



The Barrie CARP Connector

Issue 8 — July 2012

Barrie Chapter 36

CARP AWARENESS WEEK: A SUCCESS FOR BARRIE CHAPTER 36

It was a very windy morning beside Kempenfelt Bay on Monday June 25th, 2012. The weather couldn't have been more perfect for Mayor Jeff Lehman and Chair Gwen Kavanagh to ceremoniously raise the Carp Chapter 36 flag high in to the clear blue skies of Barrie.

In front of a crowd of approximately 60 distinguished guests and friends, Mayor Lehman proclaimed it to be Carp Awareness Week. The Mayor acknowledged the hard work and dedication of our chapter, its members and our efforts on the senior housing front.

The flag originated from the idea of our board member, John Rodgers (pictured) who suggested it one night at a board meeting. Without his leadership and subsequent idea to have it raised in Barrie, we wouldn't be where we are today. This is a sig-



nificant milestone in the short 3 year history of the chapter, but one which will remain, as we make our mark within the community as an organization that has something to say.

Patrick Brown MP also attended and recognized Carp as being an influential organization.

At the ceremony, Gwen was excited to announce that the Barrie Co-Housing project had received CMHC funding of a \$10,000 grant with a likelihood of more. Gwen said this will go a long way in getting the co-housing project off the ground and hopes to have the first home built by the end of the year.



Barrie Mayor Jeff Lehman



Pictured L-R John Rodgers, Gail Goldman, Anthony Quinn, & Gwen Kavanagh

Gail Goldman and Anthony Quinn from Carp National office (pictured) were delighted to attend such an event, the first of its kind amongst 53 Carp Chapters across Canada. Gail and Anthony presented Gwen with a banner to use at meetings and functions to further create awareness of our organization.

Also attending the event were employees of Zoomer Media and the Zoomer magazine. Be sure to keep an eye out for us in the next edition of Zoomer Magazine and Snap Barrie.

By: Kelly Patterson

The Barrie CARP Chapter is grateful for the support of Jeff and Valerie Scott, owners of the Steckley-Gooderham Funeral Home. They have generously assisted with the production of this newsletter.

Barrie CARP Board of Directors

Gwen Kavanagh, Chair
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Sue Lillie
Gerry Levene
Sandy Wetherald, Social/Education

Newsletter Editor: Kelly Patterson
Web Administrator: Dave Cooper

Contact Us

Phone 705-252-4756
Email: barriecarp@gmail.com

Keep up-to-date with Chapter 36!

www.barriecarp.org

Our website is updated regularly....

If you missed a meeting, you'll find a copy of the most recent minutes as well as information about upcoming meetings and details of planned events. You can also find recent and past editions of our newsletter.

We appreciate your feedback:
barriecarp@gmail.com or 705-252-4756



**Is it time to renew
your CARP
membership?**

*Please don't forget to write "**Barrie CARP Chapter 36**" on all new memberships and renewals for CARP. This allows us to receive \$5 or \$3 toward local expenditures.*

On the cover.....

CARP AWARENESS WEEK: A SUCCESS FOR CHAPTER 36!!

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Connecting With Your Chair

I have to admit to being weary and to being happy for the summer break. June has been a hectic month what with work, moving to a new house and on June 21st presenting our Senior Housing Committee Co-Housing project to possible investors or even better, possible purchasers.

We have scored a \$10,000.00 grant from CMHC as seed money for our project with the possibility of a further CMHC loan of \$100,000.00, of which \$20,000.00 could be forgivable. Things are moving along and the word of our project is spreading. If anyone wants more information please email barriecarp@gmail.com or phone the CARP number (705) 252-4756.

One of the stellar days in June was Monday, the 25th when we raised our CARP flag down at the waterfront to initiate CARP Awareness week in Barrie. I raised the flag in conjunction with mayor Jeff Lehman and it was a proud moment, especially for our board member John Rogers, who came up with the idea of having a flag. In fact CARP Head Office has now picked up the idea and the other 53 chapters will be celebrating CARP Awareness in October. We are just ahead of the curve.

We had a good turnout and the Chapter was presented with a certificate from the House of Commons by Patrick Brown MP, and also a certificate from the Government of Ontario by a representative from our local MPP, Rod Jackson. In attendance from Head Office were Gail Goldman, Manager Chapter Liaison and Anthony Quinn, Manager Community Development. The event was covered by local media and also covered by 3 people from Zoomer magazine, a photographer, a videographer and a senior assistant editor. Talk about recognition of our Chapter!!!

We followed up the day with a barbeque at Springwater Provincial Park and we were treated to sausages and burgers cooked by Lawrence Vindum from his "Fire Truck special Barbeque" and delicious home made salads served by members Keith and Shirley Richards. Chocolate and White cream-filled cakes topped our lunch and no one left hungry.

Solterra Co-Housing and Nordic Pole Walking were represented with booths and many of the attendees had the opportunity to try out the poles.

Special thanks to all those who assisted with the barbeque and to Sue Lilly for putting together our CARP display at the City of Barrie Rotunda.

As per usual we do not meet in July and August. However, we will be having ongoing meetings of the Senior Housing Committee over the summer. I look forward to seeing you at the next CARP Chapter meeting on September 18th.

Wishing you all a lovely summer filled with trips to the park, ice cream cones, visits from the grandchildren and hopefully no sun burns.

Gwen Kavanagh
Chair, CARP Chapter /36
Barrie & Surrounding Area



Anthony Quinn, Gwen Kavanagh, Gerry Levene and Lawrence Vindum from The Butcher Shop on Cundles Rd with his BBQ fire engine.



It was great to see so many familiar faces at the BBQ coming out to support our chapter!

CARP Chapter 36 meeting schedule

There are no meetings in July or August.

The next meeting will be on:

Tuesday, September 18th 2012—at 6.30pm in the Sir Robert Barrie Community Room at Steckley-Gooderham Funeral Home, 30 Worsley St (Cnr Clapperton)

Speaker: Fraud Awareness, Mass Marketing Fraud, Identity and other scams and how to avoid them. This is a special presentation by the Canadian Anti-Fraud Centre and RCMP. Formerly known as PHONEBUSTERS this presentation is made by one of the foremost experts in the field. This session is directed at Seniors as often they are the primary targets of SCAMs and various other FRAUDS. Bring your questions and concerns and participate in this very informative session.

***Guests are welcome *Refreshments at regular meetings are provided *Bring a loonie/toonie for the 50/50 draw**

ORILLIA CHAPTER LAUNCHES IN JUNE



L-R Orillia Mayor Angelo Orsi, Gwen Kavanagh, Barbara Sinden, Oro-Medonte Mayor Harry Hughes and Anthony Quinn from Carp National Office.

The Orillia Carp Chapter 51 officially opened on June 5th with our very own Chair Gwen Kavanagh in attendance to show support for our new neighbour. There was standing room only at the Royal Canadian Legion for the launch of the new chapter which was attended by Carp members and local residents. 18 new members signed up as validation and recognition of the part Carp can play in improving the lives of our seniors.

Gwen said, "It's always good to see new chapters opening up across Canada. This creates a stronger voice at all levels of government on issues important to seniors. I look forward to working with Barbara and her chapter on issues pertaining to Simcoe County and the Muskoka area.

Barbara Sinden can be contacted at 705-689-8065

CHAPTER 36 - ANNUAL GENERAL MEETING

It's time to start thinking about the Annual General Meeting in November. We are calling on interested members to consider joining the Board and perhaps taking on an executive position. The board then elects the Chair, Vice Chair, Secretary/Treasurer etc.

The Nominating Committee will be announced in the October edition of the newsletter and you will be asked to contact them and inform them of your intent to run for election. We are always looking for board members who have innovative ideas and are willing to work as part of a team.

**If you would like more information:
call Gwen at 705-252-4756
or email bariecarp@gmail.com**



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CARP AWARENESS WEEK CONTINUES WITH BBQ AT SPRINGWATER PROVINCIAL PARK.....



Celebrations continued afterwards at the Springwater Provincial Park off Hwy 26, Midhurst. As members arrived, they were greeted with the site of a big red fire engine BBQ that local butcher,

Lawrence Vindum uses to cook his delicious burgers, sausages and hotdogs. A big thank you to Keith and Shirley Richards who made delicious salads for us to enjoy and afterwards we indulged in a little celebratory cake.



For something a little different, Marianne and Steve from Nordixx Pole Walking had an information booth and gave members the opportunity to try out nordic pole walking around the park using the poles. This was quite an entertaining experience for members.

We also had Shelley Raymond and Gilbert Ludlow from Solterra Co-housing with information on their co-housing concept, support services and their progress in bringing this alternative housing opportunity to Barrie.

Many thanks to those who stayed back to help clean up after the BBQ. We were delighted to learn that Lawrence donated all the left over food to a local shelter.



Above all, the flag raising and BBQ was a wonderful celebration of the dedication, hard work and commitment that our chapter members are doing for the greater good of our community.

A very big thank you to the following people for their help and support to make our day extra special:

- Gail Goldman & Anthony Quinn - Carp National Office
- Lawrence Vindum - BBQ and condiments
- Keith and Shirley Richards - Salads
- Chris Lillie - Sound System and set-up
- Sandy Wetherald -Signs, RSVP's
- Solterra Co-Housing - Display and information
- Nordixx Pole Walking - Display and Demonstration

DO YOU REALLY KNOW WHY CHAPTER 36 IS ADVOCATING FOR ALTERNATIVE SENIOR HOUSING FOR BARRIE?

Here are the facts:

According to the CMHC: Seniors Housing 2011 Canadian Housing Observer

- ◆ Ontario's seniors' population will more than double to 4.2 million by 2036
- ◆ By 2017, for the first time, seniors will account for a larger share of the population than children under the age of 15
- ◆ Ontario has the most diverse seniors population in the country
- ◆ A high majority of seniors live alone

According to the Places to grow Act 2005. Bill 196 – Barrie/Innisfil Boundary Adjustment

- ◆ Barrie's population is set to grow **from 141,000 in 2011 to 210,000 in 2031**
- ◆ Residential intensification will increase 40% by 2015
- ◆ Downtown Barrie will increase to 150 residents and jobs per Ha.
- ◆ The new annexed area of Innisfil is expected to take approximately 38,000 of the above forecasted increase with the balance of approx 31,000 coming from greenfield and downtown intensification.

Age Group	Growth 2006-2031	Share of growth
0-19	11,900	16%
20-34	10,900	14%
35-44	6,900	9%
45-54	8,600	11%
55-74	29,000	28%
75+	9,000	12%
Total	76,300	100%

Almost 30% are seniors!!

Continued on pg 6....

Source: Watson & Associates Economists Ltd. 1. Includes Census undercount.

POLE WALKING PROVES POPULAR FOR PEOPLE OF ALL AGES

Pole-Walking developed many years ago when Cross Country Skiers trained during the summer months using their ski poles. As the sport developed the health benefits became clear as study after study showed very high beneficial results.

Pole-Walking is "VERY" popular for people of all ages, who want to improve their fitness levels easily, is fun to do and results, can be experienced quickly.

It is a low impact health and recreation sport and is very beneficial when dealing with weight loss, back/neck pain, diabetes, osteoporosis, high blood pressure, heart disease, and has less impact on knee and hip joints.

According to international studies 75 percent of life-style related diseases can be prevented through regular moderate Physical Activity.

Why is Nordic Pole-Walking more effective than regular walking?

Walking only uses your lower extremities. Instead of just working the lower half of your body, Pole-Walking uses more than 90% of all body muscles. Your "core" is now being strengthened and up to 67% more calories are being burned over regular walking.

Marianne and Steve would be happy to do a FREE clinic with your group. Everyone gets to try the poles and is instructed on how to use them. Pole-Walking is a fun exercise and provides a great social outing in a group environment that will benefit all.

Because of the popularity of Pole-Walking, many more **Group Walking Leaders and Instructors are needed.**

Please let Marianne know if you are interested.

getwalking@rogers.com or Telephone(705) 245-0421



Carp members learn how to use the poles at the Carp Awareness Week BBQ



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(from pg 5)

So, the facts speak for themselves.

There will be a 67% population growth over the next 20 years of which almost 30% will be made up of seniors.

The City of Barrie is planning for some to take up residence in an annexed area of Innisfil however, there will likely be approximately 31,000 that will need to be absorbed in to the downtown Barrie area.

We already know that the waiting lists are lengthy for most retirement and long term care facilities in and around Barrie and these don't necessarily solve issues surrounding isolation and elder abuse or provide the continuity and quality of care that is needed by some in this demographic.

The news is spreading fast that co-housing is a viable alternative to that of a large retirement home and , for all of the reasons outline above, the Senior Housing Committee of Carp Chapter 36 is determined to provide alternative solutions to seniors and hopefully see the first co-housing home built in Barrie later this year.

If you hadn't considered this as an option before but would like more information on living in such a house or investing in the project, please call 705-252-4756 or email seniorhousingbarrie@gmail.com



CITY HALL CARP DISPLAY

As part of Carp Awareness Week, Board Member Sue Lillie designed the below display that is currently featured in the rotunda at City Hall. Chapter 36 would like to sincerely thank Sue for taking the time and effort to create an eye-catching display that captures the essence of what Carp is.

If you are in the area, make sure you go and see it for yourself to show your support for our Chapter.

Thanks Sue!



JOHN'S JOKE

Married Four Times

The local news station was interviewing an 80 year old lady, because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80 and then about her new husband's occupation!

"He's a funeral director," she answered.

"Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her early 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now in her 80's, a funeral director.

Astonished, the interviewer looked at her and asked, "Why did you marry four men with such diverse careers?" She smiled and explained, "I married one for the money, two for the show, three to get ready and four to go."



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Communications	Funeral Services	Real Estate
<p>Ian Hocking Home phone \$29.95 pm LD included. ihocking@acn.net T: 705 791 4837 W: www.essentialbrokers.ca</p>	<p>Steckley-Gooderham Funeral Homes Helping Family & Friends Honour Their Loved One (705) 721-9921 or (705) 721-1211 http://www.steckleygooderham.com</p>	<p>Caroline Hocking Royal LePage First Contact Realty, Brokerage team@hockinghomes.com T: 705 252 7939 W: www.hockinghomes.com</p>
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	<p>Stroke Recovery Association of Barrie <i>Supporting stroke survivors with exercise pro- grams, social activities and education</i> info@strokerecoverybarrie.ca Ph: 705-737-9202</p>	<p>HOME INSTEAD SENIOR CARE <i>"To Us, It's Personal"</i> 705-503-5501 or www.homeinstead.com/3030 dan.leonard@homeinstead.com</p>
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Our newsletter reaches over 2200 members in Barrie and the surrounding area.

For more information, please call 705-252-4756 or email barriecarp@gmail.com