



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 - May 2022

Next Meeting: Wednesday May 25 at 10am in person

May Speaker: Dr Hakim, Emeritis Professor Ottawa Hospital



Bernetta Starkey

PRESIDENT'S MESSAGE

Dear Members,

Our first in-person meeting went very well and it looked like everyone was very happy to be out and socializing. We did ask for our first meeting to be masked and we only offered tea and coffee. At our May meeting we will be asking for masks and proof of vaccine again but we will be offering goodies along with the tea and coffee. Look for the loonie bin.

We have been very successful with our dues collections so far. More than half of you have already paid your membership fee. That's wonderful and we thank you. If you haven't paid your dues yet, check page 5 of The Tulip to see the three ways you can make payment.

We were thrilled too to welcome two new members to our club - Ursula Mount and Paula Woollam. At the May meeting we will be welcoming everyone who has joined since January. I know that a number of our members haven't received their Probus pin yet. I will be recognizing the six who have joined since January. If you haven't received your Probus pin yet, please send me an email to let me know and I will be sure to have them ready for you.

It was very rewarding to see our club growing even through covid. You can't keep good people down.

Colin Galigan has some very interesting speakers planned for the coming months and our management team is making plans for a picnic in August, so keep an eye open for that. Linda Miller-Nesbitt is also looking into some special events we can enjoy. Lots to look forward to.

We are also looking for someone to step forward to take charge of our 50/50 draw. It's all organized and ready for you. All you will need to do is sell the tickets and give out the prize. Please give me a call.



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!

Bernetta Starkey

President - Probus Club of Ottawa Alta Vista

Management Committee Contact List

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May 22 - Jun 21

GEMINI

An element of air and influenced by Mercury, Gemini are volatile and open minded and desire to follow new impressions combined with increased activity and enormous reluctance to routine. Free spirits are our Gemini friends.





GOODWILL

Linda Miller-Nesbitt

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.

Riddle me this: WHAT DOES ALMOST NO ONE WANT, YET NO ONE WANTS TO LOSE?

FINANCIAL REPORT for May 2022

Bonnie Barber

	Expenses	Revenues	
Opening Balance			2800.95
Membership dues		447.00	
Expenses	-78.75		
Monthly bank charges	- 4.00		
Balance	-\$82.75	\$447.00	\$3165.20



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 53 members.

We would like to welcome **URSULA MOUNT** and **PAULA WOOLLAM** to Probus Ottawa Alta Vista. We look forward to having in-person meetings soon so we can properly welcome these new members.



For over 5000 years people have eaten bread and in less than a decade everyone is allergic to gluten



STRAWBERRY SHORTCAKE IN A MUG

This strawberry shortcake mug cake is fluffy, sweet and refreshing. And the best of all - it's really easy and fast to make!

Quarter **4 strawberries**, or if they are very large, cut them into chunks. Place them in a small bowl and sprinkle with **2 tsp sugar**. Stir until the sugar begins to dissolve, set aside.

Place **1 tbsp of butter** into a large microwave safe mug and microwave on high for 30-45 seconds or until butter is mostly melted. Remove from microwave and swirl the butter around the bottom and sides of the mug. Add **4 tsp sugar, 5 tbsp flour, 1/2 tsp baking powder, 1/4 cup milk, 1/4 tsp vanilla** and a **pinch of salt** into the mug and stir until smooth and no lumps remain.

Microwave for 1 minute and 15 seconds on high. Remove from microwave and check that the top of the mug is dry. If there is still wet batter on the top of the cake, microwave for another 10 seconds.

Run a knife along the sides of the cake, place a plate on top of the mug and flip over to release the cake onto the plate. Let cool. Cut the cake in half horizontally and top with some whipped cream to your taste. Add about half of the strawberries on top. Place the other half of the cake on top of the strawberries. Add more whipped cream and the rest of the strawberries.

What says summer more than strawberry shortcake with whipped cream!



PROGRAM

Colin Galigan
June Speaker

Can compelling storytelling drive social-political-ecological change? Powerful storytelling is a proven technique for shining a spotlight on important issues. Literature, theatre and film have all been used to great effect for ringing alarm bells and shaking audiences out of their complacency. But do they actual change behaviour? Looking at recent films like *Don't Look Up* and a number of novels including his own *Burning Souls*, a work of speculative fiction, David Chernushenko will explore what can or might push people to make major changes in their own behaviour and support the political change that will bring human society back from the ecological brink. David Chernushenko is an educator, author, speaker, film producer and explorer of 'living lightly' in our personal and professional lives.





Profile on Bernetta Starkey

I wasn't going to do a profile on myself until I ran out of others to do first, but then I realized at the last meeting that none of you really know me, so here goes.

I am originally from Montreal, Chateauguay to be exact, and moved to Ontario to follow my husband, Bill McLellan's, career. I told him, 'where you go I will follow but when we retire we move back to Montreal.' No problem he said. So here we are, retired and still in Ontario because the kids and grandkids are here.

I have always been a joiner. I love being a part of a group and sitting on the executive to hear the inside scoop on why the decisions are as they are. When we lived in Cobourg, I thought I would join the Waterfront Festival. They were looking for volunteers and this is the biggest event in Cobourg. It is so big that it even out draws events in Toronto. I thought they would have me parking cars but, nope, they asked if I would chair the event. I have no problem being the person in charge but I told them they had to let me know if there was something they

Bernetta Starkey

always had and everyone knows that they always have it and to let me know because having just moved to Cobourg, I didn't know what they always had. From there I chaired the Communities in Bloom contest for Cobourg. They had entered in past years but hadn't won. The mayor said that everyone who she might ask was either on holiday or off sick and would I take it on. I know nothing about gardens but I can organize.

I drove around town just looking at people's gardens. Then I would get out to knock on a door to compliment the gardening. The homeowner would be so pleased and ask if I knew Joe Blow. I didn't but she made a call and gave me the address. From one garden to another, I was making my way across town and seeing gardens in the back of people's houses that I would never have seen from the road.

Once I planned my route, I asked some homeowners to be home at a certain time so we could stop with the judges. I knew a gentleman who belonged to an antique car club and had them park their vehicles along the route. I borrowed a car from a car dealership, they put their signage on the car and drove the judges along my route. We came to the first person on my stop and got out of the car to see this gentleman's backyard garden. The judges were astonished to find out they knew him and had always wondered where he had gone! This made a connection between the judges and Cobourg that I could not have manufactured. We won that contest hands down.

Our priest asked if I would take on the cemetery. I thought how hard could this job be, they're all dead. It was the most politically charged job I ever did and I learned so much. We had a robust Italian community that are accustomed to being buried above ground in crypts. The priest gave them an old stone shed to convert to a mausoleum. They had masons among their community and felt they didn't need to hire a mausoleum builder, they could do the work themselves. Turns out, you might be able to build a house but those skills don't transfer to mausoleums.

Eventually the mausoleum was finished with ten crypts for full body burials and a niche wall for ashes. One gentleman was interred into one of the crypts and within days the mausoleum was smelling awful. We had fans going, candles burning, the doors open - nothing would help. We had to bring the mausoleum builder in to fix the problem. He was a chatty fellow who loved his work. Turns out the builders didn't know to put a special kind of screen on the vent and we would have had an infestation of bugs. They also had not angled the floor of each crypt toward the drain so the gentleman interred was pooling where he was and only if the pool became big enough did it make it to the drain. Plus the builders hadn't put plugs in all the other drains and vents so the odours were coming up all the other drains and vents. The very expensive mausoleum specialist fixed all the problems but we left the gentleman interred alone. Then the fellow told me, "By the way. By the way, don't put anyone in these crypts in a steel coffin. Because a steel coffin will still disintegrate and when you get that pin prick of a hole, the immediate release of gasses and liquids would blow the mausoleum door off." Instant by-law!! Who knew? There are far more stories I could tell but we will suffice it to say I learned so much.

The neighbouring town of Port Hope asked if I would help with their Float Your Fanny Down the Ganny Festival. The Ganaraska River had flooded the town many years previous and every spring they would have this festival to commemorate it. The kayakers and canoers were serious about the time they took to get down the river but the crazy craft didn't care. They were just there for the fun. Early spring meant late March to early April when the river was running at its peak and it could be snowing. The rafters had water guns and sprayed everyone on the shore and the people on the shore returned the favour. It was a lot of fun. Then we would all end up in the Ganaraska Hotel. Calling it a dive is being very polite. When you ordered a drink your choice was only beer and it only came in a pitcher. And if I saw the kitchen door swing open and saw them emptying leftover pitchers into my pitcher, that was what I expected. We looked upon this event as our annual inoculation.

Because of these events, Bill has had to step in as Santa Claus Polk-A-Roo and stage manage the bandshell of entertainers. He got to meet The Friendly Giant, much to my chagrin. Again, another tremendous learning opportunity.

I have thoroughly enjoyed every activity I have been a part of and I encourage everyone to get out there and join something. The rewards are far more than you will ever guess.



Hallie Cotnam

Hallie told us that she had a few false starts in her early career. One of which was a very successful career in banking but her heart wasn't in it. She discovered that while she was away from home, she was calling family and friends to find out the news back home. What was the mayor doing? What was Auntie Joan making these days? Did Cousin Suzy finally get her licence? Then she would call another one and pass the news along that she had learned from the others. She finally realized that what she enjoyed most was listening to the stories and passing the news along to others. What kind of career could give her that?

She sat her parents down and told them she wanted to quit the very successful and lucrative job in banking and go back to school to pursue journalism. Her parents reacted as many would, her father stormed out to go for a walk. It is so hard to watch your children succeed and then throw it away. And Hallie admits she had had a number of false starts already under her belt. But against her parents' better wishes, Hallie enrolled in a journalism class and the rest as they say is history. Her parents were relieved and proud.

Hallie was posted in Windsor when 9-11 happened. Windsor is a border town and there is a lot of cross shopping and employment. Hallie noticed that all the Americans instinctively decided to go home. Then the Ambassador Bridge was being shut down. Hallie was in the traffic to get to Detroit when she decided to walk the rest of the distance. With shotgun mic in hand Hallie walked among the cars and interviewed Americans on how they felt on this momentous day.

Hallie was also there to report on the Trucker Convoy. She told us that was a very different situation where the reporters were looked upon as the enemy and truckers didn't want to talk to them.

Hallie also reported on the bus crash at Westboro where the double decker bus ran into the bus shelter. She knew the same people would be waiting for busses the next morning so she camped out to interview them. Not knowing who had been there the day previous, she found a woman crying and shuffling at the bus stop. When she approached her, yes she had been there the day before and was trying to work up the nerve to get on another bus again today.

Hallie has found her niche. She is a storyteller. She has heart and doesn't want to be the story but to tell the story. The human side to every day events.

"HAVE YOU BEEN TO . . . ?

John Wright writes, "The best view of the London Eye (*bottom left*) is across the Thames from the terrace of the House of Lords. Over pre-dinner drinks on a warm late summer evening, it provided an interesting backdrop, complimented by lights traffic on the river. That was until we were introduced to a Foot Model which became much more interesting. One of the UK delegates to the meeting introduced us to his partner as a professional foot model - a profession that had not occurred to us!

Picture, if you will, a movie where the beautiful spy reclines on a pool-side chaise-longue keeping an eye on the James Bond-type character. Her toe playing at the edge of the pool. Her feet have appeared in movies and TV shows as well as print and TV ads.

An interesting prelude to a fine dinner in one of the private dining rooms, an excellent after-dinner talk and a short late evening tour of the building. I wanted to see where the sauce is made but they said that it was closed to the public."

"The Steam Clock (*right*) has long been a feature of Vancouver's Historic Gastown. You can't take away history but a more appropriate adjective today would be 'notorious'. Usually our meetings would be at the Blue Horizon or another hotel on Robson Street or Robsonstrasse as it seems to be called. Sometimes in the evening a group of us would stroll past the municipal buildings down into Gastown. Being engineers, join the other tourists paying homage to the Steam Clock."



Barbara Wilson
barbarawilson142@yahoo.ca

April's walk was led by Kathryn Fournier and Kathryn took us through the woods at NCC P23 on Dolman Ridge Road, a beautiful walk. We had our first male walker, Bill McLellan braved the company of so many women and lived to tell the tale. It was a perfect day for a walk, no bugs and just enough of a chill to make walking enjoyable.

Next walk will be on May 18th, location to be announced. Contact Barbara Wilson at 613-837-2377 or by email at barbarawilson142@yahoo.ca to join our group of **Walkin' & Talkin'**. Men welcomed.



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!

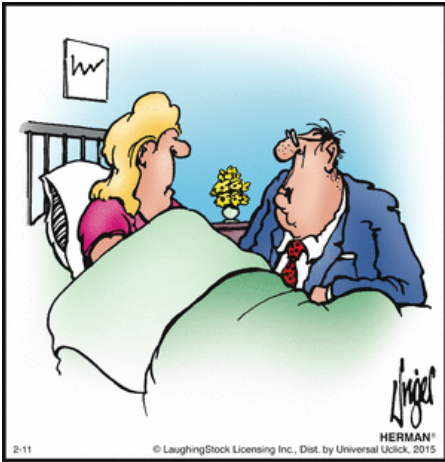
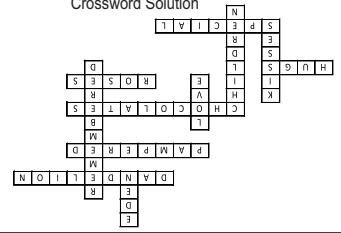
FUN &

GAMES

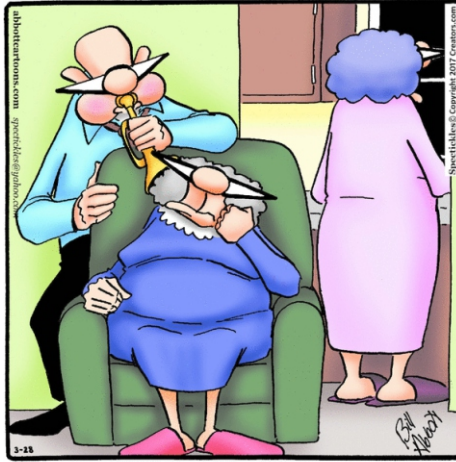
Riddle Solution

80F V

Crossword Solution



"Give me a week's warning before they let you out of here and I'll clean up the kitchen."



"Do you mind if Mother naps in your chair?"

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

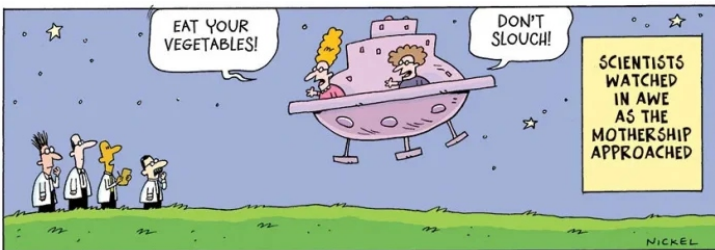


SPEAKERS WANTED

Have you travelled to interesting spot that we might like to hear about? Maybe you have an interesting story about a typical destination spot.

We are looking for three or four people to give us a short presentation on an interesting locale that you have visited.

Please contact Colin Galigan at 613-730-7649 or by email at cgaligan@yahoo.com to participate in this fun an interesting speaker opportunity.



Our dues are due

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.

"I want my children to have all the things I couldn't afford. Then I want to move in with them."



- Phyllis Diller



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

MAY BIRTHDAYS



- 7 Bonnie Barber
- 20 Sheila Clark
- 25 Gail Peck



Can you find the 10 differences between these pictures?

FUN &

GAMES

Spot the Difference Solution



Sudoku Solution

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

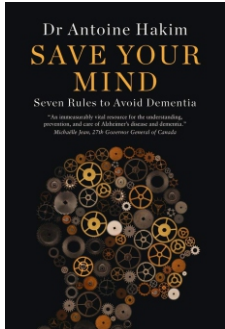
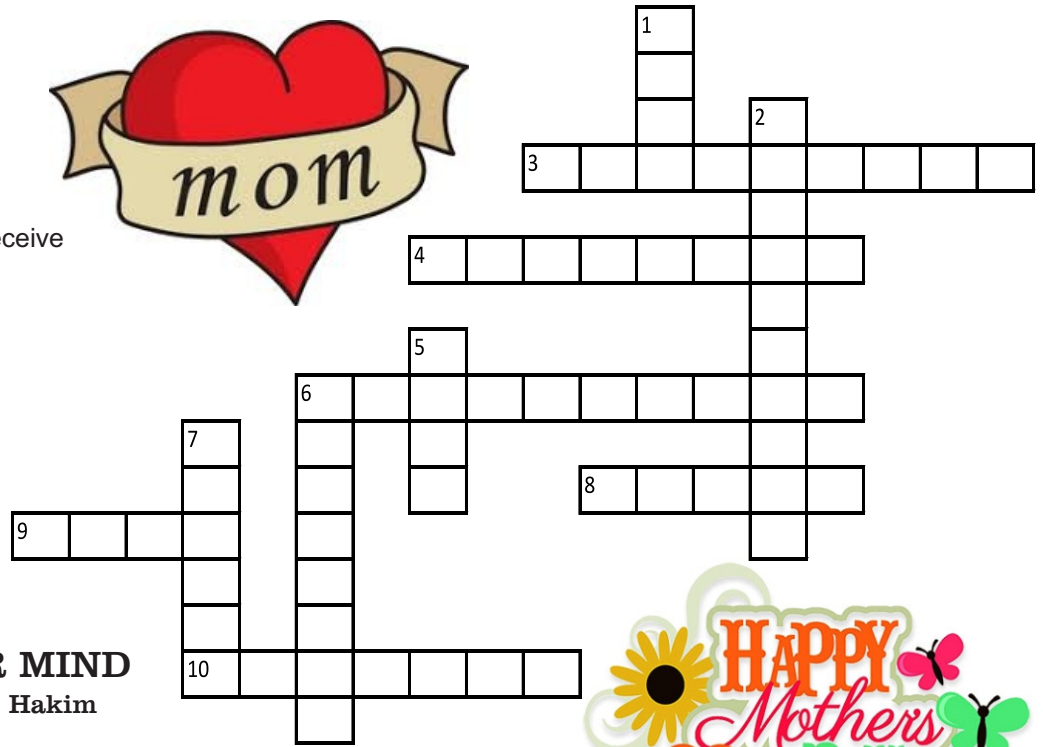
ACROSS

- 3 Every mothers' first gift of flowers
- 4 How every mother will feel
- 6 Every child loves giving this gift
- 8 What most dads will be giving mom
- 9 What every mother can expect to receive
- 10 How you want your mother to feel



DOWN

- 1 Biblical garden
- 2 What mothers want to be
- 5 A gift to share
- 6 What makes a mom a mom
- 7 A wet gift that moms love



SAVE YOUR MIND

by Dr Antoine Hakim

This practical and informative book by prominent Ottawa neurologist Dr. Antoine Hakim says that you can avoid dementia and the loss of control that accompanies

this brain disease by following the author's seven specific rules to exercise the brain and body. Readers will learn how to build a cognitive reserve to protect their minds from injury such as stroke. By following these rules, it's even possible to reverse some of the early signs of dementia. This book also offers an authoritative and easy-to-understand explanation of how the brain works, and why it's important to maintain the 600 kilometers of connections between brain cells in each one of us. Readers will learn about some of the mind-blowing research that shows, for example, how elderly nuns maintained their cognitive abilities even though their brains displayed the physical signs of Alzheimer's. Save Your Mind is an essential book for anyone at any age who wants to take proactive steps to prevent dementia and the loss of mental control.

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

CARDS
CHILDREN
CHOCOLATE
DANDELION
EASY CHAIR
FLOWERS

GARDEN
GIFTS
HUGS
KISSES
LOVE
MOTHERS

MY MOM IS
BEST
REMEMBERED
ROSES
SHADE
SPECIAL DAY

SUN HAT
SUNSHINE
TULIPS