



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 - January 2022

Next Meeting: Wednesday January 26 at 10am on Zoom

January Speaker: Noah Morrith, Manager/Curator of the Torbay History House & Museum in Torbay, Newfoundland & Labrador

PRESIDENT'S MESSAGE



Bernetta Starkey

Dear Members,

Welcome to 2022! I heard a joke the other day that was about a man being excited about the new year when he realized it was 2020-too. I certainly hope we aren't heading into a rerun of what we have already gone through. But if we are, we are resilient. We will get through it.

I am the new president for 2022. Many of you have never met me so I will introduce myself. We recently moved to Ottawa from the Wasaga Beach area, just north of Barrie. We moved here because we have lots of family here. Neither my husband, Bill McLellan, or myself are from this area but our siblings, aunts, uncles and cousins have migrated to Ottawa from Montreal. It has been some time now that we have looked upon Ottawa as home.

While in Wasaga Beach, I was president of a Probus club there - Probus At The Beach. Our district was ON7 and had 24 Probus clubs in and around Georgian Bay. There were five clubs in Wasaga Beach with a population of just over 20,000 according to the 2016 statistics. I hope to institute some of the successes we enjoyed there here. What I was most impressed with at the Alta Vista club was the calibre of speakers we enjoy. Remarkable. All very interesting, varied topics and I have not seen a duplicate topic. Tremendous. Some of the successes we had in Wasaga Beach were interest groups. These would be groups led by members with groups of people with similar interests such as a book club, dining groups (there were many of those), walking groups, bowling, crafts, golf, mini-golf. We had a group called Lean On Me for people who were suffering the loss of a child. There was a group called Secret Sisters where each of the members of that group were given another participant's name and throughout the year each member would receive cards and small gifts for each occasion throughout the year. Then at the end of the year there would be a luncheon where they would find out who their secret sister was. This is what I would like to see at Alta Vista - a sense of community. A caring community looking out for each other. Especially needed during a time of pandemic. These are small groups, sometimes restricted to how many can sit around the kitchen table or fit in the living room, that was why we had duplicates.

We will start small and build. Maybe a walking group to start.

We will also create a membership list for everyone so we know who each other are. Lots of ideas and I am sure you have far more than me. I will be very anxious to hear your ideas and build from there. 2022 is going to belong to the Probus Club of Ottawa Alta Vista. Please feel free to email me or call me with your ideas.

Happy New Year!

Bernetta Starkey

President - Probus Club of Ottawa Alta Vista

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

Jan 21 - Feb 19

AQUARIUS

People associated with the element of air, and their planet is Uranus, which gives them extraordinary originality, as well as being visionary.

Therefore, Aquarius is focused on the well-being of society, they love communicating with people in an unconventional way, e.g., telepathically, they are also characterized by a passion for seeking pioneering, innovative solutions.





GOODWILL

Marie Neige de C. Atchison

Our best wishes go out to
KAWSAR KRUIHOF
With hopes that you get well soon

If you are aware of any of our members who have been in hospital, 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 for Dec 2021

Bonnie Barber

	Expenses	Revenues	
Opening Balance			2533.95
Outstanding deposit		0.00	
Monthly bank charges	- 4.00		
#104 Probus Canada	- 150.00		
Unencumbered funds	\$154.00	\$0.00	\$2379.95



MEMBERSHIP

Bob Atchison & Jane Wickham

Our membership is currently standing at 57 members. We are currently going through our membership list and updating the information. If you are receiving The Tulip but have not spoken to anyone from Probus Ottawa Alta Vista to confirm your membership information, please call one one of the Board members at your earliest convenience.

Dec 22 - Jan 20 *My apologies to those who missed their horoscope in December.*
CAPRICORN

Capricorn people are influenced by Saturn, which makes them serious, but also cautious and very eager in what they do. These are some of the most practical and hardworking signs of the zodiac, constantly working and moving forward, extremely persistent and ambitious.



PROGRAM

Colin Galigan & Bob Mady
February Speaker

Ralph Benmergui is best known as an award winning broadcaster. Starting as an actor and stand-up comedian he shifted into journalism and became a program host in his long career at the CBC. Today he is a podcaster, ordained spiritual counsellor and now, author, with the release of his spiritual memoir *Thought He Was Dead*.

Born in Morocco, raised in Toronto, Ralph now is the father of four and makes Hamilton his home.

Ralph will talk about the path from Age-ing to Sage-ing, how we can renew our sense of purpose and cultivate our wisdom in a society that doesn't appreciate that we can be old and improved.

2 Check out our website at probusoav.ca



TURKEY CROQUETTES

New Year's is always a time of resolutions and the first resolution, especially after indulging over Christmas, is to start eating healthily. This is a classic recipe to use up leftover turkey. Pair this with a salad and you are off to a great start to the new year!

In a sauté pan over medium heat, melt **2 tablespoons of butter**. Add **1/2 cup of chopped onion** and **1/2 cup of chopped celery** and partially cover the pan. Cook, stirring occasionally, until the vegetables are soft and translucent, 3 to 4 minutes. Add **1 teaspoon of fresh sage** and **season with salt and pepper to taste**. Remove the vegetables from the heat and stir in **1 cup chopped cooked turkey**. Let cool to room temperature.

In a shallow bowl, combine **2 eggs** and **3 tablespoons of milk**. Whisk to blend. Place **1 cup of flour** and **2 cups of bread crumbs** in separate shallow bowls. Line a baking sheet with parchment paper.

In another bowl, combine **2 cups of cold mashed potatoes**, **1 egg** and **2 tablespoons of flour**. Fold until blended. Have a bowl of cold water nearby. Get your hands wet but not dripping with water. Place about 2 tablespoons of mashed potato mixture and form into a ball, sealing the turkey mixture in the centre. Roll the ball in the flour, then the egg mixture and finally the bread crumbs. Set the croquette on the prepared baking sheet. Repeat.

In a deep-fry pan over medium-heat in an oil depth of 2 to 3 inches, carefully place 3 or 4 croquettes in the hot oil (do not crowd the pan) and cook, turning as needed, until golden brown, 3 to 4 minutes. Repeat with the remaining croquettes. Serve hot with gravy.

Yield: 12 to 15 croquettes.





Eva Hammond

Profile on Eva Hammond

This is a new addition to The Tulip. Each month we will profile a different member of our club. Who better to start with than one of our founding members.

Eva Hammond has an excellent memory which, she points out, is from friends and family calling her and having to recognize them by their phone numbers that come up on her display.

In so many questions, Eva would turn the spotlight on her husband, Russ Hammond, quite clearly the love of her life.

Eva was born in Moncton and after high school moved to Montreal and attended the Royal Victoria Nursing School and received her registered nurse's certificate. She took additional courses in neurology and worked in the Neurological Institute eventually as Head Nurse working with Dr Cohn and Dr Penfield. In the 1970s, Eva was now married with four children and living in the Mont St-Hilaire area on the south shore of Montreal. She had given up her position as Head Nurse and was now working as Community Health Nurse for the South Shore Protestant School Board. She saved her earnings from this position to put herself through McGill to attain a Bachelor of Nursing.

In 1974, during the FLQ Crisis in Montreal, Bell Telephone moved its International Division to Ottawa. The Ottawa market was flooded with nurses and teachers because of this move and Eva, not one to take it lying down, decided to go after her real estate licence. Eva began working for Royal LePage. She was then offered the position of managing two offices in New Brunswick, Moncton and Miramichi. While in Moncton, Eva was approached to join Rotary. It was the late 1980s and Rotary wanted to move with the times and start admitting women into their club. Certainly, a firebrand like Eva was going to be an asset to any club. Eva was the first female Rotarian in Moncton but within the year many other women joined. It was while they were living in Moncton that Russ was approached to start a Probus club in Moncton. Russ had retired from Bell Telephone in 1989 while Eva continued to work for Royal LePage. Rotarian, Stan Steeves, met with Russ for coffee and the rest, as they say, was history. Russ began and ran the largest Probus club in Canada. The Moncton club had between 300 and 400 male members.

Eventually, Eva retired and they moved back to the Ottawa area, Manotick specifically. Russ missed his Probus club and Eva went to work speaking to Burritt Collins and Julius Frank of Rotary to secure the money necessary to start another Probus club. In 1994, the Probus Club of Ottawa Rideau Valley was established. Russ insisted that this club be a mixed club giving Eva the opportunity to join along with him and they became founding members.

When Eva and Russ moved closer to Ottawa, they started another Probus club, the Probus Club of Ottawa Alta Vista. They had twenty initial members who all began meeting in September of 1999. The club was officially registered with Probus Canada in 2000 and in that year, twenty more members joined. Russ acted in an advisory capacity for other Probus clubs, the Perth and Kanata clubs.

To stimulate the mind with excellent speakers and to widen a circle of friendships at a time in life when both these things might be diminishing. A phrase often used by Russ Hammond to describe Probus clubs.

In her younger years, Eva entered and won the Mrs Chatelaine contest for 1967, Canada's Centennial Year. This led to public speaking engagements. Eva's hobbies include painting, singing, skiing and snowshoeing. Eva still paints and loves to paint representational landscapes. Up until the start of Covid-19, she still studied voice. While in Montreal, Eva and Russ sang in Westmount Baptist Church choir under the direction of Galt MacDermot. If that name sounds familiar, it is because Mr MacDermot was the writer of the highly successful Broadway play *HAIR*.

Eva has lived in three provinces, married and widowed, raised a family of three sons and a daughter, was Head Nurse at the Neurological Institute in Montreal, earned her Bachelor of Nursing at McGill University, earned her real estate licence and was a founding member in two Probus clubs. That is our Eva Hammond.



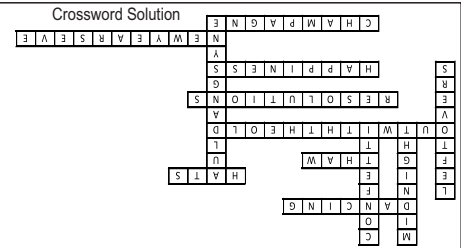
Cards! Bridge, euchre, hearts, we can play online. Please contact Bernetta Starkey (bernettastarkey1@gmail.com or 343-572-7448) if you would like to play cards online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera and audio so that you can see the people you are playing with. Lots of fun!

Let's walk away our winter blahs and maybe some of those Christmas calories. Who would be interested in a walking club? Short walks, long walks, sidewalks, paths - let us know what you would prefer. Lots of fun! Please contact Barbara Wilson (barbarawilson142@yahoo.ca or 613-837-2377) to sign up.



FUN &

GAMES



One way to find out if you are old is to fall down in front of a lot of people. If they laugh, you're still young. If they panic and start running to you, you're old.



"Hurry up! Our new year's resolutions start in ten minutes!"

	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

We will start the new year with recognizing birthdays. If we have missed yours, please call Bernetta Starkey to let her know. (343-572-7448)



JANUARY BIRTHDAYS

- 8 Bob Edgerton
- 11 Sandra Blais
- 11 Mike Charrier
- 11 Judy Foreman
- 14 Orion Clark
- 18 Wes Adams
- 27 Ed Borza



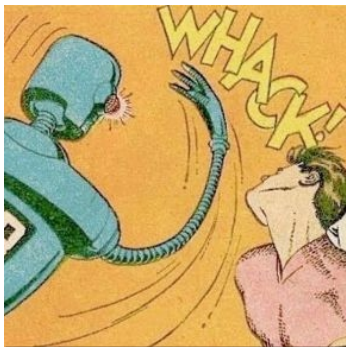
WE HAVE AN OPENING

You may have noticed we are without a vice-president. Lenore Porter has had to pull back due to personal reasons and we wish her the best. Lenore is an excellent example of someone who has supported our club. She has already been VP, President and Past-President and was coming around again until something prevented that. If this position is of interest to you, please contact Bernetta Starkey (bernettastarkey1@gmail.com). This is a position-in-training for president. You will be vice-president for one year, president for one year and then past-president for one year.

For more details on this position, please check the website probusoav.ca under Job Descriptions. You would never be left on your own, you would have lots of support.

Please consider this seriously, your club needs you.

A dad buys a lie detector robot that slaps you if you lie. The dad asked his young son, "Were you at school today?" The son said, "Yes" and the robot slapped the boy. The son said, "Okay. I was watching KungFu Panda at Kevin's house" and the robot slapped him again. "Okay, okay. I was watching dirty movies at Kevin's house." The dad said, "What?! When I was your age I never watched those kinds of movies." The robot slapped the dad. The mom laughed and said, "Well he's your son." The robot slapped her.



A good time was had by all who attended the Christmas luncheon. Back row: Allan Porter, Lenore Porter, Hugh Reekie, Keith Walker, Jane Wickham, Laureen Silke, Eva Hammond. Front row: Ed Borza, Cathy Borza, Barbara Wilson, Bonnie Barber.



FUN &

GAMES

Sudoku Solution

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

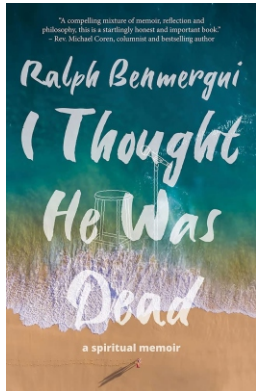
ACROSS

- 3 What we do to music
- 5 We wear party ...
- 7 January ...
- 8 ... in with the new
- 9 What we all make and break
- 10 Health, wealth and ...
- 11 Happy ...!
- 12 To toast



DOWN

- 1 At the stroke of ...
- 2 You will find this everywhere
- 4 What turkey becomes
- 6 Scottish song nobody understands



I THOUGHT HE WAS DEAD

by Ralph Benmergui

When Ralph Benmergui discovered he was literally hours away from a deadly heart attack he realized his life had changed. He was entering the autumn of his life, as he saw it, and he was being

dragged into it by his heels. What follows this awakening is a funny, profound and generous look at where he came from - from his childhood as the youngest son of Moroccan immigrants, to his experiences during the early years of Yuk Yuk's, to his long and storied career at CBC and much more - to where he is now, with stents in his arteries, having survived two bouts of cancer, hosting a much-loved podcast and with a practice in Hashpa"ah: Jewish Spiritual Direction. Along the way Benmergui looks critically at what it means to grow old in our society and challenges the reader to push against the stereotypes, to find a new purpose, and to claim the title and role of elder in a society that demands we strive to stay "forever young."

HAPPY NEW YEAR 2022!

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

- Auld Lang Syne
- Champagne
- Cold
- Confetti
- Freezing
- Happiness
- Happy New Year
- Hats
- Health
- Leftovers
- Midnight
- Music
- New Start
- Party
- Resolutions
- Snow
- Sparkle
- Streamers
- Thaw
- Turkey
- Wealth