



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 - November 2022
Next Meeting: Wednesday November 23 at 10am in person
November Speaker: Sharon Odell - Dominion Observatory



PRESIDENT'S MESSAGE



Dear Members,

This was my make-up job for Hallowe'en. I thought I might share it with you.

I am so pleased to see so many people coming out to our meetings. While there is no directive to wear masks again, we do encourage everyone to wear a mask at the meeting. I am also very pleased to see how well the book exchange took off. We started with a few books but almost all of them were picked up.

Thank you to Barb Wilson and Maureen Dawson for greeting our members as they arrived. The November's meeting will have Bill & Shirley Martin greeting our members. If you are interested in becoming a greeter, please let me know. We would like to increase the pool of greeters.

It's that time of year again, time to collect our dues. Single members are \$30 and couples are \$50. This has been the same fee structure prior to covid. Last year we prorated the fees because we weren't able to meet in person and prorated them from the time we began our in-person meetings.

As our club continues to strive and grow, we are in need of some people to step up and take over the positions of Secretary, Vice-President and a Publicity person. John Wright, who has been very involved in the running of our club and has been our secretary for a few years, would like to step back. This is a great opportunity for someone to attend our management meetings and pick up the mantle from John. We also need someone in the position of Vice-President. I will begin my second year as President, a position I am thoroughly enjoying, and I need a second in command to step up. You will go on to become President after me. I have been talking to a number of people who I know could definitely do the job but I am hearing they are uncomfortable in the public speaking part. If this describes you, please let me know. I would have no difficulty continuing on with the public speaking part of the job on your behalf while you are in command. Please give this solution some thought and let me know. We cannot continue the club without these two key positions filled. We also need someone to handle Publicity. So far Colin Galigan has been handling this along with arranging speakers. It hasn't been an onerous job for him but he is wearing two hats.

I spoke with Sandra Blais about the cardboard bread tags. She told me that the bread tags were being collected to remove them from the landfill sites. Since they are changed to cardboard, this isn't an issue any longer. We will continue to collect the plastic tags at our meetings until there are no plastic tags left then we will decide on another item to collect for Sandra Blais.

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
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	<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

Nov 22 - Dec 21 **SAGITTARIUS**

You have the gift of the gab but at times you can't help putting your foot in your mouth. This week, though, the cosmos enables you to reach your audience.



It's also a great time to bond with siblings or to take a short trip.



GOODWILL

Linda Miller-Nesbitt

A get well card was sent to Bob Mady.

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 Oct 2022

Bonnie Barber

Expenses Revenues

Opening Balance			\$3010.73
Reversal of 50/50 float		20.00	
Membership dues		290.00	
Loonie Bin		17.55	
50/50		28.00	
Monthly bank charges	-4.00		
Totals	- \$4.00	\$335.55	\$3362.28
50/50 Float			\$20.00
Membership Float			\$20.00



CRANBERRY AND BRIE CANAPES

Christmas is a time for entertaining and these easy canapes make you feel like a guest at your own gathering

Pre-heat the oven to **350°F**. On a floured surface, roll out thawed puff pastry to approximately **1/4" thickness**. Cut the pastry into 12 equal squares. Press the squares into a 12-hole muffin tin. (The edges will hang over). Place **1 tsp of cranberry sauce** followed by **1 square of brie** into each piece. Gently gather the corners and pinch together. Brush with 1 beaten egg then place in the oven for 15-20 minutes until golden brown. Allow to cool before removing and place on serving dish. Serve warm.



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 70 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.



PIGS IN A BLANKET WITH MAPLE-MUSTARD DIPPING SAUCE

Pre-heat oven to **400°F** and line a baking sheet with parchment paper.

Roll out 2 packages of thawed frozen pastry and cut into 2" x 2" squares. Roll one cocktail sausage in one square of pastry and place on sheet. Brush each with 1 beaten egg and bake for 20 minutes or until golden brown.

Mix together **1 cup mayonnaise, 2 tbsp maple syrup, 1 tsp lemon juice, 1 tsp Dijon mustard, 1 tsp wholegrain mustard, salt and pepper** to taste. Serve warm.

I asked my wife what she would like for Christmas, she said nothing would make her happier than a diamond necklace, so I bought her nothing.



Pat Robson & Marlene Brennan

The 50/50 draw winner for October was our guest **INDU GAMBHIR** who won \$28!

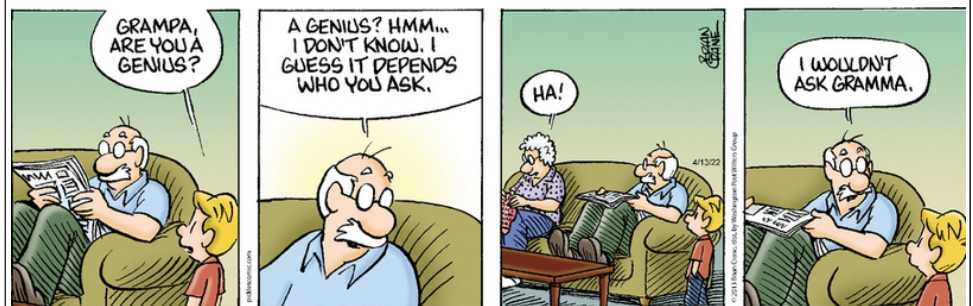
Congratulations, Indu

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

\$5 - ten tickets

Cash sales only.

Good luck, everyone!



PROGRAM

Colin Galigan

There will be no speaker for December as we will be enjoying our Christmas Party. Look for our speakers to resume in January 2023. The next speaker will speak on the Billings Estate.

Profile on Joan Evans

Joan was born in Botwood, Newfoundland, 90 kms east of Gander and started her nursing career there. Joan talks of going back to her local 50-bed Cottage Hospital where she delivered fifty babies in six months. In 1967, she moved to Montreal and joined a ski house in Ste-Adele in the Laurentiens.

In 1972, Joan was looking for a change. She was excited to travel but was worried about travelling on her own. Her first trip was to Spain to meet up with some friends. Their paths didn't cross as expected and Joan was left to her own devices. She found she was quite adept at travelling on her own. With a return trip to Toronto to leave her car with her sister, Joan took off to travel the world from 1972 to 1974. With a nursing degree in hand, she intended to work her way around the world.

She worked in Los Angeles which enabled her to travel Hawaii, Japan, Hong Kong, Taiwan, Malaysia, Thailand, Mali on her way to Australia. She worked at odd jobs in Sydney while awaiting her RN registration, after which she became known as a Sister (Aussie term for RN).

Eventually Joan heard of work on a cruise ship and travelled to Fiji and New Zealand working as a nurse on the ship. From there she travelled to Katmandu, Nepal and met up with a group of seven men and seven women and camped through Nepal, India, Pakistan, Afghanistan, Iran, Greece, Turkey, Venice, Austria, Switzerland and France. That would be a heavy-duty workout for anyone's tent!

She took a job working in a pub in London, building up funds to travel to Germany, Poland, Russia and Czech Republic. While on this leg of her trip, Joan was involved in a bus accident and broke her arm. She had to spend a couple of days in hospital in Russia where she sent home postcards saying, "From Russia With Love". Joan loved Europe and in 1974 she planned to return to Toronto, make more money and move permanently to a European country. The plan was working until she fell in love and stayed on in Toronto. She was re-certified again as a nurse in Ontario which was one of her longest registration processes, and worked at Sunnybrook Hospital as a hemodialysis nurse.

Joan quickly learned after spending three days in Japan without speaking or hearing English that she didn't need an interpreter. A combination of charades and one-word sentences can get you around the world and back. Then in 1987 she saw a very interesting position open up at the Civic Campus here in Ottawa. It was a new position being advertised by McDonald Douglas involving computers in the hospital. Joan thought, 'If I was looking for another job, this would be the one I would be interested in.' Then a second later thought - why not!?! She applied and was hired for the position of Senior Client Services Representative.

In 1991, Joan took a position with uOttawa in their Faculty of Medicine as Academic Administrator. uOttawa was implementing a new system in how they were training their medical students called Standard Patient Program and they recruited people to play the part of patients with ailments. This practice still continues in the hospitals in Ottawa and throughout Ontario.

After retiring from UofO in 2001, Joan continued to work part-time research projects out of Elizabeth Breyere Research Centre.

Now I know what you're thinking, did Joan hang up her knapsack? No. Her most exciting trip was to Antarctica on a special expedition on a Norwegian ship in 2015. She and a friend had heard about this trip called 'In the Realm of the Great Explorers' which takes place only every so many years and booked passage. Her nursing background again came into play. She spent 19 days on the trip. To avoid contamination in the Antarctic circle, they were expected to clean their clothes and boots both getting onto and off of the ice. Joan also took a trip to Patagonia where she enjoyed a one-day bus trip. The ship left from Buenos Aires, Argentina and on their return, they had to sail through the Drake Passage. This is a body of water between South America's Cape Horn in Chile and the South Shetland Islands of Antarctica. As a matter of interest, there are over 800 shipwrecks in this passage.

Joan volunteered with the Chamber Music Festival for 10 years and the Jazz Festival for 15 years. She is still an active member of the International Folk Dancers of Ottawa, the Rideau Trail Association (hiking) and a volunteer courier with the Bruce Denniston Bone Marrow Society. She was president of our Probus club in 2013.

Joan has a wealth of stories she could impart about her travels. She has likely forgotten more stories than most of us have experienced.

What an amazing life Joan has led and to think with all the glamorous and exciting places to be in the world, she has decided to make Ottawa her permanent home. And if you join us with our Walkin' & Talkin' group, I am certain you can convince Joan to tell you one of her stories.



Joan Evans



Shelagh Stevens retired from a career in the military and became involved in the UN's Peacekeeping. Shelagh served her first mission in 1987 in Egypt with the Multinational Force and Observers. Her second mission was in Namibia in 1989 then in Croatia.

Shelagh told us that originally when the UN took over from the League of Nations the purpose of peacekeepers was to maintain peace and don't involve the locals or third party charities. Now, not only do they include the locals and third party charities, but they have employed women to make those local connections.

These female peacekeepers are fully trained military members but they are looked upon as more approachable and less threatening than the men.

Women are deployed in all areas - police, military and civilian - and have made a positive impact on peacekeeping environments. In all fields of peacekeeping, women peacekeepers have proven they they can perform the same roles, to the same standards and under the same difficult conditions, as their male counterparts. It is an operational imperative that the UN recruit and retain female peacekeepers.

More women in peacekeeping means more effective peacekeeping. Women peacekeepers improve overall peacekeeping performance, have greater access to communities, help in promoting human rights and the protection of civilians and encourage women to become a meaningful part of peace and political processes. Women bring greater diversity. A broadened skill set means improved decision-making leading to greater operational effectiveness and performance. Women peacekeepers can better access the population, specifically women and children, by interviewing and supporting survivors of gender-based violence and violence against children, thereby generating critical information that would otherwise be difficult to reach. Women build trust and confidence with local communities and help improve access and support for local women by interacting with women in societies where women are prohibited from speaking to men. Women peacekeepers serve as powerful mentors and role models for women and girls in post-conflict settings in the host community, setting examples for them to advocate for their own rights and pursue non-traditional careers.

Finally, Shelagh was very impressed by this statue at the United Nations call THE KNOTTED GUN. Sculpted by Carl Fredrik Reutersward in 1984. When Reutersward learned of the murder of John Lennon, he stayed up all night to work on the piece. This statue is exhibited in many places around the world: Sweden, US, Luxembourg, China, Germany, France, Switzerland, South Africa, Mexico, India, Georgia, Lebanon, and North Ireland. Sweden has 14 cities that exhibit this statue.



The Walkin' & Talkin' group met at NCC P20 near Mer Bleue for our walk this month. Barb was away so this walk was led by Joan Evans. She took us on a beautiful tramp through the woods where we walked across wooden bridges and saw a 'snowfall' of leaves from the trees. It was a sunny day with very mild temperatures. It was so hard to crop the picture and lose the fall colours.

Barbara Wilson
barbarawilson142@yahoo.ca

Please join us on the next walk on November 16th for our last walk of 2022 led by Kathryn Fournier. We will resume this program in the spring of 2023. We will be walking in the Gatineau Hills. Watch for an email giving you more information.



Helen White, Bernetta Starkey, Joan Evans, Bill McLellan, Eileen McCaffrey

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



On November 10th, we enjoyed a wonderful evening. We started with supper at the Royal Oak followed by music by the Grey Jazz Band that included a couple who could swing to every tune and two amazing singers (not

featured). The Grey Jazz Band performed music from the WWII era with songs from Vera Lynn and other notables of that time. This was a wonderful evening arranged by Linda Miller-Nesbitt. Please join us on the next outing, a trip to the Ford Innovation Centre in February. Watch our website for details.



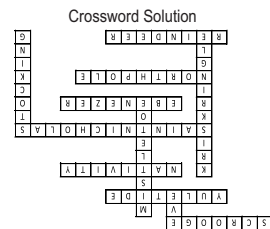
L-R: Colin Galligan, Kathy Galigan, Tom Barber, Bonnie Barber, Bernetta Starkey, Joan Evans, Jane Wickham, Eileen McCaffrey, Bill McLellan, Pat Robson, Pat's guest, Linda Miller-Nesbitt, Ruth Rennie.



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



"I've got two other applicants to see before I make my final choice."



"Giant hairy bug arm - I don't see that on the list of possible COVID-19 vaccine reactions."

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



We are so lucky to have a club that is growing. And now we are offering you an opportunity to join our management team. We need a Secretary, a Vice-President and Publicity person. We only need one of each. Please go online to our website and in the list under the logo is a

listing for **JOB DESCRIPTIONS**. That will give you an idea of what these positions entail.

Please consider this. You won't be left alone on the job. You will be supported by the management team and the person who previously held that position.

If you have any questions or concerns, please reach out to anyone on the management team. We would love to have you join our ranks.

Our club needs people to step up to continue growing. We know we can count on you.



Our Dues are Due

A single membership is \$30 and a couple's membership is \$50. We have a few payment options available for you.

1 - 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.

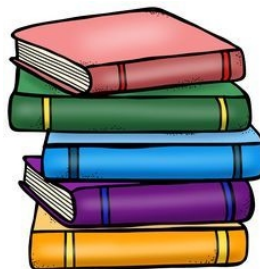
2 - You can make your cheque payable to Probus Ottawa Alta Vista and bring your cheque with you to our November or December meetings.

3 - For those who do their banking online, you can etransfer your dues to Bonnie Barber, our treasurer, at tandbbarber@rogers.com.



Please join us on December 14th for our Christmas luncheon. The club will pay for the luncheon of sandwiches, treats and punch and we will enjoy the singing of Bernie Coughlin and join him in a sing-a-long. Regular meeting time on an earlier date. Please mark your calendars. We will need to know how many are planning to come to make the appropriate arrangements. Please check our website.

Book Exchange



At each of our meetings, please bring one book per person for exchange. Leave it on the table by the door. You may also pick up another book. Please take your book home with you if it wasn't picked up. Please don't expect to get your book back.



Can you find the 10 differences between these pictures?

NOVEMBER BIRTHDAYS

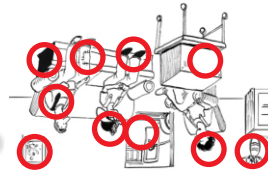


- 6 Jane Wickham
- 11 Hugh Reekie
- 17 Gary Costain
- 18 Shirley McMullin

FUN &

GAMES

Spot the Difference Solution

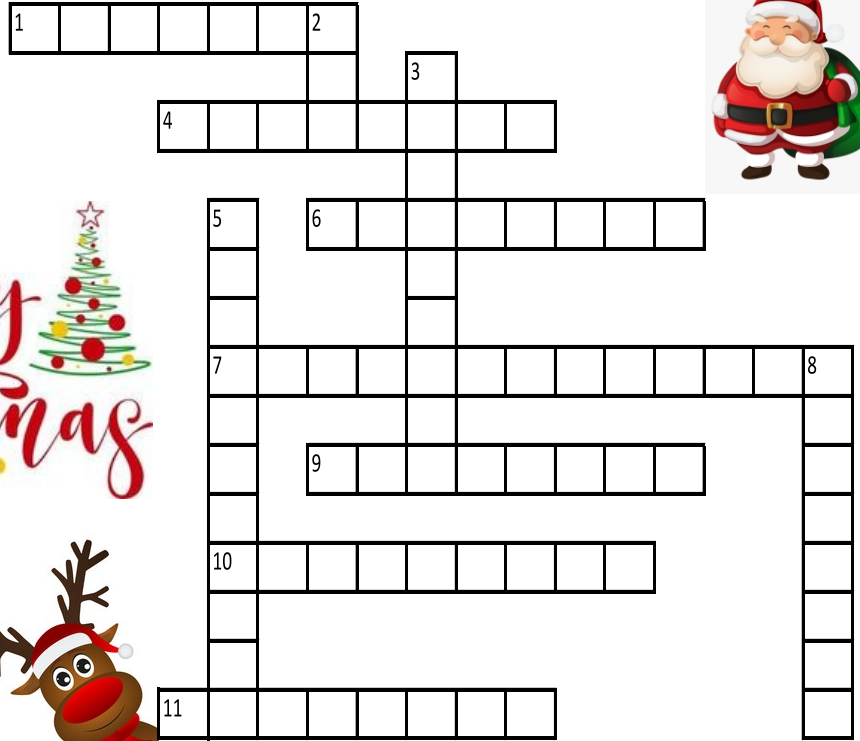


Sudoku Solution

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

ACROSS

- 2 A misguided old man
- 5 An archaic word for Christmas
- 7 Means a place where you were born but we are talking about a special one
- 8 Lost his halo
- 10 First name of 2 Across
- 11 Where Santa lives
- 12 Not snow deer



Merry Christmas

DOWN

- 1 Songs
- 3 The night before
- 4 Waiting for a kiss
- 6 Another name for Santa Claus
- 9 Hugs for Santa



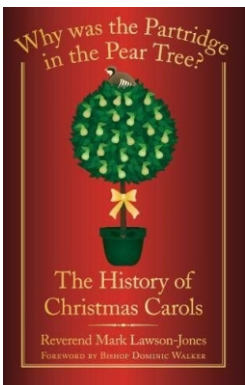
M	T	S	Q	M	Z	B	N	B	H	A	G	N	Y
I	U	I	L	S	E	O	U	T	O	N	R	A	E
D	P	S	N	E	T	R	F	F	H	G	I	U	F
N	L	A	N	S	I	A	R	M	O	E	N	G	M
I	M	U	P	O	E	G	R	Y	H	L	C	H	I
G	A	B	F	E	W	L	H	Z	O	S	H	T	W
H	G	U	E	K	R	E	G	G	N	O	G	Y	H
T	I	S	I	L	E	N	T	N	I	G	H	T	O
J	C	A	H	O	L	L	Y	J	O	L	L	Y	V
O	C	H	E	E	R	S	W	E	E	T	S	O	I
Y	V	Z	Z	F	S	E	A	S	O	N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

ANGELS
BELLS
CAROLS
CHEER
COOKIES
EGGNOG
GRINCH

HO-HO-HO
HOLLY JOLLY
JOY
MAGIC
MERRY
MIDNIGHT
NAUGHTY

PAPER
PEACE ON EARTH
SEASON
SILENT NIGHT
SINGERS
SLEIGH

SNOW
STAR
SWEETS
TINSEL
WHOVILLE



by Reverend Mark Lawson-Jones

The hidden stories and fascinating facts behind favourite Christmas carols

Who was Good King Wenceslas? What are the pagan origins behind The Holly and the Ivy? Discover the hidden stories behind best-loved Christmas carols,

from their earliest incarnations in the Middle Ages and their banning under the Puritans to the carols that united soldiers on the Western Front during World War I. This fascinating book charts the history of one of Christmas' longest-running traditions and is sure to appeal to all those who love the festive season.