



THE TULIP NEWSLETTER

ONTARIO DISTRICT 1

Founded in 2000 Probudis Club of Ottawa Alta Vista #101
 Meetings held at Gloucester Presbyterian Church, 91 Pike Street - February 2022
 Next Meeting: Wednesday February 23 at 10am on Zoom
 February Speaker: Ralph Benmergui - Age-ing to Sage-ing

probusoav.ca



Bernetta Starkey

PRESIDENT'S MESSAGE

Zoom coordinates <https://us02web.zoom.us/j/88342468491>

Dear Members,

I have been in conversation with Gary Colin, president of Probudis Ottawa Rideau Valley and Peter Van Boeschoten, president of Probudis of Western Ottawa. It has been wonderful to touch base with these gentlemen to see what they are doing in their clubs and what we can learn. They each have clubs that are larger in membership than ours and it seems we find our membership is becoming tired of zoom meetings overall.

Probudis of Western Ottawa have bridge and euchre clubs and have had some outings where members could be outside for the most part. Probudis Ottawa Rideau Valley have had cooking classes, garden parties, barbecues and luncheons. These could be some interesting ideas for our club to consider. But first, we must get back to in-person meetings and that is covid-directed.

As of this writing, and today is the day the police are removing the truckers, I have been unable to reach anyone at the church. I am sure the protest removal has something to do with that. I will call again and hopefully we will hear that we can start meeting in-person for our March meeting. It can't be much longer.

In confirming our membership list, we discovered we had six members who didn't have access to a computer so were unable to receive our newsletters or participate in the zoom meetings. We now have people calling these people on a monthly basis just to touch base, see how they are and bring them news about our speakers.

Hopefully, with the warmer weather coming, we can start our walking group with Barb Wilson. It will be nice to get out in the sunshine and walk and chat.

Brighter days are just around the corner.
 Bernetta Starkey
 President - Probudis Club of Ottawa Alta Vista

I just did a week's worth of cardio after walking into a spider web.

When I was a kid I wanted to be older...this isn't what I expected.

A recent study has found women who carry a little extra weight live longer than men who mention it.

It's probably my age that tricks people into thinking I'm an adult.

Management Committee Contact List

President	Bernetta Starkey	343-572-7448	bernettastarkey1@gmail.com
Vice President	Vacant		
Past President	Bonnie Barber	613-736-9741	tandbbarber@rogers.com
Secretary	John Wright	613-731-8521	jcwright@bell.net
Treasurer	Bonnie Barber	613-736-9741	tandbbarber@rogers.com
Membership	Bob Atchison / Jane Wickham	613-824-6144 613-737-9464	rjatchison@rogers.com janewickhamis@icloud.com
Tel/Email Program	Barbara Wilson Colin Galigan / Bob Mady	613-837-2377 613-730-7649 613-883-0286	barbarawilson142@yahoo.ca cgaligan@yahoo.com bmady49@gmail.com
Communications	Bernetta Starkey	343-572-7448	bernettastarkey1@gmail.com
Publicity/Hospitality	Geraldine Dixon	613-791-8066	gdixon@chartwell.com
Goodwill	Marie-Neige de C. Atchison	613-824-6144	m2n2@rogers.com
Member at Large	Linda Miller-Nesbitt	613-323-1259	lmillernesbitt@gmail.com
Rotary Liaison	Eva Hammond	613-733-1459	hammond.eva@gmail.com

Feb 20 - Mar 20

PISCES

Plans involving study will begin to bear fruit. Optimistic changes in attitude will set you up for exciting genesis and enable you to embrace positive new influences.





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.



PERFECT CHOCOLATE BARK

What's a healthy dessert list without straight up dark chocolate? This chocolate bark recipe pairs dark chocolate with pistachios, coconut, and dried cranberries for a nutrient dense, healthy treat. It's delicious yet full of whole foods. Grab a modest-sized piece for a tasty treat.

FINANCIAL REPORT for Jan 2022

Bonnie Barber

	Expenses	Revenues	
Opening Balance			2379.95
Deposits		0.00	
Monthly bank charges	- 4.00		
Balance	- \$4.00	\$0.00	\$2375.95

If you can't think of a word say, "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.



MEMBERSHIP

Bob Atchison & Jane Wickham

Our membership is currently standing at 60 members.

We would like to welcome **KATHRYN FOURNIER** and **PAT ROBSON** to Probus Ottawa Alta Vista. We look forward to having in-person meetings soon so we can properly welcome these new members.



I like to make lists.

I also like to leave them laying on the kitchen counter and then guess what's on the list while at the store.

Fun game.



PROGRAM

Colin Galigan & Bob Mady
March Speaker

Dr. Jake Rice was Chief Scientist for the Department of Fisheries and Oceans Canada and Director of Peer Review and Science Advice. He has more than 300 publications in the scientific literature, primarily on the ecosystem approach to integrated marine resource management and the science-policy interface in natural resource management and conservation. Internationally, he has been on the team of authors, often in leadership

roles, for assessments by the IPCC (Intergovernmental Panel on Climate Change), IPBES (Intergovernmental Platform on Biodiversity and Ecosystem Services), the UN Regular Process for Global Marine Assessments, and the UN-Environment Program Global Environmental Outlooks and has served as Chief Scientist of International Council for Exploration of the Seas.



Profile on Marie-Neige de Joly de Cabanoux-Atchison



Marie-Neige de C-Atchison

Marie-Neige was our president in 2019. Marie-Neige is well travelled since childhood. Although she is a French citizen, in her early years when World War II was raging, her parents recognized the danger Hitler presented and took the family to Koulikoro in Mali, Africa an hour's drive from the larger centre of Bamako. While in Koulikoro the family dog contracted rabies. She received a new vaccine for rabies and she still remembers the shot in the stomach and the shot in the back that she had to endure for over a month. Marie-Neige grew up in this town and later moved to Nice, France, her ancestral home. When she returned, she couldn't speak French and had to relearn her mother tongue.

As time would go on and Marie-Neige became a teenager, she moved herself to London, England as an au paire to a wealthy doctor couple. It was shortly after this that Marie-Neige decided to pursue an education in dental hygiene and she attended Cambridge University. She worked as a dental hygienist in a very posh part of London and met many cinematic stars as clients.

Ever the adventurer, Marie-Neige heard about a boat sailing to Canada. She looked up Canada in the library and was interested to see it for herself. She approached the cook on board inquiring if there was any work available for her. Marie-Neige travelled across the ocean carrying potatoes to Canada working in the kitchen. When she arrived in Halifax, it was Christmas and she did not have the proper clothing for a Canadian winter. The cook outfitted her and Marie-Neige stepped off the boat into Canada. She had read that people in Canada spoke French and English and was astounded to find she couldn't communicate with anyone in French. The French language in Canada was so different to what she knew. She had to speak English. Marie-Neige speaks Bambara, French, English and some Spanish although sadly she has forgotten much of her Bambara language skills.

Soon Marie-Neige found her way to Montréal where she walked the streets of Montréal with suitcase in hand looking for work as a dental hygienist. She met a wonderful Jewish dentist who she would love to meet again to thank. He not only took a liking to her but left her in charge of the office while he was on holiday. With her paycheques she was able to secure a one-bedroom apartment.

From Montreal to Toronto where Marie-Neige met Bob Atchison, a nuclear engineer. Ever resourceful Marie-Neige had found work as a director of a school of languages and Bob needed French lessons. They were married and transferred to Ottawa in the 1970s where they welcomed three sons and a daughter: Jean-Marc, Mijanoux, Pierre-Alain and Michele. They love Ottawa and have happily made it their home since then.

In Ottawa, Marie-Neige studied to be a teacher at uOttawa and became a French teacher. Marie-Neige loves to paint landscapes and is just finishing a winter scene.

Ontario to scrap vehicle licence renewal fees, requirement for stickers

To receive a refund cheque, vehicle owners who have moved recently will need to confirm that their address information on their vehicle permit or driver's licence is up-to-date on the province's portal by March 7 and pay any outstanding fees, fines or tolls.



Ontario

Vehicle owners will still be required to renew their licence plate every one or two years at no cost to confirm their automobile insurance is valid. For businesses, no refunds will be given for the period of March 2020 to March 2022.

Smart Aging
Preparing for Life's Transitions

Nurturing Resiliency and Mental Wellness

Linda Miller-Nesbitt would like to bring to your attention the zoom seminar put on by The Council on Aging to increase your knowledge related to mental health, mental illness, well-being, and resiliency as we age. We will share some useful tools and ideas to help you create tangible and concrete plans to support mental wellness. Issues surrounding COVID will also be considered.

March 16th from 1pm to 3pm. Workshop materials will be mailed to you. \$5 for COAO members, \$10 for non-members. Register by email at s.cadieux@coaottawa.ca or 613-789-3577 x4. <https://coaottawa.ca/event/nurturing-resiliency-mental-wellness/> Registration closes March 3rd.



We have been treated to many very interesting speakers but if you were able to attend our January meeting, you were entranced like the rest of us by the stories, anecdotes and myths recounted by Noah Merritt.

Noah is not a native Newfoundlander but his knowledge of Torbay and its stories could rival anyone born there.

Newfoundlanders see themselves as water residents. There is little development on land and people identify themselves as to which bay they live nearest. There is evidence of the Norse people travelling from Iceland to the shores of Newfoundland in the 11th century. Followed by the Portuguese, the English, the French and the Irish. All arriving to fish. There was no intention to stay at Newfoundland once the fishing was completed. Coming ashore to process the catch was the bulk of development. The captain of the first boat to arrive became the 'Fishing Admiral' and settled all disputes and kept the peace.

Noah Merritt

Newfoundland is also no stranger to pirates, buried treasure and piracy in general. The British coveted the Spanish gold and shady sea captains were given 'permission' to board Spanish boats, steal the gold (and whatever else caught the captain's eye) and these pirates kept a percentage of the sale of goods.

Houses on shore are not built to view the oceanview, as we landlubbers would do, but built to face each other as the families left behind leaned on each other while the men were at sea. Also, the ocean was viewed as a graveyard as it took so many fishermen.

So many weather signs, called forerunners, foretold bad omens. Fishermen would not sail if while raising the anchor orientated the boat to the sun. Coppers were thrown into the wind to 'buy' good winds. Coins placed between the boards of the boat as good luck. A bird in the house indicated death.

Newfoundlanders have legends about mer-people. One story goes that a mer-man tried to climb on board a boat. A fisherman used an oar to knock the mer-man off the boat. Mer-people are seen as hostile as they could be fishermen who drowned and denied a Christian burial and hate the people on land.

It is estimated that over 10,000 lost vessels litter the waters around Newfoundland from the latter 16th century. Torbay has twelve shipwrecks that sunk in the early 1800s.

Noah was inundated with questions following his talk with members saying, 'you forgot to tell us about . . .'" which only indicates there are far more stories to intrigue us still.

Congratulations to Bob Mady for arranging this speaker. Although Covid-19 has brought so many hardships and frustrations, it has one silver lining - an increased quality of speakers as we are not confined to Ottawa.



John Wright suggested this new addition.

Each month a photo of somewhere in the world will come up. If you have been to this locale, tell us about it. Send us a first person recount of the photo. If you have a photo and story to submit, we'll print those too! We will print your responses in the next Tulip.

"HAVE YOU BEEN TO . . . ?"



Audrey Louise Reekie (Kirkpatrick) July 21, 1927 - February 1, 2022

It is with sadness that we announce that Audrey Reekie left this world peacefully at age 94. Audrey was a well remembered member of Probus Ottawa Alta Vista although had not been actively involved in a few years.

A private Celebration of Life will be held at a later date.

The full obituary can be read at:

<https://ottawacitizen.remembering.ca/obituary/audrey-reekie-1084370454>



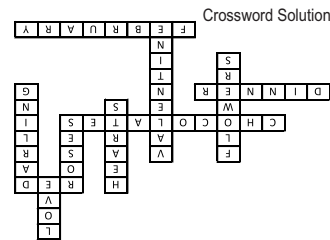
We are playing bridge online. Please contact Bernetta Starkey (bernettastarkey1@gmail.com or 343-572-7448) if you would like to join us in bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera and audio so that you can see the 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. When we get started it will be on the 3rd Wednesday of each month.



FUN &

GAMES



"You fell off the operating table."



"My hairdresser couldn't understand what I was saying with my mask on."

	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

If we have missed yours, please call Bernetta Starkey to let her know. (343-572-7448)

FEBRUARY BIRTHDAYS



- 3 Phyllis MacPherson
- 5 Wib Neal
- 6 Eileen McCaffrey
- 12 Jacquelynn Hirvonen
- 25 Elvira Matthews
- 25 Jay Miller



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.

Christine at the church tells me the elders will be meeting in early March to discuss re-opening.



I am hoping for our March meeting. Stay tuned. You will receive notice by email or phone call.

You may recall the very interesting speaker, Sandra Blais who spoke to us last August. Sandra collects a large number of used items. Following is a short list:

- Bread tags** (self-explanatory)
- Pop tabs** (self-explanatory)
- Used wax candles** (no tealights)
- Eyeglasses** (prescription, non-prescription and sunglasses)
- Milk bags** (not the bag the milk was in but the bag that carried those bags, clean and folded)
- Used postage stamps** (cut from the envelope with 1/4" space around the stamp)



Glenys Pike has offered to collect these items for Sandra and bring them to her. Glenys will ask Barbara Wilson to send out an email to say when and where you can deliver these items. Please do not take them to Glenys unannounced or call to see if she might take your items now. These items are needed by those organizations who Sandra collects them for and Glenys is very generous to offer to be a collection point. For more information you can call Sandra Blais at 613-443-1453.

FUN &

GAMES

Sudoku Solution

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

ACROSS

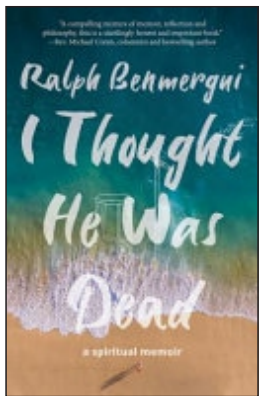
- 3 Colour of the month
- 7 A sweet dark treat
- 8 A romantic meal

DOWN

- 1 I ___ you!
- 2 Symbol
- 3 A very expensive gift
- 4 A pet name
- 5 Petals
- 6 A Roman saint




If you lose a sock in the dryer, it returns as a Tupperware lid that doesn't fit any containers.



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."



O	F	H	B	C	A	R	N	A	T	I	O	N	S	CANDLELIGHT
V	E	O	I	A	U	T	I	F	I	H	E	F	C	CARD
A	B	L	E	R	E	D	P	Y	L	T	A	O	O	CARNATIONS
L	R	I	R	D	S	D	T	P	A	R	R	T		CHOCOLATE
E	U	D	O	L	O	V	E	L	E	T	T	E	R	CONFETTI
N	A	A	S	H	S	U	R	C	E	S	N	V	N	CRUSH
T	R	Y	E	C	H	O	C	O	L	A	T	E	V	CUDDLE
I	Y	A	S	R	E	E	R	I	H	E	A	R	T	CUPID
N	R	I	N	D	R	E	A	M	B	O	A	T	O	DINNER
E	H	U	E	C	O	N	F	E	T	T	I	A	P	FLIRT
F	L	I	R	T	U	N	E	C	N	S	U	T	I	FOREVER
R	E	D	I	P	U	C	R	E	N	N	I	D	N	HEART
S	P	I	L	U	T	R	N	F	P	F	D	E	K	LOVE LETTER
R	K	E	C	A	N	D	L	E	L	I	G	H	T	PINK
														RED
														ROSES
														TULIPS
														VALENTINE