



# 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 - July 2022

Next Meeting: Wednesday July 27 at 10am in person

**July Speakers: John Wright, Lynda Joyce and Colin Galigan**



Bernetta Starkey

## PRESIDENT'S MESSAGE

Dear Members,

We are going to follow our July meeting with a picnic. Due to covid, we will again bring our own lunches, drinks and lawn chairs. Hopefully this will be the last year for such a picnic but better to be safe.

At our latest Management Meeting, we have been discussing more outings. Linda Miller-Nesbitt has lots of wonderful ideas and we will be looking into another theatre outing. Other ideas are still in the brewing stage but rest assured we are not resting on the success of the Humanics outing.

Colin Galigan has a list of very interesting speakers lined up and he is still taking suggestions for more speakers. If you have an idea for a speaker, please speak to Colin. He will be thrilled to hear about it.

Join our Walkin' & Talkin' group led by Barbara Wilson. Our next walk will be on Petrie Island. Please contact Barb to get your name on the list. These are easy walks, not hikes.

If you are enjoying our renewed Probus meetings, please tell a friend or better yet, invite that friend to attend. We have come through two years of covid desert with only a few losses in our membership base and I am pleased to say we have had some new members join but we are still a club in growth mode.

I look forward to seeing each of you again in July.

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

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Goodwill/Member at Large	Linda Miller-Nesbitt	613-323-1259	lmillernesbitt@gmail.com
Rotary Liaison	Eva Hammond	613-733-1459	hammond.eva@gmail.com

Jul 23 - Aug 22

### LEO

Work smarter, not harder.  
And play harder still!  
Mercury joins the sun in your sector of passion and creativity, encouraging you to mix business with pleasure. Collaborations are highly favoured, so brainstorm where possible. Try fostering some romance, too.





# GOODWILL

Linda Miller-Nesbitt

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

## FINANCIAL REPORT for July 2022

Bonnie Barber

	Expenses	Revenues
Opening Balance		2854.48
Membership dues		270.00
Loonie Bin		14.70
50/50		17.00
Printing Tulip & Treats	-28.06	
Probus Canada - pins	-162.50	
Monthly bank charges	- 4.00	
<b>Totals</b>	<b>-\$194.56</b>	<b>\$301.70</b>
50/50 Float		\$20.00
Closing Balance		\$2941.62



# BABA GHANOUSH

We like our eggplant-based baba ghanoush GARLICKY. If you don't, skip grating the raw clove in at the end. Without it, you'll have a more subtle (slightly sweet) garlic flavor that will still make everyone very, very happy.



## MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 57 members.



We will have a picnic to end our July meeting. Due to COVID we will each bring our own lunch and drink (*non-alcoholic please*) and a lawnchair. We can sit and enjoy each other's company and make plans for when covid is finally over.



Pat Robson & Marlene Brennan

The 50/50 draw winner for June was, **Jim Hodges**, He won \$22.50.

Congratulations, Jim!

\$1 - one ticket \$2 - three tickets

\$5 - ten tickets

Cash sales only.

Good luck, everyone!

Move oven rack to top third of oven and preheat to broil on high. Line a large baking sheet with foil.

Cut the top off the head of **1 garlic head** and drizzle with **1 tsp of olive oil**. Season with **kosher salt** and **freshly ground pepper**.

Pierce **2 medium eggplants** all over with a fork. Place eggplants and garlic on a large baking sheet and place in oven. Broil, turning occasionally until eggplant is charred on the outside and tender on the inside and garlic is soft, 30 to 35 minutes. (*Test the eggplant doneness by inserting a paring knife into the centre of the eggplant. If there is any resistance, continue roasting*).

Let eggplant cool 10 minutes then cut open and scoop out flesh. Discard skin and place flesh in a colander to drain for 30 minutes, stirring once at 15 minutes.

In a large bowl combine eggplant, roasted garlic and **3 tbsp lemon juice**. Use a fork to mash garlic cloves then continue stirring until eggplant is broke down and lemon juice is incorporated. Add **1/4 cup tahini**, **1 tbsp olive oil** and grate **one garlic clove** into bowl. Stir to combine and season with salt then transfer to serving dish.

Garnish with **1 tbsp freshly chopped parsley**, **pinch of crushed red pepper flakes** and **drizzle of olive oil**. Serve with toasted pita and/or vegetables.



## PROGRAM

Colin Galigan

August Speaker

**Joe Tavenier**

**Bridgehead Coffeshops**

Hands up if you have ever enjoyed a coffee at Bridgehead? Join us at our August meeting to listen to Joe Tavenier describe his career in coffee, some history on how Bridgehead came to be. Joe has been with Bridgehead for over 12 years and has worked his way up in the company. More recently, he has overseen the development and maintenance of training and quality control programs serving their 19 locations. Bridgehead was the dream child of two United Church ministers in 1981 when visiting Nicaragua and seeing what the farmers had to go through to get their coffee beans to market. They formed Bridgehead Trading and I will let Joe tell us more about this fascinating story in August. Please be sure to attend.





Barbara Wilson

## Profile on Barbara Wilson

Barbara was born in 1945 in Bedford, England which is an hour and a half north of London, England. Barb's father was in the Royal Air Force (RAF) and for the first 14-years of Barb's life, the family moved around. Barb has fond memories of Scotland and Germany and one very special year in Singapore but only vague memories of England specifically.

In 1959, Barb's father retired from the RAF and moved the family of four children to Canada with a teaching position. Why Canada you ask? Because Barb's mother was Canadian. They came by ship bringing their car with them. They landed in Montreal, QC and drove across Canada to Revelstoke, BC. This was a time when there were no major roads into Revelstoke and the family drove along a road called the Big Bend Highway which was nothing more than a gravel logging road.

They spent four years in Revelstoke and then Barb's father found a new teaching position in Victoria, BC. It was in Victoria that Barb finished her high school and university education and

became a teacher. Barb took a teaching position in Chilliwack which is where she met her husband, Don Wilson. Don was an engineer in the Canadian Army stationed at CFB Chilliwack. They moved to Winnipeg, MN where Barb taught school for four years. This is also where they started their family.

Then Don moved the family to Trenton, ON where they lived there for four years. Then Don received a posting to Cyprus off the coast of Turkey. Barb was very excited to spend a year in Cyprus but this was 1974 and a few months after they arrived, a coup d'etat by the Greek Army took place. The coup plotters removed the sitting President of Cyprus, Archbishop Makarios III from office and replace him with the pro-Enosis nationalist Nikos Sampson. The Sampson regime was described as a puppet state, whose ultimate aim was the annexation of the island by Greece. In the short term, the coupists proclaimed the establishment of the 'Hellenic Republic of Cyprus'. The coup was viewed as illegal by the United Nations. Due to these events, Barb and her 18-month-old son were evacuated from the island and sent home while Don continued his posting.

When Don returned home he was posted to Chatham, NB. By now, Barb had two sons. In 1982, the family moved to Ottawa fully expecting the pattern to continue where they would be here for four years and then move onto another location. Don was posted to the National Defence Head Quarters (NDHQ) and while he continued to receive new postings, they were all within the walls of the NDHQ, Don and Barb never moved from Ottawa and have been here for 40-years.

By 1984 Barb no longer pursued her teaching career but went back to school to learn to become a library technician. She worked at various libraries around town and then eventually was employed by the Library of Parliament in the cataloguing section, a job she enjoyed for 20-years. Barb retired from the Library in 2006.

Don retired some years before and they embarked on several European bicycle trips. Don and Barb both enjoyed a very active lifestyle. Camping with the boys and bicycle and hiking trips. They were active members of the Ottawa Bicycle Club for many years. Don and Barb bicycled to work from Orleans to downtown Ottawa daily. This trip is a 30-km round trip. It meant taking a shower when Barb got to work and having to carry a change of clothes but these are among her favourite memories.

Don passed away from esophageal cancer on Easter Sunday of 2019. He was 81. He had encouraged Barb to continue to be active and Barb had many friends who kept her busy and connected.

Barb is still a major force. She joined Probus in 2013 taking on the role of Telephone Coordinator and, more recently, the organiser of the Probus Walkin' & Talkin'. Barb is the Chapter Rep for Cross Canada Cycle Tour Society (CCCTS) which is a cycling group for retirees. This is a cross-Canada organisation and the Ottawa chapter is the largest in the organisation. Barb also belongs to The Ramblers, a hiking group which plans day trips and away trips. Barb volunteers with Beechwood Cemetery as a tour guide. Apparently getting a T-shirt was all it took. Barb saw an ad in the newspaper looking for volunteers for the cemetery and Barb has been involved for several years. Barb also volunteers at various music festivals such as the Shenkman Art Centre, the ChamberFest and Music and Beyond.

Barb has two sons. Kevin is the older son. He and his partner Tracey have two children. A son, Kael, who is 6-years-old and a daughter, Evyn, who is 3-years-old. They live in Penticton, BC. Another son, Graham, follows his career wherever it leads and is currently in Georgia, USA.

If you are calculating Barb's age, you will quickly discover she is much younger than her years. Barb's very active life has kept her involved in her community and keeps her in big dreams still to come. Barb recently returned from a hiking trip in Newfoundland so there is nothing holding her back.

If you feel you would like to join Barb in any of her activities, please talk to her. Barb would love to see more people involved in her hiking and bicycling groups.



David Chernushenko has written a book called BURNING SOULS. After retiring from a very successful career as city councillor, David wanted to continue his work with the environment and educating the public on the dangers we are reaching, or have reached, with our continued impact on the earth. David quickly realized that people tune him out when he might become too 'preachy' and needed another vehicle to get his message across. He came across fiction. Can compelling stories (ie: fiction) affect change in our attitudes and behaviour? The answer is yes. He pointed to Victor Hugo's LES MISERABLES, George Orwell's 1984 and ANIMAL FARM, Charles Dickens many stories including A CHRISTMAS CAROL, more commonly known as Scrooge. All of these fictions put before the public a common belief that the authors wanted to see changed. In Les Miserables, the main character has paid his dues for stealing a loaf of bread and yet he must continue to identify himself as a thief. In A Christmas Carol, Ebenezer Scrooge asks 'are there no workhouses?' believing that since he can pay his debts that everyone should be able to not recognizing how poorly most employees are paid.

## David Chernushenko

Margaret Atwood wrote of a dystopian novel called THE HANDMAID'S TALE where an extremely religious community led by a committee of men now dictates the rules over women. The women who are still fertile become slaves of rich families to provide the couple with their children and the handmaids even lose their identities by being referred to by the master's name as being of Fred (Offred) or of John (Ofjohn).

David also identified movies that use fiction to bring forward an uncomfortable idea or suggest what could happen if. Titles such as CHINA SYNDROME where a nuclear plant has an accident and the core is left exposed. Another was DON'T LOOK UP where scientists have discovered a planet-killing comet is heading right for the Earth. But rather than discuss options for saving the Earth, the scientists are interviewed on television and complimented on their clothes or made fun of. People bury their heads in the sand so deeply that there is a group carrying placards saying "don't look up" suggesting if you can't see it or don't acknowledge it, it won't exist.

David believes his fiction can make inroads where his speeches cannot. David read often from his book and his book was available for sale at the end of our meeting. He was a very entertaining speaker.



The Walkin' & Talkin' group met at the Beryl Gaffney Park in June. There is becoming a dedicated group of walkers going on these trips but newbies are always welcome.

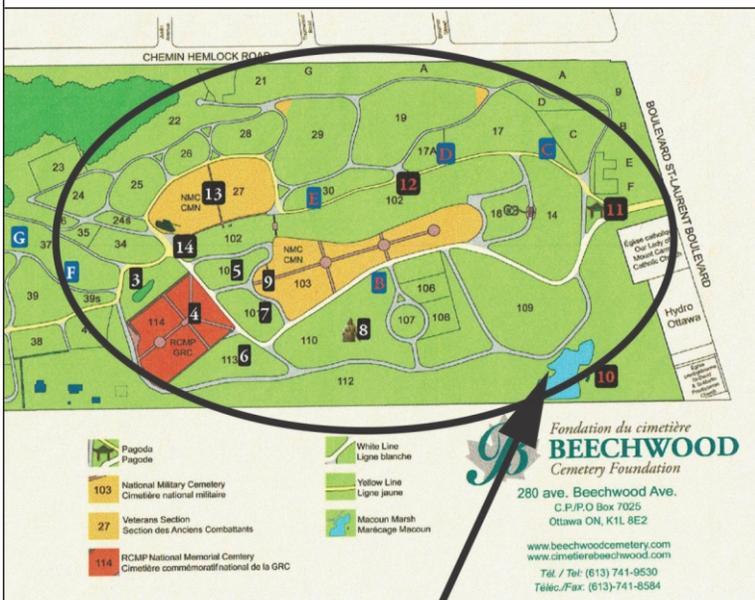
July 20th at 10am will find the group on Petrie Island. Please plan to attend.

Barbara Wilson  
barbarawilson142@yahoo.ca

Contact Barbara Wilson at 613-837-2377 or by email at [barbarawilson142@yahoo.ca](mailto:barbarawilson142@yahoo.ca) to join the group. Men welcomed.



Joan Evans, Barb Wilson, Eileen McCaffrey, Margo Montgomery, guest Lily Cox



This is where we will meet.

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

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

We will tour the military section, the RCMP section and the Asian section. Barbara Wilson will indicate points of interest along our walk. Come and learn some history of Ottawa.

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

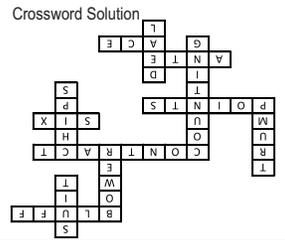
Sign up on our website.



We are playing Bridge online. Please contact Bernetta Starkey ([bernettastarkey1@gmail.com](mailto: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



"I'll give you something for gas."



"Are you sure you don't want to call Mom and confirm proper bathtime procedures?"

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 organized our first club outing. From all accounts, it was a tremendous success. Linda organized a trip to the Humanics Sanctuary. This is a park that is dotted with sculptures collected by the owner. Sculptures representing themes on the human condition, philosophic concepts, and imagery representative of various faiths from around the world are integrated with nature nine-acre wooded ravine with walking trails and quaint bridges over a meandering creek.



Located in Cumberland an historic village in the east end of Canada's National Capital Region, the park offers walking trails and areas for reflection and meditation. Zones dedicated to major religions provide areas suitable for celebrations, ceremonies and religious services.

The members then followed with lunch at the Royal Oak. Be sure to join us for the tour of the Beechwood Cemetery. Information can be found on Page 4 of The Tulip.



Can you find the 6 differences between these pictures?

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

## JULY BIRTHDAYS



- 2 Viola Brennan
- 10 Geraldine Dixon
- 11 John Wright
- 18 Joyce Wright

# FUN &

# GAMES

Spot the Difference Solution



Sudoku Solution

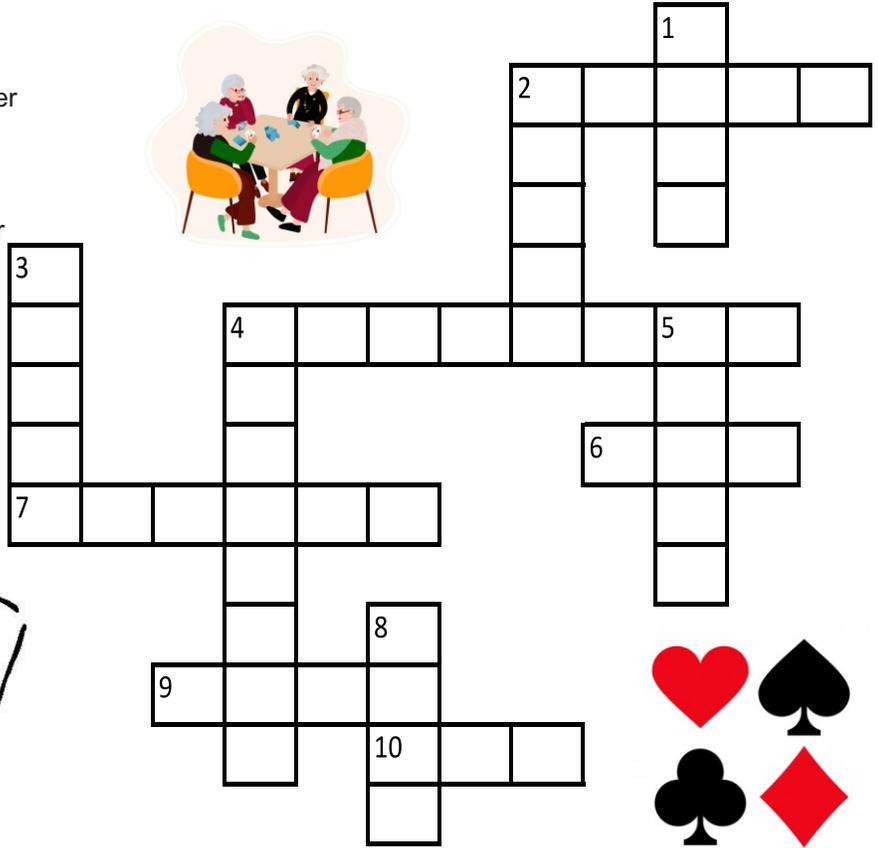
9	T	4	Z	5	E	L	6	8
L	Z	6	9	I	8	4	E	5
8	3	5	6	7	4	I	Z	9
L	4	Z	8	6	5	E	L	6
3	9	7	L	6	Z	5	8	T
6	5	8	1	E	L	9	4	Z
3	9	7	L	6	Z	5	8	T
4	7	L	3	5	6	Z	9	3
5	6	Z	L	7	9	8	I	4
Z	8	6	9	3	4	5	6	7

## ACROSS

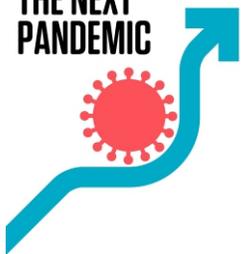
- If you can do this successfully, you will be a winner
- You need to make this when playing Bridge
- In cribbage, counting 15s score on the third 15
- Count these when the game is over
- You might be asked to do this when playing poker
- Could be top, could be bottom

## DOWN

- There are four of these
- When playing euchre, you want both
- Top Card
- Casinos don't like people who \_\_\_ cards
- Instead of using money
- Every card game starts with this



## BILL GATES HOW TO PREVENT THE NEXT PANDEMIC



## HOW TO PREVENT THE NEXT PANDEMIC

by Bill Gates

*The COVID-19 pandemic isn't over. But even as governments around the world try to get it under control, they're also starting to talk about what happens next. How can we prevent another pandemic from killing millions of people and devastating the global economy?*

*Can we even hope to accomplish this? Bill Gates believes the answer is yes, and he has written a largely upbeat book that lays out clearly and convincingly what the world should learn from COVID-19, explains the science of fighting pandemics, and suggests what all of us can do to help prevent another one.*

F	L	U	S	H	K	L	H	X	M	W	U	O	O
M	S	U	I	T	Q	G	T	O	U	I	H	A	S
X	A	O	G	A	M	E	U	R	L	L	P	C	P
P	A	M	G	D	I	A	M	O	N	D	S	E	A
V	X	H	E	A	R	T	S	N	S	C	L	X	D
T	R	I	C	K	J	A	C	K	O	A	P	R	E
R	U	B	B	E	R	C	X	M	L	R	R	I	S
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A	K	I	N	G	T	T	N	R	A	I	S	E	N
R	L	P	J	H	S	Q	A	H	A	N	D	S	Y
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ACE  
CLUBS  
DEAL  
DECK  
DIAMONDS  
FLUSH  
GAME

HAND  
HEARTS  
HOLD  
JACK  
JOKER  
KING  
PACK

PARTNER  
PIP  
QUEEN  
RAISE  
RUBBER  
RUN  
SLAM

SOLO  
SPADES  
STACK  
SUIT  
TRICK  
WILD CARD