



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 - March 2022

Next Meeting: Wednesday March 23 at 10am on Zoom

March Speaker: Dr Jake Rice - Climate Change and Oceans

probusoav.ca

PRESIDENT'S MESSAGE

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

Dear Members,

We had a very lively discussion at our latest management meeting. The church is welcoming groups to meet in their facilities once again but the management team felt we would wait one more month and have our first in-person meeting in April. Once we are meeting in-person again, we won't be using zoom any longer so the coordinates above will no longer be listed in The Tulip.

For our first in-person meeting in April we will be asking everyone to wear a mask (*church rules*) and to provide proof of vaccination (*our rules*). The government has been removing many mandates but as a group of older citizens, we felt it would be prudent to continue these two mandates for at least our first meeting. We will

eventually be dropping these mandates to be in line with the government guidelines.

For the benefit of our new members and maybe for those who may have forgotten over the past two years, we meet at the Gloucester Presbyterian Church at 91 Pike Street. Our meetings begin at 10am and you are welcome to come at 9:30am to enjoy a coffee and chat with your friends. We ask a \$1 for coffee to offset the cost of buying the coffee and treats.

Now that we will be meeting in-person again, we will be collecting dues. We have prorated the dues for this year so for singles, instead of \$30, for the year it will be \$22.50 and for couples, instead of \$50, it will be \$37.50. You can mail your cheque to Probus Ottawa Alta Vista c/o Gloucester Presbyterian Church, 91 Pike Street, Ottawa, ON K1T 3J6 - OR - bring your cheque with you to our first meeting - OR - etransfer your dues to Bonnie Barber, our treasurer at tandbbarber@rogers.com. Lots of choices.

I would also like to take this opportunity to thank Bob Mady for his years as our program director and securing very interesting speakers. One advantage of covid and using zoom, was that Bob was able to bring us speakers from as far away as Newfoundland, who was a very interesting speaker. Bob passes the baton back to Colin Galigan. Colin had been our program director prior to Bob and we are looking forward to an array of more interesting speakers.

At our March meeting, our last zoom meeting, we will enjoy Dr Jake Rice's talk on oceans and climate change, and he will be followed by Jamie Doolittle. Jamie has been a past president of Probus Canada and is currently the Director of our District. His term is coming to an end and he would like to visit as many clubs as possible before it does.

Bernetta Starkey

President - Probus Club of Ottawa Alta Vista

**AN OLD IRISH PROVERB:
MAY YOU LIVE TO BE 100 YEARS, WITH ONE
YEAR EXTRA TO REPENT.**

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	613-824-6144	rjatchison@rogers.com
	/ Jane Wickham	613-737-9464	janewickhamis@icloud.com
Tel/Email	Barbara Wilson	613-837-2377	barbarawilson142@yahoo.ca
Program	Colin Galigan	613-730-7649	cgaligan@yahoo.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

Mar 21 - Apr 20

ARIES

Aries are characterized by courage and speed of action. Often impulsive and left to deal with result of their actions. But who can deny their passion.





GOODWILL

Marie Neige de C. Atchison

Our best wishes go out to
UTE DAVIS
who suffered a mishap and is
on the mend.

*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 Feb 2022

Bonnie Barber

Expenses Revenues

Opening Balance		2375.95
Deposits		10.00
Monthly bank charges	- 4.00	
Balance	-\$4.00 \$0.00	\$2381.95



MEMBERSHIP

Bob Atchison & Jane Wickham

Our membership is currently standing at
62 members.

We would like to welcome **LYNDA JOYCE**
and **MARGOT MONTGOMERY** to Probus
Ottawa Alta Vista. We look forward to
having in-person meetings soon so we can
properly welcome these new members.



The first piece
of luggage
on the
carousel
doesn't
belong to
anyone.



PROGRAM

Colin Galigan & Bob Mady

April Speaker

Hallie Cotnam may be a familiar name to many. She's been part of CBC
Ottawa for 20 years. Hallie arrived in Ottawa as a news editor and presenter,
then the West Quebec reporter, morning show writer-broadcaster, and
more-than-occasional host. Hallie's CBC journey includes time spent
throughout Ontario, Quebec PEI, Iqaluit, and a stint covering the Olympics
Games in Athens, Greece, back in 2004. Just recently, Hallie was hosting
Ottawa's number one rated morning show, Ottawa Morning, during the truck protest that occupied the
downtown core for three weeks. On a personal note, Hallie is the niece of Phyllis and the late Patt MacPherson.
She is married to Bill Brown, mother of 12-year-old twins, a son and a daughter, and lives in a 100-year-old
house in Old Ottawa South.

2 Check out our website at probusoav.ca



BEER, BEEF & BACON SPAGHETTI

I guess the name says it all.
Nothing left to add here.

Heat 2 tbsp olive oil in a large saucepan over medium heat. Cook 8 slices
of bacon until crisp and fat has rendered. Add 1 finely chopped onion and
1 thinly sliced leek (pale part only) and cook until softened. Add 3 cloves
of chopped garlic and 6 sprigs of thyme (leaves removed) and cook a
further 2 minutes until fragrant. Increase the heat to medium-high and
add 2 tbsp tomato paste. Cook, stirring, for 1 minute then add 500g
minced beef and cook, stirring, until browned.

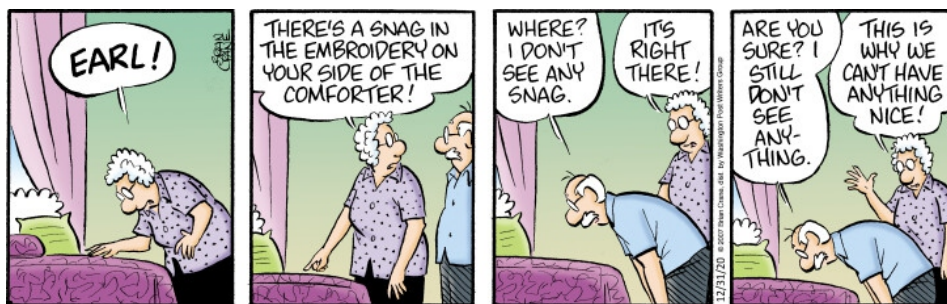
Add 1/4 cup of Worcestershire sauce, 345 ml can beer, 400g can chopped
tomatoes. Bring to a simmer stirring from the bottom of the saucepan.
Reduce heat to medium-low and cook for 30 to 35 minutes until reduced
and thickened.

Cook pasta (spaghetti is called for but fusilli is a wonderful substitute)
according to package instructions. Drain and reserve 1/3 cup of cooking
water.

Add reserved water to beef mixture and stir to loosen. Add the pasta to
the pan and toss to combine.

Top with freshly grated parmesan and parsley.

Serves 4.





Bonnie Barber

Profile on Bonnie Barber

Bonnie was born in Oxbow, Saskatchewan into a nursing family. Her mother was a nurse and two aunts were nurses. One of her aunts, who became her godmother, was to be married and move to Vancouver but didn't want to leave until Baby Bonnie was born.

Her father was a customs officer and the family moved to North Portal. For a while, there was no housing for the customs officers and Bonnie's family lived on the American side in North Dakota until the housing was ready. The border was more casual then and there was a golf course where nine holes were on the Canadian side and nine holes on the American side.

Bonnie contracted polio as a child and had to live with friends of her grandparents in Regina, Saskatchewan while she underwent surgery to transplant tendons in her leg. That summer she was in a leg cast from toes to thigh and

on crutches could still outrun her younger brother. Then spent the fall undergoing physiotherapy. Two years later Bonnie had to go through it all again, this time to lengthen the achilles tendon. More physio. Bonnie has one leg shorter than the other by an inch and wears two different shoe sizes, which is a pain in the neck because she has to always buy two pairs of shoes. But, and this is just magic, her sister-in-law back in Regina has the same difficulty and wears the same size shoes but on the opposite feet so the extra shoes don't go to waste. That is some unexpected luck right there!

Bonnie took piano lessons as a child and has the family piano. Her maternal grandmother saved up her egg money to buy the piano and eventually her father had the piano shipped to Bonnie in Ottawa. The piano is on its way to Tom's godson who is currently strengthening the floor to hold the weight of the piano, so it will be staying in the family.

Bonnie followed the family tradition of nursing and trained at the Grey Nuns Hospital in Regina where she worked in the emergency department for four years. After two 4-month trips to Europe with girlfriends, she came home and wanted to do something new. She applied to work in the Public Health Department and the military. No surprise, she was accepted to both and chose the military where Bonnie worked as a nurse and was posted to Ottawa in 1971. She was posted to the National Defense Medical Centre (NDMC). While living in the officer quarters on the Rockcliffe base, she met Tom Barber. Tom was then posted to Germany and a lengthy correspondence courtship ensued. Two years later, Tom proposed and Bonnie moved to Lahr, Germany which is not far from Strasbourg. They loved Germany and Bonnie acquired a conversational German. They travelled extensively throughout Europe during their stay.

While in Germany, Bonnie and Tom could buy a number of items at CANEX, a store on base where military personnel can buy items duty free. Bonnie purchased French silverware, English Wedgewood china and German crystal. When they arrived back in Ottawa, Bonnie could set a beautiful table for dinner but they didn't have a bed to sleep in or a table to eat off.

Then Tom was posted to back to Ottawa and Bonnie joined him, this time as a civilian nurse with the NDMC. After seven years in Ottawa, Tom was posted to CFB Gagetown, New Brunswick for two years and then back to Ottawa.

Bonnie and Tom have enjoyed their fur babies. Bonnie grew up with miniature poodles and their first was Linsey, a white miniature, who they got from Laureen Silke. Soon after, Bonnie took in her parents' poodle, Pebbles, a red miniature poodle, and the family was complete. Today Linsey and Pebbles are gone but Holly, another red miniature poodle, now keeps Bonnie and Tom on their toes.

Before leaving for New Brunswick, Bonnie sang with the Orpheus Choir in Ottawa and sang in a choir in Fredericton but has not kept that up. When Bonnie came back again to Ottawa, she became involved with the Ottawa Newcomers Club and has made some life-long friends. While in Germany, Tom taught Bonnie how to play Bridge and Bonnie has enjoyed the card game ever since.

Bonnie and Tom love to cruise. With friends, Bonnie has cruised the Greek islands, the Panama Canal, the Caribbean Islands, Scandinavia, the Baltic countries and Alaska. Bonnie and Tom put two loves together when they took a Bridge cruise to the Caribbean. Bonnie loves to cross-country ski and did a lot of skiing throughout Austria and Switzerland, Germany, Lake Placid and locally.

Bonnie has contributed to Ottawa with her volunteer work. She is treasurer of WELU (West End Learning Unlimited) with the Ottawa Newcomers Alumni Club, Bonnie has been president, past-president, treasurer among other positions. Within the Newcomers Club Bonnie has participated in something called The Last Supper where at the end of each month a member hosts a pot luck supper in their home. Bonnie has worked with Cornerstone, an organization the helps women who need housing. They put together Christmas bags for the

women and 'leaving packages' when they move into affordable housing that includes bedding, cutlery, toiletries and other needs to start.

Bonnie and Tom have had season tickets to the NAC (National Arts Centre) and the Little Theatre. Bonnie enjoyed interior design and art history classes at Algonquin College and at The National Gallery Bonnie has enjoyed art appreciation classes.

Bonnie has contributed greatly to Ottawa with a number of artistic endeavours.

Correction on last month's profile on Marie-Neige de C-Atchison. Marie-Neige has two sons and two daughters, not three sons and one daughter as written in the profile.



Ralph Benmergui

Ralph Benmergui was our speaker in February. He spoke about his book, *I Thought He Was Dead*. His wife didn't like that title but Ralph quipped that so many times he has been at functions where he would be introduced to someone who had remembered when Ralph had a show on CBC, and he heard them say as they walked away, "I thought he was dead".

Ralph used to be the host of *Night Lines* and *Prime Time* on CBC Radio. He co-hosted CBC TV *Midday* with Valerie Pringle, and hosted *Friday Night! with Ralph Benmergui* and *Benmergui Live*. He was a well known personality in both radio and television.

Retired from CBC and surviving an angina attack and cancer that disfigured his nose, Ralph had to find another way to put meaning into his life. Ralph spoke about our longer lifespans. He believes we now enjoy two adult lives. The original age of pension plans was 71 because they believed that most of us would not get to that age or live long past it. In the 1960s the world's population of centenarians was just a little over 20,000. Today, the world has almost 575,000 centenarians. While we enjoy our senior discounts, ageism is real. TV shows depict caricatures of their elderly cast members.

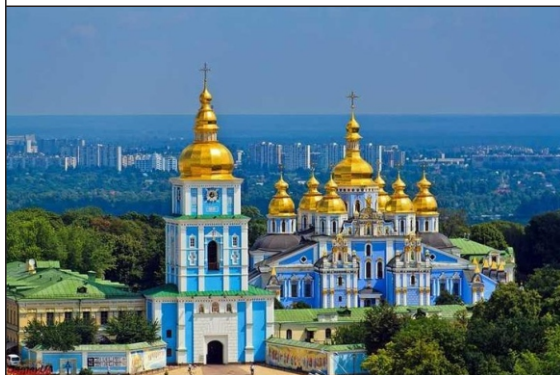
Depicted as slow moving, quickly outwitted, sitting in a corner until called upon for some sage advice. Ralph wants us to cultivate our wisdom. He wants us to put meaning back into our lives.

Ralph works as a spiritual leader and when counselling he asks his students to answer these questions. "Who do I love?", "Who or what am I most proud of?", "What regrets do I have?", and "What do I want to be remembered for?"

When he holds workshops with men he has discovered that men are their business cards. He counselled a lawyer who was becoming too old to be in the office, he was holding the company back but it was his company. When Ralph spoke with him, he observed that the lawyer was afraid he wasn't at the head of the parade any longer and that was where he felt most comfortable. Ralph suggested he try mentoring a younger lawyer, give him/her the benefit of his years as a lawyer. The older lawyer found that although he was no longer the head of the parade, he enjoyed bringing along younger lawyers.

We tend to focus on who we used to be rather than defining ourselves as something else - a clean canvas - a second adult life. While society might define us as old and our best years behind us, we need to define ourselves. Become something we might have always dreamt of.

Ralph suggests a book called *Die Wise: A Manifesto for Sanity and Soul* by Stephen Jenkinson and his own book *I Thought He Was Dead* and offered his website to anyone who would like to carry on this discussion with him at ralphbenmergui.ca.



Last month we showed you a photo of the famous ferris wheel known as the London Eye or the Millennium Wheel in London, England on the River Thames. It was completed in March of 2000.

On the left is another European icon. Can you guess where this is? Do you have any stories of this location you would like to share?



"HAVE YOU BEEN TO . . . ?"

Barbara Wilson, who is heading up our Walkin' & Talkin' group has had some wonderful success and currently has ten participants wanting to go for a walk. Walking routes will be between 3 to 4 kilometers, which is the speed someone can walk in an hour.

Dates for these walks are: April 20, May 18, June 29, July 20, August 17, September 21 and October 19. If you would like to become a walker, please contact Barbara Wilson at barbarawilson142@yahoo.ca or by phone at 613-837-2377. Once you are on the list, you will receive emails to tell you where and when to meet to go for your walk.

We noticed only women are participating in the walking. To this we have changed the graphic to a couple to include our male members. Come on, guys. You can walk too.

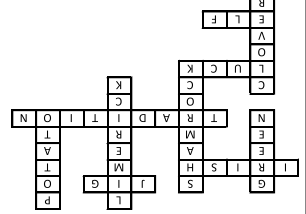
Walkin' & Talkin'



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!

FUN & GAMES

Crossword Solution

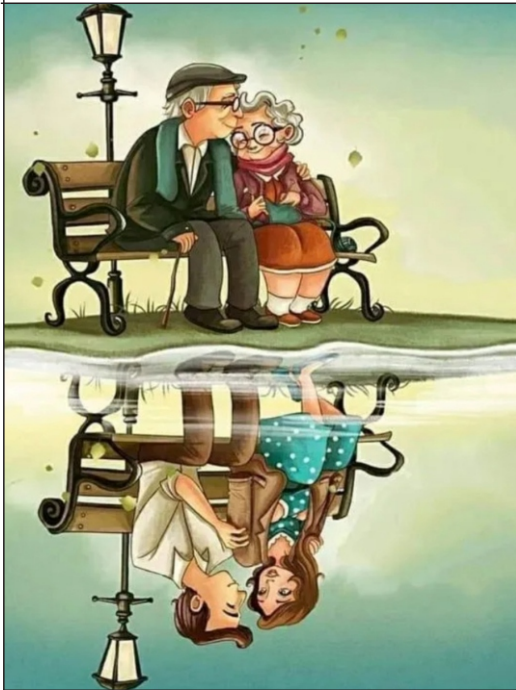


"We've got to leave in four hours.
Here's your lipstick!"



"That's nice. You tell the kid he can grow up
to be a dentist and now you don't want to
support him."

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



FINALLY - TOGETHER AGAIN!

We will be meeting in-person once again on April 27th. You will need to provide proof of vaccination and wear a mask.

We have prorated the dues for 2022. A single membership was \$30, for this year it will be **\$22.50** and a couple's membership was \$50, for this year it will be **\$37.50**. We have a few payment options available for you.

1 - You can make your cheque payable to Probus Ottawa Alta Vista and mail it to Probus Ottawa Alta Vista, c/o Gloucester Presbyterian Church, 91 Pike Street, Ottawa, ON K1T 3J6.

2 - You can make your cheque payable to Probus Ottawa Alta Vista and bring your cheque with you to our first meeting on April 27th.

3 - For those who do their banking online, you can etransfer your dues to Bonnie Barber, our treasurer, at tandbbarber@rogers.com.



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

MARCH BIRTHDAYS



7 Ruth Grant
8 Lynda Joyce
10 Bernetta Starkey
22 Barb Wilson

Can you find the 15 differences
between these pictures?

FUN &

GAMES

Spot the Difference Solution



Sudoku Solution

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

ACROSS

- 5 An Irish dance
- 6 Who we all claim to be on March 17th
- 7 Why we do it
- 9 _____ of the Irish
- 10 Another name for leprechaun

DOWN

- 1 A sweet Irish poem
- 2 Why the Irish left
- 3 The colour of beer
- 4 The four leaf variety
- 8 Another word for 4-down

MAY YOU BE HALF
AN HOUR IN
HEAVEN BEFORE
THE DEVIL KNOWS
YOU'RE DEAD



THE DIAMOND EYE

by Kate Quinn

In the snowbound city of Kiev, history student Mila Pavlichenko organizes her life around her library job

and her young son—but Hitler's invasion of Russia sends her on a different path. Given a rifle and sent to join the fight, Mila must forge herself to a lethal hunter of Nazis known as Lady Death. When news of her three hundredth kill makes her a national heroine, Mila finds herself torn from the bloody battlefields of the eastern front and sent to America on a goodwill tour.

Still reeling from war wounds and devastated by loss, Mila finds herself isolated and lonely in the glittering world of Washington, DC—until an unexpected friendship with First Lady Eleanor Roosevelt and an even more unexpected connection with a silent fellow sniper offer the possibility of happiness. But when an old enemy from Mila's past joins forces with a deadly new foe lurking in the shadows, Lady Death finds herself battling her own demons and enemy bullets in the deadliest duel of her life.

Based on a true story, *The Diamond Eye* is a haunting novel of heroism born of desperation, of a mother who became a soldier, of a woman who found her place in the world and changed the course of history forever.

6 Check out our website at probusoav.ca



HAPPY ST PATRICK'S DAY



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

BAGPIPES
BLARNEY
CELTIC
CLOVER
COINS
DANNYBROOK
DUBLIN
ELF
FORTUNE
GAELIC
GREEN
HARP
IRELAND
JIG
LEGEND
LEPRECHAUN
LIMERICK
POT OF GOLD
POTATOES
RAINBOW
SHAMROCK
SNAKES
ST PATRICK