

# CARP

## CONNECTOR CHAPTER 36

Serving Barrie and  
Surrounding Area



January 2013 Edition 10

# Happy New Year

to all our members!

## WHAT YOU Must see!

**A very important  
presentation you can't  
afford To miss.**

**All the details on page 7**

Chapter 36 acknowledges The Steckley-Gooderham Funeral Homes  
for their generous support. Making the production of this newsletter possible.

Picture: Barrie in winter

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### **Upcoming meetings for 2013**

#### **January**

Presentation on Co-housing

#### **February**

A Nordic pole demonstration

#### **March**

A fire safety presentation by  
The Barrie Fire Department

## **Your 2013 Board**

### **Chapter Chair**

**Gwen Kavanagh**

### **Vice-Chair**

**John Rodgers**

### **Treasurer and Media Communications**

**Kelly Patterson**

### **Social/Education**

**Sandy Weatherald**

### **Newsletter Editor**

**Gerry Levene**

### **New Board Members**

**Georges Olivier**

**Eva Koselak**

## **CHAIN Pot Luck Dinner.**

The first Pot Luck Dinner for the CHAIN (Community Hands Assistance and Information Network) was held at the Grace United Church in Barrie on November 30, 2012.

It was organized by members of the Barrie Transition Group. Four Board members of CARP Barrie Chapter 36 attended - Gwen Kavanagh (Chapter Chair), Kelly Patterson (Chapter Treasurer) and Sandy Wetherald (Chapter Social/Education committee) and new addition Georges Olivier enjoyed an evening of networking with many other groups in the Barrie area. Perhaps this is something that the CARP chapter can look at in the coming year.

## Wine, Women and Song!

OK, so it was Punch, Women and Song, but does that sound right? November 19th Chapter 36 held its third Annual General Meeting. The various reports were read by board members after which nominations were held. We welcomed two new board members, Eva Koselak and Georges Olivier who had put their names forward last month. Both were accepted by the membership in attendance, and a call for acceptance by acclamation was requested, seconded and passed. The formalities will be completed at the next board meeting.

Once the business matters were taken care of, we took a short break for refreshments, compliments of Shirley and Keith Richards who worked diligently shopping and preparing the food, paid for in part by Tom McBride. The chapter wishes to thank them, and everyone involved, for all their hard work.

Following refreshments, the Fifty Fifty and Door Prize draws were made, two lucky members claimed their prizes. One received cash, and the other a donated free night stay with breakfast at the Barrie Travelodge, Hart Drive location. We have to mention the wonderful performance by Frank Patterson who, dressed in full Santa costume, officiated the draws and also introduced the two performing acts which followed. Thanks Frank, and Kelly who probably coerced you into doing it. This was indeed a family affair with both the Patterson's daughter Ashley and son Bailey, assisting wherever they were needed. Also accompanying them was Michelle a friend of the family.



Then it was on to the entertainment. To begin, was a full complement of The Sweet Adelines who's wonderful renditions of songs in "acapella" left us all wanting more. These ladies, one could see, not only sang their part, but lived it also. The dedication was there for all to see, it was to say the least, delightful. We thank you ladies for donating your skills and time, it was greatly appreciated.



Next we were entertained by the wonderful singing of Vocal Maturity who's songs of yesteryear no doubt brought back memories of days past and gentler times. Along with their musical expertise, they also entertained us with explanations of how the various parts of four part harmony worked which was most amusing. Our many thanks go to this group of retired "men who like to sing" as they introduced themselves. A vote of thanks to you for everything. We appreciate it.

All told the evening was a great success, we would have liked a slightly larger turnout, about fifty of our members showed up, we are not sure why there were not more. Perhaps you would like to comment as to your own reasons, so that we can address any potential problems and perhaps we will see you at the next meeting.

# CONNECTING WITH THE CHAIR

Happy New Year Everyone!!!

2012 was a very busy year, from creating a CARP flag, to our CARP Awareness Week and Barbeque, to revamping our newsletter “The CARP Connector” and of course promoting our Sr. Housing Committee project, Co-housing. All this over and above the regular meetings and day to day operation of the Chapter.

We culminated the year with our Annual General Meeting in November where we were royally entertained with the Sweet Adelines and Vocal Maturity. They blew us away with their talents.

The nominations to the board brought two new members, Eva Koselak and George Olivier to replace outgoing members Chris and Sue Lillie. John Rodgers and Kelly Patterson were re-elected to the board for another two year term. I am looking forward to working with such a dynamic group of people. Heaven only knows what we will come up with next, including a possible overnight trip to Ottawa in May at the height of the tulip season.

Special mention to the many volunteers who assisted us thro’ the year and especially Keith and Shirley Richards for providing us with goodies and refreshments at all our events and meetings.

I hope all of you, your friends and family, will make an effort to join us at our first meeting in 2013, at 6:30 P.M. on Jan. 15th at the Steckley-Gooderham Chapel, 30 Worsley St. We will be doing a full presentation on Co-housing to ensure our members are fully informed on the strategy and the project behind our Sr. Housing Committee. Various dignitaries will be attending, including our Mayor, Jeff Lehman and I believe your time will be well spent.



Gwen Kavanagh  
Chair CARP Chapter 36

barriecarp@gmail.com  
(705) 252-4756



At the October meeting, a presentation was made by **Transitions Barrie**.

This presentation was most informative and presented some eye-opening information, essential to all of us concerned with the future of our planet. We have re-printed a condensed version of how the organization was formed and some of their programs. If you wish to obtain more information, and have access to a computer, you may contact them at [www.transitionbarrie.org](http://www.transitionbarrie.org). We hope to bring you more information in upcoming newsletters for those members who do not have a computer. The following is a condensed version from the Transition Barrie web site.

*Transition Barrie is a volunteer, grass-roots initiative with the objective of helping Barrie and surrounding communities to prepare for the approaching challenges of Peak Oil and Climate Change. In February 2, 2010 Transition Barrie joined the official world-wide Transition Network.*

*The Transition Barrie initiative is a group of concerned and active Barrie and area residents who have come together with the shared vision of building resilience and sustainability into the communities.*

*Barrie's model, and the model of all Transition Towns, is to face the challenges and provide a blueprint for creating a richer,*

*more vibrant community through the re-localization of all the services and resources that we need to survive and thrive in a world of depleting fossil fuels, global warming, and increasing instability in the world economy. Transition Barrie took root in Spring 2009 when Ruth Blaicher connected with a handful of like-minded people who attended an environmental awareness raising event called, "**Awakening the Dreamer**", at the Barrie Library.*

*Ruth informed those in attendance about the Transition Movement and initiated an open meeting to discuss the Transition concept and gauge community interest.*

*Out of that initial meeting, a steering committee was formed and efforts to bring the Transition movement to Barrie were underway.*

*It is important to note that the Transition Movement is not a top-down model intended to tell you what you should do. The key concept of Transition is that of ordinary citizens taking action towards positive change, and these efforts are shaped and guided by all who are able to participate, in whatever capacity they can, and to seek to create new models of grassroots transformation to ensure a better future for our communities in the face of the economic and environmental challenges before us.*

If you would like further information. Please contact them at

**[info@transitionbarrie.org](mailto:info@transitionbarrie.org)**



## TRAVEL.

### Santa Barbara County in Southern



California, boasts some spectacular scenery, excellent wineries and horse ranches, plus some of

the most expensive real estate in the country.

Some notable people who now have or had homes in the area are, to name a few; Brad Pitt, Carol Burnett, Ellen Degeneres, John Travolta, Kevin Costner, Kirk Douglas and Oprah Winfrey, so you can see the type of neighbourhood we are talking about



Located in the heart of Santa Barbara's wine country near the Santa Ynez mountains is the picturesque village of Solvang.



Visit here and you will think you have been transported to the country of Denmark

without ever getting on a plane.

The windmills, quaint streets, horse-drawn carriages, Danish bakeries, smorgasbord restaurants and confectioneries, delightful hotels and motels, all authentically reproduced in every detail.

The community was established in the



1800s by Danish settlers attempting to escape the harsh winters of

the east where they originally settled.

Spend a day or more and you will find a leisurely way of life not often found today.



So if you ever find yourself in Southern California, make sure the village of



Solvang is a part of your itinerary, you won't be sorry.



# Special Co-housing Presentation

**WHEN: January 15th, 2013**

**TIME: 6.30 pm**

**WHERE: Steckley-Gooderham Chapel, 30 Worsley Street.**

**\*Light refreshments will be provided**

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

**\*This presentation is free of charge.**

***This is an open invitation to all members, guests and family***

In attendance will be our Mayor Jeff Lehman, representatives from the Barrie Dpt of Planning, Director(s) of LHIN, representatives from the CMHC, Shelley Raymond, owner of Solterra Co-Housing and members of the Carp Senior Housing Committee.

The Co-housing concept is an exciting innovative  
**new housing initiative**

to help tackle some of the growing housing needs of our seniors, both social and financial. We welcome your questions, comments, and concerns regarding the aging housing issue and we'll be delighted to provide to you, in detail, why the CARP Chapter 36 Senior Housing Committee is dedicated to finding one solution.

*We are actively engaged in seeking seniors who may be looking for an alternative solution to their future senior housing needs.*

Come out and bring your friends and see what's new, we would be delighted to meet you.

(705) 252-4756 barriecarp@gmail.com www.barriecarp.org

## THE EDGE OF CAPABILITY

If there was one word that summed up the abilities and resources our grandparents and great grandparents had, it would be the word capable I believe. My grandparents for example lived on a rural farm. It was common for my mother to tell me about the hard times they lived through which today would seem utterly foreign to most of us. My mother recalled stories about being sick or injured and how the parents and neighbors would put their heads together and plot out a course of action to remedy the situation with what they had and what they knew. The nearest doctor was 120 km away on a gravel road and my grandparents had no car until their later years. You did not get to the doctor unless you were on your deathbed. They had no choice other than to be capable and would have marveled at the amount of goods and services available for most of us today with just a few minutes drive down the road. Perhaps this is the reason why we are losing our edge when it comes to being capable.

The reality for my grandparents was that they needed to have supplies and goods stored for future use by the family or a not so prepared neighbor. Tools were taken care of, maintained and put back where they belonged. Excess food from the garden was canned or stored fresh in the root cellar. The water supply was not limited because they had their own well which was operated by hand power (and when I visited...my power). The lighting was by kerosene lanterns. Heat was provided by woodstoves in the farmhouse. Life was more work for sure but they were prepared for the worst because that's what was demanded of them considering their locale and the scarcity of just down the road resources. If the road was snowed in for two weeks or the power went out it, made no matter for them. Really, nothing changed.

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The latest hurricane, Sandy, opened a few more peoples eyes. The question is..., how many more events need to take place before we realize that we need to be prepared and capable? Weeks after the storm, people were still showing up on the news stating "we have nothing, where is the government, we need help?". Myself, I have no faith in just in time inventory (JIT) systems or the government coming to my rescue during such circumstances although I'm hoping they would have the resources to do so quickly. I consider myself an island, what I need, I better have already and in enough supply to last a reasonable amount time.

I'm a prepper but not of the lunatic fringe. I started off slowly carving my plan to be self sufficient since childhood. Most people who know me have no idea I prep but I'm not embarrassed about admitting it either. You might be surprised just how many people are out there lurking in the fringe buying a little extra of this or that as weeks go by just so they will be better able to deal with emergencies that tend to grace our existence. I spoke with a friend who had to live through the ice storm in Kingston years back. I quizzed him about how they coped and adapted without electricity for two weeks. I then asked him the most important question... "what was the most important things you learned from the experience?". His face lost it's expression and his eyes refocused on mine with a steadfast gaze. He said "never again will I ever be so vulnerable and unprepared. Never again will I allow the gas tank in the car to go below empty". He stores extra gas, which has been stabilized, in his shed along with kerosene for his heater he now owns. He now has an extra 150lb tank of propane to hook up to his BBQ for emergency cooking outside. He owns a generator and inverter to provide limited electricity for his home (a few lights, small t.v., DVD player) just to ease the wife and kids. He has heavy chain and padlocks for the propane tank and generator so they don't go missing. His neighbor had their generator stolen during the storm. He has some Dietz kerosene lanterns from Lee Valley which is safer then a open flame candles. He has a dedicated supply of dehydrated and canned food to last three weeks for his entire family. His water supply is ample for two weeks and is used for cooking and drinking only. He plans to expand his water supply soon so they will have water to wash with and maintain a decent level of hygiene. Until then he has bought a large supply of baby wipes to stay clean with. Everyone in the family has their own quality headlamp with LED bulbs. They have a ample supply of batteries for their headlamps and radios in the house. Even the kids now have their own cell phones for emergency use. I suggested to him that every person needs to have their cell charging cord with them at school, at work or in the car, just in case. I also suggested to him to build redundancy into his system by purchasing another method of cooking which was portable just in case. I suggested a rocket stove which burns small pieces of scrap wood and such. He is saving up for quality sleeping bags made by Wiggys (available in Canada at [www.ontariopreppers.com](http://www.ontariopreppers.com)) for the whole family now and wants to take up camping as a family activity. He has inquired about emergency training and becoming more capable through taking some courses on the subject (available in Canada at [www.bugout-canada.ca](http://www.bugout-canada.ca)). I think his neighbors will be jealous next time a wicked storm comes. At least now he can hand them a hot coffee and more when it's needed.

Further articles will explore this strange world of prepping that's becoming so much more common today. Peek a boo...I'm a prepper too ! Article written by Allen Charon [www.bugout-canada.ca](http://www.bugout-canada.ca)

# SIMCOE COUNTY MUSEUM

In 1928, members from the Simcoe County's Women's Institute felt that local history must be preserved and they began to collect artifacts for a Museum. As the collection grew, artifacts were displayed



in the Barrie Public Library, then the Registry Building.

In 1961 the Registry Building was scheduled for demolition, and the Women's Institute looked to the County of Simcoe for assistance.



By 1962 the County had assumed responsibility of the Museum, and the collection was relocated to its current location on Highway 26. The Museum was built on three acres of land, with the 1850s Marrin Barn relocated to the grounds as the first heritage building on site.

The Museum continued to grow

and in 1963 a second heritage building, the Spearin House, was relocated to the site. Three years later a second wing was built and by 1968 the Museum had doubled its acreage. In ten years the Museum acquired seven more heritage buildings, the Vespra Christ Church Schoolhouse, Beef Ring Barn, Blacksmith Shop, Smokehouse, Icehouse, and the Gilford Train Station.



Today, the Simcoe County Museum includes five indoor galleries, sixteen heritage and display buildings set on 327 acres of forested land. With a collection that includes over 30,000 artifacts related to the history of the area, the Simcoe County Museum is a place to meet, learn and celebrate the history of our County. Contact us at (705) 728-3721

# THE ZOOMER SHOW

Saturday, October 27, 2012

The day started with 29 people (including 2 from the Orillia Chapter) meeting at the Canadian Tire parking lot on Bayfield near Highway 400 and arrived at the Direct Energy Centre at 9:30 with a departure time of 3:00 pm. It was a pleasure to have an experienced bus driver do the driving as it was a nasty rainy trip all the way.

The Zoomer-Show Talk Theatre featured expert speakers on a variety of topics important to Zoomers. We learned from the best about Zoomer health, wealth, nutrition, recreation and more.

There was an on-going day-long dog show, wonderful musical entertainment from various performers, including Elvis impersonators wandering through the crowds stopping for photo ops. At the Zoomer Show Active Zone, there

was a chance to try your hand at yoga, tai chi, meditations, dance and more. The vendors' displays were varied and well worth walking through - a Mary Kay booth, many vacation/resort trip companies promoting fantastic vacation/travel prospects, massage chairs, discussions about the various health aids available, hearing aid companies, vision care, with numerous samples from several of them. Do try and join us next year as it is a terrific outing with a low transportation cost of only \$29.00 per person, return, and free admission to the show when you presented your CARP

membership card.

If you would like to be provided with information about next year's Zoomer Show, please send me your contact information and I will let you know as soon as we begin making plans.



Taken at the Zoomer Show  
Toronto, 2012

You can reach me at:

**swetherald@rogers.com or 705-252-4916**

Article written by Sandy Wetherald

## SPRING TIME 2013 GET-AWAY

**We are considering an overnight trip to Ottawa in May. Leave Barrie on Friday, May 10th. A.M, overnight in Ottawa and return on the Saturday. Details of itinerary, places to visit and cost are to be determined.**

**Visit our website [www.barriecarp.org](http://www.barriecarp.org) for ongoing information.**

## Mirror, Mirror on the Wall

Mirror, mirror on the wall. Who is the fairest of them all? I knew what the response would be.

Why you my dear April! Look at you! Another new year has begun and you look fabulous!

That is not exactly how it went. The mirror sneered and said, "You may be fair my dear April but what on earth is that you are carrying around your middle?" Taken aback, I replied, "Why, those are my love handles!" "Love handles!" came the retort. I

hear you have given up men... what on earth do you need with love handles!"

I hung my head in shame. "You have a point there oh merciless mirror but it seems I had a relationship with chocolates instead over the holidays. Perhaps I was a little too indulgent but give me a break."

"I will not!" came the indignant response. "What kind of example are you setting for all those Zoomers out there who look up to you as an exemplary model for "the new vision of aging?"

I was not going to let my miserable mirror get the better of me. I held my head high, pushed my shoulders back and stared at him directly.

"I shall challenge you, you reflective ranter, you glassy gasbag! I can tell you what Zoomers require to maintain fitness. And I bet you don't know the number one and most important thing Zoomers can do to protect their health!"

"Sleep!" was the mirror's immediate response.

"Good answer!" I agreed. "Sleep is an important way for our bodies to rest and restore themselves. It is nature's way of healing our tired and stressed bodies. But it is not the number one preventative strategy."

"My turn!" I jumped in before he could say another word. "Exercise and more exercise. This could be simply brisk walking, doing stairs or yoga. It could be strength exercises with weights or soup cans. Anything to get off the couch and avoid a sedentary life!"

I was on a roll now. "Did you know research has

shown that the best way to prevent the onset of Alzheimer's disease is by exercising? Huh, DID YOU?"

Score: one all.

Not to be outdone, the mirror proffered his next answer before I could catch my breath. "Proper nutrition...eating sensibly. And that doesn't include boxes of chocolates!

The mirror was beginning to sound righteous now and was getting on my nerves.

"Yeah, yeah," I conceded.

Feeling a little cocky now, I piped up. "And what about social interaction with others. Bet you never thought of that one. Being with people with like interests will keep you mentally active and keeps depression at bay."

Score: two all.

"Smoking, as in no smoking!" the mirror spat out vehemently.

"That's a no-brainer," I chided. "And alcohol in moderation...preferably only in social situations. Drinking alone is a bad habit to get into!" "You still haven't hit on Number One!"

Score: three all.

I could see the panic written all over Mirror. He stammered and stuttered and finally admitted defeat. "I give up...what is it?"

Expanding my chest with my competitive spirit, I blurted out, "Flossing your teeth! There is research showing the co-relation between gum disease and cardiovascular disease! The best way to stay fit and healthy is to floss your teeth!

The mirror looked disconsolate.

"I won!" I yelled obnoxiously. "Now mirror, who is the fairest of them all?"

"Why you are my dear," the mirror replied sheepishly. "Doing anything Saturday night?"

Submitted by April Lewis  
B.C. CARP Ambassador





# From the editor.

Well, here we are, 2013. Wow where did the year go? It seems like yesterday when everyone was talking about the “millenium” and what it was going to do to almost everything we touched, computers, vending machines, clocks etc. The whole world was going to be affected, right? Well I don’t know about you, but I didn’t see those predictions come true. If you are reading this, then you know the predictions from the Mayans regarding the end of the world in December 2012 didn’t come true either, thankfully.

If you were unable to attend the Zoomer show in October, I am sure you will find the article by Sandy Wetherall very interesting, thanks Sandy. Speaking of Sandy, she is a real powerhouse in the chapter, they even named a storm after her. I hope you weren’t affected too badly by the storm.

I would like to offer my apologies to Penelope Morrow who submitted the article about Simcoe Dining in the October issue. Unfortunately there were some typos which were not caught in proofreading. It is not my intention to discredit anyone, especially when it is a professional writer. Sorry Ms. Morrow.

I had a very different message when I originally wrote this article, but after the terrible tragedy at Newtown Connecticut, as a parent and grandparent I felt it only appropriate to honour those innocent victims, teachers and children who lost their lives at such tender ages on December 14th. 2012. Rest peacefully, you will never be forgotten

Gerry Levene. Editor

## Children

<b>Charlotte Bacon,</b>	<b>age 6</b>	<b>Daniel Barden,</b>	<b>age 7</b>	<b>Olivia Engel,</b>	<b>age 6</b>
<b>Josephine Gay,</b>	<b>age 7</b>	<b>Ana M Marquez-Greene,</b>	<b>age 6</b>	<b>Dylan Hockley,</b>	<b>age 6</b>
<b>Madeleine F Hsu,</b>	<b>age 6</b>	<b>Catherine V Hubbard,</b>	<b>age 6</b>	<b>Chase Kowalski ,</b>	<b>age 7</b>
<b>Jesse Lewis,</b>	<b>age 6</b>	<b>James Mattioli,</b>	<b>age 6</b>	<b>Grace McDonnell,</b>	<b>age 7</b>
<b>Emilie Parker,</b>	<b>age 6</b>	<b>Jack Pinto,</b>	<b>age 6</b>	<b>Noah Pozner,</b>	<b>age 6</b>
<b>Caroline Previdi,</b>	<b>age 6</b>	<b>Jessica Rekos,</b>	<b>age 6</b>	<b>Avielle Richman,</b>	<b>age 6</b>
		<b>Benjamin Wheeler,</b>	<b>age 6</b>	<b>Allison N Wyatt,</b>	<b>age 6</b>

## Adults

<b>Rachel Davino,</b>	<b>age 29</b>	<b>Dawn Hochsprung,</b>	<b>age 47</b>
<b>Anne Marie Murphy,</b>	<b>age 52</b>	<b>Lauren Rousseau,</b>	<b>age 30</b>
<b>Mary Sherlach,</b>	<b>age 56</b>	<b>Victoria Soto,</b>	<b>age 27</b>

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*More  
Than Just  
A Kiss*

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## Funeral Planning Can Provide Comfort When You Can't

### Protecting Your Loved Ones With A Funeral Plan

Throughout your life you have planned ahead to raise a family and provide them comfort whenever they have needed it. Wouldn't it make sense to provide that comfort when they will need it most? You can do that through funeral planning. A funeral plan provides emotional support and guidance as your family makes the difficult decisions surrounding your funeral wishes. It also provides financial protection so that

unexpected expenses don't become a burden. Take the first step to protecting your family by calling our Pre-Arrangement Director at 705-721-1121 and requesting a FREE Funeral Planning Consultation.



STECKLEY-GOODERHAM

*funeral homes*