



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 - January 2023
Next Meeting: Wednesday January 22 at 10am in person
Greeters for January: Bill & Shirley Martin
January Speaker: Nancy Edwards, RN, Sierra Leone



Bernetta Starkey

PRESIDENT'S MESSAGE

Dear Members,

Happy New Year! This is the time of year of New Year's Resolutions. The usual resolution is to lose weight but that is just guilt talking after enjoying all those Christmas goodies that we never eat throughout the year. This year I resolve to get back to some of the activities I used to enjoy.

We are in a desperate situation needing to fill two positions on the board - Vice-President and Secretary. These two positions are crucial to the club continuing forward. I have included the job descriptions for these two positions on Page 4. Please take a look and give it some serious consideration.

We are still enjoying our book exchange. I have not been studying the table where the books are but I never find any books left over. I don't know if the owners are picking them up again (thank you if you are) or if all the books are finding new homes but I am pleased to see this seems to be so successful.

We have greeters for each meeting and we could add more to this list. Please let us know if you would like to be a greeter. The greeters welcome all our members and guests to our meetings; they point out the coffee and treats, the loonie bin; and the 50/50 table. For our guests they take them to the membership table and then sit them with one of our members to be sure they are being looked after. What a wonderful way to be welcomed to our club - met at the door, taken to be signed in, welcomed at the meeting and seated with a member so they are not left alone.

I won't be at the January meeting. Bonnie Barber, our past-president will chair the meeting. Bill and I were gifted tickets to see JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT (or as I call it Joseph and the Multicolour Raincoat) in Toronto. The tickets are for the same Wednesday as our meeting.

See you in February!

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	Vacant	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	Vacant	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

Jan 21 - Feb 18

AQUARIUS

Aquarians are open-minded and original lovers. They are very supportive and like to be of service. Witty and clever, they can seem detached and aloof even when they are in love. Attraction for them happens on a mental rather than emotional level and they tend to love deeply.





GOODWILL

Linda Miller-Nesbitt

Many may remember Jeremy **Robin Rousham** who was our president in 2014. Robin passed away in November 2022. Robin was born in England 86 years ago and came to Canada in 1956. He enjoyed a lengthy career in the RCAF. He leaves behind his devoted wife of 64 years Solange and sons Gordon, Jonathan and Andrew.

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 & Dec 2022

Bonnie Barber

	Expenses	Revenues	
Opening Balance			\$3362.28
Membership dues		1040.00	
Loonie Bin		54.45	
50/50		49.50	
Nov & Dec bank charges	-8.00		
Chq 117 - B. Starkey (Tulip printing, Christmas)	-100.87		
Chq 118 - B. Barber (Christmas luncheon)	-147.95		
Totals	-\$256.82	\$1143.95	\$4249.41
50/50 Float			\$20.00
Membership Float			\$20.00



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 51 members in good standing. Thank you to everyone who has participated in bringing a friend to our meetings. We truly appreciate it.



Pat Robson & Marlene Brennan

The 50/50 draw winner for December was **BILL McLELLAN** who won \$28!

Congratulations, Bill!

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

\$5 - ten tickets

Cash sales only.

Good luck, everyone!



GORGONZOLA STUFFED CHICKEN BREASTS WRAPPED IN BACON

"Cheese and bacon. Need we say more?"

Preheat the oven to **375°F**. Spray an 8x8 baking dish with cooking spray.

Using a sharp knife, cut a slit into the thick side of each 2 skinless, boneless chicken breasts, about 2 inches long and 1-1/2 inches deep.

Mash together **1/4 cup crumbled Gorgonzola cheese, 2 tbsp fresh parsley, 2 tbsp minced shallots, 1 minced garlic clove** in a small bowl. Season with salt and pepper to taste. Fill each chicken breast pocket with Gorgonzola mixture. Wrap **2 slices of bacon** around each breast. Secure with wooden toothpicks. Place chicken breasts into the prepared baking dish.

Bake until bacon is browned and chicken is no longer pink inside, about 35 minutes. A thermometer inserted into the centre of the breast should read at least 165°F.



PROGRAM

Colin Galigan

February Speaker

Rachael Jones

Waste Management Plan

The Ontario Waste Management Association website is counting down the days, hours, minutes and seconds until Ontario's landfill sites are full. At this moment the countdown shows 4007 days, 19 hours, 37 minutes, 18 seconds. 4007 days is just short of 11 years until those sites are closed. Rachael Jones will explain the waste management plan for Ottawa and how we can participate. The City is in development of a Master Plan to be completed in 2023.

In March through May of 2022, the City held virtual public meetings and discussion groups. You can refer to these presentations online at engage.ottawa.ca/solid-waste-master-plan or attend our February meeting to hear the plan from Rachael Jones where you will be able to ask questions. This will prove to be a very interesting speaker.





A CHANCE TO LOOK AT THE FUTURE OF THE AUTOMOBILE

THURSDAY FEBRUARY 16

12:30pm

That may look tech-talk but Linda Nesbitt-Miller, who has been to the Centre, assures us that the presentation is more fascinating than daunting. In her words - Although it's a complex field, the enjoyable presentation could be entitled *Electric Vehicle Knowledge for Dummies*.

After a presentation you will see some of the vehicles being used as test beds for the new technology. You will be able to look under the hood of an all-electric Ford F150 Lightning truck. (Not that it will do you much good - it's empty! The motor and batteries are under the floor.)

Darcy McGee's is on Terry Fox Drive at Edgewater. The Centre is at 700 Palladium Drive. For either or both take the Queensway to Terry Fox Drive then head south. Palladium Drive is the first traffic light, turn right for the centre. Edgewater is the third traffic light. Turn left at the Esso station then immediately right across the fronts of the A&W and Swiss Chalet to Darcy McGee's.

If you dislike the Queensway, take Baseline to Robertson, through Bells Corners, continue to Terry Fox and turn right.

Go online to our website to sign up for this event.



PAINTING WITH GRACE

FRIDAY MARCH 3

2pm

I love this title because it sounds like we are going to know what we're doing. Linda Miller-Nesbitt has arranged an online painting class. No experience or skill is required. The class will be conducted through zoom and I will pick up the supplies and distribute them to everyone who has signed up. You will receive the zoom link by email. Sign up on our website for this class.

There is no cost to this activity, even the paints, canvas and brushes will be supplied, so go to our website and sign up. Who knows - there may be a Picasso among us.



Seniors \$24

910 Gladstone Avenue

Presented by: *Phoenix Players* Directed by: *Tyler Devine*

SUNDAY APRIL 23

2:30pm

A timeless tale of "whodunnit," Agatha Christie's *The Mousetrap* strands seven strangers at Monkswell Manor during a blizzard. But a police sergeant unexpectedly arrives, worried that a murderer-at-large is among the guests of the Manor. Before he can investigate, one of the guests is killed, starting an investigation into the lives and histories of everyone there. One of them is the killer, and another one of them may be next. Will the police be able to solve the case before another "mouse" falls?

The world's longest continuously running play for over 60 years, *The Mousetrap* continues to delight and intrigue mystery lovers of all ages!

We can follow this show with dinner at La Taverna at 226 Preston Street.

Please go to our website to sign up for this theatre/dinner outing.

It is wonderful to see our club is growing but we are growing on shaky ground. While our membership is expanding, our board members have not changed in a few years. John Wright, who is our secretary, has been on the board for many years and would like to step down as our secretary maintaining the job as webmaster. I have another year in my presidency but need a vice-president to follow me in 2024. Without these two key positions filled, the club is in jeopardy of closing. None of us want to see this happen and especially since we are flourishing with new members.

Please consider taking a position on our board. You will not be left to your own devices, there is lots of help from all the board members. Even if you are a new member, you can become a member of our board. Below are the job descriptions for the two positions we need filled.

VICE-PRESIDENT

- The Vice-president is considered "President Elect" although this is not an official designation. As such, the Vice-president is expected to learn the ins and outs of managing the Club in preparation for assuming the Presidency.
- The Vice-president will take over the functions of the President in the absence of the President, including, but not restricted to, running meetings.
- The Vice-president must be willing to take on special tasks required by the Management Committee.
- The Vice-president may attend meetings of sub-committees.

SECRETARY

The Secretary is the custodian of all non-financial Club records and documents, and all by-laws of the Association.

- Preparation and distribution of notices and agenda for Management Committee meetings and Meetings of Members (Annual General Meetings, Special General Meetings).
- Preparation and distribution of draft minutes of the above meetings and submission of the minutes for approval.
- Signing Authority if and when so appointed by the Management Committee.
- Carry out all normal correspondence of the Club.

Records and Documents

- Constitution and By-laws
- Position descriptions
- Certificate of insurance
- Contact list of current Management Committee members
- Newsletter copies



Walkin' & Talkin'



The Walkin' & Talkin' group is on hiatus. Something to dream about during these dreary winter months. Over the winter months, get yourself some hiking shoes and walking sticks if you like and join us again in the spring.

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

Men welcomed.



On our club's behalf, I attend district zoom meetings. We are in District 1 and our director is Craig Greenwood.

At our most recent meeting we were told that Probus is growing, especially in the Collingwood/Wasaga Beach area, and they will be creating two new districts. This won't affect our district and will affect Districts 2 and 7. Two new districts and new lines will be drawn to alleviate the load on the directors.

Probus Canada will be coming up with a new Probus logo. Probus has organizations around the globe. It started in Canada in 1987 under the leadership of John Morris. There are 36,000 Probus members across Canada.

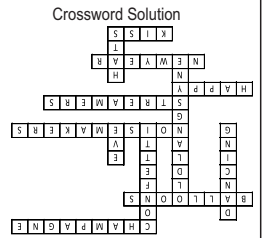
There will be some changes made to the constitution. We will keep you informed on those changes. Probus tries to be a very inclusive club and I am certain the changes are to reflect those values. More to come.



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



"Aren't you going to wish me a Happy New Year?"



"Happy New Year - but no happier than that"

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

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honour of the new year—though for them the year began not in January but in mid-March, when the crops were planted. During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favour on them for the coming year. If not, they would fall out of the gods' favour—a place no one wanted to be.



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 make payment as soon as you can. Thank you.



Chinese New Year is January 22nd. According to Chinese astrology, Rabbits are predicted to be gentle, quiet, elegant, and alert as well as quick, skillful, kind, patient, and very responsible, sometimes reluctant to reveal their minds to others and having a tendency to escape reality, but always faithful to those around them.

Spot the Difference



Can you find 5 differences between these pictures?

JANUARY BIRTHDAYS



- 11 Sandra Blais
- 11 Mike Charrier
- 11 Judy Foreman
- 18 Wes Adams
- 27 Ed Borza

FUN &

GAMES

Spot the Difference Solution

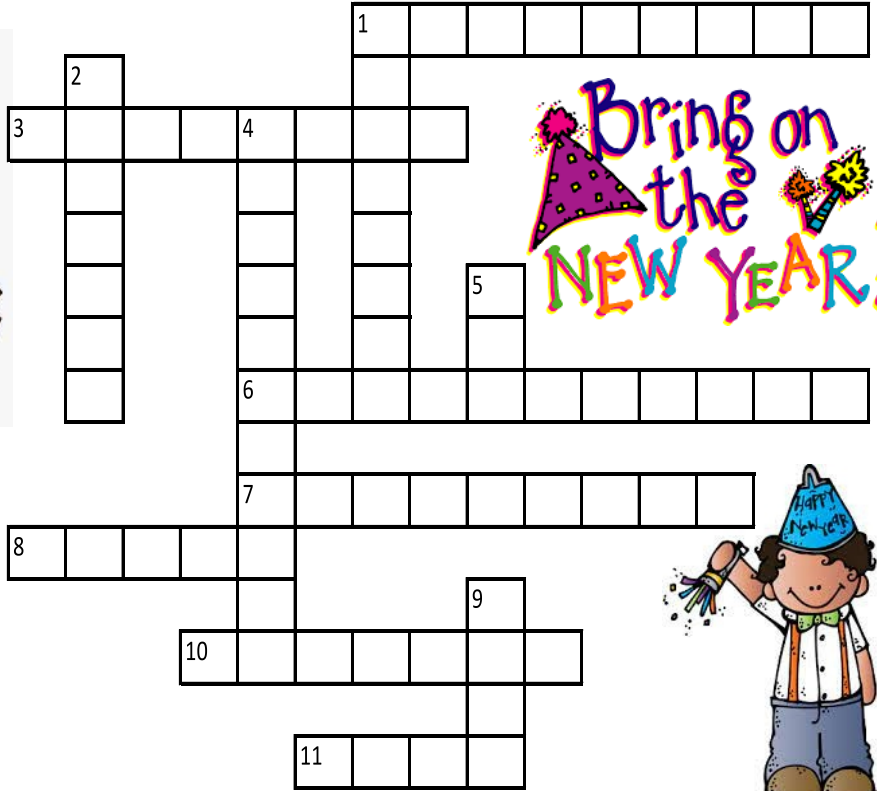


Sudoku Solution

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

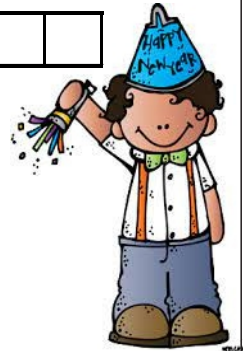
ACROSS

- 1 A bit of bubbly
- 3 Rubber air holders
- 6 To add to the mayhem
- 7 Strings thrown in the air
- 8 Joyous
- 10 The old man gives way
- 11 Done at midnight



DOWN

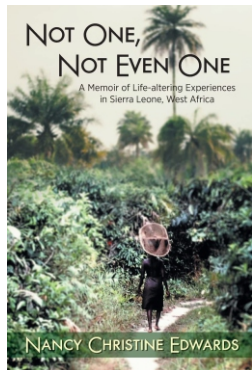
- 1 Pieces of paper that get everywhere!
- 2 Lots of this
- 4 The only New Year's song anyone knows
- 5 The night before
- 9 Toppers



NOT ONE, NOT EVEN ONE

by Nancy Edwards

In 1978, Nancy Edwards left as a CUSO volunteer for Sierra Leone, where she spent three years working as a community health nurse and two 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—mothers, traditional birth attendants, and village health committees.



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 career. Though steeped in hardship, tension, and conflict, *Not One, Not Even One* is buffered by humour, heartened by breakthroughs and shifting perspectives, and propelled by fierce hopes for the future.

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

- | | | | |
|--------------|-------------|-----------|----------------|
| SHOULD | TO MIND | LANG | HAPPY NEW YEAR |
| ACQUAINTANCE | DRINK | SYNE | HATS |
| BE FORGOT | A CUP | BONNE | KISS |
| AND | OF KINDNESS | ANNEE | MIDNIGHT |
| NEVER | MY DEAR | CHAMPAGNE | MUSIC |
| BROUGHT | AULD | DANCING | PARTY |
| | | | STREAMERS |