



CARP

CONNECTOR

CHAPTER 36

Serving Barrie and Surrounding Area

www.barriecarp.org



ADVOCACY
BENEFITS
COMMUNITY

Fall Edition 2013

CARP Flag Raising & Oktoberfest



Would you like to join our Board? Join us at our November AGM



Zoomers:
The Joys of Cruising Along
By: April Lewis

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

If undelivered please return to:
150 Livingstone St E, Barrie ON L4M 6Y7



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CARP HOTLINE
705.252.4756

Board Members 2013

Gwen Kavanagh - Chair

John Rodgers - Vice Chair

Kelly Patterson - Treasurer,
Communications & Editor

Eva Koselak - Secretary/
Membership Committee

Dan Gage

Sandy Wetherald

Committee Members:

Dave Cooper - Web Administrator
Marjory Scott & Sandy Wetherald-
Social/Educational

Chapter 36 Meeting Schedule

September 17th - 6.30pm in the Sir Robert Barrie Community Room at
Steckley-Gooderham Funeral Homes, 30 Worsley St (Cnr Clapperton)
Guest Speaker: St John's Ambulance, Naturopath - Dr. Devin McEachern ND

October 1st - Carp Flag Raising & Oktoberfest Celebration
10am at the flagpole, Kempenfelt Bay (Victoria St end) followed by
Oktoberfest lunch at Caddy's Steakhouse, 55 Cedar Pt Drive, Barrie.
(\$15 p.p includes lunch, drink, tax)

November 19th- 6.30pm in the Rotunda at Barrie City Hall
Annual General Meeting & Christmas Celebration

*Guests are welcome

*Bring a loonie/toonie for the 50/50 draw

*Light refreshments at are provided

*Meetings are free of charge

ADVOCACY

Have you ever wondered what else CARP does??



Carp is not just about our values and principles, we accomplish things! Here are some examples of our accomplishments:

1) Mandatory Retirement

CARP lobbied to make mandatory retirement illegal and government passed a Bill in 2011 to repeal the Section 15(1) in the Canadian Human Rights Act that will give workers the assurance they will not be forced out due to their age. This legislation came into effect Dec, 2012. However, our job is not finished. The change is not retroactive, and one province still allows mandatory retirement in some circumstances. Also, airline pilots and firefighters in Ontario are forced to retire at a certain age. CARP is still active in advocating for these individuals.

2) Elder Abuse

CARP lobbied for increased sentencing for elder abuse convictions. In March 2011, the government introduced Bill C-36 which aims to increase sentencing for elder abuse convictions. The Bill was passed last year. CARP is now turning to provincial governments to allocate necessary resources to better detect, investigate and prosecute offenders as well as provide support for their victims.

3) Health Care

CARP worked with Dr. Sinha and Minister Deb Matthews and gave input into their Seniors Health Strategy. Many of CARP's recommendations to create a more comprehensive integrated system were included in their plan. CARP is now approaching all provincial Health Ministers with our One Patient proposal that outlines the need for a more comprehensive integrated system that follows the patients and their needs from acute care all the way to end-of-life care. In addition to hard policy change, CARP has been recognized as the 'go-to' organization for many other organizations and media outlets when they need some insight and comment on an issue that affects the older population. We get media calls regularly and Susan Eng has become a real public actor in many public discourses. Also, when government is making a major change that affects seniors, we often are contacted by the respective Ministry who informs us of the changes or requests our input in their consultations.

You can find more information about CARP's work and achievements in the CARP Advocacy Annual Report which can be found on the national website at www.carp.ca

Carp Chapter 36 has limited copies of this report if you are interested.

Please call Gwen
at 705-252-4756 to request a copy.

CONNECTING WITH THE CHAIR

When the Exhibition starts you know fall is in the air and just how did the summer disappear so fast.

Meanwhile, September is my favourite month of the year due to the temperate climate, less mosquitoes and less traffic after the summer holidays. I find it to be a feel good month. No snow, fall colours, fall fairs, crisp evenings great for sleeping and great produce from those gardens and orchards. Kids back in school and we fall back into familiar routines.

Two of the highlights of my summer were our two bus trips in June and August. I personally found both delightful and my sincere thanks to our Social Committee, namely Marjory Scott and Sandy Wetherald for their much appreciated efforts on behalf of our members and their guests. I am hearing rumblings of a bus to the Zoomer Show in October and possibly another trip in November, so stay tuned.

I especially wanted to mention our flag raising at the Barrie water front on Tuesday, Oct. 1st and the event following, our own Octoberfest. Please join us, Mayor Lehman, and other dignitaries to celebrate Senior's Day by the raising of our flag and the festivities to follow.

We will be holding our AGM (Annual General Meeting) at the City Hall Rotunda on the evening of November 19th for elections and interested parties wanting to put their names forward should let us know in advance by calling



Rob McEachern at (705) 733-9385. This is also our last meeting of 2013 and our Christmas Celebration, so really worth while attending. We hope to again have a very special guest(s) to entertain us and round off the year in style.

The Senior Housing Project has run into a snag which we needed more time to resolve and unfortunately the conditional Offer on the Barrie lot ran out of time. Investors want up to 50% of the suites presold and to date we have not had enough time to educate and market the concept to achieve this goal. As you aware this is a newer option for senior housing in Canada and while CMHC has embraced this concept we are still struggling with the marketing. We look to our members for input on ways to promote and inform our senior population of this more affordable housing option.

Looking forward to seeing those of you attending our Sept.17th meeting and wishing all of you a colourful and happy fall season.

Gwen Kavanagh

**Gwen can be
contacted by calling
the CARP Hotline at
705.252.4756
or by emailing
barriecarp@gmail.com**



REMEMBER

*On all membership renewals,
please make sure you indicate that you
are from **CHAPTER 36**
so that the royalties come
back to the chapter and benefit you!*

BRIDGING THE GAP BETWEEN SENIORS AND YOUTH.

With no cell phones, air conditioners, Internet, polio vaccine or video games, the world 80 years ago would be wholly unrecognizable to a youth of today, and perhaps this is why the generation gap has grown so large. Yet while times change, people do not; seniors have much to teach the youth of today. Given the right atmosphere, modern youths will find spending time with seniors one of the most richly rewarding experiences of their lives.

Advise

While some details of problems faced by today's youth may not be familiar to most seniors, basic problems of school, friends, family, work and love never change. If, as Julius Caesar said, "Experience is the teacher of all things," the wisdom attained in a senior's lifetime of experience makes her one of the most valuable and trusted friends a young person could have. The best way to become wise beyond your years is to learn from those well beyond you in years.

Perspective

When a youth listens to an elderly person speak of his life and how he has handled adversities such as war, poverty, immigration or discrimination, it can put her own problems in perspective. Listening to the elderly teaches youths the importance of the simple things in life like family and health and can offer hope for the future or motivation to be a source of further change. Additionally, hearing first-hand accounts of history makes the past personal, which can radically alter a youth's attitude toward history's importance and relevance.

Caring Experience

When youths help seniors use a computer, shop or take them where they need to go, they are perhaps doing themselves the bigger favor. Helping care for seniors teaches patience and gentleness that can help prepare them for parenthood someday. It also teaches humility -- young people tend to think of themselves as invincible; caring for people who must think of their own mortality every day reminds them they will be in a similar situation someday.

Happiness

Many seniors, especially those whose spouses have died and do not have family close by, get very lonely. When a youth visits a senior, she may not be able to help but notice how happy her visit makes him. Just knowing that she has made someone's day, that her presence is making a positive difference in someone's life, will boost her self-esteem and self-image and can potentially lead her to want to make a difference in more people's lives by pursuing other volunteer activities.

(Editor - Admittedly, it wasn't easy to get my 16 year old daughter, Ashleigh to agree to come on our recent bus trip to Cambridge with a group of seniors, but she didn't stop talking about it for an hour after we got home that evening! Encourage your kids and grandkids to join us in our activities - bus trips, meetings and events. CARP has no age limit and as you can see by the smile on Ashleigh's face, they just might have fun along the way!)



BARRIE CHAPTER 36 FLAG RAISING & Oktoberfest 2013

In conjunction with National Seniors Day on Tuesday, October 1st, CARP Chapters across Canada are raising their flags in recognition of CARP's contributions to their local communities and celebrating the continuing contribution of Canada's seniors.

Join Barrie Mayor Jeff Lehman, distinguished guests and members of Barrie Carp Chapter 36 for the proclamation and flag raising ceremony followed by an Oktoberfest celebration:

Flag Raising

10:00am

Kempenfelt Bay
at the Victoria St end

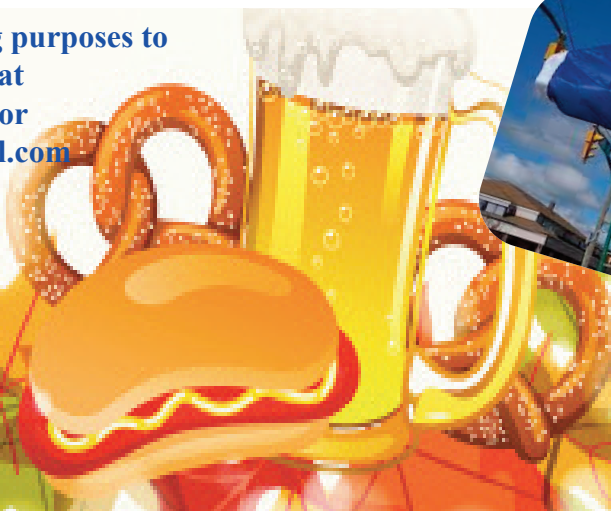
Oktoberfest Celebration

11:30am

Caddy's steakhouse
55 Cedar Pt Drive, Barrie

**Lunch will cost \$15p.p - choice of meal from Oktoberfest theme menu*

RSVP for catering purposes to
Sandy Wetherald at
Ph: 705-252-4916 or
barriecarp@gmail.com



COMMUNITY

LOCAL SEASONAL EVENTS / ACTIVITIES

Sunday, September 8, 2013

Parkinson Society SuperWalk 2013

Heritage Park, Kempenfelt Bay Barrie

12:00 PM- 2:00 PM

Contact: Devin Golets

Further info, contact the Parkinson Society

Central and Northern Ontario

Phone: 416 227 9700

September 14, 2013

Showcase of Homes Tour

9:00am-5:00pm. Tickets can be purchased for \$30.00 which allows you entrance into each of the beautiful homes and covers your lunch.

Further info contact: Heather MacArthur, Big Brothers Big Sisters of Barrie and District

Phone: 705-728-0515

Email: mentor@bbbsbarrie.com

www.bigbrothersbigsisters.ca/barrie

Saturday, September 28, 2013

3rd Annual Parkview Fall Market

Parkview 55+ Centre

Baked goods, jewellery, furniture & more!

189 Blake Street, Barrie, ON

8:30 AM-1.30PM

Phone: 705-737-0755

Saturday October 19, 2013

Saturday Night at the Grand Ole Jamboree

A musical tribute to country classics of yesteryear with the songs of Johnny Cash, Hank Williams, Loretta Lynn, DollyParton, Buck Owens,



Tammy Wynette, George Jones, Patsy Cline, and other great performers of the Grand Ole Opry.

Georgian Theatre Barrie

From 8:00pm.(In Support of Canadian Volunteer Fire Services)

Tickets are \$40.00 and are available by calling 705-503-5439

Tuesday, November 5, 2013

Barrie Concert Band - Veterans Salute

A tribute to the members of the Canadian Forces – both those in the forces today

and veterans who are

now retired from the

forces. We remember

all the men and

women who have

gone to areas where they are defending

the country and the people. This is an op-

portunity for the band to pay respects to all

of these brave soldiers. The concert band

will be followed by the Skyliners' Big Band.

Both concerts are free but a donation to

the food bank will be requested.

Army Navy and Air Force Club

7 George St., Barrie, ON

7:00 PM - 8:30 PM

Contact: Andrea Coulterman

Barrie Concert Band

Phone: 289-383-4798

Email: barrieconcertband@gmail.com

Website: <http://www.barrieconcertband.org>



Tuesday, November 26th, 2013

Silent Auction - 10:00 a.m. to 2:00 p.m.

Georgian College, 1, Georgian Drive -

(705) 728-1968

In front of "Bear Essentials"

COMMUNITY



The Canadian National Institute for the Blind - CNIB

Simcoe/Muskoka is looking for Vision Mates to

share their vision with someone who is blind or partially sighted. We are currently in need of Vision Mates in your community.

Vision Mates provide regular, one-to-one assistance and companionship for a person who is blind or partially sighted. Matches are made with someone who lives close to your home, school or work. Volunteers visit for two hours, once a week to assist with such tasks as reading, going for walks, and socializing (Vision Mates do not drive or provide personal care).

1 in 3 adults over 65 will experience blindness or partial sight in their lives (greater than their odds of being diagnosed with cancer). Do something amazing: share your sight! Help someone in your neighbourhood maintain their independence and quality of life!

CNIB is a registered charity, passionately providing community-based support, knowledge and a national voice to ensure that Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life.

If you would like more information about CNIB services or would like to volunteer, please call Sherri Helsdingen, Coordinator, Volunteer Services, 705-728-3352 ext. 5289.

It's not too early to start thinking of Christmas - gifts, decorations and food! Chapter 36 are arranging a bus trip to the **Christmas One of a Kind Show** on Tuesday, December 3rd, 2013 at the CNE Direct Energy Building, Toronto. The cost will be \$60 which includes transport and admission into the show.

Fun Facts:

*The Christmas Show has been in progress since 1975, while the Spring Show has been in progress since 1979.

*It is the largest consumer craft show in North America.

*Over 5 million people have shopped at the show since its inception.

*Everything sold at the show is made by hand in North America by Canadian and/or American artisans.

*The Christmas Show features handmade designs by over 800 artists, makers, designers and craftspeople.



For further details or to RSVP, please contact Sandy Wetherald at 705-252-4916 or email barriecarp@gmail.org



For People in the Over 60 Group!!

When I bought my smart phone, I thought about the business I ran for 35 years without a cell phone that plays music, takes videos, pictures and communicates with Facebook and Twitter. Nor did I have access to the internet or for that matter a computer for the first fifteen years.

I signed up for Facebook, so my kids, and grand kids could communicate with me in the modern way, but my phone kept beeping every three minutes with the details of everything except the bowel movements of the entire planet. I am not ready to live like this, so I keep my cell phone in the garage in my golf bag. The kids bought me a GPS for my last birthday because they say I get lost going over to the grocery store or library. I keep that in the golf bag with the smart phone too.

The GPS looked impressive on my dashboard, but that female inside the gadget is the most annoying, rudest person. Every 10 minutes, she would sarcastically say, "Recalc-u-lating.". It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then if I made a right turn instead.! When I get lost now, I call my wife and tell her the name of the cross streets however she is starting to sound like the GPS lady, but at least she loves me.

Look! I am still trying to learn how to use the cordless phones in our house. We have had them for years, but I still haven't figured out how I manage to lose three phones all at once so I have to run around looking under cushions, checking bathrooms, and the laundry basket when the phone rings.

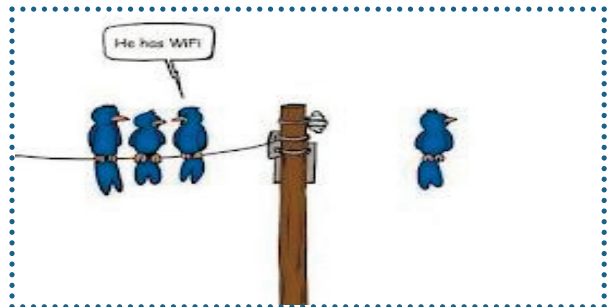
The world is just getting too complex for me. They even mess me up every time I go to the grocery store.

"Do you need a bag?" they ask. I bought some of those cloth reusable bags to avoid answering, but I never remember to take them with me.

I was recently asked if I tweet. I answered, No, but I do fart a lot." I don't need all these fancy gadgets to confuse me... the TV remote and garage door opener do that quite well thank you!

I know some of you are not over 60, but you will be so be forewarned!

Submitted by Gerry Levene, Carp Member



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Butterflies, Teas & Treats

***On a spectacular
Summer's Day,
Chapter 36 took a
luxury coach to
Cambridge.....***



Here is Sandy (Board Member) getting a close-up view of one of the many beautiful butterflies and moths we saw at the butterfly conservatory. Some of

us were lucky enough to have them come and sit on us for just a little while. We also saw quails, bugs, tortoise and finches. The gardens were stunning! Then we moved on to the Waterloo Regional Museum where we were treated to taste tests and a demonstration of cooking in Edwardian times. We churned and tasted real butter, a plowman's lunch and all kinds of fruit syrups - the most interesting being raspberry vinegar. The Museum is very new and has an historical village attached. The whole exhibit covers 67 acres and includes a train station, barnyard, butcher, blacksmith, grocery store and much more! Definitely one to visit when you have lots of time to wander around.

*Looking back
to the train
station*



Finally our tour ended at the New Dundee Emporium in Wilmot. We indulged in Tea with scones, jam and cream and other delicious cakes and pastries. There was a clothing store attached - some of us took the opportunity to do a little shopping, taking advantage of the handbag sale! We arrived back to Barrie, thoroughly amused and stuffed full of delicious food. Thank you to our wonderful organizers, Sandy and Marjory for a wonderful day.



Sun
Life Financial

ZoomerShow

October 26th & 27th, 2013

The ZoomerShow is Canada's largest consumer show and lifestyle expo for men and women 45+. Health, money, travel, lifestyle... if it's hot, if it's important, if it can benefit you, it's at the ZoomerShow. Find the latest trends, the newest products and services, all focused on you and your needs.

Take the worry out of driving down to Toronto and finding somewhere to Park.

Chapter 36 is loading up the bus on Saturday October 26th, to drop you right at the front door! Cost is \$20 p.p.

Bus departs Canadian Tire, Bayfield St - 8.30am and will be returning at approx. 4.30pm

Call Sandy Wetherald at 705-252-4916 to book your seat. Book early to avoid disappointment.

*Admission to ZoomerShow is free for CARP members



Mary lost sleep worrying how her mom was managing alone...

Mom is now living at a Chartwell retirement residence and they are both sleeping better.

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 retirement residence





Zoomers: The Joys of Cruising Along

Death's antechamber is how one Zoomer described it.

A little harsh, I thought, but I figured I had better check it out and see what

all the fuss is about.

A Caribbean cruise, that is.

Everyone is doing it. What once was considered a vacation for the wealthy has evolved into mediocrity for the masses.

A kind of modern-day version of Love Boat, with forced frivolity around every corner. Friendly Zoomers everywhere. Thousands of them, many with southern accents.

The first couple I met was Dana and Jolene from Arkansas. Jolene was stuck in a time warp with her bleached blonde ponytail, reminiscent of Betty in the Archie comics.

And then there was the attentive policeman from North Carolina who had been shot in the head. Twice divorced at age 44, he was looking for a third wife, he said, as he wants a child. He was determined to spread his male seed. No need to waste your time with me, I am thinking. Rick from Kansas City is on his honeymoon with his third wife. Invites me to their cabin to meet her. Not tonight, Rick!

And who can forget Jim, the baker and his third wife from Panama City, Fla. He pinched my bottom as I drank at the English pub and offered me all the bagels I could eat, should I ever visit Florida. Does that include the cream cheese, Jim?

Tom, a widower from Gulfport, Miss. has reunited with his childhood friend. They are a couple now, and she looks amazing in her bikini. Unfortunately, I can't say that about the majority of Americans on the ship.

I saw copious amounts of overflowing flesh, defying the frame it was meant to envelop. Massive girths as wide as the Queen Mary.

Obesity rules.

Fat is the new black.

Pot bellies represent the latest in post-modern pulchritude.

My Rubenesque self felt positively sylph-like sunning by the pool.

Americans love to eat. Just watch them fill up their plates at the buffets. Mounds of carbs in a precarious balancing act.

And what is with those ubiquitous plastic cups everyone walks around with filled with pop or iced tea – the liquid lifeline of the majority. Might be easier to hook them up with a portable IV. I opted for the freshly squeezed orange juice. That will be \$4 plus tax, please.

Or you can choose a fancy concoction liberally laced with Jamaican rum. 'Medication for your vacation' they call it. With tax and tip, your happiness will cost you well over \$10.

Retreating to my cabin, I am comforted by the gentle, rhythmic motion of the ship as it passes through the Gulf of Mexico at a snail's pace. I will Captain Jack Sparrow to appear for some lively action on the high seas.

And then it hit me. I now know why Zoomers love to cruise.

Earlier, I had met three identically dressed widows from New Orleans who taught me how to line dance. The oldest, 88-year-old Rosemary, and her gal pals, who live on a fixed income, go to the YWCA five times a week, the casino once a month and cruise once a year.

They are not looking for love; rather, they say, exercise and socialization are the secrets to a healthy and happy life. They are enjoying themselves in the sun and are defying the Grim Reaper.

No antechamber required here. Just some friends and a pair of dancing shoes.



JOHN'S JOKES

Submitted by John Rodgers,
Board Member and joke extraordinaire!

A boy walked into a pharmacy and asked the pharmacist to give him something to cure the hiccups. The pharmacist merely leaned over and slapped the kid on the back.

"Why did you do that me?" - asked the boy.

"Well, you don't have the hiccups now, do you!"

"No, but my Mom out in the car still does!" - the boy replied.

A truck driver was driving along the highway when he saw a sign, Low Underpass Ahead." Thinking his truck could make it for sure, he drove under and got stuck! Soon all the cars were hinking their horns and shouting. Before long, a policeman came and said, "What's the problem, got stuck, huh?". Thinking quickly, the truck driver smiled and said, "No, I didn't get stuck, I was delivering this bridge and ran out of gas!"

An elderly gentleman who had had serious hearing problems for a number of years went to the doctor to be fitted for a hearing aid that would return his hearing to 100%.

The elderly gentleman went back for further tests a month later and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

To which the gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

AGM

Annual General Meeting

The Annual General Meeting for CARP Chapter 36: Barrie & Surrounding Area will be held on November 19th, 2013 at the City Hall Rotunda, Barrie.

In preparation for the meeting, the Chapter 36 by-laws will be posted on our website - www.barriecarp.org. Hard copies will be available at the September meeting.

Nominations for Board positions are now open. If you are interested in being part of the Board, please contact Rob McEachern at 705-733-9385.

Following the AGM, we look forward to celebrating the end of a successful year with a delightful Christmas celebration.

More details to come.



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

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CENTREFOLD \$750

This is prime real estate in any publication. First in, first served, this is your space. Show your creativity and grab the attention of our members.

SERVICES DIRECTORY \$120

The directory is located on the back 2 pages (excluding the back cover). A budget-friendly alternative for new businesses looking to increase their profile in the community. *\$120 covers all 4 editions.*

Disclaimer: All information contained in the newsletter is believed to be accurate and complete at the time of publication. Since much of the information is subject to change, CARP chapter 36 assumes no liability whatsoever for any damages or loss arising from errors or omissions.

Planning Ahead



When you take the responsibility to plan your funeral in advance you give yourself peace of mind. But what you're really doing is providing your loved ones comfort when they will need it most.

Call us today at 705-721-9921 to remove the emotional and financial burdens a funeral can cause your family. In addition you will receive a complimentary Wishes & Memories Planning Guide.



Be prepared and live with the peace of mind you and your family deserve.



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