



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 - April 2023
Next Meeting: Wednesday April 26 at 10am in person
Greeters for March: Bill & Shirley Martin

April Speaker: Esther Becker, Osteoporosis and Bone Health



Bernetta Starkey

PRESIDENT'S MESSAGE

Dear Members,

Reading what I wrote last month, I said that spring was definitely in the air but it seems that winter has a real strangle hold! I hope everyone was safe and not long without power during the ice storm. Bill and I didn't live here during the last ice storm in 1998. We had family here and in Montreal, the two cities that were hit the hardest. My aunt was living alone and I was making plans to go and get her when her girlfriend's son picked her up with his mother. My aunt was never comfortable with the sound of freezing rain on the window again after that.

I see that some people are already giving Ann Ketcheson little knitted tuques for the preemies. That's a great activity to be doing while you watch TV. Guys, you can knit a few too. It's not hard and it's definitely for a good cause.

We now have sixteen people (at last count) signed up for MOUSETRAP. I am so looking forward to seeing that show! I know I've seen it before but I have forgotten how the story unfolds so it will be a surprise all over again. There's a bonus to getting older! I can re-read my entire library. I am actually reading a book called THE RISING SUN by Michael Chrichton. You may remember it, it was made into a movie starring Sean Connery and Wesley Snipes. I remember the movie and even scenes are coming to mind as I read the book but I can't remember exactly how it ends. So...I'm re-reading it. And on that note, our book exchange program has taken off like wildfire. I am thrilled to see everyone is taking advantage of the books on the table. Take as many as you like. Leave one book per person and if your book wasn't chosen then please bring it home with you.

I am so happy to see that we now have a vice-president with Ann Ketcheson. Now we need to find a new secretary. Please, please, PLEASE consider this position. None of these positions are overwhelming. You can check our website for the job description. And if you can find a partner, then you can even split the duties - a recording secretary and a filing secretary.

Another program that is going very well are our greeters. Currently we are alternating between two duos - Barbara Wilson & Maureen Dawson and Bill & Shirley Martin. There has been no complaints from either duo but I'm sure we could add a few other greeters to our schedule. It's not a difficult job - none of them are. You arrive about 9:15 because we have members arriving at 9:30 for coffee. You greet people as they enter. If there are guests, instruct to go to the registration desk to sign in, tell them about the 50/50 table and remind them that coffee is on us. The rest of us pay \$1 but not our guests. We get them when they become members. But that's another story. It's not a difficult job and it's a wonderful way to meet the membership.



If you joined in 2018 or more recently and have not received your Probus pin, please speak to Bernetta Starkey to get your pin.

Bernetta Starkey
President - Probus Club of Ottawa Alta Vista

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Apr 20 - May 20

TAURUS

Taurus is highly determined, has great taste in music and can kill



you with sarcasm. Taurus is always straight up honest and has the best

insults. Stupid remarks roll off their shoulders and will beat you at your own game. The best friend and greatest lover with unquestionable loyalty. If found, keep them.



GOODWILL

Linda Miller-Nesbitt

Get Well cards were sent to

Joan Evans
Sue Kollar
Bob Edgerton
Ann Ketcheson

If you know of anyone who is sick or has passed, please let Linda Miller-Nesbitt know so a card can be sent.



CARROT CAKE

"A long time favourite with so many"

Preheat the oven to **350°F**. Grease and flour a 9x13 pan and set aside.

Beat **2 cups of sugar, 1-1/4 cup vegetable oil, 4 eggs and 2 tsp vanilla extract** together in a large bowl. In a separate bowl mix **2 cups flour, 2 tsp baking soda, 2 tsp baking powder, 2 tsp ground cinnamon, 1/2 tsp salt**. Once blended, add to sugar mixture. Add **3 cups grated carrots (uncooked) and 1 cup chopped pecans**.

Pour into prepared pan. Bake about **40 minutes** or until a toothpick inserted into the centre of the cake comes out clean. Let cool in pan for 10 minutes then turn out onto a wire rack to cool completely.

To make the frosting: Beat **1/2 cup softened butter, 8 ounces softened cream cheese, 4 cups confectioners' sugar, 1 tsp vanilla extract** together in a large bowl until smooth and creamy. Stir in 1 cup chopped pecans.

Cut the cooled cake into two halves. Ice the bottom half with the cream cheese mixture. Add the top layer of cake and repeat.

You can garnish with whole pecans. Another Easter garnish is Peeps and coconut.



Living the Gourmet

FINANCIAL REPORT for Mar 2023

Bonnie Barber

	Expenses	Revenues	
Opening Balance			\$4086.93
Membership dues		170.00	
Loonie Bin		32.25	
50/50		41.50	
Bank charges	-4.00		
S. Howes (Coffee supplies)	-10.00		
Gloucester Pres Church	-475.00		
B. Starkey (newsletter)	-35.97		
Totals	-\$524.97	\$243.75	\$3805.71
50/50 Float			\$20.00
Membership Float			\$20.00



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 71 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 March was **WES ADAMS**

who won **\$41.50!**

Wes made a donation of his winnings to Doctors Without Borders

**\$1 - one ticket \$2 - three tickets
\$5 - ten tickets
Cash sales only.
Good luck, everyone!**



PROGRAM

Colin Galigan

May Speaker

Renée Davies

Ottawa Riverkeeper

Renée is a recent graduate of Queen's University with a BA in Art History. She is returning to the Ottawa Riverkeeper team once again having spent a previous summer as the Communications intern.

Renée now fills the role of Outreach and Volunteer Coordinator and looks forward to connecting with volunteers and healthy water enthusiasts. She grew up along the water and learned to sail from a young age, inspiring an appreciation for a healthy water's edge.

Spending her summers out on the Gatineau and Ottawa rivers, Renée had the opportunity to visit, compete and coach in various amazing locations.





Sharon Howes

Profile on Sharon Howes

Sharon was born in Grafton, which is just east of Cobourg. I will leave you to figure out where Cobourg is. Sharon grew up on a farm near Ste-Anne's Spa, which is a lovely day spa or overnight in the Haldimand Hills. Her parents owned a 150-acre farm. Sharon remembers the millionaire who owned the Ste-Anne's before it became a spa and being invited into the library. She was permitted to choose a book. She chose GULLIVER'S TRAVELS and still has the book today.



Sharon is the youngest of ten children. An older sister was thrilled when Mom announced the arrival of a new baby because the sister now had a real live baby doll to play

with.

Sharon started her career as a real estate secretary and then moved to work for a lawyer's firm in Ajax/Pickering. This is where she met and married her husband, John Howes. They were married for 27 years until John's sudden death. They had two children, a daughter and a son.

In 2001, Sharon and John moved to just outside of Port Perry where they built a beautiful home. In 2019 after John was gone, Sharon decided to move to Ottawa to be nearer her daughter. Her son lives in the Coldwater area. Sharon bought a home in Ottawa and did a lot of renovations to it. If you remember, covid hit in 2019 and Sharon was under lockdown, as we all were. Just prior to that, Sharon had been volunteering at the Elmvalle Acres Library and met Paula Woolam. Paula was the one who introduced Sharon to Probus (thank you, Paula).

Although Sharon is a relatively new member to Probus, that did not dissuade her from offering her home as a location for euchre games. She can accommodate three tables and twelve players. She already had nine players so there's still room for three more. They had their first game on Wednesday the 12th and the group decided they would meet on a monthly basis, the second Wednesday of each month. Sharon is now beginning to think outside the box and envisioning a games afternoon too. Sharon loves to bake and entertain so hosting the euchre games fits together like a glove.

Sharon is planning a two week trip early this summer. She will be travelling to England with some friends to attend Battle Proms. There are four weekends in July. This year the first weekend will be at Blenheim Palace in Oxfordshire, the next weekend will be Burghley House in Lincolnshire, the third weekend will be at Hatfield Park in Hertfordshire and the final weekend will be at Highclere Castle in Hampshire. For any of you who followed Downton Abbey, Highclere Castle is where that show was filmed. Following a week in Oxfordshire, Sharon will take the train to Conwy, a town in Wales. Battle of the Proms includes picnics in the park, battle reenactments, parachute displays, spitfires, musical performances and each weekend ends with fireworks.

Sharon loves to read. Mysteries were her first love but her husband introduced her to fantasy and she loved GAME OF THRONES and OUTLANDER, but will not watch the series. They will destroy what she has already imagined the locales and characters to be. Sharon also loves something called cryptic crossword puzzles. An example of a cryptic crossword would be Q-Hesitantly stated a colour and it was wrong. A-Errred (the past tense of to erre). I think these are little above my paygrade.

Sharon's son introduced her to podcasts. Each morning walk, Sharon is listening her podcasts. Currently she is listening to Rock & Roll Archaeology which is the history of rock & roll. She also follows CBC's Ideas, Under the Influence. Humans of the House. You know what a politician sounds like on the job. But once they leave office, that's when they can share what's truly on their minds. Join host Sabreena Delhon as she speaks with former Members of Parliament, to hear, in their own words, what this job is really like. Their stories are woven together in a six-part series that explores an MP's path to politics, why they left, and what it cost them to serve their communities.

Sharon has four grandchildren all around university age. One is studying ceramics and design, another film, another computer engineering and the last is considering teaching or library sciences.

When asked if she was going to watch King Charles' coronation, she said, "But that's the same day as the Kentucky Derby." Sharon's heart is with the animals.



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.



Doctors Without Borders/Médecins Sans Frontières (MSF) was founded in 1971 in France by a group of doctors and journalists in the wake of war and famine in Biafra, Nigeria. Dr Indu Gambhir worked with Doctors Without Borders for 50 years which means she joined their effort very shortly after it started.

Dr Gambhir told us that MSF have teams in countries such as Egypt, Iraq, Jordan, Libya, Lebanon, Palestine, Syria and Yemen. There are teams also in South America, Mexico, Russia, India, Indonesia and Afghanistan.

Having been born in India herself and witnessing the poverty there, when Dr Gambhir came to Canada and became a doctor, she wanted to give back and was drawn to MSF. She told us that one of the things they ask new recruits to do is to fill out a form outlining their next of kin and to make a will. Where they go is generally very dangerous. Even this did not deter her.

They take no political stance, they are only there to offer medical support to those who need it. They travel to war zones, internal conflict zones, natural disasters and climate catastrophes. MSF offers more than just medical assistance, they also offer shelter and safety, food and water, clothing, and education and structure. Dr Gambhir talked about seeing so many children out of school and suggested they teach the children multiplication tables.

They encounter many diseases: malaria, malnutrition, communicable diseases, cholera, HIV, sleeping sickness, chaga, tuberculosis and kala azar, sexual violence and mental health issues. Some of these diseases may be familiar, but others are not. Chaga disease is caused by a parasite, trypanosoma cruzi, which is transmitted to animals and people by insects. It is potentially life threatening. Another disease Dr Gambhir spoke of was sleeping sickness. Another disease caused by parasites, people start with a fever, severe headaches, extreme fatigue and aching joints. People will sleep longer and longer and left untreated, it is fatal. Kala azar is transmitted by sandflies and if left untreated is fatal in 95% of cases.

Dr Gambhir was a very interesting speaker. Far more than I can write here. MSF needs more than just doctors. They need people for logistics, mechanics, field coordinators, accountants, lab specialists, sanitation experts, humanitarian experts.

Dr Gambhir told of a story where a nurse was being threatened. Her patient had died, through no fault of hers, but blame was assigned. Dr Gambhir spoke with the general in charge and kept him talking until the nurse was safely taken away. It takes a very calm person to conduct herself in this manner.



We would like to welcome Al & Agnes Snelson to our club. We had 6 guests to our last meeting which brought our attendance to 50 people, the highest number anyone could remember. Well done! Keep spreading the word!

Walkin' & Talkin'



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

Wednesday April 19
Wednesday May 17
Wednesday June 21

Wednesday July 19
Wednesday August 16
Wednesday September 20

Wednesday October 18

April 19th we will meet at 10am at Beryl Gaffney Park. Meet in the parking lot at 3889 Rideau Valley Drive. Bring water, good walking shoes, poles if you have them, a snack and dress appropriate to the weather. We will follow this with lunch at Black Dog Bistro 5540 Manotick Main Street.

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.**



Sharon Howes has very graciously offered her home to play euchre. The first game was played on April 12th. She currently has 8 or 9 players and can accommodate 12. Beginners are welcome! If you would like to play euchre, give Sharon Howes a call at 613-744-0117. Sharon lives at 106 Dunbarton Court. The consensus was to play once a month on the 2nd Wednesday of each month. Sharon has room for three more players so call soon!

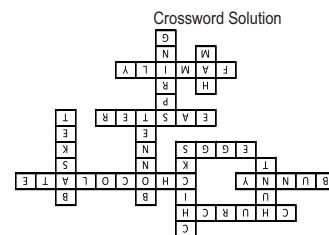
I LOVE BRIDGE



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



"She makes all our clothes."



"You throw spaghetti at the wall. If it sticks, it's done. Does that spaghetti look like it's going anywhere?"

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

The pysanka, a decorated egg which, since pagan times, symbolized nature's rebirth in the spring, was common among all Slavic peoples. As a ritual object celebrating the cult of the sun, various forms of the pysanka were also prevalent among the eastern Mediterranean nations 5000 to 3000 years before Christ. Every colour and every symbol on the egg has meaning to the Ukrainians. White symbolizes purity, yellow means wisdom and red symbolizes happiness. The triangle, which represented earth, water and fire before Christianity, now symbolizes the Holy Trinity. Making the eggs can take a few hours or several weeks.



We currently have 20 people signed up to see this show and meet for dinner after. There is still time to sign up. We asked the theatre to set aside a row of seats. They will continue to honour our pricing but seats may also be selling out. **DON'T DELAY!**

AGATHA CHRISTIE'S
The Mousetrap

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.

APRIL BIRTHDAYS



- 4 Vicki Chase
- 6 Pam Forsythe
- 11 Lauren Silke
- 17 Ruth Rennie
- 30 Jean Saldana

FUN &

GAMES

Sudoku Solution

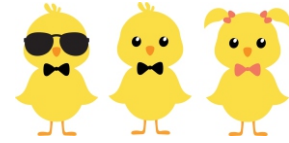
4	7	1	8	2	3	5	6	9
6	5	2	9	4	7	3	8	1
8	3	9	6	1	5	4	2	7
2	4	6	5	7	8	1	9	3
7	1	3	4	9	6	2	5	8
9	8	5	1	3	7	6	4	2
3	6	4	2	7	8	9	1	5
5	4	8	7	1	9	3	2	6
1	2	7	8	5	4	6	3	9

ACROSS

- 2 A place to where 4 Down
- 6 Who lays them (?)
- 7 Everything is made of this
- 8 Coloured
- 9 The name of the occasion
- 12 An occasion for ____ to gather

DOWN

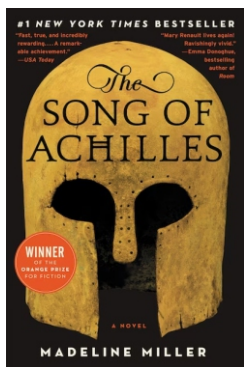
- 1 Also known as peeps
- 3 You have to look everywhere
- 4 Remember when girls wore these?
- 5 Used to collect
- 10 That signals this
- 11 This is a common meal choice



The SONG OF ACHILLES by Madeline Miller

A thrilling, profoundly moving, and utterly unique retelling of the legend of Achilles and the Trojan War from the bestselling author of *Circe*

A tale of gods, kings, immortal fame, and the human heart, The Song of Achilles is a dazzling literary feat that brilliantly reimagines Homer's enduring masterwork,



The Iliad. An action-packed adventure, an epic love story, a marvelously conceived and executed page-turner, Miller's monumental debut novel has already earned resounding acclaim from some of contemporary fiction's brightest lights—and fans of Mary Renault, Bernard Cornwell, Steven Pressfield, and Colleen McCullough's

Masters of Rome series will delight in this unforgettable journey back to ancient Greece in the Age of Heroes.

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

"A captivating retelling of The Iliad and events leading up to it through the point of view of Patroclus: it's a hard book to put down, and any classicist will be enthralled by her characterisation of the goddess Thetis, which carries the true savagery and chill of antiquity." — Donna Tartt, The Times

- | | | | |
|---------|------------|------------|---------|
| APRIL | CHOCOLATES | HAM | PARADE |
| BASKET | CHURCH | HUNT | PEEPS |
| BONNET | COLOURS | JELLYBEANS | RIBBONS |
| BUNNIES | EASTER | LENT | SPRING |
| CHICKS | EGGS | LILIES | TULIPS |
| | | | TURKEY |