



# 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 - December 2022  
Next Meeting: Wednesday December 14 at 10am in person  
**January Speaker: Dr Nancy Edwards, RN, Sierra Leone**



Bernetta Starkey

## PRESIDENT'S MESSAGE

Dear Members,

This is one of my favourite times of year - winter. I love that it gets dark early (*means I can put on my pajamas earlier and nobody criticizes*), I love the winter food (*stews, casseroles, spaghetti sauces*), I love listening to the wind whipping around outside and knowing I don't have to go out into it (*because now we are retired and only go out when we want to*).and it's the season of lights. I love to see all the houses lit up with Christmas lights. I am not putting in a plug for any organization but if you can, I would highly recommend that you go and see the Magic of Lights in Kanata. Well worth the money and it will really get you in the Christmas mood.

This is also the time of Christmas - presents, turkey dinner(s), people gathering, Christmas music and stories. A beautifully sweet time of year. Without putting too fine a point on it, please remember your neighbours who have lost their significant others and may find this time of year particularly difficult. A warm hug can go a long way.

My favourite Christmas story is the one of Scrooge. That miserly old man who would have nothing to do with Christmas becomes it's greatest champion. The black-and-white Alistair Sim version is still my favourite. You can see the vulnerable man behind the gruff exterior. A man who has lived with success but harbours so much pain inside.

It is easy to fall into that Scrooge character. After all, we have lived enough years to have accumulated many hurts, injustices and discriminations that becoming protective of what we have and scaring off any intruders into our lives seems like a logical and prudent thing to do. Is Scrooge the villain or the victim in this story? Doesn't it always seem that someone has their hand out for something? We have worked hard for what we have, why should we just give it to those who have so little? Why aren't they making their own way in life?

When Charles Dickens wrote A CHRISTMAS CAROL it was to put a spotlight on the wealthy of London. To make them realize that not everyone had all the comforts of life that they enjoyed. We sometimes forget that. We often are shown the rich who have so much more than we have, that we forget we have so much more than many others.

In the words of Tiny Tim, "May God bless us, every one." I wish you each a wonderful Christmas and to keep Christmas in your own way.

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>	<b>THIS COULD BE YOU!</b>	
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>	<b>PLEASE HELP YOUR CLUB</b>	
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

Dec 22 - Jan 20

### CAPRICORN

A creative project you've poured blood, sweat and tears into will show



success. Meanwhile, the sun in your spiritual sector inspires you to take time to reflect and enjoy moments of silence. Great time to bond with siblings or to take a short trip.



## 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 Nov 2022

Bonnie Barber

Our treasurer, Bonnie Barber, is currently on holiday. The Financial Report will be reported in January to cover November and December.



## 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.

### LESSONS FROM A CHRISTMAS TREE

BE A LIGHT IN THE DARKNESS - WE ALL FALL OVER SOMETIMES - WHEN THINGS GET TOUGH...ADD GLITTER - SHARE YOUR GIFTS. YOU WERE BORN TO SPARKLE...EVEN IF YOUR GARLAND'S A LITTLE DROOPY - AND, IT'S OKAY TO BE A LITTLE TILTED.



Pat Robson & Marlene Brennan

The 50/50 draw winner for November was MARLENE BRENNAN who won \$21.50!

**Congratulations, Marlene!**

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

\$5 - ten tickets

Cash sales only.

Good luck, everyone!



## CLASSIC CRUMPETS

"These require a little patience, but you just cannot beat a homemade crumpet. Making your own butter is optional, but it's surprisingly simple and satisfying to do." Jamie Oliver

Gently warm **1 1/2 cup of milk**. In a bowl, dissolve **1 tbsp dried yeast** and **1 tsp sugar** in the warm milk and **1/2 cup of warm water**. Leave in a warm place for 15 minutes, or until frothy.

Sift **1 1/4 cup flour**, **1/2 tsp baking soda** and **1 tsp of salt** into a large bowl. Make a well in the centre and pour in the yeast mixture.

Whisk from the centre outwards until the consistency of cream - this will take a few minutes. Add a splash more water, if needed.

Cover with a damp tea towel and set aside for 45 minutes or until little bubbles form on the surface.

Grease as many 4-inch egg rings as will fit in your frying pan with vegetable oil. Wipe a little oil around a large frying pan and place over a medium-high heat.

Arrange the rings in the frying pan in the frying pan and once hot, spoon 4 tbsp of the batter into each ring.

Cook for 5 minutes or until little bubbles appear on the surface.

Once the bubbles have burst, leaving little holes, use tongs to carefully lift off the rings and flip over the crumpets, then cook for 1 minute on the other side.

Re-grease and re-heat the rings and pan before cooking the next batch.

Serve the crumpets warm, with a slather of butter.



## PROGRAM

Colin Galigan

January Speaker

**Dr Nancy Edwards, RN  
Sierra Leone, West Africa**

In 1978, Nancy Edwards left as a CUSO volunteer for Sierra Leone, where she spent 3-years working as a community health nurse and 2-years evaluating primary health care programs. Her stories of village life convey the ravages of tuberculosis; threats of witchcraft; and tragedies of deaths related to pregnancy, childbirth, and newborn tetanus. She celebrates local advocates for health improvements. Acutely aware of her role as a cultural outsider, the author reveals how she learned about the power of ancestors and the women's Secret Society among the Mende people.

Four decades after her arrival in Sierra Leone, Edwards comes to grips with her stance on the cultural practice of female circumcision. She takes us behind-the-scenes, describing how her West African experiences shaped her life and research.





Rudolph the Red-Nosed Reindeer

## Profile on Rudolph the Red-Nosed Reindeer

Christmas of 1939 found Robert May, a Chicago copywriter working in the ad department of Montgomery Ward. Every year, they purchased and gave away free Christmas colouring books, but they decided that year to create their own. They gave the task of writing it to May with the instructions, make it about an animal.

Robert's wife, Evelyn, was bed-ridden and on the losing end of a 2-year battle with cancer. This left Robert broke and looking after his wife and 4-year-old daughter, Barbara.

One night as Barbara cried herself to sleep, he struggled with the story. Montgomery Ward, aware of Robert's situation, suggested he quit work on the book and turn in whatever he had so far but Robert refused, writing years later, "I needed Rudolph now more than ever." Robert remembered the pain of his own childhood. A small, sickly boy, he was constantly picked on and called names. But he wanted to give his daughter hope and show her that being different was nothing to be ashamed of. More than that, he wanted her to know that he loved her and would always take care of her. Remembering Barbara's love of the reindeer at the zoo, he began to spin a tale about a reindeer with a bright red nose who found a special place on Santa's team. Robert had considered names like 'Rollo' or 'Reginald' but it was Barbara who chose 'Rudolph'. Barbara loved the story so much that she made her father tell it every night before bedtime. As he did, it grew more elaborate. Because he couldn't afford to buy his daughter a gift for Christmas, Bob decided to turn the story into a homemade picture book.

In early December, Robert's Evelyn died. Though he was heartbroken, he kept working on the book for his daughter. A few days before Christmas, he reluctantly attended a company party at Montgomery Ward. His co-workers encouraged him to share the story he had written. After he read it, there was a standing ovation. Everyone wanted copies of their own. Montgomery Ward bought the rights to the book from their debt-ridden employee. Over the next 6-years at Christmas, they gave away six million copies of Rudolph the Red-Nosed Reindeer to shoppers. Every major publishing house in the country was making offers to obtain the book. For all his efforts, Robert May never received anything more than his salary but that changed in 1947. In an incredible display of goodwill, Sewell Avery, the head of the department store perhaps moved by the spirit of Christmas returned all rights to Robert May. Four years later, Rudolph had made him into a millionaire.

Now remarried with a growing family, May felt blessed by his good fortune. But there was more to come. His brother-in-law, a successful songwriter named Johnny Marks, set the uplifting story to music. The song was pitched to artists from Bing Crosby on down. They all passed. Finally, Marks approached Gene Autry. The cowboy star had scored a holiday hit with "Here Comes Santa Claus" a few years before. Like the others, Autry wasn't impressed with the song about the misfit reindeer. Marks begged him to give it a second listen. Autry played it for his wife, Ina. She was so touched by the line "They wouldn't let poor Rudolph play in any reindeer games" that she insisted her husband record the tune.

Within a few years it had become the second best-selling Christmas song ever, right behind "White Christmas". Since then, Rudolph has come to life in TV specials, cartoons, movies, toys, games colouring books and greeting cards. The little red-nosed reindeer dreamed up by Robert May and immortalized in song by Johnny Marks has come to symbolize Christmas as much as Santa Claus, evergreen trees and presents. As the last line of the song says, "He'll go down in history."

There are many variations as to how Rudolph the Red-Nosed Reindeer came to be, but I thought this was the most heart-warming one. In a CBC documentary, DREAMING OF A JEWISH CHRISTMAS, they explored the origins of this and many other Christmas songs. Rudolph the Red-Nosed Reindeer was, in fact, penned by a Jewish writer and the inspiration for his little reindeer came from the loss of his wife and the love he had for his daughter.

A very merry Christmas to one and all.



Sharon Odell spoke eloquently about the Dominion Observatory and its history. The Dominion Observatory was an astronomical observatory in Ottawa, Ontario that operated from 1902 to 1970. The observatory grew out of the Department of the Interior's need for the precise coordinates and timekeeping that at that time could only come from an observatory.

Sharon also spoke of Helen Sawyer Hogg who was an American-Canadian astronomer who pioneered research into globular clusters and variable stars. She was the first female president of several astronomical organizations and a notable woman of science in a time when many universities would not award scientific degrees to women. Her scientific advocacy and journalism included astronomy columns in the Toronto Star ("With the Stars", 1951–81) and the Journal of the Royal Astronomical Society of Canada ("Out of Old Books", 1946–65). She was considered a "great scientist and a gracious person" over a career of sixty years.

In 1930, she married Canadian Frank Scott Hogg, an astronomy student at Harvard, and the two moved to Victoria, British Columbia in 1931. She gave birth to the couple's daughter, Sally, in June 1932. Hogg was able to continue her observation work by bringing her sleeping daughter with her to the observatory at night in a basket. The observatory's director, Dr. J.S. Plaskett, also was supportive; he gave Helen Sawyer Hogg a research grant of \$200, which she used to hire a full-time housekeeper for an entire year, providing further support for her research work.

In 1935, the couple moved to Ontario to work at the University of Toronto's David Dunlap Observatory, where the couple's second child, David, was born in January 1936, followed shortly by their third child, James, in September 1937. Frank died in 1951 of a heart attack, and Helen picked up many of his professional responsibilities in addition to raising their three children. In 1985, Helen married F.E.L. Priestley, a colleague and professor emeritus of English at the University of Toronto, who died in 1988.

Helen Sawyer Hogg died of a heart attack on January 28, 1993, in Richmond Hill, Ontario. An obituary written about Hogg's contributions to physics and astronomy was printed in the Journal of the Royal Astronomical Society of Canada



Wasn't that a party?! It started with music by Bernie Coughlin where we also learned that Bob Mady has quite the singing voice. He taught Bernie the proper pronunciation to the words of Felice Navidad.

We had eight poinsettias on the table as decoration and eight of our members won the poinsettias.

We had a visit by Santa and accompanying elf giving out candy canes and a wonderful lunch of sandwiches, desserts, oranges, fruit punch and coffee and tea.

It was a wonderful start to the Christmas season and everyone left with a smile on their face.

Thank you to everyone who made this day so special.



Ottawa and surrounding towns has become known as the Christmas movie capital of the world, according to this month's edition of the Kitchissippi Times. This month saw filming for "Twas the Night Before Christmas" underway on Sparks Street and "One Delicious Christmas", a Discovery+ original movie was filmed in a private home in Ottawa. Following is a list provided by Linda Miller-Nesbitt of other films you can look up and enjoy this season.



The Walkin' & Talkin' group didn't meet in November and this group is now on hiatus. Over the winter months, get yourself some hiking shoes and join us again in the spring.

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.**

- 1) "Christmas Explorer" (Almonte)
- 2) "A Chance for Christmas" (Almonte)
- 3) "Candy Cane Candidate" (Kemptville and Almonte)
- 4) "Fatman" (Mississippi Mills and Carleton Place)
- 5) "Unlocking Christmas" (Almonte)
- 6) "The Christmas Setup" (Almonte, Arnprior and Smiths Falls)
- 7) "Christmas Scavenger Hunt" (Mississippi Mills and Carleton Place)
- 8) "A Cheerful Christmas" (Mississippi Mills)
- 9) "The Turkey Drop" (Kemptville and Arnprior)
- 10) "Christmas Around the Corner" (Carleton Place and Almonte)

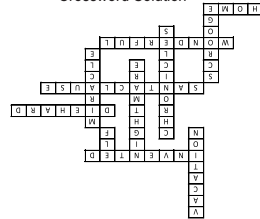


We are playing Bridge online. Please contact Bernetta Starkey ([bernettastarkey1@gmail.com](mailto:bernettastarkey1@gmail.com) or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera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

# FUN &

# GAMES

Crossword Solution



"I just heard the TV switch off. Santa's on his way!"



"Ummm....I'm allergic to milk but not cabernet."

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



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.

Positions to be filled:

- Vice-President
- Secretary
- Publicity



## 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.

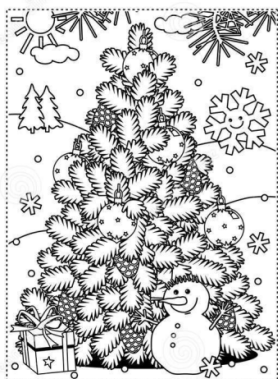
2 - You can make your cheque payable to Probus Ottawa Alta Vista and bring your cheque with you to our November or December meetings.

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

The last time I checked, we were at 38 members paid out of a membership of 70 members. That's better than half but we need to get all the dues in by the end of December.

In January we must pay our membership to Probus Canada and it is based on our membership. We need to have the money in hand.

Please make payment as soon as you can. Thank you.



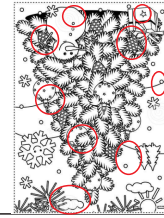
Can you find the 10 differences between these pictures?

I usually can find them because I show you where they are but I can't find 10. Can you?

## DECEMBER BIRTHDAYS



- 7 Cathy Borza
- 10 Maureen Dawson
- 10 Bob Mady



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

This is going to be a tougher crossword than usual. You will have to solve for a word in the name of the movie. Good luck!

## ACROSS

- 2 Christopher Plummer played Down 9 character
- 7 Bruce Willis starred
- 8 Tim Allen starred
- 10 Jimmy Stewart and Donna Reed starred
- 11 Macaulay Culkin starred



## DOWN

- 1 Chevy Chase starred
- 3 Tim Burton wrote this movie (\_\_\_\_ Before Christmas)
- 4 Will Ferrell starred
- 5 Kurt Russell starred
- 6 Maureen O'Hara starred
- 9 Alastair Sim is the only one



## THE MAN WHO INVENTED CHRISTMAS

by Les Standiford

Includes Charles' Dickens' classic  
*A CHRISTMAS CAROL*

Just before Christmas in 1843, a debt-ridden and dispirited Charles Dickens wrote a small book he hoped would keep his creditors at bay. His publisher turned it down, so Dickens used what little money he had to put out *A CHRISTMAS CAROL* himself. He worried it might be the end of his career as a novelist. The book immediately caused a sensation and it breathed new life into a holiday that had fallen into disfavour, undermined by lingering Puritanism and the cold modernity of the Industrial Revolution. It was a harsh and dreary age, in desperate need of spiritual renewal, ready to

embrace a book that ended with blessings for one and all. With warmth, wit and an infusion of Christmas cheer, Les Standiford whisks us back to Victorian England, its most beloved storyteller and the birth of the Christmas we know best. *THE MAN WHO INVENTED CHRISTMAS* is a rich and satisfying read for Scrooges and sentimentalists alike. Now a made for TV movie.

6 Check out our website at [probusoav.ca](http://probusoav.ca)

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

BAD SANTA  
CHRISTMAS  
CAROL  
DIE HARD  
ELF  
HOME ALONE

FROSTY  
SNOWMAN  
JACK FROST  
JINGLE JANGLE  
KLAUS

MIRACLE  
NIGHTMARE  
POLAR  
EXPRESS  
SCROOGE

RUDOLPH  
RED NOSE  
SANTA  
CLAUSE  
WONDERFUL  
LIFE

