Issue: 2024-03



# **<b>HETULIP NEWSLETTER**

# ONTARIO DISTRICT 1

Founded in 2000 Probus Club of Ottawa Alta Vista #101 Meetings held at Gloucester Presbyterian Church, 91 Pike Street - March 2024 Next Meeting: Wednesday March 27 2024 at 10am in person Greeters for March: Barbara Wilson and Maureen Dawson

March Speaker: Ottawa Riverkeeper, Laura Reinsborough



Ann Ketcheson

# PRESIDENT'S MESSAGE

OK, I have a confession to make. They say it's good for the soul. I love to make lists. Like Santa in the jigsaw puzzle I recently finished, I like to plot my course. "Plan your work, and work your plan" as my dad used to say. My lists aren't usually grand or complicated. I don't have a list of things to do to achieve world peace, harmony and love. My lists are

mundane: groceries, other kinds of shopping, tasks around home, emails to be sent, bills to be paid. So why make a list of such ordinary things? Well, first of all it takes them out of my head. No lying in bed at night wondering if this or that should be done or has been done, trying to remember what I promised to someone, mentally getting organized for that dinner

party I'm hosting next weekend. The other big advantage of lists is my satisfaction when things get CHRISTMAS TRADITIONS



THE SATURDAY

checked off and sooner or later that lovely list ends up in the blue box. Most tasks are accomplished but there are always a few which lose their importance and so just are "off the list" eventually. In such small ways, I feel a sense of empowerment, a feeling that I have at least a little control over some minor things in life. Small but important achievements!

I suspect many of you do the same. When it comes to Probus, perhaps there are a few lists you might like to make for yourself. Some things you may already do, some may not appeal to you at all, and others might be on your "try it out" list just to see what works. For example, regularly coming to meetings may be on your Probus list. But let's go a little further.

Invite a friend to come along. Volunteer to be a greeter and welcome people at the door. Participate in the book swap, or do some knitting in your spare time to help out a good cause, collect your bread bag tags to be recycled, support the club by buying a 50/50 ticket. If

you are able, come a little early to set up tables and chairs or stay a few extra minutes to help put them away. We need someone to learn the set-up of the AV equipment required for speakers at every meeting. Already so many things on your Probus list – and that's just at the regular meetings.

So perhaps set your sights a little higher, make your list a little longer, and join in activities like euchre or a walk with Probus friends once a month or something brand new this month – going out for lunch after our regular Probus meeting. Add excursions to your list in order to get to know Ottawa and your fellow Probus members a little better. I guarantee you'll learn something on each and every excursion. And you'll be well fed and entertained at a lunch which goes along with the event. Perhaps you prefer to volunteer behind the scenes. We need a back-up webmaster. If you're willing to learn the ropes and enjoy working with technology, that's another possibility for your Probus list.

Last but not least, come up with your own list of things you'd like to see and do and then help your Management Committee make them reality. A car rally has been suggested. What a lovely way to perhaps see some fall colours and get to know an area outside the city. Would you participate? Would you help with the event organization? Our club's 25th anniversary is coming up in September. Do you have some ideas? Again, would you help with organizing the celebration? The sky's the limit – what would you enjoy doing if only it were available? Let me know . . . I'll make a list!

President - Probus Club of Ottawa Alta Vista

John Wright

Eva Hammond

We have a book exchange program. Bring in your books 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.



Mar 21 - Apr 19

#### **ARIES**

At the beginning of the year, the



Sun-Mars conjunction may not allow you to enjoy your love life, and the dullness may frustrate you at times. But as the year

advances, the Venus-Mercury conjunction will help you make a big romantic step right away

# **Management Committee Contact List**

President
Vice President
Treasurer
Secretary
Membership
Tel/Email
Program
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Goodwill
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-

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hammond.eva@gmail.com



# GOODWILL Lindo Millon Noskitt

A get well card was sent to Maureen Dawson who is getting over an injury. We wish her a speedy recovery.

A follow up phone call was made to Marlene Brennan. Marlene is doing very well and hopes to be back soon.

If you know of any of our members who are ill or passed, please let us know.

#### FINANCIAL REPORT for February 2024

Pat Robson

	Expenses	Revenues	TOTALS
Opening Balance			\$4107.17
Memberships		210.00	
Loonie Bin		44.20	
50/50		43.50	
Bank charges	-4.00		
Membership pins	-123.75		
Stamps/Envelopes	-16.38		
Printing/Coffee urn	-44.75		
Hospitality Baking	-10.00		
	-\$198.88	\$297.70	\$4205.99
Totals			

50/50 Float	\$20.00
Membership Float	\$20.00
4-	



## **MEMBERSHIP**

Bob Mady & Jane Wickham

Our membership is currently standing at 84 members in good standing. We welcomed 10 guests at this meeting for a total attendance of 94. One of our best turnouts.

We welcomed into our club:

Ilona Bain Susan Belanger Joan Bowen Mary Njeri Githii Ron Rose Egizia Taucer



The 50/50 draw winner for February was

RON ROSE

Bonnie Barber

who won \$43.50!

\$1 - one ticket \$2 - three tickets \$5 - ten tickets

Cash sales only. Good luck, everyone!



## RAINBOW-COLOURED DEVILED EGGS FOR EASTER

You won't be able to take your eyes off this beautiful spread!

Place 12 large eggs in a wide pot, cover with

water and boil, then turn the heat down to medium-low for 10 minutes. Run under cool water until eggs are room temperature, remove shells and cut lengthwise. Scoop out yolks and mash according to recipe, then pipe back into egg whites.

#### 1-PIQUILLO DEVILED EGGS

Piquillo peppers and smoked paprika add a lively kick to these bold and beautiful deviled eggs. If the rest of your Easter spread consists of beloved family-favorites, these are a yummy and quick way to add something new to the menu.

#### 2-PIMENTO CHEESE DEVILED EGGS

If you love cheesy omelets, these deviled eggs will make your stomach rumble. Chopped pimentos also add the right amount of sweetness that's just perfect for these pre-dinner appetizers.

#### 3-BELL PEPPER DEVILED EGGS

Diced yellow bell peppers take the starring role in these golden deviled eggs. A zesty combination of relish and yellow mustard also gives them a nice tang, which makes them taste just as vibrant as they look!

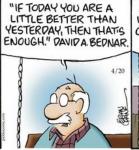
#### 4 - SCALLION-CHIVE DEVILED EGGS

Good chives only — that's exactly how you and yours will be feeling after you dig into these herb-topped deviled eggs. Filled with a yummy combination of crunchy scallions, fresh parsley, briny capers and zesty chives, these unique bites might just dethrone your go-to deviled egg recipe.

#### **5-BEET DEVILED EGGS**

These charming deviled eggs are almost too pretty to eat — almost! Not only are they filled with triple the beet flavor (you'll use beet hummus, pickled beets and beet horseradish to fill and top them), these deviled eggs are also a lovely and simple way to explore a new flavor just in time for spring!











April Speaker

**Dr Barry Bruce** 

Diefenbunker

The Diefenbunker is a massive four-storey underground bunker, built between 1959 and 1961. During the Cold War, top officials were to take shelter here in the event of a nuclear war. It was active as Canadian Forces Station Carp until 1994.

Today, it operates as a not-for-profit, charitable museum with award-winning tours, programs and escape rooms.

Dr Barry Bruce is the Principal Founding Member of the Diefenbunker Development Group. He was the driving force behind the acquisition of the Bunker from West Carleton Township and the idea to turn the facility into a proper museum Board.



Kathryn Fournier

#### **Profile on Kathryn Fournier**

Kathryn was born in Temperanceville, which is now Ward 1 of King City. Shortly after moved to Richmond Hill then her father was transferred to Halifax, when Kathryn was 12 years old. Then transferred back to Toronto and lived in Brampton.

Kathryn earned a Bachelor of Radio and Television Arts at Ryerson (now known as the Toronto Metropolitan University). Upon completion of her degree, Kathryn went to India. She travelled overland from Europe. She passed through Greece, Turkey, Iran, Afghanistan. Kathryn was only 21 years of age during this journey which took over six months.

In 1974, Kathryn moved to Ottawa and took a job at Carleton U. Carleton had a large journalism program with radio and television studios for the students to work in. Kathryn's Bachelor's degree was on the technical side of radio and television and now she attended Carleton U to attain her Masters in Journalism.

There was a posting for a newspaper position in Hearst and Kathryn headed there. This is where Kathryn met her husband and had their first child, Melanie. Kathryn continued working as a CBC Radio stringer. Melanie was born with significant medical conditions which opened up a whole new dimension of life for Kathryn and her family.

Melanie has Hydrocephalus, which is a build-up of cerebrospinal fluid in the brain as well as Chiari Malformation which occurs when the cerebellum bulges into the spinal canal. Although doctors were originally not very optimistic about Melanie's prognosis, she has flourished through her own determination, excellent medical care and the support of her family. Melanie is active in a number of networks and organizations, including the Special Olympics.

They then moved to Toronto where the other two children, Gabrielle and Philippe were born. At this time, Kathryn left the paid workforce to focus her attentions on her children.

Then the family moved to Hawkesbury due to a transfer for her husband and only 20 years ago did Kathryn move to Ottawa. She worked for the Department of Indian Affairs for 20 years until her retirement in 2017.

A great many of you many not know that Kathryn is First Nation. Her mother was Cree and Ojibwe. Kathryn's grandparents were from two different reserves in Manitoba and met at a residential school run by the Anglican Church. Married and lived in Lac Seul, Sioux Lookout and eventually Kenora where Kathryn's mother was born.

When Kathryn was growing up near Toronto, there was not much opportunity to celebrate or acknowledge Indigenous heritage. Although by the time she was born, many of the restrictions in the Indian Act had been removed, for many years Indians were not allowed to own property, have passports or vote. This is a small list. When the family moved to Kenora, her grandfather wanted to vote and to do that he needed to enfranchise. Enfranchisement is a legal process for terminating a person's Indian status and conferring full Canadian citizenship, and was a key feature of the government's asimilationist policies toward First Nations people.

Because Kathryn's grandmother lost her attachment to her own band and reserve and became part of her husband's band and reserve, she and their children also had to give up their Indian status when her husband enfranchised.

In 1985 the Indian Act was amended and Kathryn's mother was able to claim status but, because of the earlier enfranchisement, Kathryn's mother had only a partial status. Several years ago, a small group of families, including Kathryn's, launched a challenge to the enfranchisement provisions of the Indian Act based on the Canadian Charter of Rights and Freedoms. After several years of negotiations, a bill was introduced in the House of Commons to amend the Indian Act with regard to the descendants of Indians who had been enfranchised. In December 2023, the bill went through second reading and Kathryn was not only in the House of Commons when it was read but was also introduced. After this bill is passed, Kathryn's children will also enjoy status.

Kathryn's father was francophone. Her paternal grandfather Louis Fournier was from the Gaspe region and found his way to St Boniface in Manitoba, where he met her grandmother. The family lived in Elk Lake outside of New Liskeard. They had 12 children and Kathryn's father was a great storyteller. Many an evening was spent around the kitchen table with music and storytelling. Her father was part of a road crew who worked his way up to an office job and then put together a program to learn heavy equipment operation. Her parents moved to the Northwest Territories and the Yukon to help establish similar training programs. Kathryn's parents eventually retired in the Okanagan Valley where they hosted a family reunion every summer for children, spouses, grandchildren and even greatgrandchildren. Kathryn considers the Okanagan Valley her second home.

Kathryn is active in the Anglican church in Ottawa as well as in several other ecumenical organizations where she works in support of reconciliation and right relations.



The weather is improving so Barb has decided to start our walks in the woods again. Barb will send out an email regarding this shortly. The location is yet to be determined. We will meet about 9:45am to start our walk at 10am. See you there! Men welcomed.



We have just renewed our membership in Probus and if you have moved or changed your phone number, please let us know. We need to keep our membership information up to date.



We would like to start a new interest group - A Spot of Lunch. This will be for anyone who would like to meet for lunch every other month.

Let's try after our March meeting on March 27th.

A Spot of Lunch

We'll make our first lunch date at The Chopped Leaf at 140 Trainyards Drive on Wednesday March 27th at noon. We'll make it the fourth Wednesday of each month, alternating months.

We can start with The Chopped Leaf and try other restaurants each time.

Look for a sign-up sheet on our website.



Wednesday March 27 12noon The Chopped Leaf

140 Trainyards Drive Sign-up sheet at probusoav.ca



We will try our hand at bowling. We will meet at Orleans Bowling at 885 Taylor Creek Drive in Orleans on Thursday April 11th at 1pm.

The cost is \$58 for 6 people to bowl for an hour. This includes shoe rental and taxes. It works out to around \$9.67 per person. We will need at least six people to sign up to make this work.

If this looks popular, we might look at this becoming a regular event. Put together your team and sign up soon as I will have to book the lanes in advance and prepay them.

Sign up sheet is on the website.



Thursday April 11 - 1pm \$9.67 per person shoe rental and taxes incl We need multiples of six people to sign up

885 Taylor Creek Drive



Our speaker for April will be speaking about the Diefenbunker, an amazing piece of Canadian history.

We will round out that talk with a trip to the actual Diefenbunker on May 3rd at 11am. We will follow this with lunch at The Swan at Carp, 108 Falldown Lane.

The guided tour is \$15.50 +tax per person and will last for about an hour. This will include considerable walking and stairs.

Little known fact: Did you know that Diefenbaker refused to entertain the thought of ever using the bunker because his wife and daughter would not be included.

Sign up sheet is on our website.



Friday May 3 11am Diefenbunker 3929 Carp Road \$15.50 +tax pp guided tour The Swan at Carp 108 Falldown Lane Sign-up sheet online



**REMEMBER:** When signing up online for events to review your information and then *click the OK* **button**. This is very important because otherwise you aren't actually registered.



Colin Galligan

Bonnie Barber



for each of our meetings. Bonnie steps down as our treasurer. You will continue to see Bonnie now working the 50/50 table. Linda Miller-Nesbitt steps down as Events Lead. Linda took on this new position and organized many very exciting events. Always followed by lunch, which may have been the most important part. Linda will continue to send out get well cards. Thank you for all your efforts for our club.



Sharon Howes hosts our euchre games. We play on the 2nd Wednesdays of each month, this month it will be February 14th at 1pm. Go to SOCIAL GROUPS on our website and you will find the write up for euchre. If you want to play, email Sharon (her email is under Euchre Players) and let her know you want to play. Don't worry if you have never played before. This is a fun game and nobody minds teaching others. All new participants will receive an email with her address as we get closer to the date. See you there!

We thank Colin Galligan, Bonnie Barber and Linda Miller-Nesbitt for their help on the Management Team. Colin steps down as Program Lead. Colin arranged the speakers





If you would like something new to knit or crochet, you can knit/crochet squares for South Africa. Here's their story.

#### The beginning -

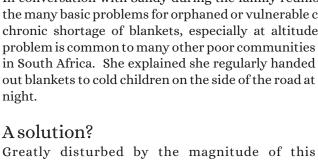
In 1984, two close families in Zimbabwe separated through emigration. Ronda and Peter Lowrie and their two daughters Sian and Erin — went to South Africa, and Ronda's niece, Sandy McDonald and her husband, Roger, and their two daughters, Kalai and

Cressida, moved to Australia.

Over the years, Ronda became an active charity worker in Soweto.

In conversation with Sandy during the family reunion, Ronda identified one of the many basic problems for orphaned or vulnerable children in South Africa as a chronic shortage of blankets, especially at altitude in the cold winters. The

problem is common to many other poor communities in South Africa. She explained she regularly handed out blankets to cold children on the side of the road at night.





#### A solution?

unheralded tragedy, the McDonalds wondered if they could start an online movement to raise awareness. It would call on the world's knitters and crocheters to make standard 8" (20cm) squares and send them to Ronda in South Africa.

There, volunteers would make them up into blankets for distribution to these children. The idea for Knit-a-Square was born.

Sandy called on the knowledge of her mother, Zanny, Ronda's older sister and a prolific knitter, to assist her in developing patterns for the website and creating the How To Knit e-lessons. Zanny's gift to Sandy of a blanket made of squares had been an inspiration for the original idea.

Armed with a just a little knowledge of the online space and its potential to connect people, Sandy and Roger worked to construct the website, learning how to tell the stories that might attract the compassion of crafters around the world.

Roger coined the slogans, 'More hands, more squares, more warm children,' and 'your knitted square, a currency of hope' which so beautifully captured the incredible work of tens of thousands of crafters around the world knitting to warm and comfort the children.



### What happened in South Africa

A trickle of squares began to arrive in early 2009. That trickle became a stream after American yarn giant, Lion Brand, ran a small story on the Knit-a-square project in its February 2009 newsletter. This publicity, together with other online traffic driving strategies, helped drive more many thousands of knitters and crocheters to the site. Soon the stream became a torrent.

Ronda's contacts her church community and Soweto provided desperately needed help as the deluge of squares arrived.

Together with a team that included her daughter, Erin Van der Vyver, Lindiwe Ngwenya and Wandile Mkhwanazi, who have become permanent volunteers, they began the tireless work that continues today and has so far resulted in wrapping over 84,000 children with warm blankets.

Ronda, Wandi and Linda, and the board of dedicated Knit-a-Square volunteers have continued to build on their church and community networks to keep on wrapping blankets around children. Each time they wrap a blanket around a child, they tell them they are special and have a unique role to play in their country.

The volunteers open the parcels, record where the squares had been sent from, package them into 35 square bundles, and organise for a variety of communities, including the Gogos (grandmothers), to sew them into blankets.

Lindi and Wandi have identified scores of small day care centres in the shack settlements, put together by enterprising women to look after the children. Most of the finished blankets, together with hats and toys are distributed to the small children in these centres.







If you are interested in doing this, this is what they need.

#### **KNITTED SQUARE**

Materials and Tools

- Medium weight (#4) wool in any combination of colours
- 4.50mm/US 7 needles, or size needed for your tension
- Yarn sewing needle

Instructions

Cast on enough stitches to make 8" (20cm), which should be anywhere from 35 to 40 stitches, depending on the wool and your knitting gauge. Try to make your stitches neither too loose nor too tight to help ensure uniform squares. This may vary slightly depending on your tension.

Note: Check your gauge (tension) after 10 rows. This will save you some frustration if the square is too wide or not wide enough. Adjust accordingly by starting with more or less stitches.

Row 1: knit

Row 2: knit.

It's that simple! Continue knitting rows 1 and 2 until your square is as long as it is wide.

### **CROCHET SQUARE**

Note: Check your gauge (tension) after 10 rows. This will save you some frustration if the square is too wide. Adjust accordingly by starting with more or less stitches.

Chain 31.

Row 1: Single crochet in the second chain from hook and in each stitch across. (30 stitches approximately, depending on the wool and your crochet gauge)

Row 2: Ch 1, single crochet in each stitch across.

Row 3: Repeat row 2 until square measures 8 (20cm) long.

If the square is smaller than 8 (20cm), add an edging of single crochet. At the corners, increase 3 sc in the corner stitch. Leave a 20 (50cm) tail (for sewing the squares together). Butterfly the tail to the square.\* Sew in all other loose ends of yarn. If possible, also tie the squares into bundles of 5 or 10.

It comes down to:

- Knit/crochet an 8" square
- Use #4 medium wool
- Use the appropriate needles/hook for the tension
- Leave a 20" tail of yarn
- Tie it off with a contrasting wool







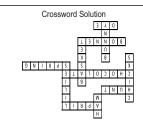




Bring your squares to the meetings and Bernetta will pick them up and put them with a bundle going to South Africa so you won't need to worry about the postage.

If you are feeling very energetic, they would also like hats, sweaters, toys, leftover yarn and sewing needles.

# FUN & GAMES





"I thought you said 'Hand over the bunny."



"Actually, we're out shopping for my birthday now. My husband said I could pick out anything I want"

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This young man is a heart throb to many. Now in his 60s, he starred in Ocean's Eleven, Fight Club and Interview with the Vampire. He's not afraid to take on roles that don't highlight his attractiveness and in Twelve Monkeys he played a character who was mentally challenged and sported an eye that wasn't centred. In Seven Deadly Sins, he starred with then

girlfriend, Gwyneth Paltrow. He credits Bradley Cooper with helping him in his sobriety. In 2022 he was diagnosed with prosopagnosia (face blindness) which means he has difficulty recognizing faces. In 1995 he was voted People's Sexiest Man Alive. Who is he?





Brett Martensen was our speaker in February and he spoke to us about AI (Artificial Intelligence). Brett's talk caused us to see the largest number of guests that we have ever seen. Brett explained that AI is very narrow. Just because it has been trained to drive a car does not mean it can transfer that information to drive a truck or write an essay or vacuum your floor. Once the training is complete, Al doesn't continue to learn unless continuous training. It cannot extrapolate the information to learn on its own.

There are major benefits to AI. Scanning luggage, for example. People do that job but within a short time, they're attention span is done and they are not scanning as they were in the beginning. Al, once trained,

can continue to scan with the same focus until stopped. Scanning luggage, reading X-rays, meteorology, these are all examples of what Brett calls "Good AI". "Bad AI" is reliant on its training and whether we intend to or not, our biases can infiltrate our code that is used to train AI. There is no fact checking on AI, it simply believes what it has been trained to do.

Brett showed us an example of 'hallucinations' where we saw three adorable baby wolf cubs. Within moments we could see more cubs than we could count because the Al didn't recognize that three cubs couldn't become multiple cubs. ChatGPT is being used to write essays but since it doesn't fact check, it will simply regurgitate facts it has learned and reassembles them. If the information was flawed, it will be another essay with flawed information.

"Ugly AI" was exampled with fake news, fake photos, voice replication. We need to be more skeptical when faced with information that seems extraordinary.

Robots are an example of AI. They can be trained to drive a Rover on Mars but will need retraining for every task.

The future holds hope that eventually AI will be able to think and learn like humans, but that day is still a long way off.

## APRIL BIRTHDAYS

- Irene McCullough Sat Palta
- Pam Forsythe
- Laureen Silke

# FUN & GAMES



Baby Face

Sudoku Solution										
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Cudoku Colution

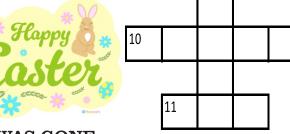
#### **ACROSS**

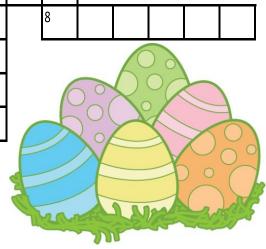
- Common month for Easter
- Searching
- 7 Eggs
- Easter is its harbinger
- 10 A hat
- 11 Coloured eggs

#### **DOWN**

- A common Easter meal
- An Easter flower
- Peeps
- For collecting
- Easter







#### THEN SHE WAS GONE

by Lisa Jewell

Ellie Mack was the perfect daughter. She was fifteen, the youngest of three. Beloved by her parents, friends, and teachers, and half of a



teenaged golden couple. Ellie was days away from an idyllic post-exams summer vacation, with her whole life ahead of her. And then she was gone.

Now, her mother Laurel Mack is trying to put her life back together. It's been ten years since her daughter disappeared, seven years since her marriage ended, and only

months since the last clue in Ellie's case was unearthed. So when she meets an unexpectedly charming man in a café, no one is more surprised than Laurel at how quickly their flirtation develops into something deeper. Before she knows it, she's meeting Floyd's daughters—and his youngest, Poppy, takes Laurel's breath away.

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**BASKET** BLOOM **BLOSSOMS BUNNY CHICKS** 

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**PURPLE SPRING TULIPS**