



# 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 - March 2023  
 Next Meeting: Wednesday March 22 at 10am in person  
 Greeters for March: Barb Wilson and Maureen Dawson  
**March Speaker: Dr Indu Gambhir, Doctors Without Borders**



Bernetta Starkey

## PRESIDENT'S MESSAGE

Dear Members,

Spring is definitely in the air! The air is warmer and the days are longer, thanks to daylight savings. I would really rather we stuck with one or the other, but that's a decision above my pay grade.

We had planned a car rally for the spring. Linda Miller-Nesbitt had asked me to do this. I simply have not had the time to do it. Is anyone interested in taking on this event? It's not difficult. Plan a course from the church ultimately ending at a sugar shack of your choice. The road selection is up to you and should last about 1-1/2 hours. How I have done them in the past is to make them a scavenger hunt. "What is on the window sill at #16?" "Who lives at #563?" "How many gnomes are at

#985?" Questions that don't require people to get out of their cars. The route is set to leave from the church and the directions are: Once you leave the parking lot, turn right and go 0.3km. Turn left and go 4.6km. Turn right and go 15.4km. And so on. Don't list the streets. While they are travelling that route is when they are watching for the questions. You can list the questions between the driving directions so they know if they haven't found it, to stop looking for it. It is a lot of fun but I just haven't had the time to set it up. It would be wonderful if someone took this on.

I would like to thank Ann Ketcheson for stepping forward to become our Vice-President and her presentation on those little knitted tuques for the preemies in hospital. I am definitely going to spend the winter evenings making tuques.

There had been talk at Probud Canada of changing the logo for something more modern and up beat. The decision has been taken to leave the logo as is. It was a 50/50 split in the voting and the tipping point was that the clubs would have to go out of pocket to change their pins, banner and whatever else they have with the logo on it at their own expense.

Bernetta Starkey  
 President - Probud Club of Ottawa Alta Vista



### PREEMIE TUQUES

Soft baby yarn in pink, blue or yellow  
 Cast on 90 stitches onto 3.5mm (US4) knitting needles  
 k1, p1 for 6 rows  
 Straight knit for 14 rows.  
 Shaping:  
 Row 1: k1 (k2, p2) repeat to end, k1  
 Row 2: As row 1  
 Row 3: k1 (k2tog, k1 into stitch, slip off, p2) repeat to end, k1  
 Row 4: As row 1  
 Repeat to 5-1/2 inches.  
 k1 (k2tog, p2tog) repeat to end, k1  
 Last 10 stitches, thread yarn through stitches, pull together, sew up tuque.  
 You can also simply k2, p2 for 5-1/2 inches.



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	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	Vacant		
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

Mar 21 - Apr 19

### ARIES

Aries forgives easily, but never forgets. Starts projects but doesn't finish them. Roasts their friends out of love. Always has an attitude for no reason. Either falls in love or doesn't care.

Independent but also clingy. Makes impulsive decisions out of boredom. Seems unapproachable but is soft.





# GOODWILL

Linda Miller-Nesbitt

A thinking of you card was sent to  
Cathy Borza

*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			\$4024.93
Membership dues		140.00	
Loonie Bin		23.00	
50/50		46.00	
Bank charges	-4.00		
P. Woolam (Coffee supplies)	-35.00		
B. Mady (file box & cards)	-48.00		
Probus Canada (dues)	-60.00		
<b>Totals</b>	<b>-\$147.00</b>	<b>\$209.00</b>	<b>\$4086.93</b>
50/50 Float			\$20.00
Membership Float			\$20.00



*May every leaf of a  
shamrock bring you  
health and good luck!*



## MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 65 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  
**MARGOT MONTGOMERY**  
who won \$46!

**Congratulations, Margot!**

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

**\$5 - ten tickets**

Cash sales only.

Good luck, everyone!



## PUB BEER CHEESE DIP AND HOMEMADE PRETZELS

*"A great treat to go with your green beer"*

In a medium bowl, whisk **3/4 cup warm water** and **1 tsp sugar** until the sugar is dissolved. Sprinkle **1/2 packet of dry yeast**. Let sit until the yeast begins to foam, about 5 minutes.

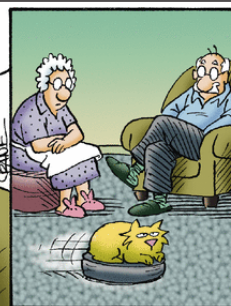
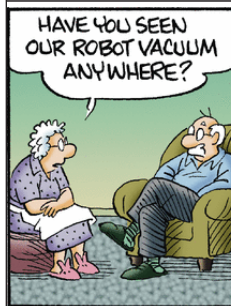
Combine **2 1/4 cups flour** and **3/4 tsp salt**. Scrape yeast mixture into flour mixture. Cover with plastic and let sit until doubled in size, about 30 minutes.

**Preheat over to 450°F**. Line a baking sheet with parchment paper and spray with cooking spray.

On a lightly floured surface, divide risen dough into 6 equal pieces. Working with one piece at a time, keeping the others covered with plastic, roll the dough into a 14-inch rope. Fold dough into a horseshoe shape. Twist ends twice and fold over top, pressing each end into the top, creating a traditional pretzel shape. Place on baking sheet.

Bring a large pot of water to boil. Add **1/2 cup baking soda** and return to boil. Add one pretzel to boiling water and cook, flipping halfway through, 30 seconds. Using a slotted spoon, scoop pretzel back onto the baking sheet. Repeat. Brush tops of each pretzel with egg and sprinkle with pretzel salt. Bake until golden, about 12 minutes. Serve warm.

In a large bowl, mix together **2 blocks of cream cheese (softened to room temperature)**, **2 cups shredded cheddar**, **1/4 cup beer**, **1 tbsp chives**, **1 tsp caraway seeds**, **1 tsp garlic powder**, **salt and pepper to taste**. Garnish with chives and serve with warm pretzels.



## PROGRAM

Colin Galigan

April Speaker

**Esther Becker**

**Osteoporosis  
and Bone Health**

Esther is a volunteer presenter with Osteoporosis Canada. Diagnosed with osteoporosis 20 years ago, Esther lives an active life: exercising regularly, enjoying hiking, and kayaking in summer. Osteoporosis has not stopped her from travelling and she particularly loves exploring Canada.

As well as volunteering with Osteoporosis Canada, Esther is a community outreach volunteer with the Ottawa Humane Society. Through its Outreach Program, Osteoporosis Canada is making contact with more and more Canadians to increase their understanding of bone health and osteoporosis, as well as reaching out to those already diagnosed to help improve the quality of their lives.





Paula Woollam

## Profile on Paula Woollam

Paula's parents met in Ottawa during WWII at a dance for the troops. Soon after their marriage in the early 1950s, her father, who was still in the military, was posted in Ankara Turkey where Paula was born. She lived there until she was 3-years-old and has little memory of those days but her mother told her she did retain some Turkish and years later whenever they didn't want the children to know what they were talking about, they would speak Turkish.

Upon their return to Canada, Paula's family lived in Ottawa except for a 3-years posting in Edmonton in the mid-60s. She has fond memories of travelling all over Canada by train, but especially the trip from Edmonton all the way to Prince Edward Island. The trip took three days but they had a sleeper car. She remembers the train cars being transferred into the hold of the ferry, floated across, and then put back onto tracks in PEI.

Paula considers herself to be a homebody but she has done some travelling. The usual tourist spots like Florida and California but recalls one trip in particular which took her to Bristol England to attend a conference of murder mystery authors. She got to meet many famous authors including Lee Childs and Colin Dexter. A highlight was walking around Oxford University in the footsteps of Inspector Morse, a character created by Colin Dexter in the hit PBS series by the same name. While on this trip, Paula took a side trip to Wales to visit the Skirrid Pub. The pub's own website says that the building dates back to 1110s. The first floor of the inn was once used as a court of law where sentences were handed down for offences such as the theft of sheep. If found guilty and the penalty was death, the sentence was carried out right there in the inn where the culprit was hanged. This leads to the more modern day enterprise of ghost tours. The building still holds the original decor and flavour so to say you might turn a corner and come upon a ghostly spectre is completely within keeping. Paula remembers going into one room where it was told a young child had died and Paula could not get out of that room quick enough. It is said the 17th century 'hanging judge', George Jeffreys, is rumoured to still stalk the upper floors of the inn, looking for people to condemn to death. One felon sentenced to death, John Crowther, a sheep rustler, has been seen several times on the property. The evil presence of the judge's hangman has also been reported. However, not all spirits in the Skirrid are malevolent. Friendly entities, such as Father Henry Vaughn, a local clergyman, have also settled in the house. There is also the spirit of Fanny Price, a woman who worked in the inn during the 18th century and died of consumption at age 35. Fanny was buried at the local cemetery, though her spirit is known to like Room 3, and she often appears along with the smell of lavender.

Paula first received a BA in English Literature, but quickly discovered it didn't do much to find a job. So, she took a more practical 2-year college diploma in health record management, and worked for many years at the Children's Hospital of Eastern Ontario. After 10-years, looking for a career change, she obtained a Masters in Library and Information Studies from McGill University. This was followed up with 23-years at Statistics Canada, first writing manuals for the census, then program management in Health Statistics.

Paula loves to read and likes many types of books such as cozy books by Alexander McCall-Smith and the more literary works of Kate Atkinson. McCall-Smith is a retired Botswana lawyer and wrote THE No 1 LADIES' DETECTIVE AGENCY which became a BBC television series. He has a tremendous anthology of books and among them are series such as: THE SCOTLAND STREET series, THE SUNDAY PHILOSOPHY CLUB series and DETECTIVE VARG series to name only a few. Atkinson wrote A GOD IN RUINS and LIFE AFTER LIFE, both won the Costa Book Award. Atkinson has one series of books that feature the character Jackson Brodie. It is fair to say that Paula prefers English writers and settings.

When asked about a moment in her life that had the most profound affect, she remembers having read an article in People Magazine about John Glenn's wife, Annie Glenn. During the time when John Glenn was heading to the moon, reporters were interviewing the wives and Annie would not participate. The reporters were frustrated and the other wives thought Annie was stuck up. As it became known, Annie suffered with a stutter, which of course, would become more pronounced when put in the spotlight. The article told about Annie having attended a course in Roanoke, Virginia where she learned to calm her stutter. This was life-changing for Paula who also found that school and attended the same courses. A few years later there was a reunion and Paula attended. Annie Glenn gave her a hug and Paula credits John and Annie Glenn for that transformative moment in her life.



We are still looking for a secretary for our club. Please go to our website for the full job description but in short form here, you would be required to attend the board meetings each month and take the minutes of the meeting. You would keep track of paper such as our proof of insurance. It is not a terribly intense position but a vital one as we cannot continue without a secretary. Please consider the position.



Rachael Jones of Ottawa's Waste Management team, gave us a very informative presentation on what Ottawa's plans are for our garbage and recycling streams.

Rachael explained that while many towns and cities refer to a 'zero waste plan', they recognize they can never achieve absolute zero. This is set as a goal. They will focus first on Curbside Garbage Collection Options. They held public meetings last fall and with suggestions presented they have come up with ideas to improve collection of waste in multi-residential buildings and parks, improve the management of food and organics and much more.

More than half of what people throw in the garbage could be recycled or composted. Options discussed are: Pay-as-you-throw (PAYT). This could be a combination of so many bags of garbage per household plus tags for additional bags of garbage.

Clear Garbage Bags. The intention of this policy would be to encourage residents to separate their waste better although it does include an element of shaming. Currently in black garbage bags, only 42% is actually garbage. The rest is a combination of composting, recycling and green bin.

Reduced Firm Item Limit. Currently 85% of households set out 4 items or less every 2 weeks. A firm garbage limit would only be effective when set below the average household set out.

Sadly, Ottawa is way behind many Canadian cities. Vancouver is ahead of us by two years and Finland is the goal-setter.

More will be put back in the hands of packaging companies to solve. A great many of the plastics we use are not recyclable. But that is a decision beyond our control. A lot of packaging is beyond what is needed. How many times have you bought something to find the packaging was twice or three times the size of the item you purchased? Plus there is often a mix of packaging so that you cannot discard the packaging without disassembling it first.

We need a way to recycle clothing better. While many of us do take old clothes to goodwill, there is a lot of clothing that ends up in the landfill that could either be re-used or re-purposed.

Composting is another horizon that we haven't explored to its full potential yet. We will begin to see multi-residential buildings forced to have a composting plan in place.

### Walkin' & Talkin'



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

Wednesday March 15

Wednesday June 21

Wednesday September 20

Wednesday April 19

Wednesday July 19

Wednesday October 18

Wednesday May 17

Wednesday August 16

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](mailto:barbarawilson142@yahoo.ca) to join the group. **Men welcomed.**



### PAINTING WITH GRACE

Our Painting With Grace class, held on Friday March 3rd, was a great success. It turns out we do have some budding artists among us! We will bring our artwork for display at our March meeting. We will look into doing this again.

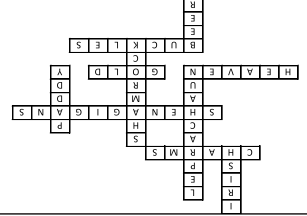


We are playing Bridge online. Please contact Bernetta Starkey ([bernettastarkey1@gmail.com](mailto:bernettastarkey1@gmail.com) or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera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

# FUN &

# GAMES

Crossword Solution



"Take one of these with water half an hour before you wake up every morning."



"It's been a weird year."

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

**May you live as long as you want and never want as long as you live.**

**To all the days here and after, may they be filled with fond memories, happiness and laughter.**



**May your neighbours respect you, troubles neglect you, the angels protect you and heaven accept you.**



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.

## MARCH BIRTHDAYS



- 8 Linda Joyce
- 10 Bernetta Starkey
- 13 Marj Phillips
- 22 Barb Wilson
- 26 Shirley Martin

# FUN &

# GAMES

Sudoku Solution

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

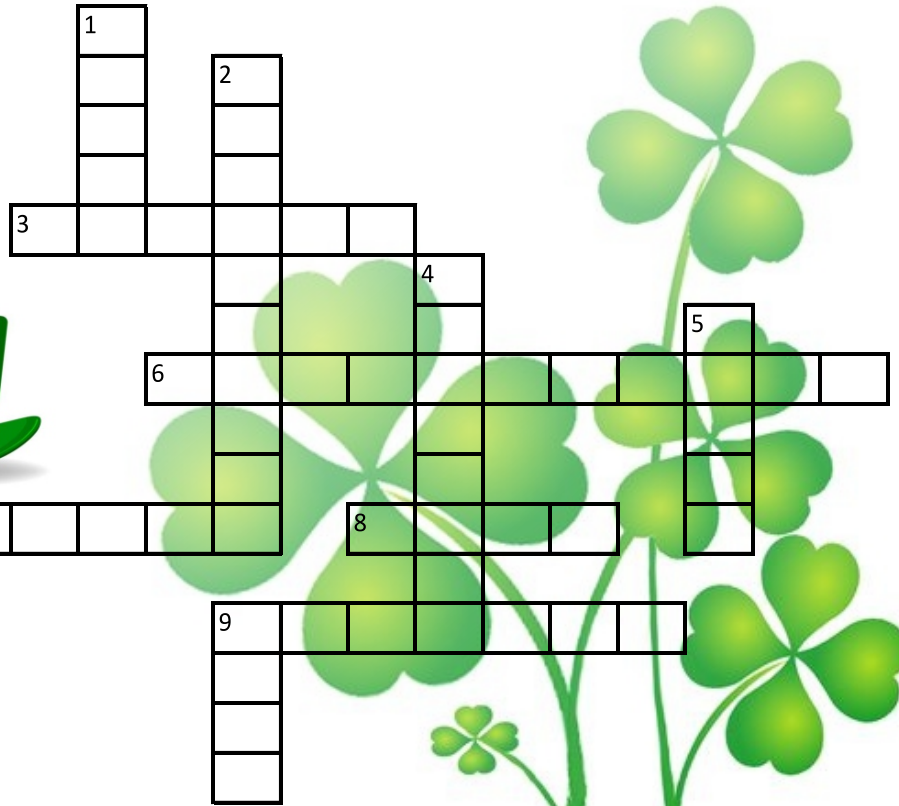
## ACROSS

- 3 Lucky \_\_\_\_\_. They're magically delicious!
- 6 Some tom foolery.
- 7 May you be half an hour in \_\_\_\_\_ before the devil knows your dead.
- 8 What's at the end of the rainbow?
- 9 What's on a leprechaun's shoes and hat?



## DOWN

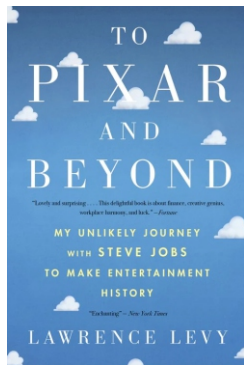
- 1 Luck of the \_\_\_\_.
- 2 An Irish elf.
- 4 A St Patrick Day's plant.
- 5 How do you nickname a boy named Patrick?
- 9 What will be green on St Patrick's Day?



## TO PIXAR AND BEYOND

by Lawrence Levy

After Steve Jobs was dismissed from Apple in the early 1990s, he turned his attention to a little-known graphics company he owned called Pixar. One day, out of the blue, Jobs called Lawrence Levy, a Harvard-trained



lawyer and executive to whom he had never spoken before. He hoped to persuade Levy to help him pull Pixar back from the brink of failure.

This is the extraordinary story of what happened next: how Jobs and Levy concocted and pulled off a highly improbable plan that transformed Pixar into one of Hollywood's greatest success stories. Levy

offers a masterful, firsthand account of how Pixar rose from humble beginnings, what it was like to work so closely with Jobs, and how Pixar's story offers profound lessons that can apply to many aspects of our lives.

"Part business book and part thriller-a tale that's every bit as compelling as the ones Pixar tells in its blockbuster movies. It's also incredibly inspirational, a story about a team that took big risks and reaped the rewards . . . . . I loved this book and could not put it down." -Dan Lyons

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

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

CABBAGE  
CHARM  
CLOVER  
CORNED BEEF  
DUBLIN

GREEN BEER  
HOLIDAY  
IRELAND  
IRISH BLESSING  
JIG

LEPRECHAUN  
LIMERICK  
MAGIC  
PRAYERS  
RAINBOW

SHAMROCK  
SHENANIGANS  
ST PATRICK  
TOMFOOLERY  
TRADITIONS