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## VICKY URWIN, REMEMBERING OUR VETERANS

» **PAGE 8**

Fall Edition 2017

## CARP CALLS FOR PUBLIC INQUIRY INTO ELDER ABUSE

» **PAGE 4**

*Photo credit: Phyllis Mahon*

Chapter 36 acknowledges Jeff Scott from Steckley-Gooderham Funeral Homes for his generous support in the production of this newsletter.

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## MOVING? MOVED? NEED TO UPDATE YOUR MEMBERSHIP INFORMATION?

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Local: 416-363-8748  
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e-mail to: [support@carp.ca](mailto:support@carp.ca)

## CHAPTER 36 MEETING SCHEDULE

September and October meetings at Steckley-Gooderham Funeral Home,  
201 Minet's Point Road, Barrie (opposite Giant Tiger) (doors open at 6:00pm)  
November meeting at new location below

**Tuesday, September 19, 2017 - 6:30 p.m. • CHRISTY TOSH,**  
*Simcoe County, Building An Age-Friendly Simcoe County.*

**Tuesday, October 17, 2017 - 6:30 p.m. • DR. KEN HEDGES** is the last  
surviving member of the four-man crossing party of the "*British Trans Arctic  
Expedition*" of 1968-1969. He will speaking about his trip to the North Pole, in  
his role as a medical officer with Britain's Special Air Service (22 SAS Regiment).

**Tuesday, November 21, 2017 - 6:30 p.m. • NEW LOCATION FOR OUR  
ANNUAL GENERAL MEETING,** Royal Canadian Legion, 410 St. Vincent St.,  
Barrie, ON. Entrance to parking lot is off Ferris Lane, just off Cundles Rd. East.  
**REFRESHMENTS AND ENTERTAINMENT GALORE!**

- **Guests are welcome • Light refreshments are provided**
- **Bring a loonie or toonie for the 50/50 draw**
- **Meetings are free of charge**



# CONNECTING WITH THE CHAIR

**T**he Exhibition in Toronto has come and gone, signifying the end of summer is upon us. Where did it go.....

Your Chapter Board has been very busy. We have two more meetings coming up with great presenters and, of course, our AGM on November 21st, which this year will be held at the Royal Canadian Legion (entrance off Ferris Lane).

Please contact me for information, should you be interested in joining our CARP Chapter Board, as we hold elections at the AGM. It is also our Christmas Party, with great entertainment and our last meeting of the year.

We have our Flag Raising for CARP Awareness Week at City Hall on the morning of October 2nd, at 10 A.M., followed by goodies, information and speakers on our top Advocacy Issues, in the Rotunda. I sincerely hope you will come out and support us on these important topics, listed on page 6.

Next year, we will be holding a huge event, namely "Spring Into Green 2018", on Earth Day, April 22nd at the Holly Rec. Centre. Watch for more information for this in our next newsletter and upcoming e-blasts to members. If you know someone who should be an Exhibitor, ask them to please contact us at [barrie@carp.ca](mailto:barrie@carp.ca).

I want to update you on our Senior Housing Committee, which supports the concept of Co-Housing. If you are unfamiliar with this, come out on October 2nd to our flag raising. Shelley Raymond, of Solterra Co-Housing, will be speaking

on the subject of Senior Housing. If you received the



September Issue of the Zoomer Magazine, you will see mention of our Chapter and Co-Housing on the top half of Page 73. It basically includes parts of a letter I had personally delivered to our MPP Ann Hogarth requesting that the Ontario government provide a 5 year interest-free loan to build 100 Co-Housing homes across the province, including Barrie. As the homes are built or rebuilt to accommodate 4 to 6 seniors and then sold, the monies will flow back to the Province. The many benefits and reasons are listed in the Zoomer article. As well, other options continue to be investigated.

Please know CARP and our Chapter are working diligently to improve the lives of Canadians. By joining CARP and increasing our numbers, we have more sway with governments.

Your Chair,

Gwen Kavanagh  
CARP Chapter 36



## ADVOCACY

# CARP CALLS FOR PUBLIC INQUIRY INTO ELDER ABUSE

June 5, 2017

Last week, CARP called for a public inquiry into how long-term care deals with abuse and untimely deaths of long-term care residents in Canada. The call for inquiry came as Elizabeth Wettlaufer, a former RN, was convicted for murdering eight seniors in long-term care residences, attempted murder of four, and assault of two residents.

Earlier this year, CARP launched a public awareness campaign on elder abuse in long-term care residences after receiving a heartbreaking letter and photo from James Acker's family. James was beaten in his long-term care home and died two months later in hospital.

"CARP is very concerned about attitudes and behaviours towards our most vulnerable Canadians in long-term care," says Morris. "A public inquiry is long-overdue."

Read the latest media coverage on this issue:

Go to [CBC.ca](http://CBC.ca) – Could a public inquiry prevent more nursing home murders? for more information.

The Windsor Star – Ontario nurse details the 'red surge' behind the slaying of eight elderly patients.

Woodstock Sentinel-Review – Groups representing seniors say the murders of eight seniors in nursing homes merits a



probe into conditions at long-term care homes nationwide.

Email from CARP Member:

"I have been reading about Elizabeth Wettlaufer in the press...I heard on the news that CARP wants to make sure there is some sort of inquiry. Please, please, on behalf of the old and sick, help to blow the lid off the mess that is elder care..."  
Dorothy Harraher, Burlington, Ontario.

**Please join CARP today!** *Your membership supports CARP advocacy.*

CARP is calling for answers, recommendations, and action to protect seniors in long-Term Care residences.

### Seniors in Crisis:

Approximately 20% of Canadians know a senior who they believe is experiencing abuse, and some studies suggest that 8-10% of seniors experience elder abuse in one form or another.

Put another way, 766,247 seniors were abused in Canada last year.

The number of seniors is expected to double over the next 15 years and CARP anticipates that the number of seniors being abused will in turn increase significantly.

SEE  
PAGE  
6 FOR  
DETAILS  
ON OUR  
FLAG  
RAISING

SAVE  
THE  
DATE

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MARK YOUR  
CALENDARS!

**November 21, 2017  
STARTS at 6:30 p.m.**

## **NEW LOCATION for our Annual General Meeting**

Royal Canadian Legion, 410 St. Vincent St., Barrie, ON L4M 4A6  
Entrance to parking lot is off Ferris Lane, just off Cundles Rd. E.

**REFRESHMENTS AND  
ENTERTAINMENT GALORE!**

# COMMUNITY CONTINUED



## CARP FLAG RAISING WHEN

**Monday, October 2, 2017**

**10:00 a.m. – 12:00 noon**

## WHERE

**Barrie City Hall,  
fronting on Mulcaster Street**

## WHY

**CARP flag raising to honour CARP Awareness Week**

**Join us, along with Mayor Jeff Lehman for the flag raising.  
Then into the rotunda for light refreshments and interesting  
and informative speakers on CARP's top advocacy issues:**

**Surgical Wait Times**

**Caregivers, Ingram Nurse speaking**

**Home Care/Senior Housing,**

**Shelley Raymond from Solterra Co-Housing speaking**

**Elder Abuse, speaker will be Tammy Carbino, daughter of  
James Acker, a casualty in a Hamilton Long Term Care Home**

**Financial Protection**

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TO SEEING YOU THERE.**



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# VICKY URWIN, HISTORY IN THE MAKING

**C**hest ... OUT, Stomach ... IN, Quick ... MARCH! Everyone in total unison, arms swing straight out, shoulder height. It is the best time of Vicky Blott's life, serving the country she loves so much, Canada.



enough to integrate these corps into what became the Canadian Women's Army Corp. Thus, Vicky becomes a CWAC. Its members wear a cap badge, which consists of three joined maple leaves and two crossed swords. Their collar badges depict the helmeted head of Athena, The Greek Goddess of War and Wisdom. The creation of CWAC, a milestone in its day and a historical leap forward for women, is the start of a wider trend of women's roles in the Canadian military, which has expanded considerably today.

Vicky recalls basic training lasting a month or two but in the wilds of Kitchener, during the height of winter, it seems to take much longer. One of

Although many years have feathered the edges of Vicky's memories, it is obvious that she's still as sharp as a push pin. At 90+ one or two years, so much of Vicky's life is still as clear as the day she lived it. So many of those years in military service to ensure the freedom we enjoy today.

In early 1942, Vicky's home life leaves much to be desired, so she and twin sister, Mabel, decide to enlist at the tender age of 16. Using *slightly altered* baptismal certificates, Vicky and Mabel manage to enlist in the Army, which up until March 13, 1942, has really just consisted of hundreds of volunteer women's corps. They are considered unofficial before that date. Organized from coast-to-coast, the military authorities are finally smart





Vicky's duties is to keep the barracks warm. She makes many trips to the wood pile, trampling down a deep path in the snow, to keep the stove fed and stoked and her fellow soldiers warm. Her efforts are appreciated, as her comrades also became her friends, satisfying her yearning for companionship. Coming in on the ground floor of the fledgling CWAC, all the women are equal and have the same opportunities to prove themselves.

Vicky enjoys the camaraderie that develops in the barracks, along with travelling and meeting people from all parts of Canada. She becomes more self-confident and believes that military life has a positive effect on her health, mental and physical. She is proud to belong to the CWAC and to wear its uniform.

Funny only in retrospect, Vicky is scathing when she recounts an experience she has during a two week stay at a summer camp in Niagara-on-the-Lake.

One day, to the female soldier's astonished eyes, they observe a men's platoon marching. Not an uncommon event but that day... the only thing they have on besides their socks and boots, are their sporrans. Show offs or chauvinists? Regardless, it is another example of additional challenges that women soldiers face. The men, their scanty attire covering up their private parts, stride briskly, sporrans flapping in the

breeze, saluting the women in a disdainful way. Hopefully, not something that would happen today.

Now living contently in a retirement community not too far from where she was born in Toronto, Vicky loves to sing in a choir, entertaining the 'old' folk, playing shuffleboard, serving as a Director for the Veterans Social Club and going for peaceful walks with Murphy, her 8 year old Shih Tzu. Penny, the cat, gets to stay home and guard the house.



*Phyllis Mahon, Author  
CARP Barrie #36 Director &  
Newsletter Editor*



*Photo credit: Phyllis Mahon*

# FUN JUNE MEETING



*Photo credit: Phyllis Mahon*



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# SAVE THE DATE FOR SPRING INTO GREEN 2018

## SPRING INTO GREEN

Sunday, April 22, 2018 - 10:00am - 4:00pm

Holly Rec Centre, Main Level

171 Mapleton Ave, Barrie, ON L4N 8T6

**CARP**  
BARRIE  
CHAPTER 36

Next year we will be holding a huge event, namely "Spring Into Green 2018", on Earth Day, April 22nd at the Holly Rec. Centre.

Watch for more information on this in our next newsletter and upcoming e-blasts to members. If you know someone who should be an Exhibitor, ask them to please contact us at [barrie@carp.ca](mailto:barrie@carp.ca).

# JOHN'S JOKES

Submitted by John Rodgers,  
Former Board Member  
And Joker Extraordinaire!

I only do  
what the  
voices in my  
wife's head  
tell her  
to tell me  
to do

I'm from tech support.  
I'm here to delete your  
cookies



Middle age is when  
you still believe  
you're gonna feel  
better in the morning!





## By April Lewis - Peace Arch News

*April* is the communications director for CARP, B.C.

### A Comforting Word

*By living in the moment*

*Living my life*

*Easy and breezy*

*With peace in my mind*

*With peace in my heart.*

Songwriter Jason Mraz has it figured out but living for the moment is a concept foreign to most of us caught up in the hustle and bustle of life. We forget to slow down and smell the roses.

It seems we are constantly striving for something we don't yet have or are in a hurry to travel to somewhere we haven't been.

We reminisce about the past and plan for the future. We eat fast food, drive fast cars and chase that elusive dollar. Our senses are constantly assaulted by noise.

Instead of just being in the moment and finding simple contentment in an increasingly isolated world. Technology, which is able to connect us in a nano-second, has ironically caused a disconnect and ennui amongst us.

Social isolation and loneliness is especially prevalent amongst seniors who often live alone. Alienation is rampant amongst our disillusioned youth.

We long for connection and comfort and coziness.

The Danes, who are considered the happiest people on earth, get it. They call it "hygge" pronounced "hoo-gah," which describes everything to do with coziness, togetherness and community.

Hygge is a feeling.

According to Meik Wiking, author of *The Little Book of Hygge: The Danish Way to Live Well*, we Canadians know something about hygge but have another word for it... "homeyness". That could include lighting candles at dinnertime, creating a warm ambience or sharing a meal and conversation. Comfortable beds, cushions and comfort food. Connecting with nature which is key: "Tending to your tomatoes while having a chat over coffee with the other gardeners is hygge-like and meditative."

Slowing down. Being mindful. Being still. Connecting with others. Embracing trust and intimacy.

According to Wiking, Denmark ranks #1 in the world for overall "happiness" and "trust" because of its commitment to health care, education and social support, higher taxes notwithstanding.

And above all, because of its belief in community with emphasis on the common good.

As our beautiful province burns with over 200 forest fires raging, nowhere is hygge more prevalent than in British Columbia.

With thousands of people forced out of their homes and thousands more on the verge of evacuation, people everywhere are reaching out to offer support to the victims.

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Those who have experienced the ferocity of fires such as the survivors of last year's horrible inferno in Fort MacMurray, Alberta, know all about what it means to lose the comfort and security of one's home.

Neighbours helping neighbours.

Strangers reaching out to offer the basic comforts and necessities of life and in some cases, opening up their homes to welcome evacuees.

On a much smaller scale, I have experienced the fear and confusion which accompanies being burned out of one's home. My first-married Christmas was not spent in our new home as expected. Rather a neighbour, who carelessly left a cigarette burning, made sure that wouldn't be the case. Thanks to

all the help we received, we got through the experience unscathed.

Living for the moment has taken on a new meaning for the BC fire victims. Comfort is sometimes a tangible thing but other times, it is simply feeling cared for by strangers with expansive hearts. A sense of togetherness and cohesiveness in a hostile environment. Proffering a feeling of security and trust in a frightening situation.

Social connection at its best.

That's what community is all about.

It is comforting to know that hygge is alive and well in beautiful British Columbia.

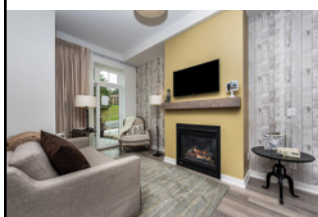


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**Sandy Wetherald** *Secretary*

**Garry Lovelace** *Treasurer*

**Dave Caldwell** *Director*

**Phyllis Mahon** *Director*

**Rosemary Mowat** *Director*

**Bonnie North** *Director*

## COMMITTEES

### Media/Public Relations

Tom Oldershaw

Randy Ward

### Membership

Dave Caldwell

Rosemary Mowat

Bonnie North

### Newsletter

Phyllis Mahon, Editor

Rosemary Mowat, Advertising

### Senior Housing

Costan Boiangiu

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*Consultants – Ross Cotton and  
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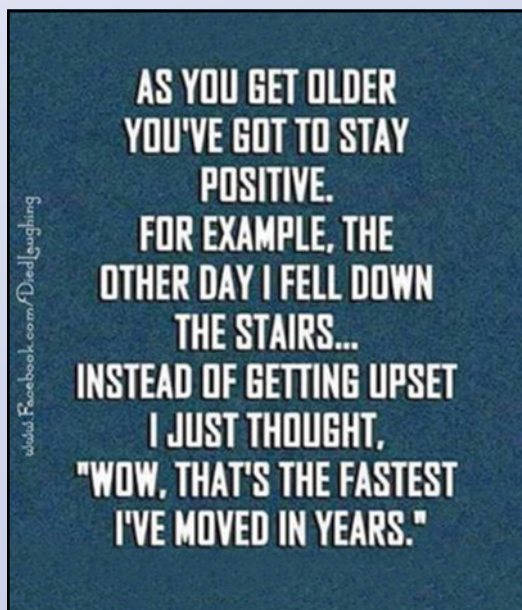
### Web and Facebook

Phyllis Mahon

Rosemary Mowat

Ryan Tomlinson

*NOTE: Rob McEachern represents  
CARP on the Senior Advisory Committee  
to the City and Sandy Wetherald is  
acting secretary for the Senior  
Housing Committee.*



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