



# The Barrie CARP Connector

Issue 7 — April 2012

Barrie Chapter 36

## CHAIR GWEN KAVANAGH REPRESENTS CARP ON TONY GUERGIS LIVE!

Author: Kelly Patterson, Editor

Many of you may have seen Chapter 36 Chair, Gwen Kavanagh and Anthony Quinn, Carp Manager Community Development on Tony Guergis Live televised on February 28th. Gwen and Anthony were approached by the program to discuss current issues relating to seniors

both nationally and locally. After a brief discussion on how Carp came to be, the hot topic of the day was the proposed changes to the Old Age Security (OAS) by the Government and how members were getting involved in the campaign to fight these changes.

Anthony said Carp advocacy is important in sending messages to politicians and this is being done in many ways including via Susan Eng, Head of Advocacy, online polling through E-Voice and through Carp chapters across Canada, all rallying together to send messages to their local members of parliament. Anthony said Carp is having success at being heard and this is reflected in the politicians and media quoting Carp directly.

Gwen spoke about our chapter's successful Municipal and Provincial candidate debates saying that local Carp members are engaged and interested in what is going on around them and this is reflected in the large proportion of voting seniors. Anthony agreed and said the government are putting senior issues as a priority as this particular demographic is the fastest growing. During the hour long program, Gwen and Anthony also discussed local transportation issues, elder abuse and fraud, volunteering, drug plans and end of life care.



Gwen enthusiastically spoke about the creation of the Senior Housing Committee, it's focus on advocating for the co-housing concept and the hope to have some good news later in the year. Anthony said, "Gwen's chapter is leading our national organization as they are so far advanced with this project that other chapters are listening with interest and hope to replicate what they are doing nationally." Tony said this was a great example of Carp's best practice locally.



With this, the conversation moved towards caregivers and the tax credit noting that people often have to leave their employment to take care of aging parents or relatives and are not being recognized for the work they do. Carp would like to see this credit (max. \$300) increased as the individual being cared for is not reliant on the health care system.

The conversation ended with information on how to join Carp and the many features of being a Carp member, including the benefits through affinity partners and community networking through local carp chapters.

Anthony and Gwen are to be congratulated on a wonderful job of representing our organization which will hopefully translate to even more members with a stronger voice on our **March to a Million**.



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

## Barrie CARP Board of Directors

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Keep up-to-date with Chapter 36!

[www.barriecarp.org](http://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](mailto: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.....*

*Chair Gwen Kavanagh represents Chapter 36 on Tony Guergis Live!*

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# Connecting With Your Chair



## Welcome to spring!

It has been a fabulous winter for those of us who did not go south and for me personally, the winter has flown by...

I am excited to inform you that June 25 – July 3 is being declared CARP AWARENESS WEEK for the City of Barrie. Please consider joining us on June 25th at 10am at the bottom of Victoria St at Kempenfelt Bay. Mayor Lehman will be raising our flag and reading our Proclamation. In celebration of this event and just for “fun”, we are planning on retiring to Springwater Provincial Park following the flag raising for a fantastic BBQ and social gathering.

Your cost to cover the park access fee is \$13 per vehicle (at least 1 senior in the vehicle), as long as there is a senior in the vehicle. We may decide to run a bus from the flag raising to the park if there is enough interest which would cost approx \$3+ per person. Lawrence, owner of The Butcher Shop on Cundles Rd will be bringing his Firetruck which is a large BBQ and will be providing our meat at cost, so we feel the price per meal per person should be no more than \$5 - \$6. Sorry I can't give exact figures but I have not received all the prices. We have a covered pavilion, there are washrooms handy and you can visit all the native animals. Grandchildren will be welcome along with other Carp Chapters and your special guests. We will need to know numbers attending and would ask that you call Sandy Wetherald at 705 252 4916 no later than June 1st to book. So plan on coming, wear comfortable clothes and if you have a joke to share or a song to sing, there will be a microphone handy....anyone for karaoke?

We are also considering a deluxe overnight bus trip to Sudbury, the last Sunday and Monday in May. The trip would include the cost of the coach, admission to Science North on Sunday afternoon and Dynamic Earth on Monday. You will stay overnight at the Hampton Inn with dinner on Sunday night and continental breakfast the next morning. We have a quoted cost of \$290 (double) per person. Your only other cost would be lunch both days and Dynamic Earth has a great deal for Monday's lunch at \$7 per person.

Again, we will need to know if there is sufficient interest to book the deal and we would need your RSVP by no later than April 30th. Always looking for ideas of interest to our membership.

I will be attending The Ontario Senior Housing Secretariat meeting on April 16th in Toronto as Carp's representative. I am excited because our Chapter 36 Senior Housing Project “Co-Housing” will be presented at that meeting to all the agencies. We are making progress towards the finance and building of the model and hope to have news in the next few months.

You might want to check out the letter on page 4 that was approved by the board and sent to MP Patrick Brown on behalf of our membership. Please feel free to contact your local MP to express your concerns as well.

Wishing you all well,

*Gwen Kavanagh*



## Would YOU like to volunteer??

**Chapter 36 is always looking for people who are interested and willing to volunteer their time to assist us on our committees:**

- **Membership Committee**
- **Social/Education Committee**
  - **Meeting Committee**
  - **Newsletter Committee**

**If you have a lot or a little time to spare, please call Gwen at 705-252-4756 or email [barriecarp@gmail.com](mailto:barriecarp@gmail.com)**

## CARP Chapter 36 meeting schedule

**Tuesday, April 17th 2012**—at 6.30pm in the Sir Robert Barrie Community Room at Steckley-Gooderham Funeral Home, 30 Worsley St (Cnr Clapperton)

**Speaker: Katherine Parent, Registered Nutritionist - Cooking Demonstration**

**Sunday 27th, May , 2012** - In place of the monthly meeting, we have arranged an overnight trip to Science North and Dynamic Earth in Sudbury (further details on pg 9). **Should this not go ahead**, the regular meeting will take place on Tuesday, May 15th at Steckley-Gooderham Funeral Home at at 6.30pm. We will have a presentation on Funeral Planning.

**Monday, June 25, 2012**— In place of the monthly meeting, we will instead be celebrating CARP AWARENESS WEEK in the City of Barrie with a flag raising and proclamation, 10am Victoria St (at Kempenfelt Bay) followed by celebrations at Springwater Provincial Park. Further details on pg 5.

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

This letter was approved by the Chapter 36 Board and sent to MP Patrick Brown in response to Bill C-30 before the Parliament. Contact your Federal Representative to have your say!

Advocacy

Dear MP Brown

I write on behalf of the board and the chapter members of CARP (A New Vision of Aging) Chapter 36: Barrie & Surrounding Area, to express our concerns regarding the Bill C-30 currently before the Canadian Parliament. The specific section of the bill we are concerned about refers to privacy issues, in particular:

- Ease of access to private information by authorities without a specific warrant
- The provision for police to remotely activate tracking devices already embedded in all phones and cars.
- The provision for police to obtain data about where internet communications are coming from and going to.

This legislation conflicts with Section 8 of the Canadian Charter of Rights and Freedoms which states 'Everyone has the right to be secure against unreasonable search and seizure'. This is a right that is guaranteed in our principal legal document. It isn't a favour or a privilege; it is a right and should be sacrosanct. Chapter 36 does not support a one size fits all approach which is unnecessary given that information can currently be accessed through multiple warrants, even after the fact in some situations.

Chapter 36 is also concerned with the amount of people having access to 'private' information which is no-one else's business. Further, how could the government monitor who has access to the information and how they are using it?

The extremely large cost (tens of millions of dollars) to internet service providers is of great concern. This substantial increase in costs to support the information gathering (i.e hardware, software, additional staff etc) we know would then be passed on to the consumer. This will be reflected in an increase in the monthly bill to subscribers. For seniors on a fixed income, this is particularly concerning for our chapter. We liken this to the example of the gun registry which cost the citizens of Canada billions of dollars, which your government is now scrapping.

We expect you will strongly consider the concerns of your constituents and vote accordingly.

Sincerely,  
Gwen Kavanagh  
Chair, Chapter 36  
Barrie & Surrounding Area

**Editor's Note—Kelly Patterson**

You may not know that in a previous life, back in Australia, I worked for a Member of Parliament and saw first hand the benefits of people power. When community groups band together for a cause that is important to them, a great deal can be achieved. I saw, first hand, the positive changes that can be achieved at a government level, as a result of hard working people involved in many different groups all working for the greater good of their local communities. Whether we are campaigning for changes within environmental, education or aged care policy, our lawmakers are here to represent us and in my experience, do listen to what we have to say.

Our chapter sent a letter to our Federal MP recently to let him know how we felt about some proposed changes to privacy laws (pg 4). I encourage Carp members to take our Chapter's lead and contact your elected representatives to tell them what you think on matters important to you. Tell them if something could be done better or let them know they are doing a good job.

We may not always get the answers we want, but we are fortunate to live in a democratic country that affords us the freedom of expression. Don't just sit back - get involved! That's why being a Carp member is so important!

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Save more on income taxes!

**Net After-Tax Income**  
*Insured Annuity versus conventional GIC*

	Insured Annuity	3% GIC
Amount Invested	\$250,000	\$250,000
Gross Monthly Income	\$1,484	\$625
Amount taxable	\$190	\$625
Tax payable	\$88	\$290
Insurance Premium	\$713	N/A
<b>Net Monthly Income</b>	<b>\$683</b>	<b>\$335</b>

*In this example the Insured Annuity reduces the amount of taxes payable by \$2,424 per year and more than doubles Net Income. In order to generate similar after-tax income, a GIC would have to yield 6.12%.*

Returns will differ depending on age, sex, tax bracket, health, and smoking status.

\*As of March 14, 2012 based on a 70-year old female, non-smoker and with a 46.41% marginal tax rate.

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Are you retired, over 65 years of age, and not getting enough income from GIC's?

If so, you could be achieving a higher rate of return with an Insured Annuity and pay less in taxes! Refer to the example.

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Melinda Burgess  
Investment Advisor  
Canaccord Wealth Management

25 Berczy Street  
Barrie, ON  
T: 705.721.9594  
E: melinda.burgess@canaccord

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# CARP AWARENESS WEEK

June 25—July 3rd, 2012

Carp Members, family and friends are all invited to celebrate the start of Carp Awareness Week at the flag raising and proclamation to be read by Barrie Mayor, Honourable Jeff Lehman.

When: Monday, June 25th

Where: Victoria St at Kempenfelt Bay

Time: 10am

Afterwards, we will be celebrating with a BBQ lunch at Springwater Provincial Park, 1331 Highway 26 Midhurst, Ontario. The park access fee is \$13 per vehicle (at least 1 senior in the vehicle) but we may run a bus from Victoria St. Lunch will cost approx. \$5-\$6 per person.

To RSVP by June 1st for this event, contact Sandy Wetherald at 705-252-4916. Please indicate if you would like a bus to the park and how many people will be attending (for catering purposes).





## How to Kick the Antacid Habit

*Katherine Parent,  
(RNCP)*

*Registered Nutritional  
Consulting Practitioner*

[www.thehealingoasis.ca](http://www.thehealingoasis.ca)

When experiencing the painful symptoms of heartburn or an upset stomach, we're often quick to reach for an over-the-counter solution like an antacid. Yet by addressing the root causes of your stomach distress and changing your lifestyle habits, you can treat your stomach troubles naturally – and possibly eliminate them altogether.

People are reaching for convenience foods more and more these days, and are moving away from natural, whole foods. The problem is that the more convenience we have the more toxic our bodies become. If we're not eating the proper foods meant for our body's individual constitution, then the body has to work that much harder to break down our food and assimilate it.

To keep us shelling out our money, the makers of antacid products promise that we can continue our over-indulgent love affair with the rich, high-calorie and unhealthy foods that are usually the primary sources of our symptoms.

Want to kick the antacid habit? Start by drinking more water.

### **Hydration and digestion**

Hydration is one of the most important factors for digestion. Water helps to produce the hydrochloric acid that our stomachs need, and it helps line our digestive system with mucous to keep it lubricated. Did you know that about 70% of our body weight is water? One of the major consequences of dehydration is that your body's systems will pull the water they need from the body itself. And the first place water is pulled from is our digestive system, like the stomach.

Note: It's best to drink liquids away from your meal, to ensure that the stomach acid is at its optimum level and not watered down.

### **Acid and digestion**

Want to see how digestion works? If you put hydrogen peroxide on a piece of meat, you'll see it sizzle and break down the meat. That's exactly what the acid in your stomach does when it's breaking down what you've eaten.

Or for a gentler image, think about what happens when you marinate that same piece of meat. The citric acid (vinegar, lemon juice, etc.) breaks down your meat to tenderize and soften it before cooking.

Antacids actually buffer the stomach acid so it can't break down proteins properly, creating a cycle of needing to take more of them. People who take antacids because they get heartburn could probably eliminate those systems by drinking enough water to help their bodies produce enough acid for the stomach.

A nutrition professional can work with you to address your specific digestive issues. In the meantime, try kicking the antacid habit yourself by increasing your water intake and decreasing your dependence on convenience foods.



## LEMON SHRIMP WITH RICE

This delicious and fuss-free recipe requires only 10 minutes of prep and requires only one dish, making cleanup a breeze.

Prep Time: 10 mins

Total Time: 30 mins

Serves 4

### **Ingredients**

- 1 cup long-grain white rice
- 1 cup dry white wine, such as Sauvignon Blanc
- 1 tablespoon olive oil
- 3 garlic cloves, sliced
- 1/4 teaspoon red-pepper flakes
- Coarse salt and ground pepper
- 1 pound medium shrimp, peeled and deveined
- 1 lemon, cut into 8 wedges and seeded
- 2 tablespoons chopped fresh parsley

\*See directions on page 8



**Remember to tune in to radio AM740 or  
Classical 96.3FM for senior friendly broadcasting**

# Cooking For One or Two

## Some ideas to make cooking easier

### **Make one-pot meals**

- ◆ Use a skillet, electric fry pan, wok or casserole dish to make and serve the whole meal.
- ◆ Use the same pot to cook two things for the same meal.

For example, add vegetables to pasta or potatoes when they are almost cooked.

### **Frozen foods**

- ◆ Keep frozen fruits and vegetables on hand in case you run out of fresh.
- ◆ Cook just enough frozen vegetables for one meal.

### **Dry goods and dried foods**

- ◆ Always have dry goods in your kitchen, like pasta, rice, cereal, pancake and biscuit mixes, and crackers.

### **If you run out of fresh foods, use:**

- ◆ dried spices, like dehydrated onion and parsley, or garlic and onion powder, skim milk powder, instant mashed potatoes, instant pudding mixes
- ◆ Divide pudding or Jell-o mixes in four.

### **Cook one serving at a time.**

Keep canned food for quick meals.

For example:

- canned fish and meat,
- canned soups and stews,
- canned beans and lentils
- canned fruits, vegetables and juices
- canned milk
- canned puddings
- peanut butter or tahini
- jams and jellies



### **Think small! Some suggestions**

#### **Shopping**

To cut down on waste:

- Buy only what you need for one or two meals.
- Buy small bags of salads and cut vegetables. Whole vegetables like lettuce or cauliflower might go to waste.

### **Use one food in different meals.**

**Handy Hint:** Cut a steak in two. Cook one half for supper. Cut the other half into cubes or strips and freeze them. Later, add to soup or stew.

- ◆ Buy single servings of salads and cooked dishes at the deli counter.
- ◆ Buy single pieces of meat, if that is all you want.
- ◆ Ask the butcher to cut large pieces of meat into smaller pieces.



- ◆ Buy refrigerator cookie dough. Slice off and bake just enough for one day or two days. Keep the rest in the fridge. Use it up within a week.
- ◆ Buy single servings of packaged foods like hot cocoa, instant breakfast, dried soups, noodle packages, and instant hot cereal.

### **Storing Food**

- ◆ Store your bread and rolls in the freezer. Each day, take out what you will need.
- ◆ Freeze muffins, cup cakes and slices of cake in small containers.
- ◆ Keep nuts and seeds in sealed bags or containers in the freezer.

### **Only take out what you need.**

- ◆ Wrap small pieces of hard cheese in plastic wrap. Freeze them.



**TIP**  
Buy only what  
you need for one  
or two meals

## Some things you may want (or need) to know about WHOLE BODY VIBRATION (WBV)

If you're over 50 you probably remember the old jiggle belt machines that were around many.... MANY years ago. That's the image some of us recall when we hear someone mention Whole Body Vibration (WBV). For those who don't know how or why WBV works, it's easy to assume it's a gimmick, a fad. And some of us do, until we learn just how many benefits are gained by using it.

They've been popular in Europe for decades but only recently started gaining popularity in North America over the past few years. Whole Body Vibration (WBV) machines are unique because they achieve such varied health and fitness benefits for such a large range of people with such an extensive list of health issues and fitness goals. Used to decrease pain, reduce medication, feel energized, lose weight, tone muscles, improve balance, improve circulation & lymphatic drainage plus help build stronger bones, they are now frequently used in rehabilitation and wellness clinics, health studios, chiropractic clinics and sports training centers... and the list is growing. Even Dr. Oz is a believer in Whole Body Vibration and has featured this innovative technology on his show.

### *Here's what you may not know about Whole Body Vibration.*

WBV is a new therapy that can help bring oxygen to the cells and also promotes the removal of waste (toxins.)

It can increase the production of growth hormones which is linked to anti-aging. The secretion of hormones plays an important part in the regeneration and repair process. It can increase blood circulation, specifically to the legs. Circulation plays a vital role in tissue healing.

It can increase muscle flexibility and strength and reduce muscle stiffness which is why some athletes use WBV. It can improve balance in those prone to falls, such as frail elderly people.

It can reduce lower back pain and other types of pain. Possibly because the increase in blood flow competes with the pain signals thereby overriding the pain signals. It can increase lean muscle tissue. Less muscle equates to a slower metabolism.

So why aren't more people using Whole Body Vibration? It's not because they don't have time. It only requires 10-20 minutes per session 3-5 times per week.

The second reason is that while health and fitness are important to most of us, for obvious reasons, we don't immediately see the results when we don't exercise. But eventually some of us begin to experience weight gain, pain issues, sagging muscles, lack of motivation and low energy levels or see an increase in our medication consumption. It's never too late to take the first step and ..... just jiggle your way to health and fitness!

If you have any questions about Whole Body Vibration call Cindy or Diane at 719-7092 or try a session and see for yourself - Vibes for Life, 15 Cedar Pt Dr.,#4



### Lemon Shrimp with Rice (continued from pg 6)

#### Directions

- 1) In a shallow 2-quart microwave-safe dish with a lid, combine rice, wine, oil, garlic, red-pepper flakes, and 2 cups water; season with salt and pepper.
- 2) Cover, and microwave on high until rice is tender and liquid is absorbed, 20 minutes, stirring twice during cooking.
- 3) Stir in shrimp and lemon wedges; cover, and microwave 3 minutes more. Let stand, covered, until shrimp are opaque throughout, 2 minutes.
- 4) Stir in parsley; serve immediately

*Bon Appétit!*

**BROADEN YOUR HORIZONS AND REGISTER YOUR INTEREST ON AN EXCITING TRIP TO SUDBURY**

The head of our Social/Education Committee, Sandy Wetherald is planning an overnight trip for Carp members and guests to Sudbury in place of our regular meeting in May.

**Participants will leave Barrie on Sunday 27th and return Monday 28th May 2012.**

**The cost of the trip includes:**

- ◆ Luxury Coach
- ◆ Services of a tour guide
- ◆ Admissions to Science North and Dynamic Earth
- ◆ Dinner on Sunday night
- ◆ Overnight accommodation incl. continental breakfast on Monday morning

**Preliminary costs are as follows:**

Single	\$370 per person
Twin	\$290 per person
Triple	\$275 per person
Quad	\$265 per person

**We need at least 40 participants to go ahead with the trip.**



**If you are interested in attending or you would like further information please don't hesitate to contact Sandy at:**

**PH: 705-252-4916**

**RSVP by April 30th, 2012**

**JOHN'S JOKE**

**Vacuum salesman**

Myra Rhodes, a little old lady living in Great Baddow, Essex, answered a knock on the door one day, to be confronted by a well-dressed young man carrying a vacuum cleaner.

'Good morning, Ma'am,' said the young man. 'If I could take a couple minutes of your time, I would like to demonstrate the very latest in high-powered vacuum cleaners.'

'Go away!' said Myra brusquely. 'I'm broke and haven't got any money,' and she proceeded to close the door.

Quick as a flash, the young man wedged his foot in the door and pushed it wide open. 'Don't be too hasty,' he commanded. 'Not until you have at least seen my demonstration.' And with that, he emptied a bucket of horse manure onto her hall-way carpet.

'Now, if this vacuum cleaner does not remove all traces of this horse manure from your carpet, Madam, I will personally eat the remainder.'

Myra stepped back and said with a smile, 'Well let me get you a spoon, young man because they cut off my electricity this morning.'



*Source: Will and Guy's Jokes*

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<p>Ian Hocking <b>Home phone \$29.95 pm LD included.</b> ihocking@acn.net T: 705 791 4837 W: www.essentialbrokers.ca</p>	<p><b>Steckley-Gooderham Funeral Homes</b> Helping Family &amp; Friends Honour Their Loved One (705) 721-9921 or (705) 721-1211 <a href="http://www.steckleygooderham.com">http://www.steckleygooderham.com</a></p>	<p><b>Caroline Hocking</b> <b>Royal LePage</b> First Contact Realty, Brokerage team@hockinghomes.com <b>T: 705 252 7939</b> W: www.hockinghomes.com</p>
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	<p><b>Stroke Recovery Association of Barrie</b> <i>Supporting stroke survivors with exercise pro- grams, social activities and education</i> info@strokerecoverybarrie.ca Ph: 705-737-9202</p>	<p><b>HOME INSTEAD SENIOR CARE</b> <i>"To Us, It's Personal"</i> 705-503-5501 or www.homeinstead.com/3030 dan.leonard@homeinstead.com</p>
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## GET YOUR BUSINESS NOTICED!

Chapter 36 would like to provide its members with a comprehensive list of local, professional services. For a very reasonable fee, your ad will be placed here for each issue of the Barrie Carp Connector—4 editions.

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](mailto:barriecarp@gmail.com)**