



# THE TULIP NEWSLETTER

## ONTARIO DISTRICT 1

Founded in 2000 Probud Club of Ottawa Alta Vista #101  
 Meetings held at Gloucester Presbyterian Church, 91 Pike Street - July 2023  
 Next Meeting: Wednesday July 26 at 10am in person  
 Greeters for July: Bill & Shirley Martin

**July Speaker: From our membership and Craig Greenwood, Regional Director**



## PRESIDENT'S MESSAGE



Bernetta Starkey

Dear Members,

What a wonderful summer we have been having! Wonderful besides the tornado that touched down in Barrhaven and the tremendous temperatures we have had. Always look on the up side. I hope none of our members were affected by that tornado. It was fleeting but left so much disaster in its wake. My sister had just moved into a new apartment days before the tornado. She was a within walking distance to where it touched down. Fortunately, there were no deaths attributed to this event.

Linda Miller-Nesbitt had arranged for members to see AFFAIRS OF STATE at the Classic Theatre downtown. We were sitting in the Clocktower Pub having lunch when everyone's phones sounded the alarms. We didn't see any evidence of a storm with our limited viewpoint. When it came time to move from the restaurant to the theatre which was only two blocks away, we were running through ankle deep water. Fortunately, we had umbrellas so we were hunkered down inside the umbrella but our shoes and pant legs were open game to the water. By the time Bill and I got home, my shoes and pants were still wet. My feet were cold for the whole afternoon. Exciting times! The theatre had a small audience because they had had two bus tours that had cancelled due to the weather at the last minute. The show was very good and lunch with members was a lot of fun. Next coming up in Shakespeare in the Park. Look through the newsletter for information on that event.

We are still looking for new people to take an active part in our club. There is a list on Page 5 of the positions that are needed. Please give these positions some serious consideration. The success of the club is related to the participation of its members.

This is a last minute reminder: We will have our picnic following our July meeting. Please bring a brown bag lunch, drink of your choice (non-alcoholic please) and a lawn chair. I am planning a magic trick to show you!

Bernetta Starkey  
 President - Probud Club of Ottawa Alta Vista

We have a book exchange program. Bring in one book per person and put it on the table. Anyone can pick up as many books as they like. Nobody expects to get their books back. Any books left behind will be donated to the Ottawa Library.

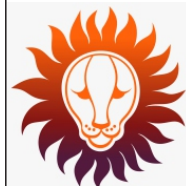


*If you joined in 2018 or more recently and have not received your Probud pin, please speak to Bernetta Starkey to get your pin.*

Jul 23 - Aug 22

### LEO

Not surprisingly, Leo is strong. They are optimistic in the face of



any adversity, have lots of energy, are creative, ambitious and generous to a fault. If not treated

properly they can become arrogant, boastful and vain. Leo is a born leader and enjoys the limelight. The room belongs to Leo.

## 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



# GOODWILL

Linda Miller-Nesbitt

A get well card was sent to  
**JANE WICKHAM**  
as she was recovering from an operation.

A sympathy card was sent to  
**PAT ROBSON**  
for the death of her sister.

A thinking of you card was sent to  
**CATHY BORZA**  
as she is moving into assisted living.

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

There was no Management meeting this month, therefore, no Financial Report.



# MEMBERSHIP

Bob Mady & Jane Wickham

Our membership is currently standing at 73 members in good standing. We had 37 members plus 2 guests attend our June meeting for a total of 41 attendees.

We welcome **Penelope Gould** and **Helen Jelich** as new members! Welcome!

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



Pat Robson & Marlene Brennan

The 50/50 draw winner for June was  
**BILL MCLELLAN**  
who won **\$27.50!**

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



# BARBECUED CHICKEN KEBABS

Spiced chicken, peppers, pineapple, onions and bacon are skewered, basted with bbq sauce, and grilled to perfection! Best chicken kabobs ever!

To make the spice rub combine **2 tsp brown sugar, 1 1/2 tsp smoked paprika, 1 1/2 tsp kosher salt, 1 tsp chili powder, 1 tsp dried minced onion flakes (or powder), 1 tsp garlic powder, 1/2 tsp dried thyme** and a **heaping 1/4 tsp black pepper** in a bowl and stir with a fork. Remove 1/3 for later use.

Cut **2 lbs of chicken breast** into 1/2 - 1 inch pieces and add to spices with a drizzle of oil. Massage in the spices.

Cut up **bell pepper into 1/2 - 1 inch pieces, red onion into 1/2 - 1 inch pieces, fresh pineapple into 1/2 - 1 inch pieces.** Mix these into the dry remaining spice mixture.

Cut 8 - 12 bacon strips lengthwise and wrap around the chicken. Depending on the size of the chicken pieces, you might be able to cut the length in half.

Build your skewers with bacon-wrapped pieces of chicken, pineapple, bell peppers and onion, alternating as you go.

Grill on medium-high heat for about 8 - 11 minutes, turning every few minutes.

Baste with your favourite barbecue sauce on all sides and cook an additional minute or two to caramelize.

No grill? No problem! You can use your broiler for about 10 - 15 minutes.

We have suggested veggies and fruit, but you can substitute and add your own choices.



# PROGRAM

Colin Galigan

August Speaker

**Gaston Barban**  
**Chief Information Officer**

Gaston Barban is a former diplomat who served as High Commissioner to South Africa (also Namibia at the same time); Lesotho & Mauritius and Madagascar after starting his overseas appointments in Italy and Australia.

Between Australia and South Africa, he was the Chief Information Officer and Director General of the Information Management and Technology Bureau at the Department of Foreign Affairs in Ottawa.







# Canada Day!

## What is it and why do we celebrate?

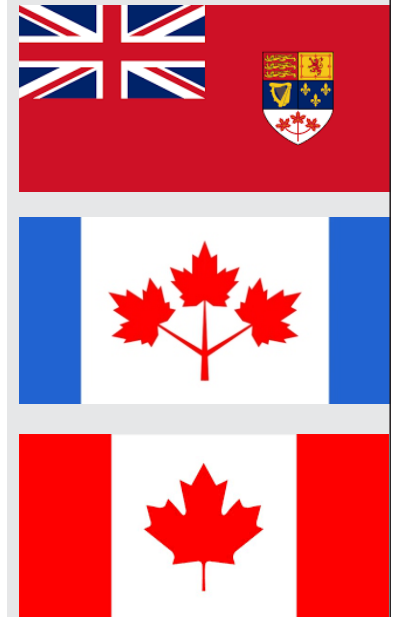
Essentially Canada became a self-governing dominion within the British Empire. In 1879 a federal law makes July 1st a statutory holiday as the anniversary of Confederation, which is later called Dominion Day. On October 27th 1982, Dominion Day was officially renamed as Canada Day by Pierre Elliott Trudeau.

In 1946, Phileas Cote a Quebec member of the House of Commons introduced a private member's bill to rename Dominion Day as Canada Day. The bill passed quickly by the lower chamber but was stalled by the Senate which returned it to the commons with the recommendation that the holiday be renamed The National Holiday of Canada, an amendment that effectively killed the bill.

While we were stilling celebrating Dominion Day, Lester Pearson introduced a new flag in 1965. The flag top right was Canada's unofficial flag since 1871. In 1921, King George V granted Canada a new official coat of arms which is featured in this flag.

In 1925 Parliament established a committee to design a new national flag but in 1946, Mackenzie King cancelled the project. In 1964 Lester Pearson again created a new committee. He was spurred on by the upcoming 100th anniversary of Canada in 1967. Pearson's personal choice was the red-blue-and-white version middle right but he was outvoted by Parliament. There had been at least 15 suggested designs for the new flag. Even a version of the single maple leaf with small British flag of the United Kingdom on the upper left corner and a version of the Royal Banner of France known as the Bourbon Flag in the upper right corner of our flag.

I think most will agree that the simple but very effective flag that we have today is easily recognizable, can easily scale and still be recognized and acts as a wonderful unofficial passport on backpacks worn anywhere around the world since 1965. Our flag will be 50 years old in 2025.



# SHAKESPEARE IN THE PARK



**HAMLET** This is what the touring company have to say about *Hamlet*.

Summer is almost here and that means Shakespeare-in-the-Park season is right around the corner! Our absolutely killer team is ready to bring you a *Hamlet* that's bigger and better than ever - touring over 40 parks across Ottawa and beyond. This Torchlight is going to be out hottest one yet. There will be puppets, there will be swordfights and there might even be a scary ghost!? All we're missing now . . . is you!

**Date: August 17, starts at 7pm.** There are bathrooms on-site and parking is available. Just bring a lawnchair and a snack. This is a no-cost event.

Venue: Weston Park, in the block of Weston, Othello, Pleasant Park and Saunderson.



Alexandra Pope from Canadian Geographic gave a very interesting talk about how the Canadian Geographic magazine is put together and how they research their articles.

Alexandra explained the layout and how her team decides on which articles are to be included. She had high praise for their cartographer, Chris Brackley, who absolutely loves to create maps. In fact, with every project

they plan, Chris is already planning a map to go with it.

We were told that the membership are sent possible cover page photography for an upcoming issue. The members vote and the cover is chosen.

Alexandra gave out free copies of the latest Canadian Geographic (top right). We also got a sneak peak of what's to come in the next month's issue. "The Anthropocene is here — and tiny Crawford Lake has been chosen as the global ground zero." A growing group of scientists argue that the Anthropocene Epoch should follow the Holocene Epoch (11,700 years ago to the present) and begin in the year 1950. The name Anthropocene is derived from Greek and means the "recent age of man." Most scientists agree that the collective influence of humans was small before the dawn of the Industrial Revolution during the middle of the 18th century; however, advancements in technology occurring since then have made it possible for humans to undertake widespread, systematic changes that affect several facets of the Earth system.

At present, human beings have a profound influence over Earth's surface, atmosphere, oceans, and biogeochemical nutrient cycling. By 2005, humans had converted nearly two-fifths of Earth's land area for agriculture.

Finally, Alexandra invited us to attend the Canadian Geographic at 50 Sussex Drive to see James Cameron's submersible that he created to view the Titanic and then he went to the bottom of the Mariana Trench. This exhibit is so timely with the recent collapse of the submersible that took five lives. There is no cost for the exhibit and although a small exhibit, still a very interesting one.



Walkin' & Talkin'



Make a note in your calendar of these dates.

Wednesday July 19

Wednesday August 16

Wednesday September 20

Wednesday October 18

Our June walk took us back to an old haunt, the Mer Bleu. It remains a beautiful spot for a walk. We encountered turtles, an upturned tree and a tree filled with birdhouses and feeders.

Following our walk, Linda Miller- Nesbitt

hosted everyone back at her place for a small luncheon. Almost everyone attended.

July 19th we will be walking at the NCC Greenbelt P13 beside the Bell High School, Bruin Lake, West Ottawa. This is the Jack Pine Trail on Moodie Drive. We will be meeting in the parking lot about 9:45am to start our walk at 10am. See you there!

Men welcomed.



Sharon Howes will be away next month for euchre. Bernetta Starkey will host the gathering. All the participants will receive an email with her address as we get closer to the date - Wednesday July 12th. The consensus was to play once a month on the 2nd Wednesday of each month. Go to SOCIAL GROUPS on our website and you will find the write up for euchre. If you want to play, just add the last four digits of your phone number to the white box and hit SUBMIT.



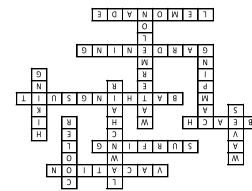
We are playing Bridge online. Please contact Bernetta Starkey ([bernettastarkey1@gmail.com](mailto:bernettastarkey1@gmail.com) or 343-572-7448) if you would like to join us in Bridge online. It's easy and the game even helps you so you can learn while playing. When you join, you use your computer camera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



# FUN &

# GAMES

Crossword Solution



"I'd let you talk more, but you're not as interesting as me."



"This seems important: In the event of an obstruction, keep face and hands away from the suction unit!"

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

**We're Hiring!**

These are the best jobs ever!  
No benefits! No wages! But oh so much fun!!

**PUBLICITY**

We are in need of someone to handle our publicity. Colin Galigan has been doing this position along with arranging our speakers. He would like to focus his attention on the speakers. Colin has a list of local newspapers that he puts in a free ad on their community pages. Maybe you could invite one of the papers to visit our meetings and interview our speakers!?

**WEBMASTER**

Secondly, we are in need of a webmaster. John Wright (you remember John from such famous positions as Secretary, President, The Probe Editor to name a few) is now looking to step back from editing our website. This is a position where you can make it your own.

**PHOTOGRAPHER(S)**

This is a position that has been empty for many years, especially over the covid years. We need someone to photographically document our speakers, events and so on. You might now always be able to attend every event, so you will need to arrange someone to take the photos. This would be a great team endeavour.

**AV MANAGER**

Look at this one! A management position! We need someone who attends meetings a little earlier to set up the audio-visual equipment. You will have help in this (or you could arrange your own team!) The job description sounds very detailed on our website but I can assure you that it isn't that difficult.

These positions don't necessarily need to sit on the Board.



**Did you know . . .** the longest coastline is in Canada (Newfoundland & Labrador). Canada has the longest street in the world (Yonge Street). A Canadian bear inspired Winnie the Pooh (A.A. Milne based his story on a bear found on the White River, ON). The US has invaded Canada twice; once during the American Revolution 1775 in which they invaded Quebec and during the War of 1812. Both times expecting Canadians to join the US.

**JULY BIRTHDAYS**



- 1 Kelly Sutarjono
- 2 Viola Brennan
- 10 Geraldine Dixon
- 11 John Wright
- 18 Joyce Wright

# FUN &

# GAMES

Sudoku Solution

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

## ACROSS

- 3 The usual season for it
- 4 Okay, bigger 4 Down
- 7 Where the water meets the land
- 10 What you wear to 7 Across
- 11 Get your hands dirty
- 12 A real thirst quencher

## DOWN

- 1 Not your livingroom furniture
- 2 A place to keep your drinks cold away from the fridge
- 4 Dappling at your feet
- 6 A walk in the woods
- 8 Uncomfortable sleeping
- 9 Summertime fruit

**HAPPY CANADA DAY!**

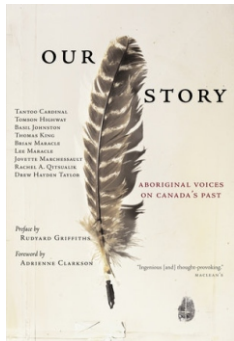
**CANADA I-I DAY I-I**

**HAPPY Canada Day**

## OUR STORY

by Maria Campbell • Tantoo Cardinal  
 Tomson Highway • Drew Hayden Taylor  
 Basil Johnston • Thomas King  
 Brian Maracle • Lee Maracle  
 Jovette Marchessault • Rachel Qitsualik

Inspired by history, *Our Story* is a beautifully illustrated collection of original stories from some of Canada's most celebrated Aboriginal writers.



From a tale of Viking raiders to a story set during the Oka crisis, the authors tackle a wide range of issues and events, taking us into the unknown, while also bringing the familiar into sharper focus. Drawing on their skills as gifted storytellers and the unique perspectives their heritage affords, the contributors to this collection offer wonderfully imaginative accounts of what it's like to participate in history. *Our Story* brings together an impressive array of

voices—Inuk, Cherokee, Ojibway, Cree, and Salish to name just a few. These are the novelists, playwrights, journalists, activists, and artists whose work is both Aboriginal and uniquely Canadian.

Brought together to explore and articulate their peoples' experience of our country's shared history, these authors' grace, insight, and humour help all Canadians understand the forces and experiences that have made us who we are.

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

- |               |           |               |            |
|---------------|-----------|---------------|------------|
| BEACH         | COOLERS   | LAWN CHAIRS   | VACATION   |
| CAMPING       | FIREWORKS | LEMONADE      | WATERMELON |
| CANADA DAY    | FLAG      | PROUD         | YOW        |
| CELEBRATE     | HIKING    | RED AND WHITE |            |
| CONFEDERATION | HOLIDAY   | SUMMER        |            |