



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 - August 2022
Next Meeting: Wednesday August 24 at 10am in person
August Speaker: Joe Tavenier of Bridgehead Coffeeshops



Bernetta Starkey

PRESIDENT'S MESSAGE

Dear Members,

I am very pleased to announce we have someone new in the kitchen. Paula Woollam, a new member to Probus Alta Vista, has stepped forward to take on the Hospitality. Paula won't be left alone in the kitchen but another Hospitality member would be a comfort to Paula.

We are also still looking for someone to take on the role of Publicity. Currently Colin is wearing this hat but he does have other responsibilities. Colin has been placing an ad in a local newspaper which has been bearing fruit. We would love to have this person become a part of the Management Team. Please give this thought as we really need this role filled.

One more spot with a glaring hole is Vice-President. This person is groomed to take on the role as President. Don't let this scare you off, nobody is ever left on their own. You can check our website for particulars on all job descriptions.

We had a wonderful picnic after our July meeting. We are still taking covid precautions by asking everyone to bring their own lunch and hopefully this will be the last time we do that but regardless of precautions we had a wonderful time. The weather was very cooperative. On that note, this has been a wonderful summer overall! Little humidity, sunshine with occasional rain. My kind of summer.

Lastly, I want to encourage everyone to participate in our 50/50 draw. This is a gentle fundraising effort for our club.

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
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Past President	Bonnie Barber	613-736-9741	tandbbarber@rogers.com
Secretary	John Wright	613-731-8521	jcwright@bell.net
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Publicity	<i>Vacant</i>	PLEASE HELP YOUR CLUB	
Hospitality	Paula Woollam	613-733-7196	pwoollam@bell.net
Goodwill/Member at Large	Linda Miller-Nesbitt	613-323-1259	lmillernesbitt@gmail.com
Rotary Liaison	Eva Hammond	613-733-1459	hammond.eva@gmail.com

Aug 23 - Sep 22

VIRGO

It's all in the delivery, Virgo! Think before you speak and you'll charm your toughest critic.



Meanwhile, stars in your sector of psychological roots will give you the support needed to move forward and be your best self.



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 August 2022

Bonnie Barber

There was no Management Team meeting in August, therefore no financial report.

Watch for the next financial report in the September Tulip.



ZUCCHINI BREAD

This is the time of year when all those happy gardeners are dumping zucchinis on you. They've had the joy of growing them and now you have the joy of eating them - over and over and over . . .

Preheat the oven to 350°F.

Prepare a 9" x 5" loaf pan with parchment or oil.

Grate **3-1/2 cups of zucchini**, squeeze out excess water and set aside.

Mix together **2-1/2 cups flour, 1 cup of sugar, 1 tsp baking powder, 3/4 tsp baking soda, 3/4 tsp salt, 1 tsp cinnamon, 1/2 tsp ground cloves, 1/2 tsp nutmeg, 2 tsp minced fresh rosemary, 2 tsp orange zest.**

In a separate bowl whisk **1/3 cup orange juice, 1/2 cup olive oil, 2 tsp vanilla, 2 eggs.**

Mix the grated zucchini in with the egg mixture.

Add flour mixture until just combined. Add **1 cup pecans or walnuts**, leaving them whole if desired.

Pour batter into your pan. Bake for 50-60 minutes until done. A toothpick should come out clean.



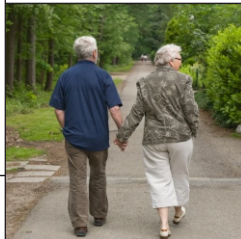
MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 59 members.



A man and his wife walked into a dentist's office. The man said to the dentist, "Doc, I'm in a hurry. I have two buddies sitting out in the my car waiting for us to go play golf at a prestige golf course, so forget about the anesthetic and just pull the tooth." The dentist thought to himself, my goodness, this is surely a very brave man asking to have his tooth pulled without using anything to kill the pain. The dentist asked him, "Which tooth is it, sir?" The man turned to his wife and said, "Open your mouth, honey, and show him."



WHEN WE GET TO THE END OF OUR LIVES TOGETHER, THE HOUSE WE HAD, THE CARS WE DROVE, THE THINGS WE POSSESSED WON'T MATTER. WHAT WILL MATTER IS THAT I HAD YOU AND YOU HAD ME.



Pat Robson & Marlene Brennan

The 50/50 draw winner for June was, **Eileen McCaffrey**, she won \$11.50.

Congratulations, Eileen!

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

\$5 - ten tickets

Cash sales only.

Good luck, everyone!



PROGRAM

Colin Galigan

September Speaker

Karen Nesbitt

Ottawa Monuments

Karen's presentation will cover the commissioning process used to select public art through to fabrication and installation. It will cover examples of art around the National Capital region, public art on the streets, in parks and in public facilities including Commemorative works like monuments. Some will be familiar and some newer and less so. It is not exclusively an 'NCC Monuments' presentation although some of them may be included. The title of her presentation is "What is Public Art?" It should prove to be a very interesting presentation followed by a lively question period.





Jane Wickham

Profile on Jane Wickham

Born in 1942 in the Village of Welton, in Northamptonshire England, three hours north of London, Jane was the only daughter with four younger brothers. Jane met her husband, Martin Wickham, while on holiday with girlfriends to Majorca. Martin was from Guyana, South America and had been studying in London, England.

Jane and Martin were married in 1966 and the following Monday were on a plane to Guyana because Martin had secured an accounting position there. Her parents were horrified. Moving to London had already been hard on Jane's mother. Her first born and a daughter moving all the way to London and now moving to Guyana.

Fortunately, Jane's parents were able to come and visit her in Guyana and see the life their daughter had prepared for herself. Jane and Martin took Jane's parents on trips to other Caribbean islands. In Guyana, Martin's salary could afford a maid, a gardener and chauffeur. Jane's afternoons were filled with tennis, badminton, bridge and other artistic pursuits. Jane's first impression of Guyana was the heat. At that time there was no television, no theatre, no culture so home parties were very popular and Jane became an excellent hostess. Jane worked in a private school as a kindergarten teacher although she did not possess a teacher's degree. Martin would come home in the middle of the day for their dinner at noon, a lifestyle not many of us have enjoyed or may even remember. Jane remembers the beauty of nature in Guyana, in particular the waterfalls. Kaieteur Falls immediately came to mind. The tallest single drop falls in the world with a plunge of 226 meters. Niagara Falls is only 51 meters by comparison. Jane and Martin were very happy in Georgetown, Guyana. There were a lot of Brits and Canadians, but then Martin was offered a position in Vancouver, British Columbia and in 1973, they moved the family of one daughter to Vancouver.

Again Jane got the family settled in Vancouver and now had three children under the age of five. Jane's parents were able to make twenty-three trips to Canada to see their daughter flourishing in the Canadian wilderness.

In 1981, Martin had been partners with Kenneth Dye in the same accounting firm. Ken was appointed Auditor General and was offered Martin a position with the Office of the Auditor General in Ottawa. It was expected to be a secondment position lasting no more than two years but Martin remained there until he retired in 2003.

Jane was able to secure a position with the Scotiabank in Ottawa once the children were all in school. The one thing they noticed that was different in Ottawa was how blue the sky was. Again Jane established herself in



Ottawa joining the Royal Commonwealth Society, the ESU (English Speaking Union), Maycourt Club of Ottawa, Ottawa's Newcomers Alumni and of course, Probus Alta Vista. Jane has held a position on the board of each of these organizations. Jane is also very involved with her church, the Christ Church Cathedral, an Anglican church, which is right next to her condo. Jane doesn't mind the winter months in Ottawa but would rather avoid the freezing rain. After Martin passed away in 2012, Jane felt it was time to sell the 4-bedroom home and move into a condo.

Her daughter, Kate, lives nearby with triplet boys, Georges, Lucas and Nicholas (8) and a daughter Kayla (6). Jane loves to take the children for a few days to get the true Grandma experience with one-on-one time with each child. They love coming to visit to see the view from her windows and to watch all the cranes at work.

Jane will be celebrating her 80th birthday this year and with her tenacity, she should be good for a few more beyond that.

← Kaieteur Falls, Guyana

July is when we have speakers come from our own ranks. This year we heard from Colin Galigan and John Wright. I am sorry to admit I didn't take any photos of these gentlemen during their talks but they were both very good.

Colin spoke about wine. Colin and Cathie Galigan spent some time in Europe and had gathered a very impressive wine collection but I am getting ahead of myself. Colin explained that his wine appreciation started as a youth in Alberta where he used to make wine from choke cherries. He took us through the history of winemaking dating back to 8000BC in an area of eastern Europe known today as Georgia. Wine is made everywhere but Europe still makes the best wines. An interesting fact is that our LCBO is the largest purchaser of wine in the world.

From our youth when Chianti, Mateus and Black Tower (which used to come in a porcelain bottle) ruled the wine choices, Mateus is still the top selling wine today. Portugal drinks the most wine in the world, we're in 15th place in our consumption.

The English invented port wine by combining poorer wines with brandy to make them drinkable.

John Wright spoke about Shakespeare. He told us that the much loved WEST SIDE STORY from the 60s is based on Shakespeare's ROMEO & JULIET. Romeo and Juliet were Tony and Maria. The Montague family were the Jets and the Capulet family were the Sharks. The fire escape is always featured in every remake of WEST SIDE STORY because it emulates the balcony scene in ROMEO & JULIET.

Another surprise was the SONS OF ANARCHY is a play on HAMLET. The character Jax's father was the president of SAMCRO and Hamlet's father was the King of Denmark. Both Hamlet and Jax go on to inherit the throne. Both Hamlet and Jax's fathers are dead at the beginning of the show. Clay Morrow (Jax's step-father) caused Jax's father's death to become the president while in Hamlet's uncle Claudius poisoned King Hamlet. This makes Gemma (Jax's mother) Gertrude in HAMLET, as she marries Clay as Gertrude marries the uncle.



The Walkin' & Talkin' group met at the Petrie Island in July. What a tremendous walk through a wooded area along the Ottawa River. Please join us for our next walk on August 17 at 10am. Details will be emailed to anyone who wishes to attend. And men, please don't leave Bill all by himself out there. He needs reinforcements.

Barbara Wilson
barbarawilson142@yahoo.ca

Contact Barbara Wilson at 613-837-2377 or by email at barbarawilson142@yahoo.ca to join the group.
Men welcomed.



Eileen McCaffrey, Barb Wilson, Helen White, Bill McLellan, Margot Montgomery, Bernetta Starkey

This may be a moot point as we might have already had our walk through BEECHWOOD CEMETERY but if not, please check our website (probusoav.ca) to find the new location for parking. If you are driving, access the cemetery grounds by the St. Laurent entrance. As you drive in, keep left, then left again to park anywhere along the road.

We are looking at some other ideas but we have nailed down an event in November. We will be going to see GREY JAZZ BIG BAND: A CONCERT TO REMEMBER. November 10th at 7pm at 101 Centrepointhe Drive. Grey Jazz plays big band music from the 20s, 40s and 50s. Grey Jazz have performed at high profile events including a Royal Visit.

Tickets are selling quickly so please purchase your tickets quickly. Senior ticket prices are \$20.75. You can reach the box office at 613-580-2700 from 10am to 8pm weekdays and 10am to 5pm on weekends. If you go to our website (probusoav.ca), click on The Social and scroll down to find Grey Jazz, there will be a link there to purchase tickets online.

We are planning on meeting for dinner prior to the show. More on that to come.

We do have other events in discussion so keep an eye on The Social on our website.

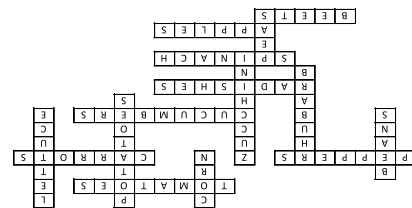


We are playing Bridge online. Please contact Bernetta Starkey (bernettastarkey1@gmail.com or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera and audio so that you can see the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

FUN &

GAMES

Crossword Solution



"I don't know what you're eating, but you gave the dog a can of spaghetti sauce!"



"No, I'm not questioning your maculinity. I just think it's time to call a plumber."

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

We followed our July meeting with a picnic on the church grounds. We had a wonderful day for a picnic and thoroughly enjoyed each other's company.



Bill & Shirley Martin



Bill McLellan & Bernetta Starkey



Paula Woollam



Joyce & John Wright



Eileen McCaffrey & Maureen Dawson



Colin & Cathie Galigan



Judy & Derry Foreman



Joan Evans & Jane Wickham



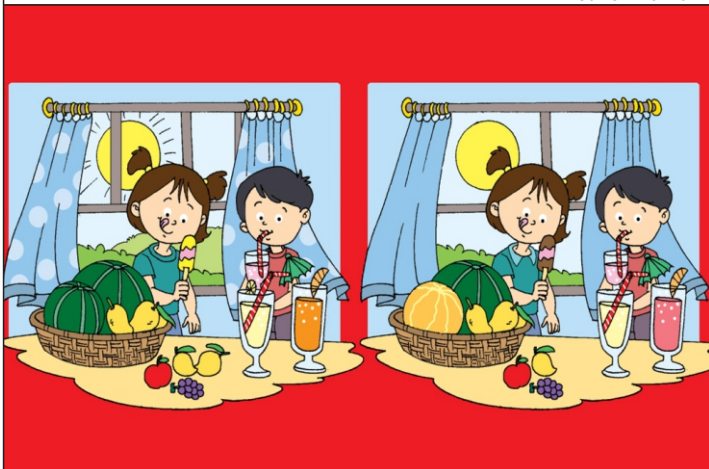
Lauren Silke & Eva Hammond



Shirley Martin & Kathryn Fournier



Pat Robson & Margot Montgomery



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)

AUGUST BIRTHDAYS



- 10 Glenys Pike
- 12 Marlene Brennan
- 26 Lorraine Balderson
- 27 Linda Miller-Nesbitt

FUN &

GAMES

Spot the Difference Solution

Sudoku Solution

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

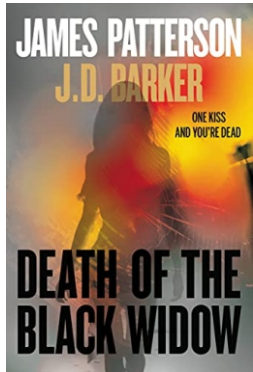
ACROSS

- 4 Delicious in a sandwich
- 6 Spicy!
- 9 Rabbits love these
- 10 Great with dill
- 11 These got Rapunzel into trouble
- 12 Green and leafy
- 14 Come in bushels
- 15 Red root




DOWN

- 1 Think typewriter
- 2 White root
- 3 Also green and leafy
- 5 Long and stringy
- 7 Once this is in your garden, you're never getting rid of it
- 8 Sliced and fried or in a bread
- 13 Green pearls



DEATH OF THE BLACK WIDOW

by James Patterson & J.D. Barker

She destroys the men she loves—and escapes every time. The most dangerous killer James Patterson has ever created is also his most seductive.

On his first night with Detroit PD, Officer Walter O'Brien is called to a murder scene. A terrified twenty-year-old has bludgeoned her kidnapper with skill that shocks even O'Brien's veteran partner. The young woman is also a brilliant escape artist. Her bold flight from police custody makes the case impossible to solve—and, for Walter, even more impossible to forget.

By the time Walter's promoted to detective, his fascination with the missing, gray-eyed woman is approaching obsession. And when Walter discovers that he's not alone in his search, one truth is certain. This deadly string of secrets didn't begin in his home city—but he's going to make sure it ends there.

Word Search based on the TV show The Big Bang Theory

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

AMY
BAZINGA
BIG BANG
CALTECH
COMIC BOOK

HOWARD
LEONARD
OCD
PASADENA

PENNY
RAJESH
SCIENCE
SCIENTIST
SHELDON

SPACE
STUART
THEORY
WOLOWITZ