Management Committee for 2022

President	Bonnie Barber
Vice President	Lenore Porter
Past President	Marie-Neige de C. Atchison
Secretary	John Wright
Treasurer	Jane Wickham
Membership	Bob Atchison / Jane Wickham
Tel/Email	Barbara Wilson
Program	Bob Mady / Colin Galigan
Communications	Bernetta Starkey
Publicity/Hospitality	Geraldine Dixon / Shannon Arsenault
Goodwill	Marie-Neige de C. Atchison
Member at Large	Linda Miller-Nesbet
Rotary Liaison	Eva Hammond



PROGRAM

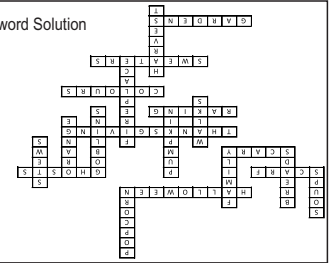
Bob Mady

An illustrated presentation by Garry Toffoli will discuss the history, traditions, ceremonies and royal connections of the Queen's Guards in the United Kingdom and Canada. Join the meeting to learn more about an iconic part of our royal heritage and experience via Zoom some of the pageantry of what currently cannot be seen in person by Canadians. Grenadiers, Coldstreams, Scots, Irish, Walsh, GG's Foot Guards, Horse Guards (Royals and Blues), Napoleon's Imperial Guards, Van Dooze, Canadian Guards but not crossing guards. History, traditions, uniforms (past and present), battle honours, duties, ceremonies (changing of the guard), etc. Garry used to have a corner office at Nicholas and Rideau. During the summer months he used the band as an alarm clock. When he heard them marching off after the ceremony on Parliament Hill, it was coffee time. Learn more on **Thursday October 28th** on Zoom.

FUN &

GAMES

Crossword Solution



Ontario



PROOF OF COVID-19 VACCINE

You will be asked to show proof of vaccination when entering public places such as gyms, restaurants and so on.

It will need to be the proof with the QR code. An example to the right.

If you don't have that copy, please contact the Ontario Ministry of Health at <https://covid-19.ontario.ca/proof-covid-19-vaccination> or call 1-833-943-3900.

You can show a paper copy or a digital copy of the receipt. You can keep a digital copy in your photos marked as 'favourites' for easy retrieval.

You will also need to show ID with your proof of vaccination.



"Grandpa gets worse and worse at Hide and Seek every year."

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



David McGee

David gave a very interesting discussion on the history of Ottawa. He hosts a Facebook page called LOST OTTAWA with over 56,000 followers, daily posts of photos and videos where people can share, like and make comments.

Lost Ottawa talks about things that are lost in plain sight. Things such as a pole at the corner of Bank and Pretoria which many people walk by every day and don't know what it is and it is the last pole that carried the electrical wires for the streetcars down Bank Street. Other items that are no longer are hopscotch boards and paperboys. Other lost memories was the Walk for Millions. A comment from Patricia said, "I walked a Miles for Millions many times in the 1970s and early 80s. Then they changed the name to Meters for Millions and it died. So much for progress". Margaret said, "I managed 20 miles before the blisters got too bad but I remember raising something like \$35 and I was proud of that". Cynthia said, "I walked the whole thing and ended up at the train station. I was 13-years-old at the time and I had to bum a dime to call my

brother to come and pick us up. He said, 'Can you walk down the street to meet me?'" after she had gone something like 40 miles.

Big Bud's on Bank Street was a great memory for many. Many commented on how poor they were at the time so how crucial Big Bud's was to them at the time. Others commented on Big Bud's charity work. But the most of the comments were about Bud himself who was a character 'famous for yelling at his workers and his customers'. One comment remembered Bud yelling at his customers "Moove you cows!" to get them to the cash.

David and his team have made over 16,000 posts from 2013 to August 2021. David is an historian from Boston who wanted to learn about EB Eddy and was surprised to learn there was really nothing to read about this company that was a major employer in the area, next to government, and had been a major employer for 150 years but there was no history. And then discovered there were very few books written about the history of Ottawa. David has discovered that people are not interested in history in the traditional sense of important people and dates. People are keen to see and learn their own history and experiences.

David showed another interesting photo of a paddy wagon picking up revelers at Chez Henri in Gatineau back in 1973. When Ottawa would roll up the sidewalks, the kids would go to Hull. Maureen commented, "I remember being herded into the paddy wagon and brought to the cop shop in Hull for under age drinking. We had our IDs but they wouldn't check them until we got to the police station where we were stranded with no ride back to Ottawa or the bar". Julie commented, "Hey! I remember that, Maureen. You and I had to take the bus but we were back at the bar in an hour". Maureen commented, "It was my first and only time in a paddy wagon". But you never know who's on Facebook because the very next comment was from Chelsea who said, "Mom!? You were taken to the police station in a paddy wagon??".

FUN &

GAMES

Sudoku Solution

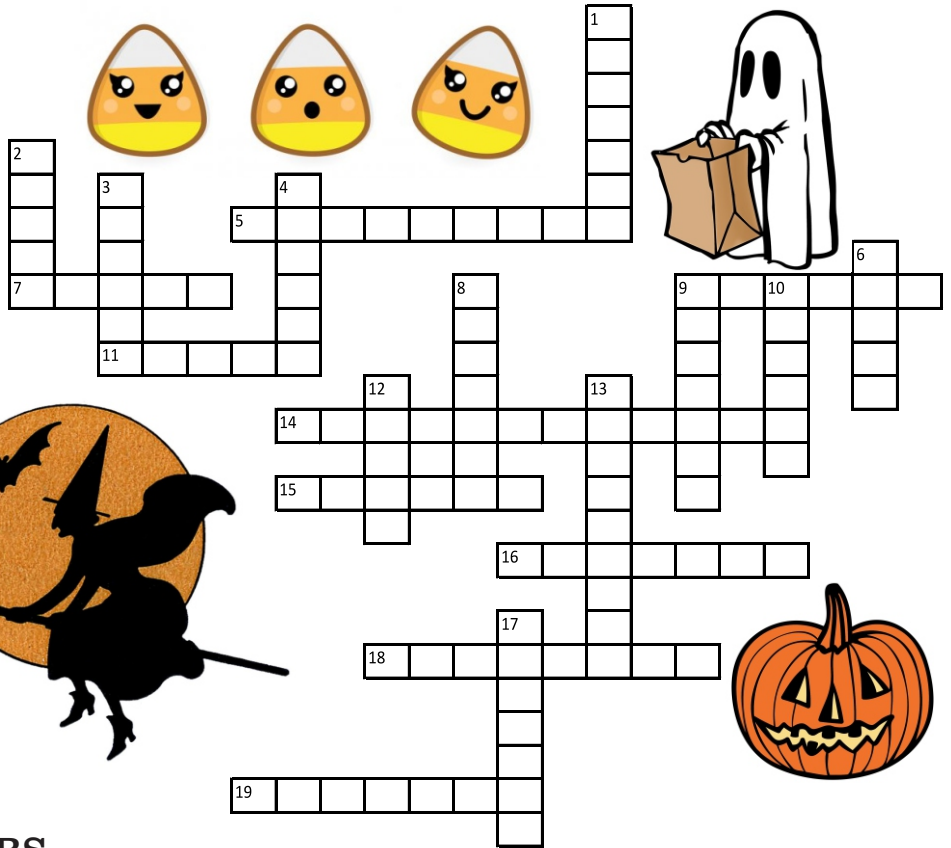
2	1	8	4	5	9	6	3
7	6	5	3	2	9	8	1
9	3	4	8	1	6	2	5
5	7	9	2	4	1	3	8
3	2	6	5	7	8	1	4
8	4	1	9	6	3	7	2
4	8	3	1	9	5	6	7
6	9	7	8	4	5	3	1
1	5	7	6	3	2	4	9

ACROSS

- 5 Trick or Treat!
- 7 To go with 18 Across
- 9 ___ stories
- 11 ___ movies
- 14 Turkey time
- 15 For those of you who still live in houses
- 16 Fall ___
- 18 Cooler weather requires these
- 19 Time to put them to bed

DOWN

- 1 Movie night!
- 2 Comfort food
- 3 To go with 2 Down and 6 Down
- 4 Love to see them around the hearth
- 6 Hearty meals
- 8 A seasonal spice
- 9 To go with 9 Across
- 10 The colour of the season
- 12 Beautiful at this time of year
- 13 This, a good book and a glass of wine
- 17 ___ time



ROYAL TOURS

1786 - 2010

by Arthur Bousfield and Garry Toffoli

Royal Tours 1786-2010 is a penetrating look at the tours of eleven royals who were or would be monarchs, viceroys, and commanders-in-chief of Canada. Leaving California in 1983 to tour British

Columbia, Queen Elizabeth II said she was going home to Canada. Since its pioneer days, the Royal Family has made the country home through tours of public service, naval and military duty, and residence. Beautifully illustrated, featuring photos from the June/July 2010 tour of the queen, Royal Tours 1786-2010 is a captivating look at how these tours shaped Canada and the royals themselves, with an eye for the significant, interesting, and humorous. Included are the young naval captain who became King William IV, the long Canadian residences of Queen Victoria's father and daughter, those who would be kings and governors general, the triumph of the first reigning monarchs tour, and the current queen's six decades of regular presence.

The early bird might get the worm but the second mouse gets the cheese.

N	R	E	T	N	A	L	O	K	C	A	J	T	T	Bread
E	T	A	U	Y	E	K	R	U	T	E	U	E	A	Candy Corn
N	E	E	W	O	L	L	A	H	S	C	L	S	E	Carving
P	H	O	R	A	N	G	E	E	E	A	R	E	R	Costumes
U	G	E	A	I	P	T	M	G	H	L	P	O	T	Fireplace
O	N	E	A	T	K	U	O	N	E	P	U	T	R	Hallowe'en
S	I	E	N	R	T	T	J	I	A	E	M	A	O	Harvest
S	V	A	G	S	T	H	R	K	R	R	P	T	K	Hearth
E	R	R	O	T	Y	Y	A	A	T	I	K	O	C	Hearty Foods
V	A	C	N	A	N	V	F	R	H	F	I	P	I	Jack-O-Lantern
A	C	B	R	E	A	D	E	O	V	D	N	S	R	Leaves
E	A	S	H	S	T	E	W	T	O	E	U	V	T	Orange
L	C	A	N	D	Y	C	O	R	N	D	S	E	S	No More Salads
N	O	M	O	R	E	S	A	L	A	D	S	T	B	Potatoes