



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 - June 2022
Next Meeting: Wednesday June 22 at 10am in person
June Speaker: David Chernushenko



PRESIDENT'S MESSAGE



Bernetta Starkey

Dear Members,

It is so nice to so many of our members attending our meetings in person. We are still wearing masks to be as careful as possible and asking for proof of vaccination, so every precaution is being done for your safety.

I am pleased that so many have already paid their dues. We prorated them this year to the first in person meeting we had in April so for this year a single membership is \$22.50 and a couple is \$37.50. If you haven't paid your dues yet, please do so soon to avoid having your name removed from our membership list.

I am thrilled to see we are enjoying a number of activities. The Walkin' & Talkin' group has been well attended. They meet once a month at a different park to go for a walk. We have some regulars and some not-so-regulars and all are welcome. We also have two events planned. The first is scheduled for June 24th at Humanics. A wonderful walk through a park filled with interesting sculptures. Something you will want to repeat again on your own. The second excursion planned is a tour of half of the Beechwood Cemetery on August 12th. Barbara Wilson will be our tour guide. The Beechwood Cemetery is the resting place of many interesting personage. Barbara will be taking us through the RCMP, the National Military Cemetery and the Veterans' Section with many other interesting sites along the way. We will follow this tour with lunch at the Royal Oak Pub at the corner of Beechwood and Crichton. Both of these events are outdoor events with a further eye to everyone's covid safety.

Bernetta Starkey
President - Probus Club of Ottawa Alta Vista



If you joined in 2018 or more recently and have not received your Probus pin, please speak to Bernetta Starkey to get your pin.

Management Committee Contact List

President	Bernetta Starkey	343-572-7448	bernettastarkey1@gmail.com
Vice President	Vacant	THIS COULD BE YOU!	
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 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	Vacant	PLEASE HELP YOUR CLUB	
Goodwill/Member at Large	Linda Miller-Nesbitt	613-323-1259	lmillernesbitt@gmail.com
Rotary Liaison	Eva Hammond	613-733-1459	hammond.eva@gmail.com

Jun 22 - Jul 22

CANCER

Drama at home? The last thing you feel like dealing with is theatrics but it's time for a sit down. Allow everyone to say their piece and clear the air. You'll be feeling extra sociable, so schedule in a games night. Party on, Cancer!





GOODWILL

Linda Miller-Nesbitt

Gerry Matthews passed away in the spring. He leaves his wife, Elvira, and three children, two step-children, two grandchildren and four step-grandchildren.

Our sympathies are with Elvira, who is still a member of our club.

If you know of anyone who is sick or passed, please let Linda Miller-Nesbitt know so a card can be sent.



SUMMER SALAD

A fresh salad loaded with fresh and whole ingredients like avocado, gorgonzola cheese, and grilled chicken topped with a tangy dressing.

FINANCIAL REPORT for June 2022

Bonnie Barber

	Expenses	Revenues
Opening Balance		3165.20
Membership dues		90.00
Loonie Bin		11.00
Donation to church	-370.00	
Coffee, cream & treats	-12.68	
Printing Tulip	-25.04	
Monthly bank charges	- 4.00	
Totals	- \$411.72	\$101.00
Balance		\$2854.48

In a large bowl, toss **1 large head of crunchy romaine lettuce, rinsed and chopped or 5 cups of mixed greens, 1 cup chopped cooked chicken, 1 cup chopped cooked bacon, 1 cup chopped granny smith apples, 1 cup chopped red onion, 1 cup mandarin oranges in sections, 1 cup chopped strawberries, 1 cup walnuts, 3/4 cup crumbled Gorgonzola cheese and 2 chopped avocados.**

For the dressing, whisk together **3 tbsp apple cider vinegar, 1 tsp grated orange zest, 2 tbsp orange juice, 2 1/2 tsp Dijon mustard, 2 tbsp maple syrup, 1 1/2 tsp kosher salt, 1/2 tsp ground black pepper.** Slowly whisk in **2/3 cup olive oil.**

Toss the salad with just enough dressing to moisten and coat.

Serve immediately. No eating out of the bowl and remember: you probably have guests.



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 48 members.

We would like to welcome **PAMELA FORSYTHE and GARY COSTAIN** to Probus Ottawa Alta Vista. We look forward to having in-person meetings soon so we can properly welcome these new members.



Pat Robson & Marlene Brennan

In an ironic twist at our first 50/50 draw, **Bill McLellan**, who was sitting in for Pat Robson, won the 50/50. He won \$14.50. We are looking forward to these pots growing in popularity and Bernetta will ask for a 'last call' at the next meeting. Congratulations, Bill.

**\$1 - one ticket \$2 - three tickets
\$5 - ten tickets**
Cash sales only.
Good luck, everyone!



As you may recall when Hallie Cotnam was speaking to us, she gave us a CBC apron for our 50/50 draw. **Margot Montgomery** is the proud winner of the CBC apron.



PROGRAM

Colin Galigan
July Speakers

July is reserved for speakers from our club. If you have a good understanding about a specific topic, like a good fishing story or an unusual hobby you pursue. Not overly technical or obscure and of course, nothing political. Travel stories are welcome but should focus on some specific event or locale. Exposes on the extraordinary life and/or accomplishments of someone we might know but didn't know those facts.

A topic of your choosing that you feel would be of interest to the club at large. About 15 minute presentation. You can use the overhead projector to further explain your topic.

We would love to hear from our membership as to what interests you have and share your expertise on the topic. Please contact Colin Galigan at cgaligan@yahoo.com. We would love to hear from you.



Ed Borza

Profile on Ed Borza

Ed and his wife Cathy were born, grew up, married and started their family in Hamilton. After graduating as an Electrical Engineer from Queen's in 1957, Ed returned to Hamilton and worked for 10 years at Canadian Westinghouse as a Manufacturing Engineer in a very large plant that built heavy rotating machines such as vertical waterwheel generators for Hydro plants, gas pumping turbines for Trans Canada Pipelines, motor drives for steel mills, potash mine hoists and other heavy equipment. These products were custom built in low quantities with components moving through cutting, welding, machining, assembly, testing and final shipping. As an ME, he was given cost reduction targets and Westinghouse provided special training in Value Engineering that gave good results. When the federal government decided it too wanted to apply Value Engineering to reduce costs, he was recruited.

1967 saw the Borza family make a Centennial move to Ottawa. Ed was now a Division Chief in the Specs and Standard Branch and as he arrived, the Government froze all new hiring! Ed was asked to look at some expensive, patented furniture hardware the Government was being asked to approve and he quickly realized it was not likely to be used and should not be bought. What was more likely to produce results would come from a look at how furniture was then being bought. Because designs were changed often meant an earlier purchase would no longer be available even after two years. The solution led Ed, a Specs & Standards officer and a draftsman to produce a government design of modular furniture on which both industries could bid. Powder coated metal frames supported steel or wood drawer assemblies and steel or wood panels. Sizes were such that the same item could be used in different assemblies. (identical desk and table tops; bookcase, credenza and secretarial run offs, etc) That modular system lasted for many years.

Ed's next stop was the Post Office where he was hired as Manager of Mechanical Engineering in 1972 dealing with mechanized postal equipment and plant layouts in new major plant construction across Canada. 1975 saw him Acting Director of Engineering during the creation of fully integrated mail processing operations for the first time in Canada.

1976-77 turned out to be an amazing, exciting year for Ed when he was appointed the Post Office representative to Canada's National Defence College. 40 people, half military, half civilian from Canada, USA Great Britain, and Australia spent a year of study of Canada's national and international relations in the areas of defence, trade, commercial development and aid. Civilian course members were assumed to hold the rank of colonel which led to some interesting treatment. We were privileged to have several prominent lecturers who shared information you would never hear in a public forum. We were occasionally reminded that our Secret status applied to these lectures.

The course, including spouses, visited every Canadian province and territory as well as Alert, flying in an Air Force Hercules. Now that trip made friends fast! Other field studies were to Europe and the Middle East, 1 month; Latin America, 2 weeks; and Asia-Africa 1 month. Six spouses were allowed to accompany the course and Cathy's name came up early in the lottery so she came on the A-A field study. Wives of host military personnel treated NDC wives royally!

All good things come to an end and 1978 saw Ed back in Ottawa as Director of Operational Planning and realized the Post Office was soon to become a Crown Corporation which became a reality in 1981 with Michael Warren as first President. In 1982 Ed was sent to Toronto's Gateway Mail Processing Plant to replace its manager who had attempted to gain the inside workers cooperation by using local arrangements that were contrary to the collective agreement and this soon led to chaos and poor performance. By quietly reintroducing the union to the meaning of the collective agreement Ed was able to get improved performance and in 1983 a call to return to Ottawa and his next job as Director of Corporate Reorganization working for Canada Post Corporation President, Michael Warren.

The Post Office Dept consisted of 14 divisions reporting to the Deputy Postmaster General. Canada Post Corp was to have four regions, each with an regional general manager reporting to the president - West (BC), Central (Alta-Ont), Que, East (NB-NL). It turns out the movement of mail isn't as simple as you might imagine. Ed had a new experience. The president called him to a pre-meeting meeting where any roadblocks were identified. When the main meeting followed, the president would then ask a question of the problem RGM which made it clear how things were to be. Nice when a plan comes together!

In 1984 the Canada Post Corporation recognized the need for improvements related to parcel marketing, processing and delivery. Ed was part of a task force that led to the development, testing and introduction of Track & Trace, the forerunner of Priority Post.

The final chapter in this 18-year career was written in 1998-90 with a posting to London as Divisional Director of Operations Services for collection and delivery of all letter and parcel mail in Ontario west of Toronto. Ed assures me it was only possible because of all the good people with whom he was lucky enough to work.



Dr Hakim was an eye-opening speaker. He told us that by 2040, the cost of managing our health will exceed the health care budget. Half of the Canadian population will suffer with dementia and 70% of them will be women. Every five minutes someone is told they have a form of dementia.

Professor Alzheimer was the first to diagnose this form of mental illness. Protein deposits in the brain was determined to be the cause of Alzheimer's and although the medical community went to work to create a drug to eliminate those deposits, it did nothing to change the condition of those patients. Now the medical community believe that 80% of those who died with dementia suffered with a lack of blood supply to the brain.

Dr Hakim

Dr Hakim gave us his 7 points to avoid dementia:

1. **Stimulation.** Work your brain. Memorize phone numbers instead of using your phone, memorize routes rather than using GPS.
2. **Avoid damage.** This may be out of your control but protect your brain from injury as best you can.
3. **Keep blood pressure at 120/80.** Stop smoking and put the salt shaker away.
4. **Obesity.** Keep your weight within reason.
5. **Be active.** Dr Hakim says to make life hard. Exercise and be sure to get 20 minutes of sweating a day.
6. **Get enough sleep.** Many of us are unaware that our breathing is obstructed while we sleep, some stop altogether. Get it checked out. You might require a CPAP machine.
7. **Depression.** Don't let yourself fall into depression. Some may require medical intervention, while others just need to get out into the community. Also, have your hearing checked. Not being a part of the community because you can't participate in a conversation is isolating and can contribute to depression and then dementia.

Take the stairs for your health. A good way to get your sweat on.



May's walk was well attended again. This has become a very popular activity and our new members are specifically asking about this interest. Please tell your friends about our Walkin' & Talkin' group. And, of course, we welcome men to join our walking group. Walking is good for everyone.

Barbara Wilson
barbarawilson142@yahoo.ca

Next walk will be on June 29th, 10am at Beryl Gaffney Park. We will meet in the semi-circle parking lot. Contact Barbara Wilson at 613-837-2377 or by email at barbarawilson142@yahoo.ca to join our group of **Walkin' & Talkin'**. Men welcomed.



Linda Miller-Nesbitt has enlisted the help of Barbara Wilson who is a volunteer tour guide at the Beechwood Cemetery at 280 Beechwood Avenue.

A date of Friday August 12th at 10am has been chosen. We will tour just the back half of the cemetery, which should be 1-1/2 to 2 hours and follow it with lunch at the Royal Oak Pub at the corner of Beechwood and Crichton.

There is no cost for the tour but donations are welcome to the Beechwood Cemetery Foundation for their volunteer tour guides.

Keep an eye on our website for more information.



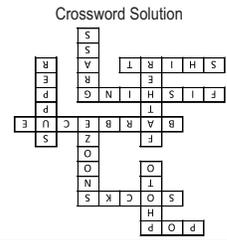
Our June meeting is the deadline for dues. Please bring your dues (\$22.50 for single, \$37.50 for a couple) to the meeting. You can make your cheque payable to Probus Ottawa Alta Vista and mail it to Probus Ottawa Alta Vista, c/o Gloucester Presbyterian Church, 91 Pike Street, Ottawa, ON K1T 3J6, and for those who do their banking online, you can etransfer your dues to Bonnie Barber, our treasurer, at tandbbarber@rogers.com.



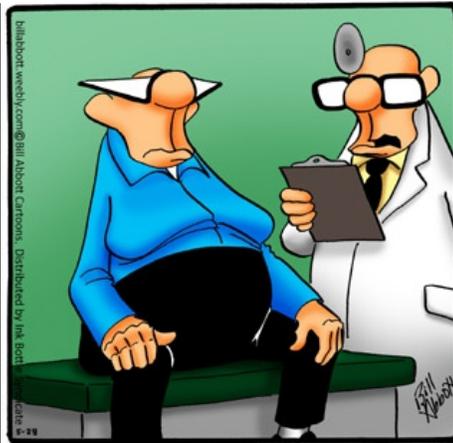
We are playing Bridge online. Please contact Bernetta Starkey (bernettastarkey1@gmail.com or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera and audio so that you can see the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

FUN &

GAMES



"He'll never find the cigars, will he, Dad?"



"What makes you think you got your medications mixed up with your wife's?"

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

Linda Miller-Nesbitt has organized some outings for us. Her first foray is to the Humanics Sanctuary at 3468 Old Montreal Road in Cumberland. Free parking. June 24th. Meet at the church if you need a lift at 9:45am or meet at Humanics at 10:30am to start the tour.

Come and experience this hidden jewel just outside Cumberland Village in Ottawa. Discover sculptures carefully placed in a natural setting at this nine-acre wooded ravine with walking trails and quaint bridges over a meandering creek. The Humanics sanctuary and sculpture park is a unique multi-cultural, multi-religious and multi-generational Canadian Institution focused on promoting principles of non-violence, human development, justice and peace. The Humanics Sanctuary is one of the primary initiatives of the Humanics Institute, a federally registered Canadian secular non-profit organization whose purpose is to advance the awareness of the following three essential values:

Please go to our website, click on **The Social** and then click on **Register** to include yourself in this outing. The cost is \$5, Friday June 24th. We will meet at the church at 9:45am for those needing a lift and at the location at 10:30am. If you would like to carpool, please let Linda know and that can be arranged by meeting at the church and going from there.

Please be sure to wear comfortable walking shoes and dress for the weather as you will be outdoors. Bug spray, sunblock and sun hats might be in order.

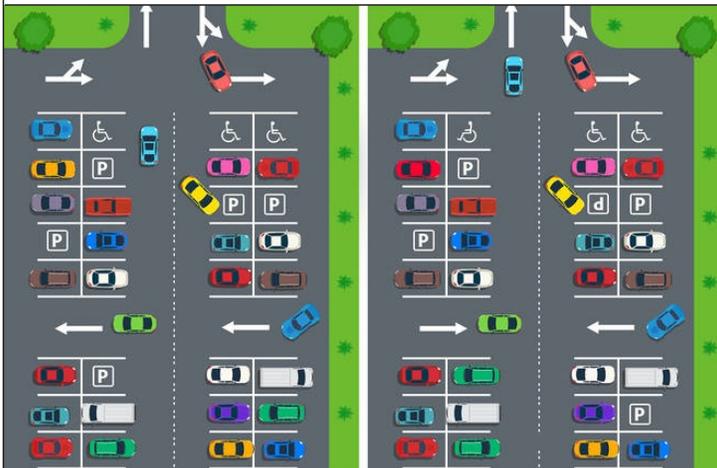
An example of some of the artwork is pictured to the right.



ONENESS AND COMPLEXITY
Sculpture by Wonder Welders, Dar es Salaam, Tanzania.

The story of the blind men whose understanding of the elephant was limited by the part of the animal they were in contact with, reminds us that none of us can have more than a partial perception of the whole. Reality is vast, complex and mysterious and we are, by nature, constrained in our ability to fully comprehend and conceptualize it.

In what ways do we pretend we know the answers to life's big questions?



Can you find the 10 differences between these pictures?

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

JUNE BIRTHDAYS



- 6 Eva Hammond
- 8 Derry Foreman
- 17 Keith Walker

FUN &

GAMES

Spot the Difference Solution



Sudoku Solution

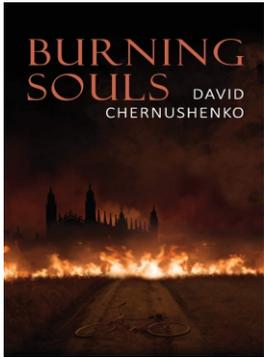
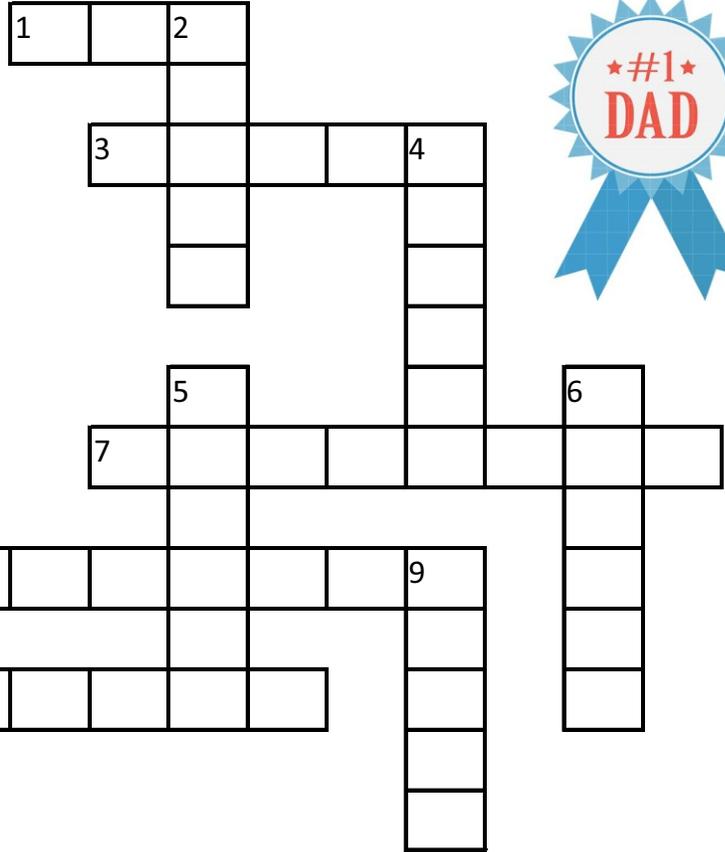
7	2	9	5	3	8	4	1	6
6	4	1	9	7	2	3	5	8
5	3	8	1	6	4	7	2	9
8	1	3	6	4	5	9	7	2
4	5	6	3	2	7	8	9	1
9	7	2	1	5	6	3	8	4
3	6	9	2	1	7	4	8	5
1	9	7	4	8	3	5	6	2
2	8	4	7	5	9	1	3	6

ACROSS

- 1 An old 'hip' way of calling your Dad
- 3 _____ and sandals!
- 7 What Dad could be doing for dinner
- 8 What some dads love to do on a summer afternoon
- 10 A _____ shirt is a popular gift for Dad

DOWN

- 2 A snapshot of the special day
- 4 What Dad will be doing in the afternoon
- 5 A formal name
- 6 Some dads will be taking everyone out for this
- 9 What a lot of dads will be cutting



BURNING SOULS

by David Chernushenko

To survive, the world must change. To survive, four friends must remain steadfast.

Long time best friends Simone, Sagan, Jenny and Jiro learned of the predatory practices driving climate breakdown and social collapse, in a time and place when they could dream of making a difference. And did. But as they confront a world where change frequently meets resistance and backlash, they are called on to decide what matters to them most: loyalty, courage, integrity, speaking the truth...and saving humanity from its own destruction.

The stakes are high, and civilized society hangs in the balance. As events spiral out of their control, how much are they each willing to sacrifice to save it?

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

BARBECUE
BEER
BEST MEMORIES
CAMPFIRES
CAMPING

CHEF
EMBARRASSING
FISHING
GOLF
GRASS

LAWN MOWER
MARSHMALLOW
S
MOSQUITOES
SANDALS

SOCKS
SNOOZING
SUNDAY
DRIVES
TENTS