



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 - April 2022
 Next Meeting: Wednesday April 27 at 10am in person

April Speaker: Hallie Cotnam, CBC personality



PRESIDENT'S MESSAGE



Bernetta Starkey

Dear Members,

At last and at length we will be meeting in person again. Our April meeting will be in person at 91 Pike Street. Please remember that masks and proof of vaccination will be required.

On the same note, we will be providing coffee and tea but no goodies in an effort to keep our masks in place. When you want a sip of your coffee or tea, please discreetly lift your mask to take a sip.

We are also introducing a 50/50 draw. I will explain it at our April meeting and we will start it in our May meeting. We will also be introducing the new members we have had join since January. I will introduce all of them by name and call up two at each meeting (April, May and June) to give them their Probus pin and let them introduce themselves to us. We will do this after the speaker.

I am very excited about finally meeting everyone in person even if it is with a mask. There is nothing that replaces actually meeting in person. If you are bringing a guest, please let me know so I can call upon you to introduce your guest to the club.

We will be collecting dues if you prefer to pay by cheque.

Looking forward to meeting everyone!

Bernetta Starkey
 President - Probus Club of Ottawa Alta Vista



At our in-person meeting in May we will introduce a 50/50 draw. We will have a draw at the end of each meeting and one person will win half of the ticket sales for that meeting. The tickets will be sold as:

**\$1 - one ticket \$2 - three tickets
 \$5 - ten tickets**

Cash sales only.
 Good luck, everyone!

I met a dragon face to face
 the year when I was ten.
 I took a trip to outer space,
 I braved a pirate's den.
 I wrestled with a wicked troll
 and fought a great white shark,
 I trailed a rabbit down a hole,
 I hunted for a snark.
 I stowed aboard a submarine
 and searched for dinosaurs.
 I climbed atop a giant's head,
 I found a pot of gold.
 I did all this in books I read
 When I was ten years old.

- Jack Prelutsky



Everyone you meet is fighting
 a battle you know nothing
 about. Be kind. Always.

Management Committee Contact List

President	Bernetta Starkey	343-572-7448	bernettastarkey1@gmail.com
Vice President	Vacant		
Past President	Bonnie Barber	613-736-9741	tandbarber@rogers.com
Secretary	John Wright	613-731-8521	jcwright@bell.net
Treasurer	Bonnie Barber	613-736-9741	tandbarber@rogers.com
Membership	Bob Mady	613-883-0286	bmady49@gmail.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	gdixon382@gmail.com
Goodwill/Member at Large	Linda Miller-Nesbitt	613-323-1259	lmillernesbitt@gmail.com
Rotary Liaison	Eva Hammond	613-733-1459	hammond.eva@gmail.com

Apr 21 - May 21

TAURUS

People under this sign
 are extremely
 determined and patient.



They
 know
 what
 they
 want
 out of
 life,
 have clear goals and
 typically achieve their
 goals. Go get 'em,
 Taurus!



GOODWILL

Linda Miller-Nesbitt

It is with great sadness that we tell you

GERRY MATTHEWS 1928 - 2022

passed away on April 1 2022.
Gerry will be sadly missed by his loving wife and friend, Elvira, and fondly remembered by his three children, two step-children, two grandchildren and four step-grandchildren.

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 Linda Miller-Nesbitt know so a card can be sent.



LASAGNA FOR ONE

A classic lasagna recipe and perfect for one or two people

Heat over to 350°F.

Cook **2 lasagna noodles** according to package directions. Drain and set aside.

Heat **1/2 tbsp olive oil** in a medium-sized skillet over medium heat. Add in **1/2 cup chopped onions** and cook for 2 minutes, stirring occasionally.

Add in **1 minced garlic clove** and cook, stirring occasionally for 1 minute more.

Add **8 oz ground beef or ground turkey** and **1/2 tsp Italian seasoning, 1/4 tsp kosher salt** and **1/8 tsp coarsely ground black pepper** over the meat. Cook and stir the ground beef until the meat is no longer pink.

Stir in **1/2 cup of store bought tomato sauce**, reduce the heat to low and simmer for 3 minutes.

Meanwhile, stir **3/4 cup of Ricotta cheese** and **2 tbsp of Parmesan cheese** together in a small bowl. Set the bowl aside.

Assembly

Spread 3 tbsp of the meat sauce into the bottom of a lightly greased small baking dish. Place the 2 lasagna noodles into the dish, centering them. They will drape over the side.

Top the noodles with the meat sauce, followed by the Ricotta mixture and **1/4 cup of shredded Mozzarella**.

Fold the noodles over the centre.

Top with the remaining meat sauce, 1/4 cup of shredded Mozzarella and top with Parmesan cheese to taste.

Place on cookie sheet and bake for 30 minutes.

FINANCIAL REPORT for Feb 2022

Bonnie Barber

	Expenses	Revenues	
Opening Balance			2381.95
Membership dues		423.00	
Monthly bank charges	- 4.00		
Balance	- \$4.00	\$423.00	\$2800.95



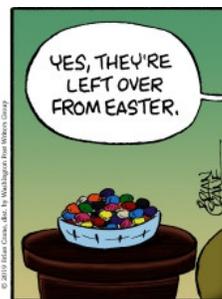
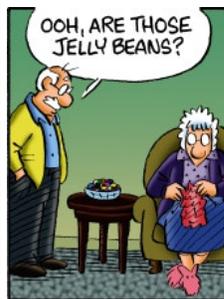
MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 60 members.



*Be decisive.
Right or wrong, make a decision.
The road of life is paved with flat squirrels who couldn't make a decision.*



PROGRAM

Colin Galigan

May Speaker

Emeritus Professor, University of Ottawa Brain and Mind Research Institute, Ottawa Hospital Research Institute and The Ottawa Hospital, Dr Hakim, was the founding CEO and Scientific Director of the Canadian Stroke Network and the University of Ottawa Brain and Mind Research Institute. Dr Hakim has received many honours during his career. In 2007 he was appointed Officer of the Order of Canada and received the Willis Award. He was the recipient of the

2017 Canada Gairdner Wightman Award, referred to by many as 'the baby Nobel', for his outstanding research into strokes and their consequences and championing stroke prevention and treatment in Canada and beyond. Dr Hakim is also the author of a book that is available in French and English, SAVE YOUR MIND - SEVEN RULES TO AVOID DEMENTIA which emphasizes actions individuals and societies can take to reduce the risk of dementia.





Bob Mady

Profile on Bob Mady

Bob is originally from the Montreal area. In the late 50s, Bob's father built and opened the first Dairy Queen in Lachute. Bob says that was the beginning of his 'slave labour' and he worked there from 1958 to 1971.

In the late 60s he returned to Montreal to attend McGill University and graduated as a Mechanical Engineer. He worked in Montreal for ten years at a job he loved. He travelled for work and spent four years in Venezuela where he became fluent in Spanish. Bob and Anne, who have been married for 46 years, moved back to Montreal so the grandparents could spend time with their granddaughter.

Back in Montreal in the early 80s he bought his first house in the Roxborough area when, if you remember, mortgage rates were running about 18% to 20%. Then Quebec entered political turmoil and after the Parti Quebecois had their second win at elections, Bob and Anne decided to move to Ontario. Bad time to sell a house.

Cambridge, Ontario and worked for Babcock & Wilcox. He worked there in various positions for a span of 16 years. This was the best period of his career. Bob was responsible for sales and service to all of Babcock & Wilcox's locations throughout the world, except the US. This position had Bob travelling to over eighty countries. He listed many of which I captured a few - Northern India, China, Taiwan, Italy, Chile, Argentina to name a few and missed many. After Babcock & Wilcox he moved the family to Calgary, Alberta. Bob took early retirement and retired at age 59. They moved to the Ottawa area for two reasons - their cottage is in the Laurentians and he and Anne have family between Ottawa and Montreal. They have been in Ottawa for about twelve years with no plans on moving.

Bob is trilingual - English, French and Spanish and with his Lebanese background can speak a smattering of Arabic. Bob spent some time in Egypt and says that Cairo is to the Arabic world as Hollywood is to North America. While Arabic, like so many languages, has various dialects, the Arabic spoken in Egyptian films and TV is a very formal language and understood by all.

While Bob was travelling in China in 1985, he was at lunch with a customer who it seems chose the restaurant. He was fascinated by all the televisions hanging from the ceiling and asked about them. The customer said it was for karaoke after the meal. Since then, Bob has been hooked on karaoke. He owns his own system and loves to belt out songs by Elvis, Frank Sinatra and Johnny Cash. He says he enjoys singing but doesn't believe he's any good at it. Listening to his baritone voice, I would say he probably sounds very good. A good friend told him to sing songs that suit your voice rather than songs you like, so because of that, he stays away from singing anything by Andrea Bocelli.

While Bob may have retired early in life, that didn't preclude him from being productive in society. Bob taught conversational English to immigrants. Bob also worked with immigrants who were working toward their Canadian citizenship. Some newcomers were asked to tell their stories. One woman was so happy to finally have a passport. She had been a refugee in Palestine for many years and was never considered a citizen there. Another couple, the wife was Korean and the husband was Russian, had been living in the States. When it came time to settle down, they knew it wouldn't be in the States but where. They couldn't go to Korea because mixed marriages are not accepted in Korea, didn't want to go to Russia so Canada became their choice. Bob says that so many Canadians have no understanding of how good we have it here in Canada. We go to sleep at night never worrying about the police coming in the middle of the night to drag us away, we turn on the tap and expect clean drinking water to come from it, we walk down the street and don't expect to encounter garbage and filth in our path. It was at this point that Bob asked to change the subject as he is passionate about the life we enjoy in Canada and Canadians not recognizing our good fortune.

Bob currently works with seniors. He works with three organizations that send him out to do light gardening duties, handyman chores, companionship and transportation for medical appointments. He is currently a companion to a gentleman who is 99-1/2 and quick as a whip. When Bob first met the man he told him his name was Bob, spelled the same way backwards and forwards. Just as quick the old man asked him which way he preferred it. I wondered at what age do you start including the '1/2' again.

Bob had so many amazing stories about his travels. While in China and not yet so dextrous with his chopsticks, he was served pigeon eggs, which are about the size of robins' eggs. Served to him in a bowl, Bob struggled to catch an egg with his chopsticks. His companions, all from China, were quietly watching his struggle and cheered him when he finally picked one up. Then he watched as they stabbed an egg with their chopstick. While in Saudi Arabia and needing a haircut, he saw the barber put alcohol on a cotton ball and dab his ears. The barber would light the alcohol with a lighter to burn the hairs off his ears. While staying in Dubai, he and a coworker were staying in a very luxurious hotel designed after the Chateau Versailles with hallways so long and wide that you were given a golf cart to get to your room. The next morning the concierge being very smug about how beautiful the hotel was asked if they had had a good night sleep. His friend said, as a matter of fact he had not. Shocked, the concierge asked why and his friend said he was busy all night scraping the gold off the ceiling. The joke was lost in translation.

Today Bob and Anne and their daughter Stephanie reside in Ottawa while their son, Greg, lives in Edmonton. Bob is always up for another trip to anywhere that speaks Spanish because Spanish means some place warm.



Dr Jake Rice

We enjoyed a very informative presentation by Dr Jake Rice. It was noted that this was an informative and concerning presentation. Dr Rice discussed climate change and its affect on our oceans.

Dr Rice explained the disappearance of cod off Newfoundland's shores. While it was generally assumed that over fishing had been the culprit, in truth it was climate change and the warming of the oceans. The fish the cod ate stayed close along the shoreline. As the water temperatures increased, those fish died thereby starving the cod. They died of natural causes if starving to death can be considered natural.

TAKEAWAYS

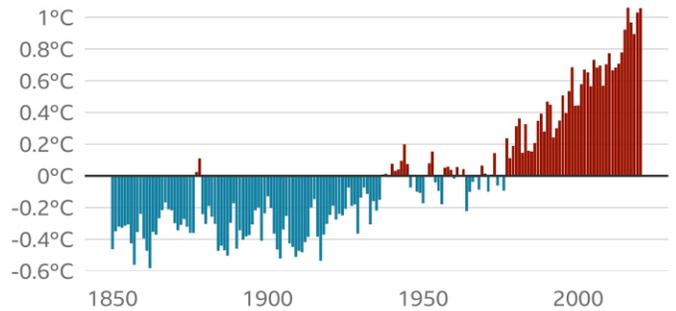
1. We must bring all stakeholders in the marine economy together for dialogue in order for the most feasible and inclusive decisions about marine sustainability and economic growth to be made.
2. Steps must be taken now to ensure commitment to sustainable practices and to combat the effects of climate change. Considering the large investments that have to be made into the marine economy, ensuring the longevity of the ocean's natural resources is crucial to the continued viability and competitiveness of Canada's marine economy.
3. Aquaculture represents a significant opportunity to diversify our marine economy, generate value for coastal communities, and ensure food security.

ACTION

Many things we are now doing to improve the sustainability of Canada's natural resources are locking us into systems that will not be flexible in responding to climate change. We must reopen the dialogue on how to ensure the sustainable use of our resources while being nimble in responding to the pressures of climate change because climate change is too eminent and too swiftly changing to ignore.

The world is getting warmer

Annual mean land and ocean temperature above or below average, 1850 to 2020



Note: Average calculated from 1951 to 1980 data

Source: University of California Berkeley



Last month was St Andrew's Church, a church constructed between 1747 and 1754, a rare example of Elizabethan Baroque in Kyiv Ukraine. Situated on a steep hill where Andrew the Apostle is believed to have foretold the great future of the place as the cradle of Christianity in the Slavic lands.

On the left is a Canadian icon. Can you guess where this is? Share your stories of this location.

"HAVE YOU BEEN TO . . . ?"



Walkin' & Talkin'



Our first walk was a great success! Six of us and a little dog walked the streets in New Edinburgh, walking through the grounds of Rideau Hall, crossing the three Minto bridges and circling back across the Rideau River falls which were quite spectacular.

Barbara Wilson
barbarawilson142@yahoo.ca

Next walk will be on April 20th led by Kathryn Fournier. Contact Barbara Wilson to join our group of Walkin' & Talkin'. Men welcomed.



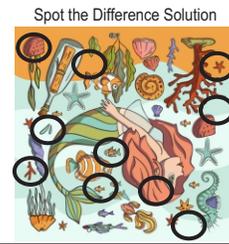
L-R: Margot Montgomery, Eileen McCaffrey, Joan Evans, Glenys Pike, Jane Wickham, Barbara Wilson and Marty, Margot's 10-year-old Lowchen



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

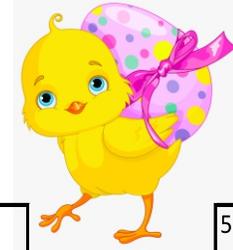
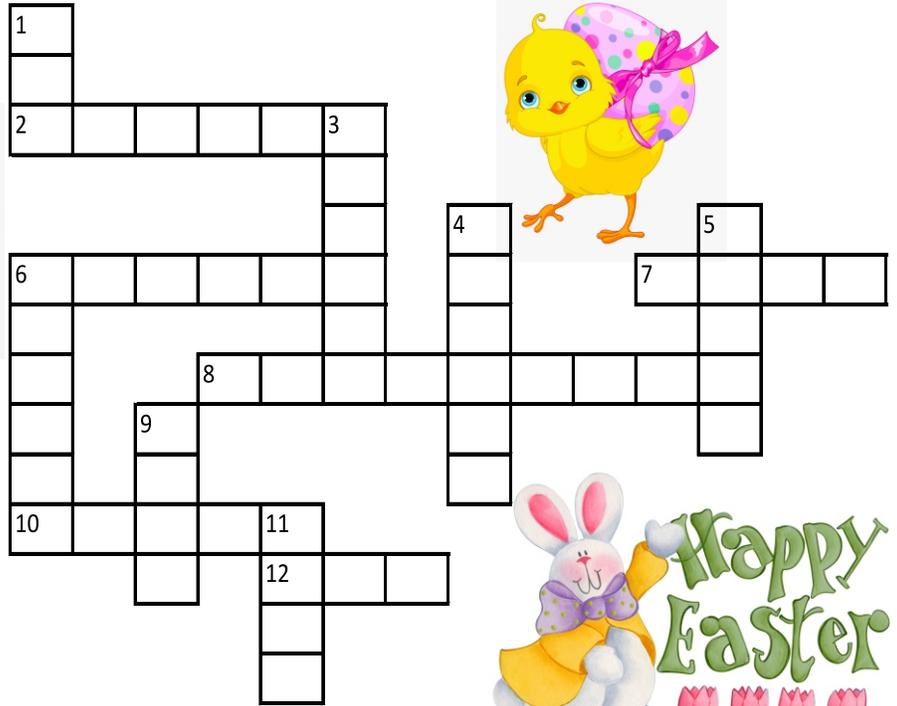


Sudoku Solution

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

ACROSS

- 2 Strut your stuff
- 6 ... with all the frills upon it
- 7 Look everywhere
- 8 Magnificent traditional eggs
- 10 ... Festival
- 12 5 Down leave these

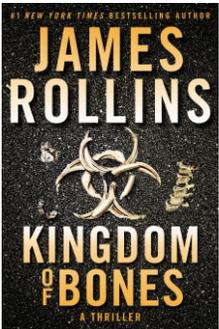


DOWN

- 1 Imitate a bunny
- 3 Paques
- 4 A promise of warmer weather to come
- 5 A chocolate variety
- 6 A tool for 7 Across
- 9 A seasonal flower
- 11 A marshmallow variety

KINGDOM OF BONES

by James Rollins



It begins in Africa...
 A United Nations relief team in a small village in the Congo makes an alarming discovery. An unknown force is levelling the evolutionary playing field. Men, women, and children have been reduced to a dull, catatonic state. The environment surrounding them—plants and animals—has grown more cunning and predatory, evolving at an exponential pace. The insidious phenomenon is spreading from a cursed site in the jungle—known to locals as the Kingdom of Bones—and sweeping across Africa, threatening the rest of the world.

What has made the biosphere run amok? Is it a natural event? Or more terrifyingly, did someone engineer it?

Commander Gray Pierce and Sigma Force are prepared for the extraordinary and have kept the world safe, vigilance for which they have paid a tragic personal price. Yet, even these brilliant and seasoned scientific warriors do not understand what is behind this frightening development—or know how to stop it. As they race to find answers, the members of Sigma quickly realize they have become the prey.

To head off global catastrophe, Sigma Force must risk their lives to uncover the shattering secret at the heart of the African continent—a truth that will illuminate who we are as a species and where we may be headed... sooner than we know.

Mother Nature - red in tooth and claw - is turning against humankind, propelling the entire world into the Kingdom of Bones.

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

BASKET
 BONNET
 BUNNY
 CHICKS
 CHOCOLATE
 COLOUR

DECORATED
 EASTER
 EGGS
 FAMILY
 HAM
 HOLIDAY

HOP
 HUNT
 JELLY BEANS
 LILY
 PARADE
 PASTEL

PURPLE
 SPRING
 TULIPS
 UKRAINIAN