



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 - May 2023
Next Meeting: Wednesday May 24 at 10am in person
Greeters for May: Maureen Dawson

May Speaker: Bonnie Barber & Joy Forbes, their trip to the Middle East



PRESIDENT'S MESSAGE

Dear Members,

I am so pleased to announce that Margot Montgomery has joined the management team as our new secretary. John Wright has been our secretary for many years and had asked to be released from this responsibility. Our search began. I am sure you can recall me asking at every meeting for someone to step forward to be our secretary. I even had a guest come forward suggesting we have a recording secretary and a filing secretary. An excellent idea and it would be work if I could find two people to step forward. I had hopes that the guest was offering her services, but alas... But as it worked out, we were just waiting for Margot to step forward. John Wright will continue as our webmaster.



Bernetta Starkey

We have been very fortunate in our greeters. We have two teams: Barb Wilson & Maureen Dawson and Bill & Shirley Martin. Both of these teams are very outgoing and easy speaking to everyone coming through the door. An excellent quality in a greeter. We would like to increase the teams. No special skills required except the ability to smile when someone arrives. You will direct guests to the membership table to register, remind everyone that coffee and delectable desserts are only \$1 per person and, of course, our 50/50 table. That's it! You know this is describing you, so let us know you would like to be the smile at the door.

We have had tremendous success with our book exchange. The rules are simple: bring one book per person, leave it on the table. You can pick up as many books as attract your attention. Any books left behind will be donated to the Ottawa Library.

We are also collecting bread bag tags. You will find a jar on the table to collect the BBTs (*that's so much easier!*). This is to keep these bits of plastic out of the landfills. It is a small gesture but still a good gesture. We will continue until there are no longer BBTs made of plastic.

One more collection item is tiny knitted hats for preemies. Remember they can be pink, blue or white.

Please take a moment to welcome Margot and thank her.

Bernetta Starkey

President - Probus Club of Ottawa Alta Vista

Management Committee Contact List

President/The Tulip	Bernetta Starkey	343-572-7448	bernettastarkey1@gmail.com
Vice President	Ann Ketcheson	613-244-1940	annketch@rogers.com
Past Pres/Treasurer	Bonnie Barber	343-984-6101	tandbbarber@rogers.com
Secretary	Margot Montgomery	613-232-2463	margotmontgomery@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
Publicity	<i>Vacant</i>		
Hospitality	Paula Woollam	613-733-7196	pwoollam@bell.net
Goodwill/Events	Linda Miller-Nesbitt	613-323-1259	lmillernesbitt@gmail.com
Member at Large/Webmaster	John Wright	613-731-8521	jcwright@bell.net
Rotary Liaison	Eva Hammond	613-733-1459	hammond.eva@gmail.com

PLEASE HELP YOUR CLUB



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

May 21 - Jun 21

GEMINI

The Great Communicator. Loves to talk a lot and ask so many questions for the reason that they love to learn. They are distinguished entertainers because of their substantial communication skills. They are the ones who would create an immediate connection with people around them. They see everything!





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 Apr 2023

Bonnie Barber

	Expenses	Revenues	
Opening Balance			\$3805.71
Loonie Bin		21.00	
50/50		27.50	
Bank charges	-4.00		
D. Bowen (Baking)	-10.00		
P. Woolam (Coffee supplies)	-46.44		
B. Starkey (newsletter/cards)	-35.97		
P. Robson (50/50 tickets)	-15.82		
Totals	-\$108.55	\$48.50	\$3745.66
50/50 Float			\$20.00
Membership Float			\$20.00



CHICKEN TENDERS WITH YUMMY HONEY MUSTARD DIPPING SAUCE

"These baked chicken tenders have a deliciously crispy panko bread crumb coating for that extra crunch factor without the guilt of frying!"

Preheat the oven to **450°F**.

Line a baking sheet with aluminum foil and spray with cooking spray.

Place **1 large beaten egg** in a shallow dish.

Place **1 1/4 panko, 2 tsp garlic powder, 1 tsp onion powder, 1 tsp paprika, 1 tsp salt, 1 tsp pepper** into a large ziplok freezer bag and mix well.

Dip 2 chicken strips into the egg, then place into panko mixture and shake to coat.

Place coated chicken pieces onto the prepared baking sheet.

Repeat with remaining chicken strips.

Bake the tenders in the preheated oven for 7 minutes.

Flip and continue to bake on opposite side until no longer pink in the centres, about 7 minutes.

Set an oven rack about 6-inches from the broiler and preheat the broiler. Broil tenders in the preheated oven for extra crunch, about 1 to 2 minutes.

Mix **1/2 cup mayonnaise, 2 tbsp honey, 2 tbsp yellow mustard, 1 tbsp Dijon mustard, 1/2 tsp lemon juice** in a bowl.

Cover and chill in the refrigerator overnight.



MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 71 members in good standing.

We had three guests at our April meeting.

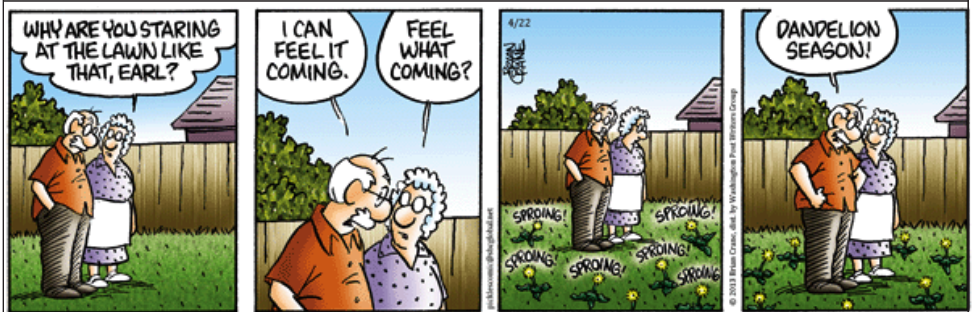
Thank you to everyone who invites a guest to our meetings.



Pat Robson & Marlene Brennan

The 50/50 draw winner for April was **BOB MADY** who won **\$27.50!**

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



PROGRAM

Colin Galigan

June Speaker

Alexandra Pope
Canadian Geographic

Alexandra Pope is the editor of Canadian Geographic. She holds a Bachelor of Philosophy in Interdisciplinary Leadership Studies from the University of New Brunswick (Fredericton) and a Master of Arts in Journalism from Western University. After starting her career reporting for weekly newspapers in rural Alberta, a lifelong interest in meteorology led her to The Weather Network, where she produced content for television broadcasts and online and served as social media lead. Alexandra is an enthusiastic promoter of travel within Canada and will happily tell you what that cloud means.





Margot Montgomery

Profile on Margot Montgomery

Margot was born in Kitchener while her parents were in New York City while her father was studying to become a dermatologist. At 2-1/2 years of age, Margot's family moved to Ottawa. She attended the same schools her father had attended as a child - Hopewell Avenue Public School, the Glebe Collegiate Institute and Queen's University.

At Hopewell, Margot entered a gifted program for Grades 5 to 8. Her parents offered her, and she jumped at it, to attend for a year the Neuchatel Junior College in Switzerland. In the 1960s during the heyday of bilingualism, her parents encouraged her to attend Neuchatel Junior College for Grade 13 in Switzerland. With 115 students from across Canada, she travelled extensively with this group throughout Europe while at Neuchatel beginning with the Cunard Line crossing to Europe. Margot and another student, now a lifelong friend, were billeted with a multigenerational French-speaking Swiss family. She took the opportunity to learn German at the Goethe Institute while in Switzerland. The Neuchatel pals still meet annually, including skiing in the Rockies.

While her father pursued a career in medicine, Margot pursued studies in Library Sciences and attended the University of Toronto. In 1969, Margot received multiple job offers after university, which was the norm in those days, and started her library career as a children's librarian in Brampton. She had met her husband while at Queen's, then returned to Ottawa where her husband joined a law firm..

Margot took a position with Algonquin College as a librarian in the resource centre where she worked for 14 years, then joined the federal government at the Library of Parliament. This was her first with a predominantly male leadership team. It was an adjustment. Mulroney had just won the election, the Charter of Rights and Freedoms was newly in effect and feminism was flourishing. Margot moved to the National Research Council to head the national science library, known as the Canadian Institute for Scientific and Technical Information, CISTI to its friends. The next move was a lateral one to become Director General with the Industrial Research Assistance Program (IRAP), a national resource for small businesses that provides scientific and technical advice and funding. Margot's staff were engineers and scientists located across Canada.

While Canada has a well-educated and creative research community and many small businesses, the Canadian market is small and many innovations do not stick here. Our research products are often 'bought' through outright acquisition or mergers and end up in offshore companies, if we are lucky, with a Canadian presence. Often the head office and strategic decisions are made elsewhere. This innovation-commercialization challenge is still a government and business focus.

Margot's career has revolved around libraries and specifically information. When asked what changes she has seen in libraries, she remembers card catalogues, serial rooms full of bound periodicals and indexes, encyclopaedias with annual update volumes, microfilm and fiche...and of course the stereotype of the severe shushing librarian (female) with bun! Now there are computers at every turn, worktables that encourage exchange of ideas, and far more offerings such as e-books, film, streaming, audiobooks, to list a few. Remember those book cards in the little pocket glued into the back of the book that got stamped by the library clerk? Remember overdue reminders were mailed!

Margot loves to ski, as she first learned at the age of 4 and skis locally with friends (some are her Probus friends). Margot knits (and unknits her mistakes) for relaxation and to focus during lectures and meetings. She's almost finished a second sock and then will decide which of her grandchildren fit that size when she's finished. She enjoys recreational cycling and is convinced that Alta Vista means Town of Many Hills. She had her favourite bicycle retrofitted by Pedaleasy to make an e-bike. Margot also loves her garden but has discovered she's more of an observer than a gardener. Margot loves to read. She reads a variety of books, fiction and non-fiction, and is currently reading THE BOYS FROM BILOXI by John Grisham.

Margot is a member of McGill Life Long Learning, part of McGill University and is a non-profit, volunteer-based community of seniors focused on peer learning. Type MCLL into your browser and find the wealth of speakers and classes you can attend. Many of them are offered through zoom. And bonus: MCLL students are full McGill University students with library privileges! Many electronic resources to enjoy.

Prior to covid, Margot was very involved in Ottawa Therapy Dogs program, which provides comfort to those with physical or mental challenges. A child learning to read will find that a dog is non-judgemental. Margot said she found this program to be very rewarding.

We would like to recognize the coronation of King Charles III. We wish King Charles all the best in his reign. He will be followed by William and then George. It is my hope to live long enough to see if George's firstborn will be a boy or a girl to know when the next time we will see a queen on the throne.



Margot is past-president of her synagogue, the Temple Israel Reform and ironically carries the moniker 'Pandemic Pres'.

Margot has one daughter and between her late partner and herself, have eight grandchildren.

We are very lucky to have Margot on our Board as our new secretary.



We are thrilled to have Margot Montgomery step forward to be our secretary. A very important role.

Now we need to ask for someone to step forward to handle our publicity. This position gets our message out through local newspapers and libraries. Please talk to one of our management team. You won't be left to figure it out on your own. We will help.



Esther Becker spoke to us on osteoporosis, which I think most of us thought would be a very dry topic but Esther made this topic very interesting. She explained that osteoporosis is known as a 'silent thief' because the bone deteriorates slowly over time and the first time you are aware of it, is when you have a fall. The most common fractures are in the hip, spine, wrist and shoulder.

2.3 million Canadians are living with osteoporosis, 1 in 3 women, 1 in 5 men. Fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined. People living with osteoporosis face a reduced quality of life, lowered self-esteem, reduction or loss of mobility, disfigurement, a lack of independence and in some cases, death. 22% of women and 33% of men who suffer a hip fracture die within the following year. An interesting fact since more women have osteoporosis than men.

Not unexpectedly, our age is a factor. Other risk factors is our calcium intake. Many of us don't get enough calcium in our diets. While calcium supplements are available, Esther told us that getting calcium through our diet was far superior. We know that we can get calcium through milk and milk products such as cheese, but did you know a handful of almonds contains 186mg of calcium? One tablespoon of molasses contains 180mg, sardines contains 200mg, baked beans contains 129mg, white bread contains 106mg. We need 1200mg per day.

As with so many health related items, exercise is a key element. And you don't need a lot of exercise to protect your bones. Esther suggests strength training twice a week. Exercises for legs, arms, chest, shoulders and back. Exercises that use your body weight against gravity, the use of exercise bands and light hand weights. Balance is important too. Tai Chi is helpful. Even a simple exercise of walking on your toes or heels. As a gentle reminder, our club offers a walking group that meets once a month.

If you suffer with rheumatoid arthritis, malabsorption syndromes such as Crohn's disease or celiac disease, thyroid disease, chronic kidney disease, chronic liver disease, diabetes, or COPD you may be more susceptible to osteoporosis.

It is normal to lose a little height as we get older, but too much height loss can mean that osteoporosis is causing bones to break in your spine, which is making you become shorter. You may not be aware of a broken bone in your back because 66% are painless. Everyone over 50 should have a height measurement annually and at least one bone density exam.

There is so much more to be learned, even a calcium calculator on the website. Please go to OSTEOPOROSIS.CA for more information.

Walkin' & Talkin'



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

- | | |
|-------------------|------------------------|
| Wednesday May 17 | Wednesday August 16 |
| Wednesday June 21 | Wednesday September 20 |
| Wednesday July 19 | Wednesday October 18 |

May 17th we will meet at 10am at Gatineau Park Visitors Centre at 33 Scott Road in Chelsea, QC. We will be walking along the Sugarbush Trail. Bring water, good walking shoes, poles if you have them, a snack and dress appropriate to the weather.

Barbara Wilson will be away so Kathryn Fournier will lead our walk. You can sign up on our website. Click on SOCIAL and you will find the write-up for this walk. Click on [CLICK HERE](#) to add your name to the list.

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 of the 2nd Wednesday of each month. Sharon has room for three more players so call soon!

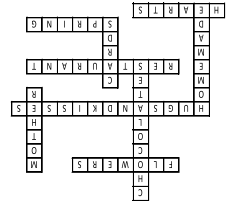


We are playing Bridge online. Please contact Bernetta Starkey (bernettastarkey1@gmail.com or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera and audio so that you can see the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

FUN &

GAMES

Crossword Solution



"Don't forget it's my mother's birthday tomorrow."



"Mother wants me to go and stay with her for a few weeks. How do you feel about that?"

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



Mother's Day was started by Anna Jarvis who held a service for her mother at Andrews Methodist Episcopal Church in Grafton, West Virginia in 1907. By 1911, all the American states celebrated Mother's Day. Anna Jarvis became resentful of the commercialization of Mother's Day and held boycotts and threatened lawsuits against companies involved.



S O S
The ABBA EXPERIENCE

Seniors \$40.90 910 Gladstone Avenue

SUNDAY JUNE 18 2:00pm

Enjoy the timeless music of one of the most iconic pop artists of all time. Delighting audiences and playing to sold-out shows everywhere, SOS – The ABBA Experience recreates the music of ABBA almost note for note from the original studio recordings with no backing tracks.

This live experience will take you on a nostalgic journey back in time to when ABBA was performing live in concert. This exhilarating production for all ages will have old and new generations singing and dancing to monster hits such as *Waterloo, Dancing Queen, SOS, Mamma Mia, Super Trouper, Fernando, Chiquitita, Does Your Mother Know* and countless others. Boasting a repertoire of close to 40 all-time hits, SOS – The ABBA Experience is sure to play all of your favourites!

Call the Gladstone Theatre at **613-233-4523** to book your tickets. Gladstone promises to maintain the price of \$40.90. We will follow this with dinner at a local restaurant still to be determined.

MAY BIRTHDAYS



- 7 Bonnie Barber
- 9 Helen White
- 17 Sandra Blais
- 25 Gail Peck

FUN &

GAMES

Sudoku Solution

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



Happy Mothers Day

ACROSS

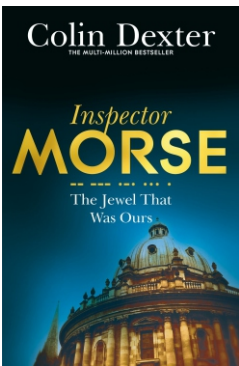
- 2 A fresh gift for mom
- 4 This is what moms and grandmoms will receive
- 6 A place that will be full to bursting

DOWN

- 1 A tasty treat
- 3 We each have one
- 4 Every mother treasures these
- 5 Where you can write your feelings for mom (goes with 3 Down)

INSPECTOR MORSE: The Jewel That Was Ours

by Colin Dexter



A classic Dexter mix of mysterious corpses, intriguing clues, dreaming spires and Morse himself! Today He looked overweight around the midriff, though nowhere else, and she wondered whether perhaps he drank too much. He looked weary, as if he had been up most of the night conducting his investigations... For Oxford, the arrival of twenty-seven

American tourists is nothing out of the ordinary... until one of their number is found dead in Room 310 at the Randolph Hotel. It looks like a sudden - and tragic - accident. Only Chief Inspector Morse appears not to overlook the simultaneous theft of a jewel-encrusted antique from the victim's handbag... Then, two days later, a naked and battered corpse is dragged from the River Cherwell. A coincidence? Maybe. But this time Morse is determined to prove the link...

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

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|-----------|-----------------|-----------|-------------|
| CARDS | GIVING | MATRIARCH | RESTAURANT |
| CARING | HUGS AND KISSES | MOM | SPECIAL DAY |
| CHOCOLATE | LOVING | MOTHER | SUPERWOMAN |
| CUDDLES | MAMA MIA | MUMMY | |
| FLOWERS | MAMAN | NURTURING | |