



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 - February 2023
Next Meeting: Wednesday February 22 at 10am in person
Greeters for February: Barb Wilson and Maureen Dawson

February Speaker: Rachael Jones, Ottawa's Waste Management



Bernetta Starkey

PRESIDENT'S MESSAGE

Dear Members,

I am thrilled to introduce to you our new Vice-President, Ann Ketcheson. You will find her contact information below and a bio on her on Page 3. We want to thank Ann for stepping up to the plate when we made a plea for someone to take on the role of Vice-President. Without Ann's help, our club was in jeopardy of having to close. It sounds ludicrous that that could have happened, especially when our club is growing, but there have been other clubs with larger memberships who had to close due to a lack of people willing to take on a leadership role. Our club is now safe in Ann's hands.

We are still looking for a Secretary. John Wright has been a member of the management team since God was in knee socks and he would like to take a deserved break. He will continue as our Webmaster. As a reminder, the Secretary would take notes at our monthly management meetings, prepare and send out the agenda for each meeting, and maintain documents such as our proof of insurance and our Constitution and By-Laws. A full description is on our website or in the January Tulip. Please give this position some thought. Again, another key position. And we are still looking for someone to take on the role of Publicity. The job description is on our website. The focus of this position is to keep our name in the public eye.

We are seeing a surge of interest in our club due to the efforts of Linda Miller-Nesbitt. One of her events, the Painting with Grace, has sparked interest in someone not yet a member of our club to ask to take that class with us. We have invited her to take the class with the hopes that she will be joining our club. As you may know, we do offer new people the opportunity to take part in our activities on a trial basis. A number of our newest members have joined this way.

Probus Canada will be hosting a zoom presentation on Dementia Awareness, its causes and preventions. The presentation will be on March 21 at 10am, hosted by Dr Andrea Wilkinson and Dr Mark Chignell from the University of Toronto. If you are interested, please reach out by email to andrea.wilkinson@utoronto.ca for the zoom link.

We are continuing with our bread bag tag collection until retailers have changed over to the cardboard tags. Please bring in our bread bag tags (*try and say that five times quickly!*) and place them in our container. And I am pleased to see our book exchange continues to be very active.

I am enthusiastically looking forward to another year as your president. I will be handing the reins over to Ann come next December.

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

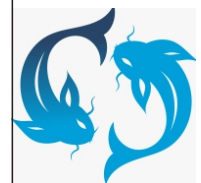
President	Bernetta Starkey	343-572-7448	bernettastarkey1@gmail.com
Vice President	Ann Ketcheson	613-244-1940	annketch@rogers.com
Past President	Bonnie Barber	613-736-9741	tandbbarber@rogers.com
Secretary	John Wright	613-731-8521	jcwright@bell.net
Treasurer	Bonnie Barber	343-984-6101	tandbbarber@rogers.com
Membership	Bob Mady	613-883-0286	bmady49@gmail.com
	/ Jane Wickham	343-698-8286	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>		
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

PLEASE HELP YOUR CLUB

Feb 19 - Mar 20

PISCES

Pisces are good at disappearing and disconnecting with people for a while. It is because they can get so overwhelmed with absorbing other peoples energies that they need solitude to balance their own energies. Creative and non-traditional, they enjoy talking about their dreams, music and art. Genuine generosity.





GOODWILL

Linda Miller-Nesbitt

A get well card was sent to Joyce Wright.

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 Jan 2023

Bonnie Barber

	Expenses	Revenues	
Opening Balance			\$4249.41
Membership dues		270.00	
Loonie Bin		18.65	
50/50		21.00	
Bank charges	-4.00		
B. Mady (name tags)	-22.13		
Church (final payment for 2022)			
Probus Canada (dues)	-345.00		
Hospitality (baked goods)	-153.00		
	-10.00		
Totals			
50/50 Float	\$534.13	\$309.65	\$4024.93
Membership Float			\$20.00
			\$20.00



All you need is love.

But a little chocolate doesn't hurt.



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 63 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 January was **BARB WILSON** who won \$21!

Congratulations, Barb!

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

\$5 - ten tickets

Cash sales only.

Good luck, everyone!



ENGLISH MUFFIN BREAKFAST PIZZA

"Go ahead. Tell the kids they can have pizza for breakfast"

Preheat the oven to **400°F**.

Line a small baking sheet with parchment paper and set aside.

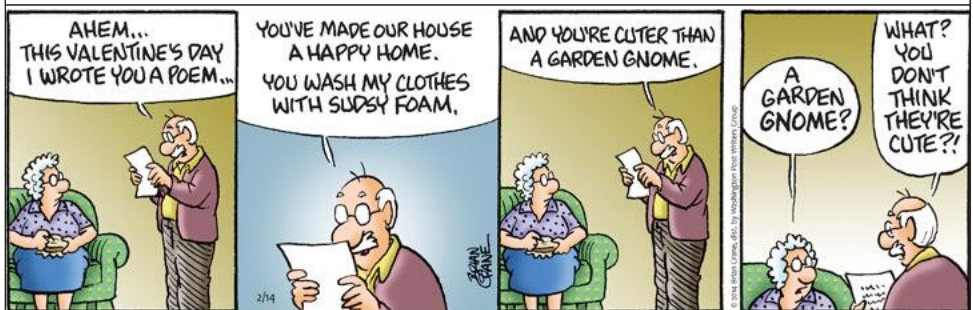
Thinly slice **1 small pepperoni stick**. Grate approximately **150 g of mozzarella cheese**, or enough cheese to personal taste.

In a small bowl, whisk **3 eggs** with **2 tbsp of milk**.

In a small skillet over medium heat, melt **1 tsp butter** and pour in egg mixture. Using a spatula, gently fold and flip eggs creating a soft scramble, about 3 to 4 minutes.

Halve and toast **2 English muffins**. Place on baking sheet, face up. Spread 1 tbsp of Marinara sauce over each piece, spoon scrambled eggs over sauce, top with pepperoni slices and grated cheese.

Bake for 10 minutes or until cheese is melted. Garnish with basil leaves. Diced green pepper would add extra flavour and nutrition.



PROGRAM

Colin Galigan

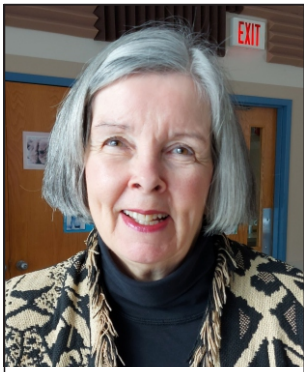
March Speaker

Dr Indu Gambhir
Doctors Without Borders

Dr. Gambhir will give us an insight into the work done by **Doctors Without Borders** in places where there is little or no organized health care and where there is the ever-present danger of finding oneself in the middle of a war zone. This is Sudan.

Work means dealing with infectious diseases such as tuberculosis, sleeping sickness and HIV/AIDS and at the same time meeting the challenge of providing general health information to the population.





Ann Ketcheson

Profile on Ann Ketcheson

When they say, “If you want something done, give it to a busy person”, they were talking about Ann Ketcheson. Ann heard our plea for someone to step up as Vice-President and answered the call.

Ann was born on a farm between the towns of Stirling and Roslin, north of Belleville. She attended Queens University to become a teacher and spent her teaching career in the Peterborough-Norwood area. Ann taught at four different high schools in that area.

While everyone else celebrated the millennium with fireworks, Ann approached it from a different direction. Ann was on her way to work in Norwood along Highway 7. It was Valentine’s Day with a little snow on the roads. Ann describes herself as a timid driver so if she had felt unsure of the conditions, she would not have been the driver that day. Highway 7 has two way traffic divided only by a dotted line and a promise. An

oncoming driver attempted to pass a school bus, lost control of the car and smashed head-on into Ann. She says she has limited memory of that event. Her passengers were safe as was the driver of the oncoming vehicle. Ann absorbed the entire accident. She was airlifted to Toronto, returned home after seven months in hospital and followed with a year of physio. Ann couldn’t return to work. She credits her school board for how well they stood by her. She went back as a volunteer for a while, then part-time and then returned for a short while as full-time. But decided to take early retirement. Now she does a very convincing impersonation of the Monopoly Man.

She then moved to Ottawa in 2005 where she took a job as a Mystery Shopper. She would go into banks, restaurants and other retailers and ask questions of the staff. She would then write a report on their customer service and any possible improvements. Ann volunteered for the Arthritis Society and made the circuit of clubs and retirement homes as a speaker (Colin, take note!). She would explain some self-help ideas that the Arthritis Society would give her but she always came away learning more because the discussion among a group would undeniably bring other ideas that people had tried themselves. The focus was to remove the fear of having arthritis and learning how to live with it.

Ann sings in her church choir and plays piano. When she was in Peterborough, she used to perform at dinner theatres. Ann also reviews young adult books for the University of Manitoba. She receives hard copy books and provides the review online. She reviews roughly two books a month. Ann has reviewed over 300 young adult books to date. Ann and her husband are big puzzle fans. She loves the crosswords and her husband favours the Sudokus. I’m feeling the need to make my crosswords in the Tulip a little more challenging. Ann loves words. Currently Ann is reading Peter Robinson detective mysteries. She doesn’t have a favourite author but prefers fiction and historicals. Ann also volunteers with the NAC as a greeter. She says that its often more than simply saying hello. Many people walk in off the street looking for directions and Ann is there to help.

Ann has travelled extensively. Most of Europe, China, Japan, Australia and her husband’s home, New Zealand.

Ann knits tuques for newborns for the Queensway Carleton Hospital. And finally, Ann has decided she still has time in her schedule to learn Spanish. Always on the go this young lady!



**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.



Nancy Edwards, author of NOT ONE, NOT EVEN ONE spoke to us of life and pregnancy in Sierra Leone. Sierra Leone was colonized by the British from 1808 to 1961 and became a republic in 1971. The official language is English and the population has grown from 3.2M in 1978 to 8.1M in 2021. There are eighteen ethnic groups, each tribe with their own language. There is a connection between Sierra Leone and Nova Scotia as approximately 1200 former slaves travelled to the area they named 'Freetown'.

Traditional Birth Attendants (TBAs) were replaced by auxiliary nurses/midwives in the 60s. From the 2000s, policies had been enacted to require deliveries by skilled attendants in medical facilities. TBAs were not allowed to practice midwifery. In the 80s, TBAs received training and certificates to once again perform midwifery duties as before.

The ongoing challenges for these well-respected women in their communities is the government's interference with their time-honoured service. TBAs are integral to larger cultural entities such as the Bondo Secret Society in Sierra Leone. Payment for TBA services has been in kind or in cash and needs to be understood to provide an adequate social security safety net. And finally, more children, specifically girls, need support and encouragement to attend and complete their schooling.

The people of Sierra Leone have to be a strong people. Following 11-years of civil war, they were faced with the Ebola crisis just 13-years later in 2015 and hot on the heels of Ebola was Covid in 2019. Nancy reminds us that there is a lot wrong with how global health is designed, structured, taught and practiced. She says that if it was not clear before the pandemic, the ongoing Covid-19 vaccine inequity offers abundant proof that global health, as a field, does not walk the talk. The powerful and privileged high-income countries decide what they may be willing to part with as charity. Nancy discussed the privileged people in the global north. All the countries above the equator (North America, Europe, Asia) are the countries that hold the world's wealth. They make the decisions for the countries below the equator (the countries in Africa and India). A majority of global health agencies are headquartered north of the equator. Every year, large numbers of trainees from north of the equator travel to the south of the equator and engage in global health missions, clinical tourism, research and consultancy work. Reciprocity would require these countries to host trainees from south of the equator and experts. This rarely happens.

Nancy asks us to not accept the status quo and to find out if you are a colonizer or a decolonizer.



The Walkin' & Talkin' group is coming back! Make a note in your calendar of these dates.

Wednesday March 15
Wednesday April 19
Wednesday May 17

Wednesday June 21
Wednesday July 19
Wednesday August 16

Wednesday September 20
Wednesday October 18

We meet at 10am at different parks. The March 15th date is weather dependent. We walk at a comfortable pace and always in a group. This is a wonderful way to get rid of some of those winter pounds and an excellent way to maintain your cardio. Those who sign up will receive an email telling you where we are meeting each month.

If you would like to join our little walking group, please contact Barbara Wilson at 613-837-2377 or by email at barbarawilson142@yahoo.ca to join the group. **Men welcomed.**



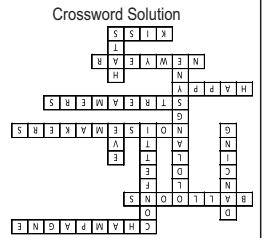
Why do we associate chocolate with Valentine's Day? There are three theories. One is the Aztecs believed chocolate (or Xocolatl) gave us powers of love as an aphrodesiac; second is the Greeks believed it to be the food of the gods; and third, historical anecdotes are now supported by scientific evidence that chocolate – 'the love drug' – contains phenylethylalanine. This releases endorphins in your brain, resulting in the same happy feeling you experience when in love.



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



“Look, you’re 100 years old, you’ve got to start taking better care of yourself”.



“Caveat emptor? It means ‘buyer beware’. Take this parakeet you bought online, for example.”

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



PAINTING WITH GRACE

FRIDAY MARCH 3
2pm

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. You will receive the zoom link by email. Sign up on our website for this class.



Seniors \$24
910 Gladstone Avenue

SUNDAY APRIL 23
2:30pm

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

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?

FEBRUARY BIRTHDAYS

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.



- 3 Phyllis MacPherson
- 6 Eileen McCaffrey
- 25 Jay Miller

FUN &

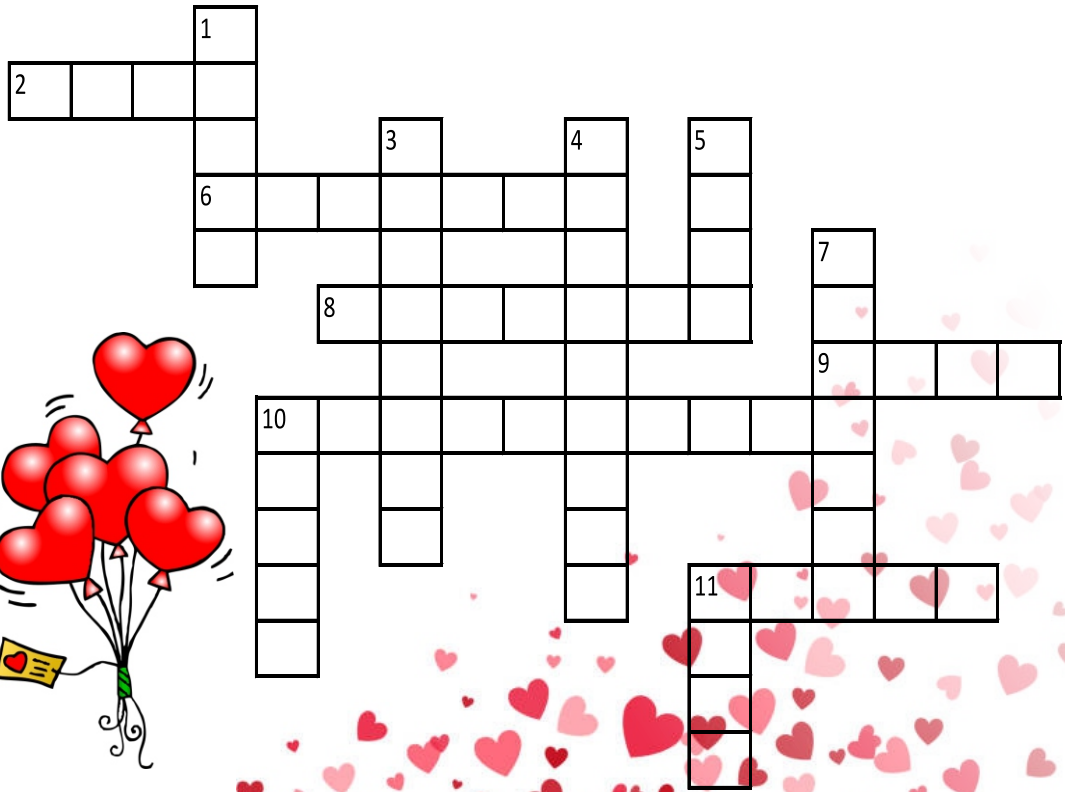
GAMES

Sudoku Solution

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

ACROSS

- 2 What makes the world go round
- 6 It is in the air
- 8 We'll start with that
- 9 Serenade
- 10 Come in a 1 Down box
- 11 Similar to 10 Across



DOWN

- 1 Doesn't look like the real thing
- 3 Not a common gift but certainly appreciated
- 4 Ahh....now we're talking!
- 5 Sealed with a _____
- 7 Intense feeling
- 10 Red, has an arrow, a child
- 11 A place to write out your feelings

FOE

by Iain Reid

"We don't get visitors. Not out here. We never have."

In Iain Reid's second haunting, philosophical puzzle of a novel, set in the near-future, Junior and Henrietta live a comfortable, solitary life on their farm, far from the city lights, but in close quarters with each other. One day, a stranger from the city arrives with alarming news: Junior has been randomly selected to travel far away from the farm...very far away.

The most unusual part? Arrangements have already been made so that when he leaves, Henrietta won't have a chance to miss him, because she won't be left alone—not even for a moment. Henrietta will have company. Familiar company.



Told in Reid's sharp and evocative style, *Foe* examines the nature of domestic relationships, self-determination, and what it means to be (or not to be) a person. An eerily entrancing page-turner, it churns with unease and suspense from the first words to its shocking finale.

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

- | | | | |
|-----------------|-----------|-----------|------------|
| BALLOONS | CHOCOLATE | GIFT | PASSION |
| BE MY VALENTINE | CUPID | HONEYMOON | PROPOSAL |
| CANDLELIGHT | DARLING | JEWELLERY | ROSES |
| CANDY | DEVOTION | LOVEBIRDS | SWEETHEART |
| CHERISH | FLOWERS | MESSAGES | |