



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 2021
 Next Meeting: Wednesday November 24 at 10am on Zoom - AGM
 Speakers: Dawn Firestone and Teresa Townsend, Guided Autobiography

PRESIDENT'S MESSAGE



Bonnie Barber

Dear Members,

As is our tradition to have a remembrance theme at our Oct general meeting, we thank Joyce and John Wright for suggesting, introducing and thanking Garry Toffoli, who spoke to us regarding the history, traditions, ceremonies and royal connections of the Queens' Guards in the United Kingdom and Canada. The uniforms (past and present), battle honours, duties, and ceremonies were of interest to all who joined us.

Please note changes to the proposed Management Committee for 2022 as listed here in The Tulip. Nominations from the floor will be accepted at the Annual General Meeting (AGM) on Wednesday November 24th 2021, with our speakers to follow.

On December 8th, Covid protocol and weather permitting, we will look forward to getting together with our Probus members for lunch at the Colonnade restaurant at 1500 Bank St (Blue Heron Mall) at 11:30 am, followed by carol singing at 1 pm with Bernie Coughlin at the church. Mark your calendar and hunt out the Christmas bells to bring along! Please email me at tandbbarber@rogers.com by December 6th if you are planning to attend so we can notify the restaurant of the numbers and in case cancellation is necessary.

As this is the last Tulip until the new year, I wish to take this opportunity to sincerely thank the management committee for their dedication and continued support for the past 2 years as we met the challenges of functioning during this unprecedented time. Hopefully we will be able to resume meeting in person in the new year.

Wishing everyone a safe, healthy and happy Holiday Season with you and yours.

All the best,
 Bonnie Barber
 President
 Probus Club of Ottawa Alta Vista



Nov 22 - Dec 21
SAGITTARIUS

People born in the sign of Sagittarius have a lot of energy and life enthusiasm. They are also characterized by a great temperament. Thanks to kindness and energy, they manage to maintain very good contacts with the environment, they are still interested in new people, new facts, therefore, they are very interested in everything that happens around them.



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
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	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	613-733-1459	hammond.eva@gmail.com
Rotary Liaison			



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.



BLUEBERRY LIME CREAM CHEESE POUND CAKE

This Blueberry Lime Cream Cheese Pound Cake is so easy to make. Made with cream cheese and fresh blueberries, it's moist, delicious and bursting with flavour and colour.

Preheat oven to 350°F. Butter a 9 x 5 loaf pan. Line the bottom of the pan with parchment paper and butter the parchment paper as well.

Set aside.

In a medium bowl, whisk together **1-1/4 cups all-purpose flour**, **1 teaspoon baking powder** and **1/4 teaspoon salt**. Set aside.

Beat together **4 oz cream cheese** at room temperature, **1/2 cup of butter** at room temperature and **2/3 cup granulated sugar** until fluffy, about 2 minutes. Add **2 large eggs** one at a time. Thoroughly mixing each time. Add **1 tablespoon vanilla extract** and **2 tablespoons lime zest** mixing until combined. Pour flour mixture over the batter mixture. Using a large rubber spatula, gently fold in the flour until it's completely mixed in and there are no pockets of dry flour mixture. Lastly, gently fold in **1 cup of fresh blueberries**. Transfer batter to prepared baking loaf pan. Bake for 55 to 65 minutes, or until toothpick inserted in the centre comes out clean. Let sit until cool, at least 30 minutes and then remove from pan.

For the icing, mix together **4 tablespoons butter** and **4 oz cream cheese**, both at room temperature until smooth. Add **1-1/2 cups powder sugar** and beat on low speed until combined, then on high until frosting is smooth. Beat in **1 teaspoon vanilla extract**. Carefully frost on top of the cooled pound cake and store in fridge until ready to serve.

Yield: 8 servings.



FINANCIAL REPORT

We have \$2537.95 in available funds in the bank.

Bob Edgerton



MEMBERSHIP

Bob Atchison & Jane Wickham

Our membership is currently standing at 49 members.



In the new year we will add something new to The Tulip.

We will interview one of our members each month. It will be fun to learn the back stories to our members. What did you do when? What was something you are most proud of? Where have you lived?

Intriguing stories all about us.

Proposed Management Committee for 2022 with changes

President	Bernetta Starkey
Vice-President	Lenore Porter
Past President	Bonnie Barber
Secretary	John Wright
Treasurer	Bonnie Barber
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

"I would like to write to recommend the Guided Autobiography course led by Dawn Firestone and Teresa Townsend. The two leaders helped me write, most of all by suggesting WHAT to write (completely different ideas than I had tried). I have struggled with writing narratives chronologically, and found out from our leaders that I was not wrong, but that there were other ways! Further, as teachers of adult students know, the students often teach each other—and, boy, did my fellow students teach

me, both with regard to writing and also with how they have lived their lives. I ended up with a digital portfolio of narratives on important topics that I want to continue, aspirations of good works to emulate others in my class, and narratives that those I leave behind might actually want to know, and learn to get to know me.

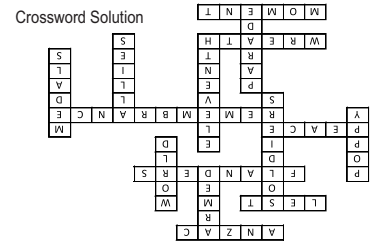
Thank you, Teresa and Dawn, for making this class about me and not about you—just as it is supposed to be!

I am honoured to have been in your company and to have learned from you." LP, North Carolina - 2021



FUN &

GAMES



IT'S A CHRISTMAS SOCIAL!
Wednesday December 8, 2021

11:30 am - We will start with lunch at the Colonnade Pizza in the Blue Heron Mall at 1500 Bank Street, for those who are double-vaccinated and feel comfortable in a restaurant setting, and if Covid protocols allow.

1:00 pm - Christmas Carol sing-along with Bernie Coughlin on the grounds of Gloucester Presbyterian Church. This will be outdoors (weather permitting).

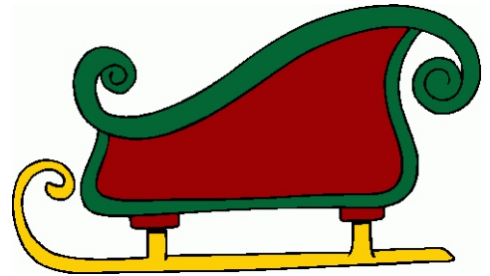


"I said, turn down the eiling fan."

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

Please let **Bonnie Barber** know if you plan to attend tandbarber@rogers.com

What to bring : chair, hot drink of your choice, dress warmly, blanket, hearty singing voices, happy faces, mask
 The bathrooms in the church will be available for our use with mask
 Song sheets, in case you forget the words, will be available



The Guards

The Praetorian Guard (Rome), The Imperial Guard (France), The Republican Guard (Iran) and The Guards (Canada and the UK) are all elite forces formed to guard their Emperor, President or Monarch. Garry Toffoli, a regular TV commentator on Royal matters, took us through the history of the Guards and their uniforms.

Canada and the UK are the only Commonwealth countries to have Guards Regiments, both have Horse Guards and Foot Guards. Canadian Guards are The Governor General's Foot Guards (GGFG), The Governor General's Horse Guards (now stood down) and The Canadian Grenadier Guards. The UK has two squadrons of Horse Guards, The Life Guards, who wear red tunics and white plumed helmets, and The Blues and Royals with blue tunics and red plumed helmets. The five Regiments of Foot Guards are Grenadiers, Coldstreams, Scots, Irish and Welsh.

The GGFG guard the Governor General. Today they are recruited for the tourist season to perform the Changing of the Guard Ceremony on Parliament Hill and to stand sentry duty at Rideau Hall. Buckingham Palace is usually guarded by one of the Foot Guards Regiments - trained soldiers who may have just returned from active duty or are about to deploy overseas. Unusually, others are given the honour of guarding the Palace. These have included Canada's Royal 22nd and Princess Patricia's Light Infantry Regiments, and the RCMP.

Guards stand out with their huge head-dress, the Bearskin, and their scarlet tunics. The Bearskin was Napoleon's idea to make his Imperial Guard intimidating. He selected the tallest soldiers and the head-dress made them even taller. The pelts used in Canada and the UK are all from Canadian bears but handing on the Bearskins avoids culling. Some Bearskins are nearly 100 years old.

Garry interspersed history with anecdotes including the story of one unfortunate officer who, to avoid a bulging pocket, placed his wallet on his head, forgetting that he would have to doff his Bearskin to give three cheers to Her Majesty.

FUN &

GAMES

Sudoku Solution

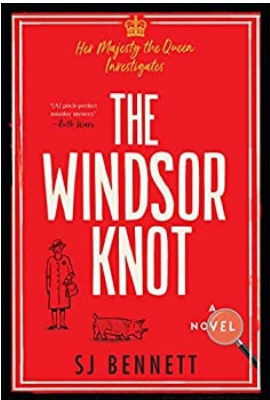
6	8	5	4	9	7	1	2	3
4	9	2	3	1	5	6	8	7
7	1	3	2	8	6	9	5	4
1	5	8	7	3	9	2	4	6
2	4	9	5	6	8	1	7	3
3	7	6	1	4	2	5	9	8
5	6	4	9	7	3	1	2	8
8	2	1	6	5	4	7	3	9
9	3	7	8	2	1	4	6	5

ACROSS

- 1 In Australia and New Zealand
- 3 _____ We Forget
- 7 In _____ the poppies blow
- 9 What we now have
- 11 _____ Day
- 14 What we lay at the Cenotaph
- 15 A _____ of silence

DOWN

- 2 _____ Forces
- 4 Our heroes who fought for us
- 5 _____ Wars
- 6 The flower we wear
- 8 The _____ hour, day, month
- 10 _____ Nations
- 12 A _____ of our heroes



THE WINDSOR KNOT

by SJ Bennett

It is the early spring of 2016 and Queen Elizabeth is at Windsor Castle in advance of her 90th birthday celebrations. But preparations are interrupted by the shocking death of a guest in one of the Castle bedrooms. The scene leads

some to think the young Russian pianist strangled himself, yet a badly tied knot leads MI5 to suspect foul play. When they begin to question the Household's most loyal servants, Her Majesty knows they're looking in the wrong place.

The Queen has been living an extraordinary double life. Unbeknownst to her closest friends, she has the most brilliant skill for solving crimes. With help from her Assistant Private Secretary, the Queen discreetly begins making inquiries. As she carries out her royal duties with her usual aplomb, no one in the Royal Household, the government, or the public knows that the resolute Elizabeth won't hesitate to use her keen eye, quick mind, and steady nerve to bring a murderer to justice.

SJ Bennett captures Queen Elizabeth's voice with skill, nuance, wit, and genuine charm in this imaginative and engaging mystery that portrays Her Majesty as she's rarely seen: kind yet worldly, decisive, shrewd, and, most important, a superb judge of character.



X	K	W	L	K	A	I	R	F	O	R	C	E	A
B	K	A	A	R	M	E	D	F	O	R	C	E	S
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R	E	S	P	E	C	T	V	E	T	E	R	A	N
I	A	H	O	R	B	N	O	V	E	M	B	E	R
R	E	M	E	M	B	R	A	N	C	E	D	A	Y
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H	U	N	C	X	L	N	A	V	Y	X	M	X	R
F	L	Y	R	E	Z	H	E	R	O	E	S	Z	M
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- Air Force
- Allied Nations
- Armed Forces
- Army
- Eleventh Hour
- Flanders Field
- Heroes
- Lest We Forget
- Navy
- November
- Parade
- Peace
- Poppy
- Remembrance Day
- Respect
- Soldiers
- Veteran
- War
- Weapons