



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 - September 2022
Next Meeting: Wednesday September 28 at 10am in person
September Speaker: Karen Nesbitt - Ottawa Monuments



Bernetta Starkey

PRESIDENT'S MESSAGE

Dear Members,

I can't believe summer is all over. It always feels like such a panic to me. The clock starts on Victoria Day and we are rushing, trying to get all the projects, all the gatherings, all long weekends in around the storms and then its over. That's why I prefer winter. Lots of time to do everything. We had a wonderful summer this year. Not too many muggy days, some storms and the May storm being the exception, we didn't do too badly in that department.

Linda Miller-Nesbitt has been busy getting events planned for us. In October she has a tour of the Senate planned. It has a limited capacity of just 24 people so if you would like to go, please sign up soon. In November, Linda has planned an evening of big band music for us. All these events are ready for sign up on our website and each event is either followed by or starts with a dinner at a restaurant. Please check out our website for all the information. It is listed under The Social.

We are coming up on our year end. Our fiscal matches the calendar year. This also means we will be holding an Annual General Meeting in November. We are looking to fill a few positions and I would like you to give some serious consideration to filling these spots. We are looking for a Vice-President, a Secretary and someone to do Publicity. Check our website for *Job Descriptions* on each of these positions. John Wright has been our secretary and webmaster for many years and he would like to take a well deserved step back. He is prepared to keep up with the website but we will need a new Secretary.

We would like to begin a program of greeters. Someone or two who will meet our members and guests at the door and welcome them in. If we could find a few greeters, we could rotate through so it isn't too much on anyone.

Bernetta Starkey
President - Probud Club of Ottawa Alta Vista



If you joined in 2018 or more recently and have not received your Probud 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	<i>Vacant</i>	THIS COULD BE YOU!	
Past President	Bonnie Barber	613-736-9741	tandbarber@rogers.com
Secretary	John Wright	613-731-8521	jcwright@bell.net
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	/ Jane Wickham	613-737-9464	janewickhamis@icloud.com
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Program	Colin Galigan	613-730-7649	cgaligan@yahoo.com
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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

Sep 23 - Oct 22

LIBRA

A spiritual awakening will strike this week, rewarding a search for answers. Focus on developing inner peace and strength. Expressive Mercury in your sign promotes clear communication and a platform to reach others.





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 Jul & Aug 2022

Bonnie Barber

In an internal audit we discovered we were starting with the wrong opening balance and we have been reporting these financial reports in the month of The Tulip but truly we are reporting on the previous month.

	Expenses	Revenues
Opening Balance		\$3056.62
Membership dues		37.50
Loonie Bin		34.30
50/50		24.00
Printing Tulip & Treats	-7.59	
Probus Canada - pins	-162.50	
Hospitality	-57.82	
Monthly bank charges	- 8.00	
Totals	-\$235.91	\$95.80
50/50 Float		\$20.00
Membership Float		\$20.00
Closing Balance		\$2876.51



Queen Elizabeth II has been our monarch for 70 years and since 1952. Born in 1926, Queen Elizabeth died in her 96th year. She was served by over 170 prime ministers across her realms. There had been no expectation of her becoming queen but her uncle's abdication of the throne changed history. Queen Elizabeth navigated family scandals with aplomb. Expectedly she may have had choice words with her children but never did those words make it into the tabloids. While she was relying more and more on Prince Charles and Prince William to take on some of her responsibilities, she had promised to never abdicate the throne. We wish Queen Elizabeth a quiet and deserved rest and look to King Charles III to take on the throne. God save the King. It will be many decades before we ever get the chance to say God save the Queen again.

An English teacher wrote these words on the board: "Woman without her man is nothing".

The teach asked the students to punctuate the words correctly.

The boys wrote: "Woman, without her man, is nothing".

The girls wrote: "Woman! Without her, man is nothing".



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 60 members.



Pat Robson & Marlene Brennan

The 50/50 draw winner for August was, JUDY FOREMAN, she won \$12.50.

Congratulations, Judy!

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



PROGRAM

Colin Galigan

**October Speaker
Shelagh Stevens
Retired Military**

Shelagh Stevens enrolled in the Regular Officer Training Plan (ROTP), graduated with honours from the University of Guelph, was commissioned as a logistics officer and served in the typical roles at unit, base and at National Defence Headquarters (NDHQ) in Ottawa. At NDHQ, she served on the Joint Staff that was heavily involved in the deployment to and redeployment from various peacekeeping missions.

Shelagh served her first peacekeeping mission in Egypt (1-1/2 years) with the Multinational Force and Observers, followed in 1989 by her first UN peacekeeping tour in Namibia (UNTAG) (1 year), another in Croatia (UNPROFOR) (7 months) and

was then seconded in 1995 for three years to UN headquarters in New York where she served in what would now be the Department of Field Support. Upon her return to NDHQ, she filled the role of a United Nations arrangements position (negotiated arrangements between the Canadian military and the UN for deployments of Canadian peacekeepers to UN missions).





Linda Miller-Nesbitt

Profile on Linda Miller-Nesbitt

Linda was born in Welland and moved to Ottawa at age 5. When she was 10, the National Film Board of Canada transferred her father to Montreal. The family was popular, since a typical Saturday evening would find friends and neighbours visiting for a sampling of some of the NFB's finest films. While in Montreal, Linda went to teachers college at MacDonald College and became a full time teacher at the age of 18. In her first year she taught 34 students in a Grade 2 class. Linda attended Sir George Williams University at night and during summers to complete a B.A. in Psychology. She then moved into teaching English and History at Verdun High School.

When Linda's first husband studied at Western University, she moved to London, Ontario. To help with their income, Linda tutored French part time. Her teaching position involved travelling amongst four rural two and four room schools in Elgin County. Linda enjoyed many adventures over her career, teaching all grades and adult education in both English and French.

Once her husband had finished his degree, and before settling down, they purchased a one year around the world airfare. Starting their adventures in Europe, they visited many countries, returning via the Pacific a year later. They were in Kashmir when an Indo Pakistani war broke out and managed to catch the final flight out of the Himalayas. They were stranded in New Delhi for two weeks experiencing blackouts and air raids as all commercial flights were grounded.

In Israel they met some missionaries who invited them to New Guinea. Because of their association with the missionaries, they were able to traverse into the back country visiting villages and places they would not have been able to see on their own. It was so interesting to spend time with villagers, including men who had recently been headhunters before the practice was banned.

Back in Canada, her husband landed a job in Edmonton. Alberta was not hiring more teachers at the time so Linda signed up at the Northern Alberta Institute of Technology and studied to become a travel agent, a natural fit. This was before computers when tickets were multiple carbon pages that had to be written by hand.

In 1973 Linda moved solo back to Ottawa. The only work she could find was at Philemon Wright High School in Quebec. Eventually, with her second husband, Keith Nesbitt, Linda moved into the historic Asa Meech built in 1821 on the Quebec side. On this beautiful property they rode horses, practised bee keeping, and enjoyed all the benefits of Meech Lake. It was there that their first daughter was born.

When they moved to Orleans a few years later, Linda had her second daughter. Eventually the family moved into a bungalow near Canterbury High School so their two daughters could participate in specialized arts programs. From the time she arrived back in Ottawa, Linda started part time studies for her M. Ed. in Counselling at Ottawa University. She eventually became a school counsellor and ran many effective parenting groups and conferences for the Ottawa School Board. She was deeply interested in improving relationships and team building, so she studied the Enneagram personality types in several different cities. This is one of Linda's passions and I am certain she would love to talk to you about it. Over the years she taught this way of learning more about ourselves and others to many groups in diverse settings.

Linda was selected for three summers to teach her one week Enneagram course at the Chautauqua Institute in New York. Keith's health was failing, so Linda retired early. Once he stabilized, Linda took on part time contracts, preferring to teach in the Alternate high schools for dropouts and at the Innes jail for young offenders. The chaplain invited her to co-lead an Alpha group at the jail on Sunday afternoons for those incarcerated for longer terms.

During their marriage, they also owned a summer retreat on Trinity Bay in Newfoundland, which was burned down one year on Guy Fawkes Day. That was followed by an all season chalet in Mont Tremblant, then wintering in Texas. When her husband died three years ago, Linda ventured to the small town of Ajijic on Lake Chapala in Mexico, not far from Guadalajara in the Sierra Madras Mountains. Now she winters there living on a lovely property in town. In Ajijic Linda has joined a cultural centre which offers over one hundred activities, a Presbyterian church, book club, and a dining out club.

Linda is fortunate to have found a unique and wonderful way to spend the winter. In Ottawa, she enjoys another book club, being a church Elder, Friendship Force outings and travel, rug hooking, and gardening. Best of all, she has family nearby. Linda is blessed with two daughters, three step children, nine grandkids and two great grandkids.....a life of fulfilling accomplishments!



As said in the introduction at the meeting, Joe Tavenier of Bridgehead Coffee is very knowledgeable for a man of such tender years.. He taught us a great deal about coffee, its history and its travel around the globe. Starting in 700 AD, the story goes that Kaldi, a goat herder, found that his goats were dancing around when they ate the leaves of a particular tree. Kaldi tried the leaves and found he also enjoyed a burst of energy. Thus starts our story in Ethiopia.

In the 1600s, seeds and live plants made their way to India, then the Dutch took them to Ceylon. In the 1700s, they appeared in Brazil, South America which is today's largest exporter of coffee beans, 5-1/2 billion pounds. Yes that's with a 'b'. In 1754 coffee to North America. Coffee was a drink for the elite but in 1754 during the Boston Tea Party when the settlers threw all the tea into the harbour, coffee became the drink of choice for the common people. Originally coffee in North America was all instant coffee. It is said that President Andrew Jackson coined the phrase, "Good to the last drop", which Maxwell House coffee uses to this day.

In the industry they refer to the three waves of coffee. The Wave One was in the early 1900s where there were no coffeeshops, you drank your instant coffee at home. Wave Two was started by Pete's Coffee in Berkeley California where they offered coffee by the cup and introduced espresso. Wave Three saw the advent of coffeeshops as the third gathering location next to home and work. Coffee became a social experience and people began to speak of coffee in language reserved for wine connoisseurs. Focus on sustainability and ethics.

Coffee was grown on small family farms with coffee being one of a few different crops the farmer would grow. Then came estate farms which are owned by corporations and they only grow coffee. Coffee is a cash crop meaning the farmer can't do anything else with it besides sell it and it has to be sold internationally, there is no local market for coffee. While the small farm is interested in quality to get the top dollar for their crop, the estate farms will strip harvest the beans, not really caring about quality in favour of quantity.

Joe tells us the future of coffee is precarious. The first risk factor is economic. Currently a pound of coffee sells on the market for \$0.95 whereas it costs the farmer \$1.50 to produce that pound of coffee. Many farmers are moving away from growing coffee as the marketplace does not want to pay more than the \$0.95. The second risk factor is climate change. The coffee plant is a very delicate plant and needs very precise growing conditions which are currently under threat. This industry is valued in the billions of dollars.

An interesting fact Joe told us was that ground coffee goes stale in 15-minutes. Makes that trip home from the grocery store a little more intense!

When asked how Joe prefers his coffee in the morning he said he likes it black. That's a true coffee drinker.



Barbara Wilson
barbarawilson142@yahoo.ca

The Walkin' & Talkin' group met at Mud Lake in August. This was a trail around Mud Lake near Britannia Yacht Club. Please join us for our next walk on September 21 at 10am. We will meet at RJ Kennedy Arena at 1115 Dunning Road in Cumberland to walk the Cumberland's Wilson Dale Trails. This will be a 4+/- km walk. Poles will be helpful if you have them as there is a fairly steep climb at the beginning. Bring water and a snack.

Apres-walk: A visit to the Black Walnut Bakery at 979 Cameron Street, Cumberland



Eileen McCaffrey, Margot Montgomery, Laureen Silke, Susie Kollar, Joan Evans, Kathryn Fournier.
Photographer: Barb Wilson

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

In November we will be going to see GREY JAZZ BIG BAND: A CONCERT TO REMEMBER. November 10th at 7pm at 101 Centrepointe 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.

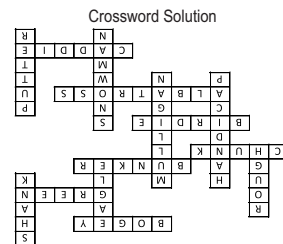
We are planning on meeting for dinner prior to the show. More on that to come.



We 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



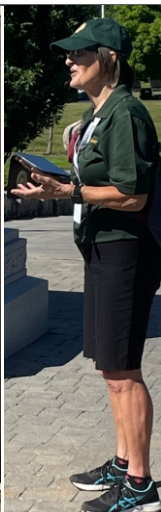
"As I see it, you've got a choice between a 'birdie' and promotion to branch manager."



"Some of your kidney stones look a bit large, so we've called in a specialist in this procedure."

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

In July Linda Miller-Nesbitt organized a tour through the Beechwood Cemetery. Barb Wilson is a tour guide with the Beechwood Cemetery. We toured the military section.



Barb was very knowledgeable and we learned about a military formation called the hollow square that protects on all four sides in an open field. Barb pointed out, and it was hard to miss, the way the headstones are laid out. As though the soldiers were still on parade. Every stone in a straight line. But what impressed us most was that all the stones were the same height. They followed the contour of the ground but they were all set at the same height. We also had in our attendance the speaker from last September, Garry Toffoli, who spoke about the Queen's Guards. He was able to add more information to what Barb was telling us. We were treated to carved trees in the cemetery and a memorial for the 9/11 attack in New York City which was of particular interest to me as my friend's only child, a son, died in the attack, Arron Dack.



SENATE OF CANADA

Join us for an interesting Tour of the Senate in its temporary quarters. Wednesday October 12th at 2 Rideau Street.

MUST ARRIVE at 12:20 for a security check, the tour starts at 12:50. **Group limit is 24 people.**

Followed by lunch at the Nordstrum Restaurant Bazille – Nicholas entrance.

Go to our website probusoav.ca to sign up and for more information. This is being planned on a Wednesday to make use of seniors free use of OCTranspo.

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

SEPTEMBER BIRTHDAYS



- 6 Bill McLellan
- 7 Jim Howell
- 26 Pat Robson
- Miao Tsai

FUN &

GAMES

Sudoku Solution

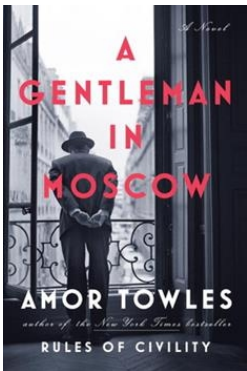
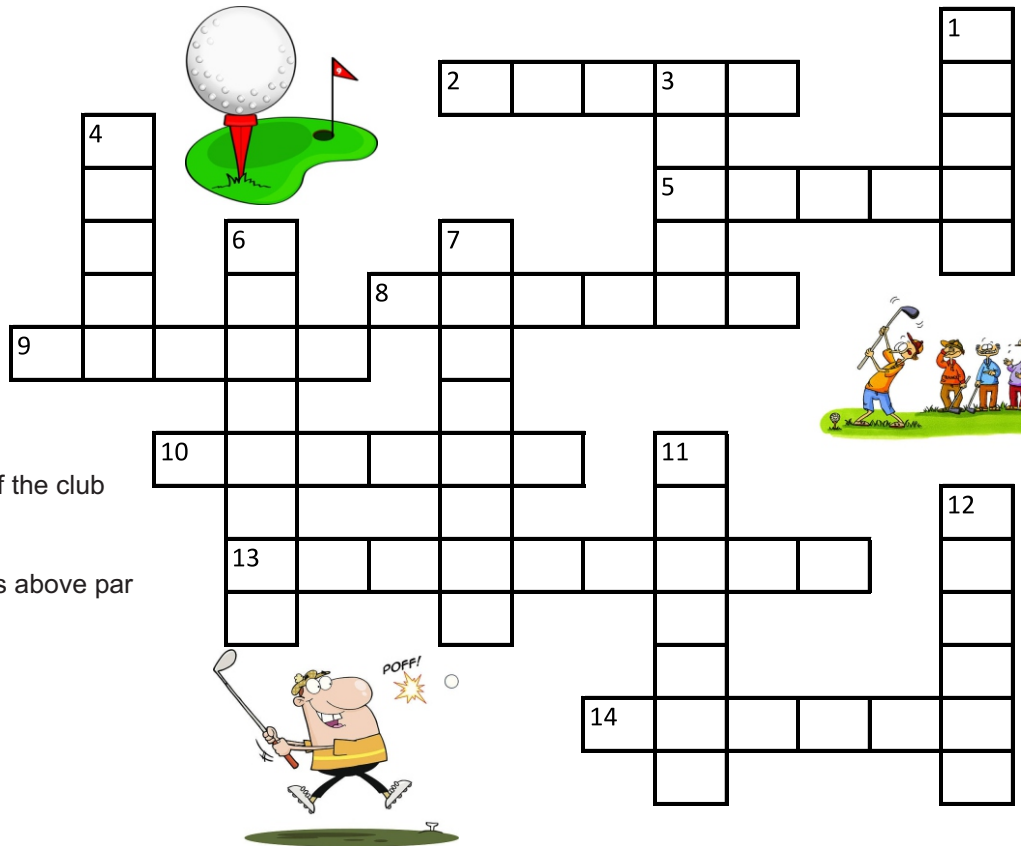
4	2	8	7	6	1	5	9
7	6	5	3	1	9	8	4
5	1	9	8	5	4	7	2
8	9	7	3	4	5	6	1
1	5	6	9	7	8	4	3
6	7	4	9	3	5	1	8
9	4	1	5	8	7	2	6
5	8	1	6	9	7	2	4

ACROSS

- 2 One shot over par
- 5 A circle of very short grass
- 8 A sand trap
- 9 Taking a big divot
- 10 One shot below par
- 13 Double eagle
- 14 Who carries to clubs

DOWN

- 1 Hitting the ball on the neck or heel of the club
- 3 Two shots below par
- 4 Long grass surrounding the fairway
- 6 A measurement of number of strokes above par
- 7 Don't count a miss
- 11 An '8' on the scorecard
- 12 Club used on the green



A GENTLEMAN IN MOSCOW

by Amor Towles

In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the

Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him entry into a much larger world of emotional discovery.

Brimming with humour, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavour to gain a deeper understanding of what it means to be a man of purpose.

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

CHUNK
EAGLE
FAIRWAY
FORE
FRINGE
GIMME

HANDICAP
LINKS
MULLIGAN
PAR
PUTTER
ROUGH

SCRAMBLE
SCRATCH
SHANK
SNOWMAN
TEE BOX
YIP