



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 - October 2022
 Next Meeting: Wednesday October 26 at 10am in person
October Speaker: Shelagh Stevens - Retired Military



PRESIDENT'S MESSAGE



Bernetta Starkey

Dear Members,

I am so pleased to see our membership grow with every meeting. Kudos to everyone who has brought a friend to a meeting. You are growing our club. We have some exciting events coming up such as the GREY JAZZ BIG BAND in November. If there are tickets still available, please feel free to invite some friends to join us so they can see what Probus is all about. Be sure to add your names to the list on our website for the restaurant portion of this event.

We will be holding our AGM (Annual General Meeting) at our November 23rd meeting. Our meeting will begin at the usual time with the AGM then followed by our speaker. We are still in need of a Vice-President and a Secretary. Without these positions filled, the club will be in dire straits so please give this some consideration. Our current secretary, John Wright, will be happy to answer any questions you may have on that position. We don't have a past vice-president in our membership at the moment, but myself and any of our past-presidents could answer any questions.

I attended a Probus District meeting (virtually) and participated in an exchange of ideas with other club presidents. One club had a wonderful idea of a book exchange. I encourage you to bring a book that you have read and thought highly of to our meeting and we will set up a table for the books. Any other member is permitted to pick up that book and bring it home to read. There will be no expectation of the books coming back to their original owners, we ask that you bring only one book per member and that you take your book home if it was not picked up. With winter not far away, this is a wonderful way to wile away the winter hours.

We are beginning a new addition to our meetings and that is greeters. At each of our meetings, we will have two people ready to greet you and direct any guests. I noticed at the last meeting we had some guests that were unattached, meaning they did not come with a friend. We were able to find them a home with one of friendly members who could welcome them and point out things like coffee and our 50/50 draw. This is something our greeters will be able to catch with guests and get them set up. It is so much nicer when you have a friendly face to help direct you.

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	<i>Vacant</i>	THIS COULD BE YOU!	
Past President	Bonnie Barber	613-736-9741	tandbbarber@rogers.com
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Goodwill/Member at Large	Linda Miller-Nesbitt	613-323-1259	lmillernesbitt@gmail.com
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Oct 23 - Nov 21

SCORPIO

The Sun and Mercury in your finance sector will help generate extra income. Sustain this position by investing wisely and eliminating extraneous expenses. You may need to spend money to make money but the returns will be fast.





GOODWILL

Linda Miller-Nesbitt

A get well card was sent to Sandra Blais after a nasty fall. We wish Sandra a quick and speedy recovery to health.

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 Sep 2022

Bonnie Barber

Expenses Revenues

Opening Balance		\$2896.51
Membership dues	140.00	
Loonie Bin	18.00	
50/50	19.00	
Printing Tulip & Stamps	-25.58	
Name tags & markers	-13.20	
Monthly bank charges	-4.00	
Totals	- \$235.91	\$177.00 \$3030.73
50/50 Float		\$20.00
Membership Float		\$20.00
Closing Balance		\$3010.73



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 65 members. This is tremendous news and congratulations and thank you to everyone who has participated in bringing a friend to our meetings. We truly appreciate it.



Sorry for what I said before coffee.



Pat Robson & Marlene Brennan

The 50/50 draw winner for September was JEAN SALADNA

Jean won \$19.00.

Congratulations, Jean!

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

\$5 - ten tickets

Cash sales only.

Good luck, everyone!



CREAMY SPICY VEGAN SAUSAGE PASTA WITH SPINACH

You may have guests who are vegan and gluten-free, this is a very tasty meal.

I was totally surprised.

Soak **1 cup raw cashews** overnight or boil for 10 minutes.

Bring a pot of water to a boil and drop in **8oz**

Banza chickpea pasta (we used a quinoa pasta) and cook according to instructions. Drain and return to the pot.

Add the cashews, **1 cup of water, 1/2 tsp salt, 1 tsp paprika, 1/4 tsp cayenne pepper** and **1-1/2 tsp lemon juice** to a high-speed blender. Blend on medium-high for 2 minutes.

Warm **2 tbsp olive oil** in a large skillet over medium-low heat. Arrange **2 vegan sausages** sliced into 1/2-inch rounds in a single layer and cook until golden brown, about 3 minutes. Flip the pieces and repeat. Turn off the heat.

Pour the sauce from your blender over the pasta and return to low heat. Add the vegan sausage pieces along with the oil from the pan. Stir in **2 cups of baby spinach** and warm briefly until wilted.

Divide the pasta mixture between four bowls and garnish with hemp seeds and red chili pepper flakes.

DIEFENBUNKER



Looking for something different to do on Remembrance Day? Consider the Diefenbunker. This was commissioned by Prime Minister John Diefenbaker in 1959 as part of his government's reaction to the escalating tensions in the Cold War. The purpose of the bunker was to house key members of the government and military in the event of a nuclear attack on Canada. Parking is free. 3929 Carp Road.



PROGRAM

Colin Galigan

November Speaker

Sharon Odell

Dominion Observatory

Sharon Odell has a 25-year career in museology at municipal, provincial, and national level museums; as a mentor she presently sits on an Algonquin College advisory committee for Applied Museum Studies. She resides in Ottawa and holds an M.A. in Art History from Carleton University; she specializes in research on art, architecture, and the history of Canadian women in science. Her latest publication is on public landscape art of Cairn Cunnane in *Render Journal* 2017, and her latest co-curated exhibition at Carleton University Art Gallery was a Science Lab series titled *HERbarium*,



2017. In addition, she conducts annual presentations (2017-2020) on the Canadian history of scientific architecture and women in astronomy, to Canada wide audiences, as a member of the Royal Astronomical Society of Canada.



Profile on Hugh Reekie

Hugh was born in Alston, Cumbria, England which is 5 1/2 hours north of London and only an hour south of the Scottish border. Alston shares the title “highest market town in England” with Buxton, Derbyshire at 300 meters above sea level. The area can date itself back to the 1700s. Hugh was raised in a cottage that dated back to 1745 next to a lead mining operation.

Hugh graduated from Liverpool University with an engineering degree and worked at various companies in England in microwave engineering. He was a young buck with lots of ideas and made numerous suggestions for modernizing procedures. Frustrated because his ideas weren't being implemented, Hugh accepted a position with Nortel in Ottawa and was on the next boat sailing to Canada in 1969.

Hugh Reekie

Continuing to work in microwave engineering, he was invited to move to satellite engineering. Hugh built four satellite communications receivers that are still in orbit today. He then took a position with Telesat in Ottawa and continued his work with satellites. Telesat is the fourth largest fixed satellite services provider in the world. Until February 1979, Telesat had a legal monopoly on Earth stations in Canada: any entity wishing to send or receive satellite signals had to sign a long-term lease with Telesat Canada for an Earth station.

In 1985, Hugh produced the world's first fully engineered news gathering vehicle for CBC. So commonly seen today, these vehicles can roll up to any location in Canada, raise the satellite dish on the roof and start broadcasting the news from that site. Hugh had many jobs with television engineering. A well known Christian show, 100 HUNTLEY STREET's David Mainse, reached out to Hugh to find a way to broadcast the show across the country.

He then switched to MSAT, short for Mobile Satellite, a satellite-based mobile phone service developed in part by Telesat and CRC Shirleys Bay. This company supported a number of services, one of which was the forerunner of the GPS system we are so familiar with today. Mathematically, automotive navigation is based on the shortest path problem, within graph theory, which examines how to identify the path that best meets some criteria (shortest, cheapest, fastest, etc.) between two points in a large network. Automotive navigation systems are crucial for the development of self-driving cars. Hugh moved to MSAT to be able to work on a more powerful satellite. Hugh hosted an international conference on VNIS (Vehicle Navigation and Information Systems) in Toronto in 1990 and in Ottawa in 1993. An International Mobile Satellite Conference in Ottawa in 1990.

Once retired, Hugh turned his attention to the St-Andrew's Society and a two-year stint as president of Probus Alta Vista. The St-Andrew's Society celebrates all things Scottish and many of you may not be aware that Hugh was a Scottish dance instructor for over 40-years. He met his wife, Frances, while dancing. Frances was also a Scottish dance instructor born in Montreal. When Frances and Hugh tied the knot, she came with three teenagers, two of which were twin girls.

Hugh observed the development of the AIS (Automatic Identification System) and immediately could see its use in navigating ships heading for the lock system in Canada. Ships' pilots were disregarding directions to travel a specific speed to arrive at the locks in an orderly fashion. AIS could see the ships in the channel and whether or not a specific pilot was obeying the directives. They could speak directly to that pilot and tell them they could see he was going to fast. This was to avoid ships arriving in clumps at the locks. They needed to be able to communicate and spread the ships out. He was given the title of Master of Logistics for the Seaway.

Today Hugh is closing in on his 80th birthday, a party he is preparing himself. He has lived a long time in a beautiful old home that dates back to 1898, a new build in comparison to the house he grew up in, and sports some beautifully maintained gingerbread. He has lived there for over 40-years and is very proud of his home but knows it won't be long before he will have to move into other accommodations. He shares his home with his cat Chico.

I wonder if those British companies kept an envious eye on the young buck that got away.



*In Flanders Fields the poppies grow...Between the crosses, row on row...That mark our place. While in the Sky...The larks still bravely singing, fly...Unheard, amid the guns below.
We are the dead, Short days ago...We lived, felt dawns, saw sunsets glow;
Loved and were loved - but now we lie...In Flanders Field
Take up our quarrel with the foe!...To you from falling hands we throw...The torch, Be yours to bear it high!...If ye break faith with us who die..We shall not sleep tho' poppies blow...In Flanders Field.*



Our speaker this month was Karen Nesbitt who is retired from Ottawa's Public Art Program. The focus was on public art and its purpose to transform public spaces into a more beautiful space and to create meeting places. As we have all so often said, "I'll meet you under the spider". Budgets for public artwork is very small and often even then the full allocation is not given. Capital projects that are over \$2MM represents 1% toward public art. That percentage will cover the artist's commission, administration costs, jury fees, finalists' maquettes, an interpretative plaque, official opening, photo documentation, contingency and conservation. The artist's commission must cover the artist's fee, design, materials, fabrication (including sub-contractors), transportation, installation, insurances while it is in the hands of the artist, studio fees and engineering reports. When the City is looking to commission a piece, they will send out word to all the artist communities.

The artists submit renderings that represent the area the piece will be installed keeping in mind the surrounding architecture, a materials list and how it will complement the environment. There are far more pieces around town than we can list here. Take a walk and find NORTH SHORE by Noel Harding at the corner of Kent and Slater, ONE HUNDRED FOOT LINE by Roxy Paine behind the National Gallery of Canada. It is definitely worth a walk around the city to find and appreciate these works of art.



Far right: This piece is displayed at City Hall. It is an audio art piece and will make a sound as you pass it.

Right: The City had plans to install bicycle racks along Bank Street and Karen was able to involve artists so each bicycle rack is different and pleasing. 28 artists were involved.

Left: There are fire hydrants made of marble installed along Wellington Street representative of the areas they are in. This one by the market. Artists: Marcus Kucey Jones and Ryan Lotecki



'Above: MAMAN', colloquially known as the spider at National Gallery of Canada. The artist calls it 'MAMAN'. Other permanent installations include: England, Japan, South Korea, Spain, United States and Qatar Artist: Louise Bourgoise



Barbara Wilson
barbarawilson142@yahoo.ca

The Walkin' & Talkin' group met at the R.J. Kennedy Arena in Cumberland and undertook the most rigorous walk to date. It had recently rained so the walk was slippery and muddy but what a wonderful time we had! There were challenges and detours but everyone made it and we celebrated with some delicacies at the Black Walnut Bakery. This a wonderful group of walkers with most of us having no previous hiking experience beyond putting one foot in front of the other.

Please join us on the next walk on October 19th when we will be walking in the Mer Bleue area. Watch for an email giving you more information.



Sue Kollar, Barb Wilson, Bill McLellan, Joan Evans, Margot Montgomery, Eileen McCaffrey, Bernetta Starkey, Helen White

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. **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 at the Royal Oak at 117 Centrepointe Dr at 5:30pm to give us lots of time to enjoy our meal and get to the theatre just across the parking lot. Please go to our website to sign up for both and we look forward to you joining us.

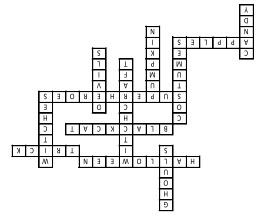


We are playing Bridge online. Please contact Bernetta Starkey (bernettastarkey1@gmail.com or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera and audio so that you can see the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

FUN &

GAMES

Crossword Solution



"If you're gonna complain, you can cut it yourself."



"Yes we've got our retirement savings figures in front of us."

			5	9		4	2		
	3	9	1				5		
5	4	2	6						1
	1		9	3		8			4
		7	2	5	1				
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SENATE OF CANADA

Why The Poppy Is The Symbol Of Remembrance Day

Due to unforeseen circumstances, our trip to the Senate was cancelled. Linda was able to pull a quick 180 and prepared a tour of the City Hall Art Gallery which was a nice complement to our speaker, Karen Nesbitt's, presentation. This was following a lunch at Johnny Farina Italian Restaurant.

Over 100 years ago, Canadian physician Lieutenant-Colonel John McCrae sat down and wrote the timeless remembrance poem "In Flanders Field". After presiding over the funeral of friend and fellow serviceman Alexis Helmer, Lieutenant-Colonel McCrae penned the 15 line poem while noticing red poppies grew uninhibited around the graves of fallen servicemen. The story goes that at first, McCrae wrote the poem while sitting at the back of an ambulance and immediately dissatisfied with his efforts, he discarded the paper it was written on. It was retrieved by a fellow serviceman, and the poem was published in the London based Magazine "Punch". Due to its immediate success it was turned into propaganda, it was used as a recruiting call and it was even used as a pitch for war bonds. Although immensely popular at the time, no one knew the extent to which a simple poem, written by a war-tired Canadian would have on the world at large.

Although not the afternoon Linda had planned, it turned out very well. Rest assured Linda has the Senate still on her to do list for next year. Stay tuned.

On the other side of the Atlantic Ocean, a war widow from France named Anne Guerin took up the poppies' cause for the same reasons. France had lost a whole generation of men to the war and Madame Guerin felt they deserved a symbol of remembrance. She began selling small hand crafted replicas of the poppy in order to raise funds to rebuild her war torn country. After a successful campaign in France, she made the trip to Canada to continue her crusade. The Royal Canadian Legion adopted the poppy as the official symbol of remembrance in 1921 (along with

Britain and Australia). In the beginning, the Canadian Legion bought its poppies from Madame Guerin's organization. This continued until 1966 when the Legion began enlisting Canadian companies to create the replicas.

Millions of poppies are sold worldwide each year throughout the commonwealth to support veterans and their families and to remember those who have fallen to fight in the name of freedom. In 2014 a record of 19 million poppies were sold in Canada alone. The combination of the poppy as a symbol of remembrance, and November 11th as Remembrance Day we stand together, poppies pinned close to our hearts on our left lapels. We remember those who fought and died for our country and hence, for us. The joys and freedoms we now enjoy are because of their sacrifices; sacrifices made in the hopes we as a people would never have to endure the horrors of war again.



Can you find the 7 differences between these pictures?

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

OCTOBER BIRTHDAYS



- 6 Eric Henry
- 12 Pauline Adams
- 24 Bill Martin

FUN &

GAMES

Spot the Difference Solution



Sudoku Solution

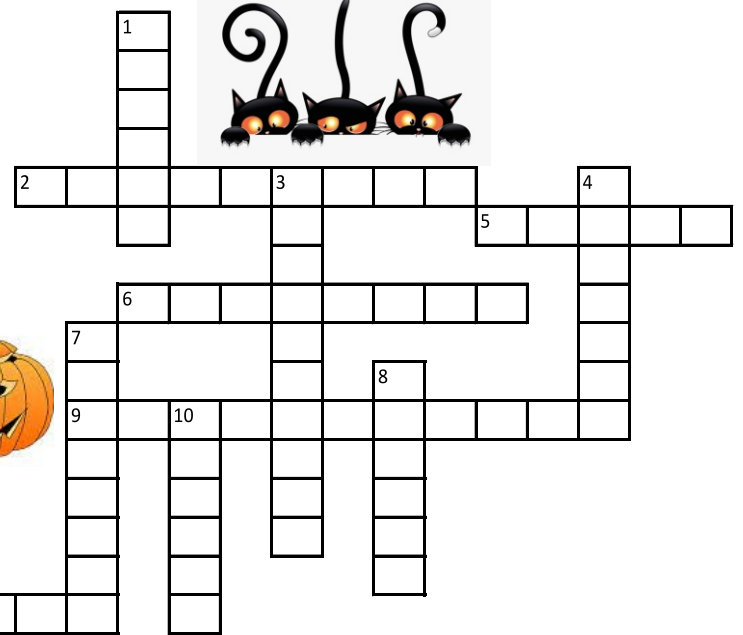
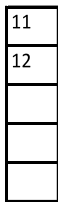
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3	6	9	1	2	5	7	8	4
4	8	7	9	3	6	5	1	2
1	3	7	6	8	9	2	4	5
8	5	4	7	1	2	6	3	9
9	2	6	3	5	8	7	1	4

ACROSS

- 2 The night before All Saints Day, a tradition started by the Celts
- 5 _____ or Treat
- 6 Bad luck to anyone whose path this crosses
- 9 These are popular costumes today
- 12 Dunk for _____

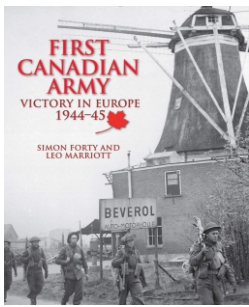
DOWN

- 1 Another word for goblins
- 3 Once considered a part of this celebration
- 4 Were a common costume in the 1910s
- 7 \$490MM spent on these for pets
- 8 _____ and Angels
- 10 Some are excellent at cutting this up
- 11 What would this celebration be without this?



FIRST CANADIAN ARMY: Victory in Europe 1944-45

by Simon Forty & Leo Marlott



After Dunkirk, as the tattered remnants of Britain's best troops returned home without their heavy weapons, Canadian troops moved in to defend northwest Europe, sending in virtually all of its disposable weapon resources and 368,000 soldiers. The majority of these were to be part of the First Canadian Army, which would play a key role leading to the unconditional surrender by Nazi Germany on May 9, 1945.

This book is a pictorial history of the First Canadian Army in northwest Europe during the final year of the war. It concentrates not just on the events of 75 years ago but also what can be seen on the ground today. The illustrations, over 350 of them, include battle, landing and assault maps; photographs of soldiers in action and resting, aerial photographs of key sites of action then and now; battlefield survivors such as Sherman tanks; memorials to individuals and units; and, of course, the cemeteries of Canadian, Polish and British soldiers.

LEST WE FORGET

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

ARMISTICE
CENOTAPH
D-DAY
DIEPPE
HONOUR
HORSES

LINE OF DUTY
MARCH
MONUMENT
NATO
NEVER AGAIN
NOVEMBER

PARADE
PEACE
POPPY
REMEMBRANCE
SOLDIER
TANKS

TWO
WORLD
WARS
UNKNOWN
VETERANS
VICTORY
VIMY